

WELCOME 2020!

Mountain Views News

Sierra Madre

Arcadia

Duarte

Monrovia

Pasadena

Altadena

South Pasadena

San Marino

SATURDAY, JANUARY 11, 2020

VOLUME 14 NO. 2

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HELICOPTER INVASION?

Residents want to know why the increase in helicopter flyovers



The message below was provided by SoCal Edison to the Sierra Madre Police Department in regards to the aerial inspections happening in the City:

"SCE will be conducting aerial inspections of its electrical equipment in your community over the next few weeks. The aerial inspections of SCE's transmission and distribution facilities will involve the use of helicopter and/or drones and will only take place during daylight hours. You can learn more about SCE's Aerial Inspections at <https://on.edison.com/2LsF8m1>.

We are doing this in all high fire risk areas—approximately 35 percent of our service area. We understand our activities may be disruptive when we do this important safety work and will do everything we can to minimize the impact to you and your community. We appreciate your support and co-operation, as this is part of our ongoing commitment to safety and supporting California's fight against wildfires. For additional information about how SCE is addressing the threat of wildfires, please visit sce.com/safety/wildfire"

SMRFA FLOAT DESIGN CONTEST 2021

Your Design Could Be Next.....

It is time for you to put on your thinking caps and pick up your pencils. We are looking for your design submissions for the 2021 parade.

Tournament of Roses President for 2021, Bob Miller, announced the hint for the 2021 Theme.

"The 2021 theme celebrates education's ability to open doors, open minds and change lives. Education paves the path to success with a world of opportunities achieved through knowledge, compassion and determination. As students visualize their future, education is the bridge to accomplish their aspirations and encourage generations to come. Together, let's celebrate dreams fulfilled, goals achieved, and millions of lives forever changed."

The emphasis is on education – our new Tournament President's belief that education is the key to success and it needs to be meaningful and memorable. He believes in education!!

Instructions and submission forms are on our website here:

SMRFA Float Design Packet 2021

The submissions will be due by 5 PM on February 7th. We hope to see a large number of submissions, so we will be able to present another award winning float.

Photo of 2020 float by DLee/MVNews



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2020 MAYOR'S STATE OF THE CITY ADDRESS

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Pasadena Altadena

News From Your Community For Your Community

Media Gets Close-Up 2020 Rover



Members of the media walked the clean-room floor at NASA's Jet Propulsion Laboratory in Pasadena, California, on Dec. 27 to glimpse the agency's Mars 2020 rover and speak with experts working on the mission. It was the media's only opportunity to see the rover from inside the clean room prior to its shipment to Cape Canaveral in February.

"It was a great opportunity for the media not only to see our work close up, but to meet some of the women and men who have dedicated several years of their careers ensuring this next Mars rover lives up to the legacy of those that were built here before it," said David Gruel, the Mars 2020 assembly, test and launch operations manager at JPL.

The clean room, also known as the Spacecraft Assembly Facility's High Bay 1, is where all four of NASA's Mars rovers were constructed: the microwave-oven-sized Sojourner, which landed in 1997; the golf-cart-sized Mars Exploration Rovers Spirit and Opportunity, which landed in 2004; and Curiosity rover, about the size of a Mini Cooper, which has been exploring the Red Planet's Mount Sharp region since 2012.

Scheduled to launch in July or August 2020, the Mars 2020 rover will land in Jezero Crater on Feb. 18, 2021. There it will search for signs of past microbial life, characterize Mars' climate and geology, collect samples for future return to Earth and pave the way for human exploration of the Red Planet.

Both to ensure that as few Earthly microbes as possible hitch a ride to Mars and to keep out particles that could interfere with the rover's operations, High Bay 1 comes with strict cleanliness standards: Anyone entering the clean room, whether a technician or a journalist, must wear a "bunny suit," booties, a hair cover, a face mask and latex gloves. Because notepads and writing implements could shed dust and other particles, specially-approved paper and pens were provided to visiting media members on request.

In the coming weeks, engineers and technicians will pack the 2020 rover into a specially-designed container. After it arrives at the Cape, Mars 2020 will undergo final processing and testing before launch.

JPL built and will manage operations of the Mars 2020 rover for NASA. NASA's Launch Services Program, based at the agency's Kennedy Space Center in Florida, is responsible for launch management.

Mars 2020 is part of a larger program that includes missions to the Moon as a way to prepare for human exploration of the Red Planet. Charged with returning astronauts to the Moon by 2024, NASA will establish a sustained human presence on and around the Moon by 2028 through NASA's Artemis lunar exploration plans.

A Postcard Perfect Rose Parade



Nature smiled down on Pasadena New Year's Day as the 131st annual Rose Parade made its way down Colorado Blvd. with no major mishaps. Only one float, The UPS float "Stories Change Our World" had mechanical issues and was towed the entire 5.5 mile route. The UPS float, (pictured middle bottom), won the Sweepstakes award for the most beautiful entry.

Rose Queen Camille Kennedy and other Royal Court members (pictured middle right) waved to the hundreds of thousands of spectators that lined Colorado Blvd.

Mayor of Pasadena Terry Tornek, Vice Mayor Tyron Hampton and their families (pictured top left) rode in an Eight-horse hitch of rare black and white colored Clydesdales pulling a handcrafted replica of an 1880 Abbott Downing Hotel Coach.

Women's Suffrage Float (pictured top right) launched the 100th Anniversary Commemoration of the Passage

of the 19th Amendment, securing for women, their right to vote. The float featured a 30-foot Statue of Liberty, dressed in a suffrage sash. Riders on the float included -those in direct line to Elizabeth Cady Stanton, Susan B. Anthony, Ida B. Wells, and Frederick Douglass. Dozens of out walkers (pictured middle left) in white with suffrage sashes held signs "Votes for Women"

The Valley Hunt Club (pictured bottom right) is most known for starting the Tournament of Roses Parade in 1890. They have been in the parade ever since.

Los Angeles Unified School District All District High School Honor Marching Band (pictured bottom left) has been involved with the Tournament of Roses Parade for over 40 years.

Spirit of the West Riders (pictured bottom) represent the wide variety of ethnic groups in the American West of the 1840s-1920s.

Photos by D. Lee/MVNews

Cirque du Soleil's VOLTA Opening January 18



Cirque du Soleil returns to Los Angeles and Orange County with VOLTA, a captivating voyage of discovery! Inspired in part by the adventurous spirit that fuels the culture of street sports, VOLTA explores the themes of celebrating differences and unique qualities in a world where technology often isolates people from one another rather than freeing them.

Written and directed by Bastien Alexandre, with Jean Guibert as the director of creation, VOLTA weaves acrobatics in a visually striking world driven by a stirring melodic score, composed by Anthony Gonzalez from the international electronic group M83. VOLTA will perform under the Big Top at Dodger Stadium in Los Angeles January 18-March 8, 2020 and at the OC Fair and Event Center in Costa Mesa March 18-April 19, 2020.

Energetic, urban and contemporary, VOLTA is a captivating voyage of discovery that showcases never-before-seen under the Big Top acrobatics in a visually striking world. Driven by a stirring melodic score and inspired in part by the adventurous spirit that fuels the culture of street sports, VOLTA is a story of transformation. It is about being true to oneself, fulfilling one's true potential, and recognizing one's own power to make it possible. Ultimate freedom comes with self-acceptance, and with the liberation of the judgement of others.

The name VOLTA refers to a sudden about-face, a change in emotion or idea often used in poetry. It also speaks to the jolt of energy delivered through the show.

The creators of VOLTA drew inspiration from the spirit of adventure that pervades the world of BMX, street sports and acrobatics.

Whether they are on a bike, hopping from rooftop to rooftop, or double dutch rope skipping, urban sports enthusiasts constantly challenge themselves and defy convention.

Sure to be a California crowd pleaser, VOLTA features a full-blown BMX park mounted on stage in front of the audience's very eyes for the breathtaking BMX finale as riders invade the stage to deliver a jaw-dropping, fast and furious performance of nonstop acrobatics on wheels. The riders go up the jump boxes and perform air tricks before landing and leaping off the ramps again, crisscrossing and spinning their bikes in midair in a spirit of brotherhood.

The stunning costumes of VOLTA have been designed by Zaldy Goco, famous for his work with Lady Gaga, Michael Jackson, Britney Spears, Gwen Stefany and for TV show RuPaul's Drag Race.

Tickets are now on sale by visiting cirquedusoleil.com/volta or calling 1-877-9CIRQUE (1-877-924-7783). Discover our Hennessy Black VIP Experience package, which includes a cocktail reception with open bar and hors d'oeuvres inspired by the show, access to the best seats for greater comfort, complimentary parking and more.

VOLTA is Cirque du Soleil's 41st original production since 1984, and its 18th show presented under the Big Top. The company has brought wonder and delight to more than 190 million spectators in more than 450 cities on six continents. Cirque du Soleil Entertainment Group has close to 4,000 employees, including 1,400 performing artists from close to 60 different countries.

For more information about Cirque du Soleil, visit: cirquedusoleil.com.

Pictured: VOLTA Swiss Ring Photo by Matt Beard

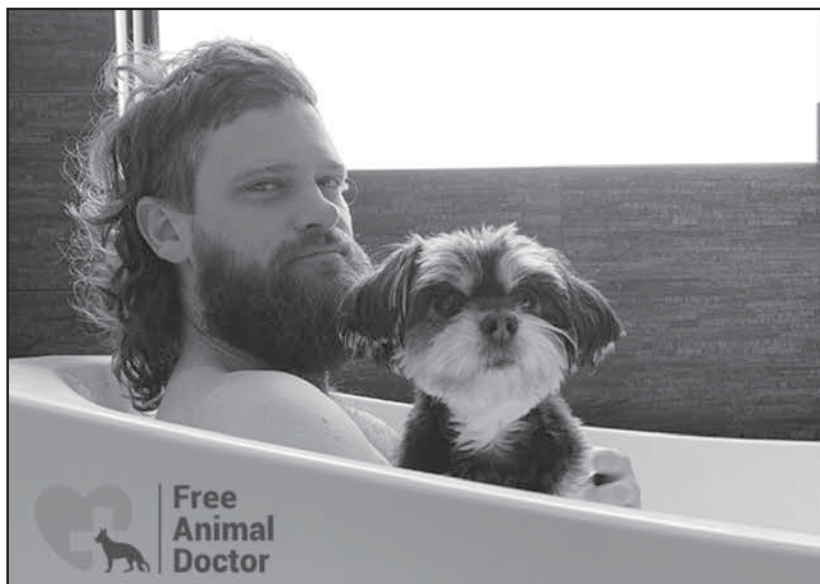
Water and Power Fraud Alert

Pasadena Water and Power has received reports of fraudulent callers attempting to scam customers into making payments through an automated phone system.

Common Scams
Phone calls, home visits and online solicitations promoting government utility assistance programs and that ask for social security or banking information
Phone calls or home visits from someone posing as a PWP representative who demands payment and threatens to turn off water or electric service.
Unscheduled home visits from scammers posing as PWP meter readers/inspectors or posing as contractors offering home energy audit services.

PWP does not notify customers of their account status by phone. Customers with delinquent accounts will receive a "Final Notice" and "Disconnect Notice" from PWP by U.S. Mail notifying them of their account status. Delinquent payments must be made in person at, online or by phone at 626.744.4005.

PWP employees will always wear a visible picture ID, with an employee number, and have their supervisor's phone number on hand. If you suspect fraud, contact our Customer Service directly at 626.744.4005.



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Weather Wise

6-Day Forecast Sierra Madre, Ca.

Sun	Sunny	Hi 50s	Lows 40s
Mon:	Sunny	Hi 50s	Lows 40s
Tues:	Sunny	Hi 50s	Lows 40s
Wed:	Sunny	Hi 50s	Lows 30s
Thur:	Rain	Hi 50s	Lows 40s
Fri:	Sunny	Hi 50s	Lows 40s

Forecasts courtesy of the National Weather Service

SIERRA MADRE CITY MEETINGS

CALENDAR

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

City Council

January 14th, 2020 at 6:30PM
January 28th, 2020 at 6:30PM

Planning Commission

January 16th, 2020 at 7:00PM
February 6th, 2020 at 7:00PM

Community Service Commission

January 20th, 2020 at 6:30PM Cancelled
Special Community Services Commission Meeting -
January 27th, 2020 at 6:30PM

Senior Community Commission

January 2nd, 2020 at 3:00PM Cancelled
Special Senior Community Commission Meeting -
January 9th, 2020 at 3:00PM

Library Board of Trustees

December 25th, 2019 at 7:00PM Cancelled
January 22nd, 2020 at 7:00PM

Energy, Environment, and Natural Resource Commission

January 15th, 2020 at 7:00PM

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.

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.



This week at the
**Sierra Madre
Public Library**

January 13—January 18

Monday

Preschool Story Time 10:00—11:00 am

Tuesday

Baby Rhyme Time 10:00—11:00 am

LEGO Challenge 3:00—5:00 pm

Virtual Reality 5:00—7:00 pm

Wednesday

Parent Café 10:00—11:00 am

Middle School Crafty Book Club 4:00—5:00 pm

Cricut Workshop 6:30—7:30 pm

Thursday

Third Thursday Book Club 11:00 am—12:00 pm

Homework Help 3:00—5:00 pm

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Our next meeting is Tuesday, January 21, 2020
GUEST SPEAKER: TBA

Meetings are held at The Lodge
33 E. Sierra Madre Blvd., Sierra Madre, Ca.
Lunch begins at Noon and is \$10.
Programs begin at 12:40 and are free.

Call 626-688-2273 to reserve your seat!



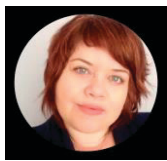
550 W. Sierra Madre Blvd. 2020: 113 Years
Founded February 23, 1907 - "Living the Volunteer Life" in Friendship
Member of General Federation of Women's Clubs cfwc.org & gfwc.org

2nd Wed. Afternoon Tea
Jan. 15, 1:00 pm

Valerie Amador
(Placement Helpers)
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(& Cost Ranges)

Which is Best for You & Your Loved Ones?



OMG! Who knew there's so much to consider?

RSVP by 1/14: Elma: (626) 205-3040

[SierraMadreWomensClub](http://SierraMadreWomensClub.org)
GFWCSierraMadreWomensClub.org

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

Rent the 1914 Historic Essick House 626-355-4379

Wistaria Thrift Shop Open: M, Th, F, 1st & 3rd Sats 10a-3p 355-7739

550 W. Sierra Madre Blvd. 2020: 113 Years
Founded February 23, 1907 - "Living the Volunteer Life" in Friendship
Member of General Federation of Women's Clubs cfwc.org & gfwc.org

3rd Wed. 1/15 6:30 pm
Evening Meeting



Mary Carney: "Self-Care,
Healing & Wellness"

RSVP: Janette 242-3244

\$5 @ Door or Nibbles Donation

Network & Explore Membership with Us

Join us for Paul's Member - Only Yoga Tuesdays, 10 am

GFWCSierraMadreWomensClub.org

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

Rent the 1914 Historic Essick House 626-355-4379

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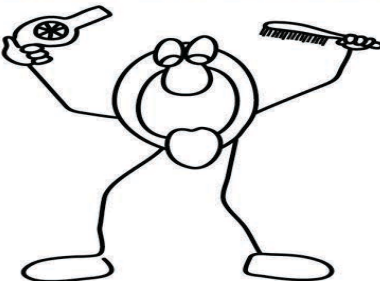
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KATIE Tse....*This and That*



BONDERIZED

I was SO close to having a new article for you. Started it and everything, but things came up, you know how it is. So sorry. I feel guilty recycling old stuff yet again. But at least the picture's kinda' interesting, right? Promise I'll finish it for next week. It's about Gerry Brooks. Look him up on YouTube if you want a funny sneak peak!



Sometimes inspiration comes from the most unusual places. I was in the ladies' room at work and, for the first time, actually read the label on the inside of the stall door. I've noticed the sticker before; it has a picture of metal layers peeling off a door like an onion. It was probably meant to impress us. And indeed I was impressed, because I certainly wouldn't know where to begin building a bathroom stall door myself. Anyway, I noticed the label said, "Bonderized."

I'd heard of bonded, as in, "The step-father bonded with his wife's son during their fishing trip." And then there's bonded like, "Triglycerides were discovered when scientists bonded hydrogen to carbon; making the miracles of margarine and 'Cheese Whiz' possible." But "bonderized"... The first thing that came to mind was Bond. James Bond.

Working from this definition, to Bonderize something means to infuse it with stealth, danger, a Scottish accent, promiscuity, or all of the above. A Bonderized drink is shaken, not stirred.

Since 007 is known for nifty gadgets, uninspired house ware can be Bonderized into more fashionable items. For example, you might cringe if someone saw your nose/ear-hair trimmer lying in plain view on the bathroom counter. But if it looks like a remote control, they might think, "Ooh, I bet he has a TV or stereo hooked up in here somewhere!" 'Cuz we all know a secret hidden bathroom entertainment system is sexier than a nose hair clipper.

The rest of the stall door sticker was worn with age, and I could barely read, "Sanyware: Guaranteed life long quality." I looked them up, and it appears they're still operating, specializing in different stall arrangements and galvanization.

My mom told me about a bathroom at her school that was built by the WPA during the Depression. Someone by the name of Peter Goodwall engraved his name a floor tile in one of the stalls for posterity to contemplate while relieving themselves.

I guess there's something admirable about that. Some continuity between the past, present, and future. All connected (Ha, bonded!) through the necessity of work and public toilets. Kind of deep when you think about it.


And if the idea of Bonderization wasn't thoroughly captivating enough, I noticed the bottom of the sticker read, "To be removed after architect's inspection." Not only was this a really old bathroom stall, but apparently it wasn't even been inspected. I suppose using an uninspected stall adds a certain flair of danger to the ladies' room. So in that sense, it's "Bonderized."

*Are you dying to find out more fascinating things about public education? Check out my novel, "A Year at Apex!" It's got all the humor, romance, and snarky sarcasm you can handle. Paperback and ebook on Amazon and Barnes & Noble.

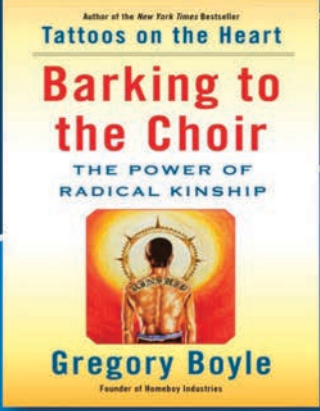
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WALKING SIERRA MADRE - The Social Side

by Deanne Davis

"Sunrises Shout Hope!
Though it seems the night will never end,
There's a sunrise waiting,
Joy is coming, hope is coming,
Right around the bend.

Lift your eyes toward the sunrise,
God, Himself, The Creator of the Universe,
Has created a brand new day!
Every day a new beginning, Hope is on the way.

Look to the east, sunrise exploding!
The darkest night will end.
Joy is coming, hope is coming,
Right around the bend."

That's the poem that graces the back cover of my book, "Sunrises and Sunflowers Speak Hope." And the front cover is the picture this week. Yes, I know, blatant self-promotion, but it's so full of hope that I want to share that with you.

There's a concept going around, brought to my attention by Michelle Griep, successful author and blogger. Look her up, check out all her books and be amazed. I've quoted her before as she's always right on the mark. Anyway, the concept is to pick one word to be your New Year's resolution or mission statement for the year. There was even a book a few years back: My One Word: Change Your Life With Just One Word by Mike Ashcraft and Rachel Olsen. This is so cool as you can immediately dump those high-minded and probably impossible resolutions like vowing to exercise every day of the coming year. I'm good with this one except that it usually doesn't work out for me the way I hope it will...there's that word again, hope! I set out this morning a little after 7:00 stuffed with good intentions to do a really good walk; then I discovered that it was 43 degrees and a nasty little breeze made it feel way colder than that. I got all the way around the block and decided it would make much more sense for me to go inside, have a cup of coffee and pay some bills, with the heat on. Maybe tomorrow.

Then there's that ever popular favorite: Lose Weight. I'm not even going to go further with that one except to say that I need to. The Keto diet is the current fad and isn't actually that difficult. You can have seafood, which is great with me, low-carb veggies, i.e., cauliflower, squash, kale and broccoli. Step away from that potato and don't even think about a sandwich. My Sierra Madre daughter, Leah, and I were reminiscing about all the diets we've been on over the years and decided the absolute worst was The Beverly Hills Diet which, at that time, was based on eating vast quantities of fresh pineapple and other fruits. I don't remember if we lost any weight or not, but all that pineapple made my teeth hurt so I gave it up. There's a New Beverly Hills Diet, I just discovered, that is much more forgiving and even permits champagne, considered a neutral entity and you can have it with anything. I like that!

I'm still smiling thinking of the theme of the Rose Parade, "The Power of Hope."

The word I picked last year is: HOPE!

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

So much has been written about HOPE:

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

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

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

My book page: Amazon.com: Deanne Davis
Blog: www.authordeanne.com
"Sunrises and Sunflowers Speak Hope"
Is available on Amazon.com
"Emma's Etouffee Cafe" is a new Kindle story by me,
Also available on Amazon.com and here's the link:
<https://fave.co/2PitO4d>



TABLE FOR TWO by Peter Dills
thechefknows@yahoo.com

ARGENTENIAN SWEETHEART OF A RESTAURANT
Peter Dills checks out Malbec



You know I'm trying to love this restaurant, I really am, but for now I'm in the like stage. I know I'm in the minority. It could be I'm ordering the wrong items. Before I get into the recent night, I went back to my previous visit (lunch) some many years ago and pretty much the same results. Do I have some kind of vendetta? Was I left at the alter? No, not that I can recall .

No problem with the atmosphere, service is spot on. It's just the food doesn't, well you know, wow me. Spelling aside I ordered, the Malbec Salad, a take on the traditional Caesar Salad. They have just added cucumbers, bravo well done. Ordered a sausage and the octopus as an appetizer and they were kind enough to do the sausage al la Carte (\$7). The octopus was just too salty (\$14). My eating companion said, "is this supposed to be salty"?

Main course was the Gnocchi (\$19) and also comes with aforementioned sausage. I'm sure it is a crowd pleaser, but for me I just shrug my shoulders, it's ok .

I did mention the service was spot on - my only suggestion is that the server never asked how any of the dishes were.

Seems common nowadays that that key question is omitted. Will I be back? Not sure. It's my fourth time and those shoulders keep shrugging.

For something new try the Urbane Café on South Lake. It's a fresh take on salads and sandwiches with a twist. Fusion? I guess, a bit Vietnamese and American all under one roof. Try the UC Banh Mi chicken sandwich with pickled radish, chili aioli and soy gingered chicken, a complete yum experience.

Malbec 1001 E. Green St. Pasadena (626) 683-0550
Keep tuned to Go Country 105 FM every Sunday Morning at 8 AM for my food show.



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ARCADIA POLICE BLOTTER

For the period of Sunday, December 29th, through Saturday, January 4th, the Police Department responded to 768 calls for service, of which 88 required formal investigations. The following is a summary report of the major incidents handled by the Department during this period.

Sunday, December 29:

1. Shortly before 4:30 p.m., an officer responded to Vons, 745 West Naomi Avenue, regarding a theft report. The officer determined four suspects entered the grocery store, stole six bottles of alcohol, and fled in a white SUV. The suspects are described as 3 black males, 20 to 25-years-old. The investigation is ongoing.

2. At approximately 8:39 p.m., an officer responded to a residence in the 2300 block of Sewanee Lane regarding a domestic dispute. An investigation revealed an altercation ensued between the female victim and her ex-husband resulting in the ex-husband punching and pushing the victim. The 51-year-old male from Las Vegas had left by the time officers had arrived. The suspect is outstanding as of January 7th.

Monday, December 30:

3. Just after 11:05 a.m., an officer responded to a residence in the 800 block of West Duarte Road regarding a grand theft report. The victim witnessed her handyman steal two large trash bags containing designer clothing. The loss is valued at \$2,500.00. The investigation is ongoing.

4. At approximately 2:30 p.m., an officer responded to a residence in the 300 block of Fairview Avenue regarding a residential burglary report. The officer discovered an unknown suspect smashed a second story window in an attempt to enter the home, but fled before doing so. No loss was reported, no suspects were seen, and no witnesses were located.

Tuesday, December 31:

5. Around 1:51 p.m., an officer responded to Law Divine, 400 South Baldwin Avenue, regarding a grand theft report. Surveillance footage revealed a lone suspect entered the store, selected two Supreme hooded sweaters valued at \$2,400.00, and fled to an awaiting blue, four door sedan. The suspect is described as a black male in his early 20's, wearing a light grey hooded sweater and black pants. The investigation is ongoing.

6. Just before 1:25 p.m., an officer responded to a parking lot to the rear of 60 East Live Oak Avenue regarding a stolen vehicle report. Sometime between 10:30 a.m. and 1:20 p.m., the victim's white Lexus NX300 was stolen from behind the businesses. No suspects were seen and no witnesses were located.

Wednesday, January 1:

7. Around 3:53 a.m., officers responded to the intersection of Santa Anita Avenue and Foothill Boulevard regarding a collision between two vehicles. Upon contacting the drivers, the officer detected a strong odor of alcohol from the driver who was responsible for the crash. Through a series of tests, the officer determined the suspect was driving while under the influence of alcohol. The officer discovered the suspect, a 21-year-old male from Monrovia, was also in possession of a false ID. He was arrested and transported to the Arcadia City Jail for booking.

8. Shortly after 1:53 p.m., an officer responded to the area of Second Avenue and Duarte Road regarding an aggravated assault report. The officer discovered a road rage incident escalated when the suspect intentionally hit the victim's car with his car. A records check revealed the suspect had stolen the 2013 red Chevrolet Silverado from the City of Glendale. The suspect is described as a Hispanic male, between 30 and 40-years-old, with black hair. The investigation is ongoing.

Thursday, January 2:

9. Before 6:02 a.m., an officer responded to Yung Ho Dou Jiang Restaurant, 46 Las Tunas Drive, regarding a commercial burglary report. An investigation revealed unknown suspect(s) shattered the front glass door, ransacked the location, and fled emptyhanded. The investigation is ongoing.

10. Around 7:58 a.m., an officer responded to Arcadia High School, 180 Campus Drive, regarding a vandalism report. The officer discovered unknown suspect(s) entered the secured school grounds, damaged several pipes and plumbing fixtures, a large trash receptacle had been cracked, and there were two holes in the sides of the buildings. The investigation is ongoing.

Friday, January 3:

11. At about 3:03 a.m., an officer responded to Fidelis Specialty Pharmacy, 1002 South Baldwin Avenue, regarding a commercial burglary report. Surveillance footage revealed three suspect(s) pried open the front door, kicked in an interior door, and fled with an unknown amount of property. The investigation is ongoing.

12. Just before 7:29 p.m., an officer responded to a residence in the 1100 block of Rodeo Road regarding a burglary report. The victim discovered an unknown suspect entered his garage through an unlocked pedestrian door, opened his secured vehicle, and fled with a computer and blank checks. No suspects were seen and no witnesses were located.

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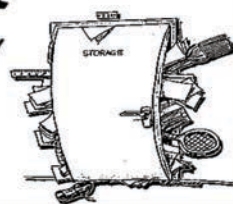
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ALTADENA - SO. PASADENA - SAN MARINO

ALTADENA CRIME BLOTTER

Sunday, December 29th

4:54 AM – Jesus Carrillo, 22 years old of Altadena was arrested in the 300 block of E. Woodbury Road for drinking in public.

Between 9:00 PM and 9:15 PM – A grand theft occurred in the 1700 block of Oakwood Street. Stolen: silver Macbook Pro.

Between 9:20 PM and 9:40 PM – A vehicle burglary occurred in the 2100 block of Lincoln Avenue. Suspect(s) entered the vehicle by shattering the window. Stolen: brown leather purse containing personal documents.

Monday, December 30th

Between 6:00 PM and 7:45 AM (Tuesday) – A petty theft from an unlocked vehicle occurred in the 1900 block of Sinaloa Avenue. Stolen: green purse, blue Coach wallet, and credit cards.

Between 6:30 PM and 6:45 AM (Tuesday) – A burglary occurred in the 2600 block of Boulder Road. Suspect(s) entered the location via the unsecured garage. Stolen: light blue Ping golf club bag containing black golf clubs, black and white Scott ski pole, white ski boots, black and green Atomic pair of skis, ski jackets and pants.

9:41 PM – Jose Sosa, 26 years old of Altadena was arrested in the area of Sacramento Street and Lake Avenue for public intoxication.

Tuesday, December 31st

10:28 AM – A shoplifting incident occurred in the 2200 block of Lake Avenue. Stolen: clothing, slippers, glue gun, and hygiene products.

4:50 PM – An assault with a deadly weapon occurred in the 2200 block of N. Lincoln Avenue. Suspect has been identified.

7:01 PM – An assault with a deadly weapon occurred in the 100 block of W. Altadena Drive. Investigation is ongoing.

9:19 PM – A domestic violence incident occurred in the 500 block of Vermont Street. Suspect was taken into custody.

Between 10:00 PM and 11:01 AM (Wednesday) – A commercial burglary occurred in the 800 block of E. Mariposa Avenue. Damage: shattered window.

Wednesday, January 1st

3:00 AM – An assault with a deadly weapon occurred in the 500 block of W. Vermont Street. Investigation is ongoing.

Thursday, January 2nd

2:09 AM – Alexander Bin, 29 years old of Pasadena was arrested in the 2000 block of N. Maiden Lane for possession of drug paraphernalia.

Friday, January 3rd

8:30 PM – A residential vandalism occurred in the 2300 block of Grandeur Avenue. Damage: cosmetic damage to front door.

10:55 PM – An assault with a deadly weapon occurred in the area of Casitas Avenue and Royce Street. Investigation is on-going.

Saturday, January 4th

Between 10:30 AM and 11:30 AM – A vehicle vandalism occurred in the 2100 block of N. Lincoln Avenue. Damage: scratches to body of vehicle.

SOUTH PASADENA CITY MEETINGS

Regular City Council Meeting

Wednesday January 15

Meetings are held on the first and third Wednesday of the month, at 7:30 p.m., in the Amedee O. "Dick" Richards, Jr., Council Chambers, located at 1424 Mission Street.

The Public Safety Commission

Monday at 8:30 a.m.

Fire Department EOC Room

817 Mound Avenue Staff

Staff Liaison: Joe Ortiz, Police Chief

jortiz@southpasadenaca.gov

Phone: (626) 403-7300

Planning Commission Meeting

Tuesday January 14 at 6:30 p.m.

Amedee O. "Dick" Richards, Jr. Council

Chamber

1424 Mission Street

Staff Liaison: Kanika Kith, Interim Senior

Planner

Phone (626) 403-7223

South Pas Climate Action Plan

The City of South Pasadena is currently developing a Climate Action Plan (CAP), which is a strategy for how it will reduce its greenhouse gas emissions in accordance with statewide targets. The City will ensure this process is collaborative and inclusive by conducting extensive outreach about the policies that are to be included within the CAP. To learn more about the process of the CAP, the City's baseline greenhouse gas inventory, and to view the presentation from our first public meeting, please visit: www.southpasadenacap.rinconconsultants.com

Is there something you would like to see in the plan? We want to know! Submit a comment on the website: southpasadenaca.gov.

The next public meeting will take place in February 2020.

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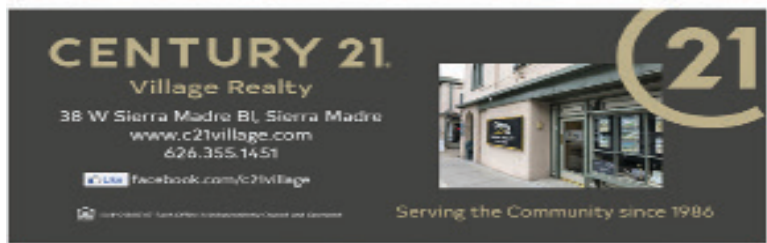


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President Trump signed the Setting Every Community Up for Retirement Enhancement Act (SECURE Act). The SECURE Act, is effective as of January 1, 2020. The Act is the most impactful legislation affecting retirement accounts in decades. The SECURE Act has several positive changes: It increases the required beginning date (RBD) for required minimum distributions (RMDs) from your individual retirement accounts from 70 ½ to 72 years of age, and it eliminates the age restriction for contributions to qualified retirement accounts. However, perhaps the most significant change will affect the beneficiaries of your retirement accounts: The SECURE Act requires most designated beneficiaries to withdraw the entire balance of an inherited retirement account within ten years of the account owner's death.

The SECURE Act does provide a few exceptions to this new mandatory ten-year withdrawal rule: spouses, beneficiaries who are not more than ten years younger than the account owner, the account owner's children who have not reached the "age of majority," disabled individuals, and chronically ill individuals. However, proper analysis of your estate planning goals and planning for your intended beneficiaries' circumstances are imperative to ensure your goals are accomplished and your beneficiaries are properly planned for.

Under the old law, beneficiaries of inherited retirement accounts could take distributions over their individual life expectancy. Under the SECURE Act, the shorter ten-year time frame for taking distributions will result in the acceleration of income tax due, possibly causing your beneficiaries to be bumped into a higher income tax bracket, thus receiving less of the funds contained in the retirement account than you may have originally anticipated.

Your estate planning goals likely include more than just tax considerations. You might be concerned with protecting a beneficiary's inheritance from their creditors, future lawsuits, or a divorcing spouse. In order to protect your hard-earned retirement account and the ones you love, it is critical to act now.

Review/Amend Your Revocable Living Trust (RLT) or Standalone Retirement Trust (SRT)

Depending on the value of your retirement account, you may have addressed the distribution of your accounts in your RLT, or you may have created an SRT that would handle your retirement accounts at your death. Your trust may have included a "conduit" provision, and, under the old law, the trustee would only distribute required minimum distributions (RMDs) to the trust beneficiaries, allowing the continued "stretch" based upon their age and life expectancy. A conduit trust protected the account balance, and only RMDs--much smaller amounts--were vulnerable to creditors and divorcing spouses. With the SECURE Act's passage, a conduit trust structure will no longer work because the trustee will be required to distribute the entire account balance to a beneficiary within ten years of your death. You may now need to consider the benefits of an "accumulation trust," an alternative trust structure through which the trustee can take any required distributions and continue to hold them in a protected trust for your beneficiaries.

ASSEMBLYMEMBER HOLDEN ACCEPTING NOMINATIONS FOR ANNUAL WOMEN OF THE YEAR CELEBRATION

Pasadena, CA—Assemblymember Holden has opened up the nomination process for his annual 41st Assembly District's Woman of the Year and Women of Distinction celebration.

"For 30 years, in recognition of Women's History Month, the Legislature has honored the achievements of women throughout California during the annual Woman of the Year celebration," said Assemblymember Chris Holden. "I invite everyone to visit my website and nominate a woman who they believe should be honored for her positive impact in our community."

The district's Woman of the Year will be invited to the State Capitol to be introduced on the Assembly Floor and be given a special resolution honoring her contributions to the community and the state. A Woman of Distinction from each city in the 41st Assembly District, and the Woman of the Year, will be recognized at Holden's Annual Spring Open House in March.

Categories include but not limited to arts, business, community service, education, health services, military, science and technology, sports, and under 30.

Nomination forms are available at <https://a41.asmdc.org/2020-women-distinction>.

LEAGUE OF WOMEN VOTERS SPECIAL PRESENTATION: 2020 VOTING PROCESS IN CALIFORNIA

The Nifty after Fifty, All Nations SDA Church has sponsored a special presentation on the new voting process in California in 2020. This presentation is offered by the League of Women Voters. THIS IS NOT A POLITICAL PRESENTATION. It will cover the new machines, registration, absentee ballots, and the Census. All Nations Church will provide the Scree, projector and internet services. The presenters will provide the paper materials.

Special 2020 CA Voting Process Presentation
Presented by the League of Women Voters
All Nations Seventh Day Adventist Church
1948 Peck Road, Monrovia 91016
Saturday, January 18, 2020
3:00 p.m.

FAMILY MATTERS

By Marc Garlett

SECURE Act: How It Will Affect You and the Beneficiaries of Your Retirement Accounts

Consider Additional Trusts

For most Americans, a retirement account is the largest asset they will own when they pass away. If you have not done so already, it may be beneficial to create a trust to handle your retirement accounts. While many accounts offer simple beneficiary designation forms that allow you to name an individual or charity to receive funds when you pass away, this form alone does not take into consideration your estate planning goals and the unique circumstances of your beneficiary. A trust is a great tool to address the mandatory ten-year withdrawal rule under the new Act, providing continued protection of a beneficiary's inheritance.

Review Intended Beneficiaries

With the changes to the laws surrounding retirement accounts, now is a great time to review and confirm your retirement account information. Whichever estate planning strategy is appropriate for you, it is important that your beneficiary designation is filled out correctly. If your intention is for the retirement account to go into a trust for a beneficiary, the trust must be properly named as the primary beneficiary. If you want the primary beneficiary to be an individual, he or she must be named. Ensure you have listed contingent beneficiaries as well.

If you have recently divorced or married, you will need to ensure the appropriate changes are made because at your death, in many cases, the plan administrator will distribute the account funds to the beneficiary listed, regardless of your relationship with the beneficiary or what your ultimate wishes might have been.

What Happens Next

If you are a client, we'll be reaching out to you over the coming weeks if your plan is affected by the SECURE Act. If you are not a client, and don't have an ongoing relationship with a trusted advisor, we'd be happy to review your plan to determine if it is affected by the SECURE Act. And if you have yet to get an estate plan in place, there's no better time to get that process started. Let us know if we can help and happy new year!

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.CaliLaw.com for more information.

Chu Votes to Restore SALT Deduction for Middle Class

The House of Representatives voted late last month to restore important tax cuts for the middle class that were stripped out of the tax code by Republicans in their 2017 Tax Scam. H.R. 5377, the Restoring Tax Fairness for States and Localities Act of 2019, eliminates the \$10,000 limit on the state and local tax (SALT) deduction for 2020 and 2021 and it eliminates the marriage penalty for 2019 to allow married couples filing jointly to claim a SALT deduction of \$20,000. The bill also increases the existing above-the-line deduction for teachers' out-of-pocket classroom expenses from \$250 to \$1,000 and establishes a new \$1,000 above-the-line deduction for the unreimbursed out-of-pocket work expenses of professional first responders. These provisions are paid for by restoring the top marginal income tax rate from 37% to 39.6%. Rep. Judy Chu on Dec. 19 issued the following statement:

"Nobody should be taxed twice. This is the principle behind the state and local tax (SALT) deduction. And it has been incredibly successful at helping millions of middle class families afford homes



while supporting local governments that struggle to provide important services like education, public safety, and infrastructure. But by capping SALT, Republicans effectively raised taxes on millions while forcing states and localities to choose to either raise taxes or cut services.

"Since the Republicans passed their tax cuts for the wealthy, we have seen how these cuts have made the richest richer while the rest of us foot the bill. Today is the culmination of over a year of work to restore these vital deductions and restore fairness to our tax code."

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SIERRA MADRE CIVIC CLUB OFFERS EDUCATIONAL AWARDS TO HIGH SCHOOL SENIORS

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



To be eligible, candidates must either reside in Sierra Madre, or work in Sierra Madre, or attend school in Sierra Madre. Along with the completed form provided by Sierra Madre Civic Club, which includes questions about interests and a personal statement, candidates are to provide two letters of reference.

Applications are available in the Sierra Madre Library, at Sierra Madre City Hall, from college counselors at local high schools, or at lefler.sharon@gmail.com. Completed application packets must be received no later than March 31, 2020.

Please encourage any eligible high school seniors to apply!

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

SCHOOL DIRECTORY

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

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

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

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

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www.foothilloaksacademy.org
office@foothilloaksacademy.org

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Email: jenny@frostig.org

The Gooden School
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Head of School, Jo-Anne Woolner
website: www.goodenschool.org

High Point Academy
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Head of School: Gary Stern 626-798-8989
website: www.highpointacademy.org

La Salle College Preparatory
3880 E. Sierra Madre Blvd. Pasadena, Ca.
(626) 351-8951 website: www.lasallehs.org
Principal Mrs. Courtney Kassakhian

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

BOSCO TECH HOSTS ANNUAL MATH COMPETITION FOR ELEMENTARY & MIDDLE SCHOOL STUDENTS ON FEBRUARY 1

ROSEMEAD, CA. – January 8, 2020 - Don Bosco Technical Institute (Bosco Tech) will host its mathematics competition for fifth through eighth grade students on Saturday, February 1. The 48th annual event, the longest running in Southern California, will offer awards to the highest scoring individuals and teams.

“The math competition is the perfect opportunity for students seeking to challenge themselves,” said Bosco Tech Principal Jeff Krynen. “Many of them return year after year to compete. Mastery of the complex critical thinking skills involved in the competition is vital in advanced math courses and pre-engineering studies like those offered at Bosco Tech.”

To register, review rules and see sample test questions, visit www.boscotech.edu. Event registration is required and ends January 24; the cost to participate is \$10 per student. Event check in is 8-8:45 a.m.; the competition begins at 9 a.m. Results will be announced at a ceremony that will conclude by noon. Food and refreshments will be available for sale through the morning.

Bosco Tech is an all-male Catholic high school that uniquely combines a rigorous college-preparatory program with a technology-focused education. The innovative curriculum allows students to exceed university admission requirements while completing extensive integrated coursework in one of several applied science and engineering fields, including the new Biological, Medical & Environmental Technology (BMET) program.



On Niche.com's list of top Catholic boys' high schools in California and the U.S., Bosco Tech boasts a college acceptance rate of 100 percent, with the majority of graduates pursuing STEM-related post-secondary majors at four-year universities. Visit www.boscotech.edu or call 626-940-2000 to arrange a campus tour or to learn more about our academic, extracurricular, and extensive international student programs

THE HUMAN COMEDY AT SIERRA MADRE PLAYHOUSE ON JANUARY 27



The next selection in the Off the Page series of monthly play readings at Sierra Madre Playhouse will be a new stage adaptation of William Saroyan's classic American novel, *The Human Comedy*. The playwright/adaptor is Thom Babbes.

"I thought a fellow would never cry when he got to be grown up, but it seems as if that's when a fellow starts." – Homer Macaulay

Set in warfront America 1942, this coming-of-age tale tells the story of Homer Macaulay, a 15-year-old boy who delivers telegrams at night to make money for his family. During the course of two days, Homer grows from an idealistic boy to a mature young man as he struggles with the unfairness of the world around him and the pain of families to whom he delivers the War Department's death notices. But in the midst of the decaying idealism of small town America, and the loneliness of growing up, Homer finds hope in humanity through Mr. Grogan, the old alcoholic telegrapher and Mr. Spangler, the manager of the telegraph office who becomes a father-figure. In these men, Homer learns to see the goodness in people no matter how desperate or broken they may be. He also finds the true meaning of home. In the end, it is a timeless American tale that celebrates our common decency. In our present society that is so divisive, *THE HUMAN COMEDY* has a lot to show us about our humanity and the important things that bring us together.

Thom Babbes' screenplays for the films *Body Chemistry* and *Deadly Dreams* were produced by Roger Corman's Concorde- New Horizons company. Babbes also wrote *The Audition* and co-wrote *X-Treme Weekend*, two prize-winning shorts. He is a resident director at Actors Co-Op in Hollywood, where his credits include *Wait Until Dark*, *Summer and Smoke*, *A Man for All Seasons*, and *Ah, Wilderness!* He is a graduate of Pacific Conservatory of the Performing Arts.

Christian Lebrano directs the reading. He is the producer of the Off the Page series and the Artistic Director of Sierra Madre Playhouse, where he recently directed his own adaptation of *Little Women*.

William Saroyan (1908-1972) won the Pulitzer Prize for Drama in 1940 for his play *The Time of Your Life*. He won the Academy Award in 1943 for his film adaptation of *The Human Comedy*.

Off the Page series coordinator: Roxanne Barker. *The Human Comedy*. Staged reading. Monday, January 27, 2020 at 7:00 p.m. Suggested donation: Five dollars. At Sierra Madre Playhouse, 87 W. Sierra Madre Blvd., Sierra Madre, CA 91024. This is just east of Pasadena. There is parking available on the street and in free lots behind the Playhouse and across the street. Phone: (626) 355-4318. Website: <http://sierramadreplyhouse.org>

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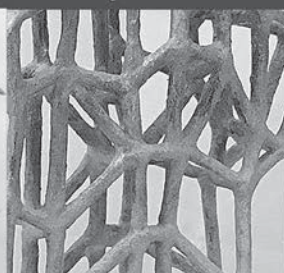
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CAT OF THE WEEK

Katnip News!



HAN & LUKE

This week, meet super sweet tabby brothers HAN & LUKE, age 7 mos. Han has dark stripes and a heart of gold. He's got big feet and a big snuggly attitude. He's very loving and is usually purring before you pick him up. Likes to be held like a baby and receive chin scratches. Excellent

protector to his little brother Luke. Han loves to play and really loves his mice toys. Luke sticks close to his big brother Han and learns how to be brave. Loves to run and play but can get startled easily. Very sweet attitude once he trusts you. Likes to greet you with a cute tiny meow when he sees you. With some time and the right person he could learn to be the bravest Jedi. Adopt both with our "Twofur" offer for \$125. They will come neutered and current on vaccines. See more pictures and adoption information at www.lifelineforpets.org, or call 626-797-1753.



Pet of the Week

Do you like great restaurants that no one else has heard of? Or amazing bands that haven't made it big yet? Well, we have a hot tip for you about the greatest undiscovered gem in Pasadena: Mr. Fish! Mr. Fish is the sweetest, friendliest boy, and you can be the one to adopt him before everyone else discovers how wonderful he is. This five-year-old ginger boy absolutely loves being pet and having his head and cheeks scratched. He's so affectionate, he'll head butt you for more pets! Once word gets out about how great Mr. Fish is, there's bound to be a line of people waiting to meet him, so don't delay!

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

New adopters will receive a complimentary

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

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

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



LOOKING FOR A BEST FRIEND?

FREEBO

Freebo is a sweet 10-year-old senior dog who is looking for that special someone who can appreciate his optimistic charm. He has interesting color variations in his coat giving him a unique look all his own. He is being called a Chihuahua mix, but at 14 pounds, he is probably more "mix." Freebo is a friendly boy who seems to enjoy the company of people as well as other dogs. Freebo has lost most of his teeth which may explain why he is a bit head-shy, but he does enjoy pets and affection. Freebo is easy to manage on the leash and enjoys going on walks to the park with the other small dogs. He is polite and well-behaved around them. If you are looking for a "no drama" companion, come and meet Freebo. The adoption fee includes neuter surgery, microchip, first vaccinations and a free wellness check-up at a participating veterinarian.



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DOES MEDICARE COVERS COUNSELING SERVICES?

Dear Savvy Senior:

Does Medicare cover outpatient counseling services for its beneficiaries? Since the death of my sister last year, I've struggled with depression and anxiety and would like to get some help. Sad Senior



Dear Sad:

I'm sorry for your loss. Yes, Medicare covers both outpatient and inpatient mental health services to help beneficiaries with depression, anxiety and many other needs. Here's what you should know.

Outpatient Coverage

If you have original Medicare, your Part B coverage will pay 80 percent (after you've met your \$198 Part B deductible) for a variety of counseling and mental health care services that are provided outside a hospital, like individual or group therapy, family counseling and more. They also cover services for treatment of beneficiaries who struggle with alcohol and drug abuse.

You, or your supplemental insurance is responsible for the remaining 20 percent coinsurance.

Medicare also gives you the option of getting treatment through a variety of mental health professionals such as psychiatrists, psychologists, clinical social workers and clinical nurse specialists.

To get this coverage, you'll need to choose a "participating provider" that accepts Medicare assignment, which means they accept Medicare's approved amount as full payment for a service.

If you choose a "nonparticipating provider" who accepts Medicare but does not agree to Medicare's payment rate, you may have to pay more. And if you choose an "opt-out provider" that does not accept Medicare payments at all, you will be responsible for the entire cost.

To locate a mental health care professional in your area that accepts Medicare assignment, use Medicare's online Physician Compare tool. Go to Medicare.gov/PhysicianCompare and type in your ZIP code, or city and state, then type in the type of profession you want to locate, like "psychiatry" or "clinical psychologist" in the search box. You can also get this information by calling Medicare at 800-633-4227.

Inpatient Coverage

If you need mental health services in either a general or psychiatric hospital, original Medicare Part A covers this too (after you've met your \$1,408 Part A deductible). Your doctor should determine which hospital setting you need. If you receive care in a psychiatric hospital, Medicare covers up to 190 days of inpatient care for your lifetime. And if you use your lifetime days but need additional care, Medicare may cover additional inpatient care at a general hospital.

Additional Coverage

In addition to the outpatient and inpatient mental health services, Medicare also covers yearly depression screenings that must be done in a primary care doctor's office or clinic. Annual depression screenings are covered 100 percent.

And if you have a Medicare prescription drug plan, most medications used to treat mental health conditions are covered too.

Medicare Advantage

If you happen to get your Medicare benefits through a private Medicare Advantage plan, they must provide the same coverage as original Medicare does, but they may impose different rules and will likely require you to see an in-network provider. You'll need to contact your plan directly for details.

And for more information, call Medicare at 800-633-4227 and request a copy of publication #10184 "Medicare & Your Mental Health Benefits," or you can read it online at Medicare.gov.

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.

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SENIOR HAPPENINGS

HAPPY BIRTHDAY! ...January Birthdays*



Gerald Day, Mary Tassop, Judy Webb-Martin, John Johnson, Mary Bickel, Marlene Enmark, Shirley Wolf, Ross Kellock, Ruth Wolter, Sue Watanabe, Sandy Thistlewaite, Bobbi Rahmanian, Fran Syverson, Shirley Wolff, Judy Zaretska and Becky Evans.

* To add your name to this distinguished list, please call the paper at 626.355.2737. YEAR of birth not required

HART PARK HOUSE MONTHLY PROGRAMS:



Unless listed differently, all activities are at the Hart Park House (Senior Center) 222 W.

Sierra Madre Blvd, Sierra Madre

Hawaiian & Polynesian Dance Class: Every Tuesday Morning from 10:00 a.m. - 11:00 a.m. Join the class with Instructor Barbara Dempsey as she leads you in the art of Hula!

Bingo Time: Every Tuesday beginning at 1:00 p.m. Cards are only \$0.25 each! Everyone is welcome to play! Activity may be canceled if there are less than five people.

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

Brain Games: Every third Thursday of the month at 12:45-1:45pm 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 18th 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, Weekly at Hart Park House Brown Bag Lunch, great company and bingo 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!

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 Light weights, low impact resistance training and body conditioning. Class equipment provided.

Gentle Yoga for Active Seniors: Every Monday & Wednesday from 8:15 - 9:45 a.m. with Andrea Walsh at the Hart Park House. Classes include complete floor relaxation, standing and floor postures, balancing, and featuring extended meditations on the fourth Wednesdays of the month! Call (626)-355-5278 for more information.

MEALS - ON - WHEELS PROGRAM

The Home Delivered Meals Program provides healthy meals to homebound Seniors 60 and above. Seven frozen meals, milk, bread and fruit are included and delivered once a week. \$3 Donation per meal is suggested but remains completely anonymous and voluntary. Clients must be eligible and we invite you to contact YWCA Intervale Senior Services at 626-214-9467. SUBJECT TO CHANGE WITHOUT NOTICE SUGGESTED DONATION \$3.00 1% LOW FAT MILK INCLUDED

OUT TO PASTOR

A Weekly Religion Column by Rev. James Snyder



TO ONE IT'S MONDAY TO ANOTHER IT'S WEDNESDAY

Time goes so fast at times that I do not always remember what day it is. I get so busy trying to get my work done that I forget if it's Monday or Friday.

It is a good thing I am getting older because I have a built-in excuse for forgetting what day it is.

Recently, the Gracious Mistress of the Parsonage and I spent some time in St. Augustine for some vacation days. We don't often get to have vacation days, but when we do, we try to enjoy it.

Just down a few blocks from our motel is a place we love dining. It's called the Village Inn. What I like about this restaurant is that on Wednesdays they always have free pie with anything you order even if it's just coffee.

Free is always a good thing with me. I know that nothing is free, but sometimes it is.

Anybody who knows me knows that I do not take many things seriously. I enjoyed being around people who are very seriously minded because I can get away with a lot of jokes with them. Some things are to be serious, but those are rather few in my book.

Even at my age, I love to have fun.

It was a Monday on our vacation that we went down to have lunch at the Village Inn.

Someone once asked me what my favorite pie was, and I gave them an answer that my uncle always gave, "The one I'm eating at the time." And this restaurant has very delicious pies.

It was Monday, however, and the pies were free only on a Wednesday. That did not stop me from trying, though.

The restaurant host escorted us to our table, and we sat down. Then the waitress came to take our order. It was then that I had a thought giggling at the top of my head. That is always a dangerous situation. I decided to go with it.

"Ma'am," I said as seriously as I possibly could, "I am a Yahooist, and according to our religion, your Monday is our Wednesday."

I am sure she never heard of a Yahooist because I never heard of one either. She looked rather strangely at me, and I continued, "Does that mean I can have the Wednesday free pie today?"

Looking at me for a few moments, she then broke out in laughter. I guess she knew I was joking.

"A Yahooist, you say." Then she took our order and went to the kitchen.

I heard some laughter coming from the kitchen area when she went back, and every waitress that walked by our table looked at me and said, "Yahoo."

One thing I strive for each day is making somebody smile if not laugh. There are so many sad people in this world that I am try-

ing to get them from being so sad. I have found that it does not take very much to get some people to laugh.

Then the manager came to our table and said, "So, you're a Yahooist. How could I join that religion?"

Knowing that he was just having a little fun with me, I responded very seriously, "To join you must say 'Yahoo' three times in a row and then bring me a free piece of pie."

I do not let anything get past me if I can avoid it. The manager laughed rather heartily and then walked back to the kitchen.

Maybe I should think a little more seriously about creating a Yahooist group of people. We sure could make a lot of people smile and laugh that otherwise would not do any of that.

Then our waitress came back with our meal and greeted both of us by saying, "Yahoo." Then my wife and I shouted "Yahoo" back, and all of the customers around our table started to laugh and say, "Yahoo."

As my wife and I were eating our lunch, I thought that I had accomplished my purpose for the day. I love making people laugh and smile. That is what I call a good day. I know I can't make everybody smile or laugh, but I can make some people and those of the people I focus on.

As customers departed and passed our table, they all smiled and said, "Yahoo." I cannot remember when I had a better day.

As we were finishing our meal, the waitress brought our ticket to the table. She commented by saying, "It sure was nice to meet a real Yahooist. I hope you come back again." Then, as she left, she chirped, "Yahoo."

"You sure made an impression with her," my wife commented.

As I looked at the ticket, I noticed that the pie we ordered was not on our ticket. For some reason, she forgot to include it on our ticket. I called her back and asked about why the pie was not included on my ticket.

"Isn't today your Wednesday?" she said. "On Wednesday, the pie is always free." As she walked away, she cheerfully said, "Yahoo."

I have found that it always pays, and pays wonderfully, to make somebody smile.

The theme of my life is, "A merry heart maketh a cheerful countenance: but by sorrow of the heart the spirit is broken" (Proverbs 15:13).

My goal is never to let a day go by without causing somebody to smile.

Dr. James L. Snyder is pastor of the Family of God Fellowship, 1471 Pine Road, Ocala, FL 34472. He lives with his wife in Silver Springs Shores. Call him at 352-687-4240 or e-mail jamessnyder2@att.net. The church web site is www.whatafellowship.com.

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

TOM PURCELL

DON'T TAKE CYBER SCAMMERS' BAIT IN 2020



One of 2019's biggest stories will be bigger in 2020: Cyber scams are on the rise.

"As people increasingly conduct business and live their lives online, more and more criminals are leveraging the internet to steal," reports Forbes' Stu Sjouwerman.

The dirty rotten scammers continue to evolve, too, targeting businesses, government organizations and individuals alike with increasingly sophisticated schemes.

One is ransomware – malicious software that blocks access to computers until money is paid.

Scammers also send phony "phishing" emails – often spoofing emails from big retailers – with fraudulent links or attachments that, when clicked, give scammers unfettered access to computer users' data.

Google "ransomware attack" and you'll see a sizable list of big companies and entire cities that have been completely shut down by scammers.

They also spoof text messages. Apparently from reputable companies, such as banks, these messages trick individuals into revealing passwords or credit card numbers.

Scammers continue to succeed with the good old telephone, too. I received a call this year from a man claiming he was from the Social Security Administration, who told me my account was blocked and he would help me reactivate it.

Aware that Social Security never makes phone calls (unless you're having a legitimate conversation with it), I knew what the scammer was after: my full name, birthdate, address and Social Security number.

I asked him how he could sleep at night, knowing he was hurting innocent people. He cussed at me and hung up.

The greatest worry about scammers is that elderly people are especially at risk. They're more trusting of callers from government agencies and more likely to fall for one especially mendacious tax scam.

Using phishing techniques, scammers access data on a taxpayer's computer, then use that stolen information to file a fraudulent tax return in the taxpayer's name and have the refund – often larger than is actually owed – deposited into the taxpayer's actual bank account.

According to Intuit, the scammers then "contact their victims, telling them the money was mistakenly deposited into their accounts and asking them to return it."

Many victims, fearful of the IRS, readily comply.

According to Pew Research, Americans view cybercrime as their greatest security concern. But what are government agencies doing to combat it?

Not enough.

Americans are often victimized by scammers operating from elsewhere in the world. How can the bad guys be tracked down and forced to make amends?

Nation-states are often behind sophisticated attacks on organizations. Russian-financed scammers are actively targeting our utilities, election systems and other systems.

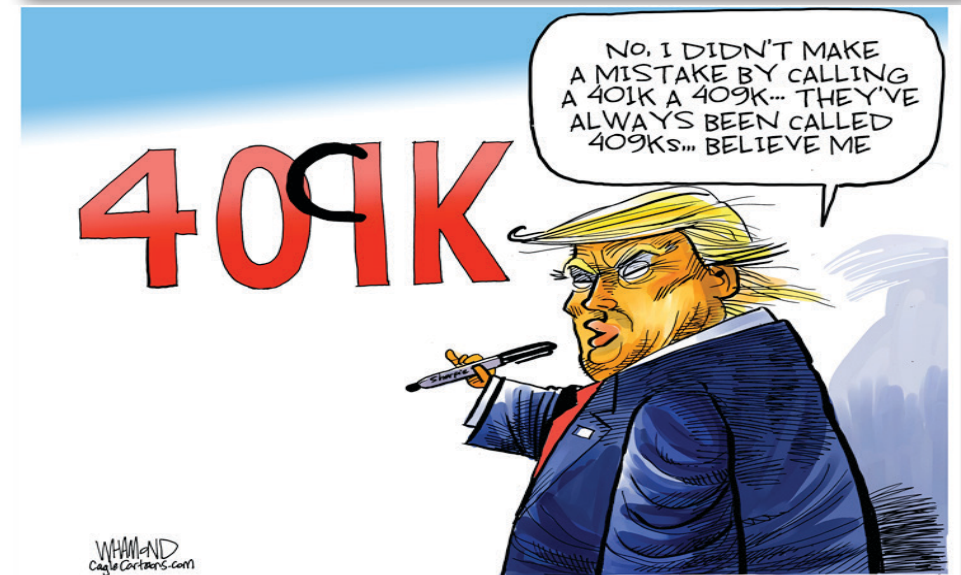
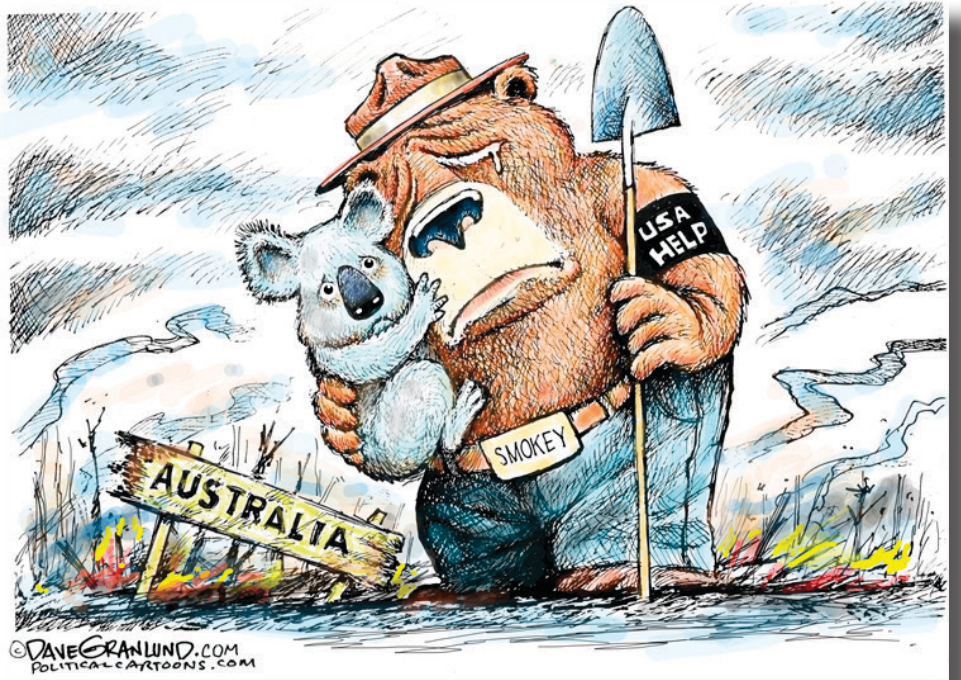
Creating new laws and agencies to combat cybercrime is a daunting challenge. Cybersecurity bills passed by the U.S. House move slowly through the Senate. Even if the Senate passes them and the president signs them, regulators could take months to draft and implement actual policies. Scammers aren't bogged down by such bureaucratic processes.

What it comes down to is that every individual must learn to detect and avoid cyber scams. The Department of Homeland Security has helpful info at <https://www.dhs.gov/stopthinkconnect-cyber-tips>.

Always verify that an email, text or link is legitimate before you click. Always be suspicious – because that's the only way that cyber scams won't be an even bigger story in the new year.

Tom Purcell, is a Pittsburgh Tribune-Review humor columnist and is nationally syndicated columnist. Comments to Tom at Tom@TomPurcell.com.

OPINION:



LEFT TURN and the MIDDLE

STUART TOLCHIN

NO DONALD TRUMP, THINK MUHAMMAD ALI



This week I have vowed not to write about Donald Trump. It is a challenge in that Mr. Trump seems to be engaged in an attempt to end the social experiment that has been our democracy. I want to assure you that notwithstanding his continual efforts to ignore the United States Constitution and the separation of the branches of government and the probability that he will not be removed by the Senate at the conclusion of whatever facsimile of a trial whenever it begins and ends it is impossible that he will be re-elected in November 2020.

Really I don't want to write or think about Donald Trump anymore. Let us all together just think NO Donald Trump and that WILL be enough. NO MORE DONALD TRUMP. Okay.

Perhaps you are not convinced that further action is not required. All that is required is that we all register and vote. Pendulums swing back and forth and occasionally history seems to be going in the wrong direction but if we can ignore Mr. Trump it is easy to see that beneath the haze caused by social media civilization is moving in the right direction. Each year there are fewer homicides and further recognition of formerly marginalized classes such as women, LGBTQ individuals, religious minorities who are now enjoying consideration that were previously denied throughout history.

I am old enough to remember the abuse heaped upon the young Cassius Marcellus Clay Jr. when he informed the public that he was changing his name to Muhammad Ali after his conversion to Islam. If you recall after he was drafted in 1967 he refused to serve on the grounds that he was a Muslim minister. He was arrested for committing a felony and stripped of his heavyweight world championship title and boxing license. Eventually he was sentenced to five years while appealing his conviction. This conviction was overturned by the Supreme Court in 1971. As I hope you recall Muhammad Ali was known for his continued public stance against the Viet Nam war and his long time courageous battle against Parkinson's disease. Many of us remember Muhammad Ali with his hands trembling and almost completely unable to talk still present enough to light the Olympic torch during the 1996 Olympic Games in Atlanta, Georgia at a time when many believed that outside of the Pope, he was the most beloved figure in the world.

How's that for a turn around. It is wonderful to see the world right itself from its past error and once more head in the correct more civilized direction. In order to try and understand the colossal error that occurred in the 2016 election I spent the last two days viewing the 7 part Ken Burns documentary describing the life of the Roosevelts. There are multitudes of missteps and regrettable decisions described within the documentary. For me the American public's initial refusal to even provide assistance to the European countries threatened by Hitler later compounded by a refusal to enter the war. However, once America subsequent to the bombings at Pearl Harbor and the declarations of war against the United States by Japan, Germany, and Italy, America realized its error and entered the war with a productive energy that eventually shamed its enemies.

Sure there were missteps. The Presidential decision to inter Japanese American citizens living on the West Coast, the segregation of African Americans from other populations, the refusal to accept European Jews into the country who after being refused entry were taken to Concentration Camps. There were many other missteps and betrayals and secrets and lies and yet the Roosevelts emerge as probably the most heroic family of the Twentieth Century.

My final point is that yes mistakes are made and a terrible error such as the election of an incompetent, untruthful, uncompassionate fraud like NO DONALD may take place, but it is my very strong belief that his actions as President will shock the country in the same way that the bombing of Pearl Harbor shocked the nation and cause a mobilization in the right direction resulting in the greatest of benefits to the nation.

I actually believe that the rejection of NO DONALD will result in a stronger, freer, better educated America which will move in the direction of transparency and equality. It is highly possible that in the near future as America moves to save the planet and prevents the further development of nuclear weapons there will be a recognition that it was all for the best.

REMEMBER TO VOTE.NO DONALD

JOHN L. MICEK

CONGRESS HAS TO RECLAIM ITS WAR-MAKING AUTHORITY



It didn't take long for "World War III" to become a trending topic on Twitter in the hours after news broke that a drone strike by U.S. forces resulted in the death of a top Iranian military commander.

Almost simultaneously, those who'd never heard of the now-late Qasem Soleimani until cable news and social media blared his name began debating whether the latest escalation in tensions between the United States and Islamic Republic of Iran would inevitably result in a hot war between the two countries.

There is bipartisan agreement that the airstrike personally ordered by President Donald Trump meant that there was one fewer terrorist in the world. And there is some wisdom to that, considering Soleimani was believed responsible for the deaths of hundreds of Americans during the Iraq War.

But – and this is a significant but – Congressional leaders had not been briefed on the attack, and expressed fears that the White House was moving toward yet another undeclared war in the region.

While the administration has made positive noises about wanting to draw down the American presence in the Middle East, as was the case during last year's disastrous withdrawal from northern Syria, its actions have not matched the rhetoric.

The Washington Post reported late last week that the U.S. was deploying an additional 3,500 service people to the region in the wake of that Iranian vow to extract "severe revenge." That's on top of the battalion of 750 soldiers sent to Kuwait.

The additional security is undoubtedly necessary, as American installations across the Middle East brace for retaliation. But it's also a reminder of how easy it would be for the United States to slide into another conflict in a part of the world that's claimed thousands of American lives and trillions of dollars in American resources.

As president, Trump has broad latitude to prosecute foreign policy. But the War Powers Act requires the executive branch to brief Congress within 48 hours of unauthorized military action.

New York Mag's Ed Kilgore writes that the administration is likely to claim it had grounds to act under the congressionally enacted Authorizations of Military Force in 2001 and 2002 that, respectively, gave the nation the Forever War on Terror, and an Iraq War that doesn't seem to want to ever end.

Not surprisingly, House Speaker Nancy Pelosi, D-Calif, raised serious questions about the legality of the attack, saying it had been carried out without legislative authorization. In reality, Republicans and Democratic administrations have been abusing their war-making authority for decades. That includes the Obama administration's pernicious preference for drone strikes.

Think about this: The United States last issued a formal declaration of war after the bombs fell on Pearl Harbor in 1941. Every military action since has come without a formal declaration of war. Though some, such as the Korean War and the 1990 Gulf War, have come with congressional authorizations or through United Nations resolutions, as was the case with the Bosnian War under President Bill Clinton in 1992-93.

It might be too late to get the genie back into the bottle. But this slow creep of executive power is one that badly needs to be reversed. Which means it's a mistake to dismiss Democratic complaints about White House overreach.

The president wields no power more terrifying – nor more broad reaching – than the ability to wage war. But he (and someday she) wields that power in all our names, not just his own.

That's what declarations of war – and congressional authorizations – are for: To ensure we speak, as a nation, with one voice.

It's a quaint notion, perhaps, but it's one worth remembering before we blunder into another endless war.

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

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It's impossible to predict the future, but here's a look at where the real estate market stands at the beginning of 2020

Pasadena

REAL-TIME MARKET PROFILE		
Median List Price		\$1,872,900
Per Square Foot		\$638
Days on Market		121
Price Decreased		33%
Price Increased		4%
Relisted		12%
Inventory		114
Median Rent		\$3,575
Most Expensive		\$12,980,000
Least Expensive		\$435,000
Market Action		42
Slight Seller's Advantage		

Monrovia

REAL-TIME MARKET PROFILE		
Median List Price		\$1,089,500
Per Square Foot		\$498
Days on Market		112
Price Decreased		45%
Price Increased		8%
Relisted		8%
Inventory		38
Median Rent		\$3,000
Most Expensive		\$3,500,000
Least Expensive		\$575,000
Market Action		41
Slight Seller's Advantage		

Sierra Madre

REAL-TIME MARKET PROFILE		
Median List Price		\$1,150,000
Per Square Foot		\$562
Days on Market		183
Price Decreased		36%
Price Increased		5%
Relisted		14%
Inventory		22
Median Rent		\$3,950
Most Expensive		\$3,200,000
Least Expensive		\$799,000
Market Action		33
Slight Seller's Advantage		

The market is always changing, give us a call for your real estate needs



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