

Mountain Views News

Sierra Madre

Arcadia

Duarte

Monrovia

Pasadena

Altadena

South Pasadena

San Marino

SATURDAY, FEBRUARY 1, 2020

VOLUME 14 NO. 5

THE WEBB-MARTIN GROUP



Top 10 Most Expensive Mistakes You're Making on Your Home

Homes cost a lot of money to maintain. But are you spending extra money unnecessarily on upkeep?

Here are the **10 most expensive mistakes** you could be making in your home:

1. Using Traditional Light Bulbs
2. Ignoring a Leaky Faucet
3. Using the Wrong Air Filter Size
4. Not Customizing Temperature
5. Not Adjusting Air Vents Properly
6. Over Watering Lawn
7. Water Heater Temperature Set Too High
8. Leaky Windows and Doors
9. Paying a Handyman When You Can Do It Yourself
10. Ignoring Curled Shingles

Use these **10 TIPS** to cut maintenance costs on your home today.

Contact us for more ideas and a **FREE property assessment**.

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Jan Greteman 626.975.4033

jan@jangreteman.com
jangreteman.com #01943630

Judy Webb-Martin 626.688.2273

jwmartin@dppre.com #00541631

Katie Orth 626.688.0418

korth@dppre.com #00942500

Who We Are:

Residents & business owners of Sierra Madre **selling** real estate **since 1975** & proudly **giving back** to the community.

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homeasart.com

source: CoreLogic, Freddie Mac, Bankrate

THE MOUNTAIN VIEWS NEWS PROUDLY ENDORSES JOHN HARABEDIAN FOR THE LA COUNTY BOARD OF SUPERVISORS

It is truly a pleasure to endorse Sierra Madre Mayor John Harabedian as he seeks higher office. Since he was first sworn in as a City Council member in 2012, he has honored his oath of office by serving the community with dignity, outstanding moral character and a deep commitment to the citizens he was elected to serve. To quote former California Governor Jerry Brown, "In these divisive times, John brings the sort of fresh, no nonsense leadership we need."

John Harabedian is what we all envision, regardless of political leanings, our public servants to be. Listening to his constituents and endeavors to address each and every one of their concerns. He learns from the past, and brings that knowledge to the table in order to shape a promising future. He is a man of good character, with vision and a vested interest in the future.



This publication is proud to support John Harabedian for the Los Angeles County Board of Supervisors. We hope you will join us in supporting him.

Susan Henderson, Publisher/Editor
Mountain Views News

From Former Controller John Chiang:

"We need new leadership in LA County to address our homelessness and affordability crisis, tackle gun violence, and take action on climate change. Mayor John Harabedian is the clear choice to bring new ideas and results to our neighborhoods."

From: Congressman Tony Cárdenas

"With his fresh perspective and experience, Mayor Harabedian is the clear choice for LA County Supervisor. He is a common-sense leader who is committed to solving the homelessness crisis, protecting all of our residents, including our immigrant communities, and ushering in a new era of criminal justice reform. We cannot rely on the same failed policies to fix the monumental challenges facing us. As your Congressman, I look forward to partnering with Mayor Harabedian in tackling these problems, and I urge other Democrats to support him in his historic campaign."

SOLAR PHOTOVOLTAIC PROJECT BEING CONSIDERED FOR CITY YARDS

A presentation on a potential solar photovoltaic project at the City Yards facility took place at Tuesday night's City Council meeting, and was met with a request directed to City staff for more information about the endeavor.

Photovoltaic cells (solar panels) absorb sunlight and converts it into electricity. Sierra Madre has discussed adding such a project for several years. One of the biggest questions has been where do they put it?

In early 2019, resident industry experts Robert Parkhurst and Matthew Schneider met with Mayor John Harabedian, Mayor Pro Tem John Capoccia and city staff and discussed the feasibility of a 65,000 square-foot solar photovoltaic, ground mounted, array facility at the City Yards site which resides north of Hal Dapper Field (611 E Sierra Madre Blvd.).

By October 2019, the team received and reviewed eight proposals and, by December 2019, four of the applicants were asked to provide additional information regarding financing. Currently, the City Yards site consists of two basins which

would be repurposed for the project. The proposal would include the installation of 1,404 solar panels expected to produce 554.6 kW's direct current. An approximate 989,000 kWh of energy are expected to be offset by the panels a savings of about \$126,000. The green move would help avoid 715 tons of CO2 emissions cut down on oil dependency by 1,500 barrels.

The anticipated cost of going solar would be approximately \$1,134,029. The turnkey cost per watt is \$2.04. The hope is that in nine years, this project will pay for itself. The construction of such a project may have some impact of surrounding properties, mainly in the manner of removal of trees and shrubs. Some residents close to the site worry about the impact of project including construction noise, damage to land, trees and stirring up additional dust in the air.

Energy generated by the solar photovoltaic project is expected to be directly pumped into the water distribution system.

Council will look to vote on approving this project at a future meeting after further discussion.

CITY COUNCIL REPEALS DECLARATION OF WATER SHORTAGE EMERGENCY

City Council repealed an ordinance, Tuesday, which imposed a moratorium on the issuance of new water service connections in the City, initially put in place for the purpose of conserving water for home use, sanitation and for fighting fires. Due to a water shortage emergency and lack of sufficient rainfall, Ordinance 1356U (pursuant to Water Code 351 and 352) was set to remain in place until water supplies had been replenished or augmented. The rainy season of 2012-13 only produced 5.9 inches of rain. The average rainfall over a 50-year period was over 23 inches. When the ordinance was enacted in 2014 and the moratorium was enforced, the East Raymond Basin, was Sierra Madre's only source of water. Since then, a water exchange agreement has been established between the San Gabriel Valley Municipal Water District (SGVMWD) and the Metropolitan Water District (MET). In this pact, MET delivers up to 2,500 acre/feet of ground water to Sierra Madre annually. In addition, the City will share a well, as needed, with the City of Arcadia as part of the agreement with SGVMWD to begin in 2022. The well produces approximately 1,300 acre/feet ground water per year.

"The City currently has reliable, perpetual access to about 150% of the annual, anticipated, incurred need," stated City Manager, Gabriel Engeland. As part of the agreement with the City of Arcadia, water will be "wheeled" from the main basin that is owned by the city of Sierra Madre.

The moratorium placed restrictions on new zoning-related issues for homeowners such as adding meters, extensions to homes requiring new running water, and other potable water services. A water shortage emergency was declared by City Council in July 2014, when water levels dropped from 1,764 acre/feet to 940 acre/feet annually. Sierra Madre has been creatively exploring alternative, permanent options for water sources since these levels sunk dangerously low. The current annual consumption of water by Sierra Madre is 2,300 acre/feet. These current agreements do not diminish the need for common sense water conservation efforts.

City Council voted unanimously to repeal Ordinance 1356U in its entirety.

Kevin McGuire/MVNews

THE SIERRA MADRE SEARCH AND RESCUE TEAM'S YEAR IN REVIEW



A crew from SMSR searching Mt. Baldy for a missing hiker.

By Carolyn Grumm and Photos courtesy of SMSR

For the Sierra Madre Search and Rescue Team (SMSR), 2019 was the 69th year that the Team served the community with our mission statement "anywhere in the wilderness where someone needs help." It was a year marked by some long searches with happy endings. These reminded

us of the importance of our team philosophy to "go on every search and rescue mission with a positive attitude, committed to the belief that the person who needs our help is alive and can be found." Other missions had sobering endings that reminded us of our philosophy that asks us to "bring to every search and rescue mission the highest mountaineering (cont.

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SAVE THE DATE: Sunday, March 22, 2020

2020 WISTARIA FESTIVAL

9 am—5pm

Classic Car Show—Artists—Crafters—Live Music & Fun!

SHUTTLE TICKETS ON SALE NOW: www.sierramadrechamber.com

Mountain Views News

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pg.2) SEARCH AND RESCUE (coont. from pg.1)



A crew from SMSR searching Mt. Baldy for a missing hiker.

and rescue skill, training and self discipline that we can produce."

87 operations
52 rescues
35 searches
60 in the local area
17 mutual aid in Los Angeles county
10 mutual aid outside of LA county

In 2019, most of our calls were in our local response area which spans from Hastings Ridge above Sierra Madre to Fish Canyon in Azusa. This included responses to Bailey Canyon, Monrovia Canyon, and Chantry Flats. The team also responded in mutual aid with other search and rescue teams in Los Angeles County and throughout California. These calls took us to Mount Baldy, the Angeles Crest and the Sierra Nevada mountains.

101 subjects
45 injured
44 uninjured
83 hikers
2 dogs
2 runners
2 vehicles over the side

In 2019 SMSR helped a mountain biker with a broken leg, an exhausted dog out on the trail, hikers who had fallen when they tried to take a shortcut, and a man who broke a leg jumping off of the waterfall at Hermit Falls.

There were a number of notable searches this year. In April a field crew from SMSR located two hikers who had been lost near Cucamonga Peak for 5 days. Then in June, team members worked with searchers from throughout California to locate a hiker who had been missing for 7 days near Mount Waterman. Later in the summer a crew of SMSR searchers located a camper in Inyo County who had been missing for 4 days. Each of these subjects has an amazing story of survival and determination to tell. Bringing them safely off of the mountain and back to their families gives the team great joy and fuels us to keep doing the work we do.

Not all of the callouts have ended so well. Early in the year, team members joined the search for lost Marine Matthew Kraft in the snow-covered Sierra Nevada mountains. A SMSR crew was helicoptered into a remote region of Sequoia Kings National Park where they searched for 2 days, camping overnight in the wilderness. Unfortunately, Kraft has not yet been found. The year ended with the Team participating in a week long search for a missing hiker on Mount Baldy. During this search operation, fellow searcher Tim Staples from the West Valley Search and Rescue Team was tragically killed after an apparent fall in steep, icy terrain. Three crews of SMSR searchers were in the field at the time. They remained in the field to assure that Staple's crew mate got out safely before coming off of the mountain themselves.

17,619 total donated hours
9,499 hours of training
5,007 hours on operations
25 team meetings
16 public education events

Team members spend nearly twice as many hours training as they do on operations in order to safely assist those lost or injured in the wilderness. We train to navigate frigid snow and ice on steep mountain sides, dark underground caves, hot deserts, steep rock, dense brush, and swift water. Serving on the team is a huge commitment of time and energy but we love the wilderness and it brings us joy to serve our community in the mountains that we enjoy so much.

Since 1951, the all-volunteer Sierra Madre Search and Rescue Team has responded to calls for help in the local mountains and beyond. SMSR also provides a range of wilderness safety programs. The Team never charges for any of these services, and is funded entirely by charitable donations. For more information, to donate, or to arrange a wilderness safety demonstration for your school or group, visit www.smsr.org

REMEMBRANCE

CLARE COLLINS MARQUADT

March 23, 1947 - January 17, 2020



Clare Collins Marquardt passed away January 17th, 2020, after a lengthy illness. Born March 23rd, 1947 at Queen of Angels in Los Angeles, California, Clare was the daughter of the Honorable Harold F. Collins and Julia M. O'Neill. She received her bachelors in English from Mount Saint Mary's in 1969 and her Masters in Education from Loyola Marymount University in Los Angeles. Clare was an educator and spent her entire thirty-nine year career at Temple City High School where she taught English and Humanities. She also served as the Head of the English Department. A resident of Sierra Madre for over forty-five years, Clare was devoted to her family and her community. She was active at St. Rita's School as a board member of the PTO and other committees while her children were in attendance. She later served at Flintridge Sacred Heart Academy and St. Francis High School as her children progressed.

She was predeceased by her parents, the Honorable Harold F. and Julia M. Collins, brother, Thomas Collins, and her sister, Julia J. Collins. Clare is survived by her husband, Dennis Marquardt, their four children – Katherine Marquardt, Michael Marquardt, Martin (Mary) Marquardt, and Andrew (Karen Shi) Marquardt; 3 grandchildren – Calvin, Camille, and Kennan Marquardt; her brother, Charles (Sharon) Collins, sisters-in law, Otilia Collins and Jan Marquardt, nine nieces and nephews, and twelve grandnieces and grandnephews. The family wishes to thank her devoted caretakers from Foothill Homecare for the gentle care they provided Clare over the past few months.

Funeral Mass was held Saturday, February 1st at 10:00am at St. Rita's Church, 318 N. Baldwin Ave., Sierra Madre. Interment is private. In lieu of flowers, donations may be made to Mount St. Mary's University, Chalon Rd., LA, CA; The Retirement Fund for the Sisters of the Holy Name of Jesus and Mary, Los Gatos, CA; The Carmelite Sisters of the Sacred Heart, LA, CA; St. Rita's Catholic Parish, Sierra Madre, CA.

Cabot & Sons, Directors

MAKE YOUR VOICE HEARD . . . VOTE IN 2020!



New laws in California make voting easier and faster. Informational sessions sponsored by **SMART** (Sierra Madre Activists Rebuilding Together) and the nonpartisan **League of Women Voters – Pasadena Area** can help you understand how, where and when you'll be voting in 2020.

JOIN US AT ANY OF THESE FAVORITE SIERRA MADRE SPOTS:

Monday, February 3

Bean Town, 45 N. Baldwin Ave.
9:00 am – 11:00 am

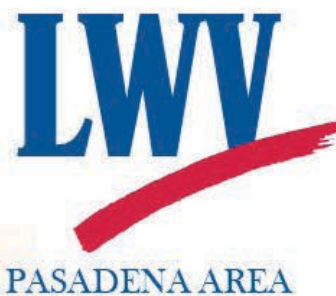
{Syndicate}, 18 W. Sierra Madre Blvd.
11:30 am – 1:30 pm

Starbucks, 1 Kersting Court
2:00 pm – 4:00 pm

Wednesday, February 12

Sierra Madre City Hall, 232 W. Sierra Madre Blvd.
7:00 pm – 9:00 pm

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News From Your Community For Your Community

Triple Bill Celebrates Women's Achievements

The Centennial of Women's Right to Vote and Founding of League of Women Voters.

Susan B. Anthony will recall suffragist days Feb. 14 — the 100th birthday of the League of Women Voters — at a special program also celebrating the 100th anniversary of women's right to vote. A rousing rally on voting and the 2020 census will follow at Pasadena City Hall.

The League of Women Voters Pasadena Area is presenting "From Corsets and Bloomers to Body Piercing and Tattoos" with Renee Chanon of LWV Los Angeles as Susan B. Anthony. Registration is 9 a.m. at Sweetland Hall, All Saints Church, 132 N. Euclid Ave., Pasadena. Sweets, coffee and conversation about the women's movement and women today will follow at 10:30.

The rally across the street at City Hall runs from 11:30 a.m. to 3 p.m. Food trucks will be available.

The Susan B. Anthony program is free and open to the public. Reservations are requested: phone: 626-798-0965; email office@lww-pa.org; online <http://lww-pa.org>.

The LWV-PA Centennial Gala is the next evening, Feb. 15, 6-10 p.m., with dinner and dancing at Almansor Court, 700 S. Almansor St. Alhambra. The event will honor four women leaders who exemplify inclusion, civic engagement and education. They are Karen R. Lawrence, president of the Huntington Library, Art Museum, and Botanical Gardens; Laura Barber, first Latina president of the Pasadena Tournament of Roses; Gloria D. Gray, chair of the Metropolitan Water District of Southern California board of directors and first African-American woman elected to the Board, and Robbie Davis, past-president of the League of Women Voters Pasadena Area and a chair of the California LWV, and member since 1975.

Reservations are available by phone: 626-798-0965; email gala@lww-pa.org or online at: lww-pa.org.

Gardening Workshop: Intro to Composting



Learn the basics of backyard composting, water-wise gardening, worm composting, grass-cycling, and edible gardening during a workshop February 8 from 9:30 a.m. to 11 a.m. No reservations needed. Bring your friends and neighbors. Workshop will be held at the South Pasadena Public Library Community Room at 1115 El Centro Street, South Pasadena.



Annual Black History Parade & Festival

Celebrate Black history, culture and achievements at Pasadena's 38th Annual Black History Parade and Festival from 10 a.m. to 4 p.m. on Saturday, February 15. This year's theme is "For the Culture – Celebrating Our Excellence." The parade features over 80 entries including the Wilson Middle School Drum Corps as the opening performance, Miss Black Pasadena, the Tournament of Roses 2020 Royal Court, Pasadena City College Band, Blair, John Muir and Pasadena High School marching bands, musicians, dancers, equestrians, local youth groups, dignitaries, community leaders, and vintage and custom cars. This celebration is one of the largest and longest-running Black history parades in California.

The Celebrity Grand Marshals are Margaret Avery and Wendy Raquel Robinson. Margaret Avery is an actress and singer best known for her role as Shug Avery in "The Color Purple," which earned her an Academy Award nomination for best performance by an actress in a supporting role. Wendy Raquel Robinson is a Best Actress NAACP Image Award recipient and the Creative Director of Amazing Grace Conservatory, a philanthropist and actor. Beloved by audiences for her

television roles on "The Game" and "The Steve Harvey Show," a dedicated volunteer with the Black History Parade and Festival Planning Committee for over 20 years. Youth Grand Marshals are Alaysia Barker, a student at Loyola Marymount University who is active with campus cultural organizations and founder of a non-profit scholarship organization, and Elijah Gates, a sophomore defense back on UCLA's football team and product of the McKenzie-Scott Boys and Girls Club and Pasadena Panther youth football program.

The parade begins at 10 a.m. on Fair Oaks Avenue and Figueroa Street in Altadena; then heads south on Fair Oaks Avenue before ending at Pasadena's Robinson Park, 1081 N. Fair Oaks Ave., where the festival takes place from noon to 4 p.m. on the north side of the park. The festival features live entertainment for all ages, food available for purchase, an exciting meet-and-greet with Miss Black Pasadena, the

Power 106 Street Team, free informational booths and a children's zone jam-packed with fun, free activities. The event is known for a variety of great food including delicious barbecue, chicken and fish dinners, grilled burgers and hot dogs, and fun goodies like kettle corn, lemonade, pies, cakes, and ice cream. Returning this year is the popular Historically Black College and University (HBCU) College Fair.

The parade will be recorded in its entirety by Pasadena Media, one of the event sponsors, and will air on both KPAS, the City government TV station, and Arroyo, the Pasadena community public channel. Visit www.pasadenamedia.tv for broadcast times.

For additional information, please call the Jackie Robinson Community Center at (626) 744-7300.

Black History Month Program

The Pasadena Senior Center will present its annual luncheon in honor of Black History Month on Monday, Feb. 17, from noon to 2:30 p.m., sponsored by the center's Ebony Ladies.

The program will celebrate African American culture through soul food, live entertainment and dancing. The soul food will include fried chicken, sides and dessert, and JazzZone will perform. JazzZone is a consortium of musicians led by Roscoe Lee Owens, son of the late jazz drummer Jimmie Owens.

The cost is \$10 in advance for members as well as non-members of the Pasadena Senior Center, payable at the Welcome Desk no later than Friday, Feb. 14.

For more information visit www.pasadenaseniorcenter.org or call 626-795-4331.

Class to Explain All Things Apple

A beginner- and intermediate-level class will enlighten members of the Pasadena Senior Center about everything that can be done with iPods, iPhones, iPads and Apple Watches.

The six-week series is scheduled Thursdays, Feb. 19 to Mar. 25, from 4:30 to 6:30 p.m. at the Pasadena Senior Center, 85 E. Holly St.

Participants will learn about iOS, the most popular uses for their devices, how to navigate interfaces like pros and which apps can have the greatest impacts, especially with regard to health and security. Weekly handouts via PDFs with live links will be provided, and everyone's questions will be answered along the way.

The cost for the series is \$60. Pre-paid registration can be made at the Welcome Desk.

Tournament Foundation Now Accepting Grant Applications



The Pasadena Tournament of Roses Foundation is now accepting applications for its 2020 grant assistance program. Since its inception in 1983, the Foundation has invested over \$3 million in more than 200 San Gabriel Valley-area organizations.

The grant awards in 2019 totaled \$200,000, which funded 23 organizations. In 2019, the Foundation implemented a new funding tier system that provided: One two-year grant that provided \$25,000 each year, two \$25,000 grants for one year, and twenty-two single year grants up to \$10,000. This practice will continue for the upcoming 2020 grant cycle.

Eligible applicants are organizations with current 501(c)(3) status that serve one or more of the following communities: Alhambra, Altadena, Arcadia, La Cañada Flintridge, Monrovia, Pasadena, San Gabriel, San Marino, Sierra Madre, South Pasadena, and Temple City.

Grants will be awarded in the categories of Performing and Visual Arts, Sports and Recreation, and Education (Early Childhood Education, Literacy and Science, Technology, Engineering and Math) programs.

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

foundation/

New and returning applicants will utilize a new application system for the 2020 grant cycle. The application system instructions and Foundation Grant guidelines can be found on the foundation website. Applicants can contact the Foundation directly at foundation@tournamentofroses.org for further questions.

Applications will be accepted through February 21 at 5:00 p.m. The Foundation's Board of Directors will make the final grant selections at its annual spring meeting, and applicants will be notified of their funding status via email in April.

The Tournament of Roses Foundation is a tax exempt, non-profit public benefit corporation established to receive and manage contributions from the Pasadena Tournament of Roses Association, its supporters and the general public. The 17-member board of directors is comprised of community leaders and Tournament members, appointed by the Pasadena Tournament of Roses Association. Organizations or individuals interested in making a contribution or inquiring about the grants process should contact the Foundation by calling (626) 449-4100 or visiting the Tournament of Roses website at: tournamentofroses.com.

Rotary Community Grants

The Pasadena Rotary Club's 2020 Community Grants Committee are considering applications from non-profit organizations for Health programs in preventative, education or direct services. Grants range from \$2,000 to \$6,000. This is a one-time-only increase over previous years to commemorate Pasadena Rotary Club's Centennial.

1. Preventative programs encourage greater health by promoting exercise, food planning and preparation, as well as healthy sleep patterns. 2. Health Education programs provide information about good health practices that will help to decrease the onset of diabetes and lower the risk of heart attacks. 3. Direct Services programs will provide services such as flu shots, oral exams, checkups, blood pressure and hearing tests to help prevent disease.

GUIDELINES 2020 APPLICATION: Interested nonprofits may apply by going to <http://www.pasadenarotary.com>.

(main page) click on "Empowering Your Community" and scroll down to "Community Grants" to read all of the information about applying for a grant.

DUE DATE: Full application packets must be submitted by either .PDF or US mail or hand delivered by Wednesday February 12, 2019 at 5:00pm. Please see application for delivery details – no late submission will be accepted. We urge you to read the instructions carefully.

Full application packets include: Complete Grant Application form (please note word limit) Letter of Support by current Pasadena Rotarian Copy of 501(c)(3) determination letter

Budget for the proposed project Current year general operating budget

QUESTIONS: contact co-chairs Gail Scanlan at gmscanlan@att.net or Deborah Lewis at deborahlewis14@charter.net.

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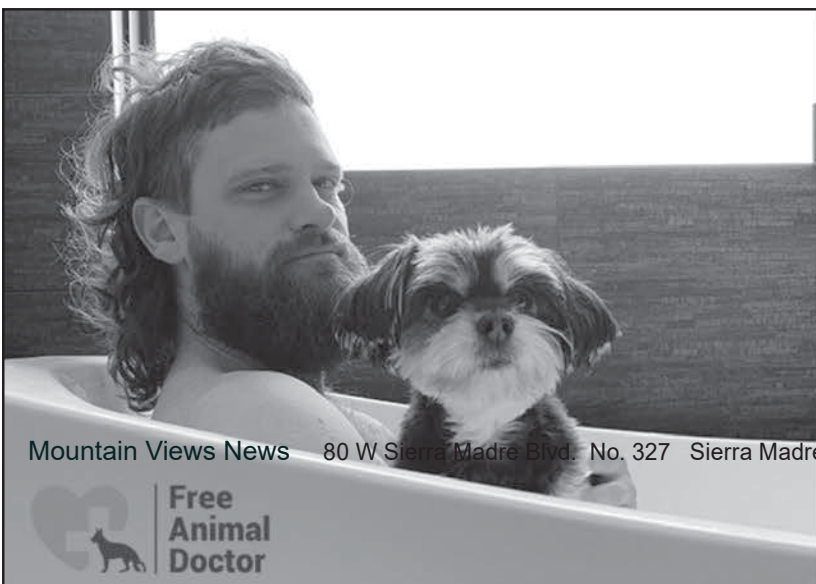
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Weather Wise

6-Day Forecast Sierra Madre, Ca.

Sun	Sunny	Hi	70s	Lows	50s
Mon:	Sunny	Hi	70s	Lows	50s
Tues:	Rain	Hi	70s	Lows	50s
Wed:	Sunny	Hi	70s	Lows	50s
Thur:	Sunny	Hi	70s	Lows	50s
Fri:	Sunny	Hi	80s	Lows	50s

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 11th, 2020 at 6:30PM
February 25th, 2020 at 6:30PM

Planning Commission

February 6th, 2020 at 7:00PM
February 20th, 2020 at 7:00PM

Community Service Commission

February 17th, 2020 at 6:30PM Cancelled

Special Community Services Commission -
February 24th, 2020 at 6:30PM

Senior Community Commission
February 6th, 2020 at 3:00PM

Library Board of Trustees
February 26th, 2020 at 7:00PM

Energy, Environment, and Natural Resource
Commission
February 19th, 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.



Sierra Madre Woman's Club

550 W. Sierra Madre Blvd.

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

Games Tea

Sat, Feb 29 @ 1:00 - 4:00 p.m.

Choose Favorite Games - Invite Friends - Have Fun Together!

Admit One \$10 Lovely Tea Buffet Prizes

Tickets at Wistaria Thrift Shop thru 2/28; OR

RSVP 355-664-6443 by 5 p.m., Wed, Feb 24

Send RSVP / Donation Checks payable to: Sierra Madre Woman's Club

Explore Opportunities & Membership with Us

Become a Member - Enjoy Yoga w/ Paul Hagan Tuesdays, 10 am

GFWCSierraMadreWomansClub.org

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

Rent the 1914 Historic Essick House 355-4379

Shop Award-Winning Wistaria Thrift Shop 355-7739

Shop Donations Accepted Weekdays to 2 pm



Sierra Madre Woman's Club

550 W. Sierra Madre Blvd. **2018: 111 Years**

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

for Rent

Rent The 1914 Essick House

Holiday Get-togethers, Seminars
Anniversaries, Parties, Weddings

Anita @ 626-355-4379

Explore Opportunities & Membership with Us

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

GFWCSierraMadreWomansClub.org

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

Rent the 1914 Historic Essick House 626-355-4379

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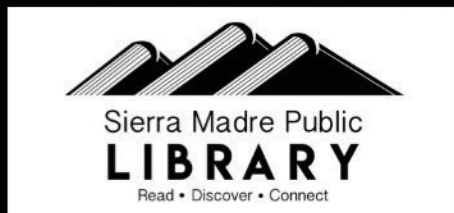
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February 3—February 8

Monday

Preschool Story Time 10:00—11:00 am

Scared Straight! 20 Years Later Screening
6:00—7:30 pm

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

Teen Advisory Board 4:00—5:00 pm

Thursday

Homework Help 3:00—5:00 pm

Friday

BEST Used Book Sale 3:00—7:00 pm

Saturday

BEST Used Book Sale 10:00 am—2:00 pm

Craft It! 10:00—11:00 am

Dungeon Crawl 1:00-4:00pm

Read, Discover, Connect
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Our next meeting is Tuesday, January 21, 2020
GUEST SPEAKER
SIERRA MADRE CITY MANAGER
GABE ENGELAND
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!



**ROTARY HUMANITARIAN
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As we Honor this Year's Nominees
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Thursday, February 6, 2020
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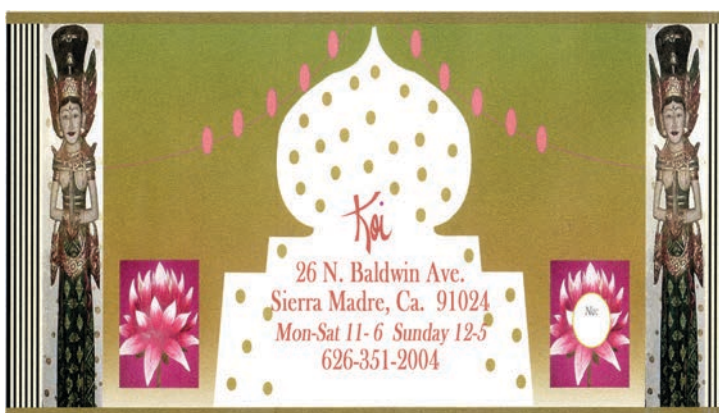
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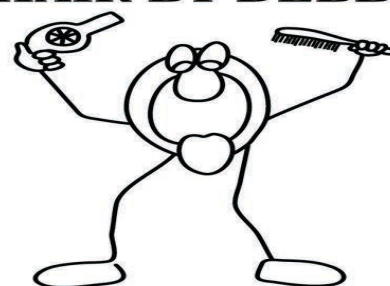
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SENIOR COMMUNITY COMMISSION SEEKING “OLDER ‘SIERRA MADRE’ AMERICAN OF THE YEAR” NOMINATIONS

The City of Sierra Madre Community Services Department and the Senior Community Commission are seeking your collaboration to find the next Older ‘Sierra Madre’ American of the Year. The honor is a long-standing tradition in Sierra Madre and is bestowed upon exceptional individuals, age 60 or older, who have demonstrated outstanding commitment to community service. The individual selected by you or any organization must live in Sierra Madre.

We are pleased to announce the theme for 2020, Make Your Mark, which was selected to encourage and celebrate countless contributions that older adults make to our communities. Their time, experience, and talents benefit family, peers, and neighbors every day.

All submissions are due by Thursday, March 12, 2020. Recommendations are now being accepted for this recognition and will only be eligible for new candidates who have not been honored in prior years.

Forms may be picked up and returned to the Hart Park House - 222 W. Sierra Madre Blvd., Sierra Madre, CA.

Nominations may also be mailed or walked in to Sierra Madre City Hall, C/o Older American, Community Services Department, 232 W. Sierra Madre Blvd., Sierra Madre, CA 91024.

The Commission will review nomination forms and select an honoree at their regularly scheduled meeting in City Hall Council Chambers on Thursday, April 2, 2020 at 3:00 p.m.

The honoree will also be recognized at a reception in their honor on Friday, May 8, 2020.

For more information, please contact the staff at the Hart Park House Senior Center (626) 355-5278 - Recreation Coordinator, Lawren Heinz (x 704); Recreation Coordinator, Clarissa Lowe (x 703); or Administrative Analyst, Rosemary Garcia (x 702).

SIERRA MADRE PLAYHOUSE CANCELS 'CHARLOTTE'S WEB BECAUSE OF ASSEMBLY BILL 5

Dear Supporter of the Sierra Madre Playhouse,

Charlotte's Web, scheduled to begin performances on March 30, 2020 at Sierra Madre Playhouse, has been canceled. The financial impact to the production because of the recent passage of Assembly Bill 5 (AB-5) by the California forced the cancellation. A statement by the Playhouse President, David Gordon, and the company's Artistic Director, Christian Lebano, follows:

The mission of Sierra Madre Playhouse is to foster an appreciation of live performance in people of all ages. We engage and bring people together through the power of live theater. Our Theater for Young Audiences program, started six years ago, focuses on high-quality experiences for young audiences. Charlotte's Web had 36 confirmed and paid-for bookings for over 2,600 children and 400 teachers and parents. Another ten general audience performances were also planned.

The newly adopted California Assembly Bill 5 (AB-5) changes employee and independent contractor classifications in many ways, some that have yet to be realized. It does not, however, allow for any transition period to adapt to these changes. In the case of Charlotte's Web, the new AB-5 regulations quite unexpectedly added more than \$38,000 to the budget of a production planned under previous regulations.

The sudden financial impact of AB-5 forced the Playhouse Board of Directors to reluctantly make the difficult decision to cancel this year's Theater for Young Audiences' production of Charlotte's Web.

The new reality that we face as a non-profit arts organization is one that some 28 other Intimate Theaters in Los Angeles County face, as do other small performing arts companies. Collectively, we will seek a remedy that will enable us to continue to provide our audiences with the high-quality productions they have come to expect.

In the months ahead, we will be working hard to find a way to ensure that our mission and commitment to an annual Theater for Young Audiences performance will be fulfilled by providing children in our communities with a memorable introduction to lifelong rewards from the arts.

Though we are canceling Charlotte's Web and are looking to fill this hole in our season with exciting programming, we will be going forward with the rest of the season as planned.

Signed,

DAVID GORDON, PRESIDENT
CHRISTIAN LEBANO, ARTISTIC DIRECTOR

SIERRA MADRE POLICE BLOTTER

January 12, to January 26, 2020
During this period the Sierra Madre Police Department responded to 796 calls for service.

Missing Person
At 3:38PM on 1-12-20, officers responded to the station regarding a missing person report. The reporting party stated that her male companion was last seen in the 300 block of W. Sierra Madre Bl. Officers located the missing person soon after the report was filed in a parking lot in the 00 block of W. Sierra Madre Bl. The subject who was in possession of an illegal substance and had a warrant for his arrest, was arrested and taken to the Monrovia PD Jail. Case to Detectives

Bicycle Thefts
Sometime between 1-14-20 at 4:00PM and 1-15-20 at 10:30AM, unknown suspect(s) entered the carport in the 300 block of N. Baldwin Ave. and took a White GT bicycle and left in an unknown direction. Shortly after, the PD received a call that two bicycles were found on the property of St. Rita School. Officers found that one of the bicycles matched the description of the bike listed above and returned it to the owner. The second bike remains unclaimed. Case to Detectives

On 1-18-20, the victim reported that two unknown male subjects entered his carport in the 700 block of W. Sierra Madre Bl., cut his cable lock and stole his locked bike. Further investigation revealed that the incident occurred on 1-13-20 at about 3:54AM. The two male subjects then fled the scene with the bike an orange, Gravity 29ss bike. Case to Detectives

Battery
On 1-15-20 at about 3:30PM, an argument in the 200 block of N. Sunnyside Ave resulted in the arrest of an individual for battery. Case to the DA's office for filing consideration

VINTAGE AND COLLECTIBLE BOOKS AT THE FRIENDS OF THE SIERRA MADRE LIBRARY BEST USED BOOK SALE

The Friends of the Sierra Madre Library are pleased to announce that the annual Vintage sale of collectible books will be taking place on Friday, February 7 (3:00 p.m. - 7:00 p.m.) and Saturday, February 8 (10:00 a.m. - 2:00 p.m.). The sale will be held behind the Sierra Madre library in the parking lot and the basement. Featured in the Basement will be a complete set of Woodrow Wilson's History of the American People and a complete set of Novels and other Writings by Leo Tolstoy.

We will have several children's books illustrated by famous artists such as N.C. Wyeth, Jessie Wilcox Smith and Arthur Rackham, and the complete set of Nature Neighbors (1914). We also have the first trade edition of Steinbeck's East of Eden and an early printing of Ayn Rand's Atlas Shrugged as well as other treasures. Come early for the best selection!

The Parking Lot will have a collection of Wizard, D.C./Marvel and TOPPS comic books for only \$.50 each and a large selection of crafting books (quilting, cross-stitch, knitting, graphic arts, and jewelry) for only \$1.00 each. As always, we will have our Bargain Books for \$1.00 each, small paperbacks for \$.25 each or 5/\$1.00, and Children's/Teens for \$.25 - \$1.00. Don't forget Saturday is our \$5.00 BAG SALE!

This sale is sponsored by the Friends of the Sierra Madre Public Library. All proceeds will be used to support programs, services and acquisitions for the library.

Come early for the best selection and to talk books with knowledgeable cashiers and other book-lovers! The sale will be behind the Sierra Madre Public Library, 440 West Sierra Madre Blvd., Sierra Madre. For more information, please visit us at our web site www.sierramadrelibraryfriends.org, our Facebook page; or call 626-355-7186.

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WALKING SIERRA MADRE - The Social Side

by Deanne Davis

“Great things come from hard work and perseverance. No excuses.”
Dedication sees dreams come true.”
“I'll do whatever it takes to win games, whether it's sitting on a bench waving a towel, handing a cup of water to a teammate, or hitting the game-winning shot.”
“The moment you give up, is the moment you let someone else win.”
“The most important thing is to try and inspire people so they can be great at whatever they want to do.”
“Once you know what failure feels like, determination chases success.”

These are all statements from Kobe Bryant, one of the most legendary sports heroes of our time, who died, along with his daughter, Gianna, last Sunday when the helicopter he was in, along with 7 other friends crashed. The Super Bowl is tomorrow, when the National Football Conference champion San Francisco 49ers will face the American Football Conference champion Kansas City Chiefs. This game will, most probably, be colored significantly by this awful tragic occurrence. I was comforted to see the following posted on Facebook by my friend Emanuel David, and maybe you will be, too:

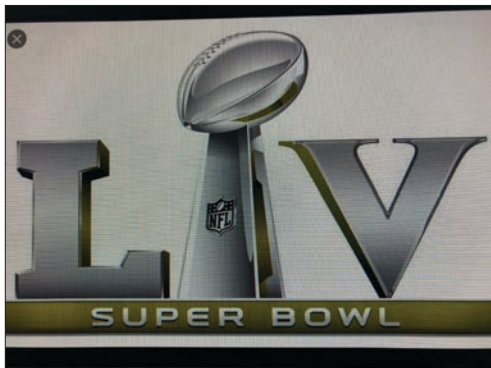
“ At 7am Sunday, Kobe and Gianna Bryant encounter Jesus at an early morning Mass at Our Queen of Angels Church, Newport Beach. At 9:47am, they are welcomed into the loving arms of the same Savior they encountered 3 hours earlier.” Rest in peace, friends.

One of my favorite movies is “Leatherheads” starring George Clooney and Renee Zellweger, music by Randy Newman. Made in 2008, this story is about the early days of football. Set in 1925, football is a game with very few rules and the climactic scene is a game played on a dirt field right after a rain storm. After a free for all, knock down drag out battle involving both teams, George Clooney's character is missing and with most of the players covered in mud, nobody can tell who is who. There appears to be an interception and the other team seems to have won, but when the mud is removed, it is seen that the player holding the ball is none other than George Clooney. The helmets were leather, hence “Leatherheads,” and in view of the fact that football concussions seem to be on the rise, there's been talk of removing the current helmets, which frequently serve as weapons, and going back to leather ones. Just saying, friends and neighbors. I saw it in the Sports section!

“It's not wanting to win that makes you a winner, it's refusing to fail.” Peyton Manning

I like that quote from Peyton Manning and I expect the 49ers and the Chiefs are saying pretty much the same thing to their teammates. As we all know, though, the Super Bowl is all about the food and the commercials. So, you're hosting a bunch of fun folks; you've cornered the market on Doritos, and asked somebody to bring veggies and dip, a salad, or some brownies. Or, better still, someone has invited you to join them for the last good game of the season...well, sometimes it's a good game and we all wait eagerly for the commercials... what will the Clydesdales be doing that will make us all reach for the tissues? We know we will be witnesses to the end of Mr. Peanut's reign as the mascot of Planter's Peanuts and we'll see movie and music stars by the dozen. But more importantly, what are you going to fix?

Guacamole? Get a bunch of avocados, some sour cream, some limes, some green onions and some fresh salsa and, if you're adventurous, the Tabasco. Smash up your avocados, squeeze in a bunch of lime juice (double purpose, #1, it needs the acid, #2, keeps the avocados from turning brown), add a couple of green onions sliced into small



pieces, mix in some salsa then add a spoonful or two of sour cream. Taste it. Needs salt and pepper and a dash of Tabasco. Taste it again. Oh yeah! Refrigerate. People will love you.

The star of your Super Bowl party could very well be my world famous Chicken Tortilla Casserole.

This is one of those dishes that make people want to hug and kiss you just because you made it. It's easy to put together, will hold a day or two till you have time to cook it, will let you freeze it before you cook it and reheats and tastes even better several days later. You can make it in a large oven-proof bowl to make lots of layers or you can put it together in a large lasagna-type dish with just a couple of layers. No matter how you do it, this is a never-fail recipe.

4 whole chicken breasts (that's those double things that you cut in half) or you can use single pieces, 8 or 9 of 'em. (Or, better still, boneless, skinless chicken breast pieces, same amount, just don't overcook.)
12 corn tortillas
2 cans of cream of chicken soup, the condensed kind
1 can chili without beans (about a 15 oz. can)
1 small onion chopped
½ cup milk
1 cup green chili salsa (Ortega makes a nice one) or chunky taco sauce

Shredded Mexican-blend cheese, large package, which is 2-1/2 cups of cheese. If you really love cheese and aren't on a diet, you can throw in a little more!

Bake the chicken wrapped in foil for about an hour at 325. Let it cool. Cut into good sized chunks and set aside.
Tear or cut the tortillas into one inch pieces. Set aside.
Now mix everything else together EXCEPT THE CHEESE. That's your sauce.
Layer chicken, tortillas, sauce and cheese in 3-quart bowl or casserole or the aforementioned 9 x 13 pan, ending with cheese.
If you've frozen your unbaked casserole, transfer it from the freezer to the refrigerator the night before you want to serve it. On Super Bowl Sunday, heat it a good two hours at 300.
Trust me on this, there won't be any left and the Super Bowl Halftime Show with Shakira and Jennifer Lopez will be drowned out by happy people jostling each other to get to the table for seconds of YOUR amazing dish.
If you haven't thought about Valentine's day yet, you need to get started. The good cards won't last long. Roses are red, violets are blue, Chicken-Tortilla casserole is amazing...and so are you!

My Book page: Amazon.com: Deanne Davis
Blog: www.authordeanne.com
“Sunrises and Sunflowers Speak Hope”
Is available on Amazon.com as is my first book: “A Tablespoon of Love, A Tablespoon of Laughter.”
“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

Going out of Business... Under New Management.... New Lower Prices....How about we got rid of our last cook and hired a new one! We lowered our beer prices we found that no one wanted \$7 beer.

Here are Super Facts about Sundays Super Bowl Game...

‘It has been said, after all, that Americans eat more than 1.2 billion chicken wings, 11 million slices of Domino's pizza, 11.2 million potato chips, 8.2 million pounds of tortilla chips, and all sorts of other delicious but caloric fare, especially when their teams lose.

Um, 11.2 million potato chips? Or, is that 11.2 million pounds of potato chips? That's still just a pound of potato chips for every 30 Americans - not that impressive. 1.2 billion chicken wings, on the other hand - that's 4 for every American, seems like a lot to me. There are only 2 drumsticks per chicken so that is almost 600 million chickens. That's impossible!! Or is it?

But hold on, I have more. Now these are mind-boggling.

We know a lot of beer will be consumed, but how much? So much that we would need five Rose Bowl Stadiums (not to mention bathrooms) to hold all the beer. My research tells me 325 million gallons of beer. Ninety-nine bottles of beer on the wall? How about 30 million bottles at 12 oz! Speaking of Pizza, the 11 million pizza slices would cover the Rose Bowl 22000 times! For me I'll go with Village Pizzeria in Sierra Madre.

Get them early. That is, buy your avocados early because we will go through 80 million avocados to make all sorts of Guacamole. I like mine spicy and chunky!

No matter what you decide to eat or drink, be responsible. Super Bowl Sunday is also in the top five of DUI arrests.

Stomachache? You better believe it. Anti-acid relief pills sales double the following Monday.

PREDICTION
49ers 34 Chiefs 30 You read it here first.

Join me this Sunday at 8 AM Go Country 105 best of the best radio show

ARCADIA CITY COUNCIL ELECTIONS TO BE HELD ON TUESDAY APRIL 14, 2020 REGISTER TO VOTE TODAY!

January 28, 2020 – The City of Arcadia will be holding an election for City Council Members representing City Council Districts 1 and 4 on Tuesday, April 14, 2020. This will not be a citywide election and only registered voters in Districts 1 and 4 will receive a vote-by-mail ballot beginning March 16, 2020. The deadline to register to vote for this election is March 30, 2020. To determine whether you live in District 1 or District 4, please visit ArcadiaCA.gov/elections. The City Council candidates are:

District 1:
April Verlato
Yuli Sira

District 4:
Paul Cheng
Peter Amundson

Completed ballots must be postmarked by Tuesday, April 14, 2020 in order to be counted. Alternatively, you can drop off your ballot at Arcadia City Hall, located at 240 W. Huntington Drive, by 8:00pm on Tuesday, April 14, 2020.

Other elections being held in 2020 include the Tuesday, March 3, 2020, Primary Election as well as the Tuesday, November 3, 2020, General Election. Registered voters will have the opportunity to use any of LA County's new Vote Centers or can mail in their ballot depending on how the individual is registered. To find a Vote Center near you or to confirm your voter registration, please visit LAvote.net.

CITY OF ARCADIA SENIOR SERVICES NOMINATIONS FOR 2020 SENIOR OF THE YEAR

Nomination forms are available at the Arcadia Community Center, 365 Campus Drive and the Recreation Department office, 375 Campus Drive for the 2020 Senior of the Year! Do you know someone who is:

- 55+ years of age or older
- A current resident of Arcadia for a minimum of one year
- Contributed to better the Arcadia Community

If so, please stop by one of these locations or log onto the City's website at www.arcadiaca.gov and download the nomination criteria and nomination form. Recipient of the award will be honored at the Arcadia Rotary Club Salute to Seniors Luncheon on Tuesday, May 12, 2020 at the Arcadia Community Center. Nomination forms must be submitted to Gina Hernandez, Recreation Supervisor, by Friday, February 21, 2020 by 5:30pm. For more information, please call 626.821.4328.

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

CHINESE NEW YEAR LUNCHEON YEAR OF THE RAT!



Come to the Arcadia Community Center, 365 Campus Drive, on Friday, February 7 at 11:30am to celebrate Chinese New Year, with a delicious lunch and entertainment. Tickets are \$10 and are for sale now at the Arcadia Community Center. Don't wait to purchase your ticket for this fun event as they are going fast! If you have any questions, please call 626.574.5130.

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

很想知道这里讲的是什么呢? 我们也希望你们了解这些信息。阿凯迪亚市向公众免费提供文件翻译服务。请致电 (626) 574-5455, 向市书记官办公室了解详情。

MONROVIA FIRE & RESCUE'S COMMUNITY EMERGENCY RESPONSE TRAINING

Monrovia CERT is offering Community Emergency Response Training this February. The Winter 2020 CERT Basic course is the first three Saturdays of February, from 8:00 am to 5:00 pm, each day.

Join your fellow residents learning about:

- Personal preparedness
- Fire and utility awareness
- Disaster medical
- Light search and rescue
- Disaster psychology
- CERT organization/incident command
- Terrorism

<https://www.eventbrite.com/e/2020-cert-basic-training-february-class-registration-81837962549>

DUARTE HOSTS RIBBON CUTTING IN HONOR OF THE NEWLY RENAMED DONALD AND BERNICE WATSON MULTI-PURPOSE TRAIL FEBRUARY 6

The City of Duarte's ever-popular Royal Oaks multi-purpose trail will be officially renamed on Thursday, February 6 at 3:30 pm at the corner of Buena Vista Street and Royal Oaks Drive, in honor of legendary residents: Donald and Bernice Watson. The trail was officially renamed in accordance with City policy at the June 25, 2019 City Council meeting.

Donald and Bernice Watson both played unique and pivotal roles in Duarte history. Donald was the first African American elected to the City Council, also making him the first elected African American in the San Gabriel Valley. He was also the first elected black Mayor in the City and as well as the Valley. Donald's civic life is best remem-

bered by his ability to foster cooperation amongst the City Council and the community in support of large-scale undertakings. His ability to bring people together was best exhibited through the creation of both Royal Oaks Park and the beloved Royal Oaks Trail; iconic projects that required multi-agency collaboration to come to fruition.

Bernice, the long-time Public Information Officer for the DUSD, was also a strong supporter of the community in her own right. During her professional role with the District, she created the first pamphlet documenting the history of Duarte in response to numerous inquiries from school families. Together, with former councilmember and long-time historian Aloysia Moore, she co-authored "On the Duarte," a comprehensive account of the lives and times of persons and events that influenced Duarte's rich history.

SAM KANG ELECTED MAYOR OF DUARTE; BRYAN URIAS ELECTED MAYOR PRO TEM IN ANNUAL DUARTE CITY COUNCIL REORGANIZATION 2020-21 DUARTE MAYOR SAM KANG 2020-21 DUARTE MAYOR PRO TEM BRYAN URIAS



Duarte, CA, January 15, 2020 - Duarte City Council members voted to elect Sam Kang from District 5 as Mayor for the 2020-21 term and Bryan Urias from District 6 to serve as Mayor Pro Tem during the first official Duarte City Council meeting of the year on January 14, 2020.

Mayor Kang was first elected to the Duarte City Council in 2013 and is the first Chinese American to serve the community in this capacity. This is his second time serving as the community's Mayor, and his focus for the upcoming year is to foster the completion of the many development projects currently underway, as well as lead the community back to fiscal stability. Kang, a business entrepreneur and adjunct professor at Azusa Pacific University, was voted unanimously to serve as Mayor by his colleagues. In addition to his duties on the Council, Kang serves as the official Council representative to both the League of California Cities and the Duarte Community Services Council, and as alternate to the Foothill Employment and Training Consortium. Kang is also a member of the League of California Cities Asian Pacific Islander Caucus.

Urias was first elected to the Duarte City Council in November of 2018 and represents District 6. Bryan prides himself on bringing new leadership to the City Council and offering fresh perspective and experience in making government work for residents. Urias serves as the Council representative to the Duarte Community Coordinating Council, and alternate on both the Gold Line JPA and the Duarte Community Services Council. For the eight years prior to joining the Council, Urias represented Duarte residents as the District 5 Director on the Upper San Gabriel Valley Municipal Water District Board and also worked with Duarte as a staff member for both then-Congresswoman Hilda L. Solis, and later Congresswoman Judy Chu.

ALTADENA - SO. PASADENA - SAN MARINO

Chu To Bring Victim of Muslim Ban as Guest to State of the Union

The President should have to face those he has cruelly victimized with his war on immigrants and campaign of bigotry and xenophobia.



On Friday, as President Trump considered an expansion of the Muslim Ban, Rep. Judy Chu announced that she will be bringing Ismail Alghazali as her guest to the State of the Union. Ismail is a US citizen living in New York City who was separated from his family by the Muslim Ban, unable to even meet his newborn daughter for months. Rep. Chu issued the following statement:

"Since the day President Trump's Muslim Ban was first announced, it has caused chaos, separated families, and created avoidable pain and trauma. For people like my State of the Union Guest, Ismail Alghazali, that meant missing the birth of his daughter and being apart from his family at great financial and emotional expense. And it was all on purpose, since the US has for years demonstrated an ability to safely vet visa applicants. Even the Supreme Court, when upholding the President's authority to issue such a ban, said that in order to demonstrate a 'legitimate national security interest,' the Administration had to provide visa waivers. Yet, despite that requirement, only about 10% of waivers have been issued. That means the Trump Administration believes 90% of visa applicants – the majority of whom happen to be Muslim – are national security threats. That includes people like Ismail's wife, Henda, who aspires to be a nurse, but whose visa request was rejected after just a 5 minute interview.

"Clearly, the purpose behind this ban was never about security, but about spreading fear and sowing distrust of Muslims. And despite that horrendous legacy, President Trump is actually considering an expansion of this hateful ban to include more countries. That is why I am bringing Ismail as my guest to the State of the Union. The President should have to face those he has cruelly victimized with his war on immigrants and campaign of bigotry and xenophobia. He needs to understand that this is not just some political game for him to play, but that when he advances Stephen Miller's white nationalist agenda, there are real humans on the other side being needlessly hurt, and families needlessly separated. This is not who we are as a country, and it is not what we need.

"Of course, the best way to stop the President's Muslim Ban is by passing my bill, H.R. 2214, the No Ban Act, which, earlier this week, Speaker Pelosi announced would be brought to the floor for a vote."

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Chu Statement on New NAFTA Signing By Trump

On December 19, 2019, House Democrats voted to pass HR 5430, a bill to implement the US-Mexico-Canada free trade agreement (USMCA). Today, President Donald Trump signed the legislation. Rep. Judy Chu, a member of the House Ways and Means Committee, which has jurisdiction over trade, and who took part in a CODEL to Mexico to engage in talks about the trade deal, issued the following statement:

"The trade deal the President is so enthusiastically signing today is not the trade deal he originally negotiated. That is because House Democrats spent months working with the Administration to craft a deal that actually helps American workers and protects the environment. For instance, before passing the new NAFTA, House Democrats, having seen firsthand the horrible working conditions in Mexico which encourage companies to outsource in search of cheaper labor, added stronger labor

standards that will stop the bleeding of American jobs to Mexico. For example, we added penalties for union busting tactics, and made it so that repeat offenders cannot ship their goods to the US. We also added new environmental rules and enforcement that prevent companies from harming our environment while looking to relocate to the countries with the most lax standards. Last, the original deal the President wanted included a giveaway to pharmaceutical companies that would have kept medicine prices high. I'm glad we succeeded in removing that handout. Still, while the deal we helped negotiate and pass is a strong improvement on NAFTA and the original deal the President wanted, we still have more to do to lower our own emissions and raise worker standards. I'm committed to working with our partners to continue to build our economy, attract new jobs, make goods more affordable, and protect our environment."

Upcoming Workshops



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SAN GABRIEL VALLEY COUNCIL OF GOVERNMENTS LAUNCHES NEIGHBORHOOD COYOTE PROGRAM

January 27, 2020 – The San Gabriel Valley Council of Governments (SGVCOG), in partnership with the City of Arcadia, has officially launched its new regional public safety education and outreach effort to address coyote concerns in local communities. This comprehensive and integrated regional approach to coyote management will provide guidance for dealing with coyotes in the region and allow the SGVCOG to provide coyote management services to the City of Arcadia. As a member city, the program provides Arcadia residents with a toll-free number to report coyote encounters and incidents, along with access to educational resources and referrals to programs and services to foster human and pet safety, including:

- Coyote Safety Community Meetings and Training
- Informational Website
- Coyote Education and Materials
- Online Coyote Reporting Tool
- Crisis Intervention
- Pet Safety Planning

Arcadia residents are encouraged to call the Neighborhood Coyote Hotline at (626) 278-8039 to report coyote encounters and incidents. The reporting hotline is available 24/7 and is staffed Monday - Thursday from 8:00 a.m. to 6:00 p.m. Residents may also email coyotes@sgvcog.org for reporting, questions, and upcoming events in their neighborhood.

This program stems from the collaborative work of the SGVCOG Coyote Management Task Force, the California Department of Fish and Wildlife, the County of Los Angeles, the University of California, the City of Arcadia, and other cities and external stakeholders. The City of Arcadia continues to work diligently with the SGVCOG to monitor, track, and respond to coyote inquiries and concerns. By approaching coyote management regionally, this program enhances the City's proactive approach to tracking and monitoring coyote activity throughout the City, while also participating in a larger regional effort to educate residents on best practices to discourage the habituation of coyotes in San Gabriel Valley communities including Arcadia.

For additional information, please contact Natalya Romo at nromo@sgvcog.org or visit the SGVCOG's website at sgvcog.org/coyotes.



FAMILY MATTERS

By Marc Garlett

HOW TO PROTECT AN INHERITANCE FOR YOUR SPECIAL NEEDS CHILD

If your child requires or is likely to require governmental assistance to meet their basic needs, do not leave money directly to your child. Instead, establish a Special Needs Trust.

A trust that is not designed with your child's special needs in mind will probably render your child ineligible for essential benefits. A Special Needs Trust is designed to manage resources while maintaining the individual's eligibility for government benefits. Planning is important because many beneficiaries as adults will rely on government benefits for support. If the disabled person has assets in their own name, they might lose eligibility.

Medicaid, and other public benefits programs, will not pay for everything your child might need. A Special Needs Trust can pay for medical and dental expenses, annual independent check-ups, necessary or desirable equipment (such as a specially equipped van), training and education, insurance, transportation, and special foods.

Unfortunately, some Special Needs Trusts are unnecessarily restrictive and generic. Many trusts are not customized to the particular child's needs. Thus, the child fails to receive the support and benefits that the parent provided when they were alive. For example, children who are high functioning and active in their communities can benefit from a Special Needs Trust that is carefully tailored to provide adequate resources to support their social lives.

Does your child have significant medical concerns? Should the trust allow for birthday gifts for other family members? What about travel expenses to visit loved ones? Do you have a preferred living arrangement for your child? Your child's special needs trust should address all these issues and more.

Another mistake attorneys with special knowledge in this area often see is a "pay-back" provision in the trust rather than allowing the remainder of the trust to go to others upon the death of the child with special needs. If a "pay-back" provision is included unnecessarily, Medicaid will receive the remainder (up to the amount of benefits provided) in the trust upon the death of the beneficiary. These "pay-back" provisions, however, are necessary in certain types of special needs trusts. An attorney who knows the difference can save your family a small fortune.

A Special Needs Trust will help you avoid one of the most common mistakes parents make. Although many people with disabilities rely on SSI, Medicaid, or other needs-based government benefits, you may have been advised to disinherit your child with disabilities—the child who needs your help the most—to protect that child's public benefits. These benefits, however, rarely provide more than subsistence, and this "solution" does not allow you to help your child after you are incapacitated or gone.

Disinheriting your child with special needs might be a temporary solution if your other children are financially secure and have money to spare. But permanently disinheriting your child with special needs could be a huge mistake! It is not a solution that will protect your child after you and your spouse are gone. The money can be lost in a lawsuit, divorce, liability claim, or adverse judgment against your other children. For example, what if your child with the money divorces? His or her spouse may be entitled to half of it and will likely not care for your child with special needs. What if your child with the money dies or becomes incapacitated while your child with special needs is still living?

These are just some of the concerns parents of special needs children need to navigate. The bottom line is to get a special needs trust in place with the help of an advisor who understands the unique issues inherent with special needs situations.

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.



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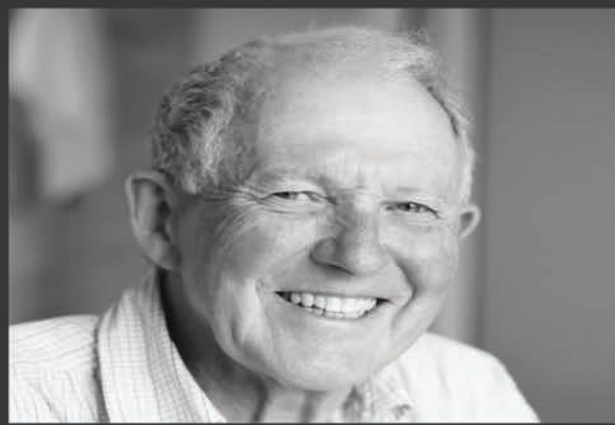
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ST. RITA SCHOOL CELEBRATES!



On January 28, 2020 St. Rita students participated in a Speech & Debate Tournament held at La Salle High School and came home winners! Students competed against several other children from multiple schools and performed their speeches three different times in front of three different judges. Energy and excitement filled the room as we watched our St. Rita Raiders rise to the challenges they faced that night. Mrs. Griffin, Speech and Debate Teacher, said it best: "I am so proud of the Speech and Debate Team. We completed our year and my heart is full! All of the students did an exceptional job and the speeches were incredible. I love them all!"

A special congratulations to our trophy winners!
Emily Jukic - Duo Interpretation Elementary 3rd Place Winners
Emily Cash - Duo Interpretation Elementary 3rd Place Winners
Juliana Barragan - Impromptu Elementary 1st Place Winner
Eileen Marra - Poetry Middle School 1st Place Winner
Madeline Campbell - Poetry Middle School 2nd Place Winner
Lauren Novak Poetry Elementary 3rd Place Winner
Laurent Flores-Freihube Middle School 5th Place Winner
Jacob Freidman Middle School SPARR 3rd Place Winner

Madison Guerra Elementary School
Storytelling 1st Place Winner
Sebastien Miranda Elementary School
Storytelling 2nd Place Winner
Dillon Danesky Middle School Storytelling
5th Place Winner

Congratulations to the whole Speech & Debate team! In our book, they are all winners!

1. Julian Cardenas Impromptu
2. Emily Jukic Duo Interpretation
3. Emily Cash Duo Interpretation
4. Raya Frayeh Duo Interpretation
5. Alyssa Sirois Duo Interpretation
6. Madison Gil Duo Interpretation
7. Ireland Bunch Duo Interpretation
8. Peyton Herdina Duo Interpretation
9. Peyton Guthrie Duo Interpretation
10. Juliana Barragan Impromptu
11. Jady Walsh Impromptu
13. Eileen Marra Poetry
14. Madeline Campbell Poetry
15. Lauren Novak Poetry
16. Laurent Flores-Freihube Impromptu
17. Jacob Friedman SPARR
18. Andreas Flores-Freihube SPARR
19. Madison Guerra Storytelling
20. Jack Jukic Storytelling
21. Sebastien Miranda Storytelling
22. Roxana Ortiz Storytelling
23. Eleanor Campbell Storytelling
24. Dillon Danesky Storytelling

Dear Parents, Staff and Community,

The cold and flu season has arrived, and the California Department of Public Health reports that severe influenza activity levels have increased over the past several weeks. Influenza, commonly referred to as the flu, is a contagious respiratory illness that can cause mild to severe sickness. Symptoms of the flu can vary, but generally include a high fever, headache, chills, body aches, sore throat, and cough.

As a reminder, staff and students exhibiting these symptoms should stay home from school, and should not return until being fever-free for at least 24 hours. Please also follow the tips provided below by the Center for Disease Control and Prevention (CDC) for the best ways to prevent influenza:

- Get vaccinated for the flu yearly (ages 6 months and older)
- Avoid close contact with people who

are ill

- Practice good hygiene and frequently wash hands with soap
- Stay at home if you are experiencing flu-like symptoms
- Avoid touching your eyes, nose, and mouth
- Clean and disinfect surfaces and objects that may be contaminated with germs like flu
- Individuals with chronic health issues and/or experiencing severe symptoms should be evaluated by a medical professional

This cold and flu season has been complicated by the recent development of a new coronavirus. Coronaviruses are a large family of viruses, and this particular strand is now referred to as the 2019 novel coronavirus. Common symptoms in an infected person include a fever, cough, and shortness of breath or difficulty breathing.

Since it was initially discovered last month in Wuhan City, China, there have only been four confirmed cases of the 2019 novel coronavirus in the United States to date. On January 26, the first case was identified in Los Angeles County. However, the California and Los Angeles County Departments of Public Health and CDC all state there is no immediate threat to the general public, and the likelihood of transmission of the illness is very low.

Out of an abundance of caution, our district has suspended international student visits until it has been determined safe to resume them. CDC does advise those who have recently traveled to or from China, to take extra precautions and seek a medical evaluation from your doctor before returning to school. While we will remain vigilant, our students and staff will not be excluded from activities based on their race, country of origin, or recent travel if they do not have symptoms of respiratory illness, and people should continue to engage in their regular activities

per direction from the Los Angeles County Department of Public Health. Please find additional information regarding the coronavirus and influenza on their website.

As you know, the health and well-being of our students and staff is our first priority. If we all work together and follow these important guidelines, we can keep our students, staff, and community healthy. A hard copy version of this message has been sent home to our families from our schools this week (see below) and updates can be found on our district website. Please also share this information with your family and caregivers. We truly appreciate your partnership in this, and we will continue to work in collaboration with our district nurse, as well as local and state health agencies to keep you informed. Respectfully,

Gordon Amerson, Ed.D., Superintendent of Schools
Duarte Unified School District

SCHOOL DIRECTORY

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(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

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Kindergarten - 8th grade
website: www.barnhartschool.org

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Principal Mrs. Courtney Kassakhian

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

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Principal Joan Harabedian (626) 355-9028
website: www.st-rita.org

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Email: inquiry@acslions.com
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CHRISTOPHER Nyerges



[Nyerges is the author of "The Self-Sufficient Home," "How to Survive Anywhere," and other books. He teaches self-reliance and survival skills. He can be reached at www.SchoolofSelf-Reliance.com.]

Here is the story of how one man and his family began on the path of self-reliance, and how an earthquake tested his level of preparedness. This story is the first chapter of my book, "The Self-Sufficient Home: Going Green and Saving Money" (Stackpole).

In 1965, Dude McLean and his young family moved into a house in Kagel Canyon, located in the hilly northern section of Los Angeles County. He liked the house because there was a live stream behind the house which flowed year-round. "It was in the L.A. area, but I always felt distant from the L.A. craziness," says McLean. Kagel Canyon is nestled right up to the Angeles National Forest, a small canyon community of about 200 families. "My children barely realized that they were growing up in the L.A. area," says McLean.

FOOD PRODUCTION

McLean, a former U.S. Marine, wanted a place where he could be as self-reliant as possible, even though his property didn't have a lot of land. He began doing French-intensive gardening - which required a lot of digging, and then switched to square-foot gardening and raised beds. He grew carrots, kale, corn, beans, squash and more in his garden. "We grew 90% of our own produce," says McLean. He learned how to garden by doing lots of reading and lots of experimenting. "Most of the work of gardening and producing your own food is in the preparation stages," explains McLean, who brought in horse and chicken manure and lots of mulch. "After two years, I could shove my arm into my garden soil and it would go all the way up to my elbow," he says with a laugh. Once his garden was established, he could water it well in summer and go away for two weeks. Upon returning, the garden would be fine, even when it was very hot and dry.

Though he grew no fruit trees, he was glad that he'd produced an environment that would feed his family.

OTHER SUPPLIES

McLean wanted more than simply food preparation, so he began to build up the family's supply of camping gear. "I already had a pickup truck with a camper on it, and I began to purchase camping gear such as Coleman stoves, lanterns, sleeping bags, an ice chest, and even a porta-potty. And we always purchased our gear used, if possible," he says. McLean explains that his family frequently went camping, and so the entire family was well-versed in what it took to live in the field and live well. "We all knew how to camp," says McLean

WATER

ONE MAN'S EARTHQUAKE STORY [part one]

"We had our own water supply in the canyon, supplied by artesian wells, but it always bothered me that the water supply could be interrupted for various reasons. So I always liked the fact that we had this stream behind the house," says McLean.

Still, he began to store water. He obtained two 40-gallon barrels, and started to store water by filling up used pop bottles (glass), with his goal being to supply enough water for the entire family. He eventually obtained 10 of the large glass Sparkletts Water bottles for water storage.

THE TEST

Then in 1971, when he and his wife were in their thirties, and his children were 2, 9, and 12, the 7.1 Sylmar Earthquake hit. "As the crow flies, we were only about 5 miles from the epicenter of this quake," explains McLean.

It was early in the morning, about 5 a.m., and McLean pauses to recall the event.

"The noise of the quake was deafening. I can't even describe it. It was like being next to a train going by and you can't hear your conversation, but multiply that by 1000. The earth was grinding and moving, and it was like a giant shock wave hit the house. It was like some giant had wrapped his hands around the house and shook it every which way. It was very much like being hit with a bomb. My first words when the quake began was "They got us," thinking we were hit by a Russian bomb."

But he just as instantly realized it was an earthquake. There was crashing in his house as stuff was falling everywhere, and he ran into the bedroom of his two youngest children, and while the house was still shaking, held one under each arm and ran them out of the house to a big field across the street.

"The house had four doors as exits, but I could only get one open because the others were jammed. So I took the two youngest to the field, set them down, and told them to stay. Then I ran back into the house, naked and barefoot, and got the older daughter out of the house." McLean took her to the field across the street with the other children, and then went back to the house.

"My wife was turning in circles in the house," said McLean. He explains that all the walls were lined with plates and bookshelves and everything was being tossed into the center of the room, falling over and breaking. In the kitchen, every cabinet had emptied onto the floor which was littered with broken glass.

"I don't know how I escaped getting my feet cut," says McLean, "but I just grabbed my wife, and we all went over the field and stood there while everything was still shaking. Other neighbors started coming out and some came to the field. I could see that all the transformers on the telephone poles were down, and some houses up the creek had been thrown off their foundations and into the creek."

CONTINUED NEXT WEEK.

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Happy Tails

by Chris Leclerc



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. While I do adore all the animals, I have to admit the domestic dog has become my favorite. Dogs make such great friends. They can make you laugh out loud, and at times they can make you cry. Regardless of what the mood may be, dogs always seem willing to meet me in the moment, and that is truly a gift.

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 like most dogs, I mean she smiled the same way we humans smile. Well, maybe Lady’s smile looked a little different because of her long snout and pointy teeth, but her cheeks stretched way back, her lips curled upward, and her eyes got squinty every time she smiled, just like a human. I had to explain it to folks we’d meet along the way, so they’d know she was just happy to see them, not baring her teeth as though she may bite. No, that girl was sporting a big fat grin!

I smile at dogs all the time. I’m pretty sure I’ve always smiled at dogs, but I suppose it’s possible that it could be a relatively new habit for me, what with all the time I spend hanging out with them these days. 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 at them, as if I’m trying to engage a small child. 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 girl. She uses facial expressions all the time, to tell me what she’s thinking. I’m sure of this because she is consistent in repeating 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, Molly follows me, plops down in front of the door and stares up at me with her hopeful look...the one that says, “You’re taking me with you, right?”. Her ears perk straight up, her eyes get wide and her brow gets all wrinkly. It’s similar to the look she gives me when I’m eating a meal, only the latter shows hope for a nibble of what’s on my plate versus a walk around the block. Still, they are both predictable facial expressions I often see her use to get her way.

After living with Molly for a while, I began to realize how much attention she pays to my facial expressions. I don’t have to say a word. I can be sitting across the room from her and randomly give her a silly look. I open my eyes wide, look up at the ceiling, lift my brows into tall arches and twist my mouth sideways. Immediately Molly

gets all tense and starts barking at me, tail wagging wildly. If I sit very still and glance repeatedly at her toy basket, moving only my eyeballs back and forth, she jumps to my feet and runs to grab a toy for us to play with. It is clear that she knows I am teasing her, inciting her to play. If I frown and look down, she walks slowly and tentatively across the room towards me, with a somewhat anxious look on her own face. One that asks, “Are you okay?”. How in the world does that dog know something’s up just from looking at my face?

Over the past 15+ years, much research has been done focusing specifically on the canine’s capacity to recognize human emotion through facial expression. The results of a 2014 study conducted by scientists at the Messerli Research Institute of the University of Veterinary Medicine Vienna in Austria, indicate that dogs are indeed able to discriminate emotional expressions in human faces. Meaning, not only can a canine tell the difference between a sad or happy human face, a dog can also interpret the inner emotions that human facial expressions represent - sadness or happiness. (Source: www.cell.com/current-biology). What made the 2014 Messerli study and it’s results unique to several others before it, is that there were no ulterior cues used to encourage the dogs’ responses, as had been typical in other studies. “Here, we show that dogs use the emotion of a heterospecific (organism of another species - in this case a human face) as the sole discriminative cue.”

In this study, the scientists used only picture pairs showing sectional 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, all of the subject dogs in the study were more than willing to approach and touch 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, which makes total sense to me.

Regardless of how or why dogs “get” our moods just from looking at our faces, I think it is awesome that my Molly can tell by looking at me, how I am feeling. I know humans who would rather run the other way than stay, if they see a sad look on my face. And I’m pretty sure that Molly doesn’t like to see me sad either, but I have yet to see her turn around and run the other way when I’ve expressed myself in a sad way. My experience has been quite the opposite. She’ll approach, perhaps slower than usual, but approach she will, and the give me a little lick on the cheek, or a pat with her paw as if to say, “Cheer up, ma!”

Knowing how much dogs pick up on our emotions, just by observing our facial expressions has brought me to a better understanding of how important it is that I emit calmness and kindness in the presence of my canine companions. They actually care about us. They want us to be happy, and it is my desire to return that favor by sharing only positive feelings and thoughts with my precious furry friends, rather than negative or angry ones. They give us so much unconditional love and affection, they deserve nothing but the best in return. Love and let live!

CAT OF THE WEEK

Katnip News!



PUMPKIN is “DA MAN”

Just look at this adorable boy! Pumpkin, age 5, is active, playful, sweet, and easily handled. He’s been lovingly raised, but needs a new environment where there are no other cats or dogs, especially no stray cats outside. We don’t know how he is with children,

but he would probably be fine. If you bend over he will jump on your back and rub against your head and purr! Pumpkin loves his toys and his cat trees, too. He’s a bit prone to conjunctivitis and requires eye ointment when it happens, but that is easily done. Pumpkin is healthy, and up to date on his vaccines and dental cleaning. Can someone please give this wonderful boy a fresh start? URGENT! See more pictures and adoption information at www.lifelineforpets.org & click on the More Cats page, or call 626-433-3245.



Pumpkin
626-433-3245
lifelineforpets.org

Pet of the Week

Khufu was named after an Egyptian pharaoh, and you can see why – she’s got the statuesque beauty of a sphynx! She’s such a sweetie, and loves when people sit on the floor and talk to her. And although she loves walks, she’d be happy to be your couch potato buddy. The cutest thing about her might be that she doesn’t really bark, but she makes adorable snorting sounds. If Khufu sounds like the perfect dog, it’s because she is!

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

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

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

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



LOOKING FOR A BEST FRIEND?

Kane is a handsome boy with a beautiful soft black coat and white highlights. Kane loves going for walks and socializing with other dogs and people. He recently discovered the fun of playing with a couple of other dogs off leash in our play yard, loving the freedom to run and chase his buddies. Kane is looking for a loving home with someone patient enough to take the time to get to know him. He would probably do well with another dog as a companion and playmate.

Check out this sweet boy here in this adorable video - <https://youtu.be/xjsx9q6nvqU> . Kane is 4-year-old Chihuahua mix. Come and meet this good looking little boy soon - he’d love a home to call his own. His adoption fee is \$130, which includes neuter surgery, microchip, first vaccinations and a free wellness check-up at a participating veterinarian.





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HOW TO DETECT PARKINSON'S DISEASE

Dear Savvy Senior:

What are the early warning signs of Parkinson's disease? I was just diagnosed with it after noticing hand tremors for nearly a year, but looking back, I'm wondering if I missed any other early warning signs. Tremoring Tom

Dear Tom:

The Holy Grail in any progressive disease is to find it early enough to start effective treatment before irreversible damage has occurred. But recognizing the early warning signs of Parkinson's disease is challenging because they're usually subtle and can be easily overlooked, dismissed or even misdiagnosed.

Parkinson's disease, which afflicts around 1 million Americans, is a degenerative disorder that occurs when the brain's dopamine-producing neurons die or become impaired. This happens in the part of the brain that controls movement, which can cause tremors (or shaking), stiffness, and difficulty with walking, balance, and coordination.

The symptoms usually begin gradually and get worse over time, and the progression of symptoms is often different from one person to another. Some people with Parkinson's become severely disabled, while others may experience only minor motor disruptions.

While the cause of Parkinson's disease is unknown, scientists believe genetics and environmental factors (exposure to certain toxins) play a key role. Most people with Parkinson's first develop the disease around age 60 or older, and men are more likely to develop it than are women.

Early Warning Signs

Parkinson's disease is difficult to diagnose because there's no definitive test to confirm it. Doctors, usually neurologists, will do an examination and evaluate a combination of warning signs, but symptoms can vary greatly by patient which often leads to confusion and misdiagnosis. That said, here are some of the key signs and symptoms everyone should know.

Trouble sleeping: Thrashing around in bed or acting out dreams – kicking or punching – when asleep. This is a REM sleep behavior disorder and one of the strongest and earliest pre-diagnostic symptoms of Parkinson's disease.

Loss of smell: Not being able to smell certain foods very well like bananas, dill pickles or licorice. This too is one of the earliest symptoms.

Constipation: Problems with digestion and bowel movements are a big problem for people with Parkinson's, and an early sign that can occur up to 20 years before this disease is diagnosed.

Changes in handwriting: Writing may become harder to do, and your handwriting may appear much smaller than it has in the past.

Tremors: Slight shaking or tremor in your finger, thumb, hand or chin. The tremor usually happens at rest, and when you move the extremity it may disappear. This is the most common and recognizable outward sign of Parkinson's disease, but by the time tremors start, the brain has already lost more than half of its dopamine-producing cells.

Slowed movement: Over time, Parkinson's disease can slow movements, making simple tasks difficult and time-consuming. Your steps may become shorter when you walk. It may be difficult to get out of a chair. You may drag your feet as you try to walk.

Speech changes: Speaking softly, quickly, slurring or hesitating before talking. Your speech may be more of a monotone rather than with the usual inflections.

Loss of automatic movements: Decreased ability to perform unconscious movements, like blinking, smiling or swinging your arms when you walk.

Impaired posture and balance: Stooping, leaning or slouching when you stand, and/or balance problems can all be a sign of Parkinson's.

Treatments

Currently, there is no known cure for Parkinson's disease, but there are a variety of medications that can provide relief from the symptoms. In some later cases, surgery may be advised. Other treatments include lifestyle modifications, like getting more rest and exercise.

For more information, visit the Parkinson's Foundation at Parkinson.org. Send your senior questions to: Savvy Senior, P.O. Box 5443, Norman, OK 73070, or visit Savvy-Senior.org. Jim Miller is a contributor to the NBC Today show and author of "The Savvy Senior" book.



SENIOR HAPPENINGS

HAPPY BIRTHDAY! ...January 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, Janet Gillespie, Marian DeMars, Vickie Vernon, Mary Beth Knox, Sharon Lefler.

626.355.2737.



HART PARK HOUSE MONTHLY PROGRAMS:

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

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

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

Brain Games: 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, February 12th 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

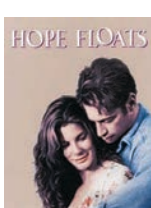


SENIOR CINEMA 1st & 3rd Wednesdays at 1:00 p.m.



February 5th "Moonstruck" PG; 1 hr. 42 min.

Loretta Castorini, a bookkeeper from Brooklyn, New York, finds herself in a difficult situation when she falls for the brother of the man that she has agreed to marry



February 19th "Hope Floats" PG-13; 1 hr. 54 min

Birdee Calvert choose between her morals and her heart after her husband divorces her and a charming young man, who her daughter disapproves of, comes back into her life.



AUTRY MUSEUM (LOS ANGELES)—LOS ANGELES

*Date: Thursday, February 20th *Time: 9:00 a.m.-2:30 p.m. *Cost: \$20 per person

Don't miss a visit to this historic museum and the once in a lifetime exhibit Master of the American West Art Exhibition and Sale. See paintings and sculptures by more than 60 nationally recognized, contemporary Western artists. A one hour docent-led tour of the exhibit will be given upon arrival.

- * Lunch will be on your own at the Crossroads West Café at the Autry;
- * Participants should bring money for lunch & souvenirs;
- * Level of Walking: Medium;
- * Bus departs from the Hart Park House Senior Center at 9:00am and returns at 2:30 p.m. Please arrive 15 minutes prior to departure.

Sierra Madre Resident Registration starts Monday, January 27, 2020 through Tuesday, February 4, 2020. Non-Resident Registration starts online or in-person on Wednesday, February 5, 2020.

OUT TO PASTOR

A Weekly Religion Column by Rev. James Snyder

IN PRAISE OF CRAZY

I made a mistake the other night of complaining out loud. It is one thing to complain under your breath so that nobody hears you or knows what you are complaining about. But when you complain out loud, then you run the chance of somebody hearing you.

The somebody I was most concerned about was the Gracious Mistress of the Parsonage. Some things are meant to be kept to yourself and for obvious reasons.

For some reason, who knows what it was, I let my guard down and vocalized my complaining. I must confess that it rather caught me off guard. "What are you complaining about," my wife said, directing the question to me.

At first, I did not know what she was talking about because I did not realize that I was vocalizing my complaints.

All I could say at the time was, "Did I say that out loud?"

My wife has a delicate way of backing me in a corner where I have to say what is on my mind. Fortunately, I do not have much of a mind for anything to get on. Unfortunately, my tongue is not attached to anything, and so it is loosey-goosey.

What I was complaining about were all the crazy people, particularly on television. Just when you think you have seen the craziest thing, something or someone else takes the lead in the race to crazyville.

Since my wife asked me, I let go on a very eloquent rant against crazy. At this point, I forget the exact crazy that set me off. But it does not matter. If it were not one thing, it would be another thing. I have tried throughout my life to be an equal crazy complainer. If you are crazy, you can be sure I am going to complain about you.

"You, in particular," my wife was directing this toward me, "ought to be quite thankful about all the crazy people in the world."

That set me off on another rant. I am not thankful for the crazy people in this world. The less crazy people, the better I am going to like it. And I made the mistake of telling her exactly what I thought about that. We do not need more crazy people, I argued. Someone in Congress ought to pass a law against crazy.

While I said that, it occurred to me that most of the crazy people are in Congress.

I do not want more crazy people in this world. Enough is enough already, move on.

"Really," my wife argued, "you ought to be happy about all the crazy people in the world."

At this point, I was tempted to direct my complaining toward her. But you know what that would mean, and so do I.

I finally broke down and asked her what in the world she was talking about.

One thing I have learned throughout the years of marital bliss is, if you ask your wife to tell you something, she will do it. But I was desperate and needed a little bit of clarification.

She looked at me, paused as if she was collecting her thoughts, then said, "You should be thankful there are so many crazy people out in the world. The more crazy people there are, the more you are going to fit in. If for some reason, we could eliminate all the crazy people in the world, you would be a very lonely person."

She continued her explanation by saying, "Every crazy person takes the focus away from you. If there were not enough crazy people out in the world, people would focus on you, complaining about how crazy you are."

You do not have to hit me over the head with a hammer. That is the thing about my wife. When she is right, she is right.

At least it gave me a new perspective on the world around me. Also, a new appreciation for crazy. I began to see her point of view, as humbling as it was, and realize that crazy has a place.

As I further thought about this, I began to realize everybody is crazy only in different areas of their life. Some people's crazy is more noticeable than others are, but everybody has that crazy gene. I guess that is what makes us human.

After some deep reflection on the subject, I have come to the point where I want to praise crazy. I never thought of it along this line, but everybody has the right to change his or her mind about anything. Personally, I would like to change my mind for one that really works. When I find one that's exactly what I'm going to do.

One man's crazy is another man's delight. What is crazy to one person may be something rather important and enjoyable to another. After all, who am I to say what is crazy and what is not crazy. It is important to find someone else with something that you can truly appreciate.

I thought about that and what Solomon said, "Be not wise in thine own eyes: fear the LORD, and depart from evil. It shall be health to thy navel, and marrow to thy bones" (Proverbs 3:7-8).

Instead of spending so much time complaining about other people, I need to exercise the fine art of appreciation and learn how to praise people on their terms.

Dr. James L. Snyder is pastor of the Family of God Fellowship, 1471 Pine Road, Ocala, FL 34472. He lives with his wife in Silver Springs Shores. Call him at 352-687-4240 or e-mail jamesnsnyder2@att.net. The church web site is www.whatafellowship.com.



DECREASE INFLAMMATION SEMINAR MONDAY, FEBRUARY 10TH

Dr. Ray Pevey of Arcadia Chiropractic Center will provide extensive insight into the topic of nutrition to decrease inflammation. High levels of inflammation in the body can lead to many serious medical conditions. Some of which but not limited to are diabetes, dementia, arthritis, digestive disorders, heart disease, stroke and many more. Learn how to control inflammation through chiropractic, diet and exercise and enjoy a healthy lifestyle in today's world.

This seminar meets February 10, from 12:15 p.m.-1:00 pm. If you would like to have lunch please make reservation 24 hours in advance by calling the lunch service phone line at 355-0256.

THE MISSING PAGE Real Life Tips from Life's Instruction Manual

LANDING MY HELICOPTER AND BUILDING A LIFE

I'm excited about the next decade. When the year 2009 whimpered to a close for me, I was bored to tears. My daughter was my entire world, and she would soon be starting college. I recall muttering to myself, within earshot of my kid, "I could have a life beside parenting her," and she choked on her tea as she laughed in my face. Truthfully, I needed the convincing. My life was a giant snoozefest. My top concerns were lining up all of her necessities, college tours that she didn't want to do, scoring Coachella tickets for her, and making sure her prom experience was spectacular. I was a busy body, the ultimate helicopter mom on steroids, doing all of the things.

If she needed art supplies, I never bothered to make a decision. I bought them all: the good, better, and best. She could run an art school and wouldn't need to buy a thing. Her portfolio was built with my assistance, even if my contribution was invisible on the page.

After she got her driver's license, I still shuttled her the vast expanse of Los Angeles county, schlepping her to art classes, meetings, and her MOCA internship.

If she had a problem, I tried to fix it.

That nasty personal stuff was the only thing off-limits. I, somehow, managed to remember boundaries when it came to relationships with peers.

Once she left for college, I knew I had to build a life for myself, not just for her but for me. I forced myself to stop building bridges over all of her obstacles.

I teased the question of what my life could be if I centered myself around what I wanted to

be, do, and have. It wasn't an easy process. At first, I transferred my rescued talents to other women, and I invited at least seven different women to stay with me from time to time.

When I looked at my life, it was dismal, and I didn't know where to begin. Every time someone asked me what I wanted, I would think of someone else. I want to help my cousin increase the annual revenue of her company, or attract more prestigious board members for the art center. Still, I had no idea what I wanted. Guess what, with focused attention both of the companies achieved those goals, and my life was still empty.

In the last decade, I've faced my desire. I dared myself to want more.

The hardest, most challenging experiences reaped great rewards. I have met new people, traveled a lot more, and widen my circle. I have met and made friends with people around the world.

I did this by working with a mentor. Studying success and applying what I learned. I love helping people, and now I do that in an organized, effective way.

As a leadership coach and mentor, I get to share all of the fantastic things that I've learned.

If you ever want to know more about what I'm up to, I share lots of stuff on Instagram check me out @thehappyblackwomanlawyerpro.

What would you learn and contribute if you centered your life around your desires?



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PUBLISHER/ EDITOR
Susan Henderson

PASADENA CITY EDITOR
Dean Lee

PRODUCTION

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

WEBMASTER
John Avery

DISTRIBUTION

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
Jeff Brown
Marc Garlett
Keely Toten
Dan Golden
Rebecca Wright
Hail Hamilton
Joan Schmidt
LaQuetta Shamblee

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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.

CHRISTINE FLOWERS



KOBE: A LOVING PRAYER FOR A FRIEND GONE FAR TOO SOON

Kobe Bryant managed to remain a local kid with Philly cred long after he left the city for the West Coast.

The NBA superstar managed to remain a local hero, even though he gave his talent to the Lakers, a team that no true Sixers fan can stomach. Kobe managed to remain an authentic citizen of this most authentic of places by coming back on a regular basis, by loving the local teams (and never saying a bad word about his dad Joe "Jelly Bean" Bryant's NBA alma mater, the Sixers,) by keeping close and loving ties with his own alma mater, Lower Merion High School, and by rejoicing when the Eagles won the Super Bowl with the same emotion that the guy at Broad and Pattison, holding an empty Budweiser can, could muster.

Now is the time for mourning him, and shedding tears over the lost years and the unspeakable tragedy of his passing, alongside his 13-year-old daughter Gigi. And now is also the time for prayers, and the deeply felt hope that they are together in a place that has basketball courts, endless sunshine and peace.

But mixed in with the sadness, we should try and grasp at those memories and moments that make us smile at the time Kobe was with us. For those of us in Philly, many of those memories are filled with flashes of his brilliance as a boy, a teen and a legend foretold.

One of these memories comes to me from David Walsh, cousin of Monsignor Vince Walsh. Father Vince, as they call him, is a humble man who now lives in retirement in what my great friend Monsignor Joe Corey used to call "beautiful downtown Darby."

One day, Father Vince was visiting a parish in Lower Merion when he decided to take a little break, and pulled a basketball out of the trunk of his car. It might seem unusual that a priest would carry around a basketball, but if you've ever seen Bing Crosby or Spencer Tracey in one of those old black-and-white classics like "Going My Way" or "Boys Town," you know that priests and basketball go together like wine and wafers.

Father Vince found a court, and intended to just shoot some hoops by himself. But lo and behold, there were three young guys already playing a game of pickup, and they wanted to play two on two. Figuring they could beat this older priest with their youth and skill, they asked Father Vince to join them, and he agreed.

Well, the whole "beating this older priest" idea evaporated pretty quickly as the boys saw this particular shot that Father had mastered, something called the "Fade Away Banked Hook Shot." Because of that shot and Father Vince's skill, the boys put their best guy on him. That best guy was a young Kobe Bryant, then a high school All-American.

Kobe and Father Vince kept in touch over the years, united by a love of the game they both adored, and their faith. In fact, in the wake of the Laker legend's untimely and tragic death Sunday, many commentators talked about the fact that Kobe Bryant was a practicing Catholic whose faith was deeply important to him. One can only imagine how Father Vince, who has keys to St. Philomena's near his retirement home and still plays hoops, felt when he heard about the tragedy.

Life is unpredictable, and we need to cherish every moment. The day that Kobe Bryant passed away marked the 22nd anniversary of my own brother's death, under equally tragic circumstances. Jon was barely 31, Kobe only a decade older. Trying to find an explanation for these losses is fruitless, and will produce more pain than actual answers.

We can only find comfort in the joy experienced here, when we crossed paths with these important people, and by keeping their memories alive by talking about how important they were to us, and praying for their souls. I am certain that Father Vince is going to be out on the court shooting hoops very soon, and that each one of his "Fade Away Banked Hook Shots" will be accompanied by a loving prayer for the soul of his longtime friend.



LETTER TO THE EDITOR

Nice to see old friends (Stu Tolchin, Hail Hamilton) reappear on your Opinion page. But still, there is the occasional column that simply doesn't make sense. Last week, Michael Reagan responded to the Senate's consideration of Trump's impeachment by offering a brief history of presidents' asserting "executive privilege". In this matter, however, President Trump has not asserted any "executive privilege"; rather, he's issued blanket orders for Executive Branch personnel (and even to those not in government – who may have been associated with his campaign) to not comply with duly-authorized congressional subpoenas. This is unprecedented in our nation's history. Reagan also suggests this is about "a phone call". No, as established by the House's inquiry leading to Trump's impeachment, this is about a months-long effort to put our national security at risk, betray an ally engaged in a hot-war against Russian aggression, promote the loony conspiracy

theories of Rudy Giuliani and propaganda from the Kremlin over the consensus of our own intelligence establishment, and moving to ruin the careers of foreign service professionals who might stand in the way of the shakedown – all with the intent of being able to smear a potential election rival. And yes, according to the GAO, the president did break the law by improperly withholding appropriated funds. This is about following events in other countries – Egypt, Hungary, Brazil, the Philippines, Turkey – whose peoples yearned for the values our founders established, but have reverted to strongman-authoritarianism – and whose leaders our president envies ("love letters" to Kim Jong-un?). For those in the Senate, it's a question of putting our country and our Constitution ahead of the interests of Donald Trump. It's nothing less than that, as I see it.

Howard Hays, Sierra Madre

LEFT TURN /RIGHT TURN

STUART TOLCHIN REALLY, I'M DOING THE BEST I CAN



Just like you are probably doing yourself I'm doing the best I can to create a positive feeling for myself and pretend that the whole country is not on the edge of falling apart. Monday, after getting some pretty good news at Kaiser, the doctor suggested that I resume walking for exercise. I explained that I was still recovering from surgery but further, probably unnecessarily, explained that I found it difficult to go walking without my dog Milo who has accompanied me on my walks for fifteen years. The doctor asked what breed of dog was Milo and at that moment I lovingly pictured our dog and identified him as a Maltipoo. The doctor immediately reached for her phone and displayed pictures of her dog, also a Maltipoo of the same color and size as Milo even though he had a more prominent muzzle. This sharing of dog talk left me with a very pleasant feeling about my doctor.

As we left the hospital, I was already feeling tired probably relating to the fact that I stayed up much of the night watching tennis matches because I'm still having trouble sleeping. I was experiencing conflicting feelings about the about the absolutely startling death of Kobe Bryant, his 13 year old daughter, and seven other people which had just been reported. It is undeniable that everyone in Los Angeles who has lived here for more than a few years was completely shocked by the announcement of his death. Kobe had played his entire career in Los Angeles and had gone directly from high school to the Lakers. For twenty years he had been a magnificent star. True there had been a claim of forced sexual contact by a hotel employee who had visited his room at 3:00 a.m. but the matter was settled out of court and Kobe claimed that whatever occurred was consensual. Subsequent to that time seemingly all of Los Angeles had focused on Kobe the family man, the loving father of his 4 daughters, the Academy Award winner who would go to his almost teenage daughter's basketball games rather than to Laker games. In fact it was on the way to a girl's basketball game to which Kobe, his daughter, other basketball coaches, and players and parents that the tragic helicopter crash in dense fog occurred. To a great part of Los Angeles the announcement of their death was like a surprising death in our own family. Almost immediately, together with the shared grief, a feeling of unity became palpable in the city. We were all mourning together and that realization was a positive one.

I was doing the best that I could do to maintain that positive feeling as we left Kaiser and suggested that we just go up half

a block to the Pasadena Sandwich Shop to pick up lunch. For those of you unfamiliar with the Sandwich shop it is in the rapidly disappearing mode of an old time New York or Chicago Deli. Originally the shop had been opened by Steve Fink who had been working slicing meat and preparing sandwiches next to his own parents for years. From previous visits I knew that Steve had died from a rare blood disease called Amyloidosis but the shop had continued operating now being run by his son Jonathan and his daughter Meghan.

What I wanted to buy was a giant sandwich called the "Big Steve" because the proceeds from the sale of that special sandwich are donated to the Steve Fink Foundation which is devoted to obtaining more information and a cure for Amyloidosis. While the sandwich was being made (which was great by the way) I had a little time to talk with Jonathan. Now Jonathan has the same big smile his father had and I told him that I remembered Steve telling me that as long as he was slicing meat he was happy. Jonathan laughed and told me maybe that was because when his father was slicing meat he couldn't talk about anything else. From that conversation I learned that the Pasadena Sandwich Shop was highly involved with all sorts of charitable activities in Pasadena and had created many events and activities including giving Thanksgiving meals to homeless families. I gathered that for Steve Fink's Family continuing to operate the Sandwich Shop is more than a business, it was a calling following in the footsteps of their deceased parent and grandparents. I kept all of this in mind as my wife and I went home and ate the sandwich. One sandwich was more than enough for the both of us and we enjoyed the extra pickles and the pickled egg that I ordered because it reminded me of Chicago even though I never ate one there.

After eating, and I am sure you knew this was coming, I turned on the television and there it was– the Trump Impeachment Trial. I had tried my best all day to ignore it but it will not go away. I view it as a charade illustrating the possible end of our wonderful attempt at maintaining a democracy. Everything I see seems to indicate that the present leadership of the country is in league with the tyrannical dictators of the world and that if the planet does not become uninhabitable, and or nuclear war does not breakout, or a pandemic doesn't strike, our time as the enlightened city on the hill will end and what was the United States will end up in some global nightmare.

But, until then, try to stay happy and do anything you can to stop the process of destruction. Get a dog. Maybe a Maltipoo.

DICK POLMAN



GOODBYE, DEMOCRACY. HELLO, KING DONALD THE FIRST.

Back in December of 2015, on the cusp of the 2016 presidential primaries, when candidate Trump was previewing

his Putinesque behavior, I warned in a column that "we're in danger of embracing a very American version of autocracy...Do we really want to flirt with autocracy?"

A fatally thin margin of voters in pivotal states basically said "Yup." And on Wednesday, sure enough, a hiring on Trump's "legal" team vocally extolled autocracy – declaring during the Senate trial that Trump cannot be impeached for anything because his self-interest is the personification of the national interest. Which is the same mentality that marked the 17th-century reign of France's "Sun King," Louis XIV, who famously decreed *L'état c'est moi* ("I am the State").

Former O.J. and Jeffrey Epstein lawyer Alan Dershowitz framed it this way:

"If the president does something that he thinks will help him get elected, in the public interest, that cannot be the kind of quid pro pro that results in impeachment."

And to think this guy actually taught law at Harvard.

Let's play out his reasoning. If Trump were to extort a foreign country for domestic dirt on a potential election opponent, that would be in the national interest, and therefore not impeachable? Correct, because that's the issue at hand. And if he were to, say, order the Justice Department to gin up phony probes of election opponents, that too would be in the national interest and therefore not impeachable? Correct. And if he were to cover up evidence of those probes, that's no problem? Correct. And if he were to simply throw those opponents in jail, that's OK too? And if he were to order a Watergate-style break in at Democratic headquarters? Ditto.

A more urgent question: When Dershowitz crafted his monarchist credo, did a single Republican senator in the chamber utter a peep of protest, or in any way signal that such a statement clashed with the U.S. Constitution – and that, in fact, the American Revolution was a revolt against the divine right of kings? Why bother to ask. As they plot Trump's exoneration, they have become supplicants to royalty.

Dershowitz is mostly a joke, a TV celebrity long past his sell-by date, best known these days for claiming that he kept his undies on while he was

massaged by one of client Epstein's girls. But what he said merely distilled what Trump's previous enablers – and Trump himself – have been saying all along. Not to mention what Trump has been doing all along.

Back in December 2017, when it was clear that Trump was working hard to block Robert Mueller's probe, Trump lawyer John Dowd contended that a president, by definition, "cannot obstruct justice because he is the chief law enforcement officer."

And Trump went much further during a speech last July: "I have an Article II, where I have to the right to do whatever I want as president." In truth, Article II of the Constitution doesn't give a president total power. It also stresses the importance of congressional oversight, and holding presidents accountable via impeachment.

But Trump has long proved he can't be stopped by a piece of parchment. He has indulged his authoritarian impulses on multiple fronts both large (declaring a fake "national emergency" to build his border wall, spending money far beyond the amount authorized by Congress) and small (pressuring Air Force crews to stay at his Turnberry resort in Scotland during refueling stops, then claiming he knew nothing about it) and chilling (confiscating the notes of his private meetings with Vladimir Putin, concealing the details from his senior aides.)

Parchment can't save democracy – only people can do that. And the Senate Republicans, forfeiting their constitutional duty to act as a co-equal branch of government, are preparing to put the Dershowitz credo into practice. It's certainly the easiest way to let Trump off the hook. They can't contest the facts about what Trump did in his bid to rig the 2020 election. Therefore, Plan B is to simply say that he did it in "the national interest" because he is *L'état* and vice versa.

What this ultimately means for the future, assuming there comes a time when Trump is gone, is that any president would be free to do whatever he or she wants, to retain or abuse power, as long as a mere 34 senators are willing to exonerate whatever he or she does.

But hey, we have nobody to blame but ourselves. A sufficient share of voters, aided by the distortions of the Electoral College, put us where we are and where candidate Trump always signaled we would go. The window for democracy is rapidly narrowing, and November may be the last chance to pry it open.

As a French lawyer-diplomat, Joseph de Maistre, warned two centuries ago, "Every nation gets the government it deserves."

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