

Mountain Views News

Sierra Madre

Arcadia

Duarte

Monrovia

Pasadena

Altadena

South Pasadena

San Marino

SATURDAY, FEBRUARY 22, 2020

VOLUME 14 NO. 8

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**.

Your Story. Your Home. Your Team.
Together Stronger.

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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



CONGRATS MAYOR-CAPOCCIA....AGAIN!

Annually, the Sierra Madre City Council reorganizes and members of the council rotate a 1 year term as Mayor. This is usually done in April after the Sierra Madre general election. However, due to the city moving the municipal elections to coincide with LA County's General Elections in November. This year's reorganization is for a six month period, from February 11th until December 8, 2020 when a new council will be seated.

At its' last meeting, the council elected a new Mayor and Mayor Pro-Tem, both of whom have previously served in the positions. Councilmember John Capoccia was sworn in as Mayor and Council Member Rachele Arizmendi was sworn in as Mayor Pro-Tem.

Pictured on the left is outgoing Mayor John Harabedian, (right) accepting the honored gavel for his service from newly elected Mayor Capoccia.

Harabedian, who joined the council in 2012 and also served two terms as Mayor, is currently running for the Los Angeles County Board of Supervisors. You can learn more about his campaign at <https://john-4supe.com/>.
MVNews/Photo by Tevin Voong

MULTI-AGENCY MAJOR LANDSLIDE EXERCISE IN EATON CANYON



Photos and Caption by Dean Lee/MVNews

Pasadena Fire Urban Search & Rescue Team, along with Huntington Hospital representatives, Harbor UCLA and USC Hospital Emergency Response Teams (HERT), Sheriff's Air 5 and Emergency Medical Services Agency held a landslide training exercise Friday that included a helicopter rescue landing.

According to officials, the scenario was a major landslide with four critical patients with severe entrapment that require advanced life support in the field. Injuries include amputation, crush syndrome, impalement and respiratory distress.

This was a training opportunity to collaborate and educate on the HERT process and practice on-scene care to respond and deploy by ground to air they said

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).

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SAVE THE DATE: Sunday, March 22, 2020

2020 WISTARIA FESTIVAL

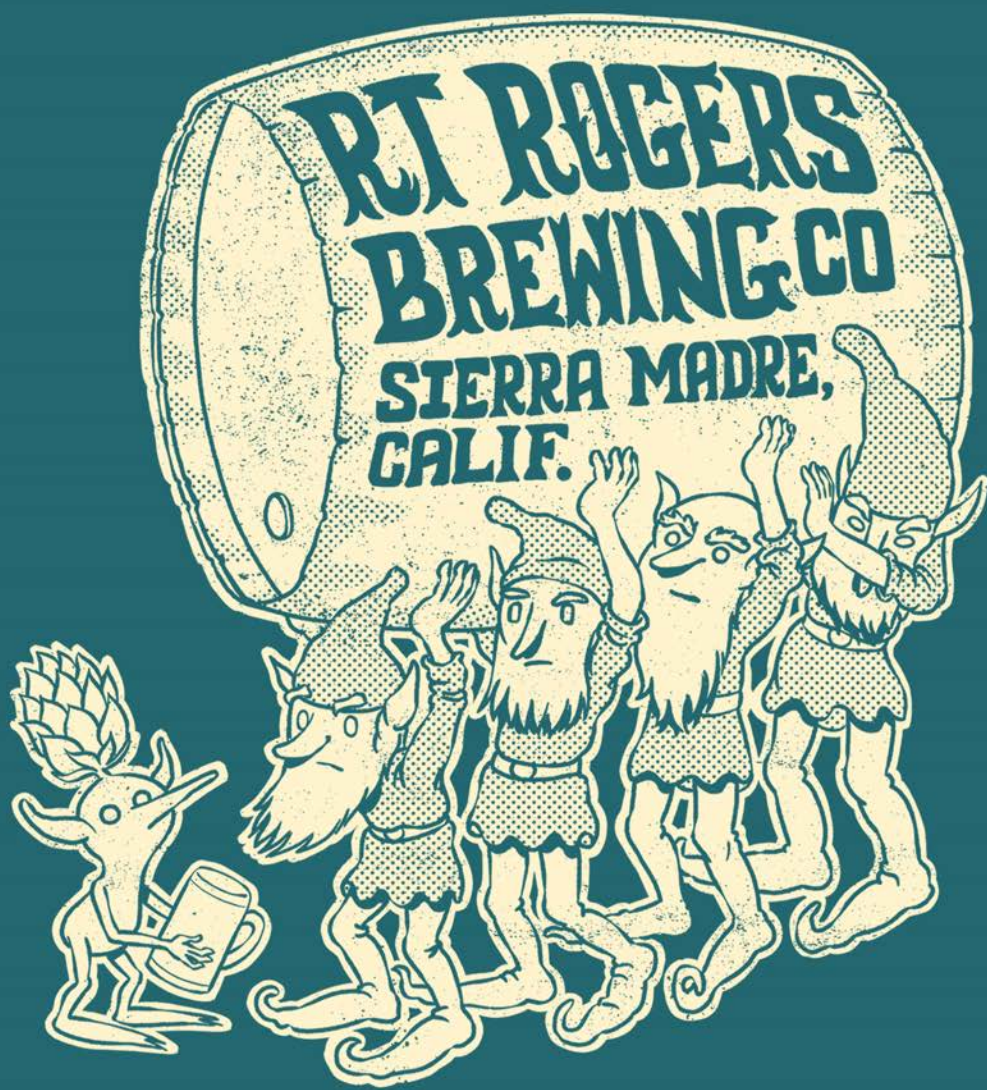
9 am—5pm

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

SHUTTLE TICKETS ON SALE NOW: www.sierramadrechamber.com

Mountain Views News

Sierra Madre Arcadia Duarte Monrovia Pasadena Altadena South Pasadena San Marino



2nd Anniversary Celebration

Saturday, March 7th
FREE ADMISSION
NOON to 6PM

-- LIVE MUSIC -- FOOD VENDORS -- CRAFT BEER --

38 E Montecito Ave, # 1, Sierra Madre, CA
{More info at: rtrbrew.com}



Guardian Naming Workshop

Who will take care of your kids if something happens to you?

- The 6 most common mistakes parents make when naming guardians, even when working with a lawyer — and how to avoid or fix them.
- How to choose the right guardians for your children and ensure your children are never taken from your home or placed with strangers if something happens to you.
- How to ensure your assets are immediately and privately available to the people you've named to care for your children.
- Why a Will alone is simply not enough to ensure your kids are taken care of the way you want, by the people you want, no matter what.

Each participant in this complimentary workshop will leave with fully executed documents naming legal guardians for their minor children!

Protect the Ones You LOVE

For more information, visit us at calilaw.com

Reservations Required!
 All legal guardians must be present.

March 7th @ 10:30 AM

Please contact the Sierra Madre Public Library
 (626) 355-7186 or our office (626) 355-4000 to make your reservation!

440 W Sierra Madre Blvd,
 Sierra Madre, CA 91024



Marc G. Garlett
 Attorney & Counselor at Law

SHUTTLE TICKETS ON SALE FEBRUARY 1ST

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voting procedures.

Find vote centers in L.A.
 County.*

LAVOTE.NET

Sierra Madre Vote Center

February 29 - March 2: 8AM-5 PM

March 3: 7AM - 8 PM

Episcopal Church of the Ascension
 25 E. Laurel Ave. Sierra Madre

***You can vote at ANY L.A. County vote center!**
 Many Vote Centers open February 22



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Pasadena Altadena

News From Your Community For Your Community

Forum on Immigration

Jennifer Chacon, one of the faculty leaders of the newly established Center for Immigration Law and Policy at the University of California Los Angeles, will address the hot topic of immigration at a free public forum March 5, 9-11 a.m., at the Women's City Club, 160 N. Oakland Ave., Pasadena. Registration is at 8:30 with an optional brunch for \$25. Reservations for seating also are advised. Available by calling 626-798-0965 or online at my.lwv.org. Deadline for brunch reservation is Feb. 28 by noon. Chacon's areas of expertise are citizenship, immigration, border control and human traffickings. She serves on the section on Immigration for the Americab Association of Law Schools and on the 9th Circuit Advisory Committee. In her talk on comprehensive immigrations reform and what it means today, she will explore legal changes required for truly comprehensive immigration reform. For more information Visit: womenscityclubofpasadena.com/

Altadena Library District Read-A-Dena

The Altadena Library District is honored to announce its first annual Read-a-Dena book selection, Wild LA: Explore the Amazing Nature In and Around Los Angeles by the Natural History Museum of Los Angeles County, Lila Higgins and Gregory B. Pauly with Jason G. Goldman and Charles Hood. Read-a-Dena is the Altadena Library District's new community-wide reading initiative.

"While perhaps an untraditional pick for a 'One Community, One Book' reading initiative, Wild LA celebrates the unique spirit of Altadena, which has nature deeply engrained in its history and identity," says District Director Nikki Winslow. "The Altadena we know and love is adventurous, curious, and connected to the splendor of our local landscape. Wild LA offers something for everyone, from passive nature observers to the more active explorers in our community."

Throughout the months of March, April, and May 2020, 50 free copies of Wild LA will be available at both the Main Library and Bob Lucas Branch for the public to pick up, peruse, and pass along to neighbors and friends. Free copies will also be available to individuals who sign up to lead or join local Reading Groups, Read-a-Dena gatherings that bring neighbors together in small groups across Altadena to discuss topics in Wild LA and dig deeper into the book through library-curated activities and excursions. Interested leaders can sign up to host a Reading Group at www.altadenalibrary.org/readadena.

In coordination with authors of Wild LA and other community organizations, the Altadena Libraries are pleased to offer many events and programs related to Read-a-Dena, including, but not limited to, a panel with the authors of Wild LA, a workshop on nature journaling, presentations on topics ranging from native reptiles to mushrooms, and a guided nature walk through Eaton Canyon. Every Read-a-Dena event will provide free copies of Wild LA to the first 10 guests upon arrival.



City Council to Get First Look at New Proposed Four-story Medical Offices

The proposed site was the renowned Monty's Steakhouse that closed in 2007 after 66 years of business.

The Pasadena city council is set Monday night to get a briefing by city staff on a new predevelopment plan review of a commercial building proposed at 590 south Fair Oaks Avenue. The report is intended to provide information only and the council is expected take no action.

According to the city staff report, the applicant, Richard Bruckner, on behalf of 590 Fair Oaks Development, LLC, is proposing a 100,000 square-foot, four-story medical office building with a two-level subterranean parking garage encompassing five contiguous parcels. Parking would provide 184 parking spaces.

At issue is parking. The report states that a medical office land use is required to provide four parking spaces per 1,000 square feet of gross floor

area. As proposed, the 100,000 square-foot medical office building would be required to provide 400 parking spaces. The subject site is located within the Transit Oriented Development Area, a quarter mile from the Fillmore Station. In this location, the Zoning Code requires that the minimum number of required off-street parking spaces be reduced by 10 percent, with an optional reduction of up to 20 percent for nonresidential land uses. With the 10 percent required reduction of parking spaces, the maximum allowed number of parking spaces is 360 parking spaces. With the optional 20 percent reduction, parking can be reduced to 320 parking spaces.

Height is also an issue. The maximum allowable height for development on this site is 45 feet. The project proposes a building height of 56 feet and does not comply with the height requirement. Staff said the applicant would need to pursue a Variance or in lieu of a Variance, the city's South Fair Oaks

Specific Plan and the Zoning Code would have to be amended to allow a maximum height of 56 feet on this site.

As part of the project, two commercial buildings totaling 4,780 square feet would be demolished and a surface parking lot, the site of the long closed Monty's Steakhouse, would also be bulldozed to accommodate the project.

The council meets Monday night at 6:30 p.m. in the Council Chamber, Pasadena City Hall 100 North Garfield Avenue, room S249.

Registration Opens March 2 for Senior Games

— Olympics-Style Competitions Range from Archery to Volleyball —

Adults ages 50 to 99+ are invited to display their athletic abilities during the 28th annual Pasadena Senior Games, a series of 22 competitive Olympics-style individual and team sporting events ranging from archery to volleyball May 2 to July 12. Previous competition experience is not required.

Athletes are encouraged to visit: pasadenaseniorgames.org and click on Pasadena Senior Games beginning March 2 to register for competitions in Pasadena, Arcadia, Long Beach, Los Angeles, Simi Valley and South El Monte. Registration deadlines are two weeks prior to the start of each competition.

The sports are archery, basketball, bowling, cycling, disk golf, fun walk, golf, pickleball, power lifting, race walk, racquetball, road race, shuffleboard, softball, swimming, table tennis, tennis, track and field, and volleyball. Medals will be awarded for first-, second- and third-place finishes in each sport.

It is anticipated that at least 1,500 athletes will participate this year. Among the many medalists at the 2019 Pasadena Senior Games were Kellie-Bea Cooper for 50-yard freestyle swimming in the category of women ages 50 to 54 and Joe Durrenberger for men's shot put in the category of men ages 85 to 89. Ninety-year-old Gunnar Linde set a USA track and field record for his age group in the 5000-meter run.

For more information visit www.pasadenaseniorgames.org, email sports@pasadenaseniorgames.org or call 626-685-6755.

Another way to participate in the Pasadena Senior Games is to volunteer for positions that include registering athletes, timing, scoring, manning water stations and more. Volunteers of all ages may call 626-685-6755 or email sports@pasadenaseniorgames.org.

Roxie Rules Act Would Bring Oversight to Summer Camps



State Senator Anthony Portantino (pictured left) introduced SB 955, the Roxie Rules Act, which seeks to regulate recreational camps. The lack of regulation for these camps was brought to the Senator's attention after the tragic drowning death of six-year-old Roxie Forbes in an Altadena camp swimming pool. In researching camp safety issues, Roxie's parents Doug Forbes and Elena Matyas (pictured right) discovered that more than a million children attend thousands of California camps and that these camps are largely unregulated. Portantino agreed that under California law there exists a deficiency in camp licensing, inspection, and oversight. The Forbes family established the Meow Meow Foundation to educate the public about this gap in oversight. They are collaborating with Senator Portantino on SB 955 so that horrific, preventable outcomes are eliminated and camp experiences are safer for the children who attend them.

"As a father myself, I cannot begin to comprehend what has happened to the Forbes family. Losing a child is the single worst thing that can happen to a parent. It hurts even more because we know that this was a preventable tragedy. I am very grateful that Roxie's

family is channeling their tremendous grief to make sure that tragedies such as this do not happen again. I want to commend them for all the work they have done to raise awareness and knowledge of the gaps in state law regarding recreational camps," commented Senator Portantino.

California sadly trails well behind many other states in regulating recreational camps. Thirty-eight states have some sort of statewide camp regulations while California does not. This bill will correct this clear omission in state law and bring camps in line with other regulated services such as daycare facilities.

"Meow Meow Foundation is honored to work with Senator Anthony Portantino on The Roxie Rules Act, a comprehensive recreational camp licensing, oversight, and safety bill that finally affords millions of California children the protections they deserve," added Doug Forbes.

SB 955 will be heard in its first Senate policy committee in March. The bill must pass both houses of the legislature by the end of August. If signed into law by Governor Newsom it would go into effect on January 1, 2021. The Forbes gave a presentation to the Altadena council Tuesday night. For more information visit: meowmeowfoundation.org/

Bradbury 100 in Ramo Auditorium at Caltech

On the occasion of the 100th anniversary of Ray Bradbury's birth, Caltech Theater will produce a series of his one-acts, adapted stories, with surprise guests, music, videos and Caltech a cappella groups.

FIRST WEEKEND

Tonight at 7:30 p.m.

Sunday, at 2:30 p.m.

All Summer in a Day. directed by Aditi Seetharaman

Marionettes, Inc., directed by Barbie Insua

The Martian Chronicles, directed by Brian White

SECOND WEEKEND

Friday & Saturday, February 28 & 29 at 7:30 p.m.

Sunday, March 1 at 2:30 p.m.

The Flying Machine (in Mandarin w/English subtitles), directed by Miranda Stewart

A Sound of Thunder, directed by Doug Smith

The Martian Chronicles, directed by Brian White

Theater Arts at Caltech (TACIT) Ramo Auditorium is located 1200 E California Blvd Ave for more information or tickets visit: tacit.caltech.edu or call 626-395-3295.

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Weather Wise

6-Day Forecast Sierra Madre, Ca.

Sun	Sunny	Hi	60s	Lows	40s
Mon:	Sunny	Hi	60s	Lows	40s
Tues:	Sunny	Hi	60s	Lows	40s
Wed:	Ptly Cldy	Hi	60s	Lows	40s
Thur:	Ptly Cldy	Hi	60s	Lows	40s
Fri:	Ptly Cldy	Hi	60s	Lows	40s

Forecasts courtesy of the National Weather Service

SIERRA MADRE CITY MEETINGS

CITY COUNCIL

February 25th, 2020 at 6:30PM
March 10th, 2020 at 6:30PM

Planning Commission
March 5th, 2020 at 7:00PM

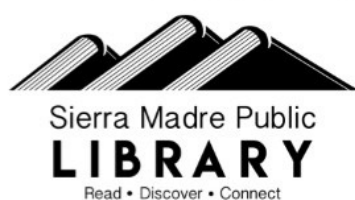
Community Services Commission
February 17th, 2020 at 6:30PM
Cancelled

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

Senior Community Commission
March 5th, 2020 at 3:00PM

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

Energy, Environment, and Natural
Resource Commission
March 18th, 2020 at 7:00PM



This week at the
Sierra Madre
Public Library

February 24—February 29

Monday

Preschool Story Time 10:00—11:00 am

Tuesday

Baby Rhyme Time 10:00—11:00 am

LEGO Challenge 3:00—5:00 pm

STEAM Open House 5:00—7:00 pm

Wednesday

Parent Café 10:00—11:00 am

Thursday

Homework Help 3:00—5:00 pm

Friday

Homeboy Industries Tour 11:00 am—
12:00 pm (ALL SPACES FILLED)

Read, Discover, Connect
@ Sierra Madre Public Library

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!
Lovely Tea Buffet Prizes
Admit One \$10
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
Rent the 1914 Historic Essick House 355-4379
Shop Award-Winning Wistaria Thrift Shop 355-7739
Shop Donations Accepted Weekdays to 2 pm

Sierra Madre Woman's Club
550 W. Sierra Madre Blvd. 2018: 111 Years
Founded February 23, 1907 – "Living the Volunteer Life" in Friendship
Member: General Federation of Women's Clubs cfwc.org & gfwc.org

Rent The 1914 Essick House
Holiday Get-togethers, Seminars
Anniversaries, Parties, Weddings
Anita @ 626-355-4379

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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!

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SIERRA MADRE POLICE BLOTTER

February 9 to February 16, 2020

During this period the Sierra Madre Police Department responded to 464 calls for service.

Possession of stolen items

A vehicle was stopped for a vehicle code violation in the 1400 block of N. Santa Anita Ave. on 2-10-20 at 9:47PM. A search of the vehicle revealed multiple items of stolen property from 4 possible victims. The driver was arrested and taken to the Pasadena Jail. The vehicle was towed to the Sierra Madre Police Department for a vehicle inventory and was later stored. Case to the Pasadena DA's office

Possession of a controlled substance

On 2-11-20 at 3:15PM a vehicle was stopped for a vehicle violation at Michillinda and Sierra Madre Bl. During the field interview of the driver, he revealed that he was in possession of methamphetamine. The subject was arrested and taken to the Pasadena Jail, and the vehicle was stored. Case to the Pasadena DA's office

Vandalism of a vehicle

A driver parked his vehicle in the Montecito Parking lot on 2-12-20 at 6:30 AM and returned at 3:15PM to find that an unknown person(s) had scratched his vehicle on all four sides with an unknown object. Case to Detectives

Possession

On 2-16-20 at 6:23AM officers were called regarding a male sleeping in the men's public bathroom in the 200 block of W. Sierra Madre Bl. The subject was cited for possession of a controlled substance, drug paraphernalia and a dangerous weapon. Case to the Pasadena DA's office

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REMEMBRANCE

MARGERY WOODS BOURGEOIS

Margery Bourgeois passed on February 17, 2020 in Pasadena following a brief illness. She was born in 1926 in Chicago, Illinois, the daughter of William Horace Moulton and Mildred Simpson. Margery was educated at the Francis W. Parker School in Chicago, earned her bachelor's degree at The University of Minnesota, and received her master's degree in history and a teaching credential at Stanford University.

Margery was thrilled to move to California to attend Stanford after enduring four winters at the University of Minnesota - she said she felt like she'd come to paradise. Margery married a fellow Stanford grad, Enock Bourgeois in 1954. They moved to Sierra Madre in 1963. Margery and Enock were parents to four children, Janet, William, Marie, and Alice.

Margery was an athlete and enjoyed skiing, swimming in tropical waters, dancing, and walking her dog in the Sierra Madre Canyon. Margery climbed Mt. Whitney as a senior citizen and enjoyed skiing on a free pass at age 70. She swam in the AAU Nationals as a 13 year-old and was an enthusiastic swimmer for the rest of her life.

Margery is survived and loved by her four children, as well as 12 grandchildren: Mary Stason, Kenneth Anderson, Sarah Starceovich, Juliana Starceovich, Katherine Starceovich, Paul Starceovich, Anne Starceovich, Wesley Graham, Adam Shoop, Jack Graham, Jessica Ryder, and Piper Henrich. Margery also is survived by 10 great grandchildren.



WALKING SIERRA MADRE - The Social Side

by Deanne Davis

"Self-care is giving the world the best of you, instead of what's left of you." Katie Reed
 "Talk to yourself like you would to someone you love." Brene Brown
 "Self-care means giving yourself permission to pause." Cecilia Tran

I had to go to the doctor a week or so ago. Nothing serious, turns out the reason my hip was killing me with every step I took and no sitting position was comfortable was because the poor thing has bursitis.

"Trochanteric bursitis is inflammation (swelling) of the bursa (fluid-filled sac near a joint) at the outside (lateral) point of the hip known as the greater trochanter. When this bursa becomes irritated or inflamed, it causes pain in the hip. This is a common cause of hip pain."

No kidding! I see there are over 200,000 cases of this per year...Symptoms include pain on the outside of the hip that's worse with activities such as standing, walking, or running and I can add sitting or lying down. Treatments include ice, anti-inflammatory medications, steroid injections, and physical therapy.

My doctor prescribed an anti-inflammatory called Meloxicam and I think my hip is getting better. Not better enough yet, but better. A few days after my office visit, I got an email from the medical center inviting me to fill out a survey about how happy/unhappy I was with my visit and the way everyone there treated me... excellent all the way around...and a nice essay about self-care by a Dr. Yazhini Srivathsal. He starts right off by talking about Valentine's Day and how we select this day to appreciate and recognize the people in our lives we love, he goes on to say it's equally, if not more important, to focus on self-love as love of ourselves is what allows us to empathize and really connect with others on a deeper level, i.e., an empty tank will take you exactly nowhere. Take time to refuel.

This is hard to do. We feel guilty if we're not always occupied doing something productive, useful, or for somebody else. The very idea of sitting down somewhere pleasant, reading and having a cup of tea makes us feel guilty. You know, that old Puritan work ethic.

Here are a few of the points that Dr. Srivathsal listed:

Know you are worthy – no matter what! Our worthiness does not depend on anything we do or don't do. It doesn't have anything to do with how we look. We deserve to treat ourselves with respect, compassion and genuinely love ourselves for who we are in this moment, flaws and all. Kind of like the way God views us: with love, flaws and all!

Treat yourself like you would treat your best friend – If our best friend is upset or feeling just plain crummy, we don't go out of our way to make them feel worse, do we? I hope not! So we need to treat ourselves with love and compassion... especially in one of those moments when things didn't go as planned.

Don't compare yourself to anyone else – That's hard. We want to have this person's body, that person's hair, this person's ability to play the piano, that person's singing voice, and on and on. We are who we are and that's a lot to be grateful for.

Try to live intentionally every day – Little steps that will help us get where we want to be...you

saw this coming, right? Eat good food that will help your body. More veggies, less cheesecake. More fresh fruit, and put down those Girl Scout cookies that are everywhere currently. If you got a huge heart box full of chocolate caramels, just eat a couple, not the whole box. It's probably too late for that, but if somebody gives you a huge box of candy any time soon, give it to somebody else! Do things that make you happy like walking and looking at everybody's flowers. Notice all the tiny green leaves that are beginning to appear signaling the coming of Spring!

Be your own cheerleader – There's nothing like the feeling of accomplishing something new, maybe something you never thought you could do. My friend, Marilyn Williams, started taking piano lessons when she was well into her 50's and it has given her more pleasure and enjoyment as she practices and improves than she ever imagined. She's always wanted to play the piano, and now she does. I've started doing jigsaw puzzles. These are somewhat addictive as you sit down for a minute and discover two hours have evaporated while you fit a piece here and a piece there.

Make sure you have at least a few minutes of "me time" every day – Another tough one for us guilt embracers. This can be part of that walk you're taking. Thanking the Creator for the beauty of His creation is a nice way to spend some of that "me time."

Surround yourself with people who support you and lift you up – Learn about the grace of saying, "No." There are people in all our lives who are negative, needy, whiny, and who we wish we could avoid. So let's avoid them! We can't fix everybody and some people just need to be in someone else's life. So let's let them be with someone else. Also, just because someone tells us we'd be perfect for this committee or job doesn't mean we have to say yes.

Love yourself as you are right now – Not when you've lost ten pounds, learned to speak French, gotten a promotion or bought a Lexus. Loving ourselves as we are this minute, even if the dishes are still in the sink, the laundry isn't done, the lawn isn't mowed and there's nothing for dinner, means we are still splendid people, worthy of love.

Dr. Srivathsal winds up by saying that self-love and self-care are important parts of being a happy and healthy individual. I loved this whole idea of self-care and wanted to pass it along to you, dear friends and neighbors. Hence, in the interest of self-care, I saw these chairs at Target on sale for \$17.60 each and brought them home thinking how nice it would be to sit in the sun in the late afternoon when it's warm, the sun's not so hot, and enjoy a glass of an adult beverage. I've managed to do this very thing three times and enjoyed it immensely, in spite of the weeds that need to be pulled and the dishes that are sitting in my sink.

Do something loving for yourself this week. It will be good for your health. Honest! Trust me.

My book page: Amazon.com: Deanne Davis – check out "Noah & The Unicorns" or maybe "The Vuillaume Violin"
 "Sunrises and Sunflowers Speak Hope"
 Is available on Amazon.com as is
 "A Treasure Map, A Drunken Owl and 47 Rattlers in a Bag."
 "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>

2020 Sierra Madre Wistaria Festival Classic Car Show

Sunday, March 22 2020 9AM-3PM

COME JOIN THE THOUSANDS OF SIERRA MADRE VISITORS WHO COME TO ENJOY ARTISANS, CRAFTERS AND MUSIC FOR THE ANNUAL WISTARIA FESTIVAL. TO RESERVE YOUR SPOT CONTACT TED SARAF AT TTS10851@aol.com. THERE ARE ONLY 100 SPACES ALLOWED SO ACT QUICKLY.



Vehicle year____, Make____, Model____, License____ ENTER LIMA ST AND SIERRA MADRE BLVD. ANY QUESTIONS FEEL FREE TO CONTACT TED SARAF (626)264-4889. **NO ENTRY FEE IS REQUIRED FOR CLASSIC CARS. THIS IS A FREE SHOW.**

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Sign and print name _____, PHONE# _____ email _____
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2020 HUCK FINN FISHING DERBY & CAMPOUT

MARCH 27-28

FISHING DERBY

SATURDAY, MARCH 28 (7:00AM-11:30AM)

Sponsored by Sierra Madre Firefighters' Association

- Age: Youths 3-15 Years | \$10 per youth, all skill levels are welcome
- On-Site Registration compliments of **Sierra Madre Civic Club**
- ONLY ONE ENTRANCE ON GRAND VIEW AVE FOR ALL EVENTS**
- Food for purchase made available by **The Kiwanis Club**

CAMPOUT

FRIDAY, MARCH 27, 2020 (OPENS AT 5:00PM)

- \$70.00 Per Campsite, Derby Contest and Family Fishing for 4
- Camping Registration is available February 24 - March 19 and must be done at City Hall located at: 232 W. Sierra Madre Blvd., Sierra Madre, CA 91024
- Camp Entrance located on Grand View Ave.
- Activities include: Bonfires, S'mores and Star Gazing.
- CAMP SITES SOLD ONE SITE PER REGISTRATION**

FAMILY FISHING

SATURDAY, MARCH 28 (12:30PM-4:00PM)

- \$32.00 for a family of four
- Separate admission required for family fishing (if not purchased ahead of time)
- Open to all ages
- Participants pay at the entrance on GRAND VIEW AVE
- No catch limit, keep as many as you would like at Family Fishing

For more information:
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email: clowe@cityofsierramadre.com
or
lhinz@cityofsierramadre.com

The City maintains the right to ask anyone to leave for poor conduct, without refund






TABLE FOR TWO by Peter Dills

thechefknows@yahoo.com

MY PASTRAMI DREAMS

When my friend and superstar Personal Trainer Darrian Dalangini challenged me to find the best Pastrami in the area, I thought "easy enough, I'll check out a few places, post a few notes on my facebook site www.facebook.com/peterdills.com, and the answer will appear". I found out quickly don't argue sex, politics or who has the best pastrami sandwich in town. Before we start this argument, let's take a look at the origins of pastrami.

Like **corned beef**, pastrami was originally created as a way to preserve meat before modern **refrigeration**. For pastrami, the raw meat is **brined**, partly dried, seasoned with various herbs and spices, then **smoked** and steamed. In the United States, although **beef plates** are the traditional cut of meat for making pastrami, it is now common to see pastrami made from beef **brisket**, beef round, and **turkey**.

The Romanian specialty was introduced to the United States in a wave of **Romanian Jewish** immigration from **Bessarabia** and **Romania** in the second half of the 19th century, via the **Yiddish**. Early references in English used the spelling "pastrama", closer to the Romanian original. The modified "pastrami" spelling likely was introduced to sound related to the Italian **salami**.

Although New York's Sussman Volk is generally credited with producing the first pastrami sandwich in 1887, that claim is disputed by the founders of **Katz's Deli** in New York, which was founded in 1888. Volk, a kosher butcher, claimed he got the recipe from a Romanian friend in exchange for storing the friend's luggage while the friend returned to Romania. According to his descendant, Patricia Volk, Volk prepared pastrami according to the recipe and served it on sandwiches out of his butcher shop. The sandwich was so popular that Volk converted the butcher shop into a restaurant to sell pastrami sandwiches.

Romanian Jews immigrated to New York as early as 1872. Among Jewish Romanians, **goose** breasts were commonly made into pastrami because they were inexpensive. Beef navels were cheaper than goose meat in America, so the Romanian Jews in America adapted their recipe and began to make the cheaper beef pastrami.

Making foods to sell out of **push carts** in the **Lower East Side** of New York was one of the most popular occupations for immigrant Jews in the latter half of the 19th century. Because sandwiches were a hugely popular foodstuff in New York, it is possible Romanian Jewish immigrants were making and selling pastrami sandwiches from push carts on the streets of New York at least a decade before Sussman Volk converted his butcher shop into a restaurant.

With a little help from my friends, here are the top three choices for a pastrami sandwich in the



Pasadena/Los Angeles areas. In no particular order: The Hat With a number of locations throughout the San Gabriel Valley, I visited the one on the corner of N. Lake and Villa in Pasadena. I ordered mine dry, and loaded up on the horseradish and spicy mustard JoSnie Pastrami 4017 Sepulveda Blvd. Culver City. The names says it all. Although JoSnie recently passed on to the sandwich shop in the sky, visitors flock to this spot for pastrami on a buttery French roll, and ask for extra pickles.

Tied: Langers and Canters. These two veterans probably received the most passionate support with such postings as "no need to go anywhere else".

Canter's Deli 419 N/ Fairfax Los Angeles (323) 651-2030

Langers 704 S. Alvarado St. Los Angeles (213) 483-8050

Do you like your Pastrami thick or thin? I'll have to chicken out on this one and say they were all good!!

Email your favorite at thechefknows@yahoo.com

Join me on Go Country 105 at 8 AM for some real Food Talk Sundays

ARCADIA WOMAN'S CLUB INVITES LOCAL RESIDENTS TO HEAR NASA SPEAKER ON APOLLO: TO THE MOON AND BEYOND

Do you remember watching the 1969 moon landing, and do you have memorabilia and memories from July 1969 that you'd like to share? Also, do you have an interest in what NASA is doing today and then where NASA is going next?

The Arcadia Woman's Club March 4th general membership meeting promises to be "out of this world" when NASA Solar System Ambassador (SSA) Rosanne Sachson speaks about NASA's space exploration missions. Ms. Sachson's topic, "Apollo: To the Moon and Beyond", discusses how Apollo 11's Moon landing on July 20, 1969, brings us to today's space accomplishments and where is NASA headed in their next missions.

Ms. Sachson is a NASA Solar System Ambassador - NASA Speaker Bureau commissioned to communicate the science and excitement of NASA's space exploration missions with community groups. She has recently returned from NASA's Ames Research Center in the Silicon Valley where she was briefed on the latest missions, research and development in aeronautics, exploration technology and science.

In addition to her SSA post, Ms. Sachson, an architectural interior designer, was responsible for the architectural and interior design,

customized furnishings, millwork and overseeing of construction for the innovative 3,200 square foot Flight System Testbed and 1,800 square foot Project Design Center at the Jet Propulsion Laboratory (JPL) in Pasadena.

The Arcadia Woman's Club invites women of all ages to attend this outstanding program and regular monthly meeting on Wednesday, March 4, at 11 a.m., in its historic Clubhouse, 324 South First Avenue, Arcadia. The meeting includes a social hour, business meeting, luncheon, and Ms. Sachson's presentation. Please bring your July 1969 memorabilia to show us.

Both the \$15 lunch and the program require reservations by Monday, March 2, and they may be made by calling Linda Mokler at (626) 818-7779.

The Arcadia Woman's Club is a philanthropic organization with members from throughout the San Gabriel Valley. Meetings are held on the first Wednesday of each month, September to June. The club is a 501(c)(3) non-profit organization, and participates in community service activities focused on issues such as domestic violence, orphaned children, Veterans, aid to pregnant women and new mothers, camperships, and other local charities. Another notable activity is the club's annual recognition luncheon for Arcadia's first responders, Arcadia Police and Fire Departments, which is coming up later in March.

To learn more about Arcadia Woman's Club, contact them via



email atinfo@arcadiawomansclub.org or visit them online at www.arcadiawomansclub.org and www.facebook.com/arcadiawomansclub.org

Photo by Randy Rsmussen

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.

About Arcadia

Nestled along the rolling foothills of the San Gabriel Mountains and Angeles National Forest, Arcadia is a charming, family-oriented community with a population of just over 57,000. Located only 13 miles east from downtown Los Angeles, regional transportation networks like the Metro Gold Line connect Arcadia as a premier residential, shopping, and entertainment destination in the San Gabriel Valley. Arcadia is known for its top-rated schools, iconic landmarks, and serene neighborhoods. Arcadia is an award-winning community having been twice named as the Best City in California in which to Raise Kids and the 2017 Most Business Friendly City in Los Angeles County. With the conveniences and amenities of a full-service, mid-size city, Arcadia's "Community of Homes" provides a quality of life that will go [Above & Beyond](#) your expectations.

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

MONROVIA TO IMPLEMENT FIRE INSPECTIONS FOR PLACES OF WORSHIP

Due to recent legislative changes, fire departments are now required to report compliance rates of annual fire/life safety inspections. In line with these changes, Monrovia Fire & Rescue has implemented an electronic inspection platform, which has improved our ability to track and schedule inspections, and store vital property and contact information in the case of an emergency.

In the past, places of worship were not inspected consistently. Efforts are currently underway to update our system, ensuring every building is inspected annually. These inspections will allow us to identify hazards and provide safety recommendations, as our goal is to keep you and those you serve as safe as possible. Places of worship will be receiving a letter with additional information regarding the changes to inspections

SCHEDULED POWER OUTAGE IN OLD TOWN MONROVIA AND SURROUNDING AREAS

Power outage to take place from Saturday, Feb. 22 at midnight to Sunday, Feb. 23 at 10 a.m.

MONROVIA, CA – Southern California Edison (SCE) has a planned power outage to take place in the northeastern section of Monrovia, including parts of Myrtle Avenue in Old Town, beginning Saturday, Feb. 22 at midnight, lasting until Sunday, Feb. 23, at 10 a.m.

Approximately 950 SCE residential and commercial accounts will be impacted by the power outage. The rough boundaries of the planned outages are shown in the map below for reference. Customers that will be impacted by this outage have received notifications from SCE.

During a power outage, SCE customers can view current information regarding the outage and the estimated restoration time, by visiting SCE online.

This outage will allow SCE to upgrade aging infrastructure, make needed improvements, and complete other repairs. Over the past couple of weeks, SCE and their contractors have continued to replace electrical infrastructure and equipment along Ivy Avenue, between Olive Avenue and Foothill Boulevard.

Should you have any questions regarding this work, please call Southern California Edison's outage phone number at (888) 759-6056, or Monrovia's Department of Public Works at (626) 932-5575.

ALTADENA - SO. PASADENA - SAN MARINO

Candidates Sought for Two Newly Formed South Pas Commissions

The city of South Pasadena is seeking qualified, diverse candidates to serve on its newly formed Mobility and Transportation Infrastructure Commission and Public Works Commission.

Commissions serve as advisory bodies to review City policy issues and provide policy recommendations to the City Council. Each commission is comprised of five City residents.

"City commissioners serve a vital role in our communities and their input helps to shape our city for generations to come," said Mayor Robert "Bob" Joe. "We are looking for a diverse representation of our residents to apply for a commission seat and represent a variety of viewpoints in our City."

The Public Works Commission, which meets bi-monthly, will advise on policies regarding:

Policy matters related to non-transportation infrastructure, including water, sewer, stormwater, buildings and city facilities

Regional non-transportation infrastructure funding and planning

Utility management, including water, sewer and stormwater

Input on infrastructure policies and plans

A forum for community infrastructure topics

The Mobility and Transportation Infrastructure Commission meets monthly and will advise on policies regarding:

Mobility policy matters related to transportation and mobility

Federal, state, regional and local transportation funding and planning

Input on transportation and mobility policies

A forum for community input on mobility topics

All South Pasadena residents who are registered to vote are eligible to serve on a commission. Residents may only serve on one commission at a time. The initial composition of each commission shall consist of one member being appointed by each council member and their term lengths will be staggered.

Mobility and Transportation Infrastructure Commission Members should have expressed interest in and knowledge of mobility policy, multimodal transportation and transportation infrastructure. The City will make a concerted effort to recruit at least one registered civil engineer with an active license or traffic engineer and professionals with expertise in other areas, such as traffic engineering, mobility planning, transportation infrastructure, contracting of construction, construction law or construction management and inspection.

Members of the Public Works Commission should have expressed knowledge of public works projects, methods and procedures. The City shall make a concerted effort to recruit at least one registered civil engineer with an active license and professionals with expertise in other areas, such as structural engineering, architecture, landscape architecture, water, stormwater, sewers and construction contracts management or inspection.

Applications are accepted online and in person. Visit the City's website to apply or for more information.

Man Uses Fake IDs to Cash Over \$500,000 in Stolen Treasury Checks

The suspect opened fraudulent accounts that included at Bank of America branches in Pasadena

A San Bernardino County man was sentenced today to 77 months in federal prison for stealing more than half a million dollars in United States Treasury checks and then using them to defraud two major banks.

Danele Ramon Morgan, 46, of Rancho Cucamonga, was sentenced by United States District Judge Michael W. Fitzgerald, who also ordered him to pay \$337,083 in restitution.

Morgan pleaded guilty in September 2019 to one count of conspiracy to commit bank fraud. He admitted in his plea agreement that he obtained stolen checks and enlisted co-conspirators to assist in opening fraudulent bank accounts in the payees' names. Afterward, they could deposit the stolen checks and withdraw funds through cash withdrawals and debit card purchases.

In furtherance of his scheme, Morgan obtained and used fraudulent identification

documents with his and his co-conspirators' photographs, but with the payees' personal information. Armed with these documents, Morgan and his co-conspirators personally entered banks pretending to be the payees, opened fraudulent bank accounts and deposited the stolen checks.

Morgan and his co-conspirators deposited approximately \$571,681 in stolen treasury checks between June 2016 and January 2017, causing actual losses of \$337,084 to Bank of America and Wells Fargo. The conspirators opened fraudulent accounts or used fraudulently obtained ATM cards were opened at Bank of America branches in Pasadena, Atascadero, Paso Robles, Castro Valley and Pleasanton, and at a Wells Fargo branch in Los Banos.

The United States Postal Service's Office of Inspector General, the United States Treasury Inspector General for Tax Administration, and the United States Postal Inspection Service investigated this matter.

This matter was prosecuted by Special Assistant United States Attorney Patrick Castañeda of the General Crimes Section.

SOUTH PASADENA PINE STREET REHABILITATION PROJECT RIBBON CUTTING



The City of South Pasadena (City) in partnership with the City of Alhambra, hosted a ribbon cutting on Feb. 19 for the Pine Street Rehabilitation Project, which restored the pavement on Pine Street from Atlantic Boulevard to Huntington Drive.

"We are thankful for the opportunity to collaborate with the City of Alhambra on this important infrastructure project that will help traffic move safely," said City of South Pasadena Mayor Robert "Bob" Joe.

The City of South Pasadena and the City of Alhambra collaborated on the rehabilitation of Pine Street to ensure resources were maximized to cover construction costs. The project spanned .25 miles and included removing existing pavement and reconstructing a full asphalt pavement over the entire roadway, utility adjustments and restoring pavement striping and markings.

The City's share of the project was \$119,196 and was funded through the City's Street Improvement Project Capital Plan.

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From The City of Duarte:

DUARTE MEASURE D

On March 3, 2020, Duarte voters will decide if they want to approve Measure D to keep our tax dollars local and protect vital public safety and community programs. If approved by a majority of Duarte's voters, this measure will take the City's existing sales tax from the current rate 9.5 percent to 10.25 percent, generating approximately \$2.6 million per year in local revenue. All funds will be used to ben-efit Duarte residents and are subject to annual independent financial audits – no funds could be taken by the State, County or other cities.

Facts About Duarte's Sales Tax

The current sales tax in Duarte is 9.5%, of which only 1% is under local control. The remainder goes to the state and County. This year, Duarte is expected to send \$11.7 million to the County in special sales taxes, but only receive \$1.3 million in return. Without additional revenues, the City will need to evalu-ate cutting close to 10 percent of its overall City budget by June 2020.

If approved by a majority of voters, this local funding will:

Prevent cuts to emergency response, public safety

Retain neighborhood Sheriff's patrols and crime suppression/investigation

Maintain streets, roads and repairing potholes, so they don't become more costly to fix in the future

Keep parks, trails, sports fields and facilities in good condition

Preserve youth and senior services

It is estimated that 70% of the 3/4¢ sales tax will be paid for by non-Duarte residents such as visitors who shop at our local businesses and dine at our restaurants.

Residents in many of our neighboring cities — including Arcadia, El Monte, Glendora, Irwindale, Monrovia, Pasadena and Sierra Madre — have already voted to approve similar revenue measures to keep tax dollars local to protect vital public safety and community programs. Several other cities including Alhambra, Azusa, Norwalk, San Dimas, San Gabriel and West Covina will also have local revenue measures on the March 3, 2020 ballot to protect city services.

Steps We've Taken

Like many California cities, the City is at a critical juncture. Duarte's key sources of revenue such as sales and property taxes are not keeping pace with the rising costs of maintaining service levels that keep Duarte a vibrant community. The City currently faces a structural deficit of \$1.2 million and it is anticipated to grow in future years. Long-term solutions are needed soon to keep tax dollars in Duarte.

Duarte's City Council historically has taken a number of proactive steps to protect essential services while reducing costs. The Council has scaled back some services to find \$2 million in savings and de-ferred \$1.5 million in capital projects. Thanks to our City employees and their bargaining units, we re-negotiated labor agreements that resulted in both short-term and long-term savings. But these critical actions have only slowed down the problem, not solved it.

Moving Forward Together

We will continue engaging all community members about Measure D and the impacts on City services if voters approve the measure, so please continue visiting this page for more information about this measure and the March 3, 2020 election.

FAMILY MATTERS

By Marc Garlett

MONEY TALK: HOW MUCH WILL YOU SHARE WITH YOUR KIDS (AND WHEN)

In many families, money matters are not typical dinner table discussion, but I think it should be. This is especially true when it comes to affluent parents. And, I hope this changes because one of the most important things you can do is talk to your kids (and your parents) about money.

According to the Spectrem Millionaire Corner, a market research group, only 17% of affluent parents said they would disclose their income or net worth to their kids by the time they turned 18. A nearly equal amount, 18% said they would never disclose these numbers to their kids. 32% of the parents surveyed by Spectrem said "it's none of their business" when asked why they would not talk to their kids about money.

But, that's faulty thinking. The amount of money generated by your family, and what will happen to it when you or your parents become incapacitated or die is definitely "family" business. In fact, whether your parents talk with you about it now, or you figure it all out after they die, your parent's money has a huge impact on you.

If your parents are not talking to you about money, it could be because they are afraid that if you know how much money there is, it will make you lazy, unmotivated, or change the course of your life decisions in a negative manner. And, maybe you have the same fears of talking about money with your own kids.

But the truth is that whether you know exactly what's there or not, you have a general sense of your family's financial situation and it's already impacted your decisions in a myriad of ways. And the best way for your family's money to impact your decisions in a positive manner is to have open conversation about it.

If you are a child of well-off parents who are not talking to you about money, consider that your job is to learn to communicate with your parents in a way that will have them trust you, and the decisions you will make if you know just how much there is.

When money has come up in the past, have you behaved immaturity? Have your actions or words caused your parents not to trust you? If so, you can change that now. And consider the possibility that your parents would love to see evidence of your maturity in this arena.

If you are a parent yourself, one of the most important wishes

you have for your children is probably that they learn to handle money well. And as a parent myself, I know you want to influence them in the most positive way possible when it comes to money (and everything else, for that matter).

Consider how you would want your children to approach you to have the money conversation, and how you can do exactly that with your parents?

We all must learn about our family's money eventually. And if that doesn't happen until after our parents die, it can be a much bigger burden to deal with, and we can lose tremendous opportunities for passing on more than just money.

As an prosperous parent, or the child of prosperous parents, getting into conversations about money now is a huge opportunity to pass on values, insights, stories and experiences that will be lost if you wait until incapacity or death to start facing that topic.

I believe it's one of the most valuable, ongoing conversations I'm having with my children - and parents. And it's one of my favorite things to help my clients get going in their own families.

Don't underestimate the power of these conversations. Talking to your kids (or your parents) about money is one of life's real opportunities for your family to come together and use your whole family wealth to create more connection from one generation to the next.

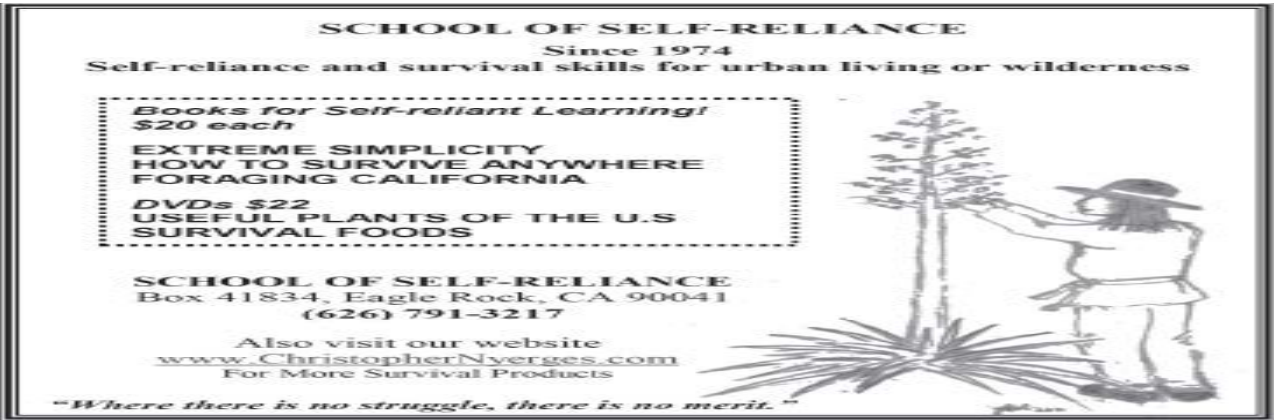
MARC

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

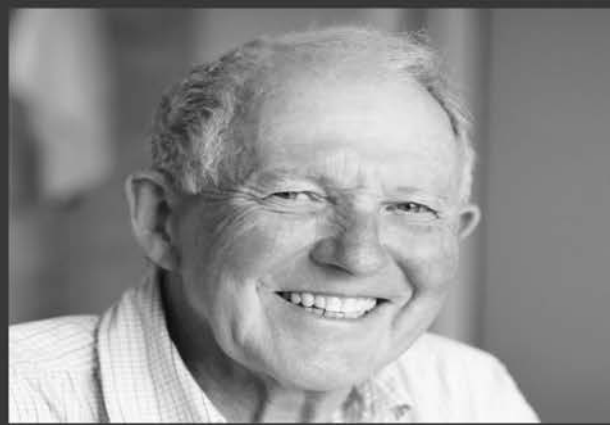
A local attorney and father, Marc Garlett is on a mission to help parents protect what they love most. His office is located at 55 Auburn Avenue, Sierra Madre, CA 91024. Schedule an

appointment to sit down and talk about ensuring a legacy of love and financial security for your family by calling 626.355.4000 or visit www.CaliLaw.com for more information.





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PROFILE: MAYFIELD'S ALEXIA SAIGH



Alexia Saigh, a senior at Mayfield Senior School in Pasadena, recently received several different types of awards and honors. The 2020 Scholastic Art and Writing Awards were just announced. This year, Alexia Saigh won nine awards for her photography including one for her art portfolio in this prestigious competition. Winning nine awards this year put Alexia in the top 20 entrants for the most awards won in the West Region (out of 60,000 entries). As of this latest contest, since 2016, Alexia has won a total of 33 Scholastic Art and Writing Awards, including 6 Gold Keys, for her photography, paintings and a poem.

Alexia enjoys all types of art: visual and performing including Greek Folk Dancing. At the 44th Folk Dance Festival 2020, held in Anaheim over President's Day Weekend, Alexia's Greek dance team, Pyrkagia, from St. Anthony's Greek Orthodox church in Pasadena, took 3rd Place in the Senior Division for their Greek

Pontian Dance Suite. Alexia was awarded the "Chris Papadimitrakis" merit-based, academic scholarship in the amount of \$1000 at this competition that was attended by 3000 people.

Also, Alexia's award-winning photography was included in the 2019 International Photography Awards book that was just published.

SIERRA MADRE MIDDLE SCHOOL PTSA NEED YOU!

We're looking to fill executive board positions for the 20/21 school year.

Dear SMMS Families:

We need you to Help Lead PUSD's #1 School into the new Decade! We are down to 3 ½ months left in the school year and our PTSA is looking to fill a number of executive board positions for the 20/21 school year. This is an excellent opportunity to support your child and to get involved directly with the events and needs of the school! We have a number of important and exciting positions available for next year including treasurer, programming VP, ways and means and historian; as well as numerous other interesting volunteer opportunities for events throughout the year.

Please email Kelsie Pejsa (pejsa@vis.caltech.edu) if you are interested in filling a position on the board or just have questions about getting involved. We would love to hear from you! Our next PTSA Association meeting is March 16th at 6:30 pm in the Multipurpose room; at this meeting we will nominate and elect next year's board members. All PTSA members are welcome to attend; we hope to see you there!

SCHOOL DIRECTORY

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

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

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

Barnhart School
240 W. Colorado Blvd Arcadia, Ca. 91007
(626) 446-5588
Head of School: Ethan Williamson
Kindergarten - 8th grade
website: www.barnhartschool.org

Bethany Christian School
93 N. Baldwin Ave. Sierra Madre, Ca. 91024
(626) 355-3527
Preschool-TK-8th Grade
Principal: Dr. William Walner
website: www.bcsllions.org

Clairbourn School
8400 Huntington Drive
San Gabriel, CA 91775
Phone: 626-286-3108 ext. 172
FAX: 626-286-1528
E-mail: jhawes@clairbourn.org

Foothill Oaks Academy
822 E. Bradbourne Ave., Duarte, CA 91010
(626) 301-9809
Principal: Nancy Lopez
www.foothilloaksacademy.org
office@foothilloaksacademy.org

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

The Gooden School
192 N. Baldwin Ave. Sierra Madre, Ca. 91024
(626) 355-2410
Head of School, Jo-Anne Woolner
website: www.goodenschool.org

High Point Academy
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Pasadena, Ca. 91107
Head of School: Gary Stern 626-798-8989
website: www.highpointacademy.org

La Salle College Preparatory
3880 E. Sierra Madre Blvd. Pasadena, Ca.
(626) 351-8951 website: www.lasallehs.org
Principal Mrs. Courtney Kassakhian
Monrovia High School
325 East Huntington Drive, Monrovia, CA 91016

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

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

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

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

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

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

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www.waldenschool.net

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

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

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

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

Monrovia Unified School District
325 E. Huntington Dr., Monrovia, Ca. 91016
(626) 471-2000
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Duarte Unified School District
320 Huntington Dr., Duarte, Ca. 91010
(626) 599-5000
Website: www.duarte.k12.ca.us

Arcadia Christian School
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Preschool - and TK - 8th Grade
626-574-8229/626-574-0805
Email: inquiry@acslions.com
Principal: Cindy Harmon
website: www.acslions.com

CHRISTOPHER Nyerges

ONE MAN'S EARTHQUAKE STORY [part two]



[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.]

The story of Dude McLean and the Sylmar earthquake, continued from two weeks ago.

DAMAGE ASSESSMENT

McLean explains that when it got light in the morning after the quake, neighbors checked on other neighbors, and there were no major injuries or deaths. Some neighbors just stayed to themselves and wouldn't check on others. The water line that provided water to the approximately 200 homes in the canyon was broken every 6 to 20 feet, and telephone, electricity, and gas lines were out. The main access road to the canyon had shifted about two feet, so you needed a truck to get in or out.

About 30% of the homes in the canyon were totally destroyed. Some people packed up and departed and never came back. About a dozen houses were shaken down to rubble piles about four feet high. Homes were down in the creek.

McLean's family didn't want to go back into the house, but they went back to get clothes since it was cold. Eventually, they all sat in the truck, and cooked some food on Coleman stoves for breakfast. Since there was no electricity, the family had no idea how bad the situation was beyond the canyon since they had no news. They got through that first day by cleaning up the living room, planning to use it as the bedroom that night. But when night came, no one wanted to sleep, so they all piled into the truck and drove out of the canyon to assess the damage.

There was electricity in Hollywood, and other places, and they learned about the range of the quake's damage from scant news reports. The media focussed on a col-lapsed hospital, and the many bridges and overpasses that collapsed. "I believe there was much more widespread damage," says McLean, "but we didn't have the freeway through here then, and we didn't have the instant media that we have now."

The family came back home, and spent the first night at home. The next day, since they had relatives in the high desert, McLean took the family to the relatives and then returned back to the house. But because so many bridges and overpasses had collapsed, he only made it to the desert and back because he was so familiar with the old unused roads that were built before the freeway to the desert was constructed.

THE CLEAN UP

McLean worked on cleaning up the house for the following week by him-self. He noted that it took four days for the government emergency services to get to the canyon bringing water supplies. It also took at least three weeks for the regular wa-ter supply to be restored, and at least that long for electricity to be restored. "The gov-ernment can be very slow in reacting to emergencies, but we had plenty of supplies in food and water," he says. "I had a porta-potti, and I could bury the contents in the yard when full. But our toilet was actually on a septic system that still worked if I poured wa-ter into the bowl." He had a total of 120 gallons of stored water, some of it in glass con-tainers that did not break because they were packed well.

"I took short baths with just a little water. I cooked on the Coleman stoves with the food we'd stored. Plus, I didn't just take care of myself. I shared food and water with neighbors. I showed neighbors how to get water from the creek and boil it. It is still amazing to me that some people didn't know to do this. In general, everyone helped those who needed help. Perhaps the best thing we had going for us was that most of the neighbors knew each other. We had a community center at the park, and there were regular meetings there with teen and adult activities. Knowing your neighbors is probably the best way to prepare for emergencies, beside storing things and learning skills."

McLean stayed at the house for the first week after the Sylmar earthquake, cleaning things up for the family to come back. The family came back a week later, and everyone slept together in the living room. Gas lines were out, so they cut their own firewood using hand saws. They walked up the canyon, and cut dead oak and sycamore branches and burned it in their living room fire place.

Eventually, little by little, the utilities were restored and life got back to normal.

"After the quake, I remember thinking, wow!, I did the right thing," says McLean. "Here I was preparing maybe for war, for the Russians to bomb us, or maybe for unemployment, but not for an earthquake like this. And I was very happy to be pre-pared."

"To this day, my son still vividly recalls that earthquake," says McLean. "That ex-perience spurred me on to do even more extensive preparations. A disaster can be a job loss, a fire, anything. It's important to know what to store, where to store things, and how to store them."

McLean explains how he continued to study self-reliance and survival skills, and built up an extensive research library of over 600 books. "But all the books in the world are no good if you don't put the information into practice," he adds. "I got to the point where I had a whole room in storage, and if I didn't have to go to the store for two years, I could have done that. We could have lived off the grid for two years, and I had back-ups systems for my back-ups," he laughs. McLean, who was in the music pub-lishing business, also consulted with many individuals and groups on how to prepare for emergencies and live self-reliantly. He was very busy during the panic that accom-panied the Y2K fears during 1999.

ADVICE

According to McLean, "The most basic thing for people to do is to have at least a few weeks of food and water. Plan at least a gallon of water per person per day. And don't store everything in one place, since you may not be able to get to your gear. Think through all your daily needs, make a list, and began to get your supplies for sleeping, shelter, eating, cooking, lighting – everything."

With the pride of a father, he points out that all 3 of his children are very self-reliant today because they grew up that way, knowing how to camp and knowing how to deal with the needs of life. "Remember, I had to learn all this little by little, and we experimented," he added. "Sure, we were also preparing for possible emergencies, but we all had a great time doing it."

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CAT OF THE WEEK

Katnip News!



Marvelous MANGO!

Yes, a cutie and a sweetie! Mango, age 6 mos., is an adorable orange tabby boy. He is a little shy, but be gentle, and once he trusts you, he's playful and just the most loving, sweetest boy ever, as you can see in pictures and his video, https://www.youtube.com/watch?v=6AKRj7Ngp2o&feature=emb_logo.



Mango
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He loves to be pet and will cuddle his head in your hand. He has the loudest purr and is happy to play all day with you and his toys. He's the sweetest little guy. He's FIV+ but that's not a problem as long as he's properly cared for. Mango will definitely perk up your life and fill you with love and happiness! See more pictures and adoption information at www.lifeinforpets.org & click on the More Cats page.

Pet of the Week

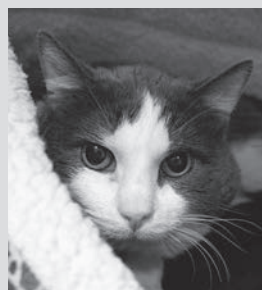
Today's forecast: Cloudy with a chance of purring! Ten-year-old Cloudy didn't find his home during our Purr-fect Match Speed Dating event, but that just means you have an early date for Valentine's 2021. While he may not be at the front of his cage meowing for your attention, don't overlook him - this sweetie is friendly and loves to cuddle when he's in a home environment. Cloudy isn't a kitten who might wake you up in the middle of the night by jumping on your face. Instead, you'll probably wake up after a good night's sleep to find him snuggling with you!

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

New adopters will receive a complimentary

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

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



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

LOOKING FOR A BEST FRIEND?

Leelo is a happy 6-year-old Chihuahua mix who weighs about 10 pounds. Leelo has an adorable face and unique "flying nun" ears that look like she is ready to fly at any given moment into the arms of a loving person. And her favorite pastime is getting cozy in a loving person's lap. Leelo has good energy and enjoys going for walks. She is very easy to manage on leash. She has been friendly with other dogs and always seems to have a smile on her face. Leelo's sparkling personality will brighten the home of the lucky family that adopts her. She deserves a safe and loving home. Her adoption fee is \$130, which includes spay surgery, microchip, first vaccinations and a free wellness check-up at a participating veterinarian.



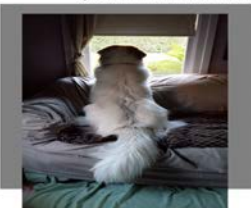
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10 THINGS MEDICARE DOESN'T COVER

THE SAVVY

SENIOR

Dear Savvy Senior:

I will be enrolling in Medicare in a few months and would like to find out what they don't cover so I can avoid any surprises. Almost 65

Dear Almost:

While Medicare (Part A and B) covers a wide array of health care services after you turn 65, it doesn't cover everything. If you need or want certain services that aren't covered, you'll have to pay for them yourself unless you have other insurance, or you enroll in a Medicare Advantage health plan, which may offer some additional benefits. Here's a look at some commonly needed medical services that original Medicare doesn't pay for.

Most dental care: Routine dental care including checkups, cleanings, fillings, tooth extractions and dentures are not covered by Medicare. However, some Medicare Advantage plans do cover basic dental care services.

Routine vision care and eyeglasses: Medicare does not cover routine eye exams, eyeglasses and contact lenses (except following cataract surgery), but tests, treatments and surgeries for medical eye diseases like cataracts, glaucoma and macular degeneration are covered. Some Medicare Advantage plans do offer routine vision benefits.

Alternative medicine: Acupuncture, chiropractic services (except to fix subluxation of the spine), and other types of alternative or complementary care are not covered by Medicare.

Prescription drugs: Medicare (Part A and B) doesn't provide coverage for outpatient prescription drugs, but you can buy a separate Part D prescription-drug policy that does, or a Medicare Advantage plan that covers both medical and drug costs.

Cosmetic surgery: Most cosmetic procedures are not covered, however, if the surgery is due to an injury or deformity, it might pay. For example, Medicare will cover a breast prosthesis for breast cancer survivors.

Hearing aids: Medicare will not pay for hearing exams or hearing aids, but may cover a hearing and balance exam if your doctor determines it's necessary. Some Medicare Advantage plans do offer hearing benefits.

Long-term care: Nursing home care and assisted living facilities are not covered by Medicare. But, Medicare will help pay up to 100 days of skilled nursing or rehabilitation care immediately following a hospital stay of three or more days.

Personal home care: If you need to hire help for bathing, dressing or getting out of bed, Medicare typically won't cover these costs either, unless you are homebound and are also receiving skilled nursing care. Housekeeping services, such as shopping, meal preparation and cleaning are not covered either unless you are receiving hospice care. But a few Medicare Advantage plans do offer in-home support services.

Routine foot care: Medicare does not cover most routine foot care, like the cutting or removing of corns, calluses and toenails. But they do cover medically necessary podiatrist services for foot problems like hammertoes, bunion and heel spurs, along with exams, treatments and therapeutic shoes or inserts if you have diabetic foot problems.

Overseas coverage: In most cases, health care outside of the United States is not covered by Medicare except for very limited circumstances – such as on a cruise ship within six hours of a U.S. port. But, Medigap supplemental plans D, G, M and N cover 80 percent of emergency care abroad, and some Medicare Advantage plans cover emergency care abroad too.

The best way to find out what Medicare covers is to talk to your health care provider, visit [Medicare.gov/coverage](https://www.medicare.gov/coverage) and type in your test, item or service, or download the Medicare "What's covered" app on the App Store or Google Play. And to look for Medicare Advantage plans that offer additional benefits visit [Medicare.gov/plan-compare](https://www.medicare.gov/plan-compare).

Also keep in mind that even if Medicare covers a service or item, they don't pay 100 percent of the cost. You will have to pay a monthly Part B premium (which is \$135.50 for most beneficiaries) and unless you have supplemental insurance, you'll have to pay your annual deductibles and copayments too. However, most preventive services are covered 100 percent by Medicare with no copays or deductibles.

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

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Lisa Bricker is a Certified Life Coach and a family caregiver for her husband Gary who at age 63 was diagnosed with early onset Alzheimer's 6 years ago. As someone who knows and lives this long journey firsthand, Lisa compassionately brings guidance and support in "real-time" for family caregivers seeking balance, empowerment and inspiration.

Lisa is a long standing Professional Certified Coach (PCC) with the International Coach Federation with over 25 years of experience. She was on the Coaching Faculty for the Executive MBA Program for Loyola Marymount University and is also actively involved here in our local community focusing on senior services and Alzheimer's Los Angeles where she serves on the Public Policy Committee, Programs Committee, Speaker's Bureau and is helping to foster dementia friendly communities in the San Gabriel Valley.

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at The Kensington

245 West Sierra Madre Blvd.

Sierra Madre, CA 91024

(626) 355-5700

THE KENSINGTON

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SIERRA MADRE

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SENIOR HAPPENINGS

HAPPY BIRTHDAY! ...February Birthdays*

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.

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

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.

ROAD TRIP

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

THE WORLD NEEDS MORE GRANDFATHERS

As time has gone by, I have learned a few things. According to the Gracious Mistress of the Par-sonage, I have not learned enough yet, but that's just her opinion. She gave me a great compliment the other day when she said, "Dear, you're as smart as you will ever be." I am still not over that, and I walk around with my chest pushed out a little bit, not in front of her, though.

Honesty will make me say that I do not know as much as I really ought to know. So much I do not know that I am not quite sure how much that is. I really won't ever come to that conclusion.

I would say, and do not repeat this to my wife, but I am smarter today than I ever was in my life. To put it bluntly, I am smarter today than the day she married me. That is as far as I am going to go on that topic.

Although I do not know everything, I have figured out a few things. We live in a very complicated world, and it just seems to get more complicated every day. I long for those days when a cell phone was what a prisoner used to call somebody.

As people, mostly men, get older, they get a little grumpy. I did not know I was getting grumpy until the Gracious Mistress of the Parsonage said, "Why are you so grumpy today?" With a face like mine, it is tough to hide any grumpiness.

Because I know she is always right, I began to think about the idea that maybe I am getting grumpy. Thinking along that line, I wanted to know what good could come from being grumpy.

I begin to think about myself, and what in the world has made me so grumpy? And, more im-portantly, how in the world can I overcome this infectious disease called grumpy-itis?

The more I thought about it, the grumpier I became. Believe me, I do not want to be grumpy around my wife. I need to work out a solution before I get any grumpier.

Nothing seemed to help me understand this until one day the grandchildren came over for the day. It was then I begin to understand one solution to get over this grumpy-itis disease.

When the grandchildren are around, especially the younger ones, there is no time to be grumpy. Their infectious laugh cures just about any kind of grumpiness I might ever have.

If I had time to think about it, which I do not with the grandchildren around, I would wonder why and how these kids can laugh so much. Everything and anything is a target for their laughter. And my laughter.

Try not to laugh when your grandchildren are around laughing and creating a wonderful sense of chaos. It is impossible.

After the grandchildren left, my wife and I sat down in the living room and said to each other, "Boy, was that fun." Then we fell asleep with smiles on our faces.

It was then I found the remedy for my grumpy-itis. As a grandfather, I need grandchildren in my life to make sure my life is not grumpy. Even days after they leave I'm still smiling and even laugh-ing.

Every once in awhile, my wife will say, "Do remember..." Then she goes on about something that happened when the grandchildren were here.

Once I quieted down a little from all the grandchildren's activity, a thought took hold of my mind, which even brought another smile.

I knew I needed those grandchildren as therapy from my grumpy-itis, but there was something even better than that. Those grandchildren needed me.

In a million years, I never would have thought about that myself. Those grandchildren have so much going for them today that I never thought they would need somebody like me.

When the grandchildren are under my "supervision," they have a freedom that they do not have anywhere else. As a grandfather, I have a hard time pronouncing the word N O. It did not take those grandchildren long to figure that out.

Every once in a while, I'll hear, "Let's ask Granddad." Then I know they are asking me for some-thing that maybe nobody else would approve. After all, grandfathers are just like that.

In such a world that we live in, our grandchildren need to understand that there's something in this world that they can really enjoy. That's my job as a grandfather. To give them reasons to laugh and enjoy themselves.

As much as my grandchildren do for me, I do for them as well. We're a team, and we work well together.

Grandchildren need someone in their life not stressed with schedules and finances and all of that stuff. They need to see someone in their life that is happy and glad to see them.

Don't let this get out, but they need to see someone in their life that has them as a priority. Nothing is more important in a grandfather's life than his grandchildren. If he does his job well, they will come to understand that they are the most important people in his life.

I like this one Bible verse. "Children's children are a crown to the aged, and parents are the pride of their children" (Proverbs 17:6).

The key for grandchildren to be genuinely grand are grandfathers.

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Mountain Views News Mission Statement

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

STUART TOLCHIN GONE WITH THE WHIM

I hope not



I kind of like to believe there will come a time when we all, everyone on the planet, will experience a kind of ecological balance, social and economic justice, religious and political freedom, class and gender equality and other fundamental human rights. In short, in the words of Matthew McCaughey, everything will be alright, all right! I think I can accept death of the individual, even my own death without the possibility of an after-life. I mean I'm okay with the idea, you know I wouldn't kick it out of bed; but that belief is not vital to my sense of well-being.

It's funny; last week I had a conversation with my son, who is a person with intellectual disabilities, and we were talking about our dreams. We both had recently had dreams that included my deceased mother, gone about 8 years, and he wondered if the fact that she was in our dreams meant that she was alive in a certain way. Really, when you think about it, whatever the "truth" is, there is a metaphysical possibility. After all, as long as a person is present in someone's dreams, or even in someone's memory, they are still alive in a certain way. This may sound crazy, but it can be seen as a partial explanation of why, even with the shortage of space and the expense involved we still bury our deceased in cemeteries and, in my family's case, talk about visiting the cemeteries where we believe our parents and grandparents are buried. As long as we know that they are in place, it is not necessary, that we go and visit the actual graves. All right, after writing this I am going to make a point of visiting my parents and grandparents' graves together with my son. In fact, if there is a time when my daughter can take some break from her impossibly busy schedule, maybe she will join us and bring the baby with her.

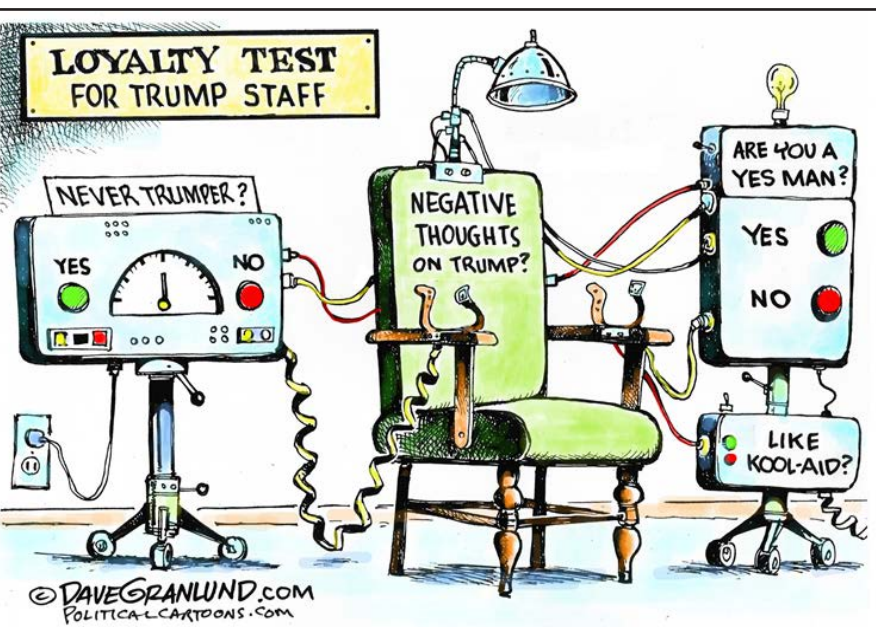
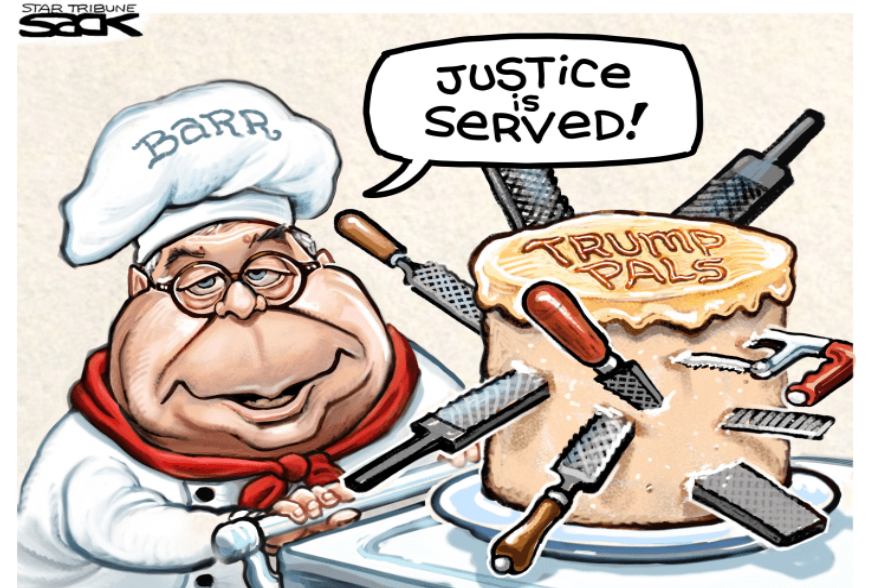
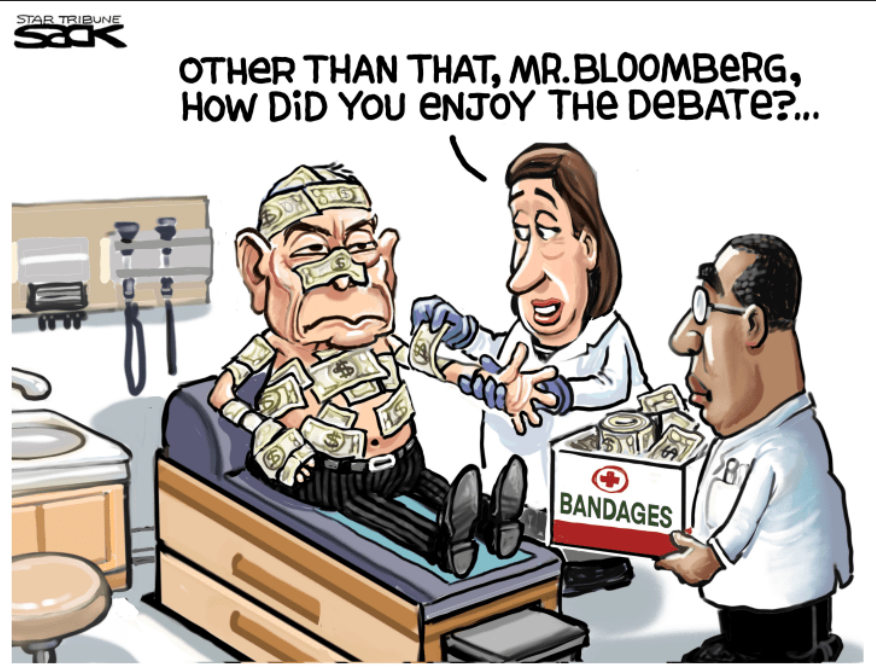
Today is a Wednesday, and that is the day that we, my wife, son, and I have the great privilege of tending to our new family member whose name is Justice. . My wife and I are retired and my son is off-work and today we take care of Justice while my daughter is out in the world fighting injustice as an Immigration Attorney. Recently, she tells us that the type of cases she had formerly won are now being lost perhaps because of the great backload of cases. Still today is Wednesday and being around my granddaughter and particularly exchanging smiles with her really makes me believe the world is headed in the right direction. We have all marveled at the phenomenon of watching the growth of a new person coming to awareness in this world. It is wonderful to realize that almost every adult person in this world shares the experience of being a part of this observation of this miracle of existence. Certainly, the beauty and growth of a newborn is a message that there is reason to always hope for the future no matter how bleak the present may seem.

I have written all of the above attempting to maintain a positive experience as I learn this morning of the President's clear exercise of authoritarianism as he has pardoned high status criminals, wealthy individuals who have caused great damage to our system by doing things such as selling the open position of Senator of Illinois. The pardons seemed to occur simply as a result of a Presidential whim, or perhaps to ready the Country for more pardons of Presidential pals. More than likely he is proving to himself that he is above the rule of Law and he if he is successful it would seem that our whole democratic system of government is threatened and is replaced by a system governed by Presidential whim. Wait a moment, my granddaughter and I just exchanged smiles again and remarkably I again feel that this miracle indicates that, no matter what, things will go in the direction of being alright—All right?!

What must we do to bring about this utopian future? For me at least, the first and most important thing is to maintain the experience of the wonder of our own existence. It may seem naive and privileged but being alive at all is just plain miraculous. Sure things for sure could be better and things for sure could be worse: but if a desire to share our joy of existence like we share the joy of a smile with a baby as it becomes aware of its own existence then notwithstanding the events of this day, or any day, there really is reason to hope. I just heard that some billionaires are willing to give away some of their money just to save the planet and mankind. Isn't that nice; but it will take more than money to make things right and I do believe that each of us has something to do with the direction of the world. At least I hope so.

TRY TO REMEMBER THERE IS REASON TO SHARE A SMILE

As you can tell I'm trying and it ain't easy



LEFT TURN /RIGHT TURN

JOHN L. MICEK YES, TRUMP'S INTERFERENCE WITH OUR INSTITUTIONS IS THAT BAD



Susan Collins was absolutely right about this much: President Donald Trump has learned his lesson. And he's learned it by heart. Thanks to the Senate's cowardly abdication of its responsibilities, the Republican president now feels absolutely emboldened to trample on what few constitutional norms remain standing in Washington D.C.

In the small amount of time that has elapsed since Maine's senior senator and her fellow Republicans acquitted Trump on the two impeachment articles sent over from the U.S. House, the authoritarian-in-chief has purged the White House of perceived critics, demanded a reduced prison sentence for a crony, and declared he has "a legal right" to intervene in court cases.

"There has been considerable hyperventilation, some perhaps by me, about the grave harm Trump is doing to our democratic institutions," wrote Washington Post columnist Eugene Robinson, who added he wasn't hyperventilating now. "Public faith in justice is a delicate, precious thing. Once squandered, it is incredibly hard to regain."

I'm not hyperventilating now either. There is a profound difference between the daily, schoolyard bullying that's sadly become a routine part of the former reality television star's administration, and his direct, incredibly damaging, and ongoing assault on the judiciary. It's already well-established that when Trump isn't treating the law like his personal plaything by issuing pardons to such friends and supporters as former Maricopa County, Ariz. Sheriff Joe Arpaio, he's insulting or undermining judges and courts he believes should bend to his will.

That includes U.S. District Judge Gonzalo Curiel, whom Trump disparagingly referred to as "Mexican" in 2018, despite the fact that Curiel was born in Indiana. Trump has also used the 9th Circuit U.S. Court of Appeals, based in San Francisco, as a personal punching bag because it's dealt Trump a series of legal setbacks on some of his most radioactive proposals. "I mean, it's really sad when every single case filed against us is in the 9th Circuit," Trump told a gathering of governors at the White House in 2018, according to CNN. "We lose, we lose, we lose, and then we do fine in the Supreme Court. But what does that tell you about our court system? It's a very, very sad thing."

What it would tell anyone with even the most cursory knowledge of the judiciary is that the system is working. Courts follow law, and they follow precedent, not the political whims of whoever's sitting behind the Resolute Desk, or whichever party commands a majority on Capitol Hill.

That's why it was possible in 2008, for instance, for the late U.S. Supreme Court Justice Antonin Scalia to simultaneously declare that, while the U.S. Constitution provided for an individual right to bear arms, the government still had a compelling and legitimate role in regulating them.

"Nothing in our opinion should be taken to cast doubt on longstanding prohibitions on the possession of firearms by felons and the mentally ill, or laws forbidding the carrying of firearms in sensitive places such as schools and government buildings, or laws imposing conditions and qualifications on the commercial sale of arms," Scalia wrote in the landmark District of Columbia v. Heller case.

Scalia, an icon to conservatives who was appointed to the high court by President Ronald Reagan, also noted in his opinion that, "like most rights, the right secured by the Second Amendment is not unlimited ... [it is] not a right to keep and carry any weapon whatsoever in any manner whatsoever and for whatever purpose."

That's being guided by the law. And it was a point amplified by U.S. Supreme Court Chief Justice JoS Roberts, who in 2018 was compelled to publicly defend the judiciary when Trump derided yet another judge as an "Obama judge."

"We do not have Obama judges or Trump judges, Bush judges or Clinton judges," Roberts said in a statement. "What we have is an extraordinary group of dedicated judges doing their level best to do equal right to those appearing before them."

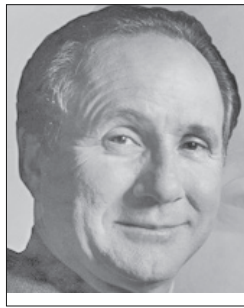
In that stirring defense, Roberts added "that independent judiciary is something we should all be thankful for."

That's the beauty and the sanctity of our system. And that's what's at risk when a president who already believes he's above the law has that delusion enforced by a legislative branch that refuses to live up to its constitutional duty to serve as a check on his excesses.

That's not hyperventilating. That's a warning. You won't know how much you'll miss a fair and impartial judiciary until it's gone.

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

MICHAEL REAGAN POOR MIKE



I never thought I'd feel sorry for a billionaire – a \$60 billion billionaire.

But watching Mike Bloomberg getting beat up in the Democrat debate in Vegas Wednesday night was almost tragic.

It was like watching a old boxer who gets clocked early in Round 1 and then wobbles around the ring in a daze for the rest of the fight while he's pounded unmercifully.

Mike never recovered from the opening series of left hooks and below-the-belt punches delivered by Bernie, Liz, Pete, Amy and old Joe.

For two hours he was slapped around and bullied by his much taller, much poorer and much better-prepared opponents.

Mini-Mike found out fast that he was definitely not among friends.

For millionaire socialists like Bernie and Liz, simply being a multi-billionaire capitalist was an unforgivable original sin – no matter how self-made he was, how hard or smart he worked or how much of his wealth he's given away.

And thanks to the accusations about his sexist tongue, his allegedly racist remarks about New York's stop-and-frisk crime policy and his arrogant quest to buy the Democrat Party presidential nomination, Mike was put on the defensive all night.

Even the refs – NBC's all-liberal moderators – had no mercy.

They didn't challenge Mike's opponents' low blows or question their ludicrous plans to have the federal government fix everything wrong with America.

By now everyone in the country knows that Mike's debate debut was a total disaster. Like Governor Perry and Mayor Giuliani in 2016, he turned out to be all media hype and hope.

Along with his advisers, even his makeup person fell down on the job. Mike didn't appear anywhere near as youthful or sharp-minded as he does in his slick TV ads.

Mini-Mike's failure reminds me of what Homer Simpson said to his daughter Lisa after she asked him how she did when she sang at a school concert.

"Honey," Homer said, "you tried your best. You failed miserably. The lesson is, never try."

Homer would give the same advice today to Mike, who spent more time apologizing than explaining how his policies differ from his competitors.

He did get off a few sarcastic quips. But apparently he was so afraid of stepping into a politically incorrect hole he didn't take ownership of the good things he's accomplished or get even a little bit mad at being a public punching bag.

Liz, Pete, Amy and Joe all got their jollies taking cheap shots at Mike and his fat wallet.

But they did nothing to stop the juggernaut that is going to run all of them over in the coming primaries – Bernie Sanders.

Bernie was stronger than ever in Vegas. He looked crazy and sounded great as usual.

And no matter what the issue was, he always managed to end up on the same ideological soapbox shouting for more socialism, more taxes and stricter government control over evil capitalism.

Liz was tougher than usual and quick on her feet.

But she was also her annoying professorial self – a tiresome know-it-all and a leftwing moral scold who along with Bernie wants to save the planet by implementing the Green New Deal and outlawing fossil fuels.

Mayor Pete – the youngest and poorest candidate – did pretty well. When he wasn't having a high school lunchroom catfight with Amy, his fellow moderate, he seemed to be the only adult on stage. She did her standard third-place job.

Poor Joe. No one picked on him or paid much attention to him because his candidacy is in a death spiral. He was not as incoherent as usual. But he embarrassed himself by bragging so much about how much experience he's had in DC that he made it sound like President Obama had been his VP.

So the consensus is clear. The big loser of the night – other than the Democratic Party – was Mini-Mike and the big winner was Bernie.

But we all know that in the long run the real winner – for the ninth Democrat debate in a row – was Donald Trump.

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