

## Community Foundation Presents Grants To Benefit Sierra Madre

Photo and Story By Bill Coburn

The Sierra Madre Community Foundation presented \$5,000 to four community organizations last weekend, with a \$2,500 grant going to the Sierra Madre Public Library, \$1,000 each to the City of Sierra Madre and the Sierra Madre Search and Rescue Team, and \$500 was granted to the Sierra Madre Historical Preservation Society to assist in the Society's publication of its Sierra Madre history book at the Foundation's annual meeting, Sunday, Jan. 25, at Cafe 322.

The Foundation gave the \$2,500 grant, through the Foundation's Library Field of Interest fund, toward an evening with Ray Bradbury, who wrote "Fahrenheit 451," this year's Sierra Madre "One Book, One City" choice. The author will discuss and sign copies of Fahrenheit 451, on Saturday, February 7 at 6:00 p.m. at the Sierra Madre School auditorium. "We're very grateful for the opportunity to invite Ray Bradbury to our community and thank you for that," said Polly Bennett, accepting the check on behalf of the Library. "The One Book, One City" program, they are basically a Community-wide book club, and the purpose of them is to build community through the shared experience of reading the same book..."

Accepting the grant for the City was Elisa Weaver, Director of Sierra Madre Community and Personnel Services, who said that the department "will utilize the Community Foundation grant to open the Sierra Madre Aquatic Center for free every Tuesday evening during the summer season. The generous donation enables the City to open the pool from 7:15 p.m. to 9:15 p.m., an hour longer than on a normal workday."

The free Tuesday evening swim targets



Rob Stockly, chairman of the Sierra Madre Community Foundation, and Colleen McKernan, (center) chair of the Foundation's Grant Committee, present a \$2,500 check to the Library's Polly Bennett to help underwrite "An Evening with Ray Bradbury" on Feb. 7th at Sierra Madre School, part of the City's "One Book, One City" celebration of Bradbury's "Fahrenheit 451."

families and provides them with an opportunity to be active in a safe, supervised environment. Weaver explained that for the past few years, the Tuesday evening free swim has been one of the most well-attended aquatic programs. "In these times of economic uncertainty, the Community Foundation grant enables the Community and Personnel Services Department to run a free program for local residents that promotes a healthy, family-oriented activity," said Weaver. The Sierra Madre Search and Rescue Team requested a grant to assist in paying for an Avalanche Beacon. Barbara Kraatz Fortini, representing Search and Rescue, said, "In the winter season one danger underestimated in California are avalanches. An avalanche beacon is a small device that marks the position of a person so that if buried, he or she can be found before it is too late. Furthermore, the beacon

is also the detector used to locate other victims wearing beacons." She explained that each team member must wear one device for personal protection and for searching for victims.

Dane Lenton accepted the Foundation's grant on behalf of the Historical Society.

The grants were presented by Board Chair Rob Stockly and Colleen McKernan, chair of the Grant Committee. Margaret Switzer is also a member of the Grant Committee. Stockly is the newly elected Foundation chair and is joined on the executive team by Tom Burhenn, secretary, and Benn Martin, treasurer.

The Foundation's mission is "to provide a way through philanthropy, to improve the lives of Sierra Madre Citizens."

## Sierra Madre Police Shoot Suspect - Incident Under Investigation

On Saturday, January 30, 2009, at approximately 3:36 a.m., the tranquility that is typical of the city of Sierra Madre was disrupted by the sound of gunfire. According to Los Angeles County Deputy Sheriff, Oscar Butao, the shooting occurred when a Sierra Madre police officer, while attempting to inventory the contents of a stolen vehicle, was confronted by a man under a blanket in the vehicle's cargo area. Preliminary reports indicate that the man lunged at the officer who then fired his weapon.

The LA County Sheriff's Department is handling the investigation. In an early Saturday morning press release, SM Police Chief Marilyn Diaz issued the following brief statement, "The Los Angeles County Sheriff's Department is handling all of the media inquiries related to this morning's shooting". Because of the size of the SMPD, the county is doing the investigation. Larger departments, such as LAPD, have entire divisions to handle such matters.

The man, a 46 year old whose name has not been disclosed, was shot in the upper torso. At press time, he was in stable condition. The name of the officer has also been withheld.

The incident centers around a stolen Nissan Murano that was parked in the 200 block of W. Sierra Madre Blvd. The car was reported stolen from Pacifica, a Northern California

town 12 miles south of San Francisco. The vehicle was towed to the covered garage of the SM Police Department where the officer performed what is regarded as a routine inspection of the vehicle. When the officer reached the cargo area, the man is alleged to have jumped at the officer and was shot.

Officer involved shootings are rare in Sierra Madre. According to SMPD Officer Ruben Enriquez who has been on the force for 17 years, this is only the second incident that he can remember. That incident happened more than 10 years ago when a robbery suspect opened fire on police.

However, the most discussed officer involved shooting in Sierra Madre did not actually involve the SMPD. According to Enriquez, approximately 6 or 7 years ago, robbers entered a local bar that was actually owned by a retired LA Police Officer and was filled with off duty officers. Needless to say, robbers attempting to hold up a bar full of police were not very successful. The would be robbers were shot.

Speculation has been widespread throughout the city as to what actually happened at this Saturday's incident. Questions abound as to whether the man was a criminal or the victim of a carjacking. Butao has assured the public that further details will be made available as the investigation progresses.

## Best Buy Drugs Burgularized

The SMPD had their hands full early Saturday morning. In addition to the shooting, according to SMPD Officer Kamchamnan thieves entered sometime between 7:00 pm Friday evening and 4:30 am Saturday morning, burglars broke into the city's only pharmacy and stole prescription drugs.

The thieves entered through the roof. At press time, police had made no arrests. The incident is under investigation.

## Sierra Madre Rose Float Association Sets The Record Straight - News Report Angers Association Leadership and Members

After a story in the Pasadena Star News included Sierra Madre among the floats that would be pulling out of next year's Rose Parade because of the economy, members of the Sierra Madre Rose Float Association voiced their displeasure with the statement. To make certain that there was no misunderstanding, SMRFA President Robert M. Young, sent an official letter to the Tournament of Roses, making the intentions of the SMRFA for 2010 very clear.

Said Young, in a letter dated January 24, 2009 to Gary J. DiSano, the newly elected President of The Tournament of Roses, "The Sierra Madre Rose Float Association is alive and well and most definitely has plans to create a float for the 2010 ToFR Parade. Our goal is to continue our remarkable record of success. We have built four award-winning floats in the last four years. That is a feat we have accomplished in spite of having the smallest budget in the parade!"

Our association is comprised of a disciplined and hard-working group of volunteers who come together for a common cause. We have a big heart and an even bigger ambition: to create the most beautiful float in the parade. We hope that our 2010 float entry will exceed the quality of all of our previous floats. This may be a difficult task, but we will try. We care."

Young went on to inform DiSano that SMFRA would be attending the Theme Draft on February 11th. Members of the Association expressed particular displeasure with the news report, especially after winning their 4th consecutive award for the 2009 Bollywood Dreams float.

Bottom line, look forward to another award winning Sierra Madre Rose Float Association entry in 2010! Staff/MVO

## Council To Discuss Skilled Nursing Center

By Dean Lee

Although Tuesday night's Sierra Madre's City Council meeting started with a comment made by Mayor Pro Tem Maryann MacGillivray that information on the long vacant Skilled Nursing Center was forthcoming at the end of the meeting, the meeting ended with little conversation on the matter.

MacGillivray had warned residents not to be alarmed by a "For Lease" sign that might be going up in front of the boarded up building. She said those that want to know why should stick around until the end of the meeting.

However, those that did got nothing more than a date when the item would be discussed by the council. Mayor Kurt Zimmerman said, "Earlier in the evening the Mayor Pro Tem suggested agendizing a discussion on the development of the skilled nursing home property and I would look to her as to when that discussion should go forward."

"I would like to talk about February 10, at the very latest the second meeting in February," was her response. No other mention of the facility was made. By Friday afternoon, no "For Lease," sign

had been put up. City hall was closed at press time for comments.

MacGillivray did go on to request that two other items also be put on their next agenda, cell phone service and brush clearance.

"We used to get a brush clearance report from the Fire Department and the Fire Marshal - I think it was monthly? And it was a report that indicated where we had some really significant brush problems, what we had done to address those problems in regards to that property owner, and what the repercussions were when that property owner did not comply." She said she would like to reestablish that program.

In related news, the city council failed at the end of their meeting to mention a special meeting scheduled for February 3, 2008 to discuss economic stimulus projects.

The meeting that will begin at 6:00 p.m. in the

council chambers has only one agenda item that reads, "Recommendation that the city council authorize Staff's submittal of federal economic projects, and authorize the city's federal lobbyist to advocate for said projects."



The Skilled Nursing Center, once Sierra Madre's hospital, is a boarded up eyesore that has residents concerned. It has recently become another gathering point for day laborers.

Photo by S. Henderson

## Journey Into The Newsroom



The offices of the MountainViews-Observer were recently visited by *The Tiger Cubs of Pack 31* at the *Assumption of the Blessed Virgin Mary Church* to learn "how local news is shared throughout the neighboring communities". Editor/Publisher Susan Henderson made the presentation to the scouts and several parents, with the assistance of City Editor Dean Lee. The visit was a part of the troops efforts to acquire a Tiger Cub Patch. In a thank you note sent following the visit, the troop said, "Journalists like you keep us well informed and thereby help to maintain strong and vibrant communities. Your job is vital and we appreciate all the work you do." Thank you Pack 31. We needed that!

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## Weather Wise

5-Day Forecast  
Sierra Madre, Ca.

**Mon:** Sunny Hi 80 Lows 40s  
**Tues:** Windy Hi 80s Lows 40s  
**Wed:** Sunny Hi 70s Lows 50s  
**Thur:** Sunny Hi 60s Lows 50s  
**Fri:** Sunny Hi 60s Lows 50s

Forecasts courtesy of the National Weather Service

## Friends February Best Used Book Sale February 6 & 7

When you think of Valentine's Day 2009, think of giving your husband, wife, sweetheart or best friend a real treasure....A book or five from the Friends of the Sierra Madre Library Best Used Book Sale.

Husbands, there will be a beautiful collection of coffee table books to choose from – English Cottage Gardens, Books on Flowers and Birds (with lovely illustrations), Art Books, Cook Books from Williams Sonoma are just a few of the books that will be on sale. There will be a new selection of Children's Books.



For the collectors of old books there will be another treasure – a 30 volume set of Harvard Classics along with a fascinating collection of old books. Of course, a new selection of DVD's and Videos will be available. Outside tables will be filled with hard back fiction and non fiction titles for \$1.00 each. And the ever popular paperbacks for 25 cents will be back.

Mark your calendars for Friday, February 6<sup>th</sup> from 3:00 to 7:00 pm and Saturday, February 7<sup>th</sup> from 10:00 am to 2:00 pm to visit us at the library: 232 West Sierra Madre Blvd, Sierra Madre. Need help with directions? Call (626) 355-7186. The Friends operate the Best Used Book Store. Reasonable prices and all proceeds support the library programs. Come and shop early for the best finds

# MountainViews-Observer

Where Your Community News Comes First

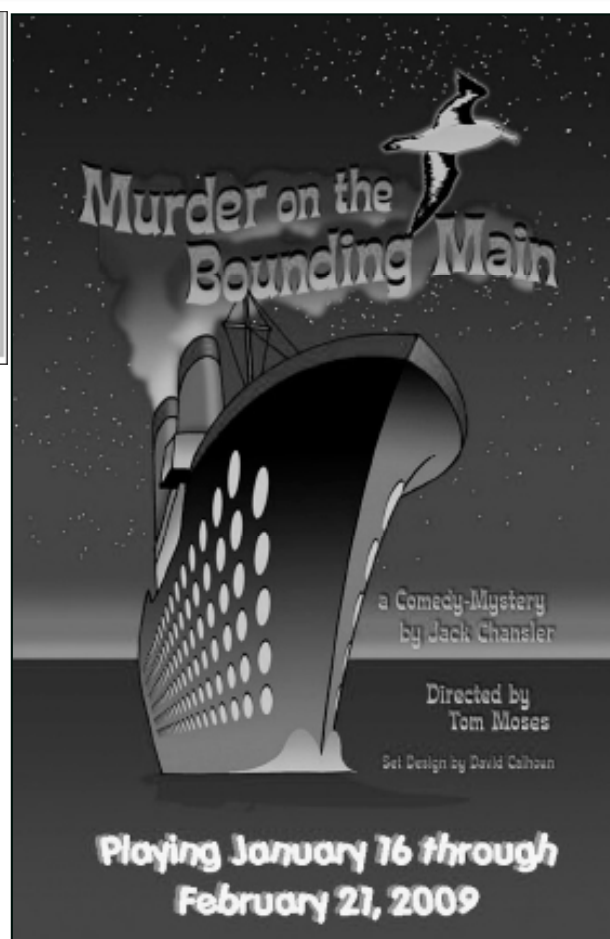
## February 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		3 ECONOMIC STIMULUS SPECIAL COUNCIL MEETING	4	5 <i>Coordinating Council Meeting 11:30 YAC</i>	6	7
		10  CITY COUNCIL MEETING	11 ARTS COMMISSION 6:30 Council Chambers	12	13	14  HAPPY VALENTINE'S DAY
	16  PRESIDENT'S DAY HOLIDAY	17	18 TREE COMMISSION 7:00 Council Chambers	19 PLANNING COMMISSION 7:00 Council Chambers	20 39th WINE & CUISINE TASTING Alverno Villa	21
	22	23	24 CITY COUNCIL MEETING	25 LIBRARY TRUSTEES 7:00 Council Chambers	26	27

Happy Valentine's Day



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Sierra Madre Playhouse presents the World Premiere Of **"MURDER ON THE BOUNDING MAIN"**

Written by Jack Chansler - Directed by Tom Moses  
Opening Night: Friday, Jan. 16, 2009

This comedy-mystery is set in 1953 on the luxury liner THE BOUNDING MAIN. On board, Mason Armstrong, the famous gossip columnist is shot and killed. Several passengers who had no love for the man come to the surface. Ace detective Mordecai Pierce is pressed into service to solve the case. Match wits with the detective as he wisecracks his way through mayhem and mendacity. From the people who brought you the screwball hit, BAD HEIR DAY!

Fridays at 8pm:  
Feb. 6, 13, 20  
Saturdays at 8pm:  
Jan. 31, Feb. 7, 14, 21  
Sundays at 2:30pm:  
Feb. 1, 8, 15

Regular Admission Prices:

\$20 Adult \$17 Seniors 65+  
\$17 Students under 18  
\$12 Children 12 and under

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## "TRAVELERS AND COLLECTORS" SEASON OPENS"

On Friday, February 13, at 7:30 p.m., Kathy and Gary Symons will open the 2009 season of Sierra Madre Public Library's popular armchair travel series, "Travelers and Collectors," with a presentation entitled, "Mongolia and the Naadam Festival." The Naadam Festival, though centuries old, now officially commemorates Mongolia's 1921 freedom revolution, and is the country's most beloved holiday. The gala celebration is marked by elaborate ceremonies featuring parades, dancers, athletes, equestrians, musicians, and three days of vigorous sporting competitions.

Travelers and Collectors is held on the second Friday of the month and runs from February through May. All programs start 7:30 p.m. and are held in the Sierra Madre City Hall Council Chambers, 232 W. Sierra Madre Blvd., Sierra Madre. All programs are free and open to the public. For more information and a schedule of upcoming programs, contact The Sierra Madre Public Library, 440 W. Sierra Madre Blvd., Sierra Madre, (626) 355-7186, or visit the Library's website, [www.cityofsierramadre.org](http://www.cityofsierramadre.org). Travelers and Collectors is sponsored by The Friends of the Sierra Madre Library.

## "LOVE A BOOK" PARTY FOR KIDS"

On Valentine's Day, Saturday, February 14, at 2 p.m., the Sierra Madre Public Library is having a "Love a Book" party for kids in the Children's Room. All school-age children are invited to this free program, which is one in a series of Sierra Madre's One Book One City events celebrating Ray Bradbury's novel, "Fahrenheit 451." In addition to the planned activities and refreshments, a special feature of the party will be a display of "Books We Would Choose to Save," selected by area schoolchildren. The Sierra Madre Public Library is located at 440 W. Sierra Madre Blvd., Sierra Madre, (626) 355-7186.

## "FAHRENHEIT 451" CREATIVE WRITING CONTEST

The Sierra Madre Library is sponsoring a creative writing contest based on Fahrenheit 451, the city's One Book One City selection for 2009. Writers and poets of all ages are invited to create an essay or poem up to 500 words or a short story up to 3500 words based on themes contained in Ray Bradbury's Sci-Fi classic. The First Place winner will receive a gift certificate to Sierra Madre Books and will have their piece published in The Mountain Views-Observer and The Sierra Madre Weekly. The winning work will also be displayed at the Library during the month of March, along with other top entries.

Manuscripts may be submitted electronically to [pbonnett@sierramadre.lib.ca.us](mailto:pbonnett@sierramadre.lib.ca.us) or in person at the Library, beginning January 12 and ending February 17 at 9:00 p.m. Winners will be announced the last week in February. Entries will not be returned, and winners will be published with permission of the authors. For further information, please contact the Sierra Madre Public Library, 440 W. Sierra Madre Boulevard in Sierra Madre, (626) 355-7186, [www.cityofsierramadre.org](http://www.cityofsierramadre.org).

## COTTAGE FOR RENT

Small cottage in Sierra Madre, CA. Best for a single occupant - 520 sq. ft. A great location in Southern California! Great view - San Gabriel foothills, Lots of trees and it's a healthy community!! Available February 13th @ \$1600 / month.

## SIERRA MADRE'S FARMERS MARKET!

Every Wednesday 3pm-7pm  
Fresh vegetables and seasonal fruits from California family farms.  
Specialty foods, vegetarian and vegan dishes, ethnic foods and hot food - Everything you'll find at the farmers market has been made or picked fresh, is pesticide-free and preservative-free.  
Free public on Mariposa.

## FREE Curbside "Chipper Day" Brush Removal Assistance Program

You may have received a flyer to your doorstep outlining this program. Not everyone received one but you may still be eligible to participate. From the street front not all homes were obvious in need of this program--you have to decide.

On Monday, February 2, the particulars of the program will be discussed. Sierra Madre Fire Safe Council received a grant of \$48,000.00 for this "chipper program." We have emphasized CURBSIDE as the homeowner will have to bring the plant material that they want to have chipped and removed to the CURB. In other areas where "chipper days" have been held by Fire Safe Councils, the chipper truck was able to come onto the properties (rural areas with large acreages) do the chipping and then the property owner would spread the chips under their trees or in horse corals, etc.

We are going to be the first urban area to provide this program to the homeowners in Very High Fire Hazard Severity Zones and hope you will participate to make our neighborhoods safer.

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REMEMBRANCES

A “Celebration of Life” for Sue Messersmith - Feb. 15, 2009



Sue Messersmith was born in Warren, Ohio on July 14, 1939 and passed away at home in Sierra Madre, California on January 20, 2009 after a lengthy battle with lung disease. At her side at the time of death was her husband, Bill. She is survived not only by her husband, but also by her daughter Julie Manuel, son David Rees and by four grandchildren.

Her ashes were added to the Memorial Garden of the Sierra Madre Pioneer Cemetery during a private service with only her immediate family attending on January 24th with Father Michael Bamberger officiating.

There will be a Celebration of Sue’s Life on February 15, 2009 at 1:00PM in the banquet room at Domenico’s Italian Restaurant located at 251 N. Santa Anita in Arcadia. In lieu of flowers the family requests that donations be made to the Endowment Fund of the Sierra Madre Volunteer Firefighters’ Association or to your favorite charity.

GAS COMPANY OFFERS ASSISTANCE PROGRAM

LOS ANGELES – As working families struggle to make ends meet due to the current economic downturn, Southern California Gas Co. (The Gas Company) is urging customers to take advantage of the utility’s assistance programs -- programs that can help reduce winter heating bills and increase energy efficiency.

“I was really excited when I discovered The Gas Company’s CARE program and how they are reaching out to people that are in need of help,” said Reola Robinson, an Inglewood resident. “I am grateful for the assistance that we’ve received because we can now make our budget.”

Robinson qualified for the California Alternate Rate for Energy (CARE) program, which provides a 20-percent rate discount on the monthly gas bill for eligible households. Customers may be automatically eligible if they currently receive benefits from the Women, Infants and Children, Healthy Families, Medi-Cal, Food Stamps, Temporary Assistance for Needy Families or LIHEAP programs.

“We strongly encourage customers to call us, especially if they’re having trouble paying their bill by the payment deadline,” said Michelle M. Mueller, vice president of customer operations. “We are here to help.”

- more -  
In addition to CARE, The Gas Company offers a wide range of assistance programs for qualifying customers on a limited income or with special medical needs.

- **The Direct Assistance Program** provides energy-saving home improvements to income-qualified renters and homeowners. Services include; door weather-stripping and caulking to keep unwanted drafts out of the home; ceiling insulation to help the home stay cooler in the summer and warmer in the winter; low-flow showerheads that can save energy used to heat water; furnace replacement (owner occupied only) and other minor home repairs.

- Customers who have a person in the home with certain medical conditions – who may require additional heating to sustain their health, may qualify for additional natural gas at the lowest baseline rate through the **Medical Baseline Allowance** program. There are no income requirements for the Medical Baseline program; however doctor certification is required.

- **The Gas Assistance Fund** helps provide a one time grant to customers during the winter who are income qualified and unable to pay their bill. The program, which runs from the beginning of February through the end of April, or until funds are depleted, is administered by the United Way of Greater Los Angeles and is funded by donations from customers and employees of The Gas Company, as well as shareholders of Semptra Energy, The Gas Company’s parent company.

The Gas Company offers hundreds of dollars in rebates for the purchase of energy-efficient appliances and can provide customers with a free energy and water-saving kit. The kit includes three faucet aerators and a low-flow showerhead to help customers save energy and water. These devices allow air to enter into the water stream, maintaining a high-pressure flow while reducing water usage -- ultimately saving money.

Customers can enroll to the assistance programs by visiting The Gas Company’s Web site, [www.socalgas.com/assistance](http://www.socalgas.com/assistance), or call toll-free at (800) 427-2200 or (800) 342-4545 in Spanish. To learn how to conserve energy at home, customers can visit [www.socalgas.com/energyefficiency](http://www.socalgas.com/energyefficiency). Southern California Gas Co. has been delivering clean, safe and reliable natural gas to its customers for more than 140 years. It is the nation’s largest natural gas distribution utility, providing safe and reliable energy to 20.3 million consumers through 5.6 million meters in more than 500 communities. The company’s service territory encompasses approximately 20,000 square miles in diverse terrain throughout Central and Southern California, from Visalia to the Mexican border. The Gas Company is a regulated subsidiary of Semptra Energy (NYSE: SRE). Semptra Energy, based in San Diego, is a Fortune 500 energy services holding company.

Shooting Victim Makes Remarkable Progress

Sierra Madread Tom Brady has been very considerate in sharing information on the progress of Volunteer Sandra Montellano, a story we reported on in December. Writes Tom:

“This is the best news I have witness in a very long time. Sandra was released from Scripps on Jan 28th and transferred to Methodist Arcadia Rehab Therapy. She is strong and in good spirits. Her vision continues to improve each day. Almost all her wounds are healed and she has physical therapy 4 times a day. Dr. Fortanasce works in this unit! Almost 2 months after the incident, she is exercising her hands and anxious to come home, rest, and get back to work. I am so happy and just saw her tonight before her bed time.”

Sandra’s mother was killed and she was severely wounded by gunfire while the two were delivering food and gifts to needy families in Tijuana. Prior to the incident, she frequently volunteered for

community events for the Sierra Madre Rotary Club.



A prayer group started by Rosie Gorman in Sierra Madre now has more than 500 people pulling for her and the Red Cross added Sandra to their list nation wide. Father Richard Krekelberg from St. Rita Parish in Sierra Madre came and blessed said prayers for her recovery on Dec 12th, the feast day of our lady of Guadalupe.

Sierra Madre Welcome to My Part-Time Job

Friends of the Sierra Madre Library  
39th Wine and Cuisine Tasting

Just about EVERYONE can order tickets online and join us Friday, February 20th, 7:00pm to 9:30 pm at the Alverno Villa

Tickets are \$60.00 and available in town or at [www.SierraMadreLibraryFriends.org](http://www.SierraMadreLibraryFriends.org)

Another milestone. My son, Alex, filed his first tax return this year. Talk about a reality check: It’s his first experience at seeing how government works using HIS money. Of course now that it is HIS money the government is spending, he is a bit more understanding about my leanings toward fiscal conservatism.

As you may now know, I have two temporary labors of love. Promoting the Sierra Madre Library’s February 20<sup>th</sup> Wine and Cuisine

Tasting Event. And also promoting the romantic Valentine’s Day dinner at local Sierra Madre restaurant, Corfu.

First, your Corfu hosts are Amy and Vic (I am pretty sure Amy is the boss.) They are planning a very special evening this Valentine’s Day. I’ve seen the special menu and you have a choice of Chicken Medallions, Seafood Fettucine, Halibut or Steak. Of course the entrees are going to be prepared superbly. Dinner starts with a glass of wine, then moves on to either clam chowder or Greek salad. Then your selection of entrée and finishing up with a (to die for) tiramisu. Of course, the pièce de résistance will be the evening entertainment. Local jazz/pop musician, Jane Fuller, will be performing from 6:30 to 9:30. (You might want to pick up her latest CD, “Night and Day.”) Reservations are highly recommended, so call Corfu at (626) 355-5993. Tell them you heard about it from Rich. Oh, and visit Jane’s website at [janefuller.com](http://janefuller.com).

The Friends of the Sierra Madre Library’s 39<sup>th</sup> Annual Wine and Cuisine Tasting event is also around the corner: February 20<sup>th</sup>, from 7:00 to 9:30 pm at Alverno. Tickets are \$60 each. Think about your donation for a moment. That \$60 dollars goes directly to the library. It’s not filtered through some government bureaucracy that keeps 80% of your contribution. And that’s how I like donating

money: when I know the money makes it to the organization. And I’ll tell you a little secret. Even those of us who are contributing hours of time to make this event a success will spend \$60 to get in the door. So get your tickets and come enjoy wonderful food, exquisite wine and more.

Let me close with a few interesting quotes regarding libraries: Here is where people, One frequently finds, Lower their voices And raise their minds.

Richard Armour, “Library”  
.....  
A university is just a group of buildings gathered around a library. Shelby Foote  
Outside of a dog, a book is man’s best friend. Inside a dog, it’s too dark to read.” Groucho Marx  
“I must say I find television very educational. The minute somebody turns it on, I go to the library and read a good book.” Groucho Marx

My sister is a librarian. She carries a card that says, “In case of an emergency, SSSHHHHH!  
Have a good week!



Rich Johnson

Duarte



Becky Evans of the City of Duarte (center) talks to residents Olga Foster, left, and Ofelia Peña about the new Prescription Drug Discount Program available to residents of the City and County areas of Duarte through a National League of Cities program administered by CVS/Caremark. Duarte residents can save up to 20% off the retail price of prescription drugs by presenting the discount card at neighborhood pharmacies including CVS, Rite Aid, Walgreens and Target. Duarte residents and their family members can use the card any time their prescriptions are not covered by insurance. The discount cards are available at various city offices including City Hall, as well as the Duarte Chamber, Duarte Library, Senior Center, and local pharmacies. For more information, call Duarte City Hall (626) 357-7931, ext. 220.

Monrovia



Business leaders kick off 2009 campaign to support the Santa Anita Family YMCA’s Financial Assistance Program. Funds raised help assure that no one is ever turned away from receiving the YMCA’s programs and services for an inability to pay. In 2008, nearly 15% of the 332 kids from the YMCA’s service area in Arcadia, Monrovia, Duarte and Bradbury participating in SAFYMCA’s day camp and after school programs were able to participate because of the Financial Assistance Program. From left to right: SAFYMCA Chief Executive Officer, Damon Colaluca; SAFYMCA Chief Volunteer Officer, Donna Baker of Dickson Podley Realtors; and campaign co-chairs Patrice Reinhard of Dreams Built True; and Todd Adamson of Adamson Chiropractic.

Is Now The Time?



Many Sierra Madre residents have expressed concern recently about the increased number of day laborers soliciting work in the city. With an enormous increase in unemployment, perhaps now is the time to address the problem. This sign, reflects the way in which Pasadena has attempted to deal with the issue by penalizing the businesses that pick up workers and the workers for soliciting business. Staff/MVO



# Pasadena Altadena

News From Your Community For Your Community

## Antonovich Meets with City: Gold Line, Housing, HIV Funding Discussed

By Dean Lee

It was that time of year Thursday morning when Los Angeles County Supervisor Michael Antonovich meets with the city council to talk about city issues that the county might be of some help with.

This year the list included the Gold Line Extension, Los Angeles County Housing Innovation Fund, Neighborhood Stabilization Program, access to County Home Funds, an update on HIV program funding, Pasadena urgent care facility and instant run-off voting.

Almost completely absent was the state of the economy although at the end of the meeting Antonovich did mention Sunday's deadline for the state to pass a budget.

"The issue that we all have is the failure of a state budget and it is very important that we get a state budget passed," Antonovich said. "The drop dead date is supposed to be Sunday and 'I know that anything that each of you can do to get that budget passed is appreciated by every city, county, water district... that's everyone.'"

He then said he had proposed a two year budget as other states have done. He explained this would allow flexibility. He also said that if anyone else other than Karen Bass had been Speaker of the House a budget would be passed. Gov. Arnold Schwarzenegger's name was never mentioned.

There was plenty of blame to go around with Antonovich calling the Gold Line extension to Azusa, "very frustrating." He said at the last MTA meeting a new \$2.5 billion Hollywood extension was proposed as part of the "Subway to the Sea" which could further take money away from the San Gabriel valley.

The proposed subway to the sea would extend the Red Line to Santa Monica and is supported by L.A. Mayor Antonio Villaraigosa. Antonovich blamed Villaraigosa for the passage of Measure R a half cent sales tax that will now delay all MTA projects until 2015 when money would start to become available.

Antonovich also said he was trying to open up a new MTA board seat that would offset what he said was domination for votes held by Villaraigosa. He said the city of L.A. held four seats and any one that did not vote with Villaraigosa was simply replaced. The new seat he said would represent the Palmdale/Lancaster area. He also said they were looking for federal funding for the Gold Line Extension.

The meeting started with a discussion over instant run-off voting. The idea is simple, voters rank their favorite candidates in their order of preference...1,2,3, the candidate with the highest ranking wins. Antonovich's staff said the system streamlines the voting process and could potentially save million of dollars.

Councilmember Margaret McAustin asked if the idea could be tried locally someplace like Caltech during student elections. Currently it is being used in San Francisco with success. His staff said the city had been using the run-off system for the last five local elections.

New Pasadena Housing director Bill Huang quickly explained the Los Angeles County \$60 million Housing Innovation Fund to help developers acquire property for affordable housing. He said the money was given out as low-cost loans to be paid back in three years. He said new lenders were lining up.

Huang also said the city got \$322,000 in Neighborhood Stabilization Funding to help with foreclosures. He said the money was part of the first stimulus package passed by the federal government. He said Pasadena has over 500 foreclosures. Huang also said the state was not making it easy for the city to obtain the funds.

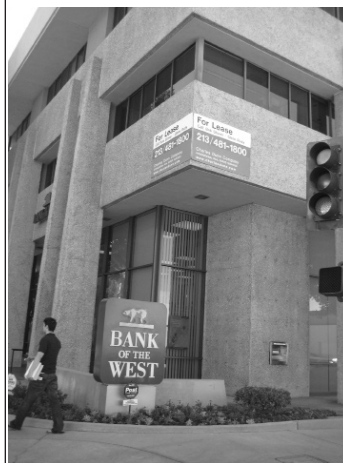
"\$322,000, will maybe, at best, help to assist two or three homes," he said.

Pasadena Public Health Director Takashi Wada when over the need for HIV funding including \$50,000 from the Minority AIDS Initiative although he said that money was tied to federal funding. He asked if the county would advocate for the money on their behalf. He said total they receive \$843,000 for staffing, case management, direct medical services and laboratory testing. He said they were worried about cuts. He also said they were also looking for funding for their mobile clinic.

City Manger, Michael Beck, gave a brief overview of possible locations for an urgent care facility in east Pasadena. Mayor Bill Bogaard added that putting an urgent care at the former St. Luke's Medical Center site was still a possibility something the public has been pushing for years.

"The owner of that property has put on the table a development proposal," he said. "It will take a period of time to work our way through that, so it's not inconceivable that there would be space on that 14 acre site for an urgent care facility."

## Signs of the Times; A City for Lease?



## Test Drilling for 710 Tunnel Already Underway

By Dean Lee

What appeared to be simple information given to the city council on the technical study for the proposed 710 freeway tunnel project, turned ugly Monday night when a city representative confronted the group of mostly engineers angry over not being informed of their presentation.

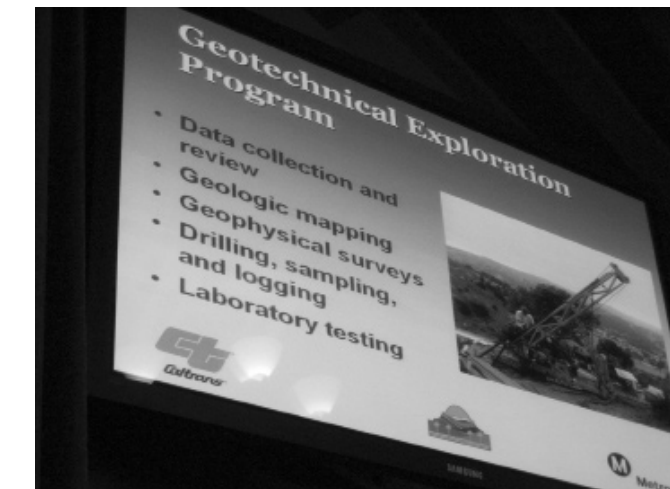
"I actually don't like it very much when you guys are doing this kind of thing without reaching out to me," said David Worrell a member of the 710 Steering and Technical Advisory Committee.

Representatives of the State Department of Transportation District 7 had said they put out a calendar of public outreach something Worrell said he was unsatisfied with.

"I don't want a calendar of public outreach," he said. "I want you guys to say, we're going to make a presentation to the city council and we want to make sure you know that we are there."

Mayor Bill Bogaard was also concerned over what seemed a lack of notification. He confronted the group over the fact that drilling had already starting in Pasadena without much public outreach although Project Manager Rebecca Barrantes had said outreach was something they were aggressively pursuing.

"As you can see we have been in the cities of Alhambra, parts of Los Angeles and we have started one boring in Pasadena, Barrantes said. "What we do is go out and talk to people, handing out the notices, the bulletins that tell them the where, what, why



when and for how long, and who they can call."

She said they had talked to 490 people, none of which she indicated lived in Pasadena. Of those she said 42 had asked to be signed up to receive email, a very low number some residents later said.

No one spoke during public comment another oddity for an issue known for packing past meetings with protesters.

Bogaard later asked about the drilling in Pasadena to which Supervising Project Manger Abdi Saghaifi said he simply overlooked. "I think I also heard the drilling has begun in Pasadena?" Bogaard asked rhetorically. Saghaifi quickly responded, "Let me qualify that your honor, basically what is happening is that within one location, which is within Caltrans right-away; which is just south of Del Mar, we didn't need a permit [to drill] for that one." Saghaifi also said drilling would take place at Pasadena Ave and Bellefontaine Street

without needing city permits. Geotechnical Engineer Yoga Chandran said drilling, they hoped, would start in the next few weeks.

Six other unnamed areas are also planned for drilling in what Chandran called small diameter boring, "which are about four to six inches in diameter that extends about 200 to 500 feet," he explained. All of the locations are subject to approval by city permits. They hope to drill by March he also said.

Councilmember Steve Madison asked if they required an environmental impact report, Chandran said no, but explained they were subject to city zoning requirements. He later said the reason they were giving the presentation was to obtain the permits. He said each boring would take from seven to 12 days to complete and block an area 12 feet by 60 feet. All work would be done during the day 7 a.m. to 5 p.m. and on public streets. Two other locations will also

be tested he said although using seismic deflections, "these are nondestructive we use surface waves, through some vibrations source, that reflects the seismic waves," no drilling he also explained.

A line of sensors are setup and then a small shockwave is sent through the ground. The work would be done at night he said to minimize unwanted sound such as trucks and other vehicles that might dive by. Each test would take one night to complete. The process is similar to medical ultrasounds.

Councilmember Steve Haderlein asked the locations and times saying he wanted to reduce the number of complaints they might get.

Chandran said one would be at Edmonson Alley between east Fillmore and west Glenarm Street, and the other, south Grand Ave. between Madeline Dr. and Hermosa Street.

Saghaifi said the reason for the study is to look at all practical routes for the extension of the 710 freeway although Worrell said it would probably a long time, "if ever," than saw any tunneling.

What they are looking for is faulting, fault rupturing, and displacement Saghaifi said. He added that prior to this study the deepest drilling was only 50 feet. He said they plan to dig at least 250 feet. They will also be looking for adverse drilling conditions, geologic material as well as groundwater condition and hazardous materials. "At this depth we hope to find out how the faults behave," he said.

## Correction

It has been pointed out to this newspaper by Aaron Proctor that we made a mistake in the story "Mayor Gives State of the City." Proctor rightly points out that he now lives in Port Richmond a section of Philadelphia not Port Richmond, Pennsylvania as stated in the story. "No such place exists," he says. Also in the same story Proctor ran for Mayor in 2007 not 2005 as stated.





Environmentally Speaking, Did You Know?

RETHINK EATERIES “TO-GO PRACTICES”

By Pat Birdsall

In this fast-paced world in which we live, take-out food seems at times, to be a panacea. No matter what type of food your palate is craving all fast-food and traditional restaurants have something in common for “to-go” orders... Polystyrene and/or plastic containers, plastic straws and plastic utensils. Do you really need plastic knives when you’re eating at home, with your own silverware handy? What about condiment packets (for relish, ketchup and the like), that you probably weren’t going to use at home anyway.

Let restaurants know that you are interested in their environmental practices. Ask questions. Make suggestions. Tell the restaurant staff to skip all the stuff they routinely toss *in* that the customer tosses *out*. Remind them not to include another paper take-out menu because you already have a kitchen drawer full of them. Perhaps they will be inspired to be more discriminating with others and ask before automatically including extras, or maybe they’ll consider using earth-friendly alternatives to what they are using now.

Plenty of establishments are switching from traditional polystyrene and plastic containers to more eco-friendly packaging and utensils made with materials such as bamboo, potatoes and sugar cane. Some of these products are compostable. Other environmentally preferable packaging includes recyclable paper products that are chlorine free.

Want to help inspire your favorite spot to use products like these? One way to do this is through printable suggestion cards available through the Green Restaurant Association (GRA) [www.dinegreent.com](http://www.dinegreent.com) Print them out (on recycled paper, of course) and hand them to the manager, or stick it the folder with your credit card or check.

No matter what your favorite restaurant or “take-out” spot may offer, you can start with these few easy steps to begin to maximize your eco-friendly efforts and minimize your carbon footprint.

Reduce, Reuse, Recycle and Rethink

Brought to you by:

Sierra Madre Environmental Action Council (SMEAC)  
P.O. Box 85  
Sierra Madre, Ca. 91025-0085



Fire Safe Council  
“Announcements and Observations”

February 2, 2009 7 P.M. in the City Council chambers, 232 W. Sierra Madre Blvd. will be the next Fire Safe Council monthly meeting. At this meeting we will be outlining the Curbside "Chipper Day" program that the Fire Safe Council grant will be administering to homeowners who chose to participate.

The program addresses homes in the Very High Fire Hazard Severity Zone in the foothills of Sierra Madre. This grant is the result of our volunteer board application to the California State Fire Safe Council and comes from funding from the United States Forest Service as we are adjacent to these public lands.

Please attend this very important meeting and learn how you can participate in this brush removal assistance program. Flyers announcing this program will also begin to be distributed throughout the foothill area.

For further information, call Sierra Madre Fire Safe Council: 355-0741. Or e-mail at [smfiresafecouncil@hotmail.com](mailto:smfiresafecouncil@hotmail.com)

Sierra Madre Police Blotter

During the week of Sunday, January 18<sup>th</sup>, to Saturday January 24<sup>th</sup>, the Sierra Madre Police Department responded to approximately 287 calls for service.

Sunday, January 18<sup>th</sup>:

**3:58 PM** – Arrest, Suspended/Revoked driver’s license, Michillinda Ave. and Foothill Blvd., Pasadena. A motorist was stopped for a traffic violation. A DMV records check revealed the motorist’s driver’s license was suspended/revoked. The driver was arrested and released on a written promise to appear.

Tuesday, January 20<sup>th</sup>:

**7:32 AM** – Annoying telephone calls, 300 block Wistaria Way. The resident’s caregiver reported receiving annoying telephone calls from her ex-boyfriend. The ex-boyfriend was counseled and advised to cease calling. The caregiver declined criminal prosecution.

Wednesday, January 21<sup>st</sup>:

**12:57 AM** – Arrest, Illegal Narcotics, 400 block Sturtevant Dr. Officers responded to a 911 call of a possible fight in-progress. Officers detained and interviewed two people. During the investigation, officers found one person to be under the influence of a controlled substance and in possession of illegal narcotics. The person was arrested and transported to the Pasadena Police Dept. jail facility for booking and housing.

**12:45 PM** – Arrest, Suspended/Revoked driver’s license, 180 South Baldwin Ave. A motorist was stopped for a traffic violation. A DMV records check revealed the motorist’s driver’s license was suspended/revoked. The driver was arrested and released on a written promise to appear.

Thursday, January 22<sup>nd</sup>:

**12:57 PM** – Traffic Collision, 20 North Baldwin Ave. An elderly female motorist lost control of her car as she was parking in front of the Sierra Health Fitness center. The car jumped the curb and collided with a planter box. The driver was uninjured, but she was transported to the hospital for observation.

Friday, January 23<sup>rd</sup>:

**10:47 PM** – Criminal Threats, 300 block North Lima St. A man reported that he received several threatening telephone calls from an acquaintance. The man was non-desirous of criminal prosecution, but requested the incident be documented.

Saturday, January 24<sup>th</sup>:

**5:53 PM** – Residential Burglary, 500 block Auburn Ave. A 40 inch Sony television and an Apple desktop computer were stolen. Force entry was made to the front house, which also provided access to a rear rental apartment. The crimes occurred Saturday, 1/24/09, between 9:30 am and 5:50 pm. The loss is estimated at about \$4,700.00 dollars.

GET OUT! GET ACTIVE! VOLUNTEER!  
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Volunteer to Serve on a City Commission

We are looking for motivated, enthusiastic, creative, and friendly volunteers to serve on the following Commissions:

- Community Services
- Tree Advisory
- Senior Community

For an application, visit [www.cityofsierramadre.com](http://www.cityofsierramadre.com)  
For more information please call (626) 355-7135

A Weekly Spotlight on  
Sierra Madre Volunteers

Amy & Glenn Putnam

The Putnams -- Together They Serve



Reading Amy and Glenn Putnam’s volunteer resume is like following the progression of two entities: libraries and gardens.

The Putnams have lived in Sierra Madre for 16 years and they’ve been involved heavily in the local Garden Club and Friends of the Sierra Madre Library during those years. Amy is also active in Sierra Madre Civic Club and Glenn is an enthusiastic participant in the Tournament of Roses in Pasadena.

Here is a rundown of what these two local people do in their spare time:

AMY: Friends of the Library President, Vice-President; Archives Chair, Chair of Wine Tasting, and member of the Friends of the Sierra Madre Library Board. Member of Civic Club, having served as Chair of the Education Awards Committee, Treasurer, Parliamentarian.

GLENN: President of Sierra Madre Garden Club, and working through five Tournament of Roses Committees: Post Parade, Formation, Parade Operations, Decorating Places, Press Photo Trophy. “The Rose Parade committee varies from committee to committee...The Tournament always gives you the opportunity to volunteer for as much extra duty as you can handle...I work between 50 and 100 hours per year as well as hours before, during and after the Parade,” Glenn explained.

Both Glenn and Amy are Members-at-Large of the Historical Preservation Society Board, and they volunteer together in the following entities: Garden docents at the Pasadena Showcase House of Design, docents for the Creative Arts Group Home & Garden Tour, ushers at the Pacific Rose Society annual competition, volunteers at the L.A. Garden Show, docents at the Wistaria Festival.

They volunteer together due to their mutual interests but often in different parts of an organization.

Amy said, “Our major purpose in volunteering is to give back to the community so that we all can continue to enjoy the wonderful environment in which we live. In addition, it’s a fantastic way to meet new people, who are good people. Also, we like to cycle off of major responsibilities after several years in order to give other volunteers the opportunity to work these areas. Encouraging new volunteers is very important to us.”

Glenn grew up in New Mexico. He has his MBA in business and has worked at JPL for five years.

“As Master Scheduler for JPL, I work with JPL’s engineering teams to determine how best to fabricate and test spacecraft. With this information a schedule is produced for fabrication and testing spacecraft through JPL’s facilities to prepare them for launch. This involves setting up fabrication locations with the proper cleanliness requirements, fabrication processess and procedures, tooling and assembly personnel. Testing involves providing test environments that the spacecraft will encounter during launch (vibration and acoustics noise pressure), separation from the launch vehicle or cruise stage (pyro shock) and operating temperatures in space or Mars (Thermal Vacuum). Each spacecraft is a highly complex, unique structure requiring coordination of multiple sub-assemblies into a final integrated spacecraft,” Glenn explained.

“It is the Master Scheduler’s responsibility to coordinate, facilitate, set priorities for the overall fabrication and testing of all spacecraft projects being built in JPL’s spacecraft assembly and testing facilities.” There you have it -- lots of responsibility for our Sierra Madrean.

Amy was raised in the Midwest and went to the University of New Mexico. As fate would have it, she and Glenn met there, and they were married in Houston, Tex. in 1976. Amy is an accountant and taught at Cal Poly Pomona and the University of Southern California. She has completed all of her course work for a Ph.D. except the dissertation.

Amy has had a debilitating digestive problem that has kept her home for a few months, but she is emerging with more vigor than ever and is eager to proceed with her many volunteer activities.

The Putnams concluded that they volunteer only for the benefit to the community and the fact that it makes them feel good. “And sometimes it even keeps us out of trouble.”

**Volunteers are needed to help in a wide range of activities in Sierra Madre. Please contact De Alcorn at 626-355-4793 or [dalcorn@cityofsierramadre.com](mailto:dalcorn@cityofsierramadre.com) for more information.**

Current Volunteer Opportunities

Clerical  
Tutors-Middle and High School  
Youth Sports Coaches  
Senior Services Desk  
Senior Fitness Instructors  
Handyman  
Manning of Emergency Operations Center  
Landscape Maintenance  
Intern - Civil Engineering  
City Web Site  
Assemble New Library Patron Packets  
Rewind Videos  
Maintain Friend’s Library Garden  
Library Interior Housekeeping

General Plan Committee  
Canyon Plan Committee  
Green Committee  
Fire Department Volunteers  
Police Administrative Assistant  
Communications Assistant  
Crime Prevention Aide  
Chaplains  
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Crosswalk Monitors  
Identity Theft Investigator  
Criminal Justice Professional for Staff Training  
Background Investigator  
Emergency Operations Special Needs

HELP WANTED  
Circulation /  
Distribution Manager

10-15 Hours Per Week  
DRIVERS LICENSE REQUIRED

Territory: San Gabriel Valley

Contact Joan:  
(626) 325-3111



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**Fax 626.836.8373**



## Just Another Day Of Learning

Children who participate in the Christ Centered Pasadena Christian School recently made their Bi-Annual 'Voyage of Discovery' aboard a sail boat in the Long Beach Harbor. The students, 5th grade and above all participate in the CCPCS, a private home schooled support group.

The support group, for children K-12, is dedicated to excellence through home schooling. For additional information on the group or on home schooling, contact Ide Morin at (626) 793-6903 or via email at weaim4Him@sbcglobal.net.

Photos by Bob Nesler



## School Board Candidates Forum Held

By Teresa Baxter

The Pasadena Senior Center hosted a forum held by the League of Women Voters, the American Association of University Women and the California Teachers Association allowing the public to listen to each platform of the candidates vying for a seat on the Pasadena Unified School District board.

On March 10 Pasadena voters will determine who is elected to fill seats 1, 3, 5 and 7. Seat 1 is being vacated by Mike Babcock, who has decided not to run for re-election. Therefore, the uncontested seat will automatically be served by Elizabeth Pomeroy, an English professor at Pasadena City College.

"I see the need for strong high school preparation," said Pomeroy. "I'm running for school board because I want to help us

keep and enhance the vibrant qualities of our elementary schools, while strengthening the secondary schools."

Two candidates, Charles Nelson and Ramon Miromontes, are seeking election to replace outgoing board member and former board president Esteban Lizardo. Current board member Ed Honowitz is running for his third term unopposed, while incumbent Scott Phelps will face Terri Darr, a counselor at Jefferson Elementary School in the election.

"I want to serve as a board member to rebuild confidence in our schools," said Darr. "My areas of focus will be to increase resources with an emphasis on our middle school programs and the implementation of a district-wide counseling plan."

Phelps is a Caltech graduate and a current

professor of math and physics at the University of La Verne. He has fifteen years of teaching experience in the district and he also serves as a science lab instructor at Learning Works Charter School, a dropout recovery program in Pasadena.

"I've become very interested—while on the board—with kids who aren't doing well, the ones who are falling through the cracks and dropping out of school," said Phelps. "I'm also interested in the alternative education and technical education options...to try to hold on to these kids who are checking out."

The Pasadena Senior Center will be holding a similar forum on Feb. 13 at 1 p.m., sponsored by the Senior Advocacy Council.

## Alverno Students Compete in Dan Stover Music Competition



Sarah Paredes

Sarah Paredes and Hannah Storlie, both students at Alverno High School, competed during the Rotary meeting at Cafe 322 on Tuesday to determine who would represent the Sierra Madre Rotary in the Dan Stover Music Competition. Storlie played guitar and sang a Michelle Branch tune, while Paredes belted out a Duke Ellington piece on alto sac.

In the end, Storlie received a check for \$100, while Paredes was selected as the Club's representative at the next level, and was given a \$200 check. She now moves to the Regional level competition to be held in March, and if successful there, she will be in the District 5300 finals to be held at the District's annual conference in May. The winner of the District competition will be awarded a scholarship award of up to \$5,000 and the three other finalists will receive a scholarship award of up to \$1,000. *Who Was Dan Stover And Why Is This Scholarship Named After Him?*

Dan Stover was an educator who always placed the student first, and his obvious respect for his students transformed the lives of countless young people. He shared his love of learning with the young, providing

them with a positive role model for structuring their studies and their lives.

And Dan Stover was an accomplished musician, both as a vocalist and an instrumentalist. He was as much at home in the finals of Barber Shop Quartet competition as he was at the keyboard of his famous "Rotary" organ, serenading Club meetings and District Conferences with his unique musical wizardry.

Dan Stover passed away shortly following the 1987 District Conference at which his friend and follow Alhambra Rotarian, Dr. Tim Keen Siu, became District Governor. Dan was noticeably ill at the conference, but he played out his heart for Dr. Tim and others, knowing that the show must go on.

The Rotary Club of Alhambra, in the year following Dan Stover's death, established a Music Scholarship Program and Competition in Dan's name. The program was proposed, organized, and championed by new Rotarian Christine Montan who, as Alhambra's first woman Rotarian, quickly recognized and appreciated the talent and effectiveness of Dan Stover as a Rotarian and as a person.

Under Rotarian Montan's leadership, the Dan Stover Memorial Music Scholarship "graduated" into a District program in the following year, and the rest is history. A whole generation of talented, young musicians have had the opportunity, in the name of Dan Stover, to compete against their peers, and earn funds to further their musical education."

Story and Photo By Bill Coburn



## Food For Thought

Thoughts. You know, those nagging little messages inside our heads. It's been said that the average person has over 15,000 thoughts a day! That's over 105,000 thoughts a week! Our brains are constantly working, making sure that our needs are met and bodily functions are being fulfilled. Isn't it odd that we need certain parts of the brain to tell our bodies to simple tasks? Simple tasks like breathing, or even blinking! But besides that, our brains are constantly thinking, day and night. Even when we are asleep, we have not escaped our thoughts because sometimes we find that they come in the form of dreams. The majority of the thinking process is obviously during the day and those 15,000 thoughts can become pretty overwhelming.

I know there are plenty of times where it just seems like too much is going on. Where it seems like I've got a million different thoughts going around in my head and I just want a break. Just a little break, that's all. Not too long, but just a chance to get everything together. I think everyone experiences this at one point. This feeling when you have got too much on your plate.

In fact, as I write this article, I can bet I have about a billion thoughts running around in my head. Why? Well, I'm human. I get stressed, I have pressure, I've got people depending on me, people let me down, my homework isn't done yet, finals are steadily approaching. Yeah, it's a lot, but you know what? I've got an outlet. I know a way where I can take all those thoughts and put them on pause. I can write. And write and write and write. No matter what's going on in my life I can put it all down on paper (or type it in this case). Sure, it's not going to make everything disappear like magic, poof! But, it will ease a little of the stress. What works for me may not work for the next person, but I can guarantee that keeping those thoughts bottled up inside will hurt and not help. Write in a journal, talk to a friend, e-mail a close family member. Whatever you do, don't let those 15,000 thoughts a day get the best of you!

## SCHOOL DIRECTORY

### Alverno High School

200 N. Michillinda Sierra Madre, Ca. 91024  
(626) 355-3463 Head of School: Ann M. Gillick  
E-mail address: agillick@alverno-hs.org

### Arcadia High School

180 Campus Drive Arcadia, CA 91007  
Phone: (626) 821-8370, Principal: David L. Vannasdall

### 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: Joanne Testa Cross  
Kindergarten - 8th grade  
website: [www.barnhartschool.com](http://www.barnhartschool.com)

### Bethany Christian School

93 N. Baldwin Ave. Sierra Madre, Ca. 91024  
(626) 355-3527 Principal: James Lugenbuehl  
E-mail address: jml@bcslions.org

### Carden of the Foothills School

429 Wildrose Avenue, Monrovia, CA 91016 626/358-9414  
626/358-5164 fax office@cardenofthefoothills.com

### The Gooden School

192 N. Baldwin Ave. Sierra Madre, Ca. 91024  
(626) 355-2410 Head of School: Patty Patano  
website: [www.goodenschool.org](http://www.goodenschool.org)

### LaSalle High School

3880 E. Sierra Madre Blvd. Pasadena, Ca.  
(626) 351-8951 Principal: Patrick Bonacci  
website: [www.lasallehs.org](http://www.lasallehs.org)

### Monrovia High School

325 East Huntington Drive, Monrovia, CA 91016  
(626) 471-2000, email: [schools@monrovia.k12.ca.us](mailto:schools@monrovia.k12.ca.us)

### Norma Coombs Alternative School

2600 Paloma St. Pasadena, Ca. 91107  
(626) 798-0759 Principal: Dr. Vanessa Watkins  
E-mail address: watkins12@pusd.us

### Odyssey Charter School

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

### Pasadena High School

2925 E. Sierra Madre Blvd. Pasadena, Ca.  
(626) 798-8901 Principal: Dr. Derick Evans  
website: [www.pasadenahigh.org](http://www.pasadenahigh.org)

### Pasadena Unified School District

351 S. Hudson Ave. Pasadena, Ca. 91109  
(626) 795-6981 website: [www.pusd@pusd.us](http://www.pusd@pusd.us)

### St. Rita Catholic School

322 N. Baldwin Ave. Sierra Madre, Ca. 91024  
(626) 355-9028 Principal: Joanne Harabedian  
website: [www.st-rita.org](http://www.st-rita.org)

### Sierra Madre Elementary School

141 W. Highland Ave, Sierra Madre, Ca. 91024  
(626) 355-1428 Principal: Gayle Bluemel  
E-mail address: [gbluemel220@pusd.us](mailto:gbluemel220@pusd.us)

### Sierra Madre Middle School

160 N. Canon Sierra Madre, Ca. 91024  
(626) 836-2947 Principal: Gayle Bluemel  
Contact person: Garrett Newsom, Asst. Principal  
E-mail address: [gbluemel220@pusd.us](mailto:gbluemel220@pusd.us)

### Weizmann Day School

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

### Wilson Middle School

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

### Pasadena Unified School District

351 S. Hudson Ave., Pasadena, Ca. 91109  
(626) 795-6981  
Website: [www.pusd@pusd.us](http://www.pusd@pusd.us)



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## Sierra Madre School Annual Fund Presents:

## The First Annual Family Concert

Featuring *Dread Zeppelin with special appearances by DC3 and The Late Bloomers*

Friday February 6th at 7:00 p.m.

Sierra Madre School Auditorium; 141 W. Highland Avenue, Sierra Madre

Tickets, 10.00, 25.00 and 50.00. Tickets can be purchased at the

Bottle Shop in Sierra Madre, the front office of Sierra Madre School's

upper and lower campus and at the door on the night of the event.

All proceeds go to Sierra Madre School.

### A Parent's Observation: - The Sierra Madre Library

### Answer: Woohoooo!!!! Yeah!!!! Cool!!!!

**Question: What is the sound my children make when I tell them we are going to the Preschool Story Hour at the Sierra Madre Library? - By Doreen Thomas**

Jumping and wacky dancing usually accompany their hoots and hollers. My kids absolutely love sitting with other children and listening to the varied selection of stories, singing songs and participating in the awesome craft activity. Meegan Tosh, Preschool Story hour facilitator and president of the Friends of The Sierra Madre Library, does a fabulous job of combining fun and learning into each week's session. As a parent of three young children, I find this program invaluable. My daughters (yes, all three are girls!) get to hear some great children's stories and I get a break from having to read them all myself. My girls get to sing and dance in the library and

I don't have to shush them. And they get to meet and socialize with other children their age and I get to have conversations with other adults. *This really is an awesome program.* As a newcomer to Sierra Madre, I can honestly say this is a wonderful way to meet and get to know other parents in the community. However, if children's programs are not what you are looking for, fear not. This library offers many other programs and activities.

The Sierra Madre Library is a testament to the old saying, "good things come in small packages." Packed into this little dynamite of a library is an explosion of activities, resources and services. For teenagers there

is the Teen Book Club, adults can sign up for a book club as well called "Third Thursday", and certified tutors online are available for grades K thru adult in both English and Spanish. In addition, there are adult computer classes for beginners, a series of guest speaking authors, access to eBooks and an after-school program in which children can read to dogs called Barks for Books. The list could and does go on and on. And remember, this is all in addition to providing access to thousands of books, magazines and reference materials.

For additional information visit the website at [www.sierramadre.lib.ca.us](http://www.sierramadre.lib.ca.us) or just stop by and check them out.



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MountainViews-Observer

Mission Statement

The traditions of the community newspaper 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.



Olbermann Calls for the Prosecution of Bush & Company

By Hail Hamilton

January 19, with Martin Luther King, Jr. day almost over and in anticipation of the inauguration the next day, I turned on MSNBC to watch "Countdown with Keith Olbermann". It's one of favorite news shows.

Olbermann adds controversy and humor to the otherwise brain numbing nightly national news broadcasts. In a word he is entertaining.

Olbermann is also fearless. He's taken on the Bush Administration, the War in Iraq and a variety of other touchy subjects. And he does so with his facts in order. Some may accuse of being biased and unfair, but no one can accuse him of being incorrect. The few times he has made a mistake in his reporting, he has quickly set the record straight, in person and on the air. He has integrity.

But Olbermann is not the subject of what I have to say. It is what he said in his "Special Comment" segment of his show that Monday evening.

Olbermann began his piece by reminding his viewer that we were "tortures". That as citizens in a free democratic republic of the people, by the people, and for the people we are responsible for the torture of prisoners committed in our name by our elected officials and those that worked for them. In other words, George Bush, Dick Cheney, Condoleezza Rice, Donald Rumsfeld, and others acting on our behalf committed war crimes.

Olbermann reminds us that what we did as a nation was in violation of at least four international treaties, as well as federal laws prohibiting the use of torture both domestically and overseas, regardless of the rationale behind it. Torture is wrong, pure and simple. It is counterproductive, produces unreliable intelligence, and aids in the recruitment of new terrorists. Worse, it lowers the moral stature of the United States and puts American lives, both military and civilian, at risk abroad.

I mean, how we can preach to other nations that torture is wrong when we condone it ourselves. As Olbermann makes clear, it is irrelevant that our elected officials acted illegally and without our knowledge, we are still complicit *because they were our officials.*

Olbermann uses a variety of examples when we didn't remedy our national wrongs. He cites the Declaration of Independence (and I would add the Constitution) violated our national ideals by condoning slavery, only to have it return four score and seven years later as a basis for the Civil War. He gives other example from the Kaiser to Hitler, to McCarthyism to Watergate when those who ordered or committed their crimes we not held accountable, and how this desire to move forward led to even worse war crimes in the future.

I would also add Vietnam where we dropped more tons of bombs than in all the theaters of the Second World War. Not to mention Iran-Contragate, the violent over throw of democratically elected governments in Guatemala, Iran, Chili, Brazil, and a variety of countries around the world.

Olbermann's point is that to move forward as a nation we must first clean up the wreckage of our past. He argues that only by the Obama Administration investigating and trying those responsible for the war crimes committed by the Bush Administration can we as a nation, and as individuals, begin to heal.

Moving forward is one thing; not remedying our past wrong is another. It has been said by someone much wiser than me that *history is prologue*, and that those who don't learn from their past mistakes are doomed to repeat them in the future.

Worst of all, by not addressing our war crimes we will be setting a terrible precedent for our future leaders--that they are above the law, and show the rest of the world that all our talk of freedom and democracy is pure rhetoric and not to be believed.

Stuart Tolchin On..LIFE



To Obey Or Not To Obey. Is That The Question?

Lately every magazine I read has something to say about Shepard Fairey.

For those few of you who are not acquainted with Mr. Fairey, he is I believe, a present Pasadena resident who has magically become something like this generation's Andy Warhol through the vehicle of his poster art. He is the creator of the ubiquitous red and blue posters depicting Candidate Obama above the word HOPE. More recently a poster of his depicting President Obama above the word CHANGE served as the cover of the post-election TIME MAGAZINE Man of the Year issue. Mr. Fairey's fame began with his creation of the ubiquitous OBEY stickers. These stickers pictured an unsmiling large person (actually a caricature of Andre the Giant, a deceased wrestler/actor). In his recently published book available for about sixty dollars at Vroman's (I looked at it while in the store) the artist theorized that his work stemmed from a great need to awaken people to their own sheep-like semi-conscious habitual behavior. The word OBEY is intended to alert people to the fact that they need not just follow along with the mindless crowd; instead people can awake and try and get in touch with their own secret-selves and re-examine the decisions they are making.

This attempt to waken the population reminded me of the work of Alice Miller who years ago wrote of the way authority figures constantly lie to children for the purpose of creating a false reality in which the child's inner feelings are repressed and ignored so that the growing person may more easily conform to society and to the wishes of the parents. As a result of these life-long universal lies children inevitably experience themselves as out-of-touch with their own feelings and almost dead inside. This process according to psychologist Miller, leads to a constant need for diversion, excitement, addiction,

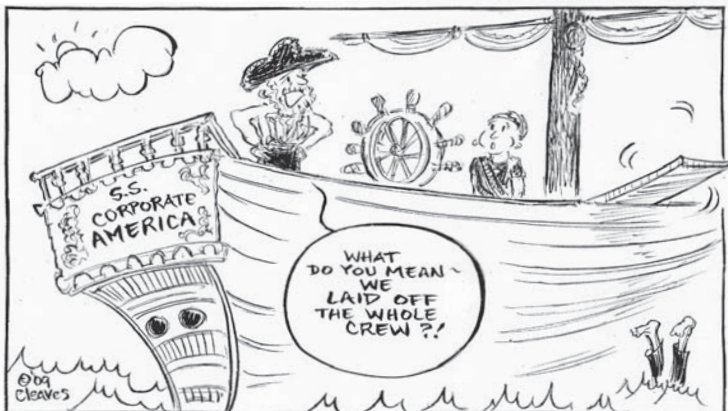
loneliness, despair and an admiration for physical brutality.

I know this is pretty scary, but really it is only an extension of the old Hans Christian Andersen fairy tale "The Emperor's New Clothes". (Yes, I made the connection) in which all society, even the King, pretend to see the invisible because they want to hide their stupidity from everyone including themselves. Really, it doesn't have to be this way. This is all relevant to this new administration's opportunity to initiate programs that will affect the way each of us live our lives. I think that before more trillions of taxpayer dollars borrowed from our future grandchildren are spent it is probably a good idea to ask some questions and think about or present way of life.

First, do we really need all these cars being driven solitarily by individuals on their daily hour-long commute.. It's crazy! We spend hours in cars, use up increasingly expensive fuel, and then come home and work out for the purpose of trying to stay in shape. What about bicycles or anything else that would utilize human energy. Not a bad idea!

What about work? Do we really need two parents working in order to support a family? We don't. It's just an old habit that makes us think that work is virtuous. In reality the shortage of jobs and the horrid abundance of material goods make it pretty obvious that there really is no need for people to perform all these make-work jobs. The question of course remains what are people to do if they don't go commuting off to far-away jobs every day. I don't know the answer but I hate to think that we are performing these stress-filled unnecessary jobs because we are so out of touch with our imagination that we cannot come up with any alternatives. You know technology was supposed to create labor-saving devices so why are we all still working so hard.

Well, I just wanted to share a few thoughts. Now I've got to get back to work.



Gregory J. Wellborn

R.I.P. Bipartisanship

"It is with great sadness that I learned of the passing of your beloved. His presence here on earth

provided an inspiration to many, and his absence will be felt by all of us who knew him." I have penned similar words on several occasions as friends or co-workers have lost family members. Who would have imagined that less than 7 days into President Obama's administration they would apply to the principle of bipartisanship, and that their most ardent champion, Barack Obama himself, would be the person who drove the final nail into the coffin?

I've either got you mad or confused – or perhaps both – at this point. How is it that I have the audacity to suggest that President Obama might just be a run-of-the-mill, say-what-you-have-to-say-to-get-elected politician and never meant anything he said about striking a new tone in Washington or practicing bipartisanship? Well, here's the news story that you won't read about in the mainstream press.

As recently as last weekend, it was very clear that Nancy Pelosi and the other Democrats in the House were excluding Republicans from participating in any of the meetings or discussions about the "stimulus" package. Fair enough; she never promised to be bipartisan, and I don't think any of us expected that she could rise to the occasion without a mandate to do so from the President. In that vein, Republicans sought an audience with President Obama in order to work things out. President Obama was canny enough to grant the meeting, and the cameras captured for public viewing the smiling faces of the President, Nancy Pelosi and House leaders from both parties. Unfortunately, the real story began after the cameras departed and the reporters filed their dispatches.

It is also unfortunate for President Obama that the true spirit of the meeting was leaked. When the last reporter, camera man and technician had left the room and the doors were closed, the Republicans voiced their complaint about being frozen out of the discussion. They pointed out that they were being asked to sign on to this "stimulus" bill as a sign of bipartisanship, but weren't being allowed to discuss or debate its contents. That didn't seem very bipartisan to them, and that was correct; it wasn't.

It was at this point when President Obama could have shown the leadership he's promised and the courage that's needed to give life to the dream of a more harmonious approach in the halls of power. Instead, his response was right out of the old pol's playbook. "I won," was his simple reply. There would be no real discussion of how much spending would be included or how much real tax relief would be provided. Republicans were expected to abandon their principles and vote for the bill or they would be castigated as being partisan and standing in the way of economic relief.

Sadly, there is no misunderstanding

Pat Ostrye

Recession in Action?

Last February President W was saying that we might be experiencing some "slow growth" but no recession and Alan Greenspan even told 60 Minutes that "well, we didn't have a recession after all!" At that time, I ventured to say that what was happening would be much worse than the Great Depression because the country was dealing in millions and trillions, instead of thousands. Also, in those days the ordinary home was not a mansion, or its equivalent, that was being foreclosed. During this financial meltdown, everyone's worst fears are coming true a day at a time. Perhaps we have not seen anyone jumping from office windows, but there have been horror stories of quiet suburban suicides here and there on the back pages of newspapers.

Last week I witnessed the stark reality of the local economic meltdown as I made a trip to the AMVETS super thrift store in Azusa. My sister, who was visiting from Oregon, has an obsession for stopping at every yard sale and thrift shop in hopes of finding that Great Item hidden in a corner somewhere. I could not believe the throngs of people. Surely, a sign of the times! To start with, each car had to wait for another one to hopefully pull out. Then hope there was a spare shopping basket available. It amounts to being one huge department store rolled out over an unbelievable warehouse floor. Positively everything one

here. Bipartisanship is being defined as going along with whatever the Democrats want. There's no dialogue; there's no seeking of common ground; there's no compromise. It's also not possible to pass this off as selfish wrangling over something as insignificant as seating assignments at a state dinner or positions in a parade. The size, composition and very nature of a "stimulus" package are extremely important and justify significant discussion and debate. If ever there was a fair test of bipartisanship, this was it. Consider the fact that the Democratic-controlled Congressional Budget Office estimates a mere \$26 billion of the bill's new spending would actually be spent in the current year. The vast majority of the spending will take place in 2010 and into 2011. There is significant concern that all this spending will come on line when the economy is already beginning recovery and simply lead to runaway inflation. There is also significant concern that the "stimulus" bill might not even stimulate, that it might be a net drag on the economy.

Readers of this column will remember a little tutorial on the whole premise that government spending can actually help an economy. The theory is that each \$1 of government spending will yield 1.5 times that amount in greater economic output. This is called "the multiplier". There's little evidence to support this theory, but we need look no further than common sense to thoroughly debunk it. Every dollar of government spending has to come from taxing or borrowing \$1 away from a citizen. That's \$1 less the citizen has to spend himself. So, if there is a positive multiplier when the government spends \$1, why isn't there an offsetting negative multiplier when a citizen spends \$1 less? If the multiplier really worked this way, why would we stop at a \$1 trillion "stimulus" bill? Why not spend \$15 trillion and make everyone in America that much better off economically?

As we close the coffin and lay to rest true bipartisanship, let us remember that its brief 7 day life did illustrate that significant debate about national policy remains. Whether the topic is economics, social issues, military preparedness or foreign policy, conservatives and liberals have dramatically different views. Our founding fathers envisioned a system where these differences could be worked out through vigorous debate. They did not envision a system which stifled that debate in the name of unity or bipartisanship.

Liberals didn't give up when George Bush won (twice), and I don't think conservatives should give up now. I expect conservatives and liberals alike to argue persuasively for their principles and positions. I expected President Obama to encourage the debate, not demand surrender simply because he won the last election.

*Gregory J. Wellborn is an independent opinion columnist. He writes and speaks frequently on political, economic and social issues. His columns have appeared in publications such as The Los Angeles Daily News, The Orange County Register, The Wall Street Journal and USA Today. He can be reached at [g.wellborn@mvoobserver.com](mailto:g.wellborn@mvoobserver.com).*

needs or wants is available at lower than bargain prices.

The first rack visible as we entered, was lined with the most beautiful, beaded wedding gowns from \$26.95 to \$59. There are clothes and shoes out there for every age group and occasion at almost nothing in price. The toy department is breathtaking, also the furniture area. I spotted two really solid maple dining chairs for \$3.95/ea and an octagonal maple coffee table for \$9.95. There are racks and racks of linen tablecloths and napkins that have never been used, \$2.95 for six linen napkins and \$4.95 for the very large tablecloth. There's kitchenware/gadgets and china with no end, TV's for \$9-\$15. People have two and three heaped baskets as they make their way to the well-organized check-out.

It was too overwhelming to really settle into looking for anything but I did find two gorgeous large dolls, with full heads of hair, China faces and beautifully clothed from head to shoes and stockings. They must have been for display purposes. Each one - \$2.95. I have a 3-year-old granddaughter who will be in heaven with these two dolls, one at a time!

Bottom line - the entire nation is out to save every nickel while trying to cope with this "slow growth" recession and hopefully save their homes.

[postrye@netzero.com](mailto:postrye@netzero.com)







## Sierra Madre Legal Notices

City of Sierra Madre

**Public Hearing Notice**

**To:** Property Owners within a 300-foot radius  
**From:** The City of Sierra Madre  
**Subject:** **CONDITIONAL USE PERMIT 08-02; CERTIFICATE OF APPROPRIATENESS 08-01**  
**Applicant:** Glen Hampton

**Project Location:** 331 East Alegria Avenue, in the City of Sierra Madre, County of Los Angeles, State of California

The City of Sierra Madre gives notice, pursuant to State of California law, that the Planning Commission will conduct a public hearing to consider a request for 1) a Certificate of Appropriateness to remove rock wall returns and replace them with a new forty-three (43)-foot-long, four and a half (4.5)-foot-high rock wall along the Sturtevant Drive property line, and to construct a five-hundred-twenty (520)-square-foot pool house; and 2) a Conditional Use Permit (CUP) to allow the new rock wall to exceed the three (3) feet six (6) inch height limit allowed by the Sierra Madre Municipal Code for walls within a front yard setback, for the property located at **331 East Alegria Avenue**. Pursuant to Sierra Madre Municipal Code Section 17.48.130(D), walls and fences a maximum six (6) feet in height may be permitted within the twenty-five (25)-foot front yard setback of the secondary frontage on through lots with the approval of a CUP. In addition, pursuant to Municipal Code Section 17.82.090, all permits for alteration of historic landmarks which alter the exterior appearance as seen from public view require the approval of a Certificate of Appropriateness.

**DATE AND TIME OF HEARING**

City of Sierra Madre  
Planning Commission meeting  
Thursday, **February 5, 2009**  
(Hearing begins at 7:00 p.m.)

**PLACE OF HEARING**

City of Sierra Madre  
City Council Chambers  
232 W. Sierra Madre Blvd.  
Sierra Madre, CA 91024

All interested persons may attend this meeting and the Planning Commission will hear them with respect thereto.

**ENVIRONMENTAL DETERMINATION:** The project qualifies for Class 3 and Class 31 Categorical Exemptions, pursuant to Section 15303 of the California Environmental Quality Act (CEQA).

**APPEAL:** The decision of the Planning Commission is subject to a 10-day appeal period to the City Council. If in the future anyone wishes to challenge the decision of the Planning Commission in court, one may be limited to raising the issues that were raised or presented in written correspondence delivered to the Planning Commission at, or before, the scheduled public hearing. For further information on this subject, please contact the Development Services Department at (626) 355-7138.

By Order of the Planning Commission

Danny Castro,  
Director of Development Services

City of Sierra Madre

**Public Hearing Notice**

**To:** Citywide  
**From:** The City of Sierra Madre

**Subject:** **Consideration of a Resolution adopting a Revised Fee Schedule pertaining to the Plan Check and Permit Fees (Building Permit Fees) associated with the installation of Residential Solar (Photovoltaic) Systems.**

**Applicant:** City of Sierra Madre

The City of Sierra Madre gives notice, pursuant to State of California law, that the City Council will conduct a public hearing to consider a resolution adopting a revised fee schedule pertaining to the plan check and permit fees (building permit fees) associated with the installation of residential solar (photovoltaic) systems. The revised fee schedule would provide for a fixed flat combination permit fee of \$515.

**DATE AND TIME OF HEARING**

City of Sierra Madre  
City Council meeting  
Tuesday, **February 10, 2009**  
(Hearing begins at 6:30 p.m.)

**PLACE OF HEARING**

City of Sierra Madre  
City Council Chambers  
232 W. Sierra Madre Blvd.  
Sierra Madre, CA 91024

All interested persons may attend this meeting and the City Council will hear them with respect thereto. For further information on this subject, please contact the Development Services Department at (626) 355-7138.

By Order of the City Council

Danny Castro,  
Director of Development Services

CALIFORNIA PHILHARMONIC  
LOOKS AHEAD TO SUMMER

Cal Phil reacts to bitterly cold economic climate this winter by canceling its remaining two concerts at the Pasadena Civic Auditorium and focusing instead on the orchestra's upcoming summer series:

Cal Phil Festival on the Green at The Arboretum in Arcadia and Cal Phil at Walt Disney Concert Hall in downtown Los Angeles

SAN MARINO, Calif. While its first two concerts of its "Cal Phil Adventures in Music" series at the Pasadena Civic Auditorium took place before enthusiastic, nearly sold-out crowds, the California Philharmonic will cancel its remaining two performances due to the grim economic climate challenging arts organizations not only throughout Southern California but worldwide. The cancelled concerts are "John Williams: Music for the Movies," scheduled to take place on February 28, and "Maestro's Choice" on April 4.

However, Cal Phil's upcoming summer season – "Cal Phil Festival on the Green" on Saturday evenings at The Arboretum in Arcadia and a Sunday matinee series, "Cal Phil at Walt Disney Concert Hall" – remains unaffected and will continue as planned.

"Cal Phil is just like everyone else, from major corporations to individual families - we're tightening our belt," explains Cal Phil Founder Dr. Victor Vener. "But with the economic environment so uncertain, we took the steps necessary to ensure that, no matter what shape the economy is in over the next few months, our patrons can count on attending the first rate productions they have come to expect – and love – at The Arboretum and Walt Disney Concert Hall."

It is the summer season, Vener adds, that is at the heart of Cal Phil. Founded 13 years ago to expand awareness of great timeless music with wide audience appeal – whether it was composed 5 years ago or 500 – the orchestra opened its inaugural season with the Festival on the Green and added the Disney Hall matinees in 2004. The decision to hold a winter season at the Pasadena Civic Auditorium took place only last spring.

"We're trimming our product line and going back to our strength," says Board Chairman Emeritus Robert Miller. "We didn't want to risk having our newest endeavor jeopardize our core programs."

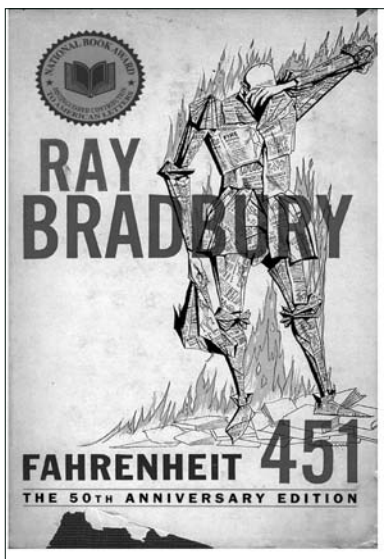
Cal Phil's summer season will open on Saturday evening June 27 at The Arboretum and Sunday afternoon, June 28 at Walt Disney Concert Hall with "By George!" The program will consist entirely of works by famous "Georges" – Gershwin, Handel and beyond. Concerts continue on alternate weekends throughout July and August, featuring the eclectic array of works for which Cal Phil has become famous.

"Broadway show tunes, Oscar-winning soundtracks, Beatles hits, and repertoire by giants from the world of classical music like Beethoven and Tchaikovsky – we play it all," says Vener. "In fact, during tough times, the service Cal Phil provides is especially important. More than ever, you need a chance to recharge and relax, to laugh, be entertained and inspired. And what does that better than music?"

For more information or to order tickets for "Cal Phil Festival on the Green" at The Arboretum or matinee performances at Walt Disney Concert Hall, call 626.300.8200 or visit [www.calphil.org](http://www.calphil.org). Patrons and subscribers with questions regarding the two cancelled concerts at the Pasadena Civic Auditorium, can call Ticketmaster at 213-365-3500.

In 1995, Music Director and Conductor Victor Vener and a small group of enthusiastic, dedicated music lovers based in Pasadena, California founded the The CalPhil Foundation. The Foundation, a nonprofit community benefit organization, supports the California Philharmonic in its quest to expand awareness of classical music, thus increasing the interest and support for great timeless music with wide audience appeal, from the classical and operatic repertoire to diverse genres of jazz, pops, Hollywood and Broadway. Also, with a strong commitment to new music and to expanding the symphonic repertoire, the California Philharmonic has presented numerous world premieres of both orchestral and chamber works.

## RAY BRADBURY COMES TO SIERRA MADRE



Ray Bradbury, famous author of science fiction novels for a half-century, will appear Saturday, February 7, at 6 p.m. at Sierra Madre School Auditorium for a lecture about censorship. He will also be available for an author book-signing.

"Sierra Madre Community Foundation is sponsoring this evening through a grant from its Library Field of Interest fund," announced Rob Stockly, newly elected Foundation Chairman of the Board.

The Sierra Madre 2009 One Book, One City Committee has chosen the Bradbury classic, "Fahrenheit 451," as this year's selection.

Along with the February 7 fete, there will be a Read-a-Thon of the book on January 31 at 6 p.m., and a discussion on the subject of censorship on Thursday, February 7. Bradbury's book centers around the possibility of censorship of reading material in the United States.

Sierra Madreans are urged to form reading and discussion groups concerning the theme of "Fahrenheit 451" or simply read or reread the book.

Sierra Madre Books (836-3200) is a sponsor of One Book, One City and has books available for sale.

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**GET OUT! GET ACTIVE! VOLUNTEER!**

**Join the Team!**

**The City Council is seeking volunteers to serve on the upcoming General Plan Steering Committee!**

The City is looking for motivated, enthusiastic, creative, and friendly volunteers to serve on these important committees which help plan for the City's future

**General Plan Steering Committee (GPSC)**  
The GPSC is a five-member committee, appointed by the City Council. A City Councilmember and a Planning Commissioner will attend meetings to act as liaisons to report the progress of the GPSC to their Council and Commission. The GPSC will be staffed by the Development Services Director and legal counsel.

**What is the role of the GPSC?**  
The role of the GPSC is to meet on a regular basis to review the work products of City staff and consultant, provide input on those products, and provide the policy direction necessary to advance the update process. As initial tasks, the GPSC will be asked to provide staff direction as to the overall vision for Sierra Madre, priorities for development within the community, and more specific land use policies on which the GPSC will focus its efforts. The GPSC's role is solely advisory. Final approval of the updated General Plan can only be granted by the City Council acting upon the GPSC's and Planning Commission's recommendations.

**How much time is involved?**  
The General Plan Update process is expected to take approximately 18 to 24 months to complete. Participation on the GPSC will require a commitment to attending monthly meetings for an approximately two-year period. If necessary, there may be occasions when the GPSC meets twice per month. There will also be occasions when GPSC members are expected to attend public workshops on Saturdays. All regular GPSC meetings will occur at pre-set meeting dates and times (pursuant to Brown Act requirements), and would be expected to last approximately two hours.

For an application, visit [www.cityofsierramadre.com](http://www.cityofsierramadre.com) look for Commission application

**For more information please call (626) 355-7135 and ask for Danny Castro, Development Services Director.**



Looking Up

With Bob Eklund

Discovery of Methane Reveals Mars Is Not a Dead Planet

In a January 15 announcement, a team of NASA and university scientists revealed that they have achieved the first definitive detection of methane in the atmosphere of Mars. This discovery indicates the planet is either biologically or geologically active.

The team found methane (the “natural gas” we burn in our gas stoves) in the Martian atmosphere by carefully observing the planet throughout several Mars years with NASA’s Infrared Telescope Facility and the W.M. Keck telescope, both at Mauna Kea, Hawaii.

“Methane is quickly destroyed in the Martian atmosphere in a variety of ways, so our discovery of substantial plumes of methane in the northern hemisphere of Mars in 2003 indicates some ongoing process is releasing the gas,” said Michael Mumma of NASA’s Goddard Space Flight Center in Greenbelt, Md. “At northern mid-summer, methane is released at a rate comparable to that of the massive hydrocarbon seep at Coal Oil Point in Santa Barbara, Calif.”

Astrobiologists are interested in this finding because living organisms release much of Earth’s methane as they digest nutrients. However, methane does not necessarily prove the existence of life on Mars because other purely geological processes, like oxidation of iron, can also produce it.

“Right now, we do not have enough information to tell whether biology or geology—or both—is producing the methane on Mars,” Mumma said. “But it does tell us the planet is still alive, at least in a geologic sense. It is as if Mars is challenging us, saying, ‘Hey, find out what this means.’”

If microscopic Martian life is producing the methane, it likely resides far below the surface, where it is warm enough for liquid water to exist. Liquid water is necessary for all known forms of life, as are energy sources and a supply of carbon.

“On Earth, microorganisms thrive about 1.2 to 1.9 miles beneath the Witwatersrand basin of South Africa, where natural radioactivity splits water molecules into molecular hydrogen and oxygen,” Mumma pointed out. “The organisms use the hydrogen for energy. It might be possible for similar organisms to survive for billions of years below the permafrost layer on Mars, where water is liquid, radiation supplies energy, and carbon dioxide provides carbon. Gases, like methane, accumulated in such underground zones might be released into the atmosphere if pores or fissures open during the warm seasons, connecting the deep zones to the atmosphere at crater walls or canyons.”

It is also possible that a geologic process produced the Martian methane, either now or eons ago. On Earth, the conversion of iron oxide into the serpentine group of minerals creates methane, and on Mars this process could proceed using water, carbon dioxide and the planet’s internal heat. Although there is no evidence of active volcanism on Mars today, ancient methane trapped in ice cages called clathrates might be released now.

One method to test whether life produced this methane is by measuring isotope ratios. Isotopes of an element have slightly different chemical properties, and life prefers to use the lighter isotopes. A chemical called deuterium is a heavier version of hydrogen. Methane and water released on Mars should show distinctive ratios for isotopes of hydrogen and carbon if life were responsible for methane production. It will take future missions, like NASA’s Mars Science Laboratory, to discover the origin of the Martian methane.

*If you'd like to learn more, you can contact Bob at [b eklund@mobserver.com](mailto:b eklund@mobserver.com).*



Photo by Aaron Dominguez



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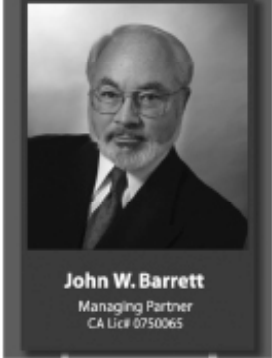
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INSURANCE INSIDER TIPS

By John Barrett

Are you confused when it comes to understanding your health insurance coverage? My goal in these articles is to lift that fog of confusion by sharing with you my “Insurance Insider Tips” to your health insurance coverage.

Over the next few weeks, I will cover a number of subjects of importance to those with individual and family coverage, group coverage, and Medicare. The topics are generated from actual questions and concerns of clients.

- ♦ COBRA Coverage and I don’t mean the car or the snake – When you should go on, get off, and why
- ♦ What is consumer driven health insurance
- ♦ Why your insurance deductible is essentially meaningless (it’s really a down payment on something else)
- ♦ Health Savings Account or HSAs (why everyone should establish this type of account)
- ♦ Why small group coverage is substantially more expensive than individual coverage (do the terms pre-existing condition and guaranteed issue ring a bell)
- ♦ Why group coverage might not be the best coverage for small business owners and their employees (there are alternatives other than cancelling benefits or laying off employees)

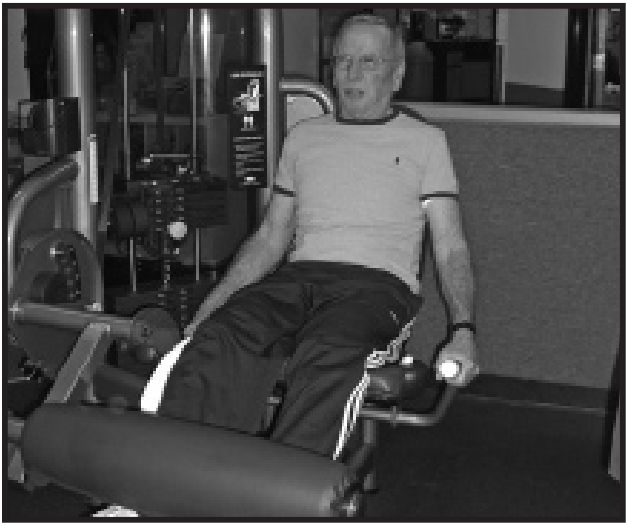
Are you ready for your first Insider Tip? This Tip deals with lowering your monthly health insurance premiums by 40% to 60%.

If you are covered by a HMO policy, immediately change your coverage to a PPO plan. In California, HMO plans are substantially more expensive than PPO plans. With a HMO plan you may or may not have a deductible but you still will pay co-payments for office visits and other preventive services. You will also pay your portion of co-insurance up to your maximum annual out of pocket limit for services rendered. Because most HMO’s have low co-pays for office visits and drug coverage and outpatient visits policyholders utilize the benefits more than with other types of plans. The result is that insurance companies have been increasing premiums to offset the losses incurred under HMO managed care. Don’t worry, you can still have the same benefits of an HMO without the cost, and have the ability to select your own doctor without checking with the HMO.

For additional information go to my website at [www.healthinsbrokers.com](http://www.healthinsbrokers.com)

To Contact Mr. Barrett for further information or to ask a question please email him at [John@healthinsbrokers.com](mailto:John@healthinsbrokers.com) or call him at (626) 797-4618

SAFYMCA New Weight Room Equipment



DUARTE, CA, January 22, 2009 – Griff Jones, 62, does some leg extensions on one of the new pieces of weight room equipment at the Santa Anita Family YMCA. The SAFYMCA has completely upgraded the weight room with 21 new pieces of ergonomically designed equipment from Matrix Fitness Systems. The public is invited to attend an open house event on Saturday, Feb. 7 to try out the new equipment and get acquainted with the many fitness programs available at the SAFYMCA, including strength training, yoga, body sculpting, and one of the newest offerings, “Dance with Elegance” classes. For more information, call (626) 359-9244 or visit the website at [www.safymca.org](http://www.safymca.org).

The SAFYMCA is located at 501 S. Mountain Ave. in Monrovia.

The Conficker Worm

Security experts have reported that a new malicious program known as the ‘Conficker’ worm may have infected upwards of 8 million computers since its first detection in October 2008. Like many of its predecessors, this worm seeks out machines that are not equipped with the latest security updates for their operating system and \ or do not have an anti-virus software package installed, running and updated with the latest detection signatures. Unlike many of its predecessors, this worm has the ability to use USB flash drives as deliberate infection vectors to go from one machine to another, via user interaction. Since this particular method of infection bypasses several layers of protection offered by the usual protection methods, the most effective stopgap appears to be a strong anti-virus package.

A computer worm, by definition, seeks to propagate itself by spreading from one machine to another via some type of network, either the Internet or some type of business or home network. They invariably cause harm to the network by using an excessive amount of bandwidth or using up computer resources for its own uses rather than the computer users’ intended purposes. In order to avoid detection and further its spread with the least resistance possible, the Conficker worm disables several important services on an infected machine, including the Windows Automatic Updates service, Windows Defender, and Windows Error Reporting. It then connects to a server, where it receives further orders to propagate, gather personal information, and downloads and installs additional malware onto the victim’s computer. The worm also launches a brute-force dictionary attack in order to guess the administrator password for the infected machine in order to spread itself through network shares.

This nasty little feature is common to most malicious codes that are identified as computer worms. The dictionary used in these attacks usually contain variations on hundreds, maybe even thousands, of easily-guessed passwords (for example 123, ABC, QWERTY, combinations and variations of the logged on username, etc.). Given the computing power and speed of the average home computer, this can translate into hundreds of guesses per second. If a user has a weak password this can make the potential damage done all that much more devastating.

Even though the majority of the computer security headlines seem to deal with anti-spyware issues, no one should be under the impression that anti-virus protection issues are not equally as important, as demonstrated by this latest new threat from the bad guys. Users of the affected OS’s (Windows XP, Windows 2000, Windows Vista) should make sure that their machines have been patched with MS08-067 available from the Microsoft website and that they have a functioning and updated anti-virus software solution installed on their machines.



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Salmonella Contamination Still Cause For Concern.....Product List Continues To Grow

The list of products contaminated with peanut and/ or peanut by products from the Peanut Company continues to grow. Consumers are urged to be diligent and check with the Center For Disease Control to see if products they have purchased or consumed are on the ‘tainted’ list.	Rain Creek Peanut Butter Princesses	Hyvee’s Lunchbox Peanut Butter Cookies
	Rain Creek Peanut Butter Shells	Hyvee’s Monster Cookies
According to the Mayo Clinic, “In general, salmonella symptoms begin with nausea and vomiting and progress to abdominal pains and diarrhea. Additional signs and symptoms include fever, chills and muscle pains, and can last anywhere from several days to two weeks.”	Rain Creek Peanut Butter Turtles	Hyvee’s Peanut Butter
	Rain Creek Handcrafted Baklava	Chocolate Chip Cookies
If you suspect that you have those symptoms, you should contact your physician at once.	Rain Creek Michael’s Baklava Assortment	Hyvee’s Peanut Butter Cookie
	South Bend Chocolate Assorted	Hyvee’s Peanut Butter Reese’s Pieces Cookies
PARTIAL FOOD AND DRUG ADMINISTRATION’S LIST OF RECALLED PRODUCTS AT PRESS TIME BY CATEGORY:	South Bend Chocolate Hoosiers	
	South Bend Chocolate Peanut Butter Chocolate Fudge	
Candy Products:	South Bend Chocolate Peanut Butter Meltaway - Milk Chocolate	
	South Bend Chocolate Peanut Butter Meltaways - Dark	
Cookie Product Recalls	South Bend Chocolate Valentine Heart	
	Kellogg’s Famous Amos Peanut Butter Cookies	
Blanton Peanut Butter Sticks	Trader Joe’s Sutter Formula Cookies	
	WalMart’s Harvest Peanut Butter Fudge No-Bake Cookies	
HyVee People Chow Party Mix and Assorted Truffle Fudge	WalMart’s Peanut Butter Cookie	
	WalMart’s Peanut Butter Fudge No Bake Cookies	
Landies Milk Chocolate Peanut Butter Cups	HyVee’s Lunchbox Reese’s Pieces Cookies	
	Rain Creek Baklava Assortment	





TABLE FOR TWO By Peter Dills  
Spitfire Saloon

One restaurant, where I never tire of dining in Pasadena, is The Arroyo Chop House. They have steaks so exquisitely prepared at this restaurant, that the cows make reservations. I love their King Crab Cocktail, too, and I don't mind spending (\$40) for a steak here, that is for sure. I do wish the Smith Brothers would pick up the tab once in awhile though, but that wouldn't make for a fair and balanced review now would it? I would take the chance if they will. Just kidding, I abide by the strictest Restaurant Critics Code. Fortunately, that leaves me a wide berth.

The Smith Brothers have just opened up the Spitfire Saloon in the old Club De Lacey location. If you are familiar with the space I can tell you it hasn't changed much, and that's fine with me as I was always enamored with its looks. While curious to know where the 'saloon' piece of the name fits, I will just let that pass. The savory lunch fragrances attract some of Pasadena's finest business inhabitants, and my understanding is that the bar is even busy on weekday nights. No happy hour here. The GM, Christian, explains, "We pour a stiff drink and we don't see a need to discount". There is sound reasoning in that response.

This is my second foray at Spitfire. Well, it's either getting better, or I am getting better at ordering. I just need to order what they do best. I went to Spitfire with another fellow BBQ aficionado, and we both ordered their BBQ. The Chef came over, and immediately inquired, "Why are you ordering BBQ, we do other dishes so well?" Well, I thought it was a BBQ joint; you know, the sign says, BBQ and Saloon. She told me that the restaurant initially thought it was going to be a BBQ restaurant too. Anyway since they never fully got off that train of thought, they smoke their meats using hickory wood for the fire. I was disappointed though; too much sauce just about ruins a good piece of meat. True BBQ; well let me be gracious, Good BBQ doesn't need sauce. Just a light salt rub and the smoke should do an amazing trick. Anyway, I had the Smoked Tomato Soup (\$5.95), which was excellent, a lobster deviled egg that was great and my table shared the Ale battered Onion Rings (4.95), a large portion, but overdone on the batter.

Of the entrees we ordered, the Brisket (\$15.95) and the Ribs Sampler (\$21.95) seemed to hold the best smoked flavor. The Louisiana Spare Ribs were good, but I would ask for them to be dry next time and be able to use the sauce at my discretion. The menu offers over five different Salads. On my next visit, I will be sampling the "41" salad, which is a Caesar salad with Shaved Sonoma Jack Cheese.

The Wine list has many wines by the glass; I do enjoy a wide open selection such as this. The wines are on the high side, but this is some fancy Real Estate.

OK, I will come back with out my BBQ bib on next visit.

The verdict on the restaurant is ★★☆☆ stars.

Spitfire Saloon, 41 S. De Lacey, Pasadena, www.spitfiresaloon.com, (626) 577-4141,

Peter Dills New Season on KJLA TV

Restaurant Host Peter Dills, who for the past year and a half has hosted the successful, show *The Chef Knows* on KJLA TV Announces Season Number Four.!!!

The Chef Knows features signature dishes from some of the areas favorite eateries and also spotlights popular dishes that Peter discovers by interviewing people on the street. He might ask a passerby "What do you think about when I say BBQ or Caesar Salad?". Once he gets the answer, Peter is at that restaurant filming that dish.

"So many radio shows interview chefs, but you cannot see the dishes they prepare", says Dills. "On TV you get the exciting visual part of the presentation. This is not a recipe show, but a journey of food discovery and exploration.

The Chef Knows airs every Saturday afternoon at 3 PM, and reaches 5.4 million homes. Check your TV's listing for exact channel. Satellite is always Channel 57

Peter's resume includes hosting the successful Pasadena Chili Cook-off for 12 years and co-hosting The Spice of Life Report Radio Show with Stephanie Edwards. Peter also filled in for his father, legendary critic Elmer Dills' Radio show when Elmer was on vacation. This week's feature is Panda Inn and Robin's BBQ of Pasadena and Tutti Mongia of Claremont. The Chef Knows is brought to you by Dos Equis Beer

Interviews are available  
KJLA TV is a full power station airing on Channel 57 Satellite and 55 on cable.



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Cuisine, Corks, Card Tricks and Computers

What do cuisine, corks, card tricks and computers have in common? That's easy! The Friends of the Sierra Madre Library Annual Wine and Cuisine Tasting event. CUISINE from 20+ restaurants tantalizing you with scrumptious treats; CORKS uncorking from the best wines of over 50 vintners; CARD TRICKS from Magic Castle magicians amazing you with sleight of hand miracles; And COMPUTERS where tickets to this wonderful event can now magically be ordered.

That's right. Visit us online at [www.sierramadrelibraryfriends.org](http://www.sierramadrelibraryfriends.org) and use your VISA, MasterCard, American Express or Discover Card to help support this wonderful evening and worthy cause. Then join us for a night of cuisine, card tricks and corks...err wine. Not to mention delightful live entertainment, artwork by local artists and our famous silent auction.

Isn't it nice to know your contribution goes 100% to support the library and its services! Even the volunteers who contribute hours of service to make this wonderful event happen pay full price for their tickets.

This magical night takes place at Alverno's historic Villa in Sierra Madre, Friday, February 20th from 7:00-9:30pm.

Tickets, \$60.00 each, are also available for purchase at several Sierra Madre locations including Savor the Flavor, Sierra Madre Books, Iris Intrigue, Arnold's Frontier Hardware, The Bottle Shop and, of course, the Sierra Madre Library. And tickets are available by mail at: The Friends of the Sierra Madre Library, P. O. Box 334, Sierra Madre, CA 91025.

So, if you've ever read a book, or have children or grandchildren who read books come join us for a wonderful evening and support a great community service. President



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FEBRUARY 6	Bobby Bradford's Motet
FEBRUARY 7	Lisa Finnie
FEBRUARY 8	New Astro Turf
FEBRUARY 10	Drink & Think Quiz - Quizmaster Midge
FEBRUARY 11	Max Buda
FEBRUARY 12	Theolonius Dub
FEBRUARY 13	Jack Sheldon
FEBRUARY 14	VALENTINE'S DAY with Romantic Jazz Vocalist Judy Platt
FEBRUARY 15	Jazz Lunch with Mercy Powell Quartet
FEBRUARY 17	Drink & Think Quiz - Quizmaster Midge
FEBRUARY 18	Jazz Vocalist Judy Kelly
FEBRUARY 19	Theolonius Dub
FEBRUARY 20	Mercy and The Merketts
FEBRUARY 21	The Jon Meyer Trio - Special Guest Andrea Baker
FEBRUARY 22	New Astro Turf
FEBRUARY 24	Drink & Think Quiz - Quizmaster Midge
FEBRUARY 25	The Jennifer Leitham Trio
FEBRUARY 26	Theolonius Dub
FEBRUARY 27	Swing Dancing with Flat Top Tom and The Jump Cats
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*The Senior*  
By Bruce Lamarche  
**THE LIBRARY - Boring!  
Or Is It?**

So, what is so exciting about a library? Come on now, we all know they are not exciting or interesting . . . NOT TRUE! Today's libraries are an amazing resource for those who want to problem solve or just have some fun on a budget. Yes, I said, "on a budget".

After speaking to Debbi Henderson at the Sierra Madre Library, I found out an amazing array of services available at no cost. If you are on a budget or watch your money closely, check out the following at your local library:

- 1) *DVD and VHS movies.* These can be checked out at no cost. They have hundreds of movies free of charge. Compare this to what they charge at rental places. There is an amazing selection.
- 2) *Books on Tape.* These are both CD and cassette tapes that have entire books recorded by professional readers. They cover every subject you can imagine plus many novels of all types. It's a great way to read classics or just really long books. If you are a slow reader or struggle with your eyes this works really well. Abridged versions are also available.
- 3) *Computers.* The library provides free use of computers complete with internet access. This allows you to research information on virtually anything. If you are not computer savvy but want to learn, they provide classes at no cost to teach you the basics. Classes are limited to 4 students so instruction is very individualized.
- 4) *Magazines.* We all enjoy reading short articles in various magazines of interest. Subscriptions can cost quite a bit. The library has many magazines, complete with two years of back issues! You can even check them out and take them home. Consider the cost savings.
- 5) *Paperbacks.* An exchange system allows you to take home any of a number of paperback books without checking them out. You can bring

them the ones you've read or just take them to read and return. It's an honor system.

- 6) *Large Print Books.* Got a vision problem? Consider large print books. The print size makes them easy to read.
- 7) *Travel Guides.* These guides allow you to research places to go that are both local and around the world. If you don't have or want to spend the money to go to Paris, these books can take you there.
- 8) *Reference Books.* There are a number of consumer reporting guides which allow you to check out a product or proposed purchase and their ratings complete with pro's and con's. Before you buy the next auto, stereo, electronic gadget, or kitchen blender, check it out and make sure you are getting your monies worth. They also have medical references.
- 9) *Books.* Last, but certainly not least, are those wonderful books that can transport us to so many different places and lives. Get away from the TV and its' commercials and lose yourself in a great book.
- 10) *Help.* If you simply wander in and speak to a librarian they will be glad to give you a personal tour and answer any questions or curiosities you might have . . . and no you don't have to push 1 for information, "2" for something else, or "0" for the operator. As smart consumers, your local library is an amazing resource. It costs you nothing. Did I mention comfortable chairs for reading? So, what are you waiting for?

*Got a question? Ask Bruce by phone-(626)335-3412 or e-mail: blamarche@verizon.net. This article is provided by Bruce Lamarche, a member of Society of Certified Senior Advisors', [www.csa.us](http://www.csa.us). Bruce's company, R & B Reverse Mortgage Services (Glendora) helps seniors make an informed decision about obtaining a reverse mortgage. [www.LASeniorMortgage.com](http://www.LASeniorMortgage.com)*

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## From the Inside Out: Moving Around

Movement. One of the most important activities in life is movement. In older homes, running up and down the stairs. Making sure we get at least 10,000 steps a day. Daily exercise. Sports. No-Nos to couch potatoehood. And, in spite of this well-known wisdom, I observe that in direct contravention of this most essential physical and bodily need, we confine our most fragile elders in non-flexible, position constraining chairs - or beds. Safety and Liability, you know.

When my father could no longer stay at home, the first thing I noticed was that there were no rocking chairs, no glider on the front porch of the home, nothing that let him move "in place". Yet, every day we are bombarded with the mantra - move, get out, get active, exercise.

One of my favorite movements (which I've mentioned before) is the (mini)-trampoline - doesn't need to be "big jumps", just tiny bounces. It's the pressure differential that does the job: the alternating difference between normal gravity, and the micro-seconds of zero gravity instantly alternating with the "heavier than normal gravity" from the sudden "stop / reverse direction" at the far end of each bounce and landing. This same principle is found with swings, rocking chairs, roller coasters, gliders, and floating beds, and is most likely a contributing factor to why people return from cruises feeling "so much better" ... while playing on the high seas, the gentle movement of the ship, the waves, the movement does a continuous, 24/7 massage of every cell through the alternating pressure differentials created by this (generally) subtle movement.

For those whose inner ears really can't stand that kind of movement (and there are some!), an alternative movement modality might be that of therapeutic massage. Because I'm mostly a Gemini, an "air" sign, I resonate a whole lot more with energy processes than I do with physical processes. Those who are Earth folk are a whole lot more "physically grounded" and probably enjoy physical movement and exercise more than I do. In either case, massage that "keeps things moving" or "unkinks the knots" can be of great value.

Mind, my first ever massage was when I was grounded for two days in Rio due to the late arrival of my incoming flight, which meant that my once every two days outgoing flight left without me. So, what

does Rio have to offer?

I explored the sights, and that first massage - which, quite frankly - left me deciding - nope, not for me.

When I got involved with energy work - that was so much better. Yet upon graduating from the four years of polarity and energy studies, I knew that adding "movement" to sessions was sometimes essential. So I gathered almost 100 hours of energy massage through the World School of Massage Therapy in San Francisco, under the direction of Patricia Cramer, who has developed the integration of energy work and massage into a fine art. Her technique "Vibrational Healing Massage Therapy" is fabulous. And when my best friend became certified in VHMT, we traded with each other, that's about as far as I went with it. Until now, that's been my limit.

Recently I've discovered that the Hands on Healing Institute in Tujunga teaches massage, with energy as a component. It's not the same as focusing on energy work that includes a massage component, but because it includes developing energy awareness and inclusion as part of the massage process, it "works" for me. And it turns out the massage instructor is a woman I met years ago doing energy work ... and her instruction is impeccable.

So, if you haven't tried a therapeutic massage recently, do consider adding it to your self-care program. The external movement of the body by a skilled therapist results in all kinds of movements "from the inside out", including rearranging neural connections, which can mean that when you are "finished" and you get up off the table, your whole body simply feels different very unlike that first experience years ago. Mind, like many other options, it's not "a cure all", and for some health conditions it's not appropriate at all.

So if, like some of us, you've been slowing down on exercising lately, finding an excellent therapist (and we have good ones in town) a massage could be a great addition to your self-care practices - along with a post-massage hot Epsom salts bath to help get rid of anything which might have been encouraged to leave the cells and continue on their journey to the waste dumps ... more moving experiences. Keeping the flow going, that's the greatest e-movement of all ...



By Mary Carney

## SENIOR HAPPENINGS...

By Pat Birdsall

*It is with regret that I report the passing of Doug Berkshire, longtime City Treasurer; husband, father, Kiwanian and friend to so many. And, Kathleen Drueggen, the beloved mother of Patti Huber. Her sweet smile will always be remembered.*

**FYI: From the 50+ Health Connection Bulletin – Arcadia Methodist Hospital**  
**January is National Glaucoma Awareness Month:** Two of the most common problems of aging eyes are glaucoma and cataracts. A cataract is a clouding of the eye's natural lens, which lies behind the iris and the pupil and can decrease your ability to see clearly. Glaucoma is the second leading cause of adult vision impairment. Unfortunately, glaucoma often does not cause symptoms in its early stages, and many people do not know they have it.  
**On Tuesday, January 27<sup>th</sup> from 1:30- 2:30 PM there will be a Glaucoma & Cataracts Seminar conducted by Kenneth Lu, M.D., Ophthalmologist** at the Arcadia Community Center-- 365 Campus Dr., Arcadia. For reservations, please call the Center at 626.574.5130.

### ~Helpful Hints~

Shoe bags aren't just for footwear...1)In a utility closet or room, tuck sponges, scrub brushes, old toothbrushes for cleaning tight corners, spray bottles and cleaning cloths. 2)In your own closet, add an extra bag to keep all your small accessories like scarves, belts, small purses, ties, socks or stockings, even lingerie neatly stored and easy to find.3) In your home office, hang one near your desk for scissors, staples and stapler; pens, pencils and markers. Hole punches, envelopes both large and small-- or even bills in date order.

## Recipe of the Month:



### Red-Leaf Salad with Roasted Sweet Potatoes

2 sweet potatoes, peeled and cut into 1-inch chunks  
1 medium red onion, quartered  
2 Tbs. olive oil  
Coarse salt and ground pepper  
1 package (10 ounces) frozen cut green beans, thawed  
1/3 cup walnut halves or pieces  
1 cup plain low-fat yogurt  
2 Tbs. white-wine vinegar  
1 garlic clove, crushed through a garlic press  
1 head (10 ounces) red-leaf lettuce, torn into bite-size pieces

1- Pre-heat oven to 450. On a large rimmed baking sheet, toss together sweet potatoes, onion and oil; season with salt & pepper. Roast until sweet potatoes are tender, about 20 minutes.  
2- Add green beans and walnuts to sheet; toss. Roast until green beans are tender, about 5 minutes.  
3- Meanwhile, in a small bowl, whisk together yogurt, vinegar, and garlic; season dressing with salt and pepper. Top lettuce with roasted vegetable mixture; drizzle with dressing.



## Happy Birthday!

*January Birthdays: Mary Tassop and Loyal Camacho*

### For Your Funny Bone

*Ralph and Edna were in love, and both patients in a mental hospital. One day while they were walking past the hospital swimming pool, Ralph suddenly jumped into the deep end. He sank to the bottom of the pool and stayed there. Edna promptly jumped in to save him. She swam to the bottom and pulled him out. When the head of nursing became aware of Edna's heroic act she immediately ordered her to be discharged from the hospital, as she now considered her to be mentally stable. When she went to tell Edna the news she said, "Edna, I have good news and bad news. The good news is you're being discharged since you were able to rationally respond to a crisis by jumping in and saving the life of the person you love. I have concluded that your act displays a sound mind. The bad news is, Ralph hung himself in the bathroom with his bathrobe belt right after you saved him. I am so sorry, but he's dead." Edna replied, "He didn't hang himself, I put him there to dry. How soon can I go home?"*

### Quote:

Winter is the season in which people try to keep the house as warm as it was in the summer, when they complained about the heat. ~Author Unknown~

### Activities:

*Unless listed differently, all activities are at the Hart Memorial Park (Senior Center) 222 W. Sierra Madre Blvd., Sierra Madre*

**Lunch Program:** Monday- Friday at the Intervale Café -12:00 Noon-Call (626) 355-0256 to make your daily reservation. Suggested donation \$2.00 for seniors (60+) and \$3.75 for visitors.

**Monday:** Free strength Training Class with volunteer Lisa Brandley 1:00-1:45

**Tuesday:** Bingo- 1:30PM- 3:30 PM .25c per card  
Yoga- 5:30 PM- 7:00PM Instructor Andrea Walsh- \$6.50 for seniors (50 and over.)  
Call 355-5278 for more information.

**Wednesday:** 1<sup>st</sup> & 3<sup>rd</sup> Wednesday- Community Lunch & Learn Program

**Thursday:** Game Day- 1:00PM- 3:30PM- Poker, UNO, Scrabble, Cribbage, Chess, Checkers, Backgammon, Pinochle...you name it.  
Yoga- 5:00 PM- 6:30 PM \$6.50 for seniors (50 and over) Call 355-5278 for more information

**Friday:** Ping-Pong 1:30 PM

**Saturday:** Senior Club for those 55 and older- Brown bag lunch at 11:30AM  
Meeting at Noon- Bingo at 12:30 PM- only .25c per card

### Monthly Excursions:

*At press time, information on future trips was not available. Please inquire at the Senior Desk , 626.355.7394.*

**Free Blood Pressure Clinic-** Second Tuesday of each month 11:00 AM- Noon No appointment necessary

**Financial Consulting-** 3<sup>rd</sup> Tuesday of each month at the Hart Memorial Park House from 10:00AM- Noon. Please call (626) 355-7394 for an appointment.



### Meals-on-Wheels:

Meals are delivered to homebound seniors by volunteer drivers through the YWCA Intervale Lunch Program M-F (with frozen meals for the weekend.) \$2.00 suggested donation per day. Call Susan Garcia at (626) 858-8382 for more information.

## The Three Little Pigs

By Dorothy White



The three little pigs were a singing trio known as the Trotters, and the wolf was their agent. They sang the old songs of the 20's, 30's and 40's. While one of them sang lead, the other two sang back-up with a pleasant little oink, oink sound that was their trademark.

Gradually as new music styles became popular, the Trotters found themselves without bookings. Even the wolf would no longer act as their agent. Of course, the wolf, known for his gouging business deals, could find no other clients, so he turned to another line of work—writing for the scandal sheets. Oh, what dreadful stories he wrote about celebrities—mostly untrue. He even wrote one such item about the three little pigs, saying they had once posed nude for a centerfold with apples in their mouths. ABSOLUTELY FALSE.

This item, however, had the effect of propelling the Trotters back into the limelight and soon they were receiving offers from Branson and Palm Springs. But they were no longer interested in show biz. Even though the wolf had collected exorbitant commissions, they had saved enough money to buy a spacious wolf-proof brick house with a luxurious mud bath in the back yard. They did not wish to give up their comfortable new life style for days on the road; make-up sessions (all that pink body powder-ah-choo), tail curling (ouch), rehearsals, and above all, costume fittings, which had always been troublesome because of their weight problems. Now, they would sometimes assemble outside on a summer evening and entertain their neighbors with the old routines. As for giving up their careers, they had no regrets...





Chris Bertrand

## One Of A Kind:

Featuring unique homes & gardens and the people who create them

By Chris Bertrand

**American Bungalow** magazine began modestly nineteen years ago, spurred by the interest that publisher, John Brinkmann, developed after he bought a Craftsman style home in Sierra Madre. The story goes that Brinkmann left the glitz of the advertising and graphic design neighborhood in downtown LA during the 80's, for a more serene work environment. He found one just south of the village center of Sierra Madre. Many who visited his new offices over the next few years remarked with awe about Brinkmann's new "digs."

Eventually, the marketing part of his brain told him there might be interest in a niche magazine about Bungalow and Craftsman homes. *American Bungalow* was born, and according to the masthead, "published in the interest of preserving and restoring the modest American 20<sup>th</sup> century home, the bungalow, and the rich lifestyle that it affords." A mouthful to say the least; one that emphasizes the lifestyle and its appreciation that the beauty of life is in the details.

Now published four times a year, this glossy periodical features insightful tidbits to photo essays to major in-depth articles. The topics range from restoration, accessories, history, furnishings, events, Arts and Crafts and upgrading, to philosophy, gardens and landscaping. My own American bungalow experience previously checked and affected my perception and appreciation of the style and lifestyle. I grew up in a real "bungalow heaven" in Chicago where street after street and mile and mile of homes were of the bungalow ilk. My parents owned one early on; my grandmother, aunts and in-laws owned variations of bungalows. It was like eating Cheerios every day for breakfast. Bungalows were a given.

After leaving Chicago and my immersion in bungalows everywhere, I yearned for something different in my own abode. Recently, my interest and appreciation was rekindled, when I moved here to one of the epicenters of Craftsman and Bungalow life, the San Gabriel Valley. In particular, my tour of the Greene and Greene exhibit at the Huntington became my personal Craftsman epiphany. The magazine's editor, John Luke, husband of Ann Luke from our Mountain Views Observer sales staff, took time recently to offer some insight into the development of the magazine and some of its features. Early on, they saw a need to put do-it-yourselfers and professional restorers in touch with good resources for materials, craftsmen and period as well as reproduction products.

As I read through various issues of the magazine provided by Luke, I found the

text exuding a reverence for all things Craftsman that borders on poetry. Their passion for the topic transmits not only through the text and the photographs, but the ads, as well.

One of those advertisers, Warren Hile Studio, the Monrovia based furniture and cabinet manufacturer, was featured in my column last year. Another nearby resource and advertiser is Crown City Hardware in Pasadena, known for its over 10,000 piece collection of reproduction hardware.

As I delved further, I expanded my home improvement vocabulary. A *remuddle* will forever be envisioned as a badly remodeled home, particularly one that mixes styles. *Period-authentic*, a very important concept in style-focused homes, applies to just about anything in the home, from millwork to toilet flush handles. *Batchelder tile*, a turn of the century, matte-green, terra cotta tile, is seen in many San Gabriel Valley homes, particularly around fireplaces.



I learned that *period bulbs* don't refer to century old flowering bulbs, but to carbon (instead of tungsten) filament light bulbs. In Issue 58, a reference indicated again the incredible attention to detail that Craftsman fans venerate. On page 110, "Period bulbs would make those fixtures stand out even more... The first owners probably would have used carbon-filament bulbs, and details like cut glass and crystal prisms undoubtedly would have displayed a lovely refractive quality that is all but lost with modern incandescent."

In my Greene and Greene exhibit visit, period bulbs were a feature that caught my eye and appreciation, where the lighting fixtures were lit with the carbon filament bulbs. The personality of the light

emitted is truly different. Book reviews and their own online bookstore are a treasure trove for enthusiasts. Each book has been carefully scrutinized by staff or contract reviewers before inclusion. Just because a book may be on topic doesn't automatically deem inclusion on their coveted, recommended list.

Articles and photos of all things Craftsman are invited. In fact, if there's not enough reply for a call for a particular topic, a gentle reminder might say, "We KNOW there are more pictures out there for XYZ, inviting participation, loyalty and a tacit membership in "the club."



I read the "Seduction by Sawdust" submitted by a reader and historic home restorer, Oregonian Patricia Murphy. In it, I could envision not only my father at the table saw amid the curlicues of sawn wood and sawdust, but neighbor Martin Eberhard and friends Nick Seth Smith and Jim Kaduk who have invited me into their passionate world of devotion to furniture and cabinet building. And the benefits of a new type of table saw, called SawStop, that automatically stops before amputating fingers. I'll just have to pass along some of my review copies of *American Bungalow* to the three of them.

I laughed when I reached the paragraph, "When friends come to visit, Bob often takes the men out to the shop. He turns on the machines so they can hear them scream, see how accurately they drill, how smoothly they cut. The sight of all that power and precision turns them almost mute. 'Ooooo,' they say, in tones they usually reserve for gorgeous women, or fast cars. 'Whoa.'"

Philosophy and poetry blend in comments about the human affinity for lines, from Brinkmann in Winter, 2007.

"Nature isn't nearly as fond of straight edges as man seems to be... Could it be that this appreciation of definitive, confining lines is the reason we are drawn to the Craftsman style?... there is no denying that Craftsman bungalows and furnishings are blatant statements of simple linear art—a bold contradiction of the excessive decoration of an earlier period... the appeal of this rectilinear style is.. a celebration both of man's abilities and of nature.. the basic honesty of Craftsman work.. in materials.. design and finish.. in representing the skills of its human creator... It is so deliciously straightforward—the honest result of hand tools working natural materials." Brinkmann and Luke focus on thoughtful, studied insight, radiating these traits much like their topic. *American Bungalow's* insight remains appealing as it does not delve into the impenetrable, esoteric realm, because the style always remains "real" not affected.

The following quote from a Summer, 2008 article about Diana Mausser, a custom tile maker in Torrance, sums up the Craftsman devotee. "Most people who are really passionate about the Craftsman style are very sensitive to the smallest details," she says, "and I have a lot of respect for their patience to build or restore a Craftsman home the right way, with that intense attention to detail." *American Bungalow* is not just a magazine about a style of architecture, furniture and accessories; it's a way of life!

*American Bungalow* magazine is a quarterly magazine, with yearly subscriptions at \$29.95 per year. Visit their website, [www.AmBungalow.com](http://www.AmBungalow.com) or call 626-355-1651 for more information. Single copies can be purchased locally at Vroman's, Borders and Whole Foods, Monrovia's Historic Lighting and Pasadena Architectural Salvage, 30 S. San Gabriel Blvd., Pasadena, CA 91107.

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## CENTURY 21 VILLAGE INC'S NAZEE RIX TOP PRODUCER FOR 2008

Andy Bencosme, Managing Broker of CENTURY 21 Village Inc. in Sierra Madre recently congratulated Nazee Rix for her sales production through 2008. With home sales just over 13.5 million dollars, Rix qualified for the prestigious Centurion Award, which she has received for many years.

She was recently presented with a beautiful plaque for her hard work at the annual awards breakfast, held this year in the banquet room at the "Only Place In Town" restaurant in Sierra Madre.

This marks Rix sixth straight year as the Village office's top sales associate and Bencosme credits her success to having "the utmost dedication to her clients and working real estate around the clock if need be." "It's not just a sale to me" says Rix "you've got to make sure that the clients will be happy with their decision once the escrow has closed and the dust has settled." Bencosme said that he is very confident with the potential real estate market in 2009 and that Nazee and the office should have an even better year.

Nazee Rix can be reached at 38 W. Sierra Madre Blvd. Or by telephone, (626) 355-1451

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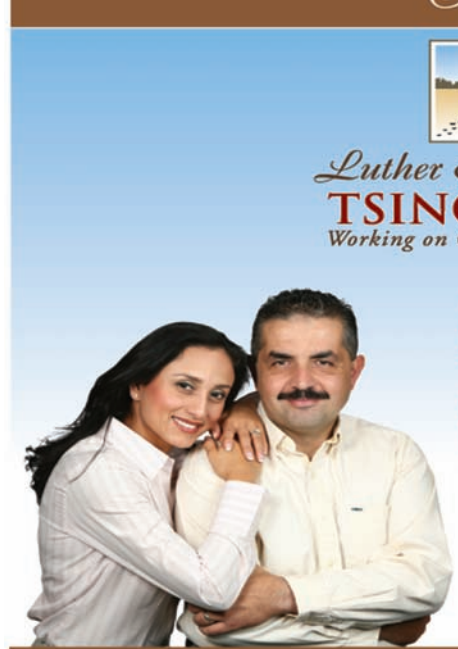
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