

Popular Coffee Shop Closes

By Dean Lee

Patrons of Steamers Coffee House were greeted Wednesday with an unexpected one page sign on the door that starts out, "Steamer's Coffee Shop is now closed for good." Many looked inside the dark store before walking away.

At press time owner Cameron Thomas could not be reached for comment.

The sign goes on to say, "We had a good run, but just couldn't make it in the end." Thomas can now be found at Ap Pattie, a European pastries and sandwich shop on North Lake Avenue in Pasadena.

As one Sierra Madre Resident disclosed and according to the message left, Thomas plans to open another Coffee Shop in Sierra Madre possibly at the library.

"We will be operating under our new name - Jubilate," he states. "Within the next couple of weeks you will also be able to buy our products online."

He then gives the web address jubilatecoffee.com where he says, "We will have bulk coffee and tea for sale as well as a few accessories."

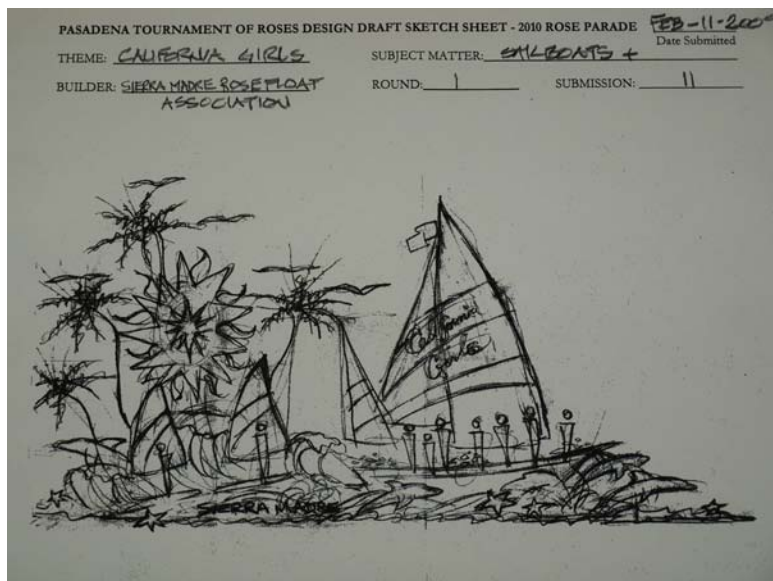
Thomas is the second owner of Steamers since the coffee house opened in September 2007.

Streamers grand opening brought out many in the community with live music and a grand ribbon cutting ceremony. It was thought at the time that Steamers could give BeanTown, a Sierra Madre institution, a run for its money.



Photo By Dean Lee

Sierra Madre Rose Float Association News: California Girls For 2010



The Sierra Madre Rose Float Association is proud to announce the attached sketch; "California Girls" has been approved by the Tournament of Roses and will appear in the 2010 parade.

On February 11th, SMRFA President Bob Young and Association Members Steve Gagne and Dick Sappington submitted the attached design at the annual Tournament of Roses Theme Draft meeting, after receiving numerous compliments for our efforts on "Bollywood Dreams."

The design, submitted by Dick Sappington, features an ocean/beach scene complete with sailboat, surfers and wind suffers and dolphins jumping through the waves. In

the background will be a brilliant sun and palm trees. Soon the float construction and design teams will begin working on the concept's details including float animation, music, size and floral requirements. The next step will be the creation of blue prints and the final rendering.

Dick Sappington is a 10 year member of SMRFA and has been the Construction Chairman for the last five years and has helped us create 4 award-winning floats in that time. "California Girls" will be first design in the parade. Dick resides in Los Angeles and is married to Kay Sappington, our Floral Chairperson.

Search & Rescue Training Days ...It Started With An Avalanche



"Members of the Sierra Madre Search and Rescue Team prepare to evacuate a mock victim in a snow and ice training at Squaw Valley."

On Saturday, the Sierra Madre Search and Rescue Team participated in a snow and ice skills re-accreditation in Squaw Valley, California near Lake Tahoe. The all-day event used many of the skills required in the rescues that occur both locally and statewide. This event was not a training exercise but rather an evaluation of skills necessary for winter rescue operations.

The Team arrived at a mock scene flagged with a reporting party saying he saw three people hiking with snow shoes and wearing avalanche beacons who were buried up a steep snow covered hill. The team quickly hiked to the area. Once on scene, it took only nine minutes to locate all three people buried under the snow and dig them out.

The next training problem was a medical scenario with a patient

who was skiing and had fallen 60 feet the night before and struck a tree. Simulated injuries included neck pain, abdominal pain, injured left leg, and back injury. The mock victim was cold and going into shock. After carrying a litter uphill to the patient and assessing injuries, a backboard was used. Using anchors dug into the snow the Team lowered the victim down the hill for evacuation.

Each of the 16 mountain rescue teams participating demonstrated proficiency in snow and ice search and rescue techniques. All teams provided evaluators for grading skill levels of the teams present. These volunteer teams all belong to the Mountain Rescue Association (MRA). This is a national volunteer organization dedicated to saving lives through rescue and mountain safety education.

California Region of the Mountain Rescue Association consists of over 20 rescue teams from throughout the state of California. Members are unpaid volunteers who are highly trained. Accredited teams must meet the high standards of the MRA and must be re-evaluated every five years in each of the three search and rescue skills: Search and Tracking, Technical Rock, and Snow and Ice. California MRA teams not only respond to search and rescue operations in the unit's area of responsibility, but will also respond to mutual aid calls anywhere in the state to assist other agencies.

The Sierra Madre Search and Rescue Team responded to over 50 operations in 2008 and will probably exceed that number this year.

Foothill Unity Center - Helping Hands During Troubled Times

By LaQuetta Shamblee

"We make a living by what we get, we make a life by what we give."

- Sir Winston Churchill

Most anyone who's actively involved in doing anything to help anyone in this region of the foothills has worked with, or is familiar with the name of Sierra Madre resident, Raina Martinez. This Glendale, California native grew up in Hastings Ranch and

spent her formative years in grade school at St. Rita's and Alverno High School here in the Village. She's rarely seen hanging around since she's usually on the move, headed to volunteer at a community event, enroute to a class at Pasadena City College or serving in her professional capacity as Director of Outreach & Volunteer Services at Foothill Unity Center in Monrovia.

(continued on page 3)



Raina Martinez prepares for Frito Lay visit

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Gallery Thirty One

PRESENTS

March 21st - April 19th

Opening reception Saturday March 21st 4:00 to 7:00

Featuring work by:

Louis Jacinto
Walter Johnson
Star Higgins
Abbigail McCrea
Virginia Hoge
Ladislav Czernek



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Read The Paper Online At: www.mvobserver.com

Calendar & Arts

Weather Wise



5-Day Forecast Sierra Madre, Ca.

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

Forecasts courtesy of the National Weather Service

City of Sierra Madre Housing Update

Tuesday, March 31, 2009, 6:30 p.m. – 8:00 p.m. Sierra Madre Room, Sierra Madre Rec Center, 611 E. Sierra Madre Blvd.

The Housing Element Update will set forth the City of Sierra Madre's housing strategy for the 2008-2014 period to address existing and future housing needs. The Community Workshop will provide an overview of the Housing Element and provide you an opportunity to give your valuable input on the housing needs faced by Sierra Madre's residents. Come share your

ideas on the following:

- What are the greatest strengths of Sierra Madre's housing and neighborhoods?
- What are Sierra Madre's most important housing needs?
- What options should the City pursue to address its housing needs within the Housing Element?
- What sites are appropriate for future housing growth?

For information contact Danny Castro, Director of Development Services, 626.355.7138, dcastro@cityofsierramadre.com

TAP CHICKS AT SIERRA MADRE PLAYHOUSE ON MARCH 22

The Tap Chicks are seasoned tap dancers who dazzle with youthful energy. A favorite at the L.A. County Fair for many years, their previous performances at the Sierra Madre Playhouse have sold out.

The Tap Chicks were originally formed at Pasadena Senior Center. They are choreographed by Pam Kay, who also provides musical accompaniment, comedy and sings.

The fully costumed act dances to music ranging from Broadway tunes to 40s favorites to contemporary songs. The dancers are mature in years (ranging in age from 50 to 84) but young at heart. You don't have to drive all the

way to Palm Springs to see an act like this. It's coming to Sierra Madre.

Extra added attraction: The dazzling skill and great good humor of juggler and comedian David Cruz.

It's a good idea to reserve tickets. The Tap Chicks have a following and strong demand for tickets is expected. Their last six appearances have sold out.

Sunday, March 22, 2009 at 7 p.m. The Sierra Madre Playhouse is at 87 W. Sierra Madre Blvd., Sierra Madre, CA 91024. Tickets are \$20 general, \$17 for seniors (65+), \$12 for children under 12. Reservations: (626) 256-3809. Online ticketing: www.sierramadreplayhouse.org

Keeping Community News Alive

Sierra Madre Kiwanis will feature MountainViews-Observer Publisher/Editor Susan Henderson at their weekly luncheon meeting on Tuesday, March 17, 2009 12 Noon.

Henderson will speak on publishing in today's economic and social environment and the trend towards Community Newspapers.

The Sierra Madre Kiwanis Club meets at the Masonic Temple 33 E. Sierra Madre Blvd., Sierra Madre. The event is free and open to the public. Lunch will be served at 12 noon. The cost of lunch for Non-members is \$11. For Reservations Call: 355-6786

Speech Contest

The Sierra Madre Rotary Club will be holding its Four-Way Test Speech Contest at the Club's regular morning meeting – Tuesday, March 17, 2009, at 7:00 a.m. at the 322 Café located at 322 W. Sierra Madre Blvd. The speech contest is open to 9-12 graders.

The winner of the Club contest will then compete on March 25th, followed by a Regional competition on April 29th. The final competition will be May 30 at the Marriott Desert Springs in Palm Desert. The final winner will receive \$5,000 and the runners-up \$1,000.

Contestant application forms and rules can be obtained by contacting Carmen Thibault at Carmen.thibault@earthlink.net

EDITING FOR WRITERS PROGRAM

On Monday, March 23 at 7:00 p.m., Stephanie Vitale will present Editing—What Every Writer Needs to Know, at the Sierra Madre Public Library Drawing on 35 years of experience as an author, editor, and scriptwriter, Ms. Vitale will provide editing tips and discuss why knowing how to edit yourself is a vital skill every writer needs to develop. Learn how to give your manuscript that "extra edge," and what editors and publishers will look for when deciding whether to accept or reject a submission. This event is free to the public. For more information, please contact the Sierra Madre Public Library, 440 W. Sierra Madre Boulevard in Sierra Madre, (626) 355-7186, or visit the Library's website, www.cityofsierramadre.org.

PULITZER PRIZE WINNER "PICNIC" AT SIERRA MADRE PLAYHOUSE



March 6- April 11, 2009. Fri. & Sat. at 8, Sun. at 2:30

Dark on Sunday, March 15

Admission is \$20

Seniors (65+) and students (13-17), \$17

Children 12 and under, \$12

RESERVATIONS: (626) 355-4318

GROUP RESERVATIONS: (626) 836-2125

ONLINE: www.sierramadreplayhouse.org

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
15 		17 Saint Patrick's Day 	18 	19	20 First Day Of Spring 	21 Bethany Church Spring Eggstravaganza
27 - 29 Huck Finn Campout and Fishing Derby 			<h1>March</h1>			

HUCK FINN CAMPOUT & FISHING DERBY

Tom Sawyer and Becky Thatcher are back in Sierra Madre for another year of Huck Finn fishing. In cooperation with Sierra Madre Civic Club, Sierra Madre Kiwanis Club, Sierra Madre Rotary Club, Sierra Madre Interact Club, and the Sierra Madre Volunteer Fire Department, the Community and Personnel Services Department is sponsoring the annual campout and fishing derby for youths ages 3-15 years. Don't miss out on the family fishing portion of Huck Finn on Saturday afternoon and all day Sunday.

SCHEDULE OF EVENTS

FRIDAY, MARCH 27
Campout sites are filled on a first-come first-serve basis. You must sign up in advance for the campout. Campsites are \$45.00 up to a family of six. Food will be provided by the Sierra Madre Interact Club for a small fee.

SATURDAY, MARCH 28
Fishing Derby 7:00-11:30a
Youths ages 3-15 years
\$6 per youth
Family Fishing 12:30-4:00p
Open to all ages
\$10 per family

SUNDAY, MARCH 29
Family Fishing 7:00-10:00p
Open to all ages
\$10 per family

For more information, please call the Community and Personnel Services office at (626) 355-5278.

CREATING A HEALTHY COMMUNITY THROUGH PEOPLE, PARKS, AND PROGRAMS

active SKATE DAY

CITY OF SIERRA MADRE YOUTH ACTIVITY CENTER

FRIDAY, MARCH 20
3:00 - 5:00P
SIERRA MADRE RECREATION CENTER
611 E. SIERRA MADRE BLVD.
SIERRA MADRE, CA 91024

- Games and competitions for participants!
- Prizes and gifts provided by Active Ride Shop.
- Participants must have a signed waiver and a helmet to ride on the skate features. No exceptions.

For more information, please contact Liz Martinez, YAC Program Coordinator, at 626-355-5278 Ext. 720.

OPEN TO ALL YOUTHS. DO NOT NEED YAC MEMBERSHIP.

GOT WATER? Free Public forum Saturday, March 21

Got Water? The League of Women Voters Pasadena Area is sponsoring a free public forum on why water no longer can be taken for granted. The forum will be held Saturday, March 21, 8:30 a.m., at the Women's City Club, 160 N. Oakland Ave., Pasadena.

Tim Brick, chairman of the Metropolitan Water District (MWD), will tell how the consumer fits into

water resource management and distribution. MWD, supplies more than half the po-table water to Pasadena and surrounding communities.

Mandated and voluntary conservation, pollution and treatment problems, recycling "gray" water and the local watershed will be addressed by the League's Water Sustainability Committee.

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.

Sierra Madre Social

Public Works Open House

The Sierra Madre Social will be held in conjunction with the Public Works Open House. This is a great opportunity for new and longtime residents to get an inside look at City Yards and learn about local community groups and City Departments. Youth have the opportunity to explore Public Works trucks and tour the City Yard!

Public Works Open House and Sierra Madre Social

Date: Sunday, March 28, 2009
Time: 9:00 am - 12:00 pm
Participating Groups: City of Sierra Madre participating Departments include: Public Works, Community and Personnel Services, Senior Services, and Development Services. Local community groups will be on site to answer questions and provide information. The Public Works Open House will feature agencies such as: San Gabriel Valley Municipal Water District, Southern California Edison, California Conservation Corp., Los Angeles Regional Agency, Athens Services and other local environmental groups.

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CORRECTION - In last week's edition, Sierra Madre Older American Of The Year, Ken Anhalt's name was misspelled. The correct spelling of his name is Anhalt, not Anholt.

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ArtTalk

Pasadena Celebrates the Arts with ARTTalk a FREE six-hour performance marathon featuring spoken word, theatre performances, music, dance, and film on Saturday, March 14, 2009 from 11 am until 5 pm at The Boston Court Theatre, 70 N. Mentor, Pasadena, Ca.



Around Monrovia

by Pat Ostrye

Monrovia's Landmark Hotels

Although Monrovia now has two 5-star hotels to its credit: Courtyard Marriott and Doubletree, the City also has two historic landmark hotels, both having been restored to their original condition and appearance during the past decade or so. I hate to admit it but I cut the ribbon, as Mayor, for Howard Johnson, the first modern hotel, now the Marriott, over thirty years ago. It has changed hands several times since then, as has Doubletree.

The two historic hotels, The Aztec and Leven Oaks, are still in full swing, each offering its own special services. The Aztec Hotel on Foothill Blvd in Monrovia, built in 1924, is a residence hotel with a large ball room across the back where their musical groups feature entertainment several nights a week. Kathy Reece is owner/manager, an accomplished singer herself, and she continues to find new ways for refurbishing some of the hotel's old niches and corners. Our New Horizon Senior Club is fortunate in having for the second time, coming up on St. Patrick's Day, the Aztec's extremely talented pianist, Jim McEwan, providing entertainment for our "Irish" celebration. (Scottish name, but his mother was an O'Neill).

As it happens, I became acquainted with Jim back in the early '70s when we were both involved in helping Family Service get back on level ground. Had I realized at that time how talented he was at the piano keys, we might have had more exciting meetings. Many of you are too young to remember Newman's Restaurant in the Azusa canyon (believe it or not, we had our engagement party there in '45), later to become Hinkley's where McEwan played piano for twenty-one years, then at the Trails in Duarte for ten years, and for the past five years at the Aztec in Monrovia. He plays there every Thursday and Sunday from

6-10 pm. All of you Wannabe Singers in the area may sign in and he'll let you air your tonsils with a song or two, first come first to sing while time allows. Let me tell you first-hand, he can play anything and everything. I've never heard a song mentioned that he couldn't pound right out. Incidentally, food is available, also "liquid refreshment".

Then there's the Leven Oaks Hotel on Myrtle Ave. in Monrovia, built in 1911 (we had our Wedding Breakfast there, WWII and I was still in the Navy, stationed in San Diego - also our 25th Wedding Anniversary celebration, extending out into their colorful gardens, in 1970). Lisa Magno is owner/manager and has managed to get the hotel licensed for "Assisted Living", which includes meals. The place is just beautiful, Victorian mahogany paneling, Tiffany lamps, period window coverings, a picture as one enters the front with its original porch.

A few years ago when Monrovia Hospital closed down, Lisa, at a day's notice, took over the Meals on Wheels program. Having the assisted living license made it possible, but it is an added chore to say the least. Meals on Wheels had been one of my campaign promises in 1974. We were able to go into action in January of 1975, with the help of Kiwanis, Rotary and, of course, the Monrovia Hospital where the meals were prepared and packaged. This was a family hospital at the time; the late Lou Petrie, a family member, enabled me to get the hospital to agree to it. At the present time, Patty Telles, administrator for the Volunteer Center at the Community Center, still handles most of the business end of it. The program has never missed a day since that opening in 1975, thanks to Lisa Magno and her crew. Enuff for today! *postrye@netzero.com*

Bargain INDIA BAZAAR To Support American Cancer Society In Monrovia

You are invited to an exclusive Bargain Sale of "Treasures from India" on Saturday, March 28th from 10:00AM to 2:00PM organized to support the Relay For Life of Monrovia 2009.

Team Global Cancer Fighters have become a regular at the Relay For Life event since it began in Monrovia. The team has supported American Cancer Society by raising a modest \$2500 in 2006 to more than \$7,000 last year. The team is truly global with team members from India, Armenia, Canada, and America!

This year, due to economy not many people are able to support the event as much they would like to. So the team came up with an idea to hold a fundraiser where everyone gets something in return for their donations. A win-win for both the donor and the receiver!

On the show will be Bollywood style Indian Apparel, Hobo Purses, costume jewelry donated by designer boutiques - Ipshita Designs (India), Chandni Exclusives, and family and friends of Team Global Cancer Fighters. Indian tea and eclectic mix of refreshments will also be available for donations. Minakshi Raturi, an aesthetician and a member of the team, will be doing 'henna tattoo' for donations to the team.

All proceeds are tax-deductible and will support American Cancer Society's Relay For Life of Monrovia, to sponsor cancer research, education, advocacy, and community programs for cancer patients and their families.

Event will be held at Domotor's Animal House Veterinary Hospital, located at 135 W. Foothill Blvd, in Monrovia, CA 91016 on Saturday, March 28th from 10:00AM to 2:00PM.



NASA Launches 'Eyes On The Earth 3-D'

New interactive features on NASA's Global Climate Change Web site give the public the opportunity to "fly along" with NASA's fleet of Earth science missions and observe Earth from a global perspective in an immersive, 3-D environment.

Developed using a state-of-the-art, browser-based visualization technology, "Eyes on the Earth 3-D" displays the location of all of NASA's 15 currently operating Earth-observing missions in real time. These missions constantly monitor our planet's vital signs, such as sea level height, concentration of carbon dioxide in our atmosphere, global temperatures and extent of sea ice in the Arctic, to name a few.

The new "Eyes on the Earth 3-D" features are online at: <http://climate.jpl.nasa.gov>.

Visitors to "Eyes on the Earth 3-D" can:

- Ride along with a spacecraft, observing Earth as it sweeps below in accelerated time.
- View authentic data maps of ozone, sea level or carbon dioxide distribution, mapped onto the surface of the globe.

- Compare the size of each satellite to a car or a scientist.

- Blast through a global carbon dioxide map to uncover some of the world's most populous cities in the new interactive game, "Metropolis."

"This innovative new Web application gives the public an unprecedented perspective on our changing planet, as only NASA can," said Michael Greene, manager for public engagement strategy at NASA's Jet Propulsion Laboratory, Pasadena, Calif.

NASA's Global Climate Change Web site is devoted to educating the public about Earth's changing climate, providing easy-to-understand information about the causes and effects of climate change and how NASA studies it.

For more on NASA's Earth Science Program, visit: <http://www.nasa.gov>. JPL is a division of the California Institute of Technology in Pasadena.

Larry Bell, Lynda Benglis, Brad Howe, Matt Johnson and Nancy Rubins

Cast in limited editions and sold individually, the proceeds benefit the renowned Frostig Center's newly-implemented social skills program for children with learning disabilities.

Admission is free

For inquiries about the collections or events, please call (626) 791-9163 or email frostigcollection@frostig.org or www.thefrostigcollection.org

THE FROSTIG COLLECTION

Frostig Center
971 N. Altadena Drive
Pasadena, California 91107

THE FROSTIG COLLECTION 2009

FOOTHILL (cont. from page 1)

Foothill Unity Center operates one of the largest food pantries in this region of Los Angeles County. It serves families from the communities of Altadena, Arcadia, Azusa, Baldwin Park, Bradbury, Duarte, Irwindale, Monrovia, Pasadena, Sierra Madre and South Pasadena. As an increasing number of individuals and families struggle to maintain a level of comfort and dignity in the face of economic challenges, an increasing number of new clients need help to keep nutritious food on the table. In addition to the distribution of canned goods commonly available at many food pantries, Foothill Unity Center is also able to provide lots of fresh fruits, vegetables, breads, sweets and meats. Last year the agency distributed more than three million pounds of food to 3,100 families.

Joan Whitenack has been serving as executive director for almost fourteen years of the agency's twenty-nine year history and expresses that the agency provides "Much more than food." Client needs are assessed to determine the most appropriate referrals to other local programs and services that will help them regain self-sufficiency. Foothill Unity Center also operates Rainbow's End Boutique and

Thrift Shop located 1329 E. Huntington Drive (Buena Vista intersection, in shopping center next to Big Lots). Food pantry families receive vouchers they can redeem for clothing and other necessities Rainbow's End.

Americans like Ms. Martinez have integrated community service into the daily fabric of their lives in the capacity of a career that extends to lending a helping hand as a way of life. Hopefully it serves as inspiration to the rest of us to participate in some meaningful way that fits who we are, and what we are able to contribute. Consider becoming a volunteer at the food pantry for a month, on an ongoing basis or for a special event. If you're among those gainfully employed or otherwise prepared and fortunate to weather the economic challenges, consider a donation of cash to ensure that the shelves, refrigerators and freezers remain stocked to meet the growing needs of our community at Foothill Unity Center.

For volunteer opportunities, you may contact Raina directly at raina@foothillunitycenter.org. For information on hours, services, or to make a donation, visit www.foothillunitycenter.org or call Joan at (626) 358-3486. Foothill Unity Center is located at 415 W. Chestnut in Monrovia, 91016.



Far left is Joan and far right is Raina with some of the sixty Frito Lay staff

Congratulations Dr. Ron

Sierra Madre resident Ron Longo receives Doctor of Audiology (Au.D.) degree from ATSU. Sierra Madre resident Ron Longo graduated from A.T. Still University's Arizona School of Health Sciences in Mesa on March 7, 2009. Ron completed the two-year online program from home. He was one of some 300 students graduating from ATSU-ASHS at the annual March commencement held at the Phoenix Convention Center.

Ron received his M.A. in audiology from California State University in 1996, and has been employed as an Educational Audiologist with the Los Angeles County Office of Education since 1998. He thanks his parents, Bob and Lee Longo, and his husband, Bruce Carr, for their amazing

support.

ATSU-ASHS is in its thirteenth year of educating students in Arizona in several allied health professions. The March graduating class included degrees in Athletic Training, Audiology, Occupational Therapy, Physical Therapy, and Physician Assistant Studies. ATSU's Arizona campus, which includes ASHS, is also the home of the Arizona School of Dentistry & Oral Health, which graduated its first class in 2007, and the School of Osteopathic Medicine in Arizona, which welcomed its first class of students in July. Established in 1892 by A. T. Still, the founder of osteopathy, A.T. Still University began as the nation's first college of osteopathic medicine and has evolved into a leading university of health sciences.

Sierra Madre Woman's Club Wistaria Thrift Shop

Run completely by Volunteers
Proceeds support local charities

Spring Sale

Featuring Spring Fashions and Special Items for the Home

Friday and Saturday
March 20 & 21
9 a.m. to 3 p.m.

In the Historic Essick House

550 W. Sierra Madre Blvd.
One block East of Michillinda Ave.

For information call 626-355-7739

An Open Letter to the Pasadena Community

To: The Pasadena Community

From: Mayor Bill Bogaard, City Councilman Chris Holden, City Councilwoman Jacque Robinson

We have heard and understand community concerns arising from the Feb. 19 officer-involved shooting that resulted in the death of Leroy Barnes, and we take seriously any questions regarding the conduct of Pasadena police officers.

A series of internal and independent investigations is underway to review what occurred and to fully evaluate all evidence, witness statements and reports. These well-established processes, which are standard for any officer-involved shooting in our city, are moving forward with a sense of urgency.

It is important for our Police Department, and for all of those touched by this incident, that we let these investigations be completed before passing judgment or drawing conclusions about the department and its dedicated officers.

The internal investigation by Pasadena police will determine whether the actions of the two officers involved in the shooting of an armed suspect complied with all department policies, procedures and training.

Some residents have requested a separate, independent investigation into the shooting. An independent investigation has already been initiated by the Los Angeles County District Attorney's Office to determine whether the officers' actions were within state laws.

In addition, Police Chief Bernard Melekian recently requested an independent review by the U.S. Department of Justice through the Federal Bureau of Investigation to determine whether the officers acted in compliance with federal civil rights laws. The call for additional independent review should wait until the above investigations are completed and the findings are made public.

We have been briefed on the investigation and have confidence in the ability of these agencies to seek and examine all available evidence and provide a comprehensive accounting of the tragic event.

"City Beat," Airs on KPAS Shooting Discussed

Topics on the latest edition of "City Beat," airing on 55 KPAS and the Internet, include investigations into the Feb. 19 officer-involved shooting, the installation of Pasadena Police Chief Bernard Melekian as president of the California Police Chiefs Association, and the removal of trees on Colorado Boulevard in the Playhouse District.

Moderator Barry Gordon is joined by Pasadena City Councilwoman Jacque Robinson, Pasadena Weekly reporter André Coleman and Mountain Views-Observer reporter Dean Lee.

"City Beat" replays Mondays at 2 p.m. and 6 p.m., Tuesdays at 7:30 p.m., Wednesdays at 8:30 a.m., Thursdays at 7 p.m., Fridays at 8:30 p.m., Saturdays at 5:30 p.m. and Sundays at 11:30 a.m.

Council Election, the Low Numbers



Terry Tornek

District 7 runoff set for April 21

By Dean Lee

The big surprise of Tuesday's council election was not who won but the number of votes cast which ranged from no more than 889 for Terry Tornek to as little as 29 for Gary Ettl both of which ran for the open seat in District 7 now held by council member Sid Tyler.

Tornek, a business executive and city Planning Commissioner, received 47.2 percent of the vote, just shy of the necessary 50 plus one percent to win. He will now face-off April 21 with former LA County Police Chief Margaret York who ended the night with 514

votes, or 27.3 percent.

York beat out former city Planning Commissioner Ciran Hadjian by 168 votes. Hadjian had gotten 18.4 percent of the vote to York's 27.3 percent, placing York in the runoff.

Looking at the race in total contributions and cost per vote this election was costly for all three of the top contenders with York being the highest at a cost of \$41.19 per vote. She raised \$21,175 in contributions as of Feb. 21.

Tornek raised \$29,722 with a cost of \$33.50 per vote and Hadjian only raised \$12,437 in contributions although had a higher cost of \$35.94 per vote.

The best deal of the election for District 7 was Gary Ettl, a Community



Margaret York

Volunteer, who's 29 votes cost him nothing having not raised any money for his campaign.

Of the five candidates running to replace Tyler, John Walsh, a former deputy city prosecutor and deputy city attorney, ran the most interesting campaign having said it was his prerogative not to use lawn signs or mass mailings for his campaign. With that he raised no more than \$700 with a cost of \$6.67 per vote. He got 5.6 percent of the vote.

As the results came in and counted at the Pasadena Convention Center some said they were appalled that in a city with an estimated population of 148,126, with 26,266 eligible voters for this election, only 3,184 residents cast a ballot.

Council member Chris

Holden ran unopposed for District 3 and Council member Victor Gordo had little competition beating out Library Assistant Tarince Tyler, 90.9 percent to 9.1 percent. Gordo had the second highest number of votes for the entire night getting 756 votes.

Sid Tyler, in recent weeks, had been the center of controversy over removing 14 large shady, healthy Ficus trees along Colorado Boulevard. He was the only vote against cutting down the trees late last month outraging the community. At their last meeting the council revisited the issue this time voting not to remove any more healthy trees, unless the tree is dead, a danger, or diseased.

District 6 Meeting Fires up Residents

By Dean Lee

Although Councilmember Steve Madison March 3, during a community meeting, touched on a number of issues in his district including possible new restrictions on red flag days and code compliant issues nothing was more controversial than a scrapped plan to place public art in front of the newly remodeled Convention Center.

Signs were also a big issue and halfway through the meeting Madison commented that the city was looking at changing the times for street sweeping which would result in 5,000 new signs citywide. He said he would have to be convinced this was a good idea.

"Right now it's at night," he said. "Now there going to propose to do it during the day. There are reasons for it but I said to the group that I'm going to be from Missouri on this, you're really going to have to show me."

After Fire Marshal Mark Fasick later opened up questions regarding a new program that would restrict parking on Red Flag days, it was not the fact that cars could be towed away that got residents angry, but rather the idea of putting up "unsightly" signs in the upscale neighborhoods of Linda Vista/San Rafael and upper Hastings Ranch.

"We would have signs that would come down, flashing lights, red, kind of like a stop sign," Fasick said. "It would tell you if you're in a red flag alert."

He also explained the digital signs would tell residents how long an alert would last. And along with electronic warnings, permanent "no parking signs" would be put of every hundred yards or so.

"As part of this program we will



poet it just like any other streets posted no parking," he said.

Fasick said public safety was paramount after one resident commented, "We live on a hill on a narrow street and we don't have signs on our street and to all of a sudden have ticky-tacky signs all over the place is not something we are looking forward to."

Fasick also explained the signs were not for homeowners but rather guests in the area that might not be reached any other way. He said the reason for the program was that fire vehicles were getting larger thus harder to get down narrow streets.

Madison gave a rundown of every controversial issue including, trees cut down on Colorado Boulevard, the All Saints Church expansion, the shooting death of Leroy Barnes in northwest by police, and public art at the Convention Center.

At one point he said residents needed to stop personal attacks and come together to discuss the issues.

He likened "Thinking Caps" by artist Dennis Oppenheim which would have consisted of three hats:

train hat, sun hat and conductor's cap to the Eiffel tower in Paris.

"Apparently I'm told people were hanged for that and now it's probably the most recognizable icon in the world," he said.

He called the plaza in front of the Center "sacred space, along with City Hall and the Rose Bowl."

He said it was not appropriate for them to decide what style of art but ok to discuss the placement of art and others issues such as obstructing a view. Madison also added that the Pasadena Center Operating Company did not approve the art. He sits on the PCOC.

Almost all of the comments made were about the amount of money said to have been wasted including \$75,000 to commission Oppenheim and \$150,000 earmarked for the project.

One resident said Oppenheim commented that he had never so late in a project seen it cut down this fast. It was also said Oppenheim has been commissioned on other projects in Pasadena and for the MTA.

Treatment Plant Ground-breaking Set For Tuesday

A groundbreaking ceremony Tuesday, March 17, at 10 a.m. will mark the beginning of construction of the Monk Hill treatment plant near the city of Pasadena's Windsor Reservoir at 2696 Windsor Ave. near the Jet Propulsion Laboratory.

When construction is completed late next year, the plant will remove perchlorate and volatile organic compounds (VOCs) from groundwater near four closed Pasadena Water and Power production wells, allowing PWP to apply to reopen the wells and deliver clean, safe water to customers. Perchlorate is a salt used as an oxidizer in rocket propellants; VOCs were used decades ago as industrial cleaning solvents.

Speakers at the event will include Pasadena Mayor Bill Bogaard; Pasadena City Councilwoman Jacque Robinson, who represents District 1 where the wells are located; Phyllis Currie, general manager of Pasadena Water and Power; Dr. James Wright, deputy assistant administrator for the NASA Office of Infrastructure; and Steve Slaten, NASA project manager for groundwater cleanup.

The groundbreaking festivities will also include a tree-planting, refreshments and informative displays about the project.

NASA and the city of Pasadena have worked closely together on site selection and design of the facility with support from the U.S. Environmental Protection Agency, California Department of Toxic Substances Control, Los Angeles Regional Water Quality Control Board and California Department of Public Health.

NASA is funding construction and operating costs; the city of Pasadena will own and operate the plant. A contract for construction has been awarded and completion is anticipated in late 2010.

"Thanks to this remarkable example of cooperation among federal, state and city agencies, Pasadena will once again have access to an important local water source at a time when water supply challenges have become critical," said Currie. "We are proud of the fact that throughout the planning process, NASA and the city encouraged extensive involvement from neighbors whose suggestions have been incorporated into the plant's landscaping and design features."

With the new Pasadena facility soon underway, NASA's three-plant treatment strategy to remove chemicals from groundwater beneath the Jet Propulsion Laboratory and adjacent areas is nearing completion. Two existing NASA-funded treatment plants have been removing groundwater chemicals from the source area at JPL and from the farthest reaches of the area affected by the chemicals. The new Pasadena plant will provide groundwater cleanup in the center of the affected area.

For more information about the groundwater cleanup project visit www.jplwater.nasa.gov or call (818) 393-0754.

Information provided by Ann Erdman, PIO



Environmentally Speaking, Did You Know?

Plight of the Honeybee

By Pat Birdsall

In the past two years, nearly one-third of America's honeybees have vanished.

They started mysteriously abandoning their hives, never to return. Farmers—many of whom rely on the pollinator to help their crops grow—are understandably worried, as are scientists, who fear the honeybee may be a modern-day canary in a coal mine. Although the bee die-off, also known as colony collapse disorder, continues to alarm and puzzle scientists and beekeepers. Experts hypothesize that the likely culprits are pesticides, mites, dwindling food supply, and a new virus that appears to target the bees' immune system.

We rely on honey bees for one-third of our food supply, so when honey bees are in danger, we're all in danger. They are truly airborne heroes. They are responsible for the pollination of more than 100 crops, including fruits, vegetables, nuts and seeds, and provide 80% of the country's pollination services. In dollars and cents, the honey bee is responsible for \$15 billion in U.S. agricultural crops each year. They need our help...

What you can do in your own backyard...

Replace some of your lawn with flower beds. Plant native plant species, which are suited for local bee populations. (pollinator.org) Reduce or eliminate pesticides and insecticides in the garden whenever possible.

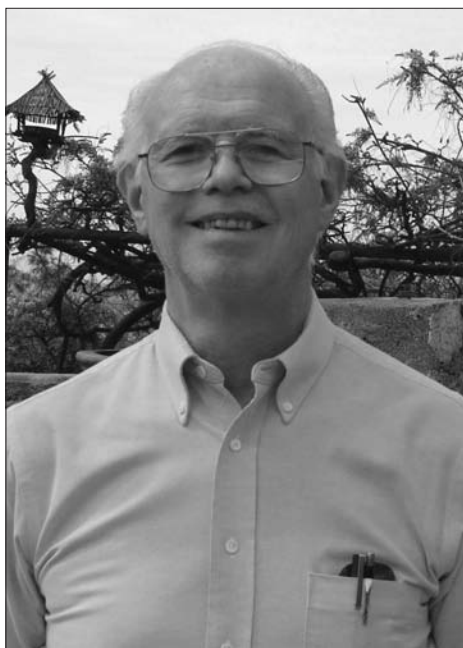
(organicgardening.com) Choose plants that flower at various stages in the growing season to provide a consistent source of food for pollinators. For a free packet of bee-friendly flower seeds, visit burtsbees.com. Bee pollination is essential for 40% of the ingredients in a product we all know and love. Haagen-Dazs ice cream. They are contributing in a big way to help our communities bring them back. Check out (helpthehoneybees.com), to see how.

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A Weekly Spotlight on Sierra Madre Volunteers

Focus Ward Calaway



Ask anyone. Ward Calaway IS the Sierra Madre Playhouse. This enthusiastic Sierra Madre volunteer has always "been there" for the playhouse, supporting it both with his work and with his wallet.

In about 1996, the Sierra Madre Playhouse was on the verge of bankruptcy. Founders Charles Andrese and Stan Zalas were wringing their hands, wondering how to pull it together, when George Enyedi, another Sierra Madre volunteer, gathered a group of local people to solve some of the problems, to answer how to deal with some of the playhouse travails. Ward and Louise Calaway were among that group, and, under Enyedi's leadership, the local volunteers raised money to remodel the theater and reinstate the board of directors. Enyedi also arranged for the playhouse to purchase the building they had been using all of those years.

In 2002, Ward was asked to take over as president, and, with the exception of one year, he is still banging the gavel and

leading the group. "Other than sporadically attending shows, I had no experience with the theater before joining the Sierra Madre Playhouse board," Ward said.

"One of the most rewarding things I've done was organizing the tribute to Verna Chilton after she died in October, 2005." Verna was a good friend, volunteer, and prolific actor at the playhouse.

Ward was tapped to represent the playhouse on the new Arts Commission in 1999, and he accepted. He said that he couldn't overestimate the importance of that commission to the town. But that was just the beginning of appointments. He was chosen Sierra Madre representative to the board of Community Media of the Foothills, a nonprofit group that administers Public, Education and Government access TV in Monrovia and Sierra Madre. It entails membership on the Sierra Madre SMTV3 committee responsible for Channels 3 and 98 (government and educational channels, respectively). CMF makes possible the broadcasting and recording of the Sierra Madre City Council and Planning Commission meetings as well as many other events in the City.

When Alison Kalmus formed the Southern California Lyric Theater in 2006, Ward asked to be involved. SCLT is a nonprofit group dedicated to music theater from Broadway to opera. Its productions involve both youngsters and adults, and include the popular summer Shakespeare in Memorial Park.

"Being basically introverted, I marvel at how much fun I have working with the directors and actors, and how I enjoy meeting and greeting the patrons," Ward said. "Aside from listening to music, my exposure to the arts has been minimal. My most artistic endeavor is my work, designing electronics circuits."

His two degrees, a BS and MS from Caltech, came after he moved to the West Coast. Ward grew up in Chicago, married Louise, his childhood sweetheart, and they moved to Pasadena, and then to Sierra Madre, to be near his work. He is a self-employed electronics consultant.

The Calaways have two grown children, and he has four children who call him "Grandpa Calaway."

Sierra Madre Police Blotter

During the week of Sunday, March 1, 2009, to Saturday March 8, 2009, the Sierra Madre Police Department responded to approximately 277 calls for service.

Sunday, March 1st:

5:47 PM – Arrest, Driving Under the Influence, Michillinda Ave. and Sierra Madre Blvd. A motorist was stopped for a traffic violation. Further investigation revealed the motorist showed symptoms of intoxication. The motorist failed the field sobriety tests and was arrested for suspicion of driving under the influence of alcohol. The motorist was transported to Pasadena police jail facility for further testing, booking and housing.

6:31 PM – Arrest, Court Order Violation, 300 block of Grove Street. Officers were summoned to a call of a disturbance. Further investigation revealed the neighbor causing the disturbance violated the conditions of a restraining order. The neighbor was arrested for the court order violation and transported to Pasadena police jail facility for booking and housing.

Monday, March 2nd:

3:41 PM – Arrest, Suspended or Revoked Driver's License, 100 block of N. Mountain Trail Ave. A motorist was stopped for a traffic violation. Further investigation revealed the motorist was driving with suspended or revoked driver's license. The motorist was arrested for the misdemeanor violation and was later released, on a written promise to appear.

Tuesday, March 3rd:

12:56 PM – Theft of Identity, Van Nuys, CA. The victim discovered that someone fraudulently used the information on his ATM/Credit Card and purchased a computer at a Radio Shack store in Van Nuys. The reported loss was \$1,285.17.

4:35 PM – Grand Theft Auto, 1900 block of Vista Ave. The victims reported their silver, 2003, Honda, Accord, was stolen from their driveway. The theft occurred between Monday, 3/2/09, at 10:00 a.m. and Tuesday, 3/3/09, at 4:00 p.m.

6:48 PM – Arrest, Unlicensed Driver, Baldwin Ave. south of Orange Grove Ave. The motorist was stopped for a traffic violation. Further investigation, revealed the driver was unlicensed

to drive. The motorist was arrested for the misdemeanor violation and was later released, on a written promise to appear.

Wednesday, March 4th:

6:43 PM – Arrest, Unlicensed Driver, Baldwin Ave. and Orange Grove Ave. The motorist was stopped for an equipment violation. Further investigation, revealed the motorist's driver's license was expired. The motorist was arrested for the misdemeanor violation and was later released, on a written promise to appear.

Thursday, March 5th:

7:25 AM – Arrest, Suspended or Revoked Driver's License, Sierra Madre Blvd. and Lima St. A motorist was stopped for a traffic violation. Further investigation revealed the motorist was driving with suspended or revoked driver's license. The motorist was arrested for the misdemeanor violation and was later released, on a written promise to appear.

Friday, March 6th:

1:49 PM – Auto Burglary, 611 E. Sierra Madre Blvd. The victim parked her car in the parking lot at about 12:30 p.m. The victim returned to her car at 1:45 p.m. and found that someone smashed the front passenger door window. The suspect(s) took a bag, which contained personal belongings from the interior of the car and fled. The loss was valued at approximately \$25.00.

Saturday, March 7th:

4:42 AM – Arrest, Outstanding Criminal Warrant, 100 block Esperanza Ave. Officers responded to a call of a suspicious vehicle. Further investigation revealed that one of the people involved with the suspicious car had an outstanding warrant from San Bernardino. The man was arrested and transported to Sierra Madre Police Department for booking.

12:14 PM – Arrest, Suspended or Revoked Driver's License, Sunnyside Ave. and Montecito Ave. A motorist was stopped for a traffic violation. Further investigation revealed the motorist was driving with suspended or revoked driver's license. The motorist was arrested for the misdemeanor violation and was later released, on a written promise to appear.



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Fire Safe Council

"Announcements and Observations"

The FREE curbside "Chipper Day" program for all residents living in the Very High Fire Hazard Severity Zone is underway north of Grandview. For information or a registration packet call 355-0741 or e-mail the Sierra Madre Fire Safe Council at smfiresafecouncil@hotmail.com. The program provides a savings of up to 20% on the costs of chipping and removing the chips from your property.

The next meeting of the Sierra Madre Fire Safe Council will be April 6, 2009 at 7 p.m. in the City Council chambers, 232 W. Sierra Madre Blvd.

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PUSD Job Fair Held

By Teresa Baxter

The Pasadena Unified School District, in partnership with the City of Pasadena, hosted a job fair in the courtyard of City Hall last Saturday with hundreds attending in hopes of being hired. The school district is looking to fill teaching positions in the math, science, and speech and language departments for the next school year. PUSD is also recruiting for non-teaching positions, such as office and maintenance workers.

According to Chief Academic Officer Alice Petrossian, the district had planned the job fair well before the economic downturn and state budget cuts. Petrossian said that although the amount of positions available may not be as great as anticipated, there will be openings for the best qualified.

"We have been planning this for awhile before the economy went bad," she said. "We know that we will have openings and we are looking for the best. The people here today have proven to be outstanding candidates."

Daver Rodriguez, the personnel analyst for classified positions, works with recruitment, selection, and the application process for all non-teaching employment opportunities in the district.

"We currently have several positions offered that include ad-

ministrative, children's services, child nutrition, and physical service specialists openings available," he said. "Each position requires different qualifications and applicants are prioritized for the jobs that they are skilled at."

Cy Chukwumezie, the director of the personnel commission, sees the current economic climates as an ideal time for prospective employees to become familiar with classified positions in the school district.

"We have many listings of positions that may become open in the future," he said. "All we need is your information, and once it becomes open you will automatically be notified."

Superintendent Edwin Diaz was on hand to greet the prospective applicants, offering support and guidance.

"We're trying to establish relationships by presenting some of the potential possibilities for positions in the Pasadena Unified School District," said Diaz. "Even in times when districts are reducing staff, there's always a need for great people who can initiate rapport with kids. We're not going to back off of being out there and communicating our needs in trying to establish relationships with quality people."



"What's School Got To Do With Me?"

My biology teacher glances around the classroom, searching for a raised hand, his question lingering in the silence. Some kind of sign from us, the students, that shows we're at least a little interested in the boring biogeochemical cycles. No such luck. I quickly glance around and find about 25 other teenagers with blank expressions in slumped positions. I quickly straighten up and think to myself, why doesn't anybody seem to care??? Once my teacher goes to the board to draw a diagram, I find the answer (not the one to his question, might I add...).

Adults are always wondering why kids give up in school, why they drop out and lose interest. It's because there is no connection between their lives and

what they're learning. I can't tell you how many times I have sat in my history class and thought "when am I ever going to use this in life?" In geometry class, my classmates and I are constantly wondering what the Pythagorean Theorem has to do with anything. And when is memorizing the Period Table of Elements going to come in handy? I have no aspirations of becoming a chemist and no hopes of one day teaching geometry. When kids start thinking that there's no connection between what they're learning and their lives, things start to go downhill. It difficult to stay committed to something you're not interested in, especially if there's no support coming from the home.

What to do? For every grade level

there are standards that need to be met. I think at least one standard should focus on taking what's learned and applying it to real-life situations. Let's face it, most teenagers are pretty selfish, so if it doesn't have to do with them, it must not be important. I definitely think that kids would do better in school if they knew that obtaining that knowledge would benefit them in society and in their daily lives.

Until the school system adds more student involvement in their curriculum, scores will continue to drop. I know California education is suffering due to budget costs, but how much would it cost to ensure that kids know the value of their education?

A Statement from PUSD Superintendent Edwin Diaz

March 10, 2009

Dear PUSD Community Member:

In this environment of economic uncertainty, the Board of Education and I are committed to keeping our employees, families and community members informed about the financial position of the Pasadena Unified School District (PUSD) and our efforts to balance the budget, preserve our focus on student achievement and accelerate academic and organizational improvement.

On March 3, the Board of Education held the first of a series of study sessions to hear an update on the state budget and federal stimulus bill, review projected major changes for the Second Interim Report, and discuss an approach and process for development of the 2009-10 budget.

The recently adopted state budget will cut a total of \$13 million from PUSD's General Fund over the next 18 months, and require a 20 percent reduction in categorical funds. Despite the size and immediacy of the reductions, PUSD will be able to balance its budget for 2008-09, entering the upcoming fiscal year in a stronger position than most school districts statewide. Additionally, PUSD is projected to receive approximately \$11 million from the federal stimulus package, which will further mitigate the deficit in the short term.

The Board of Education enacted a variety of proactive measures to reduce expenditures over the past year, including backfilling the shortfall with one-time funds, identifying \$3 million in current-year reductions, leaving vacancies unfilled, shifting expenditures to categorical sources, and restructuring positions for greater efficiency.

Although the stimulus funding will help in the short term, these are only one-time funds, and we will have to identify an additional \$6 to \$7 million in ongoing reductions to maintain a balanced budget in future years.

Before March 15, PUSD will determine the number of layoff notices to be issued to help close the budget gap. Currently, we are estimating that PUSD will issue approximately 35 to 50 certificated

notices. This number is relatively low compared to neighboring districts, such as Azusa, which plans to cut 116, and Rowland Heights, which may issue 88 notices. Nevertheless, we are saddened at the prospect of making any

staff reductions during this difficult time, and we are considering various strategies to limit staff reductions.

District executive staff continues to meet bi-weekly to gather information and identify areas for additional cuts. Recently, those discussions have focused on establishing base staffing ratios for every job classification. This will ensure that we have a consistent and equitable level of staff at every campus district-wide. The group also continues to evaluate existing programs in which the District is currently investing significant resources, including: International Baccalaureate, supplemental staffing for the Reinvention of John Muir, JROTC and the KLRN television station. Among the other budget reduction ideas under consideration are: increasing class sizes, reducing counselors, reducing summer school offerings, and cutting security officers.

On March 6, the Board held a study session focused on prioritizing budget decisions and to finalize recommendations for March 15 notices. On March 11, the Board will hold a third study session to certify the second interim report and develop a process and timeline for addressing 2009-10 budget decisions.

We will continue to keep you updated as the budget process moves forward, both through our ongoing communication with employee bargaining units and direct communications to employees. For more information about the PUSD budget, please visit www.pusdbudget.org.

Sincerely,
Edwin Diaz



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. Vannasdal

Arroyo Pacific Academy

41 W. Santa Clara St. Arcadia, Ca,
(626) 294-0661 Principal: Phil Clarke
E-mail address: pcclarke@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

Bethany Christian School

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

LaSalle High School

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

Monrovia High School

325 East Huntington Drive, Monrovia, CA 91016
(626) 471-2000, email: 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

Pasadena High School

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

Pasadena Unified School District

351 S. Hudson Ave. Pasadena, Ca. 91109
(626) 795-6981 website: 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

Sierra Madre Elementary School

141 W. Highland Ave, Sierra Madre, Ca. 91024
(626) 355-1428 Principal: Gayle Bluemel
E-mail address: 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

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

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Sierra Madre Aquatics Center Spring Lap Swim

The Sierra Madre Aquatics Center will be opening for the Spring Lap Swim season starting Monday, March 9, 2009. The Spring Lap Swim season will last through June 14, 2009. The Aquatics Center will be open Sunday, Monday, Wednesday, Friday, and Saturday from 12:00pm - 2:00pm and on Tuesday and Thursday from 6:00pm - 8:00pm. Spring Lap Swim passes are \$100 and are available at the Community Services Office located at 611 E. Sierra Madre Blvd. Only season passes will be sold, there will not be daily admissions. For more information call 626-355-5278.

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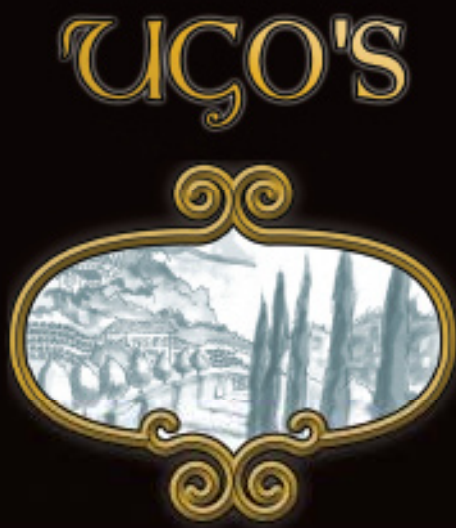
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Chris Bertrand

Tucked behind a thick screen of bamboo, on a street in Sierra Madre, lies a home with all the right vibes. As many times as I've driven the street I never even saw it hidden there. The owners are so attached to this single level home, they say they'd trade it for only one other place on earth... Kona, Hawaii.

And Kona's exactly where they're headed. I myself am proud to be from a town that rates a close second to Kona. I feel the same way about this incredible, eclectic passionate Sierra Madre community.

There's a special quiet and peaceful quality that envelops me as soon as I enter. I can feel myself exhale slowly and start to calm. There's no hypnotism, just inspired design, great planning, huge open communal spaces and well formulated, compact private spaces. A great home doesn't have to be an enormous home.

This home is actually 2305 square feet, but lives lots larger because of its floorplan. Most homes revolve around the kitchen. When the party crowd huddles in the kitchen hub of the home, there'll never be a traffic jam with a 23'x35' great room with kitchen, family room and dining combined!

The cook will never feel left out of the action while preparing dinner, as the family room and media area is visible yet offers plenty of elbow room around it. Without walls between what might be three small rooms, any subsequent owner can allocate different usage proportions easily. Even the center island location is movable, though I love it all "as is."

I still crave a formal living room, and this spacious room allows for an additional household activity or a respite from it all, when others are busy in the great room. It's far enough away from the fracas and

One Of A Kind:

Featuring unique homes & gardens and the people who create them

By Chris Bertrand

Zen Living Hidden in Plain Sight



fray of the casual area to feel formal, but two entrances to the casual area make it perfect for the traffic flow of a large party.

The private bedroom wing offers three bedrooms and three baths with privacy for those who keep a different schedule or need quiet study or work space away from the main living areas. As one might expect from a home so Zen-centric, one of the bedrooms is currently used as a yoga studio, complete with bamboo floors aligned to take the eye out the sliding doors to beautiful treed views also shared by the great room and master bedroom.

The deck was designed with eight foot eaves to shield the interior rooms from the summer heat and provide shade for lounge chairs and outdoor dining. With so many sliding doors to the back deck, indoor to outdoor living appears seamless and effortless, and the verdant green of the yard becomes part of the indoor color palette.

This 1955 Mid-Century home was extensively updated recently, including a soothing bamboo green exterior, roof, windows, sliding doors, kitchen, baths, flooring, composition deck, landscaping and and and... giving it a pristine, yet period-authentic appearance.

Just listed, 480 E. Grandview is offered at \$939,000 by Luther Tsinglou of Dickson Podley. For more information including a virtual tour, visit www.Tsinoglou.com or call his direct line at 626-695-8650.



Creative Arts Group Presents
Featured Artists
Margot Lennartz, Robert Sherrill & Dawn Mendelson
Opening Reception
February 20, 2009
7-9 pm
Show continues through March 25

CREATING A HEDGE

At some point in your life you may want, or need, to put in a hedge in your garden. Hedge plants can serve you in many different ways. So, before you run out to your local nursery and spend a small fortune on something that looks "pretty", it's important to ask yourself what it is you want to accomplish with these new plantings. Do you want to cover an unsightly fence? Block out neighbors? Or is it just that you want to create some interest along the perimeter of your property? Because we have so many good choices available to us in Southern California, you need to know, before making the wrong choice, that all hedges are not created equal.

I would like to suggest some hedge plants that I use frequently in my landscape projects and consider them to be amongst the best there is for hedge planting. Provide them with water, sunlight and the occasional feeding and they will perform very well for you.

Privet – Carolina cherry (not on driveways because of berries) – photinia – dodonaea – (hop bush, hopseed bush.) – sweet olive. (All evergreen, require little work, give height and density.)

(The above mentioned) are evergreen hedge plants that require little work other than the occasional trimming. I started off by saying make sure you know what it is you want

this hedge to do for you. Well, I suggested these three first because, if your wanting to cover an ugly wall or old fence, or even create a hedge that separates you from your next door neighbor, these plant choices are ideal for you. If your new hedge has to perform a function, namely cover or hide an unsightly spot in the garden, you have to be practical and choose what works and not what "looks pretty". In addition to these, you have many more to choose from that will fulfill the same task, but may possess other features that require a little more attention.

Some people are drawn to hedge plants with "little flowers" – keep in mind, whichever "flowering" hedge you decide on, the gardener, just in the course of maintaining the hedge, will shear the flowers off several times a year, and you will be left with (a few) flowers peeking through at the very top of the plant.

If you're sold on the idea of a flowering hedge, there are plenty of choices out there. Some other common (tall growing) plants that will work well as hedge plants;

Oleander – pyracantha – bottlebrush – hibiscus – camellia – holly – broom – pittosporum...

For those who would like to plant a short hedge, we'll talk about that next time!

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The Sierra Madre Chamber of Commerce Wistaria Festival 2009

Who:

Sierra Madre Chamber of Commerce

What:

One-day annual Festival celebrating the Guinness Book certified "World's Largest Blossoming Plant." Featuring tours of the vine, arts and craft fair in the Village, live musical entertainment, a kids' zone, dining al fresco at local restaurants as well as food vendors in the park. KOLA 99FM will be doing a remote broadcast from the downtown area.

When:

Sunday, March 15, 2009

Festival hours: 9am to 5pm

Vine Tours: 9am to 4pm

Where:

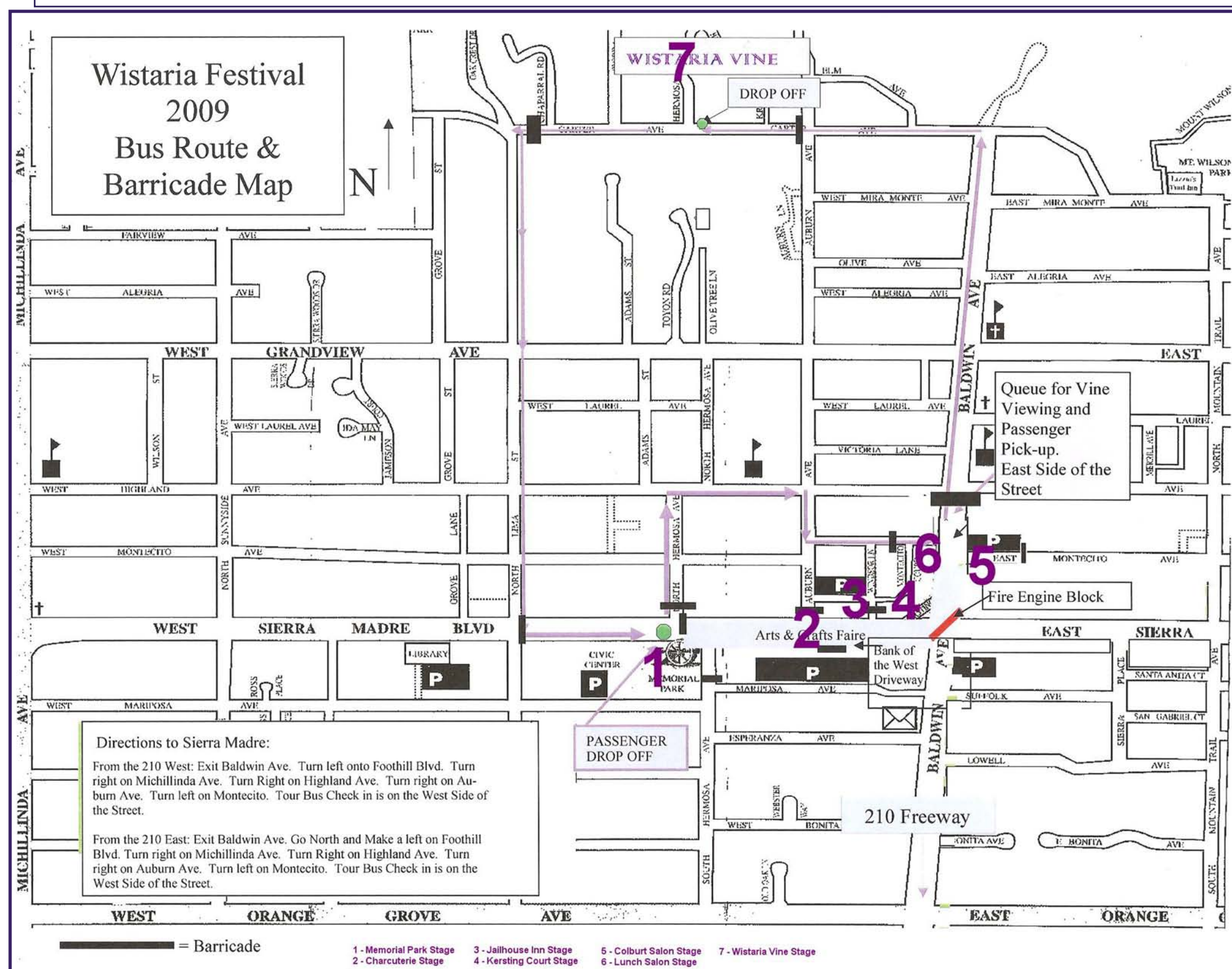
The festival takes place in the Sierra Madre downtown area, a charming village atmosphere that looks much the same today as it did in the early 20th century. The vine is on the property of two private residences. Note: *Grounds are on private property; access incompatible for people with limited mobility. Wheelchairs, strollers not allowed.*

Why:

The "Lavender Lady" is 115 years old!

How:

Take the 210 freeway to Baldwin Ave., head north towards the mountains. The festival is in downtown Sierra Madre, free of charge. The vine is up in the hills, we recommend you take the shuttle. Tickets are \$9.00 pre-sale, \$10 the day of the event. Tickets can be purchased online at www.WistariaFestival.com, by phone at (626) 355-5111, or at the Farmer's Market on Mariposa in Sierra Madre each Wednesday between 3 and 7pm at the Chamber booth. The Gateway Coach shuttle will be available free of charge this day only to transport attendees roundtrip from the Sierra Madre Villa Station of the Gold Line to downtown Sierra Madre, from 10am to 6pm. Reduced rate reservations for Wistaria attendees are available at the official Host Hotel of the Wistaria Festival, the DoubleTree Hotel in Monrovia (626) 357-1900 Group Name: Wistaria Festival





2009 Wistaria Festival Entertainment Lineup

Vine Stage

Ron Longo, Harp
Michael Zubia, Classical Guitar
Ron Longo, Harp

Sean McCue and Michele Beauchesne, Cello and Guitar

Memorial Park Stage – Sponsored by Athens Services

Murphy's Flaw
Len Michael
Too Many Guitars
Mellow D's
Horses on Astroturf
Mellow D's
Snotty Scotty and the Hankies
Len Michael
The Sheds
Ron & Veronica Ota
The Aluminum Marshmallow

Charcuterie - Sierra Madre Arts Commission Jazz Stage

DC3
Jazz Duo
Kay Martin
Jailhouse Inn Stage
Thee Superstitions
Mercy Powell Jazz Quartet
Tim Tutweiler, Acoustic Rock

Kersting Court Stage – Sponsored by Sharp Seating Co.

LIVE RADIO PROMO—KOLA 99FM

Reno Jones
Crown City Blues Band

Colburt Salon Stage

Adam Wood
Whitton
Deerheart
Scott Hildebrandt
Jessica Felman
Big Joe Hurt

Lunch Salon Stage

Banna Beag Mall, Celtic/Eclectic

Strolling

Vin Fiz Flyers, Bluegrass

Stages/acts subject to change without notice.
Order posted above not necessarily representative of order of performance.

Entertainment Chair: Mario Lalli of Café 322

Local Hotel to Support Sierra Madre Search and Rescue Team at 2009 Wistaria Festival

Doubletree Hotel Monrovia has been named the official Host Hotel of this year's Wistaria Festival, and in return, the hotel plans to offer special rates for Festival goers, shuttles to and from the event, and in addition, they will exercise their philanthropic muscle by showing their support for a long-time Sierra Madre tradition, the Sierra Madre Search and Rescue team.

Doubletree Hotels have built a reputation over the years with the legendary chocolate chip cookie they present to each guest at check-in. Synonymous with the hotel's hospitality, the sweet morsels have set the Doubletree apart from their competition. Each day across North America, Doubletree gives out in the range of 29,000 cookies, which translates to more than 10 million cookies per year. The Hotel first began giving out the cookies in the 1980s. The cookies are baked fresh daily at each hotel.

Sunday, at the Sierra Madre Wistaria Festival, Doubletree will have a booth on hand to sell their famous cookies. But instead of using the money to offset the discounts being offered to folks who call the hotel and reserve a room at the special Wistaria Festival group rate, Doubletree has generously decided to donate the proceeds from their booth to the Sierra Madre Search and Rescue Team.

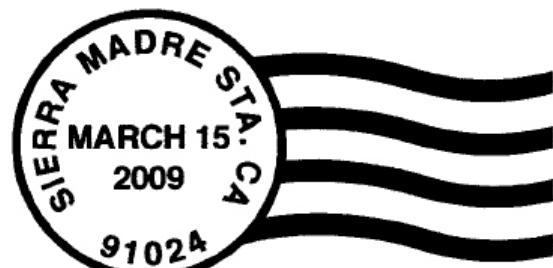
"We were finalizing the arrangements to make the Doubletree Monrovia the official host hotel for the festival," said Chamber president Bill Coburn, "when General Manager Luis Plascencia asked if I could help identify a deserving organization to which the hotel might make a financial contribution. I had attended a meeting of the Sierra Madre Rotary Club the week before in which the guest speaker was Search and Rescue Team member Bruce LaMarche, who was presented a check from Rotary to help with buying rescue supplies. Mr. LaMarche had pointed out that contributions from organizations like Rotary were more important than ever, because like many non-profits that rely heavily on donations, Sierra Madre Search

and Rescue has seen contributions drop dramatically in the current economy. When Luis asked about a deserving organization, Search and Rescue immediately popped into my mind."

The first Mountain Rescue Team formed in California, Sierra Madre Search and Rescue began in 1951. The Team has been on search and rescue operations throughout the western United States and in Mexico. Team members have also been pioneers in developing new rescue equipment and techniques that are now being used worldwide. Over the years the size of the team has varied, from the original sixteen members to as many as several dozen members, from all walks of life. You can learn more about the team by visiting their website at www.SMSR.org.

To reserve your room at the special reduced rate, visit WistariaFestival.com and click on the Doubletree logo. You'll be taken to a dedicated Wistaria Festival group rate reservation page. Or call (626) 357-1970 and ask for the Wistaria Festival group rate.

Sierra Madre's famous Wistaria Vine is 115-years old this year, and is designated by the Guinness Book of World Records as the world's largest blossoming vine. Each year, the Sierra Madre Chamber of Commerce puts on a festival to celebrate this horticultural wonder, and this year ten thousand people are expected to show up in Sierra Madre on Sunday, to view the vine, shop in the downtown stores and from more than 150 juried artisans and vendors in the closed off downtown area, enjoy entertainment by two dozen musical acts performing at six outdoor stages, and dine al fresco at the local Sierra Madre restaurants. Festival hours are from 9am to 5pm, with shuttles available to take festival goers up to the private property on which the vine sits, for a fee of just \$9 round trip (pre-sale, tickets are \$10 the day of the event.) For more information on the Festival, or to reserve your shuttle tickets, visit WistariaFestival.com.



SIERRA MADRE THE WISTARIA TOWN

The Sierra Madre Chamber of Commerce and the U.S. Postal Service announce a special post mark cancellation to celebrate the Sierra Madre Wistaria Festival.

This special postmark will be available at the Sierra Madre Wistaria Festival, Sunday March 15, 2009 at the Wistaria Festival Postal Station located at Kersting Court in Sierra at Sierra Madre Boulevard and Baldwin Avenue. This special Wistaria Festival Station will be open 11 A.M. to 3 P.M.

Bring postcards or letters and mail them from this special event post office and your friends will be surprised when they receive mail with this extraordinary postmark.

This postal cancellation has been announced and printed in the U. S. Postal Bulletin which is distributed world wide. To accommodate collectors from out of the area the Sierra Madre Post Office will cancel postcards and letters upon request with the Wistaria Cancellation for 30 days after the event. To postmark a letter after the event go to Sierra Madre Post Office and request the wistaria postmark on your mail.

For more information contact:

The Sierra Madre Chamber of Commerce
(626) 355-5111

e-mail Info@sierramadrechamber.com
U.S. Post Office Sierra Madre, California 91024

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Casa Del Rey

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Charcuterie

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Corfu

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Mountain View Restaurant

24A Sierra Madre Blvd.,
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Tuesday 3 - 8:00 Drink and Think Quiz nite with Quizmaster Midge
Wednesday 4 - 8:00 The Los Angeles Jazz Collective
Thursday 5 - 7:30 The Danny Guerrero Jazz Trio
Friday 6 - VR Smith & Putter Smith
Saturday 7 - Lisa Finnie
Sunday 8 - 2:00 - 5:00 New Astro Turf. 7:00 Opera to Broadway with Danny Guerrero
Tuesday 10 - 8:00 Drink and Think Quiz nite with Quizmaster Midge
Wednesday 11 - 7:30 Gea Schell & Chris Corangelo
Thursday 12 - COW BOP with Bruce Forman
Friday 13 - 8:00 Jack Sheldon
Saturday 14 - Cheryl Barnes & Phillip Cabbasso
Sunday 15 - 2:00 Jazz Lunch with the Mercy Powell Quartet. 7:00 Opera to Broadway with Danny Guerrero
Tuesday 17 - 8:00 Drink and Think Quiz nite with Quizmaster Midge. 9:30 St Patty's Day with Max Buda
Wednesday 18 - 8:00 Song Sirens .a music collective of women artists.
Thursday 19 - Cannonball Coltrain project with Luther Hughes
Friday 20 - Mercy & the Merketts
Sunday 22 - 2:00 New Astro Turf. 7:00 Opera to Broadway with Danny Guerrero
Tuesday 24 - 8:00 Drink and Think Quiz nite with Quizmaster Midge
Wednesday 25 - 8:00 The Jennifer Leitham Trio
Friday 27 - Swing Dance Party with Flat Top Tom
Saturday 28 - The Superstitions
Sunday 29 - 2:00 Jazz Lunch with the Mercy Powell Quartet. 7:00 Opera to Broadway with Danny Guerrero
Tuesday 31 - 8:00 Drink and Think Quiz nite with Quizmaster Midge



TABLE FOR TWO

By Peter Dills

And Away We Go!!!

Are you longing to have a nice newspaper brought to you while your feet are resting comfortably with a

group of professionals trained to handle your every whim? Ahh, the Good Life, remember it? I know I do. Well, I've either found the "Fountain of Youth," or the "Good Life." I wish De Soto were here to figure it out. I think that I have done it again, uncovering the best deals for you this spring. In the coming weeks I will put you onto the greatest bargains of this season! Can you keep a secret? We wouldn't want those LA Times subscribers to poach our deals. I located a goldmine and you won't guess where it is. First my review and then a few of these great bargain packages, I have located some great packages that are good for Peter Dills club members, readers and watchers.

Monte Carlo? The French Riviera? Fuji? Some very sound guesses, but I am referring to a tranquil parcel of paradise on our own turf and one you don't have to battle the masses at LAX in order to reach. It's The Balboa Bay Club & Resort in Newport Beach!! And it is this week's docking for a remarkable lunch! This local get-away resort is culturally distinguished, and classically elegant. We had a window seat over-looking the yachts on the Marina. I couldn't help but imagine myself fishing off one of the yachts anchored a mere 10 yards away. I could feel the white hat on my head and the sharp blazer that fit so snug and, let me not forget, my brand new boat shoes. Wow, did I look good, someday I tell you and my other fellow readers, some day!

The service is so good here it is embarrassing. Talk about movie star treatment for the common man. It is reminiscent of a dining room on a cruise-liner. The First Cabin Restaurant overlooking the bay is classy yet relaxed, all-in-one. Like a movie script, the sky parted on cue and a shaft of light broke free from the clouds and found our table as we absorbed the serene patio setting for our last glass of wine. Mixed amongst the waves rolled the soft flamenco music, tempting us with tender supplications.

Executive Chef Josef Lageder came out to greet us; he shared some memorable stories of his beloved Austrian heritage and the unmistakable force that shaped his culinary

talent. (All in German of course, it was a nice treat for my companion too). There is also a great bar called Duke's Place, which has ample seating, a dance floor, and a spacious bar. There is entertainment nightly, which is hard to find these days. It has a rich blend of romantic elements that will leave you and your special partner with splendid memories. We enjoyed a hand-shaken Bacardi Mojito, which enticed us unto the dance floor and a seductive salsa twirl.

The gorgeous rooms here run about the same as a nice room in Vegas, or a suite in one of the Indian Gaming resorts. This view for these prices? Try not to smile and make it obvious, you may give us away.

Dining: Big tent politics are at work here, as meat lovers, seafood fans and even vegans can equally enjoy a Gold Medal experience. My friend had a Belgian Endive Salad with Cranberries and Pecans. I heard some primal sounds of satisfactions as she beamed with each bite. I enjoyed their signature Maine Lobster Bisque and a steak that was prepared in a classic style.

Okay, onto the bargain package rates I was talking about. For the full spa retreat treatment package you can go all out for about \$735; this includes a premier bay front window, in room spa amenities, a manicure and a pedicure and a healthy spa breakfast, as well as a \$300 credit for the luxurious Loran Spa Salon next door. Careful though, you may regret leaving. Another fine option is the Bay Bliss Package for \$319. This package includes a \$50 resort credit, valet parking and a one hour Duffy Boat Ride. The Spring Waterford Package is the best of all the deals, starting at \$249 per night, with a deluxe guestroom, breakfast for two in the First Cabin Restaurant or room service, and valet parking. Other packages vary and are a little less or a little more. Call the hotel at for exact prices and details.

The Balboa Bay Club & Resort: 221 West Coast Hwy. Newport Beach, 92663, (949) 645-5000

For any package, you will, of course, call ahead, as they are based on availability, and pricing does not include taxes and tips. Black out dates apply.

Join me every Saturday afternoon at 3 PM for the Chef Knows TV on KJLA TV

Cooking Camp Returns to Pasadena this Summer!

Roll up your sleeves, feel the dough between your fingers and get ready to slice and dice at Cooking Camp, Pasadena's best savory summer cooking program for kids and teens 7 to 16 at Blair Magnet's beautiful culinary kitchen!

Starting June 22nd, the Cooking Academy invites your child to take an exciting culinary journey during one or more of our ten, one week summer Cooking Camp sessions in Pasadena, each taught by an experienced and enthusiastic professionally trained chef.

From Blueberry Muffins to Cheese Ravioli, Quiche to Double Chocolate Fudge, our hands-on workshops focus on cooking from scratch using fresh, seasonal ingredients and time tested culinary techniques.

Our goal is to provide a safe, fun and educational environment where campers can learn to read recipes, cook and bake, work safely in a kitchen, and explore creative food ideas in meal preparation while encouraging a lifelong appreciation for healthy eating.

At Cooking Camp campers don't just sit around and observe, everyone participates and feels a sense of delicious accomplishment.

Our instructors are talented chefs who love working with kids and young teens.

Imagine having a culinary arts expert sharing their passion and depth of experience with your child! Our Cooking Camp chefs not only teach general cooking techniques but sprinkle lots of lessons into the mix, discussing culinary terms, nutritional values, kitchen safety and food science. Successful cooking begins in a kid-friendly environment and our staff has designed a series of summer sessions where children can succeed in learning skills safely and enjoyably.

So whether your child is interested in becoming a head chef or simply a maker of a mean pesto sauce, Cooking Camp is a wonderful opportunity to expose your child to new foods that encourage them to expand their culinary palates and can serve as an ideal entree to culinary pursuits! Just ask the parents that came last year!!

Don't wait, classes this summer will fill quickly as it is our third year in Pasadena!

Enroll online at <http://www.summerartacademy.com> and create a freshly baked family memory today! Or call us at 818-386-2107 for more information!

Our summer Culinary Kitchen will be at Blair Magnet, 1201 South Marengo south of old town Pasadena just east of Fair Oaks.

Experience the creativity of cooking!



COOKING CAMP in PASADENA

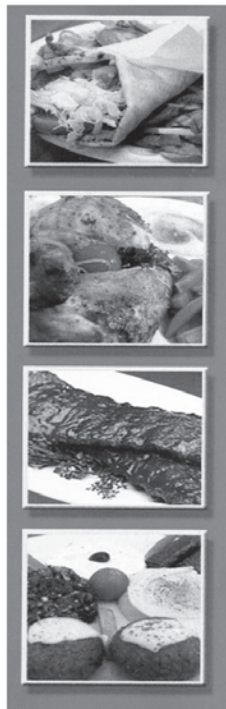
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MountainViews-Observer

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.



Stuart Tolchin On..LIFE Skinny Dipping

You know there is something really liberating about learning that the Emperor has no clothes; even for the Emperor. We Americans have pictured ourselves as detached from the rest of humanity, somehow better than everyone else. As of today, it seems to me, our outlook has changed. The world-wide economic crisis has been a Revelation. Not only have we learned that our stability is tied to the stability of the rest of the world, but also we have learned that our experts and leaders are as clueless as everyone else.

Yes, underneath it all, we humans share the same awareness. We come into this world and, sooner or later, each of us learns, often to our own surprise, that we are mere mortals. We are transients, visitors, characters in a novel, the last chapter of which has already been written. Philosophers such as Ernest Becker have speculated that a great deal of human behavior can be explained as an attempt to avoid this awareness of the inevitability of our own death. Contemporary Western Societies seem to have seized upon the strange belief that material wealth will act as some sort of shield against inevitability. A view of what it is to be successful has been commonly expressed (at least by West Los Angeles lawyers) as "whoever has the most toys wins". Well, guess what folks, we are all losing our toys and it is a good thing.

Truly, this is a time to be optimistic. I believe that this economic downturn will reveal to all of us the bankruptcy of contemporary values and will, in fact, lead to a kind of global understanding. Our child-like search for continual excitement, perpetual adolescence, and lifelong diversion will cease. There will be a recognition that it is misdirected human self-interest, GREED, that is the true cause of the crisis and that new values will be required if we are to survive.

Presently all of our energies seem to be directed at throwing more money at the problem in the be-

lief that we can buy (or worse yet, borrow) our way to economic serenity. Of course, this is what one would expect of our present materialistic society. I believe that sooner or later it will be realized that our (and I mean everyone's) best hope is a kind of higher consciousness. Already the vapidity of the Republican Party has become obvious to everyone, even including Republicans. I predict that there will soon be a restructuring of American Political parties such that American politics will no longer be dependent on special interest groups, which contribute money to fuel the endless election campaigns that serve only to obscure the real issues. As the futurist Peter Russell states in the current issue of Ode magazine, "If we could just break out of this old mode of consciousness and, in the spiritual sense, wake up to what we truly are and reconnect with that essential nature, then we could make it through."

Connected with this emergence of a new consciousness I believe there will be a recognition of the failure of American School Systems. As a myriad of educational critics have pointed out (John Taylor Gatto particularly) the American School Systems serve mainly to enforce conformity and to make students more susceptible to the assertion of societal authority. Simply put, our schools teach kids to want things and to demand that their parents buy these things. It all fuels our old economic system of continual unnecessary and unwise consumption. Well, this is an article for another day. Suffice it to say we can no longer afford to dumb-down our society. The creativity and independence of the younger generations are vital to our survival. In summary, I believe that this recognized necessity, created by the failing economy and the recognition of ecological concerns, is a major step in the best possible direction. So let's raise our heads up high, take a deep breathe and realize that it's all for the good. We all are greater than we think we are-so let's get in touch with that greatness. C'mon jump in! The water's still fine.

Improv Comedy in Sierra Madre?



Rich Johnson

As some of you may know, your well-rounded columnist has been involved in Improv Comedy for the last several years. The comedy group's activities are very similar to the television show, "Whose Line Is It Anyway." If you find my columns occasionally funny and enjoyable, I attribute a lot of the credit to participating in that group.

Not only is doing improv comedy loads of fun to participate in, it also helps exercise what I call "the quick verbal response" or QVR muscle in one's brain. Let me illustrate: If you have ever thought of the perfect response to someone's clever line, 30 MINUTES AFTER THEY'VE GONE, you've experienced an out of shape QVR muscle. In sales for a living? Ever been 10 minutes down the road from a failed sale when you think of the perfect response to that last objection? You've experienced an out of shape QVR muscle. Sure some people come by it naturally. Others of us can fine tune our QVR through getting involved in Improv Comedy.

Yes, this is all leading up to something. An Improv Comedy Club has started up in Sierra Madre. Last Monday evening we met in the back room at Casa Del Rey and had a great time. People who have never done anything like this before were getting up and having a blast. If you have ever wished you could be the one who

comes up with those witty lines at dinner parties and family events, now you have the opportunity. Come join us. The first one is free. Just call June Chandler at (626) 355-4572.

How about some more thoughts on love from the younger crowd:

What exactly is marriage? "That's when you get to keep your girl and don't have to give her back to her parents." Eric, 6

How do you decide who to marry? "You flip a nickel, and heads means you stay with him and tails means you try the next one." Carolyn, 8

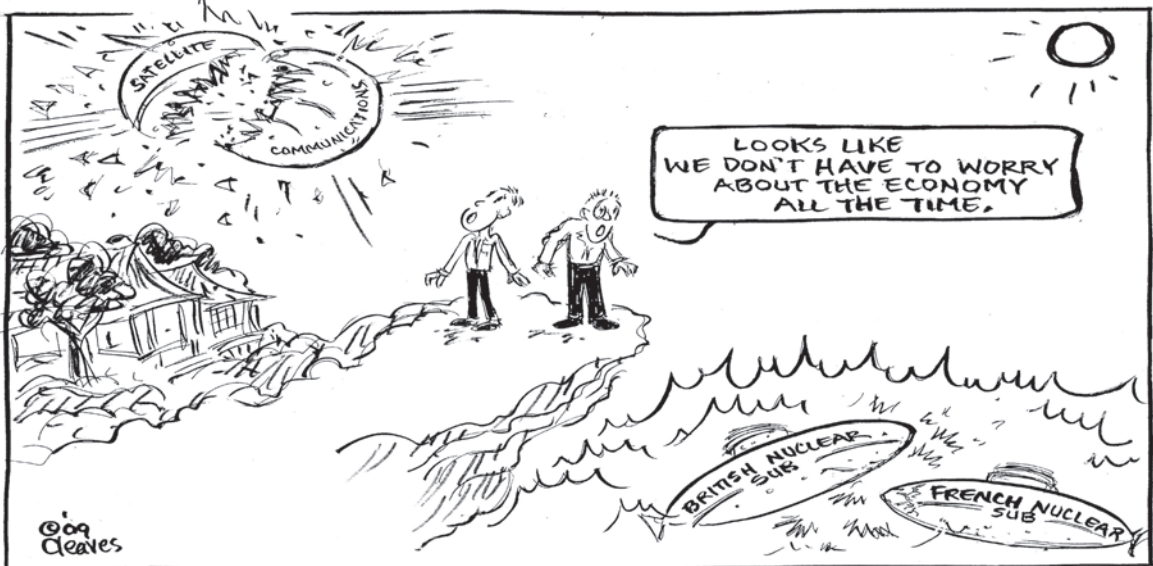
What do people do on a date? "Many daters just eat pork chops and French fries and talk about love." Craig, 9

Surefire ways to make a person fall for you: "Tell them you own a whole bunch of candy stores." Del, 6

How do people learn to kiss? "You can have a big rehearsal with your Barbie and Ken dolls." Julia, 7

Why does love happen between two particular people? "I think you're supposed to get shot with an arrow or something, but the rest of it isn't supposed to be so painful." Manuel, 8

Finally, my friend, Jane Fuller, is performing on Saturday, March 21st at Pinocchio's Pizza and Italian Restaurant from 7-10pm. The restaurant is on Lake Avenue in Pasadena, a block north of Washington on the west side of the street. Great pizza and lasagna (personally tested). So come out for good food and great music.



Letters to the Editor:

Response to Assault Arrest - From Chief Marilyn Diaz

There has been a fair amount of misinformation circulating about an incident involving the arrest of a local business owner in front of his restaurant on January 31st. I would like to provide some factual background and perhaps help the public understand why, from a law enforcement perspective, this incident was much more serious than just washing down a sidewalk.

Code Enforcement Officer Volpe had seen this particular business owner on a number of previous occasions using a water hose to clean the sidewalk and walls of his establishment. This was a violation of Sierra Madre's Municipal Code Ordinance 13.24.060, which prohibits using water to wash sidewalks. CEO Volpe had warned the business owner that he was violating the City's Municipal Ordinance prohibiting such activity and, when she later saw him doing it again, she issued him a courtesy notice for the violation.

On Saturday January 31st CEO Volpe was again on duty and saw this same business owner holding a water hose and washing down the entire length of the sidewalk in front of his business. Since this was now a repeat incident after a warning, CEO Volpe stopped, took photos of the situation and attempted to address the violation with another verbal reminder. The business owner began to use vulgar language and call CEO Volpe names. He was irate.

When CEO Volpe turned to leave, the business owner faced her and, from about 4-5 feet away turned the hose on her. He first aimed it at her feet, wetting her boots, but then moved the hose up her pants to her police utility belt. In doing so, he soaked not only

CEO Volpe's uniform, but City-issued equipment, including a tape recorder, cell phone, and portable police radio. CEO Volpe nonetheless remained calm, called for a supervisor and walked a short distance away.

The property owner then bent down, picked up a gardening shovel, leaned forward and thrust the blade end of the shovel toward CEO Volpe's throat, saying, "See, there's [expletive] on the shovel." CEO Volpe quickly stepped back as she perceived the business owner was agitated and somewhat out of control and she feared for her safety. CEO Volpe tape-recorded her encounter, but at the point that the business owner soaked Volpe's equipment the conversation became inaudible.

Although the police department takes seriously code violations such as wasting water or violating water quality regulations by washing feces into storm drains, those are not the reasons this particular incident was troubling or that an arrest was made. The troubling aspect of this incident was that a local business owner lost his composure in a way that disrespected and assaulted an officer, damaged city property and continued to escalate from there.

We welcome any respectful dialogue with the citizens of Sierra Madre as to the requirements or merits of our local laws or the way in which the Police Department enforces them. On the other hand, we simply cannot condone or ignore conduct that jeopardizes city personnel and property without also jeopardizing our ability to recruit and train an effective police force and protect the citizens of this town.

Regarding The Mayor.....

It is pitiable that our former Mayor is so consumed with anger at Mayor Zimmerman that he finds it necessary to personalize a fight over . . . lawn blowers. It is time, Mr. Lambdin, to move on.

Richard G. De La Mora, Sierra Madre

A Healthcare Nightmare



Gregory J. Wellborn

President Obama made it very clear the other night that he believes he has a mandate to restructure health care in the United States. Unlike the boondoggle of a stimulus bill which he just rammed through, letting Washington restructure healthcare will do far more damage than just wasting several hundred billion dollars. Government run healthcare will of course be extraordinarily expensive,

but far worse, it will radically alter the health care delivery system in the U.S. to the point of its destruction. Congress and the President will inevitably get this wrong, and the best health care system in history will quickly make our worst nightmares look like pleasant dreams.

Our current market system has produced a highly effective medical delivery system staffed by professionals who are the envy of the world. The great institutions of medicine are mostly in the U.S. The most important research is done here, the most effective drugs and devices developed here. Yes, it is a complicated system, and yes it is an expensive system, but do we really expect anything else. The technical advances we've made against a plethora of deadly diseases provide the average patient with multiple treatment options, the probable success of each being dependent on patient history and the stage of the disease. Choice like this is a good thing, and it is necessarily complicated. We've also increased life expectancy beyond the wildest dreams of those who lived just a generation or two ago. It may seem unreasonably expensive, but what price do we really put on living an extra 10 years, or 15?

There is no reason to believe that members of Congress or staffers in the White House can successfully overhaul the health care system. In fact, there is plenty of evidence suggesting that exactly the opposite is true.

First, there is the history of government run healthcare in other countries. Many have tried to impose rules on health care delivery, and the results are on display in Great Britain and Canada. Even if we accept their poor level of care as acceptable, there is ample evidence to indicate that we would fail to even approach the efficiency of these nationalized systems. Canada's and England's systems were developed for smaller populations that were less diverse than ours. There are millions more patients and thousands more providers in the U.S. than in either Britain or Canada, and the complexity of such a system just can't be mastered by any government entity or army of bureaucrats. I don't care how well trained or how well intentioned anyone in Washington is, they will not be able to make a better medical decision for me than I can.

There is no way the government can get this right. It lacks the skill set and understanding of how individual decisions are made, and politicians constantly misunderstand the unintended negative consequences of the best intentioned laws. The most recent evidence of this inability is the nightmare of unintended results that has been caused by the relatively simple Consumer Products Safety Improvements Act ("CPSIA"). CPSIA was passed last fall and became effective February 10. If Congress does for health care what it just did for consumer safety, our health standards will significantly deteriorate and our lifespans shorten.

CPSIA was supposed to be a simple piece of legislation that set levels for lead and phthalates in children's toys and other products. What it has done is to create nearly a billion dollars of suddenly worthless goods. The number of businesses that have been substantially damaged by this law almost can't be overstated. All sorts of businesses are have been devastated by the demand that products not meeting an arbitrarily set standard be destroyed. It actually makes the selling of books written before a certain date unlawful, and punishable by imprisonment.

A manufacturer of classroom pens has seen his entire fall order for the back-to-school season cancelled by retailers afraid to stock them on their shelves. The sale of most ATVs is now in question because their battery terminals contain some trace amount of lead. Manufacturers of baby products have been wiped out. Some restaurant chains have to throw away thousands of dollars worth of kids toys and crayons they normally give away with a kids meal. Listing other examples would fill this entire newspaper this week, and the next, and the next after that.

Congress had no idea it was doing these things to these businesses and thousands of others when it passed CPSIA. Sadly, we've only begun to see the devastation. Since the law only took effect on February 10, the first wave of law suits against manufacturers and retailers who don't throw away existing inventories fast enough haven't even made their way to court yet. One of the most destructive parts of this legislation is the enabling of plaintiffs lawyers to sue based on perceived infractions of the laws provisions rather than on the occurrence of actual damage to consumers.

Why is this germane to the healthcare debate? Because this wasn't a complicated law. By government standards, this is as simple as it gets, but Congress and the president didn't think through the unintended consequences. They never do. That's what we fail to realize. Time and again, study after study has shown that regulations usually hurt the people they're intended to help and enrich a small circle of existing producers who use the regulations as a way of stifling competition.

If Congress can mess up on simple narrowly focused legislation, imagine the incredible destruction that will occur to the world's best medical system. If you think we have problems in healthcare now, just wait to you see what the problems will be like when the government gets through protecting some industry participants, punishing others and trying to schedule your tonsillectomy. This would be one nightmare that might not go away when we wake in the morning.

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 gwellborn@mvoobserver.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 09-01**
Applicant: Joseph Koeper
Project Location: 374 Grove Street, 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 a Conditional Use Permit to allow construction of a four-thousand-eight-hundred-eighty (4,880)-square foot, two-story single-family residence at **374 Grove Street**. Pursuant to Sierra Madre Municipal Code Section 17.20.135(A), new construction that exceeds four thousand (4,000) square feet of gross floor area requires approval of a Conditional Use Permit.

DATE AND TIME OF HEARING

City of Sierra Madre
 Planning Commission meeting
 Thursday, **March 19, 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 Categorical Exemption, 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

ORDINANCE NO. 1289

AN ORDINANCE OF THE CITY COUNCIL OF THE CITY OF SIERRA MADRE, CALIFORNIA AMENDING CHAPTER 9.16 BY ADDING PROVISIONS RELATING TO DEFECAATIONAND URINATION IN PUBLIC

WHEREAS, the City of Sierra Madre may, pursuant to its police powers, pass regulations to protect the health and safety of its residents;

WHEREAS, the City Council finds that it is in public interest to prohibit public urination and defecation since such behavior, among other things, threatens and deteriorates the City's clean and family friendly environment;

WHEREAS, while state law and the City's municipal code prohibit indecent exposure, such exposure must be done in a lewd manner and the act of public urination or defecation does not uniformly constitute indecent exposure; and

WHEREAS, this Ordinance will fill this gap and protect the public interest from this unacceptable behavior.

THE CITY COUNCIL OF THE CITY OF SIERRA MADRE, CALIFORNIA DOES HEREBY ORDAIN AS FOLLOWS:

SECTION 1. Chapter 9.16 of Title 9 of the Sierra Madre Municipal Code is hereby amended by adding section 9.16.110 to read as follows:

A. Applicability. This section shall not apply to urination or defecation in or into the toilet, urinal or other receptacle in any restroom or other facility designed for the sanitary disposal of human waste.

B. Prohibited. No person shall urinate or defecate in or upon any street, sidewalk, alley, plaza, park, public building or publicly maintained facility, or in any place open to the public or exposed to public view.

C. Violation-Penalty. Any person who violates the provisions of this section is guilty of a misdemeanor and upon conviction thereof shall be fined in an amount not exceeding \$1,000 or imprisoned in the county jail for a period not to exceed 6 months, or by both such fine and imprisonment."

SECTION 2. Severability. If any section, subsection, subdivision, paragraph, sentence, clause or phrase of this Ordinance is for any reason held to be invalid or unenforceable, such invalidity or unenforceability shall not affect the validity or enforceability of the remaining sections, subsections, subdivisions, paragraphs, sentences, clauses or phrases of this Ordinance or the rules adopted hereby. The City Council of the City of Sierra Madre hereby declares that it would have adopted each section, subsection, subdivision, paragraph, sentence, clause or phrase hereof, irrespective of the fact that any one or more other sections, subsections, subdivisions, paragraphs, sentences, clauses or phrases hereof be declared invalid or unenforceable.

SECTION 3. Effective Date. This Ordinance shall take effect thirty days after its passage and adoption pursuant to California Government Code section 36937.

SECTION 4. Certification. The City Clerk shall certify to the passage and adoption of this Ordinance and shall cause the same to be published according to law.

PASSED, APPROVED AND ADOPTED, this 10th day of March, 2009.

NOTICE OF PETITION TO ADMINISTER

ESTATE OF:

JOHN F. PETRUTIS
CASE NO. BP115228

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the WILL or estate, or both of JOHN F. PETRUTIS.

A PETITION FOR PROBATE has been filed by JACQUELINE D. MAYOU in the Superior Court of California, County of LOS ANGELES. THE PETITION FOR PROBATE requests that JACQUELINE D. MAYOU be appointed as personal representative to administer the estate of the decedent.

THE PETITION requests the decedent's WILL and codicils, if any, be admitted to probate. The WILL and any codicils are available for examination in the file kept by the court.

THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. A HEARING on the petition will be held in this

court as follows: 04/06/09 at 8:30AM in Dept. 11 located at 111 N. HILL ST., LOS ANGELES, CA 90012

IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.

IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within four months from the date of first issuance of letters as provided in Probate Code section 9100. The time for filing claims will not expire before four months from the hearing date noticed above.

YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code Section 1250. A Request for Special Notice form is available from the court clerk.

Attorney for Petitioner
 JESSE S. HERNANDEZ, ESQ. (BN 92708)
 ANDERSON, McPHARLIN & CONNERS LLP
 444 South Flower Street, 31st Floor
 Los Angeles, CA 90071-2901
 3/7, 3/14, 3/21/09
 CNS-1537741#

Help Wanted: Executive Director

The Sierra Madre Chamber of Commerce is seeking Executive Director to manage its office, implement the direction of the Board of Directors, manage staff (one part time assistant ongoing, occasionally a second part-time staffer to assist with specific events), and manage the Chamber's events (including but not limited to Chamber Mixers, The Wistaria Festival, Dickens Village, and a Health and Home Based Business Expo/Taste of Sierra Madre).

As the face of the Chamber and all Sierra Madre Commerce, the qualified candidate will be effective at networking, a relationship builder, and an organizer. Duties will include event and revenue development, as well as evaluation, organization and management of the Chamber office and staff, including record keeping and regularly scheduled reporting to the Board. The candidate will excel at membership development and retention strategies.

The Chamber's Executive Director will be a pro-active, PRO-BUSINESS Advocate, in general and within the Chamber's membership, the local business district, and serve as a liaison between the business community and governments and other organizations.

The Executive Director will direct all Marketing and Public Relations and be responsible for all Chamber communication to members, the public, governmental representatives, media, other chambers & numerous business and economic development organizations.

The position requires a person able to work a flexible schedule, available beyond standard business hours, including some evenings and weekends. Weekly hours will range from thirty to fifty hours per week. Applicants can mail their resumes to 37 N. Auburn, Ste. 1, Sierra Madre, CA 91024, or e-mail them to info@sierramadrechamber.com.

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Looking Up

With Bob Eklund

Keck Observatory and the Kepler Space Camera Team Up to Find New Earths

For nearly a decade, UC-Berkeley astronomer Geoff Marcy and his colleagues have been using the W. M. Keck telescopes in Hawaii to discover giant planets — most of them similar to Jupiter — orbiting distant stars. Now, with the successful launch of NASA's Kepler mission, they will be able to use Keck I's ten-meter astronomical eye to find new Earths. Kepler will pick out Earth-like candidates, and Keck will then zero in on them and determine, with certainty, if they are at all similar to our home planet.

Kepler was launched from NASA's Kennedy Space Center March 6, and successfully placed in an Earth-trailing orbit around the Sun. Aboard the spacecraft is an 84-megapixel camera that will focus on a single region of the sky and snap repeated images of 100,000 stars for some 3½ years, looking for those that dim periodically. By studying these stars' periodic fluctuations in starlight, astronomers will be able to determine the diameter of the object that is passing in front of the star, blocking its light and causing the dimming. Kepler's isolated position behind Earth will give the telescope an unobstructed view of a single, very large patch of sky near the Cygnus and Lyra constellations.

"Kepler does not tell astronomers with certainty whether the object taking a bite out of the starlight is a planet or another star. That is where Keck plays a crucial role to the Kepler mission," said Marcy, a frequent Keck user and Kepler mission co-investigator. He, along with

a large international planet-hunting team, has discovered nearly half of the 300-plus known planets outside the Solar System.

Before discovering his first extrasolar planet, Marcy did astronomical research at Mount Wilson Observatory, where he was the last observer on the 100-inch telescope before it was shut down in 1985 for a decade.

Astronomers call the process that Kepler will observe "transiting" because, from the telescope's perspective, the planet crosses in front of its parent star and eclipses a small amount of the star's light. The phenomenon is similar to the Moon eclipsing the Sun during a total solar eclipse. But a distant planet eclipsing its parent star will only block a small fraction, typically 1/10,000th, of the star's light. The Moon, by contrast, blocks nearly all of the Sun's light in a total solar eclipse.

Once Kepler team members find an Earth-like planet candidate (and determine, as best they can, that they're not looking at two stars orbiting each other) they will hand the object off to Marcy and his colleagues. The team will use Keck I telescope and its instrument HIRES, the High Resolution Spectrometer, to monitor how the light coming from the parent star changes as the planet orbits.

HIRES is an instrument that spreads light collected from the telescope mirrors into its component wavelengths or colors. This is called a spectrum (similar to a rainbow). When the planet candidate orbits around the back of the star, its gravity will ever so slightly pull

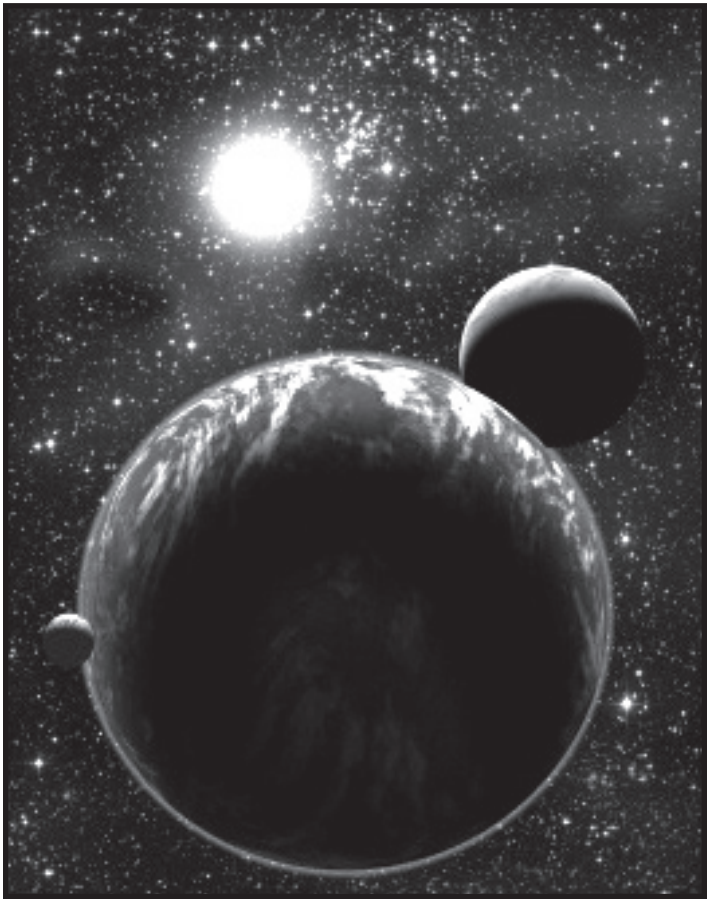
on the star causing the star's spectrum to shift toward redder wavelengths. When the planet comes around in its orbit to cross the face of the star, it will pull the star in the other direction, and the star's spectrum will shift toward bluer wavelengths. HIRES will detect these shifts and give astronomers the star's radial velocity, or the speed at which the star moves toward or away from Earth. Based on this speed, Marcy and his team will be able to calculate the mass of a planet candidate.

Calculating the planet candidate's mass is important because it tells astronomers whether it's a planet or another star that is eclipsing the parent star. If the object turns out to be a planet, Marcy and his team can then use the Keck-calculated mass and Kepler-calculated diameter to determine the planet's density—and determine from this whether they are seeing a gas giant, like Jupiter, or a rocky planet like Earth.

If you'd like to learn more, you can contact Bob at b.eklund@mobserver.com.



Photo by Aaron Dominquez



On Line

with P.J. Carpenter

Think Before Clicking

From the Inside Out

Ah, The Simple Life

by Mary Carney

An ex-convict on trial for felony possession of a weapon has been acquitted of the most serious charges he faced because of online postings made by the arresting officer. The postings were discovered after the defense successfully subpoenaed the arresting officer's MySpace and Facebook accounts. According to reports the arresting officer's MySpace 'mood' was set to "devious" on the day of the arrest and on one day a few weeks before the trial was set to begin his Facebook status read 'Vaughn is watching "Training Day" to brush up on proper police procedure.' These revelations led to the discovery of further damning evidence that brought the arresting officers credibility and character into question and provided the defense with more than enough material to create reasonable doubt into the minds of the jury. Revelations of the arresting officer's steroid use (although legal) further eroded any chances the prosecution had for any type of meaningful conviction.

The story related above goes to show how the things we say and do online can have repercussions and unintended consequences that follow us long after we've hit the 'send' button and once posted these bits and pieces of our lives are preserved in digital format

in places we've never thought about and sometimes waiting to be used in ways we've never intended. Once assembled and sorted our posting may not portray us in the way we wish to be portrayed. In these uncertain economic times when competition for jobs is at its fiercest, HR departments will be looking at potential candidates with more scrutiny than usual and the Internet is proving to be a fertile searching ground in more ways than one. Stories abound of teachers and other trusted professionals being found online in situations that put their reputations and very livelihoods at risk. The very real potential that these bits and pieces of our lives may be summoned up by someone with malicious intent and used against us should make us very wary about the types of things we do put on display.

Social Networking sites were created so that people could mix, meet new people and expand their existing social circles. This new model for social interaction has created a place where everybody can meet somebody or a group of some bodies for whatever is on the agenda for that day. Don't spoil your good time but posting something that you might come to regret one day.

Have you read any of Diana Gabaldon's "Outlander" series? The story of a woman who accidentally stepped between a couple large "stones" in Scotland and found herself about 300 years back, just before Culloden? Her adventures there, returning to "now", and eventually going "back", to be followed by her daughter and the man who would become her daughter's husband, and all of them winding up in North Carolina a few years before our Revolutionary War? All of her hefty books detail clearly what it took to make a living "back then".

Think about it. So much of what we depend on today is based in two marvels: the marvel of turning oil into plastics, and of the enormous advances of refining ever more rare elements and metals from unbelievable quantities of rock and earth and turning those into circuitry that carries and/or stores electrical energy for use "on demand".

200 years ago, 100 years ago, 50 years ago – and even in some truly remote areas of our own country, let alone in the rural areas of other countries around the world – the ways of living described in her books were and are the only way to wrest – to invest one's whole heart and energy and effort – a living for yourself and your family, and live near fresh water. Today California is very short of water – like some areas of Australia we may need to learn to live on no more than 50 gallons a day – per person. Shades of the 1700s!

Think about it. Then you grew your own food – not only for today, but enough to save and safely store (without refrigeration) to feed everyone for 4 to 6 months (in snow-belt areas). "Growing" food also meant growing food for livestock (cattle, goats, sheep, poultry) which provided your milk, meat, eggs (protein). This meant you also got to kill the animals and butcher them (cut them up into pieces), then cure (dry, smoke) them for storage – and you'd need fuel (wood) for the heat and smoking, not to mention every day cooking. You also needed to grow the fibers (plant or animal) to spin into thread to weave into cloth, before you can make your own clothes (no wonder it took months or years to actually make the

trousseau!) Today we look at knitting, crocheting and weaving as "hobbies" ... elsewhere / elsewhere these are essential life skills for making warm sweaters, hats, gloves, vests for warmth during the cold months. Did you need a belt or shoes or a bag? Once you've killed the food animals, you need to "tan" their hides – spread with a tannic acid mixture and worked into the skin if you want it flexible so you can make jackets, coats, skirts, pants or dresses; or let it harden strong enough to serve as the soles of shoes, to make belts and pouches, or ropes.

Without metal – metal knives, screwdrivers, tools – where would be our automobiles? Our trains? Our planes? Where would be the skyscrapers without the metal I-beam structures that support the other construction materials?

From Diana's books we can, if we permit, gain a sense of the actual physical work – continuous, ongoing labor – required to live. And almost every activity was outside – sunshine, cloudy, rain, snow. Well, there are shelters for nighttime, and tree shade during sun times. But life was lived "outside", not inside. Our bodies were designed to labor regularly – which is great and useful exercise that moves joints, which provides the lymph system the movement necessary to keep it flowing and flushed, while we absorb the sun's energies from "outside".

During the months of the year, when at noon we find our shadow is longer than we are tall, we need to expose at least 40% of our skin for about 30 minutes to the sun between 11 am and 2 pm to get the Vitamin D supportive ultraviolet we need for healthy bones. Time and percent change as the sun climbs higher in the sky, but still. Forty percent is a pretty large amount of skin – say, the entire back side, sans underwear.

So, think about it. Without plastic and metals there would be no cell phones, computers, TVs, cars. We'd be using our bodies more every day in the necessary repetitive (and yet creative) tasks of making a living the "simple" way. Maybe we'll find that we have to move "from the inside (of our buildings) out" in order to become healthier ... let's keep it simple, shall we?

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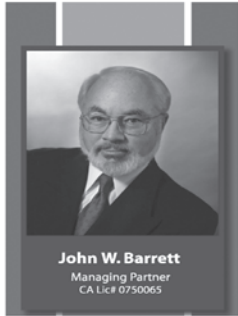
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The Senior Spot

By Bruce Lamarche

Suddenly Single? Feel Less Isolated

After a lifetime of companionship we seniors are often confronted with "going it solo". The death of a spouse or divorce can bring about major life changes, not the least of which is feeling very isolated and alone. After the grieving period starts to diminish (this takes time) seniors attitude on life and living as well as happiness can depend on reconnecting with the world around them. This means connecting with people.

The difficult challenge facing seniors in this position is maintaining relationships with people who share our interests, hobbies and experiences. Research indicates peer-to-peer interaction is essential for rewarding and healthy aging. Seniors may become isolated; friends pass away or become incapacitated and unable to drive. Those who have been "homebodies" all their lives may need time to transition to more social environments.

Here are some ideas:

Participate in senior groups. Contact your city hall for ideas about community groups. Senior centers have planned activities such as exercise, meals, games and trips. These centers often have inexpensive lunches that are equivalent to dinner. This provides an inexpensive way to control food costs and to get you out to mingle.

Learn new skills. Many senior centers have activities that will teach skills such as pottery making, art, and other "hands-on" crafts that are very satisfying to do. Acquiring new abilities and seeking brain stimulation exercises our minds. Try brainteasers, cards and mathematical puzzles.

Volunteer or find a part-time job. Volunteer to work with an organization whose cause you believe in. Doing work like this helps give your life purpose and meaning. Explore different

ideas and take notes before making a decision. Your local hospital, police, and city parks and recreation departments are always in need of competent help. Organizations like Ability First in Pasadena (helps handicapped kids) and the Foothill Unity Center (helping needy families and the homeless) are happy to accept volunteers of any capacity. The Unity Center is a non-profit organization, recently attaining Community Action Agency status, that has a tremendous outreach for the San Gabriel Valley. It is worth the time to go and take the tour and get a feel for the needs there.

Establish or maintain friendships. Having friends, someone to talk to, reduces stress. Get together and stay in regular touch with friends. Call those old friends with whom you haven't communicated for a long time. You may be surprised at the warm reaction you get. Perhaps they need a friend too!

Get involved. Take classes at the public library, community center, or nearby college. Volunteer to work for an organization whose cause you believe in. It creates identity and passion, and facilitates connection with others.

Positive aging happens when the next step is the best to come. Perhaps it's time to get up your gumption and get moving! It's a good thing.

Additional resources can be found at <http://www.aarp.org/>, or <http://www.aoa.gov/>.

This article is provided by Bruce Lamarche, a member of Society of Certified Senior Advisors®, 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 He can be reached at (626) 335-4292.

SENIOR HAPPENINGS...

By Pat Birdsall

FYI:

This update should have appeared in the March 7th edition... With the economic clime being what it is, I previously shared with you the information that my friend Ken Anhalt passed on to me. He told me that a market in our area cuts the price of several products by 50% each day. That market is **Fresh & Easy**... I called the store located on **Foothill and Second in Arcadia**, to find out the details and spoke to a nice young man named Shane. He told me that certain products have a "date code" for freshness and when these items will be "out-of-code" on the following day, they are marked down by 50%- usually between 8:00 or 8:30 PM, with the exception of sandwiches, sushi and Artisan Bread, which are marked down at 3:00 PM daily. I might be missing a few of the items that Shane mentioned, so please check out all departments, or call the store for more details (626) 256-8800. The items are: meat, produce, juices and breads (other than Artisan). The best times to take advantage of these bargains would be in the evenings before the store closes at 10:00PM, or when it opens the next day at 8:00 AM. As a shopper, you also have the opportunity to provide schools with needed resources. For every \$20.00 spent, your local school can get a \$1.00 cash donation through the end of March. So, keep your receipts...

~Helpful Hints~ For St. Patrick's Day

For beer spills- Apply hydrogen peroxide to dried stains on white cotton and sponge stains on colored fabrics with white vinegar. Cheers!

Another Recipe of the Month:

Creamy Irish Potato Soup

Ingredients:

1 tsp butter or 1 tsp margarine
1 stalk celery, diced
4 green onions, sliced
1 can (10 ½ ounces) condensed chicken broth
½ cup water
1/8 tsp ground black pepper
3 medium potatoes, sliced ¼" thick
1½ cups milk

Directions:

* Heat butter in saucepan. Add celery and onions and cook until tender

* Add broth, water, pepper and potatoes. Heat to a boil. Cover and cook over low heat 15 minutes or until potatoes are tender. Remove from heat.

* Place half of broth mixture and ¾ cup milk in blender or food processor. Cover and blend until smooth. Repeat with remaining soup mixture and milk. Return to saucepan and heat through. Garnish with sliced green onions.

Irish Soda Bread

Ingredients:

¾ cup whole-wheat flour
¾ cup all-purpose flour
2 Tbs sugar
1 tsp baking soda
½ tsp salt
½ currants
2 tsp caraway seeds
¾ cup buttermilk, plus additional for brushing

Directions:

* Pre-heat oven to 400 degrees. Coat a pie pan with cooking spray.

* Whisk whole-wheat flour, all-purpose flour, sugar, baking soda and salt in a large bowl. Stir in currants and caraway seeds. Make a well in the center of the dry ingredients. Gradually pour in the buttermilk, stirring with a fork until just combined. (Do not over mix.)

* Turn the dough out onto a lightly floured surface and knead several times. Form into a ball, flatten slightly and place in the prepared pie pan. Brush the top with Buttermilk and dust with flour. With a sharp knife, cut a ½- inch-deep X into the top of the loaf.

* Bake the loaf until it is brown on top and sounds hollow when tapped on the bottom, 30-40 minutes. Let cool slightly before slicing.



Happy Birthday!

March Birthdays: Ella Guttman, Viky Tchatlian, and Santos Ruiz

For Your Funny Bone

Father Murphy walks into a pub in Donegal, and says to the first man he meets, "Do you want to go to heaven?" The man said, "I do, Father." The priest said, "Then stand over there against the wall." Then the priest asked the second man, "Do you want to go to heaven?" "Certainly, Father," was the man's reply. "Then stand over there against the wall," said the priest. Then Father Murphy walked up to O'Toole and said, "Do you want to go to heaven?" O'Toole said, "No, I don't father." The priest said, "I don't believe this. You mean to tell me that when you die you don't want to go to heaven?" O'Toole said, "Oh, when I die, yes. I thought you were getting a group together to go right now."

"Young man," said the judge, looking sternly at the defendant. "It's alcohol and alcohol alone that's responsible for your present sorry state!" "I'm glad to hear you say that your honor," replied Murphy, with a sigh of relief. "Everybody else says it's all my fault!"

Quote: *May you live as long as you want, and never want as long as you live.*
~An Irish Toast~

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: 1st & 3rd 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:

*For reservations and further information call Susan Clifton at (626) 355-7394 or stop by and see her at the Hart Memorial Park House- 9:00 AM- 2:00 PM

April 16th- Palm Springs Follies
-SOLD OUT-If you have a ticket and have questions or if you would like to be on the waiting list if someone cancels, please call the Senior Desk at 626.355.7394.

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

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

NEW!!! Senior Stretch and Balance- A free class designed by volunteer instructor Teryl

Willis, for seniors to refresh the joints, soothe the spine, and improve balance. Come and join in some simple and gentle exercises, a little light yoga, and a bit of easy tai chi.

When and Where: Wednesday, March 4th at 11:00 AM at the Hart Memorial Park House/ Senior Center. Call 626-355-7394 for more information.

NEW!!! Wii Wednesdays- 1:00PM at the Hart Park House/Senior Center- You've seen it on television, come try it for yourself! It's a "virtual" game that's fun for everyone. Come experience Wii bowling, golf, tennis, baseball and boxing The unique control wand imitates how you actually release the ball or swing the club. No previous experience or skill required. It's great exercise and fun to boot!

Meals-on-Wheels:

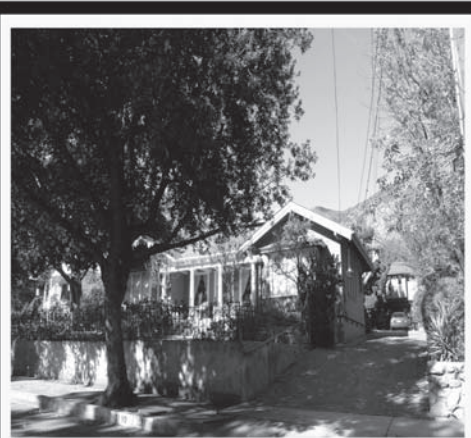
Meals are delivered to homebound seniors by volunteer drivers through the YWCA Intervale Lunch Program M-F (with frozen meals for the weekend.) \$2.00 suggested donation per day. Call Susan Garcia at (626) 858-8382 for more information.



MEALS-ON-WHEELS NEEDS VOLUNTEERS TO DELIVER MEALS TO OUR HOMEBOUND NEIGHBORS **ONCE A MONTH OR WEEKLY Please contact Darlene Traxler at 626.355.0256.**



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