

Mountain Views News

Sierra Madre

Arcadia

Pasadena

Altadena

Duarte

Monrovia

SATURDAY, APRIL 19, 2014

VOLUME 8 NO. 16

SIERRA MADREANS HONORED



SMHPS President Amy Putnam (right) and Kiwanian Gordon Caldwell, center below) were both recently honored for their outstanding community service. Amy was honored as one of Congresswoman Judy Chu's Women of Distinction (see full story on page B1). Gordon Caldwell (below center) was presented with the Sierra Madre Kiwanis Club's Distinguished Service Award by the California-Nevada-Hawaii Governor Rae Whitby-Brummer, left, and Division 35 Lt. Governor Robert Davis last month.

Gordon, who recently celebrated his 90th birthday, has been an active member of the Sierra Madre Kiwanis club for more than 27 years..

Photos courtesy MVNews



FINAL UNCERTIFIED ELECTION RESULTS

On Tuesday, April 17th, the provisional ballots were counted and announced as follows:

Council Members (3 vacancies):		
Goss	1820	29.2%
Arizmendi	1782	28.6%
Delmar	1367	22%
Green	1243	20%

Measure UUT

No	1372	51.4%
Yes	1296	48.6%

Overall voter turnout	2711	33.1%
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The new Council Members will be sworn in at the regular City Council meeting on April 22, 2014.

WALKING SIERRA MADRE.....*The Social Side* By Deanne Davis

This past week has been kind of like Maurice Sendak's "Where The Wild Things Are." Seriously! First we had an election, which generated some wild behavior, but ended well as we now have three splendid new City Council Representatives: Rachelle Arizmendi, Denise Delmar, and Gene Goss. Congratulations! We are confident you will do your best to represent the citizens of Sierra Madre and keep us all so happy that we'll echo Max from Wild Things...

"Oh, please don't go—we'll eat you up—we love you so!"

Speaking of eating... SUBWAY IS OPEN!! AND, more good food news: The beer is in at Vicious Dogs 2! They've got five kinds including Heineken, Sierra Nevada, Blue Moon and if you really want a glass of wine, you can bring in your own bottle and for a mere .50 corkage fee, enjoy a glass of your favorite Chardonnay or Merlot with your slaw dog, or your Papi El Guapo!

Back to the wild things... saw this really great sign somewhere in town, "The Deer Deli Is Closed!" And the resident has enclosed all their roses in green garden mesh to protect their blooms from our local Wild Things.



My walking buddy, the trail hiking John, and I saw several deer last week, dining and relaxing in the shade just the other side of Santa Anita. They seem to have deserted their usual haunts in the canyon for the moment but they'll be back!

More wild things... our Mt. Wilson Trail Race winner, Sharon Pevsner, posted on Facebook: "So, a friend and I decided to head up into the mountains to play today. A deer ran right in front of us! He was a beauty. We continued on our journey and stopped to listen to a new safety device I purchased when

we heard a distinct and very loud growl that sounded like it was coming from above us. It was the "hair raising" on the arms moment when we decided that we needed to back away and get around a corner. We then heard the animal dash down the mountain cross the trail and go over the other side. After we managed to put our hearts back in our chests, we run into a baby bear...minus its mother! The only thing missing today was a crazy man and a rattlesnake!"

Sharon will be running in the Boston Marathon this coming Monday, April 21st, Patriot's Day, where, hopefully, she won't encounter anything wilder than the 26,000+ runners who will be competing. I suspect there will be more runners than ever before as Americans will not let terrorists stop us.

Happy Easter! Rejoice! He is risen!

"A Tablespoon of Love, A Tablespoon of Laughter."

Is available on Amazon.com and at the following link: <https://www.createspace.com/4561071>

It's humor, family, recipes, poetry....and it will make you laugh!

Guaranteed! I should know, I wrote it! AND... It's now available at Dr. John Talevich's Office at 31 So. Baldwin, Sierra Madre!

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SMEAC WANTS YOU!! BAILEY CANYON SPRING CLEAN UP NEXT SATURDAY - APRIL 26TH!

Sierra Madre Environmental Action Council (SMEAC) will hold its annual Spring Bailey Canyon Wilderness Park Clean Up on Saturday, April 26 from 8:00 am – 12:00 pm. Members of the public are invited to assist with this "Earth Day" weekend project. Be sure to bring gloves, garden tools & friends.



ALOHA

The Sierra Madre School's Annual Fund Committee
13th Annual Spring Auction
"Pupukahi i Holomua"
Saturday, April 26th, 6:00 pm - 11:00 pm

6:00 pm Silent Auction and Hawaiian Buffet Dinner
Live Music by Sean McCue & Michelle Beauchesne

8:30 pm Hula Show & Live Auction followed by dancing
La Salle High School, 3880 E. Sierra Madre Blvd., Pasadena

All Proceeds Benefit the Sierra Madre Schools Annual Fund
Tickets \$50 each • For information, tickets or donations, please call 626-396-5890
or email SierraMadreAnnualFundAuction@gmail.com



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Read The Paper Online At: www.mtnviewsnews.com

Weather Wise

5-Day Forecast

Sierra Madre, Ca.

Mon:	Sunny	Hi 80s	Lows 50s
Tues:	Sunny	Hi 70s	Lows 60s
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
CALENDAR OF EVENTS

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

NEXT CITY COUNCIL MEETING:
Tuesday, April 22, 2014
6:30 pm

1630 AM EMERGENCY RADIO &
Free on-air publicity for local events

Sierra Madre's EMERGENCY radio station is now accepting scripts for Public Service Announcements (PSAs) about community events. PSAs will be broadcast on the air at no charge. The station operates 24/7 and can be heard at 1630 on the AM dial.

Any local non-profit or non-commercial organization can have their event information broadcast to the public on *Sierra Madre Community Information Radio*. The station covers the city of Sierra Madre, plus surrounding areas of Pasadena, Arcadia, and Monrovia. Your event must:

- Benefit a non-commercial or non-profit entity
- Be open to the public
- Be of general interest to local citizens

Just write a Public Service Announcement that describes your event and e-mail it to radio@cityofsierramadre.com.



THIS WEEK

MONDAY - 10 - 11 am

Barry, Rich & Lisa Show

Trivia and Humor at it's finest. Just try to keep up with their wit! JOIN THE FUN!!!

See our Calendar for airing times or listen to the podcast at our Village Intersections page.

THURSDAYS - Noon
Catherine Adde's OUR TRAVEL AFFAIR

TINA TIME WITH COUSIN MATTHEW

SATURDAY MORNINGS

D. J. Boddington

AKA James Faulkner returns Saturday morning at 7:00 until 10:00 with his Saturday Morning Mix show. Lovers of music - tune in!

Set your smart phone and or computer browsers to
www.villagevine.org

COMMUNITY
YARD SALE IN
SIERRA MADRE

The City of Sierra Madre Senior Community Commission is hosting the 4th Annual Community Yard Sale on Saturday, June 7, 2014 from 8:00 a.m. to 12:00 p.m. located in the Sierra Vista Park (611 E. Sierra Madre Blvd). Community organizations and members are invited to come together with their neighbors to participate in a community yard sale. Participants have the opportunity to clean out their garages, attics, storage sheds and closets without sending those items to landfill.

The fee for a selling space is \$30.00 and a yard sale permit does not need to be purchased; proceeds will benefit senior programs and activities. Alternatively, you may donate items to the Senior Community Commission booth to be sold on the Commission's behalf. If you would like to participate in the Community Yard Sale, you must register in person at the Community Services Office, 611 E. Sierra Madre Blvd. The Community Yard Sale is expanding for 2014 and will encompass the west parking lot and basketball court in Sierra Vista Park. The deadline to register is Thursday, May 29 or until spaces are filled. Spots are filled on a first come, first serve basis.

Participants must provide their own tables, chairs, canopies (10'x10' maximum) and cash boxes if needed. No electricity will be provided. Live animals, large canopies, and selling of food or drinks are prohibited. All business must be conducted within your space. Event may be cancelled due to inclement weather.

A limited number of spaces are available. Registration will open Wednesday, April 16th. For more information please call the Community Services Office at (626) 355-5278.



THE SIERRA MADRE KIWANIS CLUB

A PROUD MEMBER OF KIWANIS INTERNATIONAL SINCE 1927

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WE MEET WEEKLY AT THE LODGE (FORMERLY

THE MASONIC TEMPLE) AT 33 E. SIERRA MADRE BLVD.

MEETINGS ARE EACH TUESDAY AT NOON,

EXCEPT FOR THE 2ND TUESDAY OF EACH MONTH.

WHEN WE MEET AT 7:45AM. VISITORS ARE ALWAYS WELCOME!

JOIN US, MEET YOUR NEIGHBORS, HELP YOUR COMMUNITY,

AND HAVE SOME FUN!



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Rotary of Sierra Madre

Join us for Breakfast on Tuesdays mornings at 7 to hear some or all of our wonderful speakers listed below. Please be a guest at the Hart Park House, 222 W. Sierra Madre Bl. Sierra Madre, CA 91024.

April 15th-
JPL Scientist Dr. Bill Patzert-Water and Climate

April 22nd
Norman Van Treeck- Cyber Security and how to protect your website.

April 29th-
Rotary Youth Leadership Awards Program

For more info please call Peggy 626-355-7635 or email Peggybeau@gmail.com



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sierra madre community nursery school

CARNIVAL
in the park

Saturday, May 3rd, 2014

10:00am - 4:00pm in Sierra Vista Park
701 E. Sierra Madre Blvd. Sierra Madre

Games • crafts • food • silent auction • raffles • music • fun

SIERRA MADRE

Sierra Madre

Arcadia

Pasadena

Altadena

Monrovia

TRAVEL WITH US TO SOUTH AMERICA

On Tuesday, April 22, 2014, the Sierra Madre Kiwanis Club will venture to the very best of South America without leaving town!

Kiwanian Judy Webb-Martin will share her adventures from the Pampas of Argentina to the mountains in Peru...the Wonderful exotic Buenos Aires, the Iguazu Falls to the End of the Earth in Ushuaia, South America Chile with its snake like country with the Andes on the east and the pacific ocean on the west and the perfect end in Peru with Machu Picchu, the city of mystery and beauty!

Having just returned from "a trip to remember a lifetime with more stimulation one could handle at times", you won't want to miss this presentation.

WHEN: Tuesday, April 22, 2014
Lunch at Noon
Program begins at 12:30

WHERE: The Lodge (formerly the Masonic Temple)
33 E. Sierra Madre Blvd.
Sierra Madre, Ca.

Lunch: \$10 however reservations are required.
Call 626-355-0728
Program Only: Free

Sierra Madre Police Blotter

For the period April 6 2014, April 13, 2014

During the week of Sunday April 6, to Sunday April 13th, the Sierra Madre Police Department responded to approximately 338 calls for service.

Monday April 7, 2014

At 4:34 pm, Sierra Madre Police responded to the 200 block of E. Sierra Madre Blvd. regarding a possible break in to a storage locker. Resident advised Police that his storage locker appeared to be rummaged through. After the Police investigation, nothing appeared to be missing. Police believe that this incident may be tied to other thefts that have occurred in the same complex this past week.

Tuesday April 8, 2014

At 3:42 pm, Sierra Madre Police responded to the 600 block of E. Sierra Madre Blvd. regarding a commercial burglary. Taken was sixteen, twelve volt battery packs from a Sprint cell tower. No known suspects at this time, this case was forwarded to the Detective Bureau for further investigation.

Thursday April 10, 2014

At 3:01 am, Sierra Madre Police stopped a vehicle in the 300 block of W. Sierra Madre Blvd. After Police investigation, the subject driving the vehicle was arrested for driving under the influence. An arrest was made and vehicle was impounded.

Friday April 11, 2014

At 5:59 am, Sierra Madre Police responded to the 500 block of W. Grandview regarding an unsecure premise. Police conducted an interior search of the residence, and found no signs of a crime. Resident advised Police, that earlier that evening, a dark grey Dodge Ram truck was seen driving around the area.

If you have been the victim of a property crime within the last two years, please visit the following link: <http://cityofsierramadre.com/departments/police-department>. The link will take you to the City Of Sierra Madre web page, which has pictures of items that were recovered/seized during two investigations. Furthermore, if anyone knows of someone who may have been a victim of a property crime in the surrounding area, please pass the word around. The photos will not be available after April 30th, 2014.

SIERRA MADRE HISTORICAL PRESERVATION SOCIETY OPEN HOUSE - SUNDAY, APRIL 27TH

Sunday, April 27th, the Sierra Madre Historical Preservation Society (SMHPS) will have a pre-renovation open house and program at the 1887 Blumer Farmhouse, 390 Olive Tree Lane in Sierra Madre. The event will be held from 2pm-5pm. Parking will be on Grand View and if assistance is needed accessing the property, a shuttle will be running from Grand View to the top of Olive Tree Lane. A program will be presented by Woody Reeves of San Gabriel Sash & Door on repairing old doors and double hung windows. This program will be of interest to all owners or prospective owners of old homes and historic properties. Light refreshments will also be served. This event is for members only, however, if you are not a member and want to attend, memberships will be available for purchase at the entrance. Memberships start as low as \$20. Also, you must RSVP by April 23 to attend. Please phone Leslie Ziff at 626-321-7735 to reserve your spot for this informative and entertaining afternoon delving into Sierra Madre's history!



The Blumer Farmhouse sits on a secluded 1.81-acre parcel of land at the end of a private drive, just north of Grand View. It recently became re-listed as an historic landmark in Sierra Madre and was designated as the Blumer Farmhouse. It is one of the few homes still standing pictured in the historic Bird's Eye View of Sierra Madre, which was utilized by Nathaniel Carter, the town's founder, as a promotional piece to entice settlers and investors to Sierra Madre.

Although a 17'x34' two-story home was built in 1883 by Amos D. Trussel, when the property was sold in 1887 to J.G. Blumer, significant changes were made to the existing structure. These included raising the original two-story structure and adding a new first floor underneath in addition to widening the home. A covered second floor porch that wrapped around three sides of the house was also added.

Blumer, a native of England, was active in local affairs and was elected mayor of Sierra Madre at the incorporation of the City in 1907. He also assisted in reorganizing the Sierra Madre Water Company that Amos Trussel had helped establish. Because of this, he was involved in the sometimes contentious water rights negotiations with "Lucky" Baldwin. Additionally, Blumer helped start the library society, and was a major contributor in the efforts to bring the Pacific Electric Railroad to Sierra Madre.

SIERRA MADRE BUSINESS WATCH

Business owners are invited to joining the Police Department for a Business Watch Meeting on Wednesday April 30th at 7:30 AM in the City Council Chambers.

The property was purchased by Brian & Delna Abernathy in 2013. They will be renovating and upgrading their home while keeping its historic integrity. San Gabriel Sash & Door will be assisting in the renovation of the Blumer Farmhouse. As a family owned and operated business, part of their expertise is repairing old doors and windows. Additionally, part of the Abernathy's restoration plan includes reconstructing the railing and covered balcony on the second floor, bringing it back to its original appearance as shown in the Bird's Eye View of Sierra Madre, published in 1887.

We look forward to your joining us at the Blumer Farmhouse on Sunday afternoon, April 27!

Summary of information:

Members only

When: Sunday, April 27

Time: 2pm - 5pm

What: Home tour & program on old door and window restoration

Serving: Light refreshments

Parking available on Grand View. If assistance is needed walking up the hill, a shuttle will be available to assist you. RSVP by April 23 to Leslie Ziff, 626-321-7735.

SIERRA MADRE FARMERS MARKET

The Sierra Madre Farmer's Market hours have changed to 3:00pm through 7:00pm every Wednesday. Vendors include Dry Dock which has fresh and wild caught fish, Rustic Loaf with artisan breads, Cutie Pie with fresh pies and much more!

For those interested in being a vendor contact Melissa Farwell with Raw Inspirations at 818-591-8161 ext. 806.

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FUTURE MEETING DATES SET FOR PASADENA UNIFIED MASTER PLAN/BOUNDARY SUBCOMMITTEE

Next Meeting to Take Place April 22

Pasadena, CA – Upcoming meeting dates for the Pasadena Unified School District (PUSD) Board Master Plan/Boundary Subcommittee have been determined, with the next meeting to take place April 22. The subcommittee will also meet May 20, June 10 and June 24. All meetings will take place in the Elbie J Hickambottom Board Room (Room 236), 351 South Hudson Avenue, Pasadena. All meetings of the subcommittee will begin at 6 p.m.

Members of the PUSD community and residents of Pasadena, Altadena and Sierra Madre are invited to attend and provide input on potential school attendance boundaries at the subcommittee meetings. Agendas will be posted on the board subcommittees webpage under the board of education tab at www.pusd.us.

With an eye toward shifting residential demographics within PUSD and the lopsided distribution of students at district campuses, the PUSD Board of Education created a Master Plan/Boundary Subcommittee to study possible school attendance boundary scenarios and other master planning issues for the district. The board subcommittee is chaired by Dr. Mikala Rahn with Ms. Kimberly Kenne and Dr. Elizabeth Pomeroy also serving on the committee.

This limited term subcommittee has been tasked with the following:

- Examine feeder patterns and enrollment data, population data and school configurations
- Maximize school size/facilities, specialty programs and neighborhood capacity
- Examine where specialty programs are needed based on district value statements
- Examine strategies for increased enrollment at secondary level
- Focus on strategies for under-capacity, small schools
- Community outreach and public input on various boundary scenarios

The committee will develop recommendations for the full board by September 2014 for school attendance boundaries starting in the 2015-16 school year.

Event: PUSD Master Plan/Boundary Subcommittee Meeting
Date/Time: 6 p.m., Tuesday, April 22, 2014
Location: Elbie J Hickambottom Board Room (Room 236), 351 South Hudson Avenue, Pasadena

Just Because You Always Wanted To Know:

EASTER BUNNY HISTORY



The Easter bunny has its origin in pre-Christian fertility lore. The Hare and the Rabbit were the most fertile animals known and they served as symbols of the new life during the Spring season.

The bunny as an Easter symbol seems to have its origins in Germany, where it was first mentioned in German writings in the 1500s. The first edible Easter bunnies were made in Germany during the early 1800s. These were made of pastry and sugar. The Easter bunny was introduced to American folklore by the German settlers who arrived in the Pennsylvania Dutch country during the 1700s. The arrival of the "Oschter Haws" was considered "childhood's greatest pleasure" next to a visit from Christ-Kindel on Christmas Eve. The children believed that if they were good the "Oschter Haws" would lay a nest of colored eggs.

The children would build their nest in a secluded place in the home, the barn or the garden. Boys would use their caps and girls their bonnets to make the nests. The use of elaborate Easter baskets would come later as the tradition of the Easter bunny spread throughout the country.

FOURTH OF JULY GRAND MARSHAL NOMINATIONS SOUGHT

The Volunteer Sierra Madre Fourth of July Committee is seeking nominations for the 2014 Fourth of July Parade Grand Marshal. The Parade will be held as always the morning of July 4th. Parade Grand Marshal nominees should embody the spirit of Sierra Madre, be an active volunteer in any of the local nonprofit organizations or in some way contributed to the betterment of Sierra Madre. Nominees may be an individual or volunteers or an organization. Nominations must be submitted in writing by Thursday, May 1, 2014 and should be sent to the Fourth of July Committee, PO Box 1073 Sierra Madre CA 91025 or emailed to 4thofjulysiemramadre@gmail.com. Nominations should be no more than 1 page but at least a paragraph explaining why the honor should be given including contributions to the Sierra Madre community.

Previous Grand Marshalls have included 2013 VFW Post 3208 & Hometown Hero Mama Pete; 2012 Nel and Bob Soltz (Wistaria Vine owners); 2011 Gayle Bluemel & Hometown Hero John Shear; 2010 Lew Wantanabe; 2009 Midge Morash; 2008 Sierra Madre Fire Department; 2007 Ward Family (E. Waldo Ward & Sons); 2006 Judy Webb Martin & Toni Buckner & Hometown Hero Barbara Wamboldt; 2005 Police Chief Wayne Bailey; 2004 Doug Berkshire; 2003 John Grijalva; 2002 Bob Quamstrom; 2001 Ty Gaffney; 2000 Dr. Bill White; and 1999 Jim & Barbara Heasley.

This All-American friends and family event is made possible through the wonderful contribution of donors and sponsors. If you'd like to help please visit www.sierramadre4thofjuly.com or follow us on Facebook: www.facebook.com/4thofjulyinfo

APRIL 30 STEM CELL DRIVE PLANNED FOR HILLSIDES CHIEF ADVANCEMENT OFFICER NANCY GARNI

Charity Urges Community to Participate to See if They Can 'Be The Match'



Chief Advancement Officer Nancy Garni and her husband Mike Seltzer.

This past Christmas is one Hillside's Chief Advancement Officer Nancy Garni will never forget. As she was unwrapping presents with her family, her doctor called to tell her that a routine blood test had come back abnormal, and she needed to go to the emergency room immediately for another test to rule out a lab mistake. On New Year's Eve, Garni learned that the original test results were not an error. Her diagnosis: leukemia.

The news caught Garni by complete surprise. "I had been feeling tired, but wrote it off as due to the holidays and working long hours," she said. "I was completely asymptomatic."

Within 10 days, Garni underwent her first round of chemotherapy at City of Hope hospital in Duarte, CA. Since then, she's undergone two more rounds of treatment, with a fourth scheduled. Her last four months have been a blur of extended hospital stays, coping with the difficult effects of the chemotherapy, and limiting her activities to avoid compromising her fragile immune system.

For the best prognosis, Garni needs a stem cell transplant. This is a procedure where faulty stem cells are replaced with healthy ones, which helps stimulate new bone marrow growth and restores the immune system.

So far, doctors have been unable to find a perfect stem cell match for Garni, but this is needed to give her the best chance for a complete recovery. As the result of the initiative of one of Hillside's former board members, Mark Mertens, Hillside's has created #TeamNancy, an effort to identify a stem cell donor for Garni. Hillside's has teamed up with the City of Hope and Be The Match, which manages a world-wide registry, to conduct a donor drive for Garni from 12:00 noon – 4:00 p.m. on Wednesday, April 30, 2014 at Hillside's Support Services, 815 Colorado Blvd., Suite 300, Los Angeles, CA 90041.

"We invite all of Nancy's friends, supporters, and co-workers to participate in the drive. There's nothing all of us wouldn't do to help her get through this ordeal, and becoming a donor is the best way to help," said Hillside's chief executive officer, Joseph M. Costa. "The procedure is incredibly simple – with a quick swab of the cheek, you will be added to the registry as a potential donor."

To participate in the drive, donors must be between the ages of 18 – 44. Participants do not need to pre-register; they can just show up the day of the drive. For those who can't attend the drive, they can register online to order a swab kit: <http://join.bethematch.org/teamnancy>

Those who are not able to be a donor can still contribute by making a monetary donation to offset the cost of each swab by visiting www.bethematchfoundation.org/goto/TeamNancyG.

By participating, donors are added to the registry as a potential donor not just for Garni but for other cancer patients in need of a transplant, which brings Garni joy.

"I want others to benefit equally from these efforts," she said. "Worldwide, only one percent of the population has registered. People simply don't know the magnitude of the way they could help by simply registering. It is so simple to save someone else's life."

Garni is dedicated to spreading the message of the need for stem cell donors, a mission that she finds healing. "It keeps me focused on hope, rather than on the reality of my disease," she said.

Hillside's is a premier provider dedicated to improving the overall well-being and functioning of vulnerable children, youth, and families. To learn more about #TeamNancy or Hillside's, please visit www.hillside.org. For more specific information on the drive, please contact Marisol Barrios at mbarrios@hillside.org or 323-543-288, ext. 128. For more information on becoming a donor, please visit www.BeTheMatch.org.

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Saturday, April 26, 2014, Trinity Ballroom, Pasadena

5:30 p.m. Reception and Silent Auction, Dinner to follow

Contact Barbara Rolf at (626) 358-3486, or email barbara@foothillunitycenter.org

Foothill Unity Center

foothillunitycenter.org



SR 710 Freeway Study Delayed

In a letter released Tuesday, Metro officials stated that the long anticipated release of the Draft Environmental Impact Report/Environmental Impact Statement (EIR/EIS) for the State Route 710 North Study is being delayed.

The Draft EIR/EIS will thoroughly analyze five alternatives to closing the 4.5 mile gap in the original 710 Freeway design that exists between Alhambra and Pasadena including, Bus Rapid Transit, Light Rail Transit, Transportation System Management/Transportation Demand Management, a freeway tunnel, and a No Build option.

“Metro is working with Caltrans on a revised schedule and will make an announcement as soon as it is confirmed” they announced. “Metro had hoped to release the draft environmental documents this spring but the work was delayed while the latest Southern California Association of Governments (SCAG) regional travel demand computer model for analyzing the alternatives was calibrated and applied.

Metro, Caltrans, local cities and private developers all are required to use the SCAG regional travel demand model as a basis for project planning. It predicts future (2035) traffic through a thorough analysis of projected travel patterns considering such factors as population and employment growth, goods movement, land use changes and other variables. Other critical analysis including air quality, a health risk assessment, noise and energy effects also depend on travel demand computer modeling.

Officials said they are one of the first agencies to use the new model and that forecasting for all of the alternatives was not completed until February of this year leading to the delay.

For updates, go to metro.net/sr710study.

Pet of the Week



Dakota is a five-year-old St. Bernard. She's very friendly and calm. She enjoys going on walks in the park too! Don't let her size fool you; she's a sweet gentle giant.

Dakota's adoption fee is \$125, which includes her spay surgery, a microchip, the first set of vaccinations, as well as a free follow-up health check at a participating vet. She also qualifies for our “Seniors for Seniors” program in which her adoption fee is waived for adopters 60 years old and older. New adopters will receive complimentary health and wellness exam from VCA Animal Hospitals, as well as a goody bag filled with information on how to care for your pet. Ask an adoptions counselor for more information during your visit.

Call the Pasadena Humane Society & SPCA at 626.792.7151 to ask about A353359, or visit at 361 S. Raymond Ave. in Pasadena. Adoption hours are 11-4 Sunday, 9-5 Tuesday – Friday, 9-4 Saturday. Pets may not be available for adoption and cannot be held for potential adopters from phone calls or email. Directions and photos of all pets can be found at www.pasadenahumane.org.



Illegal Boarding Home Operators Charged

In separate cases, two property owners who operated illegal, unlicensed and over-crowded boarding homes were charged earlier this month with numerous violations including substandard housing that may have played a role in an arson fire that killed two tenants.

On April 7, Jeanette Broussard pled no contest to, and was convicted of, 23 counts regarding operating an illegal boarding house at 1385 El Sereno Avenue where up to 19 people were living. As part of her sentence, Broussard will pay more than \$2,000 in fines, serve 36 months of probation, not use the property as a boarding house in violation of city codes and submit to all inspections of the property by the City at any time without notice during the

probation.

“Pasadena will not tolerate the owners of illegal, unsafe, and over-crowded boarding houses who believe they can operate with impunity at the expense of public safety,” said City Attorney/City Prosecutor Michele Beal Bagneris. “The City will not allow these property owners to become unjustly enriched while blatantly violating the law and endangering the public.”

In the second case, husband-and-wife Nicholas Benson Mnkandla and Eva Meyers on April 10 both pled no contest to, and were convicted on, numerous charges of operating an illegal boarding home and other housing code violations regarding their property at 280 W. Washington Boulevard. Mnkandla was convicted of 14

counts—five for operating an illegal boarding house and nine code violations for substandard housing. Mnkandla's wife was convicted on three counts—one for operating the illegal boarding house and two for substandard housing violations.

Mnkandla received an 18-month county jail sentence, suspended, three years of probation, 500 hours of community service, a \$500 fine plus penalty assessments, and one day in jail.

A former tenant of Broussard faces two felony murder charges and 15 counts of attempted murder for his alleged role in setting the November 1, 2012 arson fire that killed two other tenants at the property.

Armenian Genocide Memorial site to be blessed

The ground at the site for the Pasadena Armenian Genocide Memorial will be blessed Sunday, April 27, during a 6 pm public ceremony at Memorial Park.

Retired U.S. District Court Judge Dickran M. Tevrizian will serve as Master of Ceremonies and the consecration will be performed by Hovnan Derderian, Archbishop of the Western Diocese of the Armenian Apostolic Church, and Archbishop Moushegh Mardirossian of the Western Prelacy of the Armenian Apostolic Church.

Choirs from the Sahag Mesrob Armenian Christian School in Altadena and the Armenian General Benevolent Union High School in Pasadena will sing.

“I encourage the greater Pasadena community to attend this important event,” said former California Assemblyman Anthony Portantino, who serves on the Pasadena Armenian Genocide Committee. “This Memorial will offer a place for reflection, hope and inspiration.”

Pasadena Mayor Bill Bogaard and California Assemblyman Chris Holden will be among the elected officials at the event.

The Memorial, approved by the Pasadena City Council in September 2013, will be completed and dedicated at the north side of Memorial Park in April 2015 to mark the 100th anniversary of the killing of 1.5 million Armenians over a three-year period beginning in 1915. It will commemorate the Armenian Genocide and condemn all crimes against humanity

Lawn Mower Exchange

Southland residents can register starting this week to get up to 75 percent in savings on a new electric lawn mower with the South Coast AQMD's popular Lawn Mower Exchange Program.

Now in its 12th year, the program helps air quality by trading residents' used, gas-powered lawn mowers for, cordless battery-electric models.

This year's program offers 4,000 mowers for trade-in. Once registration opens, secure a spot at one of four events being held this year in Long Beach, Pasadena, Riverside and Anaheim. Pasadena will be May 17 from 8 a.m. to noon.

Residents must pre-register at www.aqmd.gov or calling 1-888-425-6247. To qualify, participants must live in SCAQMD's jurisdiction.

Eric Walsh Named PCC Graduation Speaker

Dr. Eric Walsh will deliver the Commencement address at Pasadena City College on Friday, May 9, 7pm, at the Jackie Robinson Memorial stadium, President-Superintendent, Mark Rocha announced Tuesday.

“We are pleased that Dr. Walsh has agreed to deliver this year's Commencement address,” Rocha said. “As a preeminent leader in the Pasadena community, his extraordinary community work and commitment to public service will serve as an inspiration to our students.”

Walsh is the Director and Health Officer for the Department of Health in Pasadena, Ca. He is on the staff of the Loma Linda University School of Medicine and teaches at the University of California, Irvine as an adjunct professor.

In addition to his academic endeavors, Walsh serves on the President's Advisory Council on HIV/AIDS. He is the immediate past President of the California Academy of



Dr. Eric Walsh

Preventive Medicine and is an active committee member with the Centers for Disease Control.

Walsh is board certified in Family Medicine and is board eligible in Preventive Medicine and Public Health. He is currently completing his Doctorate in Public Health.

The recipient of many awards, including Congressional Recognition for his leadership and contribution to the health of children, he was most recently awarded the prestigious 100 Black Men of Orange County Award in Health and Wellness Care.

Walsh is dedicated to serving the residents of Pasadena through public health practices and policy development that increases the ability of individuals to attain health and wellness.

Biologist Wins Albany Medical Center Prize



Alexander Varshavsky, Howard and Gwen Laurie Smits Professor of Cell Biology at Caltech, has been named the recipient of the 2014 Albany Medical Center Prize in Medicine and Biomedical Research.

The award, of which Varshavsky is the sole recipient this year, recognizes him for his groundbreaking work in biology, specifically for the “discovery of critical molecular determinants and biological functions of intracellular protein degradation,” a set of fundamentally important processes that is central to the physiology of both individual cells and multicellular organisms.

“Studies by my laboratory, initially at MIT and later at Caltech, focused on the understanding of how and why cells destroy their own proteins to withstand stress, to

grow and divide, to differentiate into new kinds of cells, and to do countless other things that make living organisms so astonishing and fascinating,” Varshavsky says.

He and colleagues in his lab have spent the past several decades studying the ubiquitin system, a set of biological pathways that have in common a small protein called ubiquitin. This highly complex system was found to mediate the regulated degradation of intracellular proteins, and other processes as well. It was gradually understood that functions of this system are relevant to just about everything that living cells do.

“The field of ubiquitin research has been expanding at an amazing pace, and is now one of the largest arenas in biomedical science,” Varshavsky says. “Both earlier and recent discoveries illuminate the ubiquitin system and protein degradation from many different angles and continue to foster our ability to tackle human diseases, from cancer, infections, and cardiovascular illnesses to neurodegenerative syndromes and the aging process itself.”

Varshavsky is the second Caltech faculty member to receive the \$500,000 Albany Prize for research in life sciences. The late Caltech geneticist and molecular biologist Seymour Benzer was a recipient of the Albany Prize in 2006.

Bike Week Pasadena to Pedal through the City

Weeklong bicycling activities finish with a front row seat to this year's Amgen Tour of California.



The 8th Annual Bike Week Pasadena rolls through the city May 11th-17th, providing even more opportunities for community members to zip along on two wheels in fun, supported, and engaging ways. C.I.C.L.E., an L.A. based bike advocacy non-profit, and the City of Pasadena will present a week-long showcase for most skill levels and age groups to promote bicycling as a safe and sustainable way to access your daily errands and favorite activities.

All Bike Week Pasadena activities are free and open to the public.

Bike Ed Day May 11, 10 a.m.-12:30 p.m.

Drop by for a basic bicycle maintenance workshop to learn bicycle fixes and get informed about Traffic Safety with a dynamic presentation. Location: Incycle 175 S Fair Oaks Ave.

A Taste of Pasadena Ride May 12, 6:30 p.m.-9:30 p.m.

Cruise along to the Pasadena Playhouse restaurants, Whole Foods, and the Luggage Room Pizzeria for the most delicious tour you've ever pedaled through. Location: Meet at Memorial Park Pasadena (Raymond Ave & Holly St.)

Shop by Bike Day May 13 (Business Hours)

Roll into Pasadena shops and businesses for Pasadena's first Shop by Bike Day. Participating business will be offering discounts and incentives for local customers eager to start shopping by bike.

Women on Bikes Night (Ride & Bicycle Clinic) May 14, 6:30 p.m.-9:30 p.m.

Join C.I.C.L.E. for a women-focused social ride and workshop. This ride will take on the streets of Pasadena and roll over to Pasadena Cyclery for a safety clinic with Team Luna Chix. The evening will end with a post-event “All Night

Happy Hour” for the Women on Bikes Night participants at Sushi Roku. Location: Meet at Memorial Park Pasadena (Raymond Ave & Holly St.)

Bike to Work Day May 15th 6:30 a.m.-8:30 a.m.

Stop by the Pasadena City Hall for a pit-stop during your morning commute to work for coffee and snacks. Learn safe riding tips and bike routes from seasoned commuters and renew your commitment to bike commuting or take the plunge and pledge to join this growing community.

Bike-In Movie Night May 16th 7:00 p.m. – 11:00 p.m.

Watch the Goonies for Bike Week's ever-popular Bike-In Movie! Ride with us to Paseo Colorado for an outdoor screening, Meeting Location: Meet at Caltech's Beckman Lawn, 440 South Wilson Avenue, (between Del Mar Blvd & San Pasqual St.)

Ride, Roll & Stroll and Bike Ride with the Mayor May 17th 11:00 a.m.-1:30 p.m.

The Kaiser Permanente Ride, Roll & Stroll will feature an organized bike ride with Mayor Bill Bogaard in celebration of the final day of Bike Week Pasadena. After the ride, plan to stay and watch the Amgen Tour of California, cycling's most prestigious professional road race in the US. Location: City Hall, 100 N Garfield Ave.

New Summer Venue for Pasadena Farmers Market

The City's Human Services and Recreation Department announces the summer location for the Farmers Market will be held April 16 to Oct 2, 2014 in Centennial Square in front of City Hall, 100 N. Garfield Ave., at Holly Street. Each year the Pasadena Certified Farmers Market selects a summer location to expand its offerings of healthy, delicious, and locally grown food.

Every Wednesday from 4-8 p.m., April 16 to October 2, 2014, the Market will be open. Summer highlights include fresh fruit, vegetables, flowers, eggs, honey, bread, cheese and more. Other treats such as coffee, tamales, roasted corn and barbecued meats will be available for sale.

In addition to the summer location at City Hall, the program includes two other regular locations at:

Victory Park, in the PHS

Parking Lot, off Sierra Madre Boulevard, near the park at 2575 Paloma St., from 8:30 a.m. to 1 p.m., Saturdays, and Villa-Parke Community Center, 363 E. Villa St., 8:30 a.m. to 1 p.m., Tuesdays.

For more information about these farmers markets, go online to www.pasadenafarmersmarket.org or call (626) 744-7509 or (626) 449-0179. For more information about the Human Services and Recreation Department please visit www.cityofpasadena.net/humanservices.

A fourth Farmers Market is also held in Old Pasadena, on Holly Street at Raymond Avenue, 9 a.m. to 2 p.m., Sundays. This market is sponsored by the Old Pasadena Management District. For more info visit www.oldpasadena.org/farmersmarket; by phone at (626) 356-9725 or email to info@oldpasadena.org

Learn How to Produce Your Own TV Show

With the opening of the new Pasadena Media studios at 150 S. Los Robles Ave, they are offering free television-training programs for producers. Plan to attend an orientation to discover the right classes for you.

Producers' Training teaches how to produce shows for The Arroyo Channel. Studio Production/Equipment training is also offered to volunteer crewmembers. In addition, on-going training will soon be

Class Offerings 6:00 pm – 8:00 pm Nightly

Producers Training

Monday April 21 at 6:00 pm - 7:00 pm

Training Orientation

Monday April 28 at 6:00 pm - 8:00 pm

Introduction to Field Production Training

Wednesday April 30 at 6:00 pm - 8:00 pm

Producers Training

Monday May 5 at 6:00 pm - 7:00 pm

Citizen Journalism Digital Film Group

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coming soon



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available in citizen journalism and digital film groups. Call the office (626) 794-8585 or go to PASADENAMEDIA.ORG and explore what Pasadena Media has to offer.

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AAUW GRANT RECIPIENT TO GIVE UPDATE ON ASSISTIVE TECHNOLOGY FOR THE HEARING IMPAIRED

Thanks to a Career Development grant from the American Association of University Women (AAUW), grant recipient Lisa Yuan now has the opportunity to realize her goal of studying for the Master's degree in Assistive Technology at CSU-Northridge. Lisa Yuan will share with her audience her personal experience with hearing loss, and explain how assistive technology has truly enhanced her life, when she speaks at the Monday evening meeting of the Arcadia Branch of AAUW on May 12 at 7:00 p.m. The Branch meets at the Church of the Good Shepherd's Jordan Hall, 400 W. Duarte Rd. (SW corner Duarte Rd. and Holly Ave.), Arcadia.

Lisa Yuan will explain how she has relied on a cochlear implant, hearing aid, captioning, and assistive listening devices to enable her to remain active and independent in everyday life. Furthermore, her goal is to help others with

hearing disabilities to find the tools they need so they can enjoy fuller lives at home, in school, at work, and in social situations. While working for her Master's degree at CSU-Northridge, Lisa has engaged in such projects as promoting captioning at movie theatres and advocating for insurance coverage for hearing aids.

Lisa has expressed her appreciation for the AAUW Funds Career Development grant that is enabling her to realize her educational goal and to ultimately help others. The public is invited to this free meeting, and there is ample parking in the church parking lot. All are invited to come at 6:30 p.m. for socializing and refreshments. For information about the program or about membership in the American Association of University Women, please call Tamara Kato at (626) 375-6756 or Patricia Dietrich at (626) 446-7437.

FORMER MAYOR BOB HARBICHT WILL BE THE GUEST SPEAKER AT THE ARCADIA CHAMBER OF COMMERCE'S GOVERNMENT AFFAIRS FORUM ON MAY 1.

Mayor Harbicht has just concluded his fifth four-year term on the Arcadia City Council where he served as Mayor four times. He has had the unique distinction of serving as Mayor of two cities - 40 years ago he was the Mayor of Duarte, the youngest Mayor in that city's history.

The public is invited on the first Thursday of each month at 8 a.m. to hear informative presentations in the Chamber's conference room at 388 W. Huntington Drive sponsored by Foothill Credit Union. The Government Affairs Forum is led by Chairman Jack Orswell of Orswell & Kasman, Inc. Environmental Assessments & Consulting, and co-chairman Peter Ulrich, former Arcadia City Councilman. A discussion of pending legislation and other updates are provided at each Forum by representatives from City, County, and State government offices, the Metro Gold Line Foothill Extension and the Monrovia-Arcadia-Duarte Town Council.

RSVPs to the Chamber of Commerce office are appreciated - call (626) 447-2159 or email info@ArcadiaCaChamber.org.

Upcoming speakers will include the chiefs of the police and fire departments and newly-elected first-time City Councilmen Tom Beck and Sho Tay.

Arcadia Police Blotter

For the period of Sunday, April 6th, through Saturday, April 12th, the Police Department responded to 1,098 calls for service of which 137 required formal investigations. The following is a summary report of the major incidents handled by the Department during this period.

Sunday, April 6:

1. Around 2:48 a.m., an officer made contact with a male subject standing next to his motorcycle on Foothill Boulevard at Baldwin Avenue. The officer discovered the subject was under the influence of alcohol and unable to care for himself. The 32-year-old White male was arrested, transported to the Arcadia City Jail for booking, and his motorcycle was left legally parked.
2. At approximately 3:43 a.m., officers conducted an enforcement stop on a male subject skateboarding on Foothill Boulevard at Tindalo Avenue. An investigation revealed the 21-year-old White male subject was under the influence of a controlled substance. He was arrested and transported to the Arcadia City Jail for booking.

Monday, April 7:

3. Just after 6:30 a.m., an officer made consensual contact with a male subject in the area of Fifth Avenue and Huntington Drive. An investigation revealed the 41-year-old White male had two outstanding misdemeanor warrants and was in possession of methamphetamine. He was arrested and transported to the Arcadia City Jail for booking.
4. Around 1:10 p.m., an officer responded to the Arcadia Police Department front counter regarding an identity theft report. After the victim filed his federal tax return, he received notice from the IRS via email that his tax return claim was being rejected because someone else filed a claim under his name and social security number. He had no idea how his personal information was compromised.

Tuesday, April 8:

5. Around 2:50 a.m., an officer conducted a traffic stop on a vehicle in the area of Huntington Drive and Santa Anita Avenue for a broken license plate lamp. The officer discovered the 25-year-old White male driver was never issued a license and did not have insurance or registration. A vehicle search revealed he was in possession of methamphetamine and drug paraphernalia. He was arrested, transported to the Arcadia City Jail for booking, and his vehicle was towed.
6. Just after 11:50 a.m., an officer was dispatched to a traffic accident at the intersection of Second Avenue and Duarte Road. As Party-2 exited the driveway of Subway, 160 East Duarte Road, he collided with an approaching vehicle as he attempted to make a left turn onto northbound Second Avenue. The officer determined Party-2 was at fault since he failed to yield to oncoming traffic when entering the roadway. No injuries were reported.

Wednesday, April 9:

7. At approximately 6:20 p.m., an officer responded to a residence in the 1000 block of Catalpa Road regarding a burglary report. The victims discovered unknown suspect(s) forced entry through a rear sliding glass door, ransacked multiple bedrooms, and fled with property including cash and a Luis Vuitton purse. No evidence or witnesses were located.
8. Around 8:25 p.m., officers responded to a residence in the 200 block of Laurel Avenue regarding five subjects trespassing on the property. An investigation revealed an 18-year-old White male subject was in possession of a controlled substance and two other subjects, an 18-year-old Hispanic female and 19-year-old White female, had outstanding misdemeanor warrants. All three subjects were arrested and transported to the Arcadia City Jail for booking.

Thursday, April 10:

9. Shortly after 7:40 a.m., an officer was dispatched to Motel 6, 225 Colorado Place, in reference to a stolen vehicle report. The victim parked his 1995 Ford Ranger in the parking lot and discovered it missing a short time later. No one reported seeing or hearing anything suspicious.
10. At about 11:41 a.m., an officer was dispatched to a residence in the 600 block of West Lemon Avenue regarding a burglary report. Unknown suspect(s) forced entry through a sliding glass door and stole property from a secured safe. No evidence or witnesses were located.

Friday, April 11:

11. At approximately 2:12 a.m., an officer made contact with a male subject standing in the parking lot of Station Bar, 1218 South Baldwin Avenue. The 41-year-old White male was under the influence of alcohol and unable to care for himself. He was arrested and transported to the Arcadia City Jail for booking.
12. Around 9:17 a.m., an officer responded to a residence under construction in the 000 block of East Arthur Avenue regarding a burglary report. Unknown suspect(s) forced entry through a drywall and stole a refrigerator and several power tools. An investigation revealed the contractor observed a van with two Hispanic male occupants parked in front of the residence one day prior. Although he thought the subjects looked suspicious, he did not contact police.

Saturday, April 12:

13. Just after 2:40 a.m., an officer responded to the United States Post Office, 41 Wheeler Avenue, regarding two subjects arguing in the parking lot. An investigation revealed a male suspect slammed his friend into a light pole, causing a significant laceration to her head. The 30-year-old Hispanic male was arrested for Assault with a Deadly Weapon and transported to the Arcadia City Jail for booking. The victim refused medical treatment and fled the scene.

14. At about 12:15 p.m., an officer was dispatched to Macy's at the Santa Anita Mall, 400 South Baldwin Avenue, regarding a theft report. A 40-year-old Chinese female suspect concealed merchandise inside her purse and exited the store without making payment. She was cited for Petty Theft and released without incident.

ARCADIA POLICE SEEK THE PUBLIC'S ASSISTANCE

On Wednesday April 16, 2014, at about 9:13 PM, Arcadia Police Officers and Arcadia Fire Paramedics responded to an injury traffic collision at the intersection of Gate 1 of the Westfield Santa Anita Mall and Huntington Drive. Two adult men were treated and transported to Huntington Memorial Hospital with serious injuries. Unfortunately, a 78-year-old Arcadia man, died at the hospital as a result of injuries sustained in the collision. The second man is a 76-year-old Arcadia resident who sustained moderate injuries that do not appear to be life-threatening at this time.

Preliminary investigation revealed that two adult men were walking from the northwest corner of the intersection in a southeast direction across Westbound Huntington Drive, well outside of the designated north/south crosswalk on the east side of the intersection. The intersection is normally controlled by a lighted traffic signal, but the traffic signal was not working at the time of this collision due to a power outage affecting the area.

The driver of the vehicle, who is a 19-year-old Arcadia man, stopped at the scene of the collision. The driver is not being held at this time.

The cause of the collision is under investigation by the Arcadia Police Department Major Accident Investigation Team. Anyone with information on this incident is encouraged to contact the Arcadia Police Department at (626) 574-5151, case #14-1934. If you prefer to provide information ANONYMOUSLY, you may call "Crime Stoppers" by dialing 800-222-TIPS (8477), texting the letters TIPLA plus your tip to CRIMES (274637), or using the tip web page at Los Angeles Regional Crime Stoppers.

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DUARTE PUBLIC ACCESS TO HAVE SECOND HOME ON DUARTE CHARTER CABLE AS PART OF CONVERSION TO ALL-DIGITAL SYSTEM

DUARTE, CA, April 15, 2014 -- Duarte Public Access (DCTV) now has a second home on Charter Cable in Duarte. In addition to airing on Channel 3, DCTV is also cablecast on Channel 182 in conjunction with Charter Communications' digital conversion which launched on April 15.

The secondary channel location places DCTV in the middle of the new Charter Cable "Public Affairs Neighborhood" consisting of Channels 173 to 188. All government and educational channels are now co-located in one area for viewing ease. For those who don't have cable, DCTV programming can also be viewed on-demand on the DCTV website, www.DctvDuarte.com.

With the conversion to an all-digital system, Charter analog customers will require a convertor box for their televisions. To assist those customers, Charter will provide them with two free digital converter boxes for two years. Current digital customers will receive one free box for one year. Low-income seniors will receive free digital convertor boxes for five years. Additional boxes are available for \$6.99 each. Customers have the option to install the convertor boxes themselves or have Charter install the convertor boxes at an additional cost.

With the conversion complete, Duarte customers has access to over 200 channels of high definition TV and faster Internet data speeds.

MONROVIA HS WILDCATS: A LOT MORE THAN AWESOME FOOTBALL PLAYERS

By Joan Schmidt

This morning during my daily "coffee and newspaper" ritual, a sports headline caught my eye, "Monrovia's Scoby Signs with Fresno State". Everyone in Monrovia knows that Kurt Scoby, a transfer, led the Wildcats to yet another outstanding season this past year. His playing abilities are unmatched, but what also impressed me was his humility and acknowledgement of other great players like Avonte, ("Boogie") Moore who "plowed down other players, making a path" for Scoby.

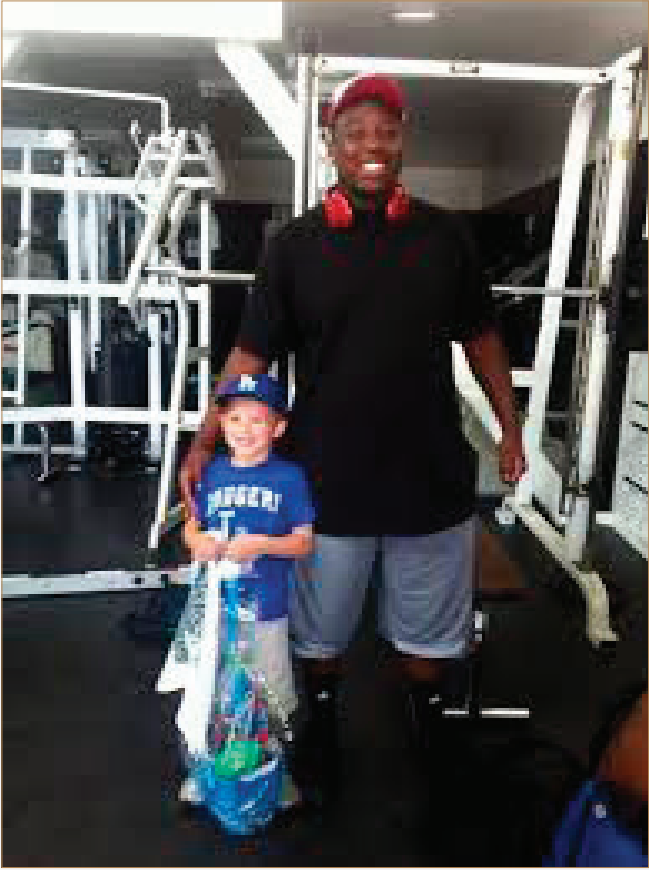
During the football season, on several occasions, there was mention of "Kurt Scoby, a transfer student". Although Kurt had a most successful football season, in February, he was unable to sign at Fresno State because of unmet academic requirements. But Kurt has now met the requirements. He credits Monrovia HS with "wanting me to be successful" and teaching me how to be a student."

There are two other fine football stars I must mention, Darriore Jones and Avonte Moore and the special awards they received. Darrione received the "Wildcat of the Year Award". Coach Maddox explained that it's actually the "Tom Cardial Award" and "what we consider a 'coaches award'... Tom Cardial is a coach who has dedicated his life to Monrovia Football and the trophy represents that dedication."

Coach Maddox explained how Darrione had returned from a fantastic junior year in football and there were great expectations for an outstanding senior year. Darrione blew out his ACL (knee) during preseason, didn't have surgery, but spent most of the preseason in rehab. Then in his first game back, he separated his shoulder. Darrione continued to run and rehab his knee while waiting for his shoulder to heal. "Although Darrione was not at 100% and couldn't run the ball as he did as a junior, he returned to play at the end of the season and in the playoffs." What a brave outstanding young man!

The third player I wish to mention is Avonte (Boogie) Moore, pictured above. I have heard from my neighbor about this special young man for four years. What award did Boogie receive? He was given "The Most Inspirational Award". First of all, for three years he played offense. This past year he was asked to play defense. He gladly made the transition. But there is more than that. The entire season he was very vocal and always cheering on his teammates. Boogie is a senior and after graduation plans college and eventually working with youth. He will surely succeed as he loves kids. Just this past year, he presented a young fan with a jacket.

Yes, Monrovia High School has a FANTASTIC football team. All the records/championships won these last few years are phenomenal. But there is something greater going on at the school. I read about various players and the kind of fine young men they are and I am truly blown away. Monrovians, we do have outstanding schools!



Monrovia Police Blotter

Highlighted Activity for the Weekend of April 14-16, 2014

During the last seven-day period, the Police Department handled 428 service events, resulting in 88 investigations. To see a complete listing of crimes reported, go to <http://www.crimemapping.com/map/ca/monrovia> for crime mapping. For Police Department news and information, visit our website and follow us on Twitter.

Warrant – Suspect Arrested

On April 14 at 6:15 a.m., an officer was dispatched to a residence in the 1100 block of Royal Oaks regarding the boyfriend of the reporting party being intoxicated and refusing to leave. Officers arrived and contacted the subject. A computer check was run on the subject and it was discovered that he had an outstanding warrant. He was arrested for the warrant. The subject complained of difficulty breathing. Monrovia paramedics responded and he was taken to a hospital for treatment.

Theft of a Bicycle

On April 14, the theft of a bicycle was reported in the 300 block of West Colorado. The victim reported that someone took his black, BMX bicycle with aqua colored hubs from the rear yard. The suspect left behind a mountain bike. The investigation is continuing.

Theft from a Vehicle

On April 15 at 7:48 a.m., a theft from a vehicle was reported in the 800 block of West Walnut. The victim parked her vehicle in her assigned parking spot the day before. She returned to her vehicle in the morning and discovered her cell phone, money, registration, and a pair of sunglasses were missing. She had left the vehicle unlocked. The investigation is continuing.

Sexual Battery

On April 15 at 8:47 a.m., a female subject was walking to her vehicle, which was parked in the 1200 block of South Mayflower. As she neared her vehicle, she heard someone behind her and felt someone slap her buttocks. The suspect kept going southbound on the sidewalk, riding his skateboard. The suspect is described as a male Hispanic, 18 years old, light complexion, 5'7" tall, thin build, wearing a zipped up, light-colored, hooded sweatshirt and blue jeans. The victim came to the police lobby to report the incident. An area check was made by officers, but the suspect was not located. The investigation is continuing.

Attempt Grand Theft Auto

On April 15 at 10:29 a.m., a Monrovia High School security employee saw a male subject standing near a vehicle in the school parking lot. The employee knew the vehicle belonged to a student and thought the subject might be a parent. As he walked toward the vehicle, the subject ducked down behind the car and then ran west, jumping over a fence onto Madison. Police were called as the student/owner of the vehicle was located. Apparently, the suspect had made entry and was trying to hotwire the vehicle. The suspect is described as a male Hispanic, late 40's, heavyset, wearing a burgundy shirt and denim shorts. The investigation is continuing.

Delaying an Officer – Suspect Arrested

On April 15 at 2:53 p.m., an officer on patrol in the 300 block of West Huntington saw a juvenile subject who matched the suspect description from a sexual battery that occurred earlier in the day. He contacted the subject and found him to be in possession of tobacco products. The subject provided unverifiable information to the officer. The juvenile was arrested and brought to the station. A detective was notified and spoke with the juvenile. The juvenile was later released to his parents with a citation for the tobacco offense and delaying an officer. The investigation is continuing.

Spousal Battery / Violation of Restraining Order / Warrants – Suspect Arrested

On April 16 at 2:56 a.m., an officer responded to the 1300 block of South Primrose on the report of domestic violence. The female victim said her boyfriend punched and slapped her several times in the face and head. She did not have any visible injuries and declined medical treatment. Investigation revealed the male subject was previously served with a domestic violence restraining order, and he also had two outstanding warrants for his arrest. He was arrested and taken into custody.

Contributing to the Delinquency of a Minor / Furnishing a Minor with Alcohol and Marijuana / Warrant – Suspect Arrested

On April 16 at 6:39 p.m., an officer was dispatched to a business in the 300 block of West Huntington regarding a juvenile problem. When the officer arrived, he observed a male and female consuming alcohol to the rear of the location. Upon contact, he learned the male subject was 20 years old and the female was 17 years old. The male adult was found to be in possession of marijuana.

The investigation revealed the male adult had furnished the female juvenile with alcohol and marijuana. He also had an outstanding warrant for his arrest. The subject was arrested and taken into custody for contributing to the delinquency of a minor and for the warrant. The female juvenile was taken to her residence, where she was released to the custody of her father.

FULL CLOSURE OF MAGNOLIA AVE AT THE RAILROAD CROSSING FOR FOUR MONTHS, BEGINS MONDAY, APRIL 21;

FREE SHUTTLE SERVICE TO ASSIST PEDESTRIANS AROUND CLOSURE

WHEN:

Monday, April 21, 2014 through August 2014 (24-hours per day, 7-days per week)
Standard construction work hours are 7 AM to 6 PM, Monday through Friday. Please note that occasional longer hours, work on weekends, and night work may be performed to complete this work. Construction schedules are subject to change.

WHERE:

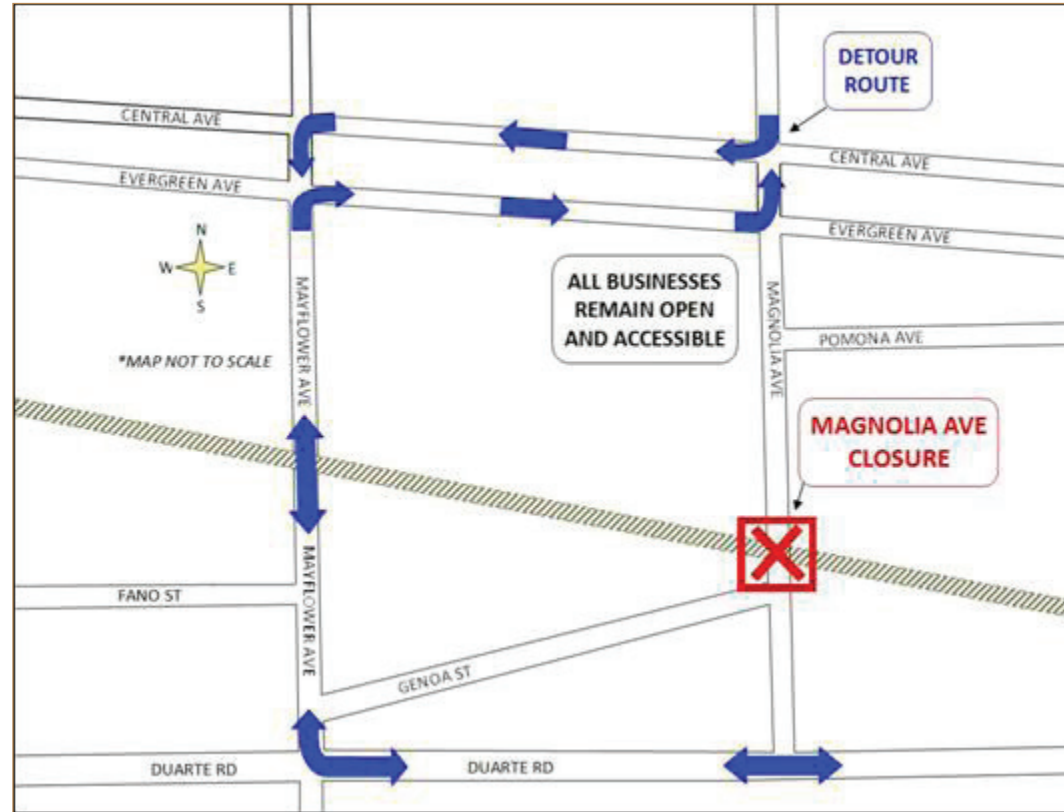
Magnolia Ave at the railroad crossing (just north of Duarte Rd), Monrovia

Beginning Monday, April 21, 2014, Magnolia Ave at the railroad crossing (just north of Duarte Rd and between Genoa St and Pomona Ave) in Monrovia will be fully closed to thru-traffic for four months. This closure will allow crews to complete grade crossing improvements, as part of the 11.5-mile Metro Gold Line Foothill Extension light rail project.

A free shuttle service will be available to assist pedestrians around the closure during the hours of 7 AM to 7 PM daily, with shuttle stops located on both sides of the closure. Signage will be posted at the shuttle stop locations.

The street and sidewalk will be closed to thru-traffic in both directions during the closure. Detours and signage will be in place to guide motorists and pedestrians around the closure.

Detour map:



Access to all local businesses on Magnolia Ave, Genoa St, and Pomona Ave will remain open at all times. We encourage you to take the time to help local businesses during these closures.

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Pasadena NAACP ACT-SO

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From left to right: Mentor Maryra De Beltran, ACT-SO Co-Chair Lois Gaston, ACT-SO National Director Anana Kambo, 2013 National Medalists Lilian Paris and Naomi Berhane.

For more information contact Marilyn Mays
City of Duarte: Duarte Teen Center . 1400 Buena Vista Street . Duarte, CA 91010 . (626) 303- 0863
NAACP Pasadena Branch: 595 Lincoln Avenue . Suite 103 . Pasadena, CA 91103 . (626) 793-1293

LA SALLE CELEBRATES GRANDPARENTS DAY

Pasadena, CA –April 16, 2014 marks the 9th annual Grandparents Day for La Salle High School. Over 245 grandparents were in attendance with 35 parent volunteers serving the event.

Student members of the visual and performing arts department - music, videos, songs and dance, entertained grandparents. The morning closed with the varsity cheer squad teaching the grandparents the LANCER cheer.

Following the performances, the grandparents enjoyed a delicious lunch with their grandchildren catered by City Café in Azusa. Grandparents Day Chair was Lynell Messineo P'14 and Co-Chairs were Stephanie La Porte P'15 and Jennifer Gregory P'17, pictured right.

Photo by John Blackstock



DEADLINE EXTENDED FOR PASADENA UNIFIED HIGH SCHOOL SENIORS TO APPLY FOR NEW PWP \$5,000 SCHOLARSHIP

PUSD Seniors Have Until April 21 to Apply for Scholarship Exclusive to Pasadena Unified Students

PASADENA, Calif.—Announcing an investment in the City's youth, Pasadena's Water and Power Department (PWP), www.PWPWeb.com, is offering two new college scholarships to Pasadena high school seniors who can devise creative new ways to promote water conservation and renewable energy.

The new PWP Educational Scholarships are open to all Pasadena Unified School District (PUSD) high school seniors planning to attend college. To accommodate the busy schedules of students, the deadline to apply has been extended. Completed applications must now be submitted by midnight, April 21, 2014 by email only to wdeleon@cityofpasadena.net.

"We meet so many bright young students each year during community events and field trips, and they're always so willing to share their excitement and ideas," PWP General Manager Phyllis E. Currie said. "This is our way of harnessing that creativity for the good of the community while preparing the next generation for higher education and the workforce."

For complete details and to download an application in Microsoft Word, students can visit www.PWPweb.com/Scholarship. Applicants can also call (626) 744-6970 for information in English and Spanish.

This is the first time these scholarships will be awarded. PWP officials hope to make this an annual program. First Place will earn \$5,000 and Second Place will earn \$1,000. Students must provide proof of acceptance for the 2014-15 school year to any accredited two-year or four-year college or university. Applicants must write a statement of 300 words to 500 words answering one of these questions:

1) Water scarcity is a major issue and topic of concern. How can Pasadena Water and Power do a better job of communicating the importance of water conservation to young adults?

OR

2) Renewable energy sources such as wind and solar power are going to play an important role in our future. What type of energy source do you feel is best for our environment?

Awardees will be notified by email by April 28, 2014. Scholarship winners will be presented with their awards at Pasadena's annual Earth and Arts Festival on May 3, 2014 at Memorial Park.

Applicants can utilize computers and Internet resources for free

at the Pasadena Public Library if they do not have access at home or school.

For more information about PWP visit www.PWPWeb.com. For more information about the City of Pasadena, visit www.cityof-pasadena.net, follow us on Twitter @PasadenaGov, online at www.twitter.com/PasadenaGov or call the Citizen Service Center, 8 a.m. to 5 p.m., Monday through Friday, at (626) 744-7311.

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BOSCO TECH OFFERS SUMMER PROGRAMS FOR SIXTH THROUGH TWELFTH GRADERS

Don Bosco Technical Institute (Bosco Tech) will offer academic enrichment and review courses, as well as sports camps, to boys and girls from middle school through high school grade levels. Six-week high school courses begin on Monday, June 23, while five-week middle school courses begin on Monday, June 30.

High school students can earn a full year's course credits over the summer by successfully completing advanced classes in Geometry, Algebra II and Pre-Calculus while students who wish to remediate academic courses can choose from a wide range of offerings. Also offered are enrichment courses such as Android Apps Design and Basic to Intermediate Guitar.

Middle school students can enroll in enrichment classes like Fun with Electronics or build and program their own robots. Students can learn the basics of guitar or participate in a science workshop. All students can refine their reading and study skills in Bosco Tech's Language Arts class. Sports camps will be offered for basketball, soccer, baseball, and cross country for middle school students.

The deadline for pre-registration is June 6. Walk-in registration, on a space-available basis, will be conducted on June 10th, and June 11th, in the school library from 8 a.m. to 12 noon and from 1 p.m. to 4 p.m.

For further information visit www.boscotech.edu and look for the red "Summer School" link, or call (626) 940-2000.

MOUNT WILSON TRAIL RACE KIDS' TRAINING DAYS

Saturdays, April 26 and May 10

Time: 9:00am – 10:00am

Location: Sierra Vista Park, 611 E. Sierra Madre Blvd. (west side)

Kids' T-shirt Design Contest Your child's artwork could be featured on the 2014 Mount Wilson Trail Race Kids' Fun Run t-shirt. The contest is open to youth in K to 8th grade.

Artwork:

- Entries must be original works by the artist • Artwork must be completed on white paper, 8 ½ x 11 inches • Acceptable mediums are crayon, colored pencil, marker, or computer design. • Please keep all drawings in good taste.

Theme:

- Entries should include somewhere in the design youth running and a depiction of the Mountain • Design must include the words "2014 Mount Wilson Trail Race 9th Annual Kids' Fun Run"

Submission Details:

- Only one entry per person can be submitted. • Do not sign your name on the front of the design.

- Return colored drawing and fill out entry form at the Community Services Office • Entries will be accepted Monday through Thursday from 11:00 a.m. to 5:30 p.m.

DEADLINE: Thursday, April 24th, 2014 at 5:00 p.m. For more information contact the Community Services Department at 626-355-5278.



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- **Afternoon Sports Camps 1:00 pm to 3:00 pm, M-F Volley Ball Clinic, Basketball Clinic, Sports Clinic**
- **Early Morning Care and Afternoon Care available**
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For more please contact the school office or email Mrs. Landis at: landis@st-ritaschool.org

(626) 355-6114 • stritaschool.org

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WWW.CLAIRBOURN.ORG/SUMMER/

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: Brent Forsee
bforsee@ausd.net

Arroyo Pacific Academy

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

Barnhart School

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

Bethany Christian School

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

Clairbourn School

8400 Huntington Drive
San Gabriel, CA 91775
Phone: 626-286-3108 ext. 172
FAX: 626-286-1528

E-mail: jhawes@clairbourn.org

Foothill Oaks Academy

822 Bradbourne Ave., Duarte, CA 91010
(626) 301-9809

Co-Principals Nancy Lopez and Diane Kieffaber
info@foothilloaksacademy.org
preschool@foothilloaksacademy.org

The Gooden School

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

High Point Academy

1720 Kinneloa Canyon Road Pasadena, Ca. 91107
Headmaster John Higgins
626-798-8989
website: www.highpointacademy.org

LaSalle High School

3880 E. Sierra Madre Blvd. Pasadena, Ca.
(626) 351-8951 website: www.lasallehs.org
Principal Bro. Christopher Brady, FSC

Monrovia High School

325 East Huntington Drive, Monrovia, CA 91016
(626) 471-2800 Principal Darwin Jackson
Email: schools@monrovia.k12.ca.us

Odyssey Charter School

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

Pasadena High School

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

St. Rita Catholic School

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

Sierra Madre Elementary School

141 W. Highland Ave, Sierra Madre, Ca. 91024
(626) 355-1428 Principal: Esther Salinas
E-mail address: salinas.esther@pusd.us

Sierra Madre Middle School

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

Walden School

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

Weizmann Day School

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

Wilson Middle School

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

PASADENA UNIFIED SCHOOL DISTRICT

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

ARCADIA UNIFIED SCHOOL DISTRICT

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

MONROVIA UNIFIED SCHOOL DISTRICT

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

DUARTE UNIFIED SCHOOL DISTRICT

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

THE REEL DEAL: by Ben Show
RIO 2

I was, and still am, a big fan of the first 'Rio' movie. I thought the story was interesting, with funny characters, and good music. However, the best part were the amazing visuals that accompanied the movie, and luckily, that continued over to its sequel.

After regaining his ability to fly, and having a family, Blu (Jesse Eisenberg) could not be happier. When he and his wife, Jewel (Anne Hathaway) decide to take a trip to the Amazon to get out of the house, they discover that they may not be the last of their kind.

'Rio 2' continued its predecessor's high standards of both great visuals and amazing characters. There are less songs than the first, but they are just as good. Although it is not the best family movie ever, it is certainly one of the better ones to come out so far this year.



THEY COME AND THEY GO...

My friend Robin Salzer, owner of the famed restaurant with his name, says every restaurant is for sale for the right price. Sadly, Toro Restaurant - one of my favorite happy hours - has closed their doors - owner citing increased rent and landlord's reluctance to negotiate. You can expect another restaurant here soon, although I say that location might be cursed. Out in Monrovia, Big Shrimps has changed hands as well, though the name remains the same. Villa Sorriso in Old Pasadena is now Picnic - I love the name and must check it out. Avanti Café, is expanding - Avanti Restaurant is being built on the old Spring Garden location on Sierra Madre across from the Volkswagen dealership. The Peach Café in Monrovia is changing hands, the new owners have pledged to keep the operation running smoothly. The Crocodile Café/181 on Lake Ave. in Pasadena is now Seco (shouldn't it have been named "Lake"?). Pei Wei in Hastings Ranch is now going under renovations to be a one stop "make your own pizza" place. And (hold your breath) Subway is coming to Sierra Madre - yes gourmet sandwiches have made it to our little town.

TABLE FOR TWO by Peter Dills
thechefknows@yahoo.com

Reservations Part II

Sure restaurants have plenty of rules about reservations. Some restaurant won't accept reservations for small parties, and one common trick that restaurants do is that they will take half reservations and half walk-ins. If it's a popular restaurant, they are saving tables for the walk in crowd. I like that. Even with a reservation I strongly recommend that before you get into your car to call the restaurant to confirm and let them know you are on the way. Does your party have special needs like a birthday or kids. Let the restaurant know in advance. Always be on time for your reservation. If you have made reservations for 2 PM and have 16 guests, be aware that the restaurant might require that all guests be present before seating you. I know this one is hard to swallow, but often they will only hold your table for 20 minutes past your time.



I hope all of this helps!!! If you have any tips grapes or gripes please let me know. Contact me at thechefknows@yahoo.com

SAVE THE Date. Chili Madness returns to Sierra Madre on May 17, keep reading here for additional details



INGREDIENTS

2 1/2 cups sugar
1 1/2 cups all-purpose flour
1/4 teaspoon salt
2 1/2 cups egg whites
1 teaspoon cream of tartar
1 teaspoon vanilla extract
1 teaspoon fresh lemon juice
Lemon-Cream Cheese Frosting
Garnishes:
Gumdrop Rose Petals
Fresh mint leaves

DIRECTIONS

1. Preheat oven to 375°. Line bottom and sides of a 13- x 9-inch pan with aluminum foil, allowing 2 to 3 inches to extend over sides of pan. (Do not grease pan or foil.) Sift together first 3 ingredients.

2. Beat egg whites and cream of tartar at high speed with a heavy-duty electric stand mixer until stiff peaks form. Gradually fold in sugar mixture, 1/3 cup at a time, folding just until blended after each addition. Fold in vanilla and lemon juice. Spoon batter into prepared pan. (Pan will be very full. The batter will reach almost to the top of the pan.)

3. Bake at 375° on an oven rack one-third up from bottom of oven 30 to 35 minutes or until a wooden pick inserted in center of cake comes out clean. Invert cake onto a lightly greased wire rack; let cool, with pan over cake, 1 hour or until completely cool. Remove pan; peel foil off cake. Transfer cake to a serving platter. Spread Lemon-Cream Cheese Frosting evenly over top of cake. Garnish, if desired.

Note:

You may also bake this in an ungreased angel food cake pan for 30 to 35 minutes or in 3 ungreased (9-inch) round pans for 15 to 18 minutes or until a wooden pick inserted in center comes out clean.

From myrecipes.com

SAVOR THE FLAVOR!

ALL ABOUT TRUFFLES!

Truffles are round, warty, irregular in shape and vary in size. The season falls between September and May.

Truffles are difficult to find and very expensive (\$250.00-\$450.00 per pound). In the U.S. edible truffles are collected in the forests of Oregon and Washington. In Europe, they are found in Italy and France.

Truffles are formed by fungi that are partners with certain trees.

Truffle hunters in Italy and France use pigs and mixed breed dogs that are specially trained.

The flavor of truffle is directly related to its aroma. The chemicals necessary for the odor to develop are created only after the spores are mature enough, so they must be collected at the proper time. That is why animals have proven to be the best means to finding flavorful fungi!

Savor the Flavor now carries a variety of truffle products such as Truffle Risotto, Macaroni and Cheese, Truffle Spread, Truffle Aioli, White and Black Truffle Oil and Truffle Marinara Sauce.

Information from Louise Freedman and The Mycological Society of San Francisco and Fun Facts about Fungi by Robert Fogel.

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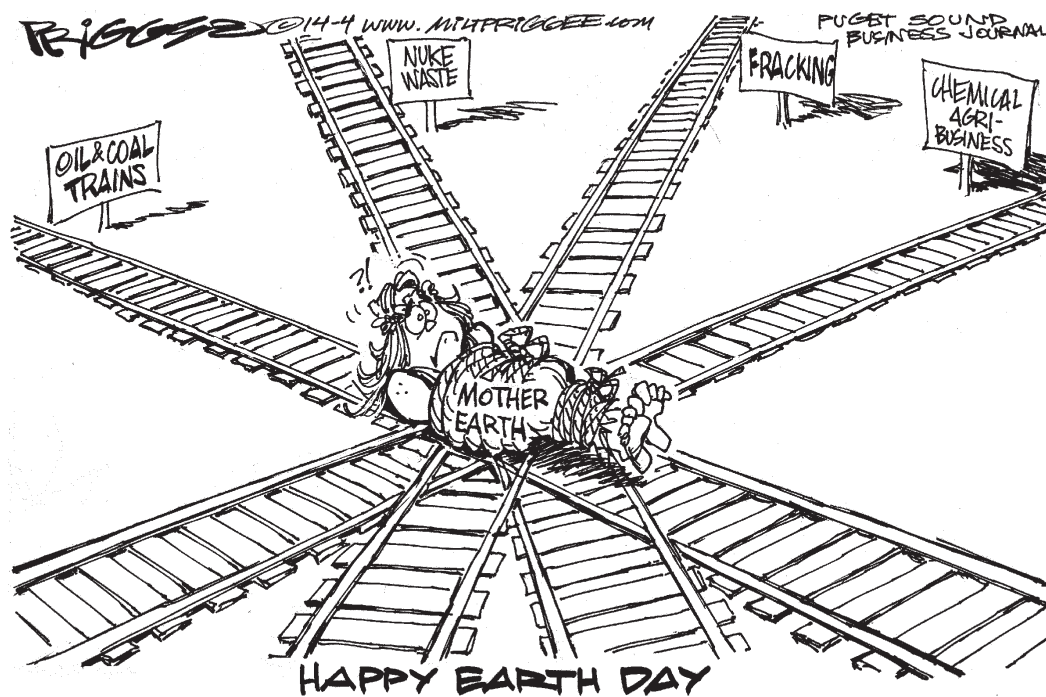
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THE JOY OF YOGA WIPE THE MIRROR CLEAN



How do we stay focused? Everyday there are more distractions, there is more drama, there is yet another reason to skip meditation. I was speaking with a friend of mine the other day and she was saying that she wants to meditate, but every time she sits down to do it, her mind starts thinking of all the things she should be doing. She should be working out, answering those emails, running those errands. And this is when meditation becomes very frustrating. The next day when she thinks "I should be meditating," she remembers how frustrating it was the day before and she doesn't even sit down. How can you meditate when there is so much to do? When there is so much to think about?



One of the most influential yogis of our time, B.K.S. Iyengar has many insights to the mind. He says that our mind is like a mirror covered with black spots. When we look in this mirror at ourselves, we see the spots and not the true reflection. So, what we see is not who we really are. It is an image of us that is clouded by distractions, by drama, by the lower mind. He says we must wipe the mirror clean each day, so that we see a true reflection (wiping the mirror being meditation). Or, to put it another way, if we never clean our house, the dust just keeps piling up until we can't even see the true beauty of our hardwood floors or our furniture at all. All we see is the dust that covers them. How does meditation get us to a clean reflection when we can't even meditate because of all the distractions?

First, we need to change our prana. We need to get grounded and balance our energy. Pranayama (breath) and yoga asana (postures) can help us do this. They are the "set up" for a meditation practice. Yoga totally paved the way for my meditation practice. If you have had the same problem as my friend, try working with a yoga teacher to help you learn the right postures for you, the right breath practice for you and even the right meditation practice, for you. It will make a huge difference on the road to seeing your true reflection. See you in class. Namasté, René

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52nd Annual Sierra Madre Art Fair

Saturday, May 3 - 9:30 a.m. to 6 p.m.
Sunday, May 4 - 9:30 a.m. to 5 p.m.



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EVEN THE GLUTEN WAS GLUTEN FREE



Dr. Tina is a traditional naturopath and nutritionist at Vibrant Living Wellness Center

A few weeks ago, I was attending the largest natural health products show in the country for professionals and businesses involved in natural health. Each year there seems to be a theme at the show that many are touting. This year it was "gluten free". I saw so many old and new products boosting their gluten free credentials. Even products that never had gluten in them in the first place were touting on their labels, gluten free. So what does it mean to be gluten free and more importantly, what is gluten? Only in the last couple years have people been talking about gluten.

Gluten is the protein found in wheat endosperm. This is a type of tissue produced in seeds that's ground up into flour. It gives dough its elasticity and gives bread its chewiness. Gluten is often associated to wheat but "true gluten" includes other cereal grains like rye, barley, etc...

More and more people are discovering that they are gluten-intolerant. This means their bodies produce an abnormal immune response when they try to digest gluten. The most well known gluten disease is celiac. Studies say it affects one in ever 141 people in the US. When someone with celiac disease eats gluten, it triggers an immune response that damages their intestines which in turn, prevents them from absorbing nutrients. Scientists have now become aware of another intolerance to gluten called non celiac gluten sensitivity. After eating gluten, these people may experience celiac type symptoms like diarrhea, fatigue, and joint pain.

In cases of gluten intolerance, doctors typically recommend avoiding foods with gluten. These include bread, pasta, beer, cookies, soy sauce, and some salad dressings. Experts are now beginning to worry that going on gluten free diets without explicitly needing to, could be detrimental to a person's health because many times, these gluten free foods are nutrient deficient.

Will the intoxicating smell of bread coming out of the oven ever go the way of the 8 track tape? Only more research will tell.



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SIX SURPRISING WAYS TO BEAT ALLERGY SEASON THIS YEAR

(StatePoint) From watery, itchy eyes to unbearable congestion, allergies can certainly ruin one's day, or even the entire season. But, there's no reason to remain indoors in beautiful weather, say experts.

"One over-looked approach towards feeling well lies in prevention," says Lisa Metzger, PhD.

With that in mind, Metzger is offering six allergy-fighting tips:

- Get exercise. It may sound counterintuitive to go outside if you suffer from airborne allergies, but moderate exercise is known to strengthen the body's immune response. Just be sure to watch the pollen count, and when it's low squeeze in a brisk walk. If pollen count is high, head to the gym instead.
- Wash up. Use baby shampoo to wash your face and eye area in the shower. During allergy season, sweat can trap the pollen and irritants in the creases of the face where they are the most irritating. Baby shampoo is a safe alternative to wash away the dirt, sweat and symptoms of allergy season.
- Consider natural supplements shown in published research to help strengthen the immune system.

Allergies can be described as being caused by the immune system over-reacting to harmless particles (like pollen). It is smart to strengthen your immune system by getting proper sleep and managing your stress. Sometimes that is easier said than done; so taking a natural supplement shown to strengthen the immune system can help.

- Limit dairy. Dairy causes the creation of phlegm, which can increase the intensity of allergy symptoms like runny nose, sore throat and cough.

- Change your diet. Incorporate natural antihistamines into your meals. Look for foods that contain flavonoids, such as tomatoes and blueberries, as well as Vitamin A found in green leafy vegetables and squash.

- Use a saline spray for your nose. This may not sound like much fun, but using an inexpensive saline spray or rinse is an effective way to flush pollen out of your nose. Saline sprays can be purchased at any local pharmacy. As an alternative, use a neti pot salt-water rinse.

"Your immunity affects every aspect of the day, from work performance to emotional well-being," says Metzger. "By taking proactive efforts for better health, you'll be less likely to miss out on life this allergy season."

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PERSONAL SOUND AMPLIFICATION PRODUCTS CAN HELP SENIORS HEAR BETTER

Dear Savvy Senior:
What types of amplification products can you recommend to help people with hearing impairment? My 62-year-old husband has some hearing issues, but doesn't think he needs a hearing aid, so I'm looking for some alternative devices that can help.
Shouting Spouse

Dear Shouting:
If your husband is reluctant to get a hearing aid, there are dozens of “personal sound amplification products” (PSAPs) that can help him hear better at a lower cost than most hearing aids, which can run up to \$3,000 each.

PSAPs are over-the-counter electronic products (they are not FDA approved medical devices like hearing aids) that come in many different shapes and sizes that will give your husband the ability to adjust the volume and tone so he can hear better in different situations.

It's also important to know that PSAPs work best for people with mild to moderate hearing impairment, you don't need a prescription to buy them, and they usually aren't covered by insurance or Medicare.

Before you look into PSAPs, your husband should probably get tested by an audiologist who can rule out any medical issues that could be affecting his hearing like excessive ear wax, an infection, abnormal bone growth or inner-ear tumor. Audiologists are also familiar with the different PSAPs and can help your husband choose the best products to meet his needs, or let him know if a hearing aid would be a better option.

Here's a breakdown of some of the different PSAPs that can help.

TV and Telephone Amplifiers: To hear the television better, there are a number of TV listening devices on the market that will let your husband increase the volume and adjust the tone to meet his needs, without blasting out you or the rest of the family.

The best options available today are wireless infrared or radio frequency systems that come with standard or stethoset headphones. Sennheiser (sennheiser.com, 877-736-6434) makes some of the best TV listening products sold today with prices running between \$250 and \$350.

If hearing over the telephone is a problem, a handset or in-line amplifier can be added to your phone for a few dollars, or you can purchase an amplified telephone. Most amplified phones allow you to adjust the volume and tone for better clarity and they usually come with extra loud ringers and flashing ring indicators to alert you when a call is coming in.

Some top makers of these products are Clarity (clarityproducts.com, 800-426-3738), ClearSounds (clearsounds.com, 800-965-9043) and Serene Innovations (sereneinnovations.com, 866-376-9271), with prices ranging anywhere from \$30 up to around \$300. Or, see if your state has a specialized telecommunications equipment program (see tedpa.org), which provides amplified telephones for free.

Personal Sound Amplifiers: For better hearing in noisy environments, your husband should get a personal sound amplifier that's designed to amplify hard to hear sounds (like voices), while reducing background noise. Able Planet (ableplanet.com, 877-266-1979) offers two excellent products that fit the bill that are worn either in-ear or behind the ear, and run \$475 or \$500 for one, or \$850 or \$900 a pair.

To help improve hearing at home or in quieter settings, or if your husband has high-frequency hearing loss, check out the Bean Quiet Sound Amplifier by Etymotic (qsabean.com, 888-389-6684). This product, which is worn in the ear, provides amplification to high frequencies more than low ones, making speech easier to hear and understand. Cost: \$700 a pair or \$375 for one.

If these are too pricy, there are also a number of small hand-help amplifiers that come with a small microphone and ear buds that can increase volume without all the other features. These products typically run around \$100 or less, and are available through companies like Sonic Technology Products (sonictechnology.com, 800-247-5548), Sonic Alert (sonicalert.com, 800-566-3210) and Harris Communications (harriscomm.com, 800-825-6758).

Send your senior questions to: Savvy Senior, P.O. Box 5443, Norman, OK 73070, or visit SavvySenior.org. Jim Miller is a contributor to the NBC Today show and author of “The Savvy Senior” book.



KATIE TseThis and That FOUND!

Tomorrow is Easter! Besides kids hunting for eggs, and perhaps a family dinner, Easter will pass by many people unnoticed. This is because Easter isn't a major American holiday like Christmas or Thanksgiving. It isn't a gift-giving occasion, nor is it centered around food the way Thanksgiving is. And since Easter always falls on a Sunday, we don't get the day off of work or school. (“Spring break” can take place anytime between March and May. The school where a friend of mine works had the week of St. Patrick's Day off!) However, Easter is the most likely opportunity for getting people to church.

Since Easter Sunday is the high point for church attendance, the message is usually geared toward the middle of the road. It must be convicting enough to get people's attention, yet feel-good enough to not drive them away. This is a delicate balance, because, when you come right down to it, the cross is an offense.

If you think this is a radical statement, please know that I'm only quoting the apostle Paul, (Galatians 5:11). The cross is offensive because it implies that the only way to know God is through the death of His Son, Jesus Christ, on your behalf. That is a very narrow viewpoint and does not fit into today's cry for unity at all costs, or the American doctrine that anything is possible if you just work hard enough.

Even in Christian circles, the principles of independence and humanism have a way of sneaking in. I've heard some Christians claim that, for them, Christianity is not a crutch. That's not far from Karl Marx's statement, “Religion is the opium of the people.” Basically, it says that religion is for weak people who couldn't cope with the harsh realities of life without the escapism religion offers. (And I agree, “religion” will get you nowhere, because religions are manmade sets of rules to govern life.)

The cross, on the other hand, teaches that no amount of work you do will ever be sufficient to “balance out” your sins. There is no self-help plan or rehabilitation for your soul. This is what Jesus was talking about when He said that “It is easier

for a camel to go through the eye of a needle than for a rich man to enter the kingdom of God.” (Matthew 19:24). Historians have pointed out that, in ancient times, the city walls had many series of passageways which would be closed to defend the city against attacks. Within the walls of Jerusalem were very narrow passageways called “the eye of the needle.” You can imagine merchants arriving at the city after curfew and having to strip their camel of all its baggage in order to shove it through this tiny opening. But if you take this viewpoint, it suggests that, with enough elbow grease and effort, you can make it on your own.

This is not the case with Jesus. As a sinner, I bring nothing to the table. Even my faith is a gift from God, not something I muster up on a daily basis (Ephesians 2:8-10). It is a hard admission for many people to make, especially since so many of us have never been “dependent” upon anyone. We survive and thrive by working hard and earning the love of others. And with so many attractive distractions that constantly grab at our attention (e.g., the media, social networking, Vegas, you name it...) we rarely have the opportunity to feel empty or in need.

To admit that you need a savior is to admit to your own vulnerability and weakness. As a follower of Jesus, I rely on Him to hold me up and sustain me through life. Therefore, He is my crutch, and I have never known Him to let me down. Many people go through life on their own and never show signs of faltering. But this confidence is even more dire than the realization of one's spiritual poverty. Again, we are warned to “Let him who thinks he stands take heed lest he fall” (1 Corinthians 10:12). What is worse -- to know your account is zero, or to think that you have money in the bank and then have your debit card rejected? Is it worse to know you are lost, or to travel on, thinking you're going the right way?

God's economy is the total opposite of ours. Jesus was the only man who lived a sinless life, yet He took the punishment we deserved so that we could be set free. God came down to us because we could never reach up to Him. I did not find God -- He found me! And I can rest on Him because He has promised to keep me from falling. Thank God!

SENIOR HAPPENINGS

FYI - SENIORS - DON'T BE A TARGET

THE F.B.I. Common Fraud Schemes webpage provides tips on how you can protect you and your family from fraud. Senior Citizens especially should be aware of fraud schemes for the following reasons:

Senior citizens are most likely to have a “nest egg,” to own their home, and/or to have excellent credit—all of which make them attractive to con artists. People who grew up in the 1930s, 1940s, and 1950s were generally raised to be polite and trusting. Con artists exploit these traits, knowing that it is difficult or impossible for these individuals to say “no” or just hang up the telephone. Older Americans are less likely to report a fraud because they don't know who to report it to, are too ashamed at having been scammed, or don't know they have been scammed. Elderly victims may not report crimes, for example, because they are concerned that relatives may think the victims no longer have the mental capacity to take care of their own financial affairs. When an elderly victim does report the crime, they often make poor witnesses. Con artists know the effects of age on memory, and they are counting on elderly victims not being able to supply enough detailed information to investigators. In addition, the victims' realization that they have been swindled may take weeks—or more likely, months—after contact with the fraudster. This extended time frame makes it even more difficult to remember details from the events. Senior citizens are more interested in and susceptible to products promising increased cognitive function, virility, physical conditioning, anti-cancer properties, and so on. In a country where new cures and vaccinations for old diseases have given every American hope for a long and fruitful life, it is not so unbelievable that the con artists' products can do what they claim. For more information go to: <http://www.fbi.gov/scams-safety/fraud/seniors>



HELPFUL HINT: Burned a pot of rice? Just place a piece of white bread on top of the rice for 5-10 minutes to draw out the burned flavor. Be careful not to scrape the burned pieces off of the bottom of the pan when serving the rice

FOR YOUR FUNNY BONE

“Now, Ms. Lyons,” said the doctor, “you say you have shooting pains in your neck, dizziness, and constant nausea. Just for the record, how old are you?” “Why, I'm going to be 39 on my next birthday,” the woman replied indignantly. “Hmmm,” muttered the doctor, “Got a slight loss of memory, too.”

HAPPY BIRTHDAY! ... April Birthdays...



Howard Rubin, Mary Harley, Bette White, Dorothy White, Doris Behrens, Freda Bernard, Beth Copti, Terri Cummings, Marilyn Diaz, Virginia Elliott, Elma Flores, Julia Gottesman, Betty Jo Gregg, Barbara Lampman, Betty Mackie, Elizabeth Rassmusen, Maria Reyes, Marian DeMars, Anne Schryver, Christine Bachwansky, Colleen McKernan, Sandy Swanson, Hank Landsberg, Ken Anhalt, Shannon Vandeveld

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

Quote of the Week: “You can have anything you want - if you want it badly enough. You can be anything you want to be, do anything you set out to accomplish if you hold to that desire with singleness of purpose.” Abraham Lincoln



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

YMCA San Gabriel Valley Intervale Senior Café: Monday-Friday at 12:00 Noon (Participants are urged to arrive no later than 11:45 A.M.)

All seniors 60 and up can take part in the lunch program. There is a suggested donation of \$2.00 for those 60 and over and \$3.75 for non-senior guests. Daily reservations are necessary as space is limited. Please call 24 hours in advance...626.355.0256

Free Balance Class: Monday, January 27th 11:00 to 11:45 with Shannon Vandevelde. A variety of balance exercises are practiced; all ability levels are encouraged and welcomed.

Free Blood Pressure Testing: Held Second Tuesday of the month from 11:00 am-12:00 pm: No appointment necessary.

Bingo: Every Tuesday afternoon from 1:00 pm- 3:00 pm Cards are only .25c each!

Chair Yoga Update: This class has become so popular that Instructor Paul Hagen has agreed to offer another class. Starting Monday, April 7th chair yoga will meet twice a week on Mondays and Wednesdays from 11:00 to 11:45 am, except on the third Monday of the month when the balance class is held. Due to the demand for this class and Paul Hagen's time a suggested donation of \$5 at one of the classes is requested, but is not required. If you have any questions please feel free to stop by or give us a call 626.355.7394

Free Legal Consultation: Pasadena attorney Lem Makupson volunteers on the 2nd Wednesday of the month. He focuses on estate planning, trusts, wills, probate, conservatorships and business law. ***Appointments are a must!** Please call: 626.355.7394 to make yours

Birthday Celebrations: The 2nd Thursday of the month the Senior Center celebrates the birthdays of our patrons at 12:30 pm. Please join us for free cake and ice cream and “celebration.” (The cakes are provided due to a generous donation from the Sierra Madre Civic Club.)

Game Day: Every Thursday at 1:00pm. Poker is usually the game of choice, or should I say chance? Board games and other card games are also available.

Free Strength Training Class: Every Friday from 1:00 pm -1:45 pm Conducted by long-time volunteer, Lisa Brandlely. The class utilizes light weights for low-impact resistance training. Weights are provided by the Sierra Madre Senior Center.

Senior Citizens Club: Every Saturday at the Hart Park House (Senior Center). Brown bag lunch at 11:30am; Club meeting at Noon; Bingo 12:30- 3:30 pm. Only .25c per card.

LUNCH & LEARN: DMV Senior Ombudsman Program
Wednesday, April 23rd • 12:00 to 1:00 pm

The DMV has established the Senior Driver Ombudsman program for the expressed purposes of helping all drivers maintain their driving independence for as long as they can safely do so. A representative from the program will be present to (1) address the specific concerns of senior drivers and provide DMV resources (2) assist as a liaison to ensure senior drivers are treated fairly and consistently when faced with changes in physical, visual, and/or mental abilities; and (3) provide information and support to seniors and loved ones when safety becomes a concern. Mark your calendars and don't miss this great presentation with valuable information. If you would like to have lunch during the talk please call the Senior Lunch Café at 626.355.0256 or bring your own.

SEASONAL FUN AT THE SENIOR CENTER
On Thursday, April 17th join us for fun spring activities including dyeing and decorating hard boiled eggs and creating tissue paper flower bouquets. All materials provided. The activity will take place from 10:30am to Noon. If you have any questions please feel free to stop by or give us a call at 626.355.7394.

UPCOMING EXCURSIONS:

Palm Springs Follies (Palm Springs, CA) Date: Friday, April 11, 2014
Time: 8:30am to 6:00pm Meeting Location: Hart Park House Senior Center
Cost: \$60.00 (does not include lunch)

Spend the day in Palm Springs shopping, having lunch and visiting the famous Palm Springs Follies, a worldfamous, Broadway-caliber celebration of the music, dance, and comedy of the 40s, 50s, and 60s with a cast old enough to have lived it! Upon arrival in Palm Springs participants can shop and lunch at nearby stores and restaurants all within walking distance of the theater. The performance begins at 1:30 pm and is approximately 2 ½ hours. Participants are asked to bring additional money for shopping and lunch. This will be the LAST Palm Springs Follies ever so sign up soon! Sold Out, but feel free to call to be on the waiting list. Level of Walking: Low to Moderate

Senior Cinema: 1st & 3rd Wednesday *Change in Venue*
Shown at the Hart Park House Senior Center

April 16th: Iron Lady (2013)
An elderly Margaret Thatcher talks to the imagined presence of her recently deceased husband as she struggles to come to terms with his death while scenes from her past life, from girlhood to British prime minister, intervene. Rated PG-13, Start time: 1:00 pm (run time 105 minutes) Featuring: Meryl Streep, Jim Broadbent, and Richard E. Grant



We'd like to hear from you!
What's on YOUR Mind?

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Twitter: @mtnviewsnews





What's the Name of the Game?

Saturday, April 19th, 2014

Doors open at 6:30 - Bingo starts at 7:30

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Awards Banquet Only: \$45

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Private support of public schools is more important than ever, so we hope you will help us in supporting PUSD's **Sierra Madre School's Annual Fund** by joining us for this fun day of golf and food. Entry Fees and Donations are 100% tax deductible and enable our school to continue to fund health and safety services, staff training, performing and visual arts education and many other programs that would otherwise be eliminated because of budget cuts. (Tax I.D. #23-7149451)
Please email us at SMSGolfTourney@aol.com or Contact Ben Freiburger @ 310-622-8390 to register.



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AROUND SAN GABRIEL VALLEY

"What's Going On?"

News and Views from Joan Schmidt

CONGRESSWOMAN JUDY CHU'S 5TH ANNUAL WOMEN OF DISTINCTION LUNCHEON



This past Saturday, sixteen amazing Women of Distinction were honored by Congresswoman Judy Chu, representing the 27th District's sixteen cities.

Festivities began with a warm welcome from ABC Channel 7's David Ono, who marveled at what a beautiful community Sierra Madre is, and how he enjoyed driving up the tree-lined streets with vintage houses.

Mayor Nancy Walsh thanked everyone for coming and introduced Judy Chu, the first Chinese American elected to Congress. Judy, herself woman of distinction, attained her BA in Math and her doctorate in psychology, which she taught at Los Angeles City College and East LA College. After her twenty years of teaching, Judy was elected to the Garvey School Board, the Monterey Park City Council, State Board of Equalization and ultimately Congress.

Judy's energy has no bounds. She shared the first eight honorees' background and then called them up in much enthusiasm. After lunch, the other eight ladies were honored. The honorees include the following:

Alhambra's Adele Andrade-Stadler, an early childhood educator, past school board member, and director of The Foothill Developmental School, a non-profit providing special services for San Gabriel Valley students, is knowledgeable about California and national public school issues. Adele has impacted the students of the Alhambra School District.

Altadena's Dr. Sandra Thomas firmly believes economic challenges should never overshadow achievement. A most highly regarded voice in Altadena; she founded the Quality of Life Center Inc., where she serves as Dean of Scholars for more than 500 of the highest academic achievers in the Bright Futures Scholars Leadership Development Program from local high schools. (Months ago, I met Sandra at Altadena Sheriff's Station, where she also volunteers.) *Pictured below* Photo by J. Schmidt/MVNews



"Our nation has a history of taking strides thanks to women willing to lead. Today we celebrate 16 women who have embraced that notion whole-heartedly, and are making our communities the wonderful places that they are to call home. From small businesses owners to volunteers to local officials, the leadership they provide does more than improve lives today – you set an example and ensure there will be future leaders to do the same tomorrow."

- Congresswoman Judy Chu

Photo courtesy of The Office of Congresswoman Chu

experiences and services.

Monrovia's Donna Baker is the City's number 1 real estate agent and serves as Historic Preservation Commissioner. There is no limit to her volunteerism. Donna travels to Thailand for Habitat for

great strategic plan. Polly has been involved with the Bone Marrow Drive, a Holiday Lunch for Low Income Families and is President of the Chinese American Elected Officials Organization.

San Gabriel's Denise Menchaca, a member of their School Board, has helped lead change by appointing strong pro-active and positive leadership to the board: Superintendent, Assistant Superintendents, Principals and Assistant Principals. Denise is a Founding Member of the San Gabriel United Community Activist Coalition and the San Gabriel Unified School District Wellness Council.

San Marino's Dr. Grace Huang is a board certified cardiologist. Over the last several years, she has been especially vested in clinical and translational research, including improving survival in patients with acute coronary syndrome, treatment of prosthetic heart valve thrombosis, and regenerative therapy for cardiovascular disease. Grace's work has been published in the American College of Cardiology, Circulation, the American Journal of Medicine, and the Journal of Cardiovascular Translational Research.

Sierra Madre's Amy Putnam moved to California in 1992 and became an Assistant Professor of Accounting at CAL Poly Pomona and an adjunct Professor of Accounting at USC. Over the past two years, Amy has been proud to have replaced the dilapidated Mt. Wilson Trail Park sign in cooperation with the City of Sierra Madre and installed a native plant garden as a teaching garden with specimens found of the historic Mt. Wilson Trail. She has implemented the publication of a bimonthly newsletter, and offers bimonthly historic education programs to the community free of charge.

South Pasadena's Dr. Marina Khubesrian was the first Armenian-born Mayor nationwide. She is passionate about preserving and enhancing the quality of life for South Pasadena families. She supports the work of Doctors without Borders, National Women's Political Caucus (NWPC) and Women in South Pasadena Political Action. (WISPPS).

Temple City's Lucy Liou is a member of the Citizens' Oversight Committee for the bond measure, is a volunteer with the Temple Station Neighborhood Watch as an area leader, volunteers once a week at Temple Station, and has received Community Emergency Response Team (CERT) training. Lucy also is the American Red Cross Ambassador for Temple City.

Sandy Forney of Upland has been in the food business since she was eight years old. In 1983, she established a full service catering company. She obtained and continues to maintain the necessary county and state permits and licenses. She has acted as a general contractor in employing all electrical, building and designing engineers to develop and construct the kitchen, warehouses and offices to the required specifications and generated the business, marketing and advertising plans to launch the business.

Congratulations to sixteen awesome Women of Distinction!



Arcadia's Sandy Ho believes in serving her community with professionalism and expertise. She also is the founding President of the Arcadia Chinese American Association and Commissioner of the City of Arcadia Beautiful Committee.

Bradbury's Serena Burnett has been in the legal field since 1980. She has been a partner in the Dog Star Kennels since 1987 and is the President of Animalzona Wildlife Foundation, an advocacy organization involved in the rescue of domestically bred exotic cats.

Claremont's Dr. Monica Argandona is currently the Southern California Conservation Director and has been with the California Wilderness Coalition since January 2007. With a Ph.D. in Anthropology with a focus on environment, cultural and political ecology from the UC Riverside, she is currently an Associate Professor at the University of La Verne while teaching California Environmental Issues at CA State Long Beach.

Glendora's Nikke Vittale, the owner and buyer of Fiorina, a women's contemporary clothing boutique founded in Glendora in 2003 after she saw the void in the valley for such a store. Fiorina's is a fashion destination where women of all ages and sizes can build an entire wardrobe. In 2009, Nikke founded the Ardent Group, which enriches women's lives by providing them with unique products,

Humanity projects and supports many community organizations, including Monrovia schools, Door of Hope, youth baseball, Foothill Unity Center, Boys and Girls Clubs of the Foothills.

Monterey Park's Chua Hua is active in religious affairs and supporter of Buddhist charities has set up a women's choir, an annual scholarship fund for colleges, high schools and primary schools students while serving on the California Fukienese Association. Chau also works with the senior citizen community and has held "Mid-Autumn Festival" parties to honor seniors with gifts and quarterly birthday parties.

Pasadena's Tracey Cooper-Harris is active in networking with other veterans to bring awareness to civilians on veterans' issues and to assist veterans as they transition from the battlefield to back home. As a member of Iraq and Afghanistan Veterans of America (IAVA), she was part of a 30-member IAVA team who visited lawmakers in Washington, D.C. to fight high rates of veterans' unemployment, push for more benefits and healthcare and confront the issues of veteran and military suicide.

Rosemead's Council Member Polly Low served as its first Chinese American female mayor. While in office, her city implemented a strong graffiti removal program, many beautification projects and

COLORADO RIVER PROJECT VITAL TO SOCAL

By: Cynthia Kurtz, President San Gabriel Valley Economic Development

Southern California's economy - the eighth largest in the world - requires a mix of ingredients among them skilled labor, materials, power, a transportation system, markets and water. Southern California is blessed with natural resources that make it easy to find, make, or bring many of these ingredients here. Water is the notable exception.

As you know, we are experiencing a serious drought and finding enough water is a problem. It isn't a new problem. In the 1930's Southern California leaders realized that the lack of water was the Achilles heel of the region's future. Their solutions had all the makings of a Hollywood fiction film but it is a true story.

It started in the San Gabriel Valley when elected official from 13 cities met in Pasadena to discuss their mutual problem - the region was running out of water. To them, the answer was simple. They needed to find a place with a surplus of water and bring that water to Southern California.

What they ultimately resolved to do became one of the most complex engineering solutions ever designed. The place they found that had water was in another state separated by 242 miles of mountains, deserts, rocks, and

scorching temperatures.

Accepting the challenges, the determined group moved ahead and created the Metropolitan Water District of Southern California. In January 1933 Metropolitan began building the Colorado River Aqueduct. With \$220 million of voter approved bond funding - that is right \$220 million in the middle of the depression. Everyone knows you need water.

Without the federal government's decision to tame the flood waters of the Colorado River by building Hoover Dam, the Colorado River Aqueduct would not have been possible. Hoover Dam made it possible for Metropolitan to begin building Parker Dam which forms Lake Havasu a Mojave word meaning "blue." The lake is 45 miles long and stores 600,000 acre feet of water.

The Whitsett Intake Pumping Station, the first of five pumping stations in the project, lifts water from Lake Havasu 291-feet into Gene Wash Reservoir. Two miles west the Gene Pumping Station lifts water 303 feet into Copper Basin. From there gravity takes the water 67 miles west through a network of aqueducts, pipelines and tunnels to Iron Mountain Pumping Station. Here the water is lifted 144 feet before it begins its

41 mile trip to Eagle Mountain.

The two largest lifts are the last the water reaches. Eagle Mountain Pumping Station lifts the water 438 into Cotton tunnel. Sixteen miles west, Julian Hinds Pumping Station lifts the water the last 441 feet.

It's all downhill from there - 116 miles down hill - towards Lake Mathews in Riverside County. Water from Lake Mathews goes to the Weymouth Water Treatment Plan in La Verne to serve the SGV and the metropolitan area beyond. Some water is diverted before it reaches the Lake and heads south to San Diego.

The total trip includes 58 miles of pipeline, 63 miles of lined canals, 29 miles of inverted siphons and 92 miles of tunnels. It took 35,000 workers working eight hour shifts, 24-hours a day, 365 days a year, and eight years to complete the project.

Those 13 leaders understood that big problems needed big solutions. That was true then and it is true today.



CONGRESSWOMAN, JUDY CHU, WILL BE SPEAKING ON APRIL 24 AND THE CURRENT TRAGEDY IN KESSAB

WASHINGTON DC- 4/9/2014 "WE SEE TIME AND AGAIN THAT IT'S THE CHRISTIAN MINORITY - INCLUDING THE ARMENIAN COMMUNITY - THAT IS ESPECIALLY VULNERABLE. THIS WAS MADE TRAGICALLY CLEAR LAST MONTH WHEN ISLAMIC MILITANTS FROM TURKEY CROSSED THE TURKISH-SYRIAN BORDER AND ATTACKED THE CIVILIAN ARMENIAN POPULATION IN KESSAB. KESSAB IS WHERE GENOCIDE SURVIVORS STARTED A NEW LIFE. SEEING THIS VIOLENCE NOW IS AN UNSPEAKABLE TRAGEDY THAT'S WHY WE CANNOT ALLOW SUCH ATROCITIES TO STAND. IT OFFENDS OUR VALUES - IT VIOLATES THE SANCTITY OF HUMAN LIFE - IT HARKENS BACK TO ONE OF THE DARKEST CHAPTERS OF HUMAN HISTORY. LET'S RETURN KESSAB TO THE PLACE OF HOPE THAT IT HAS BEEN FOR THE ARMENIAN COMMUNITY FOR SO MANY YEARS."

Looking Up
with Bob Eklund



NASA CASSINI IMAGES MAY REVEAL NEW SATURN MOON

NASA's Cassini spacecraft has documented the formation of a small icy object within the rings of Saturn that may be a new moon, and may also provide clues to the formation of the planet's known moons.

Images taken with Cassini's narrow angle camera on April 15, 2013, show disturbances at the very edge of Saturn's A ring—the outermost of the planet's large, bright rings. One of these disturbances is an arc about 20 percent brighter than its surroundings, 750 miles long and 6 miles wide. Scientists also found unusual protuberances in the usually smooth profile at the ring's edge. Scientists believe the arc and protuberances are caused by the gravitational effects of a nearby object. Details of the observations were published online today by the journal Icarus [<http://dx.doi.org/10.1016/j.icarus.2014.03.024>].

The object is not expected to grow any larger, and may even be falling apart. But the process of its formation and outward movement aids in our understanding of how Saturn's icy moons, including the cloud-wrapped Titan and ocean-holding Enceladus, may have formed in more massive rings long ago. It also provides insight into how Earth and other planets in our solar system may have formed and migrated away from our star, the Sun.

"We have not seen anything like this before," said Carl Murray of Queen Mary University of London, the report's lead author. "We may be looking at the act of birth, where this object is just leaving the rings and heading off to be a moon in its own right."

The object, informally named Peggy, is too small to see in images so far. Scientists estimate it is probably no more than about a half mile in diameter. Saturn's icy moons range in size depending on their proximity to the planet—the farther from the planet, the larger. And many of Saturn's moons are comprised primarily of ice, as are the particles that form Saturn's rings. Based on these facts, and other indicators, researchers recently proposed that the icy moons formed from ring particles and then moved outward, away from the planet, merging with other moons on the way.

"Witnessing the possible birth of a tiny moon is an exciting, unexpected event," said Cassini Project Scientist Linda Spilker, of NASA's Jet Propulsion Laboratory (JPL) in Pasadena, Calif. According to Spilker, Cassini's orbit will move closer to the outer edge of the A ring in late 2016 and provide an opportunity to study Peggy in more detail and perhaps even image it.

WRITE A LUNAR ECLIPSE POEM AND WIN A PRIZE!

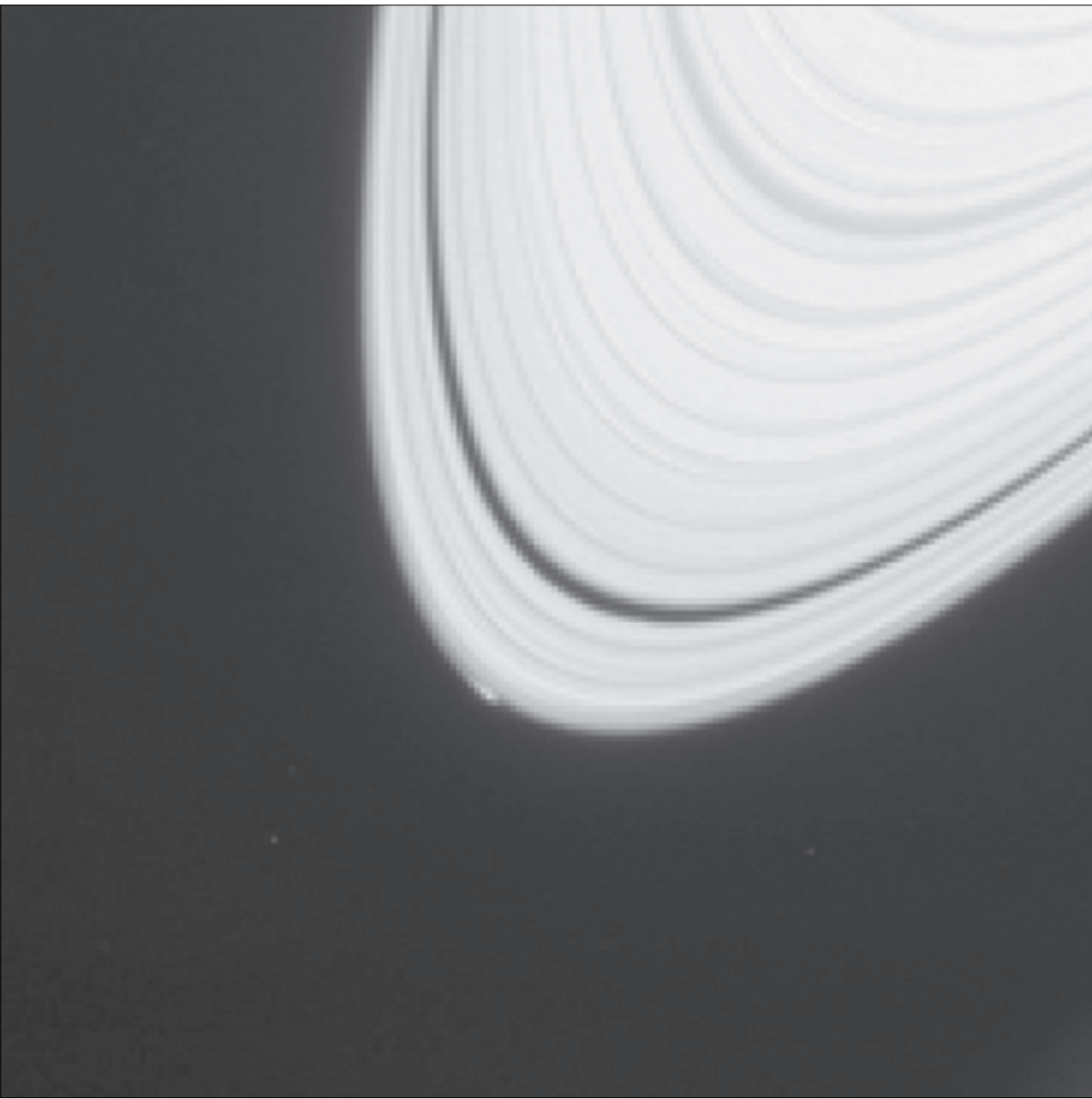
Were you excited to see the lunar eclipse on the night of April 14-15? Enough to write a poem about it? Why not try one, and email it to the Astronomers Without Borders (AWB) AstroPoetry Contest? This international astronomy-outreach organization is presenting the contest as a feature of Global Astronomy Month, April 2014.

The contest has separate divisions for children grades 1-6, young adults grades 7-12, and adults. For contest rules and the entry form, see: <http://astronomerswithoutborders.org/gam2014-programs/program-schedule-2014.html?id=1467>

In addition to the contest, you can also send your poem to the AWB AstroPoetry Blog, where we post poems daily. Your blog poem can also include a picture, if you have one. See the blog at: <http://astronomerswithoutborders.org/blog/astro-poetry-blog.html>

Send your poem (and picture if you have one) for the blog to: astro-poetry@astronomerswithoutborders.org

UNHURT BY SHADOW
How bright the full moon
Coming out of her eclipse
Unhurt by shadow.



This image is a portion of an observation recorded by the narrow-angle camera of Cassini's imaging science subsystem on April 15, 2013. The bright feature at the edge of the A ring is about 750 miles (about 1,200 kilometers) long.

Poem from the book "First Star I See Tonight: A Celebration of Wonder," copyright 2007 by Robert L. Eklund. Book available from Xlibris.com or Amazon.com.

You can contact Bob Eklund at: b eklund@MtnViewsNews.com.

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CASSIE'S GIFT

By Christopher Nyerges

[Nyerges is the author of numerous books, including "Til Death Do us Part?" (on Kindle), "How to Survive Anywhere," etc. He can be reached at www.SchoolofSelf-Reliance.com, or Box 41834, Eagle Rock, CA 90041. He regularly participates in seminars on death and metaphysical topics. For details, go to www.wtinc.info.]

the end of his life the most right now. I thought that I was taking care of Cassie and helping and saving him – I had to carry him in and out, and was always concerned about his welfare. In the end, I realize that Cassie was helping and saving me. He instilled in me a sense of responsibility and caring that maybe I never had before. When I walked today, I missed Cassie so much, and I thought about his role in my life. I thought about how I tried to see his dog pictures of the world, how he processes the many smells that he takes so long each day to smell. When I attempted to go into his mind, like Beatrice Lydecker described in her What the Animals Tell Me book, I "saw" a colorful, very dynamic image of flowing geometric shapes that all moved like the wind in varying patterns, in a three-dimensional complexity. To me, it was the complexity of odors that meant so much to Cassie, and very little to me. Shortly after he died, I asked him to show me his picture, and I "saw" in front of my his big face licking mine. He was telling me that he was happy, in peace, no pain and that I was OK. As I walked this morning, I thought about Easter Day when Cassie died. Though he had had trouble walking for weeks, he seemed OK in the morning. When I came home in the early

evening, it was dark and Cassie was warm but I could not rouse him from his house, and when I pulled him out, I knew it was over, even though I tried to bring him back. There was no music, no singing of birds, just the quiet of the night and the final sounds of his dying body. As I walked this morning, I realized that Cassie's gift was his unconditional love. And now that he was gone, I tried to sort out the meaning of that love. I have heard it said that Eternal Life is synonymous with Eternal Love. That Eternal Love is also impersonal. It is universal loving without concern for prejudice or opinion or preferences. It is doing what is right, and not being concerned about my group, or my party, or my race, or my gender, or my family. It is finding those ways of thinking, and of living, that exemplify the Golden Rule, and Jesus' command to "Love ye one another as your self." Which means we must love our spiritual self, and see that every single one of us is the same.

Cassie taught me to be a better person. He taught me to see that only through impersonal love can we ever find real meaning and harmony. Of course, I feel a personal love for Cassie, and for other close people in my life. But now again, Cassie has made me realize that death is inevitable, and personal love is full of pain and heartache and disappointment. Impersonal loving is not focused exclusively towards one person or animal but is a way of thinking about all life, including all animals. This was Cassie's gift to me.

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SEAN'S SHAMELESS REVIEWS:

By Sean Kayden

PURE X

"Angel" marks the third chapter of a series of albums from the Austin, Texas quartet Pure X. With this latest installment, the band's direction appears less aimless and more on target. Pure X specializes in lackadaisical, dreamy, ambient, experimental rock. The group consists of guitarist and vocalist Nate Grace, bassist Jesse Jenkins, guitarist Matty Tommy Davidson, and drummer Austin Youngblood. There is airiness to Grace's vocals. While that doesn't translate to being boring, "Angel" is geared toward the pensive listener. The music is sedate and tranquil.

Generally bands of this nature feature vocals that are incomprehensible, but Grace's voice is clear and refined. It might feature a very straightforward approach to singing, however, that's kind of the appeal of Pure X. Their sound caters to those longing for the likes of psychedelic and even classic rock from a bygone era. Subtle and ethereal vocals, acoustic guitars and a touch of synthesizers create a euphoric experience on "Angel." It might not be the go-to album when you need a little emotional boost, but if you dive in, don't be alarmed by the strong magnetic pull it seems to carry with it.

The band recorded "Angel" in a 100 year-old dancehall in Texas. While some bands might have been inclined to take advantage of such surroundings, Pure X keeps things relatively simple in the spectrum of textures and atmospheric arrangements for their third record. The title "Valley of Tears" would have one thinking a depressing and solemn affair, but it's actually one of the more intricately crafted songs off the record. It's true highlight amongst some solid tracks to be found here. Opener, "Starlight" is exceedingly laid back and dreamlike as well as being devastatingly romantic. The song "Rain" puts heavy emphasis on reverb and reminds me a cross between something Broken Social Scene and Sigur Ros have crafted before. Title track, "Angel" encompasses a very wistful feeling. It's quite beautiful in the way it gently moves from start to finish. While it's very light on vocals, the effortless flow of it will carry you away to wherever you find peace.

"Livin' The Dream" is the weakest one of the eleven tracks. While it includes a nice transitional shift in the last minute and a half, it drags along too often early on. Fortunately, there's plenty else to lean toward. "Every Tomorrow" is utterly stunning in both the lyrics and composition department. Most of the record will have one contemplating many different aspects of life. This will probably differ for each unique listener. The artwork for "Angel" shows a sunset with dark clouds in the middle of a melting heart. Pure X makes music for those who stare into the sky wondering of what all the possibilities are in life. In the single, "Heaven," Grace proclaims, "Don't matter who you are and how you're living; The kingdom is in your heart, heaven is a feeling." If this is the sort of optimism severely lacking in your own identity, maybe "Angel" can be your guide to whatever you're going through at this very moment. If not, it's still a solid experience to check out.

Grade: 7.5 out of 10

Key Tracks: "Starlight," "Valley Of Tears," "Every Tomorrow," "Fly Away With Me Woman"

Artist:	Pure X
Album:	Angel
Label:	Fat Possum Records
Release Date:	April 1st, 2014

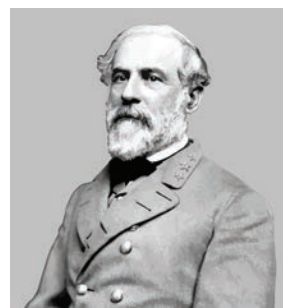
Jeff's Book Picks

By Jeff Brown

CLOUDS OF GLORY: THE LIFE AND LEGEND OF ROBERT E. LEE

by Michael Korda

Bestselling author Michael Korda has written a fresh, contemporary biography of General Robert E. Lee, perhaps the most famous and least understood legend in American history. Korda paints a vivid and admiring portrait of Lee as a brilliant general, a devoted family man, and principled gentleman who disliked slavery and disagreed with secession, yet who refused command of the Union Army in 1861 because he could not "draw his sword" against his beloved Virginia. Well rounded and realistic, Clouds of Glory analyzes Lee's command during the Civil War and explores his responsibility for the fatal stalemate at Antietam, his defeat at Gettysburg (as well the many troubling controversies still surrounding it) and ultimately, his failed strategy for winning the war. Lee's dignity, courage, leadership, and modesty made him a hero on both sides of the Mason-Dixon Line and a revered American icon who is recognized today as one of the nation's preeminent military leaders. Clouds of Glory features dozens of stunning illustrations, some never before seen, and nearly 50 battle maps.



SOUS CHEF: 24 HOURS ON THE LINE

by Michael Gibney

Chef Gibney uses 24 hours to animate the intricate camaraderie and culinary choreography in an upscale New York restaurant kitchen. Here readers will find all the details of what it takes to deliver an exceptional plate of food, the journey to excellence by way of exhaustion. Sous Chef is an immersive, adrenaline fueled run that offers a fly on the wall perspective on the food service industry, allowing readers to briefly inhabit the hidden world behind the kitchen doors, in real time. This exhilarating account provides regular diners and food enthusiasts alike a detailed insider's perspective, ultimately giving voice to the hard work and dedication around which chefs have built their careers. In a kitchen where the highest standards are upheld and one misstep can result in disaster. "A terrific nuts-and-bolts account of the real business of cooking as told from the trenches. No nonsense. This is what it takes."—Anthony Bourdain

LIVING WITH A WILD GOD: A NONBELIEVER'S SEARCH FOR THE TRUTH ABOUT EVERYTHING

by Barbara Ehrenreich

From this bestselling author comes a brave, frank, and exquisitely written memoir that will change the way you see the world. Ehrenreich is one of the most important thinkers of our time. Educated as a scientist, she is an author, journalist, activist, and advocate for social justice. In this book she recounts her quest, beginning in childhood to find "the Truth" about the universe and everything else: What's really going on? Why are we here? In middle age, she rediscovered the journal she had kept during her tumultuous adolescence, which records an event so cataclysmic, that she had never, in all these years, written or spoken about it to anyone. It was the kind of event that people call a "mystical experience" and it was shattering. Ehrenreich reconstructs her childhood mission, bringing an older woman's wry and erudite perspective to a young girl's impassioned obsession with life's questions. The result is both deeply personal and cosmically sweeping memoir and a profound reflection on science, religion, and the human condition.

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JUST FOR BEST FRIENDS

Happy Tails

by Chris Leclerc



As a dog walker in Sierra Madre, I spend a lot of my time hiking the hills and strolling the sidewalks of our small town with my furry four-legged friends. During the course of any given day, it is not unusual for me to see at least a dozen or so other dogs walking along with their humans. Among the many dogs do I come across, it is rare that two are alike. The wide variety of colors, shapes, sizes and behavioral patterns found within the numerous canine breeds truly amazes me.

I recently conducted an internet search to see how many dog breeds are currently in existence; it rendered a result of 178 purebreds registered with the American Kennel Club. If you add the list of un-registered breeds that have been officially named and propagated, the count comes to a total of somewhere around 210, which blows my mind. Especially when you consider the fact that the variation of characteristics from one breed to another are the direct result of nothing more than a minute .2% genetic difference.

For about two centuries, man has been asphyxiated with the concept of coming up with the "perfect" dog, through the applied science of eugenics; the intentional practice of "improving" or somehow altering the genetic composition of a given population. In this case the population happens to be what we dog-loving Americans like to call "Man's Best Friend". What led to the human's insatiable desire to create the ideal specimen of a dog? And, how is it that we have become so dependant on their existence?

Although there are varying schools of thought on how it all came about, a combination of extensive research & scientific studies have left little room for argument that the domestic dog originated from the grey wolf, scientifically known as Canis lupus. The mainstream theory among most canine history research scientists is that man's first one-on-one contact with the grey wolf occurred unintentionally, and is said to have happened sometime around 7000 BC. That's when the

MAN'S BEST FRIEND

human population began to grow, moving away from an extremely primitive way of life, to occupy previously undeveloped territories where they built living structures and established unprecedented property perimeters between themselves and the existing species. The grey wolf was already in residence in the forests and other natural pristine spaces where man made claim to the land as "home", therefore the interface between the two became inevitable.

Remains of the earliest known domesticated dog, scientifically known as Canis lupus familiaris, were discovered at the Jiahu archaeological site in China, dating back to the early Neolithic period (7000-5800 BC). Needless to say, a lot of changes occurred between that time and two hundred years ago, when intentional breeding began, resulting in the wide variety of domestic dog breeds that we are familiar with today. By the early 17th century, the dog had become a very important part of the human's everyday life. In fact, without the assistance of the dog, I can't help wondering where mankind would be today, in terms of survival and "progress".

During the early stages of canine breeding, the main focus was to develop a dog that would make life easier for the human. The hunting dog helped by keeping food on the table. Herding dogs helped control livestock, and the more loyal yet somewhat aggressive breeds served to protect the home and the family. Around the mid-19th century, man's effort to refine the specific qualities and characteristics of the domestic dog had become far more focused on aesthetic values than practical needs, and by the turn of the twentieth century the dog had become well known as a symbol of social status; a sort of accessory, if you will.

While the dog has proven itself by living up to its expectations as man's best friend over the years, ironically enough man has proven to be somewhat less of a best friend to the dog. Although the undesirable side effects of breeding that have become so obvious to us today were not necessarily intentional, they have definitely taken their toll on our fine furry four-legged "best friends".

One obvious example of eugenics gone bad is the case of the Dalmatian, often referred to as the "Firehouse Dog", which was mainly used as a carriage dog in its early days. The Dalmatian's white and spotted coat are what set this breed apart from the others, however it is the white beneath the spots that is directly associated with its tendency for blindness due to a gene that will not allow vitamin A to nourish the retina.

Other examples of experimental breeding side effects include chronic hip dysplasia in the German shepherd and a handful of other breeds including the yellow lab, as well as obsessive compulsive disorder in the bull terrier. Eye & ear allergies in the Bloodhound is a direct result of intentional in-breeding (the use of a single sire along with its own familiar offspring in an effort to achieve certain desirable traits in the next litter). Keep in mind, all of the breeding efforts were intended for a specific purpose to meet the human's need. Yes, mankind has benefited immensely from breeding up the perfect pup, but a very high price has been paid on the part of the dog itself.

Fortunately, there is a proverbial pot of gold at the end of the eugenic rainbow. Scientific research on how to reduce the side effects of breeding have had a double benefit to human society. By studying the problems that prevail as a result of canine eugenics, we are learning how to treat some of the diseases that we humans fall victim to. Just another way that the dog has indeed been man's best friend through thick and thin, from the beginning to the end! In earlier days, the dog helped us move from the "cave to the castle", now it helps lend knowledge and understanding to the field of science, for our own health as human beings.

Who can argue the fact that the dog really is "Man's Best Friend"? My hope is that we humans will eventually learn to become a better friend to them. It is time to stop trying to make dogs be what we need them to be. Just being our friends without having to provide a practical service to us is indeed more than enough! As radical as it may sound to some, I even think it is time to give all dog breeding a break until we can catch up with giving the living dogs forever loving homes. Too many are being euthanized every day in our country, due to human negligence. Please, respect your pets and love them. They depend on us to protect and care for them. We humans are supposed to be the intelligent species on earth. If that's true then it is high time we start acting like it! Stop shopping and start adopting! Love and let live.

LOOKING FOR A BEST FRIEND?

So is Peter!

In May 2013, Peter was left at the shelter in a crate with three other dogs, who all seemed to be related to each other, all black and similar in appearance. The largest dog was named Spiderman because he had very long legs. The other three dogs were named Mary Jane, Peter and Parker. All have been adopted except Peter.

Peter was initially very traumatized by shelter life, and spent most of his time hiding under the cot in his kennel, often with his brother, Parker. They were afraid of loud noises and any unfamiliar people walking by.

As volunteers and staff spent more time with Peter and Parker, they gradually got braver and more comfortable with a variety of people. They enjoyed going on walks with volunteers and meeting other dogs. They had a very playful side to their personalities, and could be entertained with a stick or even a leaf that they'd find while on their walks.

Peter remained the more timid dog of the two, and when Parker was recently adopted, many volunteers were concerned that Peter would withdraw more. Happily, it seems the opposite has happened. Peter has become more confident and is eager to see who is walking by his kennel, hoping it will be someone who is going to take him out for a walk, or give him a treat. He seems very happy with his new kennel mate, Bernie, and we see his personality blossom more each time we see him. He enjoys cuddling and receiving attention from people he is familiar with, sitting happily in a lap. He has a playful nature and is easily entertained with toys.

Peter would probably do best in a home where he has another dog as a companion and playmate. He is still a little uncomfortable with a lot of activity and noise, and might do better in a quieter environment. But Peter has surprised us before, and he may do well in any situation. Peter deserves a nurturing, happy home to call his own.

Peter is estimated to be about 2 years old and weighs about 10 pounds. He has a short black coat that does not require much grooming. He is a mixed breed, but we are guessing he may have a little dachshund in his ancestry.

He currently resides at the San Gabriel Valley Humane Society located at 851 E. Grand Avenue in San Gabriel with his roommate. We are located off San Gabriel Blvd., north of Mission and south of Las Tunas.

To arrange a 'Meet and Greet' with Peter (aka....5110), please stop by any time from 10:00am to 4:30pm Tuesday thru Sunday.

His adoption fee is \$120 which includes a microchip, first vaccinations and a free wellness check-up at a participating veterinarian. Feel free to call us at (626) 286-1159 for more information on Peter. See our website at www.sgvhumane.org for information and photos of all our available pets.



PET OF THE WEEK

RUBY: ANIMAL ID #A4695144

Meet the most loyal friend anyone could ever have, the very radiant and ravishing, Ruby! Ruby (A4695144) is a congenial three-year-old red and white female Chihuahua who was found in Azusa without a collar and identification on April 9th and brought to the Baldwin Park Shelter. Weighing eight pounds, this affable canine walks beautifully on leash, is well socialized and undoubtedly housebroken. Fantastic with other dogs, this social butterfly was definitely made with children in mind. Her tail wags constantly to the degree that if you don't have air conditioning, she might be more economical than paying for the electricity to run a fan! Ruby is a non-stop kissing machine and the ultimate indoor pet for absolutely anyone. To watch a video of Ruby please visit this link: www.youtube.com/watch?v=m9A8pJlvmMU



To meet Ruby in person, please see her at the Baldwin Park Shelter, located at 4275 N. Elton, Baldwin Park, CA 91706 (Phone: 626-430-2378 or 626-962-3577). She is currently available now. For any inquiries about Ruby, please reference her animal ID number: A4695144. The shelter is open seven days a week, 12 pm-7 pm Monday-Thursday and 10am-5pm Friday-Sunday. This is a high-intake shelter with a great need for adoptions. For more information about Ruby or the adoption process, please contact United Hope for Animals Volunteer Adoption Coordinator Samantha at Samantha@hope4animals.org. To learn more about United Hope for Animals' partnership with the Baldwin Park Shelter through its Shelter Support Program, as well as the many dogs of all breeds, ages, and sizes available for adoption in local shelters, visit <http://www.unitedhope4animals.org/about-us/shelter-support-program/>.

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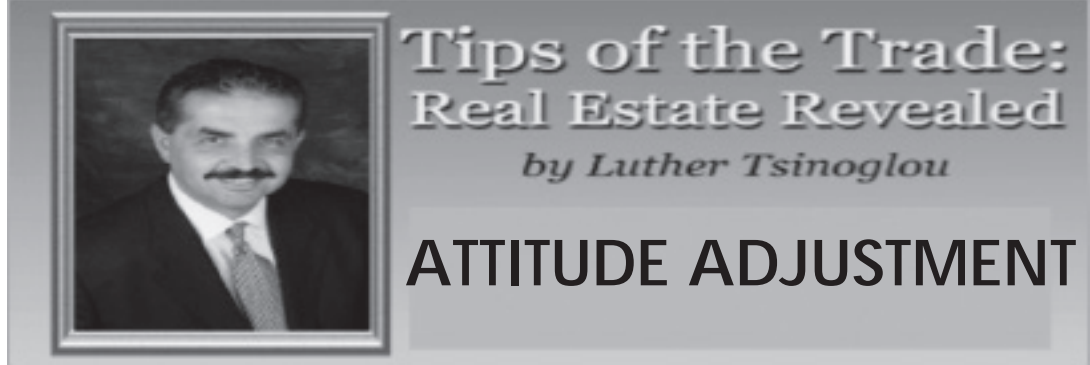
By Marc Garlett



WHY DIY ESTATE PLANNING IS A BAD IDEA FOR THE PEOPLE YOU LOVE

America is a nation of do-it-yourselfers, but building a deck and creating a legally valid estate plan are two entirely different things – and a less-than-perfect deck won't devastate your family's financial future or the relationships among the people you care about most. The prevalence of online legal services has led many people to believe they can create legal documents cheaply and that those documents will be just as effective as if they had visited an estate planning attorney. Here is why that is wrong: No legal advice – these sites are little more than document mills churning out the same generic forms over and over. They are not attorneys and cannot advise or help you avoid mistakes. Plus, who will be there for your family when something happens to you if you've used an online document drafting service? Think your family doesn't need an advisor to support them when you are gone? Think again.

Consider this: Erica's father was killed in a motorcycle accident. Dad didn't leave much behind, but he did leave an estate plan prepared by a trusted family attorney. Had the family attorney not been there for Erica and her brother, they would have taken what dad did leave and drowned their sorrows in a European backpacking trip. Thanks to this family attorney, though, Erica and her brother now have a healthy trust fund set up for them for life with the proceeds of a successful wrongful death case. Leaving it to the people you love to make solid, strategic decisions after you're gone is a big mistake. One size doesn't fit all – your family is different from everyone else's family. Just like every state has different inheritance laws, every family has different situations. An online form will not help you protect a special needs beneficiary, or protect a child's inheritance from creditors or a future nasty divorce. An online form cannot tell you how to protect assets from taxes or help you achieve your goals. And, an online form cannot keep your family out of conflict during a time of grief. Even if you don't have a lot of assets to leave behind, whatever you do have will be subject to distribution among the people you care most about. Some of the biggest disagreements we've seen after death aren't about the money, but about the little things – and those little things aren't going to be dealt with well in form documents. Save now, pay later – you may think you are saving money by using an online service to create your will or trust, but it is impossible to make a fair comparison since the services provided are entirely different. An estate planning attorney creates a comprehensive plan tailored to your individual needs in a legal document that will stand up in court, and advises you on ways to cut taxes and save for retirement and long-term care. No online service does that. In addition, your trusted advisor is going to be there for your family when you cannot be. The people you love will need someone to turn to after you are gone. Do you want them to be stuck figuring out who that should be during their time of grief? Or do you want to leave behind the gift of having taken care of things well during your lifetime, and a trusted advisor to hold their hand when you no longer can? Furthermore, your loved ones may have to pay a much steeper price to clean up the mess caused by a "cheap" plan (in money, time, and emotional energy). You can spare them all that by making sure your plan is done right. We invite you to take advantage of our specialized legal services for families with a Family Estate Planning Session. Call our office today to schedule a time for us to sit down and talk about designing an estate plan that fits the needs of you and your family. Call 626.355.4000 or visit www.GarlettLaw.com for more information. Marc, a local attorney, father, and CASA volunteer (Court Appointed Special Advocate for Children) is on a mission to help parents protect what they love most. His office is located at 49 S. Baldwin Ave., Ste. G, Sierra Madre, CA 91024.



In spite of the real estate roller coaster of the last few years, homeownership remains the bedrock of financial and familial security. Having a long-term investment that provides the satisfaction and pride of ownership beats just about anything else you can do with your savings.

When the market exploded several years ago, the expectations of many consumers grew too high, too fast. Homes became more commodities than investments, and now markets and attitudes have been forced to realign.

Conditions today make it an opportune time to secure your future. Home prices and interest rates are still low, and tax advantages are abundant. You just have to get past all the negativity in the media. All the bad news has drained consumer confidence, and frankly, you cannot underestimate the effect of intangibles like confidence and expectation on the real estate industry.

Real estate transactions are unlike any other financial transaction. The demand and desire for homeownership doesn't expire like other flashy investment instruments. The inherent value of a stock can be calculated by a formula of company profits, earnings ratios, performance history, fund managers, and so on.

However, a home's value is ultimately determined by what a buyer is willing to pay for it, and the security and well-being that owning your own home provides. Honestly, there's hardly been a better time to make your move.

Social Media

Tips & Tricks

By Merri Jill Finstrom

THE NEW LOOK OF FACEBOOK PAGES

"There are three things certain in life: death, taxes and Facebook changes."

Facebook has announced they will be rolling out a new look for pages. The most significant changes are in the location of the apps and the two column format. The apps will now appear in two locations; the left side column or in the top navigation menu. A few of us are wondering if this means a more mobile friendly experience for custom apps. We're hopeful.

The current two column format is going away and the left column will feature about information. The right column will feature all posts.

Even though Facebook is rearranging the furniture again, don't get frustrated. These pages help you stay in touch with people who are important to your business. Focus on listening and providing great content to an interested audience and Facebook will serve as a great marketing tool for your business.

The Sierra Madre Chamber of Commerce wants you to:

Save your local economy...

three stores at a time.

3

Think about which three independently owned businesses you'd miss most if they were gone. Stop in and say hello. Pick up a little something that will make someone smile. Your contribution is what keeps those businesses around.

50

If just half the employed U.S. population spent \$50 each month in independently owned businesses, their purchases would generate more than \$42.6 billion in revenue.* Imagine the positive impact if 3/4 of the employed population did that.

68

For every \$100 spent in independently owned stores, \$68 returns to the community through taxes, payroll, and other expenditures. If you spend that in a national chain, only \$43 stays here. Spend it online and *nothing comes home.*

1

The number of people it takes to start the trend...*you.*

Pick 3. Spend 50. Save your local economy.

Visit the350project.net

Waste Collection • Recycling • Transfer • Disposal • Street Sweeping

For Residents of Sierra Madre

Athens' compost is a blend of organic material, including food waste. It is OMRI Listed®, licensed by the California Department of Food and Agriculture, and approved for use in agricultural operations certified organic under the USDA National Organic Program.

COMPOST GIVEAWAY

Saturday, April 26th

9:00 am - NOON

Sierra Vista Park

611 E. Sierra Madre Blvd., Sierra Madre, CA

If you are unable to make it on this date, you are invited to attend the San Marino Compost Giveaway on Saturday, March 8 at the Lacy Park West end Parking Lot.

Bring Your ID Or Athens Bill

Self Serve Event

Bring Sturdy Containers

No Plastic Bags Allowed

Shovels Will Be Provided

30 Gallon Limit During First Hour (no limit from 10:00 am to noon), while supplies last

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Mountain Views News Mission Statement

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

RICH Johnson



New Pastors, New Councilmembers and Old Really Old Rock 'N Roll Bands

There is a new pastor in town. His name is Briant Cuffy and his lovely wife's name is Carrie. They are the new pastors at Bethany Church in Sierra Madre. Carrie is from San Diego originally. And when I tell you where they have been the last two years you will understand why they are probably excited to be here.

Briant is a native of Dominica, an island nation in the Lesser Antilles region of the Caribbean Sea. More specifically Briant is from Grand Fond, Saint David located on the eastern side of the island. It says it is bordered by St. Andrew, St. Joseph, St. Paul (I think not Minnesota), St. George and St. Patrick. Hoping for a St. Rich but there aren't many of those around. The population of Grand Fond is listed as only "very small".

For the last two years Briant and Carrie have been employed in the town of my birth. Minneapolis, Minnesota. I think our friend from the Lesser Antilles in the Caribbean is probably glad to be in a bit warmer environment. I'm sure wife Carrie shares the same sentiment, being a San Diego native.

We welcome Briant and Carrie to Sierra Madre. Come visit them at Bethany Church at one of two services Sunday Morning: 8:00am and 11:00am. The church is at 93 No. Baldwin between Montecito and Highland.

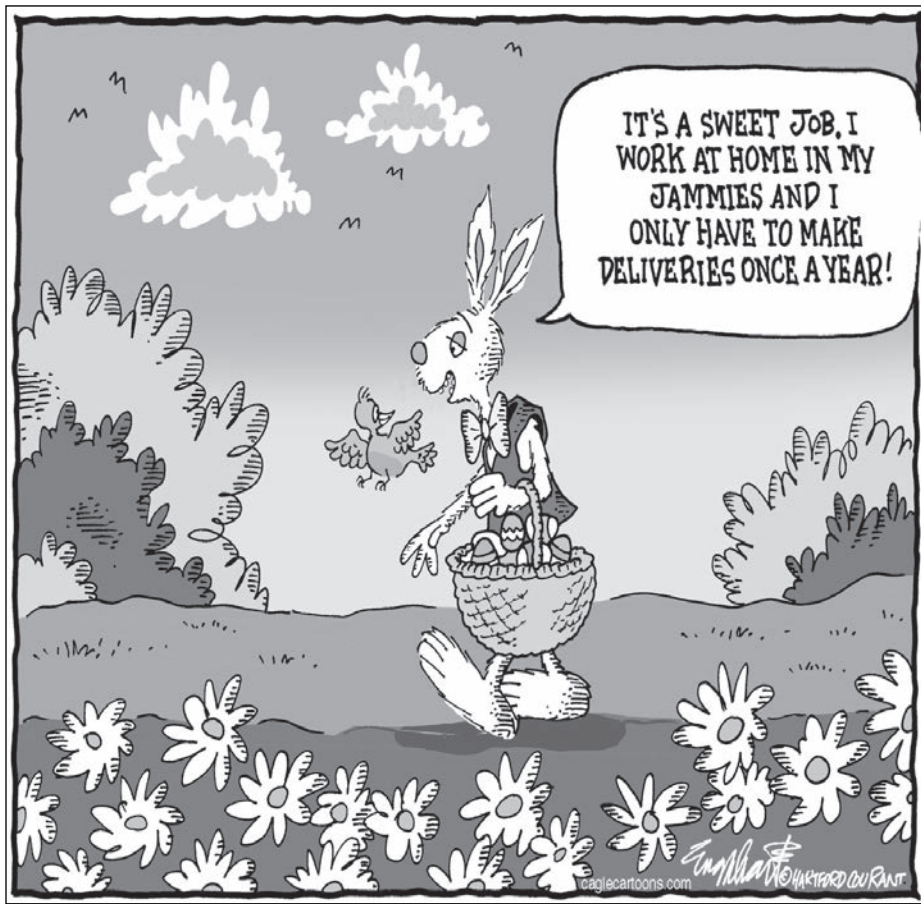


JUST IN CASE YOU FORGOT!

JUKEBOX Concert Saturday April 19th. My last big push inviting you to attend. The show is at the Peppertree Grill located at 322 W. Sierra Madre Blvd. The concert is from 6:30 pm to 9:00pm. The food at the Peppertree Grill is terrific as are the servers and bartenders.

We call ourselves a "fun rock" band. We do songs that may be a little "bubble gummy" for other classic rock bands. Songs like "The Locomotion", "Love Potion #9, "Secret Agent Man".

The place is filling up, so make reservations at (626) 355-8444. And thank you for supporting us and local business.



OUT TO PASTOR

A Weekly Religion Column by Rev. James Snyder

A PEDICURE THAT CURED ALL MY PET PEEVES

Since I was a young person, I always had some pets around. Most of these have been dogs, hunting dogs in particular. And I loved my pets.

In getting older, I discovered that having a pet dog around is a lot of work. More work than I care to do in light of my busy schedule. So I have exchanged these pet dogs for a few pet peeves.

One pet peeve of mine is when a waitress calls me "Sweetie." I do not know, it just gets under my skin. Of course, it might be good for somebody to think of something sweet about me. I prefer, rather, it is somebody who knows something about me. What bothers me is the people who know me really do not call me "Sweetie." There may be something to that.

Another pet peeve is when somebody is eating broccoli next to me in a restaurant. Eating broccoli in public is probably not against the law, but it should be.

And many pet peeves to go along with that.

Recently a situation developed that caused me quite a bit of a quandary. The gist of that quandary had to do with money, which is another pet peeve of mine.

When I was in high school, I had smashed my right big toe. At the time, the doctor had to remove the toenail and it took six months for my toenail to grow back. Well, it did not quite get back into shape. I have had trouble with that toe ever since.

Lately that toenail was giving me some difficulty. It was not growing in the right direction and it looked like it was rotting. I knew if I went to the doctor, it would cost me an arm and a leg. What good is a toe when you lost an arm and a leg? When checking it out it would have cost about \$200 to see a doctor about this. Without insurance, all of this would have come out of my pocket.

I put it off for a year and it seemed just to get worse. It got so bad that it hurt every time I walked. I did complain to the Gracious Mistress of the Parsonage, but she only insisted that I go see a doctor. It is easy for her to say when it is not her \$200.

Being a certified Pennsylvania Dutchman, \$200 is a lot of money. Trying to get \$200 out of a Pennsylvania Dutchman is about as close to suicide as anybody wants to get. I tried to think of how I could deal with my toe without going to that money hungry doctor.

Several weeks ago, I happened to overhear somebody say that they had a badly infected

toenail. It caught my attention because it was the condition of my toe at the time. Instead of going to the doctor, this woman went and had a pedicure, which took care of her damaged toe.

I really did not know what a pedicure was; just that it was some kind of a woman thing. As a man, I had no interest in involving myself in anything that could be classified as a woman thing. However, my toe would not quit hurting.

I pondered this subject for a couple of weeks. During that time, my toe got worse and it was more painful to walk. Of course, my wife kept asking how my toe was and I deferred telling her the truth. There was no way I was going to go to a doctor and hand over to him \$200 of my hard-earned money.

I thought to myself, "Self, maybe you should try the pedicure."

Myself thought it was a good idea and so I drove over to where they did pedicures. I sat in my truck for a few minutes looking at the Nail Salon where they did pedicures. While I was watching, my toe kept hurting.

Finally, I decided to leave my manhood in the truck, hobble in and see if they could do a pedicure for someone like me. I was sure they had never dealt with anybody quite my size before. I was not even sure that they would take a man as a client.

When I walked in, I discovered that they did not speak English. At least most of them did not. I inquired and was warmly received, then ushered to a chair where they could work on my toes. Within 20 minutes, I received a pedicure to beat all pedicures. The young woman who did my toes did a marvelous job. I was afraid that she would try to paint my toenails and I was prepared for a vigorous No. But she did not and was very gracious in taking care of my wounded toe.

When I went to pay for the pedicure, I was surprised it was only \$20.

I walked painlessly to my truck and sitting in my truck was my manhood with \$180. That is what I call a good day.

I could not help think of a verse in Proverbs, "Better it is to be of an humble spirit with the lowly, than to divide the spoil with the proud" (Proverbs 16:19).

Sometimes a proud spirit gets in the way of healthy living. When I think too much of myself I have too much of myself to think of.

RIGHT TURN

GREG Welborn



EASTER US MORE THAN BUNNIES SCHLEPPING EGGS

How is it that Easter became the day when bunnies (who don't lay eggs) are schlepping eggs in wheelbarrows (they can't possibly lift) to children the world over (without even the benefit of a flying sleigh like Santa)? I'm sure a historian can provide an answer, but the more important question is whether the true Easter story is relevant for what it really is.

Easter is an old story. The main characters, world powers, national borders, and political conflicts of the time are all gone. Perhaps that's why Easter has been "updated" to something as timeless as cute bunnies, pretty eggs and sweet treats. But what if Easter didn't need to be updated? What if the heart of the Easter story is as relevant to our world, politics and culture as it was at its inception? That's the better question.

I'd like to suggest that the best way to answer it is to look into the life of a modern man, a twentieth century man, who, like Easter's progenitor, was willing to give up all he had for the benefit of people he would never know.

Most years, Easter lands in April. And April, April 9th specifically, is when Dietrich Bonhoeffer was hanged at the personal order of Adolph Hitler for trying to free his people from Hitler's tyranny. The back story here is hugely relevant, because as mentioned above, Bonhoeffer had a choice.

Dietrich Bonhoeffer was a devout Christian theologian. Early in the ascendancy of German fascism, Bonhoeffer spoke vigorously in opposition to Hitler and his treatment of Jews, Christians and the downtrodden. So threatening was his opposition and eloquence that he was counseled to leave Germany lest he, too, be imprisoned like so many others who resisted Hitler. He fled to the United States to continue his work exhorting others to stop Hitler before it went too far. But of course, it went too far. Hitler took over and began liquidating those he deemed undesirable.

Bonhoeffer, despite living in the U.S., was still on the black lists. He knew this. His supporters kept him informed and tried to protect him, which to them meant remaining in the safety of the U.S. to wait out the Nazi regime.

We can debate the wisdom and the practicality of his returning to Germany, but we cannot debate his faith and commitment. In speaking to his vast audiences, he made clear that his faith compelled him to believe in duty beyond his self-interests and physical

safety. He would return to Germany and, ultimately, give action to his beliefs by joining in a plot to kill Hitler. His concern for his fellow-Germans animated his desire to save them, and his faith animated his commitment to act.

The plot was ultimately unsuccessful, and Bonhoeffer was imprisoned. In the waning days of WWII, while hunkered down in his bunker, Herr Hitler personally ordered the hanging of the still-young theologian. At 39, Dietrich Bonhoeffer was hanged April 9, 1945 at the Flossenburg Concentration Camp.

Regrets? No. Fear? Almost certainly. But he didn't cower. Instead, he told a fellow prisoner, "This is the end. But for me, the beginning of life." So how is it that someone with such a bright future and the option to avoid the fate of a martyr would voluntarily put himself into such danger and meet such a fate at peace?

Because he believed the Easter story. To him it was not about bunnies, pretty eggs, or sweets. It was about faith in the truth of a God who volunteered to pay the price which all humanity deserved. Our history, even in bible times, was not pretty. Humans were cruel, relentlessly selfish sinners; we still are. God demands righteousness, but he loves with equal passion. We could never measure up; we could never absolve ourselves sufficiently. So He sent His one and only son – God incarnate – who through His power could have avoided the death of the barbaric Roman cross. Jesus voluntarily sacrificed that His people – all of us, then, now and in the future – could be redeemed. Christ paid the price so that we all could have everlasting life with God. That is the true Easter story. Believe in Christ and live eternally!!!

In conclusion, I offer an admission. I lied – or at least misled. Bonhoeffer couldn't know all of the people for whom he willingly made a sacrifice he did not have to make. But Jesus does know all the people for whom He made the sacrifice He did not have to make. More importantly, it is possible for us to know Jesus. That's the on-going wonder and beauty of Easter. Each of us can accept Christ as our Lord and savior, can have a relationship with God, and have ever-lasting life. I don't think we need the bunnies, eggs or sweets to have a great day.

SIERRA MADRE

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Pasadena

Altadena

Monrovia





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WHAT'S ON 98

April 28 – May 4, 2014

That Uncertain Feeling is playing Monday at 1:00 p.m.
Released on April 20, 1941: A lady visits a psychoanalyst to get rid of her attacks of the hiccups, but may lose her husband instead.

Ernst Lubitsch was a famed director of the golden age of movies. He made this one right after the Jimmy Stewart classic 'The Shop Around the Corner.' You know that you are in for a treat from a great director, so pop a large bowl of popcorn, drizzle on lots of warm melted butter, and settle down for a romantic dramatic comedy with Merle Oberon, Melvyn Douglas, Burgess Meredith and Eve Arden.

The Bakers have an ideal marriage. He is a high-powered insurance salesman, they live on Park Avenue in New York City, and she has everything a wife could want . . . and more. As the movie opens, we learn that Jill Baker gets sudden attacks of the hiccups. One of Jill's girlfriends suggests that she visit a psychoanalyst that could surely cure her hiccups. Jill is skeptical, but goes to the doctor, who informs her that she has problems with her husband. Jill thought she was very happy in her marriage, but after the doctor told her otherwise, she started seeing all of the flaws in her hubby, and believes that he is the cause of her hiccups.

One day on a visit to her analyst, he is delayed, and Jill meets another patient, a totally whacked out pianist (Burgess Meredith), and somehow they become attracted to each other. Jill's husband gets suspicious of the two, and it looks like their marriage is heading for the rocks. One afternoon when Jill's husband returns home early in the afternoon to talk to his young wife, and discovers that the pianist is already there having a fun afternoon with Jill. Jill faints dead away, and her husband and her pianist friend are together, mano-a-mano, and Jill's husband starts a classic 'Lubitsch' style sales job to win his wife back. The biggest sales pitch he's ever made. He starts divorce proceedings, and 'gives' his wife to the pianist. Of course, Jill gets regrets, and soon they are both playing the ends against the middle. Things go back and forth, each trying to speed up the divorce, and then slow down the proceedings, right up to the happy ending.

This movie was released in April of 1941, eight months before Pearl Harbor, and the U.S. was divided over whether to help Europe fight the German Nazi's or not. When Jill's husband confronts Burgess Meredith about his affair with Jill, Burgess Meredith repeats over and over again, "I will not fight," thinking that Jill's husband will fight him over her. Jill's husband replies, "So you are an isolationist," referring to the segment of the U.S. that believes that the country should isolate itself from the war in Europe and not get involved. And later her husband does a sarcastic 'heil' salute, making reference to the Nazi's as dictatorial. Movie goes of 1941 would have understood this immediately and either agreed or disagreed with one side or the other. Of course, once the Japanese attacked Pearl Harbor in December of the same year, U.S. sentiment was united in favor of war, and the mightiest war machine in the history of the world was born.

by Jimbo Berkey

This is how the schedule works:

- | | |
|----------|---|
| 7-9 | Youth programs and movies |
| 9-11 | Painting to cooking and much much more |
| 11- Noon | Comedy movies and The Lucy Show |
| 1-3 | Romance movies |
| 3-5 | Film Noir movies and Dragnet |
| 5-6 | Mystery movies |
| 7-9 | Bonanza, Mr. & Mrs. North and Sherlock Holmes |
| 9-10 | Comedy movies |

This programming is only available for Sierra Madre Time Warner customers. Those who do not subscribe to Time Warner will not be able to view the programing available on Channel 98.

My Picks of the Week

- | | |
|-----------|---|
| Monday | That Uncertain Feeling |
| Tuesday | Street Scene |
| Wednesday | The Man With Two Lives |
| Thursday | Indiscreet |
| Friday | Where's That Fire |
| Saturday | Hard Hombre & Underground Rustlers Double Feature |
| Sunday | I thank You |

Make sure you have your popcorn ready, gone to the potty, cushions fluffed and your are comfortable. There are no interruptions during the movie. The films are not edited for time or content.

The City of Sierra Madre is not funding any aspect of the printing, videos, movies, tv shows etc. Not one taxpayer dime has been spend on this programing.



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every week, every month, every year!
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U.S. Ranger Tex is inviting all you young cowboys and cowgirls to watch Western Saturdays every Saturday on Channel 98

SIERRA MADRE

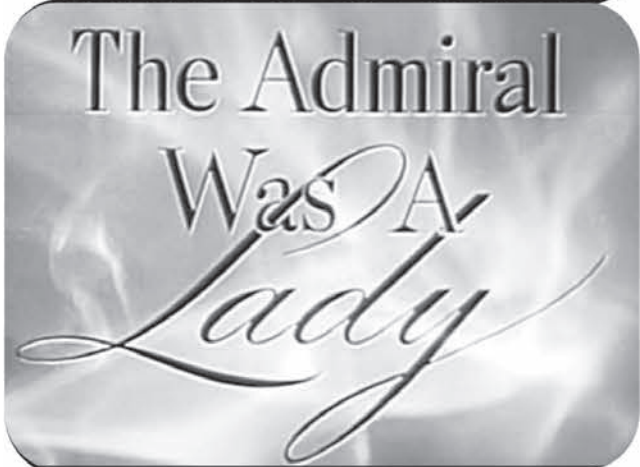
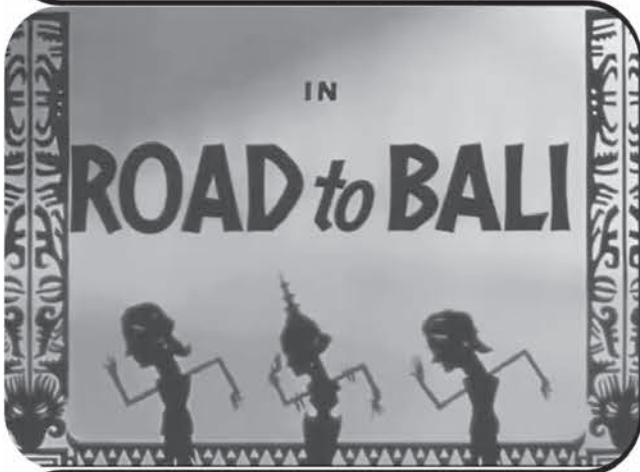
Sierra Madre

Arcadia

Pasadena

Altadena

Monrovia



THIS WEEK ON 98

Monday 4.28.14	Movies
7 to 8 am	Children's Programing
9 to 10 am	Painting, Cooking and much much more
11 to 12 pm	Topper Returns
1 to 2 pm	That Uncertain Feeling
3 to 4 pm	Isle of Destiny
5 to 6 pm	Topper Returns
7 to 8 pm	Bonanza, Mr. & Mrs. North, Sherlock Holmes
9 to 10 pm	The Ape Man
Tuesday 4.29.14	Movies
7 to 8 am	Children's Programing
9 to 10 am	Painting, Cooking and much much more
11 to 12 pm	Street Scene
1 to 2 pm	Bird of Paradise
3 to 4 pm	Sherlock Holmes Fatal Hour
5 to 6 pm	Street Scene
7 to 8 pm	Bonanza, Mr. & Mrs. North, Sherlock Holmes
9 to 10 pm	Spooks Run Wild
Wednesday 4.30.14	Movies
7 to 8 am	Children's Programing
9 to 10 am	Painting, Cooking and much much more
11 to 12 pm	Charley Aunt
1 to 2 pm	The Silver Horde
3 to 4 pm	The Ghost Train
5 to 6 pm	Charley Aunt
7 to 8 pm	Bonanza, Mr. & Mrs. North, Sherlock Holmes
9 to 10 pm	The Man With Two Lives
Thursday 5.1.14	Movies
7 to 8 am	Children's Programing
9 to 10 am	Painting, Cooking and much much more
11 to 12 pm	Broadway Limited
1 to 2 pm	Indiscreet
3 to 4 pm	Cast of the Frighten Lady
5 to 6 pm	Broadway Limited
7 to 8 pm	Bonanza, Mr. & Mrs. North, Sherlock Holmes
9 to 10 pm	Ghost on the Lose
Friday 5.2.14	Movies
7 to 8 am	Sand Sculpting
9 to 10 am	Painting, Cooking and much much more
11 to 12 pm	Where's That Fire
1 to 2 pm	Laddie
3 to 4 pm	Tom Browns School Days
5 to 6 pm	Where's That Fire
7 to 8 pm	Bonanza, Mr. & Mrs. North, Sherlock Holmes
9 to 10 pm	White Zombie
Saturday 5.3.14	Movies
7 to 8 am	Children's Programing
9 to 10 am	The Light of Western Star
11 to 12 pm	Hard Hombre & Underground Rustlers
1 to 2 pm	Law of the Timber & The Trail Beyond
3 to 4 pm	The Fargo Kid & The Star Packer
5 to 6 pm	Hard Hombre & Underground Rustlers
7 to 8 pm	Dark Star & Nevada City
9 to 10 pm	King Arthur Was a Gentleman
Sunday 5.4.14	Movies
7 to 8 am	Children's Programing
9 to 11 am	Michelle Rae Music
11 to 12 pm	The Guinea Pigs
1 to 2 pm	Bonanza Specials
3 to 4 pm	Waltzes from Vienna
5 to 6 pm	The Guinea Pigs
7 to 8 pm	I thank You
9 to 10 pm	Half Shot At Sunrise



Want your ad in the **What's On 98?**
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BIG MOUNTAIN VIEWS NEWS

Mountain Views News (Saturday, April 5, 2014

PURNIMA KUCHIKULLA, 2274 HONOLULU AVE., MONTROSE, CA 91001. This Business is conducted by: A GENERAL PARTNERSHIP. Signed: NARA JOO AHN. This statement was filed with the County Clerk of Los Angeles County on 03/21/2014. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE. This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code/Publish: Mountain Views News Dates Pub: March 29, April 5, 12, 19, 2014

FICTITIOUS BUSINESS NAME STATEMENT File No. 2014-076542
The following person(s) is (are) doing business as: KATE FREIGHT, 4518 TOLBERT AVE., LONG BEACH, CA 90807. Full name of registrant(s) is (are) MAIN PLACE LIGHTING, LLC, 4518 TOLBERT AVE., LONG BEACH, CA 90807. This Business is conducted by: A LIMITED LIABILITY COMPANY. Signed: DAMON DELGADO. This statement was filed with the County Clerk of Los Angeles County on 03/21/2014. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 03/21/2014. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code/Publish: Mountain Views News Dates Pub: March 29, April 5, 12, 19, 2014

FICTITIOUS BUSINESS NAME STATEMENT File No. 2014-079176
The following person(s) is (are) doing business as: KING CITY AUTO REGISTRATION, 3500 N. PASADENA AVE. STE A, L.A., CA 90031. Full name of registrant(s) is (are) MINERVA A. MUNOZ, 5377 BLUFFE ST., NORCO, CA 92860. This Business is conducted by: AN INDIVIDUAL. Signed: MINERVA A. MUNOZ. This statement was filed with the County Clerk of Los Angeles County on 03/25/2014. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code/Publish: Mountain Views News Dates Pub: March 29, April 5, 12, 19, 2014

FICTITIOUS BUSINESS NAME STATEMENT File No. 2014-076753
The following person(s) is (are) doing business as: KING CITY AUTO REGISTRATION, 3500 N. PASADENA AVE. STE A, L.A., CA 90031. Full name of registrant(s) is (are) MINERVA A. MUNOZ, 5377 BLUFFE ST., NORCO, CA 92860. This Business is conducted by: AN INDIVIDUAL. Signed: MINERVA A. MUNOZ. This statement was filed with the County Clerk of Los Angeles County on 03/21/2014. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 03/21/2014. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code/Publish: Mountain Views News Dates Pub: March 29, April 5, 12, 19, 2014

FICTITIOUS BUSINESS NAME STATEMENT File No. 2014-079249
The following person(s) is (are) doing business as: L&D ESTHETIC, 3287 E. ARTESIA BLVD., LONG BEACH, CA 90805. Full name of registrant(s) is (are) GUADALUPE ARREOLA ZUNIGA, 3287 E. ARTESIA BLVD., LONG BEACH, CA 90805. This Business is conducted by: AN INDIVIDUAL. Signed: GUADALUPE ARREOLA ZUNIGA. This statement was filed with the County Clerk of Los Angeles County on 03/25/2014. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code/Publish: Mountain Views News Dates Pub: March 29, April 5, 12, 19, 2014

FICTITIOUS BUSINESS NAME STATEMENT File No. 2014-079583
The following person(s) is (are) doing business as: LATINA DOLLS, 3727 BELL AVE. #C, BELL, CA 90201. Full name of registrant(s) is (are) SEHILIA ESTHER PRECIADO, 3727 BELL AVE. #C, BELL, CA 90201. This Business is conducted by: AN INDIVIDUAL. Signed: SEHILIA ESTHER PRECIADO. This statement was filed with the County Clerk of Los Angeles County on 03/25/2014. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code/Publish: Mountain Views News Dates Pub: March 29, April 5, 12, 19, 2014

FICTITIOUS BUSINESS NAME STATEMENT File No. 2014-077799
The following person(s) is (are) doing business as: LIFE FITNESS CONSULTANTS, 433 W. DUARTE RD. #E, ARCADIA, CA 91007. Full name of registrant(s) is (are) MARISA BANKSTON, 433 W. DUARTE RD. #E, ARCADIA, CA 91007. This Business is conducted by: AN INDIVIDUAL. Signed: MARISA BANKSTON. This statement was filed with the County Clerk of Los Angeles County on 03/24/2014. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code/Publish: Mountain Views News Dates Pub: March 29, April 5, 12, 19, 2014

FICTITIOUS BUSINESS NAME STATEMENT File No. 2014-077548
The following person(s) is (are) doing business as: LIQUIDATION DEPOT, 850 W. FOOTHILL BLVD. #1, AZUSA, CA 91701. Full name of registrant(s) is (are) ALAN DOUGHOUS, 10642 PALOMINO AVE., HESPERIA, 92345, SAMMY QUITQUA, 10642 PALOMINO AVE., HESPERIA, CA 92345. This Business is conducted by: A GENERAL PARTNERSHIP. Signed: ALAN DOUGHOUS. This statement was filed with the County Clerk of Los Angeles County on 03/24/2014. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code/Publish: Mountain Views News Dates Pub: March 29, April 5, 12, 19, 2014

FICTITIOUS BUSINESS NAME STATEMENT File No. 2014-079586
The following person(s) is (are) doing business as: LOS ANGELES INDO AMERICAN LIONS CLUB, 23415 PLEASANT MEADOW DR., DIAMOND BAR, CA 91765. Full name of registrant(s) is (are) SURINDER S. BHOGAL, 23415 PLEASANT MEADOW DR., DIAMOND BAR, CA 91765, PAUL SINGH HUSSON, 2012 PLUM ST., CHINO HILLS, CA 91709. This Business is conducted by: CO-PARTNERS. Signed: SURINDER S. BHOGAL. This statement was filed with the County Clerk of Los Angeles County on 03/25/2014. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code/Publish: Mountain Views News Dates Pub: March 29, April 5, 12, 19, 2014

FICTITIOUS BUSINESS NAME STATEMENT File No. 2014-078588
The following person(s) is (are) doing business as: MI TIJUANA BAKERY, 8527 ALONDRA BLVD. #150, PARAMOUNT, CA 90723. Full name of registrant(s) is (are) FRANCISCO ESPINOZA, 4276 LAVINIA, LYNNWOOD, CA 9262. This Business is conducted by: AN INDIVIDUAL. Signed: FRANCISCO ESPINOZA. This statement was filed with the County Clerk of Los Angeles County on 03/24/2014. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code/Publish: Mountain Views News Dates Pub: March 29, April 5, 12, 19, 2014

FICTITIOUS BUSINESS NAME STATEMENT File No. 2014-077838
The following person(s) is (are) doing business as: MK BEER & WINE, 810 E. ANAHEIM ST., LONG BEACH, CA 90813. Full name of registrant(s) is (are) MUY HUOT, 810 E. ANAHEIM ST., LONG BEACH, CA 90813. This Business is conducted by: AN INDIVIDUAL. Signed: MUY HUOT. This statement was filed with the County Clerk of Los

Angles County on 03/24/2014. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code/Publish: Mountain Views News Dates Pub: March 29, April 5, 12, 19, 2014

FICTITIOUS BUSINESS NAME STATEMENT File No. 2014-07986
The following person(s) is (are) doing business as: MODERN ONE FINISHES, 6044 LIVE OAK ST., BELL GARDENS, CA 90201. Full name of registrant(s) is (are) JOANA MENDOZA, 6044 LIVE OAK ST., BELL GARDENS, CA 90201. This Business is conducted by: AN INDIVIDUAL. Signed: JOANA MENDOZA. This statement was filed with the County Clerk of Los Angeles County on 03/25/2014. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code/Publish: Mountain Views News Dates Pub: March 29, April 5, 12, 19, 2014

FICTITIOUS BUSINESS NAME STATEMENT File No. 2014-077935
The following person(s) is (are) doing business as: MONTEBELLO BALLROOM, 104 S. 10th ST., MONTEREY PARK, CA 91764. Full name of registrant(s) is (are) MEMORIES DINNER AND DANCING, LLC, 12901 PHILADELPHIA ST., WHITTIER, CA 90601. This Business is conducted by: A LIMITED LIABILITY COMPANY. Signed: JOHN H. KRIST. This statement was filed with the County Clerk of Los Angeles County on 03/24/2014. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code/Publish: Mountain Views News Dates Pub: March 29, April 5, 12, 19, 2014

FICTITIOUS BUSINESS NAME STATEMENT File No. 2014-081123
The following person(s) is (are) doing business as: MUNOZ TRUCK PARTS EXPORT, 350 E. COLFAF ST., LA HABRA, CA 90631. Full name of registrant(s) is (are) ARTURO MUNOZ, 350 E. COLFAF ST., LA HABRA, CA 90631. This Business is conducted by: AN INDIVIDUAL. Signed: ARTURO MUNOZ. This statement was filed with the County Clerk of Los Angeles County on 03/26/2014. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code/Publish: Mountain Views News Dates Pub: March 29, April 5, 12, 19, 2014

FICTITIOUS BUSINESS NAME STATEMENT File No. 2014-077777
The following person(s) is (are) doing business as: NAKAOKA DESIGN, 130 OCEAN PARK BLVD. #232, SANTA MONICA, CA 90405. Full name of registrant(s) is (are) CHRISTINE NAKAOKA, 130 OCEAN PARK BLVD. #232, SANTA MONICA, CA 90405. This Business is conducted by: AN INDIVIDUAL. Signed: CHRISTINE NAKAOKA. This statement was filed with the County Clerk of Los Angeles County on 03/24/2014. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 07/01/2013. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code/Publish: Mountain Views News Dates Pub: March 29, April 5, 12, 19, 2014

FICTITIOUS BUSINESS NAME STATEMENT File No. 2014-079516
The following person(s) is (are) doing business as: NEW CENTURY HAJENDIA PROPERTIES, 5712 N. FIGUEROA ST., L.A., CA 90042. Full name of registrant(s) is (are) FRANCISCO FRANCA, 415 CORTEZ RD., ARCADIA, CA 91107. This Business is conducted by: AN INDIVIDUAL. Signed: FRANCISCO FRANCA. This statement was filed with the County Clerk of Los Angeles County on 03/25/2014. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 03/24/2014. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code/Publish: Mountain Views News Dates Pub: March 29, April 5, 12, 19, 2014

FICTITIOUS BUSINESS NAME STATEMENT File No. 2014-080566
The following person(s) is (are) doing business as: ONENOUSING PRODUCTION, 4945 ARCOLA AVE., HOLLYWOOD, CA 91601. Full name of registrant(s) is (are) EDWIN LEE KIM, 4945 ARCOLA AVE., N. HOLLYWOOD, CA 91601. This Business is conducted by: AN INDIVIDUAL. Signed: EDWIN LEE KIM. This statement was filed with the County Clerk of Los Angeles County on 03/26/2014. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code/Publish: Mountain Views News Dates Pub: March 29, April 5, 12, 19, 2014

FICTITIOUS BUSINESS NAME STATEMENT File No. 2014-080831
The following person(s) is (are) doing business as: PADILLA TEST & REPAIR, 3949 DENNISON AVE., E.L.A., CA 90023. Full name of registrant(s) is (are) JIMMY PADILLA, 3949 DENNISON AVE., E.L.A., CA 90023. This Business is conducted by: AN INDIVIDUAL. Signed: JIMMY PADILLA. This statement was filed with the County Clerk of Los Angeles County on 03/26/2014. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code/Publish: Mountain Views News Dates Pub: March 29, April 5, 12, 19, 2014

FICTITIOUS BUSINESS NAME STATEMENT File No. 2014-079160
The following person(s) is (are) doing business as: PATTY LABELS, 11806 VALLEY VIEW AVE., WHITTIER, CA 90604. Full name of registrant(s) is (are) MARTHA P. PEREZ, 9702 LANETTI AVE., WHITTIER, CA 90604. This Business is conducted by: AN INDIVIDUAL. Signed: MARTHA P. PEREZ. This statement was filed with the County Clerk of Los Angeles County on 03/25/2014. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 03/25/2014. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code/Publish: Mountain Views News Dates Pub: March 29, April 5, 12, 19, 2014

FICTITIOUS BUSINESS NAME STATEMENT File No. 2014-076149
The following person(s) is (are) doing business as: QTB TOOTIE CUPCAKES, 1394 W. 39th ST., L.A., CA 90062. Full name of registrant(s) is (are) BRIDIE HOLMES, 1394 W. 39th ST., L.A., CA 90062. This Business is conducted by: A GENERAL PARTNERSHIP. Signed: BRIDIE HOLMES. This statement was filed with the County Clerk of Los Angeles County on 03/21/2014. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code/Publish: Mountain Views News Dates Pub: March 29, April 5, 12, 19, 2014

FICTITIOUS BUSINESS NAME STATEMENT File No. 2014-076149
The following person(s) is (are) doing business as: QTB TOOTIE CUPCAKES, 1394 W. 39th ST., L.A., CA 90062. Full name of registrant(s) is (are) BRIDIE HOLMES, 1394 W. 39th ST., L.A., CA 90062. This Business is conducted by: A GENERAL PARTNERSHIP. Signed: BRIDIE HOLMES. This statement was filed with the County Clerk of Los Angeles County on 03/21/2014. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code/Publish: Mountain Views News Dates Pub: March 29, April 5, 12, 19, 2014

that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code/Publish: Mountain Views News Dates Pub: March 29, April 5, 12, 19, 2014

FICTITIOUS BUSINESS NAME STATEMENT File No. 2014-081035
The following person(s) is (are) doing business as: RAMIREZ RESTAURANT, 6124 ATLANTIC BLVD., MAYWOOD, CA 90270. Full name of registrant(s) is (are) ROGELIA BURGOS-VELEZ, 6124 ATLANTIC BLVD., MAYWOOD, CA 90270. This Business is conducted by: A MARRIED COUPLE. Signed: ROGELIA BURGOS-VELEZ. This statement was filed with the County Clerk of Los Angeles County on 03/26/2014. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code/Publish: Mountain Views News Dates Pub: March 29, April 5, 12, 19, 2014

FICTITIOUS BUSINESS NAME STATEMENT File No. 2014-076760
The following person(s) is (are) doing business as: RENES GARDEN SERVICE, 1008 ISLAND AVE., WILMINGTON, CA 90744. Full name of registrant(s) is (are) ARTURO REYES, 1008 ISLAND AVE., WILMINGTON, CA 90744. This Business is conducted by: AN INDIVIDUAL. Signed: ARTURO REYES. This statement was filed with the County Clerk of Los Angeles County on 03/21/2014. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 03/08/2014. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code/Publish: Mountain Views News Dates Pub: March 29, April 5, 12, 19, 2014

FICTITIOUS BUSINESS NAME STATEMENT File No. 2014-078123
The following person(s) is (are) doing business as: REYCAST GRANITE, 8902 NORWALK BLVD., WHITTIER, CA 90606. Full name of registrant(s) is (are) GERARDO REYES, 11140 EXELSIOR DR. #12, NORWALK, CA 90650. Full name of registrant(s) is (are) GERARDO REYES, 11140 EXELSIOR DR. #12, NORWALK, CA 90650. This Business is conducted by: A GENERAL PARTNERSHIP. Signed: GERARDO REYES. This statement was filed with the County Clerk of Los Angeles County on 03/24/2014. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code/Publish: Mountain Views News Dates Pub: March 29, April 5, 12, 19, 2014

FICTITIOUS BUSINESS NAME STATEMENT File No. 2014-079672
The following person(s) is (are) doing business as: ROLLING TIRES AND WHEELS #1, 25904 WESTERN AVE., HARBOR CITY, CA 90710. Full name of registrant(s) is (are) GABRIEL FLORES JR., 27425 ELMBRIDGE DR., RANCHO PALOS VERDES, CA 90275. This Business is conducted by: AN INDIVIDUAL. Signed: GABRIEL FLORES JR. This statement was filed with the County Clerk of Los Angeles County on 03/25/2014. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code/Publish: Mountain Views News Dates Pub: March 29, April 5, 12, 19, 2014

FICTITIOUS BUSINESS NAME STATEMENT File No. 201810705
The following person(s) is (are) doing business as: ROUTE-66 MOTORSPORT, 4203 N. HUNTINGTON DR., L.A., CA 90032. Full name of registrant(s) is (are) MARIA GUADALUPE MADRIGAL, 3831 MANTO AVE., L.A., CA 90031. This Business is conducted by: AN INDIVIDUAL. Signed: MARIA GUADALUPE MADRIGAL. This statement was filed with the County Clerk of Los Angeles County on 03/26/2014. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 03/24/2014. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code/Publish: Mountain Views News Dates Pub: March 29, April 5, 12, 19, 2014

FICTITIOUS BUSINESS NAME STATEMENT File No. 2014-079392
The following person(s) is (are) doing business as: RUBEN AUTO PARTS, 8011 WOODMAN AVE., PANORAMA CITY, CA 91402. This Business is conducted by: AN INDIVIDUAL. Signed: RUBEN AYALA. This statement was filed with the County Clerk of Los Angeles County on 03/25/2014. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code/Publish: Mountain Views News Dates Pub: March 29, April 5, 12, 19, 2014

FICTITIOUS BUSINESS NAME STATEMENT File No. 2014-076888
The following person(s) is (are) doing business as: SHAMMO RADING COMPANY, 650 BARANCA AVE. #D, COVINA, CA 91723. Full name of registrant(s) is (are) SAMIR HADDAD, 650 N. BARRANCA AVE. #D, COVINA, CA 91723. This Business is conducted by: AN INDIVIDUAL. Signed: SAMIR HADDAD. This statement was filed with the County Clerk of Los Angeles County on 03/21/2014. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code/Publish: Mountain Views News Dates Pub: March 29, April 5, 12, 19, 2014

FICTITIOUS BUSINESS NAME STATEMENT File No. 20187453
The following person(s) is (are) doing business as: SISTAH'S GIFTS, 4633 MARINE 207, LAWNLAND, CA 90510. Full name of registrant(s) is (are) MINTA FRIAR, 19525 SUFFY SADDLE AVE., MALIBU, CA 90262. This Business is conducted by: AN INDIVIDUAL. Signed: MINTA FRIAR. This statement was filed with the County Clerk of Los Angeles County on 03/24/2014. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code/Publish: Mountain Views News Dates Pub: March 29, April 5, 12, 19, 2014

FICTITIOUS BUSINESS NAME STATEMENT File No. 2014-078047
The following person(s) is (are) doing business as: SPENCER'S WINDOW CLEANING, 6043 PREMIERE AVE., LAKEWOOD, CA 90712. Full name of registrant(s) is (are) SPENCER D. FITCHES, 6043 PREMIERE AVE., LAKEWOOD, CA 90712. This Business is conducted by: AN INDIVIDUAL. Signed: SPENCER D. FITCHES. This statement was filed with the County Clerk of Los Angeles County on 03/26/2014. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code/Publish: Mountain Views News Dates Pub: March 29, April 5, 12, 19, 2014

FICTITIOUS BUSINESS NAME STATEMENT File No. 2014-080371
The following person(s) is (are) doing business as: THE ART GROUP, 13906 FAIRFORD AVE., NORWALK, CA 90650. Full name of registrant(s) is (are) ARTURO GUTIERREZ, 13906 FAIRFORD AVE., NORWALK, CA 90650. This Business is conducted by: AN INDIVIDUAL. Signed: ARTURO GUTIERREZ. This statement was filed with the County Clerk of Los Angeles County on 03/21/2014. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code/Publish: Mountain Views News Dates Pub: March 29, April 5, 12, 19, 2014

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The consultation is free and there is no obligation or pressure! Free with consultation – a copy of Jane Wolf Waterman's Oh, My God! We're Parenting Our Parents, How to Transform the Remarkable Challenge into a Journey of Love.



FICTITIOUS BUSINESS NAME STATEMENT File No. 2014-081035
The following person(s) is (are) doing business as: STRATEGICAEROSPACEINTL, 4972 HERITAGE DR., CHINO HILLS, CA 91709. Full name of registrant(s) is (are) DARRELL ANDERSON, 4972 HERITAGE DR., CHINO HILLS, CA 91709. This Business is conducted by: AN INDIVIDUAL. Signed: DARRELL ANDERSON. This statement was filed with the County Clerk of Los Angeles County on 03/26/2014. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code/Publish: Mountain Views News Dates Pub: March 29, April 5, 12, 19, 2014

FICTITIOUS BUSINESS NAME STATEMENT File No. 2014-076794
The following person(s) is (are) doing business as: SUPERA MOTOS, 10591 BLOOMFIELD ST., LOS ALAMITOS, CA 90720. Full name of registrant(s) is (are) JEFFREY HOWES, LLC, 3035 E. HUNTINGTON DR., PASADENA, CA 91107. This Business is conducted by: A LIMITED LIABILITY COMPANY. Signed: STEVEN E. STRICKLER. This statement was filed with the County Clerk of Los Angeles County on 03/21/2014. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 03/15/2014. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code/Publish: Mountain Views News Dates Pub: March 29, April 5, 12, 19, 2014

FICTITIOUS BUSINESS NAME STATEMENT File No. 2014-080686
The following person(s) is (are) doing business as: SUSHER HOUSE, 726 E. F

To save materials and energy we...

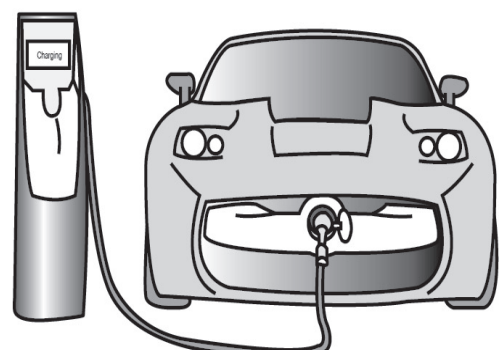


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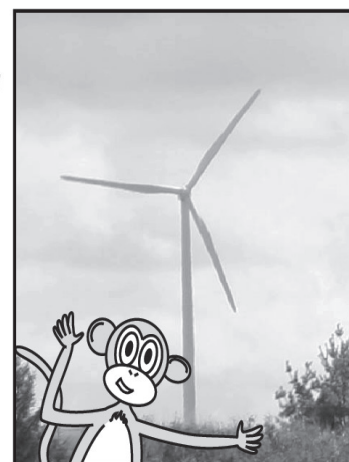
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...buy items with little to no packaging.



Earth Day 2014 *Energy Today and Tomorrow!*

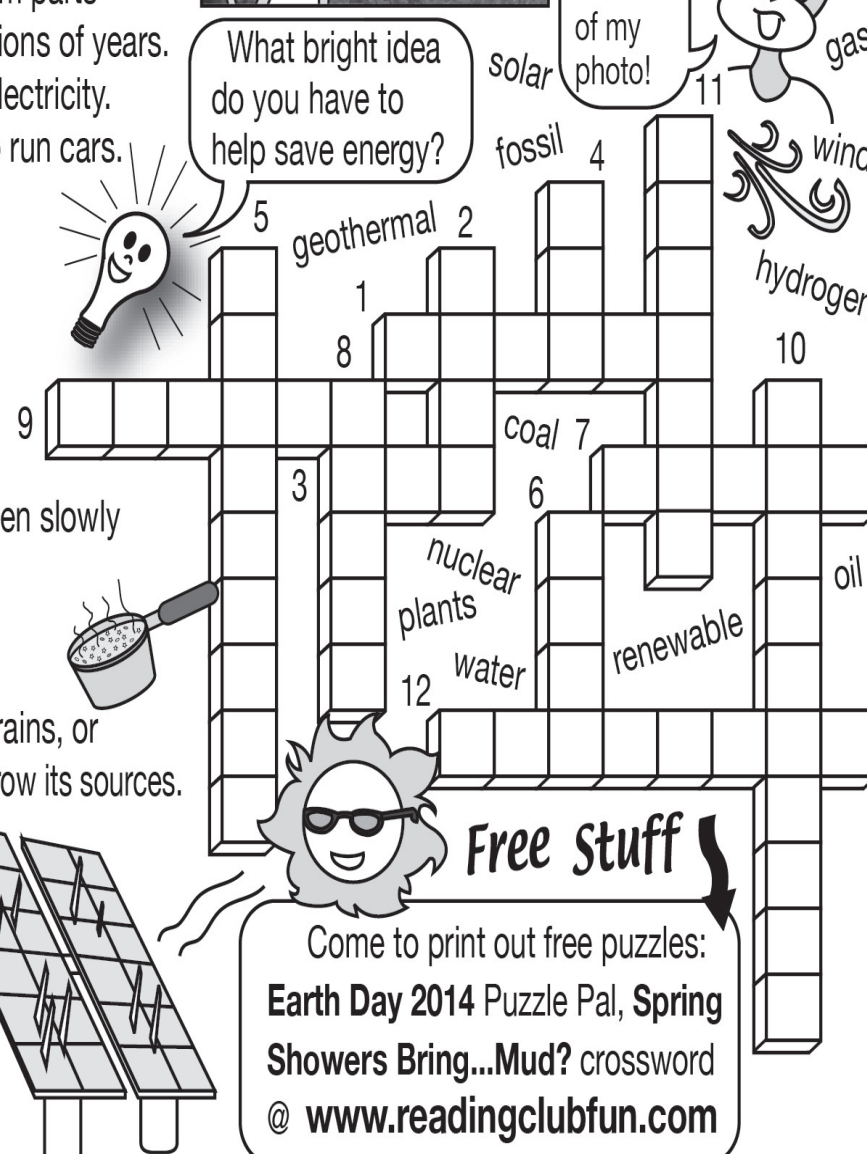
People are always working on ways to get the energy we need while keeping the ground, air and water clean as well. Some people are exploring "clean coal." Others are using "renewable" forms of energy – like solar panels or wind turbines.



Wind turbines are one way to generate power using a renewable resource. They help to cut pollution.

Read the clues to fill in the puzzle:

- The major fuels we use for energy today are called ____ fuels because they are made from parts of animals and plants that have been under heat and pressure in the Earth's crust for millions of years.
- Pieces of black ____ we dig out of the ground are used in power plants to generate electricity.
- A thick liquid we pump out of the earth and use to heat our homes or turn into gasoline to run cars.
- Natural ____ is pumped out of oil fields or other underground fields. It is used to heat homes and water and to cook food on stoves. Russia has the world's largest amounts.
- Once we use up the **fossil fuels** they will be gone. Today, scientists are working hard on fuel sources that can be regrown or reused. They are called ____ fuels.
- Giant, fan-like structures with blades that you might see in fields are called turbines. They use the ____ as a source of power. They make electricity to power homes.
- Another **renewable** source of power is _____. We use dams to hold water back and then slowly let it flow through to spin generators to make electricity. This is called hydropower.
- In very sunny areas, you can see panels that soak up ____ energy. This is energy from the sun's rays. The special cells in the panels can change sunlight into electricity.
- Have you heard of bioenergy? This form of energy is created from ____ like corn or grains, or may be made from wood scraps or animal waste. It is a renewable fuel because we can regrow its sources.
- This source of energy uses heat from deep in the earth. Boiling liquid or steam is pumped up to the surface and passes through machines to generate electricity.
- Have you heard of ____ power plants? They generate energy by splitting atoms. When the atoms are split apart they release energy. France generates almost all of its own electricity by using nuclear power plants – and sells energy to other countries too.
- Colorless, odorless, highly flammable gas – the lightest known element in the universe. It is used in "fuel cells" that can run cars and heat homes.



What bright idea do you have to help save energy?

Chitter! Get out of my photo!

solar

fossil

geothermal

coal

nuclear plants

water

renewable

oil

hydrogen

gas

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