

SATURDAY, APRIL 14, 2018

VOLUME 12 NO. 15

# MEASURE D DEFEATED

## Incumbents Arizmendi, Goss and Delmar Re-elected



On Tuesday, voters in Sierra Madre, a town well known for its diversity of opinions, sat all differences aside and literally, saved the town. The council race was civil and returned the incumbents to the council to serve another 4 years. But, probably what was on the top of everyone's mind was the defeat of Measure D, the effort by outsiders to dismantle the city's financial base.

Edward Garcia, chairman of the No On D campaign probably said it best in a recent email{

"This is a victory for all Sierra Madre Residents. This is a victory for our autonomy and for keeping the high quality of life we enjoy in our town. We sent a clear message to the Pasade-

na-based Tea Party that we do not want them interfering in Sierra Madre! Their odd form of "burn it down" tactics are irresponsible, offensive, and insulting! Their condescending narrative was telling us what we should and shouldn't have and they implied we were not informed enough to make our own decisions regarding what is best for us. One would think that a tea party group would support a small municipal government that took fiscal issues seriously rather than try to push them into disincorporation that would in turn hand over control to the larger county-government entity. They have tried this type of ballot initiative elsewhere in Southern California by getting a few hundred signatures and lost every time. This time, Sierra Madre dealt them their biggest loss!"

MVNews

City of Sierra Madre

From: THE CITY OF SIERRA MADRE

Subject: NOTICE OF POST ELECTION DAY PROCESSING AND CANVASSING

(For Vote-by-Mail ballots and Provisional ballots received on Election Day and Vote-by-Mail ballots received up to 3 days following the election, with postmarks on or before Election Day, April 10, 2018)

A COURTESY NOTICE IS HEREBY GIVEN that post-Election Day Canvassing of Vote-by-Mail ballots and Provisional ballots (opening the returned Vote-by-Mail ballot envelopes, removing the ballots, accurately duplicating any damaged or defective ballots, and preparing the ballots for the ballot count) will commence at 10:30 am on April 18, 2018 at City Hall City Council Chambers, located at 232 W. Sierra Madre Boulevard, Sierra Madre, California 91024.

The post-Election Day count of the second batch of Vote-by-Mail ballots and Provisional ballots will commence at 11:00 am on Wednesday, April 18, 2018 City Hall City Council Chambers, located at 232 W. Sierra Madre Boulevard, Sierra Madre, California 91024.

If necessary, the post-Election -Election Day count of the third batch of Vote-by-Mail ballots and Provisional ballots will commence at 2:00 am on Thursday, April 18, 2018 City Hall City Council Chambers, located at 232 W. Sierra Madre Boulevard, Sierra Madre, California 91024.

For more information on the election process please call Laura Aguilar, Elections Official, Assistant City Clerk, at (626) 836-6756.

Update: 4/10/2018  
Update 10:15pm

Semi Official Results

Measure D	Yes	No
Vote by Mail	202	889
Episcopal Church 02A	71	380
Methodist Church 06A	60	288
Congregational Church 10A	67	284
Total	400	1841

Update: 4/10/2018  
Update 10:15pm

Semi Official Results

Measure A	Yes	No
Vote by Mail	152	836
Episcopal Church 02A	64	336
Methodist Church 06A	37	263
Congregational Church 10A	54	251
Total	307	1686

Update: 4/10/2018  
Update 10:15pm

City Council	Semi Official Results				
Vote for three (3)	Vote by Mail	Episcopal Church 02A	Methodist Church 06A	Congregational Church 10A	Preliminary Total
Arizmendi	851	360	279	269	1759
Delmar	617	281	217	209	1324
Goss	797	331	271	262	1661
Bencosme	426	153	117	138	834
Precinct Turnout	1122	453	356	352	

## Art on Palm @ Arlington Garden



Saturday, April 21, 2018, 10 – 5  
275 Arlington Drive, Pasadena

50+ creators, the band - BULLFISH, LOCOL's food truck (L.A. Times 2017 best restaurant), \$2 admission/donation, Benefits the Creative Arts Group of Sierra Madre!

artonpalm.com

626/827-7870

### 2018 4TH OF JULY PARADE REGISTRATION INFORMATION

The Sierra Madre 4th of July Parade is an annual tradition that is an integral part of the Sierra Madre community! This hometown parade features community members, organizations, classic cars, marching bands, kids on their decorated bikes and so much more. Join us for the 2018 parade on Wednesday, July 4, from 10:00am – 12:00 pm. The parade route will begin at the corner of Sierra Madre Blvd. and Sunnyside Avenue, and will travel the length of Sierra Madre Blvd. to Sierra Vista Park. Parade participation is open to all; young, young-at-heart, and everything in between. There is NO FEE to participate in the parade this year thanks to a generous

sponsorship from the The Kensington. Parade registration will open on Tuesday, May 1st and will close on Friday, June 1st. All applications must be submitted by Friday, June 1st. \*\*\*\*Due to staging concerns, NO LATE ENTRIES WILL BE ACCEPTED!\*\*\*\*For more information on the parade and all of the happenings please visit our website at <http://www.sierramadrefourthofjuly.com/parade.html> For questions regarding parade registration please contact the 4th of July Committee at [4thofjulysierramadre@gmail.com](mailto:4thofjulysierramadre@gmail.com) or the Community Services Department at 626.355.5278. Sierra Madre 4th of July Committee

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## Weather Wise

6-Day Forecast Sierra Madre, Ca.



Sun	Sunny	Hi 70s	Lows 60s
Mon	Sunny	Hi 70s	Lows 60s
Tues	Sunny	Hi 70s	Lows 60s
Wed	Sunny	Hi 70s	Lows 60s
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 REGULAR April 24, 2018  
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](mailto:radio@cityofsierramadre.com).

## MT. WILSON TRAIL RACE



SIERRA MADRE CA

May 26th  
2018

The Mt. Wilson Trail Race Training Group will be meet in Kersting Ct. every Saturday at 7:00 am beginning Saturday, February 3rd through Saturday, May 19th.

It is a free program and all levels are welcome, ages 14 and up!

## Sierra Madre Woman's Club

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



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[GFWCSierraMadreWomansClub.org](http://GFWCSierraMadreWomansClub.org)  
[facebook/SierraMadreWomansClub](https://www.facebook.com/SierraMadreWomansClub) 355-4379  
Wistaria Thrift Shop 355-7739  
Accepts Clean, Gently Used Donations Weekdays to 3 pm

Sierra Madre Woman's Club

## Wistaria Thrift Shop



Retail Shop Hours March - May 2018

Monday, Thursday, Friday 10 am-3 pm



Saturdays Closed  
Until Further Notice



Gladly Accepting Clean, Gently Used Donations  
10 am - 2 pm Weekdays  
Essick House Parking Lot donations dropoff

Sat, June 2 - Brown Bag Sale

550 W. Sierra Madre Blvd. Sierra Madre, CA 91024 626-355-7739  
[GFWCSierraMadreWomansClub.org](http://GFWCSierraMadreWomansClub.org) [SierraMadreWomansClub](https://www.facebook.com/SierraMadreWomansClub)



## SIERRA MADRE CITY

### MEETINGS

#### Regular City Council Meeting

Tuesday, April 24, 2018  
6:30 pm

Can't make it to the meeting, but still want to share your thoughts? You can mail or drop off a written statement to City Hall or email [city@cityofsierramadre.com](mailto:city@cityofsierramadre.com) before 30 the night of the meeting and your statement will be delivered to all the Council Members. Sierra Madre City Hall 232 W. Sierra Madre Blvd. Sierra Madre, CA 91024 (626) 355-7135

City Council  
April 10, 2018 NO MEETING - ELECTION DAY  
April 24, 2018 at 6:30 pm

Planning Commission  
April 19, 2018 at 7:00 pm  
May 3, 2018 at 7:00 pm

Community Service Commission  
April 16, 2018 at 6:30 pm  
May 21, 2018 at 6:30 pm

Senior Community Commission  
May 3, 2018 at 3:00 pm

Library Board of Trustees  
April 25, 2018 at 7:00 pm

Energy, Environment, and Natural Resource Commission  
April 18, 2018 at 7:00 pm  
May 16, 2018 at 7:00 pm

## BAILEY CANYON

### CLEAN-UP EVENT

On Saturday, April 14, 2018, the Sierra Madre Environmental Action Council (SMEAC) will hold one of two Bailey Canyon clean-up events this year. The April 14th event will take place from 8:00am to noon, and volunteers are asked to wear closed-toed shoes, comfortable clothing, and bring gloves and garden tools. Bailey Canyon Wilderness Park is located at [451 W. Carter Ave.](http://451.W.Carter.Ave.), at the top of Grove St.

For those not familiar with the Sierra Madre Environmental Action Council, S.M.E.A.C., by acronym, was founded in 1971 by an energetic group of environmentalists in the community to address recycling in the city of Sierra Madre long before recycling and green waste diversion was a governmental mandate and to provide a voice and tool for environmental awareness and education

Remember, Bring a friend - Saturday, April 14, 2018 between 8 am and noon!

## SIERRA MADRE ROSE FLOAT ASSOCIATION SCHOLARSHIPS

Sierra Madre Rose Float Association  
Scholarship  
Application



Annually, the Sierra Madre Rose Float Association is proud to award a scholarship to a qualified college-bound student who meet the following qualifications:

1. Applicants must be currently a student in their senior year of high school or be a college freshman with a minimum GPA of 3.0.
2. Applicants must have been active in one or more Sierra Madre Rose Float activity such as fundraising, design, construction, flowering or as a past or present float rider.

Application Forms can be downloaded from the [SMRoseFloat.org](http://SMRoseFloat.org) website.

All forms must be postmarked or sent by E-mail to [Scholarship@SMRoseFloat.org](mailto:Scholarship@SMRoseFloat.org) NO LATER than May 4, 2018

## DO YOU HAVE A STORY TO TELL?

Do you have a Sierra Madre memory to tell? This is your chance to have it recorded on video and stored at state and local archives. You will be part of the state historical record! AND there will be a presentation here in town of all the Sierra Madre videos created.

Sierra Madre Historical Preservation Society members have regaled us with all kinds of wonderful memories of their lives in town - we know you have stories to tell! If you were raised here, what experiences and adventures did you have? If you moved to Sierra Madre, what was it like then compared to now? Do you have a memory connected to a place, or to a person - maybe a leading citizen of our town, or even a local character? These are just a few ideas to get you thinking what memory you'd like to tell.

Part of this memory-gathering project, California Listens, is a free 2-day workshop to create your little video (photos or memorabilia relating to your story are a big plus!). The workshop team will work with you all the way through, and you'll end up with skills that could be useful for recording memories for your family, or doing other video projects. The California Listens Digital Storytelling Workshop is set



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BY APPOINTMENT ONLY

Tuesday-Saturday  
8:00 AM - 6:00 PM

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Dee Walker  
(626) 355-2712

for Friday and Saturday May 11-12, 2018 from 9 am to 5 pm at City Hall, located at [232 W. Sierra Madre Blvd.](http://232.W.SierraMadreBlvd.) in Sierra Madre.

In the workshop, participants will make a short video on a computer and will learn: how to make a great video story, how to write a narration script and record it, how to prepare a visual treatment for a story, and the basics of video editing in WeVideo. Powerful and fun! Anyone can contribute regardless of experience or technical level.

The deadline to apply is April 28th. To apply, visit: [storycenter.org/sierramadre](http://storycenter.org/sierramadre) or submit a paper application to the Sierra Madre Public Library. You can drop your application off at the library or mail it to them (Sierra Madre Public Library, 440 W. Sierra Madre Blvd. Sierra Madre, CA 91024). Or you can apply online at the website [storycenter.org/sierramadre](http://storycenter.org/sierramadre).

The workshop is free, but pre-registration is required. Those taking part must commit to preparation time, attendance during the entire two days.

Collected video stories will be shared at a presentation during the summer and will become part of state and local archives of stories about what it means to be Californian. View collected stories at [californialistens.org](http://californialistens.org)



## KIWANIS CLUB OF SIERRA MADRE

JOIN US FOR LUNCH!  
EVERY TUESDAY AT NOON!

Lunch begins at 12:00 and is \$10.

On Tuesday, April 17, 2018

Kiwanis Will Be On A Field Trip!

We are going to learn how to 'Live Small'

Want to join us? Call: 626-688-2273

Save The Date: Saturday May 12, 2018

Our Annual Dance The Night Away & Chili Cookoff



# SIERRA MADRE

Sierra Madre

Arcadia

Pasadena

Altadena

Monrovia

## After Election Commentary

### TO VOTE OR NOT TO VOTE, THAT IS THE QUESTION

I remember when I was a child, I was told by teachers, relatives and anyone around me that one day I would be able to vote, and that would be one of the most important rights I was given. When did that ideology change?

Over the years I have seen voting become a non-entity. I have heard many reasons: My vote doesn't count anyway, I don't have time, I'm not registered, I moved and I didn't register. On and on the excuses pile up.

You may believe your vote doesn't count, but it does. Your candidate may not win, but you cast your vote, you made your choice. It counts. You must persevere. Do your due diligence, research the issues, stay informed. If you have children, you must realize casting your vote is for their future. You must set an example for them. Tell them how important this single right is.

Too busy? Voting is easier today than ever. You can do an absentee vote sent to you long before any election. Filling it out, stamping it, and mailing it makes sure what you feel is recognized. Staying in touch with your community, doing your own research enables you to make clear choices. What

more could you ask? Voting has to be a priority. It's not like joining a club that meets an hour each week, or expects you to give volunteer time. That's a story for another day.

Not registered? Didn't reregister when you moved? Several problems here. It is so easy to register or reregister online. Most of us go online daily so what is the problem? You are the problem. You have to care about what happens in your community, your state, your nation. When did you stop caring? There is also the problem that when you don't reregister, your name stays on the rolls of your last residence. That only enables the use of your name in voter fraud. Is that what you want?

I'm sure none of this will change your mind.

There are more important things for you to do. What those are, only you can determine. The next election is coming soon. Take the time to register if you need to do so. Keep up with daily news. Make it important. It is, after all, one of the most important rights you have. Don't lose it.

Judy Gold, Sierra Madre

## SIERRA MADRE ELECTION STATEMENT

I would like to thank the people of Sierra Madre for their thoughtful consideration my candidacy. It has been an honor for me to get to meet, and hear the concerns of, so many dedicated and caring people. We are lucky to have so many engaged citizens. While I was not successful in my bid for the City Council, I will continue to volunteer and serve the community in any way possible. I will also continue to be accessible and open to dialogue to all members of the Sierra Madre Family.

I want to also thank and congratulate Gene Goss, Rachelle Arizmendi and Denise Delmar. They have dedicated their time, expertise and passion to serve the City and deserve a lot of respect for all that they have accomplished. It has been a positive, respectful campaign on all sides and I thank them for that.

Finally I want to thank all of my supporters who helped throughout the campaign. Without them, I could not have taken this on. Their encouragement and support has been invaluable. And of course, my wife Julie and our sons have been extremely supportive. Running for office is a family endeavor. They get dragged into it whether they wanted to or not. I am so lucky to have a family that was willing to make this commitment with me. I love them very much. Thank you all! It's great to live in Sierra Madre!



About Andy – Andy Bencosme is the Managing Broker of Century 21 Village Realty in Sierra Madre, CA. He also currently serves as the Chair of the Community Services Commission in Sierra Madre among other volunteer activities. Andy was born in Queens, NY and is the son of Dominican parents. Andy attended Queens College, where he earned a B.A. in History. Andy earned an MBA degree from Saint Leo University in Florida, where he was a High School Teacher in Marion County. Andy moved to California in 1997 and worked for the Internet Service Provider EarthLink managing their Technical Support Call Centers nationwide. In 2003, Andy moved into Real Estate full time and has been working for Century 21 Village Realty in Sierra Madre since then.

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## SIERRA MADRE POLICE BLOTTER

During this period, the Sierra Madre Police Department responded to approximately 342 day and night time calls for service.

### Sunday, April 1

At about 5:10PM, officers responded to the area of Highland Ave and Mountain Trail Ave for a report of a man who jumped in front of a car. A man matching the description was located at Sierra Pl and Sierra Madre Blvd. The man was contacted and attempted to flee. The man was apprehended, and transported to a local hospital for observation.

### 8:45PM

Officers responded to a call of a male and female fighting and glass breaking. Upon arrival, officers attempted to make contact with a female who was uncooperative. After hours of negotiating with the female, officers were able to make entry into the residence to verify that no one at the location was injured

### Monday, April 2

At about 1:21AM, officers were dispatched to the 00 block of W. Sierra Madre Blvd. regarding a male punching customers and the bartender. The male was asked to leave the location and refused. The male left before officers arrived and was located walking down the street. The male was arrested for battery and for being drunk in public. Case referred to the Pasadena DA's office

### 9:34AM

A report of transients loitering in the area of the 400

block of W. Sierra Madre Bl. a female subject was contacted and found to be in possession of drug paraphernalia. The female gave a fraudulent name and date of birth to officers. The female also had two outstanding warrants. The female was arrested and transported to the Pasadena jail for booking.

Case referred to the Pasadena DA's office

### Tuesday, April 3

Two subjects who were possibly under the influence of unknown substances were in the 300 block of W. Sierra Madre Bl at about 6:49AM. Upon contact by the officers, it was revealed that the subject had an outside agency warrant, was in violation of a court order and was in possession of methamphetamine. The subject was transported and booked at the Pasadena Jail before being transported and booked at the Inmate Reception Center in Los Angeles.

### Thursday, April 5

Officers were dispatched to the 700 block of Auburn Ave. at about 12:25PM. An arrest for domestic battery was made after an altercation between a male and female that resided at that location. Officers determined that the male and female were cohabitants and the male had caused a physical injury to the female during the course of an argument, which had occurred two minutes prior to the arrival of the officers. The male was determined to be the primary aggressor and was arrested for domestic battery, then transported to an area hospital for medical clearance prior to his booking at the Pasadena Jail. Case referred to the Pasadena DA's office

## WALKING SIERRA MADRE

"An early morning walk is a blessing for the whole day." Henry D. Thoreau  
"All truly great thoughts are conceived by walking." Friedrich Nietzsche  
"Walking is good for solving problems – it's like the feet are little psychiatrists." Pepper Giardino

Yes, friends and neighbors, I'm walking a little more these days now that my shiny new knee and I have learned, thanks to the fine folks at Functional Physical Therapy, how to live with each other. For example, I got in to Creative Arts Group to check out their new collection, entitled: RE: Imagination – Art Uncommon – A collection of works created with upcycled materials. This show will be available until April 27th and you'll be astonished by what you'll see. Collage art featuring piano pieces, pages from dictionaries, twine, an oatmeal box, fish fossils, miniature table legs, a hand-blown egg, wood, wire, tarpaper, metal hinges, discarded corrugated board and on and on. Artists Kate Carvellas, Margo Farrin, Ixchel Marina, Leslie Plunkett, D. Lester Williams, Jeannine Savedra and Tom Tomlinson have created beauty where you wouldn't think to find any. What is that old saying? "One man's trash is another man's treasure?" This is exactly what you'll see. The picture I've added here is of "Endgame" by Kate Carvellas and is composed of boxes she found, chess pieces, nuts, bolts and other found objects. Take a few minutes and check this out. Creative Arts Group is a Sierra Madre Treasure.

Another Sierra Madre Treasure is our Playhouse. Daughter, Leah, son-in-law, Chuck and I joined quite a few other Sierra Madreans Monday, March 26th, for a free reading of a play by Donald Margulies, American playwright and professor of English and Theater Studies at Yale University. In 2000 he received the Pulitzer Prize for Drama for his play, Dinner With Friends, which is what we saw. Christian Lebano, Artistic Director of the Playhouse, was one of four actors portraying two couples, longtime friends, one of whose marriages has just collapsed. Perched on chairs with just a few wine glasses as props, these four professionals delivered a full-fledged play. Amazing what one can do with talent! Lots of funny lines, i.e., "Tom is in love with a stewardess? That is so tacky!" and describing the art produced by Tom's wife, Beth, "I'd call it impressionistic neo-psychoctic." Anyway, we had a great time and are looking forward to the next Playhouse offering: The Immigrant, by Mark Harelik. This was our first time to attend one of these free readings but it definitely won't be our last. Watch for these things, guys, they're great!

Got the most terrific flyer in the mail a week or so ago, featuring on one side, a picture of Faubourg Chef Anthony Bar with three of his signature dishes AND coupons for a free wine tasting, a free social hour item, and free goodies for home sellers and home buyers...which brings me to what was on the other side of this flyer: A nice picture of Ricky Budiono, who, along with Chef Anthony Bar, is the owner of Faubourg. Ricky is a realtor with Dilbeck Estates and is a good friend. With Chef Bar expertly handling Faubourg, Ricky has been able to pursue his other career, that of a realtor. I discovered that Ricky was born in Hong Kong and he speaks both Cantonese and Mandarin Chinese and also Indonesian. He is very involved with Sierra Madre Congregational Church and, in fact, his serious rededication to his real estate business came about when his mentor at Congregational, John Stothers, told him he was wasting his gifts by not concentrating on what he loved best. Enjoyed a really nice glass of merlot and it took all my will power...or maybe it was my "won't" power to resist one of the happy hour goodies. Like this one:



Chevre Chaud – Melted goat cheese, caramelized apples, sliced almonds, pesto with toasted country bread. Ricky was also very persuasive about his Apple Tarte Tatin but, as I had stuffed myself with hummus and pita bread at Corfu the night before during the second, but by no means the last, Trivia Night at Corfu, I resisted. If you haven't been in to Faubourg, where I saw friend, Arne Kalm, savoring a latte, you need to go. The days are warmer, you can sit outside and enjoy a nice glass of merlot like I did, and treat yourself to one of the Social Hour items, like Le Petit Burger, grass-fed Angus beef, caramelized onions, tomato, house-made mayo, Swiss cheese, house-made charcoal brioche bun. Social Hour is daily from 4-6. They've got Tiramisu, too...

Tuesday Trivia at Corfu was harder this week, but I actually knew about four things so I'm good to go! Rich Johnson is working day and night on his questions, like this one: Who was the first president ever to ride in a car, an airplane, a submarine? Answer: All the same guy: Teddy Roosevelt! Nobody got that one.

Spring is a great time to walk Sierra Madre... flowers abound!

My book page: Amazon.com: Deanne Davis Kindle books of all sorts and hardcover Tablespoon of Love are on there! Star of Wonder the CD is now on TuneCore! Take a look!

Blog: [www.authordeanne.com](http://www.authordeanne.com)

Follow me on Twitter, too! <https://twitter.com/playwrightdd>

Rotary Club of Sierra Madre

Please join us and bring a friend.

Tues 17 April 7 AM	Hart House	Julie Bank, CEO - Pasadena Humane Society
Tues 17 April 6 PM	San Gabriel Mission HS	Dan Stover Music Contest
Wed 18 April 2PM	Sierra Madre Playhouse	Four way speech contest
**** 24 April 6 PM	Nano Cafe	Rotary Social Indian Delegation
1 May 7 AM	Hart House	Eric Duyshart Economic Development"
8 May 7 AM	Hart House	History of Mt. Lowe - Michael Manning
15 May 7 AM	Hart House	Opal Singleton, Million Kids

Breakfast created by Chef Mario at  
The Hart Park House,  
222 W. Sierra Madre Bl.,  
Sierra Madre, CA 91024,  
Tuesdays, 7-8:30 a.m.  
We have dynamic speakers each week.  
For more info go to Facebook or Meetup

Hands With Heart

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The Kensington Sierra Madre  
**Parkinson's  
Support Group**

Join us at The Kensington Sierra  
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every month and be part of this  
informative group.

Half of the meetings will be informative,  
but you'll also get a chance to connect with  
other people and engage in fun activities like  
dance or art.

Amy Carlson, diagnosed with Parkinson's Disease in 2012  
at age 44, will be facilitating this new group. Amy is a big  
advocate of being a self advocate. She believes that an "Always  
Now" attitude is the way to tackle every day. She also knows  
that exercise is the cornerstone to living well with PD. She  
wants to be a resource for people in the San Gabriel Valley  
who have Parkinson's Disease as  
much as possible and has authored  
the Meetup Group *People with  
Parkinson's Pursuing Wellness* to help  
do that.



Facilitator: Amy Carlson  
People with Parkinson's Pursuing Wellness

### EVENT DETAILS

MEETS 3<sup>RD</sup> THURSDAY OF EVERY MONTH  
From: 6:30pm - 8:00pm  
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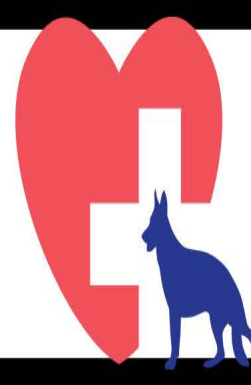
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## Police Stop School Burglary Spree

*Men suspected of at least four school burglaries*

Pasadena Police arrested two men, Tuesday, suspected of at least four school burglaries committed within the past two weeks in Pasadena.

According to police, officers, Lieutenant Pete Hettema and Sergeant Rudy Lemos, stopped Jesus Martinez Galarza, 20 and Freddy Solorio, 19, both from Pasadena after a disturbance in the 300 block of South Lake Avenue. Witnesses positively identified the two men from video surveillance from a commercial burglary 1000 block of East Green Street. Both were arrested and booked for commercial burglary.

Pasadena Commercial Burglary Detective Thomas Blanchard questioned the two men and obtained statements under Miranda implicating their involvement in the school burglaries. On April 10, Detectives served search warrants at Galarza and Solorio's residences in Pasadena. During the investigation, Officers recovered loss from the school burglaries and commercial burglary including laptop computers and cell phones.

On Thursday, the Los Angeles County District Attorney's Office filed 12-felony counts on both Galarza and Solorio including charges of Commercial Burglary and Felony Vandalism. Galarza and Solorio's bail was set at \$120,000. The investigation is ongoing.

Anyone with information about this case is encouraged to call Pasadena Police at (626)- 744-4241 or anonymously by calling "Crime Stoppers" (800) 222-TIPS (8477).

## Pet of the Week



Inez (A452468) is a sweet 8-year-old rat terrier mix. She is the definition of a lap dog. She loves your warmth and affection, and enjoys being petted. She greets every visitor with a wagging tail and enjoys the treats the volunteers give her. Inez came to us a few weeks ago from the Downey Shelter and is looking for a new loving home.

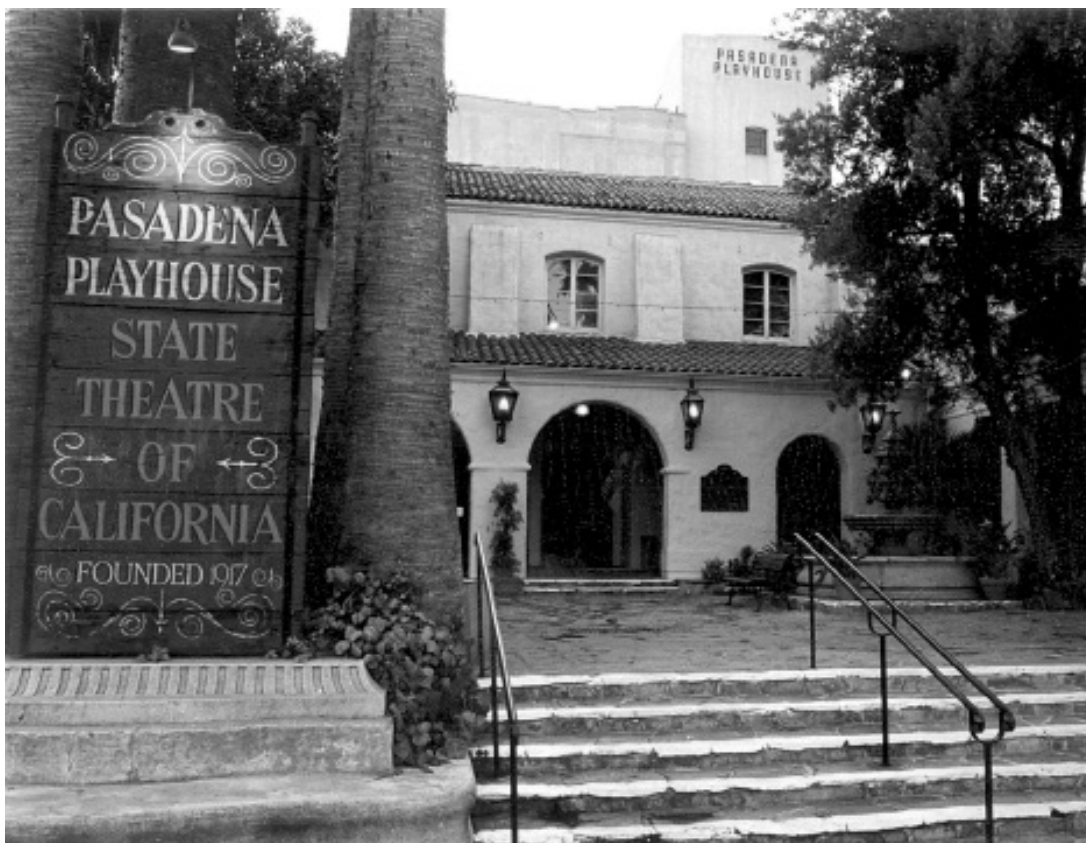
The adoption fee for dogs is \$130. All dogs are spayed or neutered, microchipped, and vaccinated before going to their new home.

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

View photos of adoptable pets at [pasadenahumane.org](http://pasadenahumane.org). Adoption hours are 11 a.m. to 4 p.m. Sunday; 9 a.m. to 5 p.m. Tuesday through Friday; and 9 a.m. to 4 p.m. Saturday.

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

The Pasadena Humane Society is launching "Kitten Week," a week-long awareness and action campaign held April 23-29, to encourage community members to spay/neuter, adopt, and get involved. You can find more information at [pasadenahumane.org/kittenweek](http://pasadenahumane.org/kittenweek).



## Playhouse to Celebrate Centennial

The Pasadena Playhouse announced this week plans celebrating the State Theatre of California's centennial in partnership with the Playhouse District Association. Plans include an all day Playhouse Block Party June 9 from 12-noon to 10 p.m. on El Molino Avenue at Colorado Blvd. Free to the public.

The Playhouse Block Party will include exhibits, food, libations, guided tours, a kids' zone, . Two outdoor stages- a Main Stage and a Kids' Stage - will feature entertainment from community arts partners throughout the day.

Event organizers said beginning at noon, families can enjoy activities in the Kids' Zone centered around a stage erected in the Playhouse Courtyard. In late afternoon and early evening, the focus will shift to a "street party" feel with live music and bands, food, drink, and more fun.

Performances on the two stages already scheduled include Culture Clash (presenting Bordertown Now at the Playhouse May 30 - June 24), The Legendary Ice House Comedy Club, Bob Baker Marionettes, Nine O'Clock Players, Pasadena Civic Ballet, Ballet Folklorico, Makoto Taiko (drumming), PCDA (Professional Child Development Associates) Youth

Choir, and School of Rock Pasadena.

Pasadena Playhouse Producing Artistic Director Danny Feldman said, "We wouldn't be here today without the support of our community. Since our founding in 1917 we have been fortunate to be supported by the people of Southern California, a community that truly values the power of theater. For our Centennial celebration we wanted to throw a free party for thousands of people to say thank you."

Playhouse District Association Executive Director Brian Wallace said, "Our partnership with Pasadena Playhouse reflects what is great about our community - the drive to promote the Playhouse District as Pasadena's home for arts and culture. We are excited to welcome everyone to enjoy what's great about this area and hope the event encourages many repeat visits to all of our great destinations here."

Pasadena Playhouse, one of the most prolific theaters in American history with a legacy of profound theatrical impact and courageous new work, is celebrating its Centennial with this Block Party in partnership with the Playhouse District Association.

Pasadena Playhouse is one of the most prolific drama-producing organizations in the

history of American theater, having commissioned over 550 new works, produced upwards of 1,200 shows, spearheaded over 500 world premieres, developed several shows that went on to Broadway, and welcomed more than one million audience members.

As a community center, it has been the recipient of well over a million hours of service by more than 12,000 volunteers. The well known Friends of the Pasadena Playhouse has been instrumental in the running of the theatre both backstage, front of house, and administratively. For more than thirty years, Pasadena Playhouse ran a famed and fully accredited college -- more than 30,000 students received arts education and access programs.

For more information visit: [pasadenaplayhouse.org](http://pasadenaplayhouse.org).

## Mayor's Interfaith Prayer Breakfast

Join community members, Pasadena residents, civic, business, student and educational leaders, and the interfaith community for the 45th annual Pasadena Mayor's Interfaith Prayer Breakfast, "Mending the Hearts and Minds of Our Youth."

Hosted by Friends In Deed, the breakfast will be held Thursday, May 3

from 7:30 to 9 a.m. at the Pasadena Convention Center, 300 E. Green Street. Niki Elliott, Ph.D., Co-Director, Center for Neurodiversity, Learning and Wellness, University of La Verne will be the keynote speaker. Tickets are available at [FriendsIndeedPas.org](http://FriendsIndeedPas.org).

## Holocaust Survival Story to Share Story

Join Neighborhood Unitarian Universalist Church for Today a very special event. Holocaust Survivor Leon Prochnik will share his story entitled Milka and Me: How a chocolate tub helped me survive the Holocaust. Leon's is an important message for all ages to hear during this time of xenophobia and marginalization of minorities in the United States. We must learn from the lessons of the past so that histories' mistakes are not repeated. Admission is \$10 for adults and \$5 for children. Food and drinks will be provided. Contact DRE Matt Vasko with questions at [mvasko@neighborhooduu.org](mailto:mvasko@neighborhooduu.org).

The event will take place 5 p.m. to 7:30 p.m. Neighborhood Church Sanctuary is located 301 N Orange Grove Blvd.

## Spend an Intimate Evening with Author Danzy Senna



The Open Book Series presents a very special literary salon featuring Danzy Senna in conversation with Chris Terry, on Thursday, May 17, from 7:00 - 9:00 pm at Jones Coffee Roasters in Pasadena. Mingle at a hosted happy hour, then enjoy a spirited exchange about race, gender and identity between Senna, breakout author of *Caucasia* and New People, and moderator Terry. Afterwards, join Senna for a book signing and dessert reception. At Open Book, it's never just an event, it's an experience.

Terry describes Senna's book, *Caucasia*, as "a formative read" for him as a young man. His debut novel, *Zero Fade*, was on the American Library Association's Best of 2013 list. His second novel, *Magical Negroes* (to be published in 2019), is a supernatural satire about a mixed-race punk rock musician who is trying to win his Black Card — his credibility

as a black person. Terry is currently a PEN Center USA Artist in Residence.

To purchase tickets, go to [pasadenaliteraryalliance.org/open-book](http://pasadenaliteraryalliance.org/open-book). The ticket price of \$65/\$35 Student/Educator includes pre-program reception with beer/wine and appetizers; post-program dessert, coffee, and conversation; and ongoing support of Pasadena Literary Alliance grantees.

Jones Coffee is located at 693 S Raymond Ave, for more information about the coffeehouse call (626) 564-9291.

## Altadena Library Announces Trustee Board Vacancy

With the resignation last month of Trustee John McDonald, the Altadena Library Board of Trustees announced Friday they are accepting letters of interest from anyone who would like to serve on the board for his unexpired 2020 term.

Those applying must be at least 18, a registered voter and resident within the boundaries of the Altadena Library District. The Board will interview potential candidates on a date in May as designated by the Board in the April 23 Board of Trustees meeting.

As reported in this newspaper,

McDonald suddenly resigned March 30, a day after numerous legal allegation were made against three sitting Altadena Library board members, during a special meeting,

including violations of open meeting law and the intent to destroy government documents related to the violations.

Library staff said the applicant selected must agree to be willing to run in the Nov. 6, election for remainder of the unexpired 2020 term.

Interested parties should submit a letter of interest, resume, and completed supplemental questionnaire (on library's website) to the Library's Acting Director, Ryan Roy, at [wroy@altadenalibrary.org](mailto:wroy@altadenalibrary.org), by 5 p.m. on Friday, May 4.

The Main Branch of the Altadena Library is located at 600 E. Mariposa Street.

For more information, please visit the library's website at [altadenalibrary.org](http://altadenalibrary.org).

## Free Monthly Events at Pasadena Senior Center

There is something for everyone at the Pasadena Senior Center, 85 E. Holly St. You do not have to be a member to attend. Some events require advance reservations as noted.

**A Toast to the Joys of Music - Tuesdays to April 24, from 9:30 to 11:30 a.m.** Tom Campbell returns to play his guitar and sing covers of traditional country, country rock, blues, folk, gospel and classic rock music made famous by The Grateful Dead, Vince Gill, Merle Haggard, B.B. King, Willie Nelson, Elvis Presley, The Rolling Stones and others.

**Scenic Walkers Club - Wednesdays, to April 25, at 10 a.m.** Join members of the Pasadena Senior Center's Scenic Walkers Club for walks to scenic local places to enjoy the great outdoors and get some exercise. For more information, including where to meet up each week, contact Scenic Walkers Club coordinator Alan Colville at [alancolville@charter.net](mailto:alancolville@charter.net).

**Domino Club - Thursdays to April 26, at 1 p.m.** If you've never played Chicken Foot dominoes before, or even if you have, come join the fun as Vicki Leigh leads participants in a rollicking version of the game that is easy enough for beginners yet challenging enough for seasoned players. The accompanying laughter is contagious! For more information call Vicki Leigh at 928-478-4654.

**Friday Movie Matinees - Fridays at 1 p.m.** Everyone enjoys the experience of watching movies and the pleasures they bring. April 20: "Ladybird" (2017, R) starring Saoirse Ronan and Laurie Metcalf. A young

woman comes of age in Sacramento while her strong-willed mother works to keep her family afloat after Lady Bird's father loses his job.

**LA Opera Talk: "Rigoletto" - Monday, April 16, at 1 p.m.** An LA Opera community educator will lead participants through Giuseppe Verdi's tragic masterpiece "Rigoletto," the story of a lustful and immoral duke who ravishes the court jester's daughter, only to have the jester's revenge goes heartbreakingly awry.

**My Gift to You: The Importance of Planning Ahead - Thursday, April 19, at 10 a.m.** What to do when a loved one passes away is a difficult topic to discuss, and most families spend less than five minutes talking about it. This can cause them to be completely unprepared and overwhelmed by all the details that must be handled. By planning ahead, you and your loved ones can maneuver through this emotional and financial burden. Presented by Forest Lawn.

**Signs and Symptoms of Depression - Thursday, April 26, at 10 a.m.** Not everyone who is depressed suffers from the same symptoms, and not all symptoms are obvious. Learn more about the symptoms of depression during this special class presented by Pacific Clinics.

Founded in 1960, the Pasadena Senior Center is an independent nonprofit agency that offers recreational, educational, wellness and social services to people ages 50 and older in a welcoming environment. Services are also provided for frail, low-income and homebound seniors



# ARCADIA

Sierra Madre

Arcadia

Pasadena

Altadena

Monrovia

## VOTERS SUPPORT INCUMBENTS.....

### .....Turnout very low\*

For District 2, there were two candidates for one seat on City Council. Bob Harbicht, a retired president of a marketing research consulting firm, who previously served as Mayor and Council Member for Arcadia, and Tom Beck, a current Arcadia City Council Member. TOM BECK WON RE-ELECTION WITH 982 VOTES. TOTAL VOTES CAST: 1857



For District 5, there were three candidates for one seat on City Council: Jolly Wu, a retired pharmacist, retired police chief and former three-term mayor, Roger Chandler, and Joyce Platt, a retired teacher in the Arcadia School District. ROGER CHANDLER WON RE-ELECTION WITH 704 VOTES. TOTAL VOTES CAST: 1,627



City Council elections initially were to include District 3 as well, but there was no opposing candidate to challenge Mayor Pro Tem Sho Tay. As a result, Arcadia City Council passed Resolution No. 7201 which canceled the April 10th election and appointed Sho Tay to City Council for four more years.

According to census records, the City of Arcadia has approximately 44,072 residents eligible to vote.

#### \* Semi-Official Results

Questions related to the April 10, 2018, Election should be directed to the City Clerk's office at (626) 574-5455 or e-mail at CityClerkGeneralMailbox@ArcadiaCA.gov. (Top to bottom: Tom Beck, Roger Chandler & Sho Tay)



## CITY OF ARCADIA'S LAW DAY OFFERS FREE LEGAL ADVICE

ARCADIA, Calif. --- The City of Arcadia in partnership with the Arcadia Chinese Association (ACA) will offer a free Ask-a-Lawyer Program at the Arcadia Public Library, 20 West Duarte Road, on Saturday, May 19th from 10 a.m. to 1 p.m. as part of the nationwide Law Day celebration. This is the 20th consecutive year that the City and ACA have offered this free public service.

Volunteer attorneys are available to meet with the public and provide them with a free brief one-on-one consultation on general legal questions. They will provide a summary of legal rights and general advice on a "walk-up" basis, and where appropriate, will refer individuals to the proper legal or governmental organizations. Law Day attorneys are unable to accept any cases from the people they meet.

Law Day attorneys will answer questions on important legal topics, such as: immigration, consumer rights, landlord-tenant issues, insurance issues, property, family law, taxes, estate planning and trusts, general litigation, bankruptcy, government benefits, employee rights, workers' compensation, personal injury, and other topics. Informational brochures and pamphlets are available as additional legal resources.

Participants are encouraged to bring any

information pertinent to their case so the attorney is able to give the most accurate and reliable advice. No reservations are required for this free service and everyone is welcome to attend. Translation services will be available in Mandarin and Cantonese. Other languages may be available. For more information, please call Arcadia City Hall at 574-5401.

About the City of Arcadia  
Nestled in the foothills of the San Gabriel Mountains, Arcadia is an 11.38 square mile community with a population of just over 56,000. Located approximately 20 miles east of downtown Los Angeles, Arcadia is known for combining small-town charm with the conveniences and amenities of a mid-size city. Arcadia is a full-service charter city governed by a five-member City Council, elected at large. Recognized for exceptional education and recreation opportunities and beautiful neighborhoods, Arcadia is also defined as the "Community of Homes" and has twice been designated the "Best City in California in which to Raise Kids" by Business Week Magazine.

## ARCADIA POLICE BLOTTER

For the period of Sunday, April 1st, through Saturday, April 7th, the Police Department responded to 895 calls for service, of which 106 required formal investigations. The following is a summary report of the major incidents handled by the Department during this period.

#### Sunday, April 1:

Just before 11:00 a.m., officers were dispatched to Springhill Suites Marriot, 99 North Second Avenue, regarding a report of fraud. The victim called the hotel when he discovered that someone had used his credit card information to book rooms at the location. Officers contacted the occupants of the rooms listed and located the suspect who was found to be in possession of 12 fraudulent credit cards. The 25-year-old female from San Leandro was arrested and transported to the Arcadia City Jail for booking.

At about 8:00 p.m., officers responded to the 1000 block of East Camino Real Avenue regarding an activation of an Arcadia Police Department GPS tracker. Arcadia PD detectives had previously deployed decoy packages containing bait property and tracking devices to combat the increase in package thefts from residential areas. An investigation revealed a 31-year-old male from Highland, a 34-year-old male from Fontana, and a 32-year-old male from Fontana had the stolen package, property, and tracking device in their vehicle along with stolen mail and drugs. All three suspects were arrested and transported to the Arcadia City Jail for booking.

#### Monday, April 2:

Just after 3:00 p.m., an officer responded to a residence in the 100 block of Santa Cruz Road regarding a burglary that had occurred. The victim arrived home to discover her home had been ransacked. Unknown suspect(s) entered the home by smashing the window to the family room. The investigation is ongoing.

Just before midnight, an officer conducted a traffic stop on a bicyclist in the area of Fifth Avenue and Huntington Drive for an equipment violation. An investigation revealed the bicyclist was in possession of a glass pipe with drug residue and a hypodermic needle. The 36-year-old male from Monrovia was issued a citation and released at the scene.

#### Tuesday, April 3

At approximately 3:30 p.m., an officer responded to the Peacock Parking Structure of Westfield Santa Anita, 400 South Baldwin Avenue, regarding a domestic violence report. The suspect and victim were having lunch when the suspect received a phone call from another female. The victim became upset and demanded that the suspect take her home. The suspect forcefully grabbed her arm to silence her while he was on the phone. After he ended his call, the suspect pulled the victim to the ground injuring her thumb. The 21-year-old male from Los Angeles was arrested and transported to the Arcadia City Jail for booking.

Just after 4:00 p.m., an officer was dispatched to a parking lot in the 500 block of Las Tunas Drive regarding the report of a drug violation. The officer contacted two subjects in a parked vehicle and discovered they were smoking marijuana. The driver was in possession of DMT (Dimethyltryptamine) and drug paraphernalia. The 18-year-old male from Rowland Heights was arrested and transported to the Arcadia City Jail for booking.

#### Wednesday, April 4:

At around 4:30 a.m., officers responded to 1027 South Baldwin Avenue, Opus Sushi, regarding a burglary alarm. Officers discovered the front glass door had been shattered. Surveillance footage revealed two suspects wearing hooded sweatshirts and gloves, entered the location and stole the cash register drawer and four Apple iPads. The investigation is

ongoing.

At approximately 5:30 p.m., officers were dispatched to Westfield Santa Anita, 400 South Baldwin Avenue, regarding a male subject refusing to leave. An investigation revealed the subject was seen stealing a mall security bicycle. Officers contacted the subject and discovered he was in possession of burglary tools. The 24-year-old male from Pasadena was arrested and transported to the Arcadia City Jail for booking.

#### Thursday, April 5:

Just after 9:30 a.m., an officer conducted a traffic stop on a vehicle in the area of Santa Anita Avenue and Norman Avenue for false display of registration. The officer contacted the driver because the rear license plate of her vehicle displayed a fraudulent 2018 tab and the registration had expired in July of 2017. The officer also discovered the driver was driving with a suspended license. The 41-year-old female from Montebello was issued a citation and released at the scene.

Just after 7:00 p.m., officers responded to Santa Anita Park, 285 West Huntington Drive, regarding a subject being detained by racetrack security for possession of drug paraphernalia. Officers determined the subject was intoxicated and in possession of a knife, a saw blade and a glass pipe with drug residue. The 37-year-old male from Arcadia was arrested and transported to the Arcadia City Jail for booking.

#### Friday, April 6:

Just after midnight, an officer was dispatched to the area of Camino Real Avenue and Sixth Avenue regarding a traffic collision that had just occurred. A witness reported seeing a vehicle crashed into a tree. Officers located a second vehicle nearby with front end damage and discovered the driver crashed into a parked car, pushing it into a tree. Upon contacting the driver, the officer detected a strong odor of alcohol emitting from the driver. Through a series of tests, the officer determined the 41-year-old female from Monrovia was driving under the influence of an alcoholic beverage. She was arrested and transported to the Arcadia City Jail for booking.

Just before 2:00 p.m., officers responded to 24 Hour Fitness, 125 North First Avenue, regarding an activation of an Arcadia Police Department GPS tracker. Arcadia PD detectives had previously deployed GPS equipped bait items inside bait vehicles at various locations around the city to combat vehicle burglaries. Officers tracked the stolen items to a location in Los Angeles. The 46-year-old male from Los Angeles and his son, an 18-year-old male from Gardena, had the stolen property and tracking device in their vehicle. They were arrested and transported to the Arcadia City Jail for booking.

Around 9:00 p.m., officers were dispatched to the U.S. Post Office, 41 Wheeler Street, regarding an activation of an Arcadia Police Department GPS tracker. Arcadia PD detectives had previously deployed decoy bicycles containing tracking devices to combat the increase in bicycle thefts around the city. Officers located the stolen bicycle attached to the rear of a moving vehicle. Officers conducted a traffic stop on the vehicle and the 46-year-old male driver from Arcadia was arrested and transported to the Arcadia City Jail for booking.

#### Saturday, April 7:

Just after 3:30 p.m., an officer responded to a residence in the 1700 block of Oakwood Avenue regarding an attempted burglary. An investigation revealed unknown suspect(s) broke a window to the residence causing the alarm to sound. It appeared that the suspects did not enter the home and that no property was stolen. No suspects were seen and no witnesses were located.

# MONROVIA - DUARTE

Sierra Madre

Arcadia

Pasadena

Altadena

Monrovia

## RENOWNED FOOD CRITIC PETER DILLS TO JOIN THE TASTE OF DUARTE

The Duarte Chamber of Commerce is excited to once again have renowned food critic Peter Dills at our Taste of Duarte and Business Expo on May 23, 2018 at Westminster Gardens in Duarte. A strong supporter of local restaurants, Peter has been drawn to the variety of food and beverages at Taste of Duarte for the last three years.

Participant Dean Lyon, owner of Dickey's Barbecue Pit in Duarte, was happy to hear that Mr. Dills was returning. "It's awesome to have Peter Dills at the Taste of Duarte again. Having him here motivates our team to showcase our awesome smoked meats and home style sides. We know Dickey's in Duarte is the best around, and to be able to share it with Peter is a highlight of our year," said Dean.

Chamber President Sheryl Lefmann related that, "Having Peter join us again means the world to us. His interaction with the participants and attendees is a highlight of the night. We are proud of our event and his participation is an affirmation of what a great affair it is."

Peter, also known as the King of Cuisine, readily admits to being born into a world of food. The son of noted restaurant critic Elmer Dills, he and his family moved to Pasadena in 1970 from the "Crab Capitol of the World," Baltimore.

As far back as he can remember Peter was following his father from restaurant to restaurant, always tasting, always learning about food and always discovering new



and exciting foods.

As his food adventure comes full circle, he now stars on TV with the popular Food and Travel show, "Dining with Dills", named after his father. He also is on The Answer AM 870 radio and KLAA Angels Radio AM 830.

To get your tickets, apply as a participant, or inquire about the event, and for detailed pricing packages contact the Duarte Chamber of Commerce at 626-357-3333, or www.tasteofduarte.com.

## SUPERHERO FAMILY FUN RUN & 2ND ANNUAL PANCAKE BREAKFAST HIGHLIGHT NATIONAL YMCA HEALTHY KIDS DAY - SATURDAY, APRIL 21, 2018

The Santa Anita Family YMCA invites families from all communities along the 210 Fwy corridor to join in the fun at their inaugural Superhero Family Fun Run and 2nd Annual YMCA "Kids to Camp Pancake Breakfast", all of which is part of the 27th Annual National YMCA Healthy Kids Day celebration. The two events happen simultaneously on Saturday, April 21, 2018 from 8:00am until 12:00pm at the YMCA, 501 S. Mountain Avenue, at the northeast corner of Lemon & Mountain Avenues in Monrovia's Recreation Park.

The Superhero Fun Run features kids and their parents, dressed in their favorite Superhero garb and participating in a friendly, but competitive run in the park to celebrate wholesome, healthy habits. Check in for the Superhero Fun Run is 8 - 8:45am, with the First Wave (kids 5 & under with their parents) starting at 9:00am.

Meanwhile, the Pancakes start flippin' onto plates at 8:29am, along with a number of prize opportunity games, information booths from various vendors promoting healthy habits and/or services for kids and families, plus special deals on early sign up for YMCA-Summer programs. "Saturday April 21st will be - as the kids would say - 'crazy busy' here at the YMCA", said Eric Boyd, YMCA Executive Director. On that same action packed Saturday the Y will host its regular

Y-Jr. Clippers youth basketball league games (over 200 participants ages 3-15 and their families), YMCA Swim lessons and Santa Anita Y Piranhas Swim Team practice (about 180 participants), and the usual fitness activities for adults and senior citizens.

Student volunteers from Azusa Pacific University and the Duarte Kiwanis Club's high school key club will join YMCA Board members in flipping and serving Pancakes from 8:29 - 11:59am. Pancake breakfast proceeds will help to provide financial assistance/scholarships for Santa Anita Family YMCA summer camps, swim lessons, and the Y's "Get Summer Initiative", which offers FREE Y-Summer Memberships for teens ages 12-17. "The 27th Annual National YMCA Healthy Kids Day celebration is happening at over 2000 Y's across the country on April 21", Boyd added. "This is the official Y-Healthy Kids Day event for the area of the San Gabriel Valley that includes Arcadia, Azusa, Bradbury, Duarte, El Monte, Irwindale, Monrovia, and Temple City."

For information on becoming a booth vendor, volunteer help, Superhero Fun Run and/or Pancake Breakfast tickets, call the YMCA at (626) 359-9244, or email YMCA Office Manager Gabby Galvez at gabrielagalvez@ymcal.org.

## MONROVIA POLICE BLOTTER

### Highlighted Activity for April 5 - 11, 2018

During the last seven-day period, the Police Department handled 440 service events, resulting in 91 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, Instagram or Nextdoor.

#### Fraud

April 6 at 11:12 a.m., an elderly resident in the 600 block of E. Olive received a telephone call from someone telling her she had won a sweepstakes from Publishers Clearing House; however, to receive the money she would have to purchase \$15,000 worth of gift cards, then provide the caller with the gift card numbers. The resident complied with their request, but never received the prize money she was promised. This investigation is continuing.

#### Fraud – Suspect Arrested

April 6 at 8:09 p.m., a sergeant was patrolling the 700 block of E. Foothill when he saw a vehicle in front of him with current registration tabs; however, a DMV computer check revealed the registration was actually expired. The vehicle was stopped and the driver was arrested for fraud.

#### Burglary / Grand Theft Auto

April 6 at 10:03 p.m., a resident in the 1100 block of S. Fifth returned home after spending several days in the hospital and discovered her home had been burglarized. Several designer clothing items had been stolen, as well as one of her vehicles. This investigation is continuing.

#### Vandalism

April 6 at 10:18 a.m., a sergeant was patrolling the 800 block of W. Duarte when she was stopped by a resident who said they had just found their parked vehicle's window had been shattered. The resident was inside her home when she heard the vehicle's alarm activate, so she went outside and saw the damage. This investigation is continuing.

#### Commercial Burglary

April 7 at 6:36 a.m., the owner of a business in the 300 block of W. Huntington arrived to work and discovered one of the windows to the building had been shattered. When she went inside the business, she found that it had been burglarized, with several packages of merchandise taken. This investigation is continuing.

#### Vehicle Burglary

April 7 between 8:30 and 9:41 a.m., residents in the 900 block of Monterey and the 300 block of N. Grand walked outside their homes to go to work and discovered windows to their vehicles had been shattered. Two vehicles had been burglarized sometime during the night. A laptop computer and a backpack were taken. This investigation is continuing.

#### Vehicle Burglary

April 9 at 8:33 a.m., a resident in the 1200 block of Encino walked outside his home and discovered that sometime during the night someone had shattered two of his car windows. He looked inside his car and found that his laptop and wallet containing credit cards had been stolen. He called his credit card companies and was told the cards had already been used at several different stores in various cities. This investigation is continuing.

## We'd like to hear from you!



## What's on YOUR Mind?



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AND Twitter: @mntnviewsnews



## THE MORAL OF THE PRECARIOUSLY PRICKLY PORCUPINE

I once received an e-mail from a dear friend of mine, offering an interesting moral derivative about what might be considered a somewhat controversial survival technique employed by the porcupine. When I read the message, I was immediately inspired to write about that curiously contentious, yet undeniably cute little creature.

The e-mailed story was entitled, "The Moral of the Porcupine" and it included a few photos of infant porcupines nestled in human hands. To me, the baby "porks" in the pictures looked a lot like small bundled-up balls of fur with minute, mouse-like faces that you can't help falling in love with. As far as my memory serves me, I believe that was the first time I'd ever seen a baby porcupine, and I was amazed at how adorable the young ones really are.

The baby porcupine somehow reminds me of the woodlouse, which is a strangely pre-historic looking insect that most of us have seen crawling about in our yards and gardens. Very much like the woodlouse (more commonly known to lay- persons such as myself as the "rollie pollie"), baby porcupines know how to curl themselves up into a tight round ball as a means of protecting their soft and very vulnerable underbellies any time they sense the danger of a potential intruder.

Although the two have very little else in common, the porcupine and the oddly armored woodlouse termite do happen to share one particularly unique characteristic. They both have upper sides to their bodies that serve as an effective protective defense mechanism. The main difference is that the upper side of the woodlouse's body is comprised of a hard shell, whereas the porcupine's upper side is designed more like a bed of needle-like nails!

The basic gist of the "moral" given in the e-mail I received, is that while the long & pointy pokers on the upper side of the porcupine may serve as an important means of survival against a threatening predator, they also have the potential to prohibit vital bonding, by getting in the way when the infants simply want to snuggle with their siblings.

Indeed, this is where the valuable lesson comes in to play. And, if it is interpreted, understood and applied properly, this is a lesson that can actually help lead to a longer, happier life for we sometimes somewhat simple-minded humans.

The fond fable of the porcupine goes like this:

It was the coldest winter ever, and many of the wild animals in the region had already died from exposure to the freezing temperatures.

Realizing the situation, the thoughtful porcupines decided to group together to keep warm. It seemed like the logical thing to do, to share the warmth of each other's bodies and thereby survive through the cold winter. However, the closer the tiny porks came together, the more their quills began to inflict wounds on the soft under flesh of the loved ones they were closest to.

After some time passed, the little porcupines decided to distance themselves from one another to prevent the poking effect, and before long they each began to die alone and frozen like the other animals that had succumbed to the elements that season.

Soon it became clear that the poor desperate porcupines had to make a choice; either accept the painful pricks of their closest companions' quills, or die alone. Wisely, the young porcupines opted to stick close together and learn to live with the relatively small wounds caused by the quills of their siblings, in order to share the warmth and survive the chill of winter.

And so, the moral of the story is that the best relationships in life are not necessarily those which bring together perfect people who do not chafe or "rub one another wrong". Rather, one must learn to live with the prickly, uncomfortable wounds that may come with meaningful relationships while learning to appreciate the good qualities of a companion and the warmth they share, if one wishes to survive and thrive in this world.

For what it's worth, this simple short but sweet story about the precarious porcupine comes with an enormous bit of wisdom that had a huge impact on me and it is my hope that the moral of this story will be valued by others who hear it.

Animals can teach us so many wonderful and unique lessons in life. I say, let them be our teachers. May we humans learn to respect all living things, and may we learn to humble ourselves enough to love and let live!



## HEALTHY LIFESTYLES

### REJUVENATION OF THE MIND



Practices I return to again and again focus on rejuvenating the mind. Of course, I make sure to take care of my body with exercise,

sleep, and nourishing foods, but it's the mind I have to watch. Stress accumulates and the mind becomes disturbed. When the waves or ripples of the mind ripple, things can become unclear quickly. We all understand this feeling. The first order of business is to quiet the disturbance no matter the cause.

For that which will settle the mind, look to the wisdom of ancient philosophies of yoga and ayurveda (the sister science to yoga). Both deep relaxation and systematic rejuvenation approaches are needed. First, body therapies such as self-massage with warm oil and heat therapy have a profound effect on the mind. It takes the mind to a bliss state of being - closer to our natural sense of joy and divine bliss. Second is silence-- long periods of silence sitting in meditation or simply not talking or communicating. Third, yoga settles the mind,

particularly sitting postures held for a longer time. The sitting poses in yoga are incredibly beneficial in creating a deep internal awareness which calms the mind almost immediately. Fourth, a pure diet without stimulants does wonders for body and mind! The avoidance of caffeine and limiting sugar decreases anxiety significantly and, believe or not, conserves real energy.

There are many more tools and suggestions, but the final one I'll give is REST. The utter lack of motion will increase vital energy reserves and help rejuvenate the mind. Remember, when the mind is nourished, there is patience for all. We must stop doing for a while to put back in. The mind needs a chance to gather new ideas, new vision and feel contentment and relaxation.

This week, utilize just one of these tools to combat stress and disturbance in the mind. Be aware of how you feel - do you feel more like yourself? Learn more about these techniques and about yoga and meditation. Contact me today! keely@keelytotten.com

Namaste friends,  
Keely Totten, E-RYT 500, Yoga & Meditation Teacher, Mind Rejuvenator

### BEST FRIEND

Charley is a charming and gentle Labrador Retriever mix with beautiful dark brown eyes, a soft reddish tan coat, a cute black button nose, and a big friendly smile! Weighing about 47 pounds, this friendly pooch is the quintessential sweet of man! He makes for great company, whether it's going out for walks or cuddling up in bed. This sweet seven-year-old gentleman is housebroken and leash trained! He is easy to walk, has medium-level energy and knows his basic commands like sit and down. Charley was surrendered by his former owners because there wasn't a love connection between him and the resident cat and dog. For this reason, Charley will do best in a single-dog home where this delightful senior dog can spend his golden years soaking up all the love



from his forever family. If you're looking to make a difference in the life of a senior dog who's seen a lot in life and are able to provide the best home that sweet Charley deserves, please come by and prepare to fall in love with this handsome fellow! His adoption fee is \$145 and includes neuter surgery, vaccinations, microchip and a free wellness exam at a participating veterinarian. Feel free to call us at (626) 286-1159 for more information. He currently resides at the San Gabriel Valley Humane Society located at 851 E. Grand Avenue in San Gabriel which is located off San Gabriel Blvd, north of Mission and south of Las Tunas Drive. To arrange a 'Meet and Greet', please stop by any time from 10:30am to 4:30pm Tuesday through Sunday. Website: www.sgvhumane.org.

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

### SEEMS BENIGN, BUT IT'S NOT

Everyday day we hear the greeting, "How are you?" or "How's your day going?"

Those can seem like throwaway questions and a waste of time and space. They aren't; those questions are opportunities. We can hear those queries hundreds of time per day, and most of us aren't listening to the questions, and few of us pay attention to the responses. You are what you believe you are.

Humans are powerful magicians. You have the power to make yourself what you are right now, but it's not your reasoning mind that controls your power, it's what you believe. -----Don Miguel Ruiz

Each time someone asks, the question, "how are you?" Recognize that it is an opportunity to declare something good you know to be true and celebrate it.

The truth is you get to decide how you are and what kind of day you are going to have.

Noticing what we are noticing is one of most powerful self-care tools we have in our arsenal.

Watch your self-talk. Most of us have a running tape constantly operating in our minds. You can decide to change the message.

I invite you to try an experiment. Take a twenty-minute brisk walk for one week. As you are walking repeat this mantra to yourself: "Day by day in every way, I'm getting better and better."

You may find it difficult at first, but as you continue your mind will start to search ways that statement is true. You will remember that you have been feeling a bit better. You did a great job handling that difficult client yesterday. You made some healthy food choices this morning.

You're feeling pretty good.

When you ask someone, "how are you?" Look them in the eye and wait and listen to the response. Let them know that you see them, you hear them and that you appreciate them. There is no greater gift than the gift of YOU and YOUR TIME.

I asked a court reporter yesterday, and her pitiful response surprised She woefully said, "Well, it's Wednesday."

I said, "Yes it is! This is a beautiful day. One that has never been lived before and we will never see THIS day again."

She smiled, and responded, "Humph, I guess you're right."

How are you? Ask Les Brown that question, and he happily responds, "better than good and better than most!"

How's your day going? Decide, don't wait for conditions to tell you, make a decision. Notice the beautiful sunset. No one else is standing at the spot where you are. That's your sunset, notice and appreciate it. "Beautiful, my day has been beautiful."

This is the start of your gratitude practice. Declare this day to be good.

Claim perfect health and a sound mind and be grateful. Declare what you want to be true about you, your day and your life.

I am hosting a webinar soon. Want to learn more about it? Sign up for the newsletter at LoriAHarris.com.



Lori A. Harris

## THIS IS THE ONE!

### Katnip News!



Lookin' for a cute cuddler? Meet THOMAS! Age 1 or 2, he's just adorable! Just look at that cute tongue! Maybe he wants to give you a raspberry! This adorable boy is a friendly, curious purrbox!

He loves to snuggle and bury his head in your arms! He was found in an overpopulated cat colony, and he practically ASKED to be rescued from there! Once in his foster home, Thomas adjusted quickly, and, on day one, he even let his rescuer trim his nails with NO fuss, just purrs! Call 626-676-9505 or email us at info@lifelineforpets.org for more



information.

See more pictures and adoption information on our website, www.lifelineforpets.org.



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## TABLE FOR TWO by Peter Dills *thechefknows@yahoo.com*

### SANTA BARBARA ROAD TRIP AND SAVE THE DATE

There is a popular adage “if it was easy, everyone would be doing it”, so my visit to Lucky’s a white table cloth restaurant in Montecito seemed a simple enough task. Lucky’s is clear in their mission: steaks, chops, and seafood. Located on Coast Village Road in Montecito, the space has seen its fair share of businesses since it was built in 1926. Not all were restaurants - this writer wasn’t present for the Pink Squirrel in the 50’s (and is still not convinced that the owner actually had a pink squirrel, but that is for another day), Irelands in the 60’s, and a few others after that. By the late 90’s the building had seen better days and area residents thought the location had just plain run out of luck. As luck would have it, however, a few Montecito residents gave the building a makeover, and Lucky’s was born as Montecito’s clubhouse - a home away from home complete with a patio, bar and dining area. I have often thought that fine dining is a dying breed, but Lucky’s has restored my faith.

The menu lists wonderful aged prime steaks featuring a 24-ounce porterhouse steak and 18 oz bone-in rib chop - for me, the meat closest to the bone is my favorite. A closer look at the nightly specials reveals comfort food that you will appreciate as much I do, like Thursday’s Market Street Meatloaf, created and introduced to Lucky’s by GM and Chef Leonard Schwartz. Mr. Schwartz has been at Lucky’s for eight years, with 22 years in the restaurant business prior to that, and has brilliantly brought some of his favorite dishes to Montecito. Besides the meatloaf, consider the chili with just the right amount of beans for texture (I suggest having the cheese and onions on the side).

On my last visit, I sat at the bar, and had the calamari appetizer with a burger. I don’t eat burgers that often, but when I do I want something special, and Lucky’s offers an eight-ounce burger made with meats from the kitchen, and the fries are all house-made (if you follow my column, you know I’m a stickler for fresh French fries!). Of course, there are many popular salads on the menu including the



house favorite “Lucky’s Salad”, and an iceberg wedge that is almost a meal in itself. The wine list has many California offerings, including wines from Santa Barbara, Paso Robles and Napa - with more than 25 wines by the glass, there’s something for every taste. With so many items on the menu, my suggestion is to come with a friend and share. Lucky’s 1279 Coast Village Rd. Montecito (805)565-7540  
Peter Dills hosts a local radio show every Sunday at 5 PM on AM 830 KLAA

Meet Me at Paco’s on April 29th, right after the races!! Social hour and mixer

### RECIPE OF THE WEEK

### PORK AND BROCCOLI GRAIN BOWL

Total:40 min  
Yield: 4 servings  
Ingredients  
1 medium pork tenderloin (about 1 pound)  
3 cloves garlic, grated  
1 1/4 teaspoons dried oregano  
1 1/4 teaspoons ground cumin  
Kosher salt and freshly ground pepper  
1 large sweet potato, peeled and cut into 3/4-inch pieces  
3 cups broccoli florets (about 8 ounces)  
3 tablespoons extra-virgin olive oil  
3/4 cup quinoa  
Juice of 1 orange  
1 tablespoon red wine vinegar  
1/4 teaspoon red pepper flakes

#### Directions

Position racks in the upper and lower thirds of the oven; preheat to 450 degrees F. Halve the pork tenderloin crosswise, then halve lengthwise. Rub two-thirds of the garlic into the meat along with 1 teaspoon each oregano and cumin and a generous pinch each of salt and pepper. Set aside 10 minutes. Toss the sweet potato and broccoli in a large bowl with 1 tablespoon olive oil, the remaining 1/4 teaspoon cumin, 1/2 teaspoon salt and a few grinds of pepper. Spread in a single layer on a baking sheet and roast on the upper oven rack, stirring once, until lightly browned and tender, about 25 minutes. Meanwhile, cook the quinoa as the label directs. While the vegetables and quinoa cook, heat 1 tablespoon olive oil in a large ovenproof skillet over medium-high heat. Add the pork and cook until browned, about 5 minutes. Flip the pork and transfer the skillet to the lower oven rack. Roast until a thermometer inserted into the center registers 140 degrees F to 145 degrees F, about 5 minutes. Transfer to a cutting board. Stir the orange juice, vinegar, red pepper flakes, remaining garlic, 1 tablespoon olive oil and 1/4 teaspoon oregano in a small bowl; season with salt and pepper. Divide the quinoa and vegetables among bowls. Slice the pork and add to the bowls. Drizzle with the orange sauce. Recipe courtesy of Food Network Kitchen

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## HOW PARENTS CAN HELP BOOST KIDS' FINANCIAL LITERACY

(StatePoint) April is Financial Literacy Month, providing the perfect opportunity to actively engage kids on the topic of money.

"Even young children should learn about basic money concepts, like saving for a goal and spending only what you can afford," says Alison Summerville, business administration executive and head of Corporate Citizenship at Ally Financial. "Building an understanding of basic money skills and good savings habits at a young age can positively impact your children by giving them a solid foundation that they can use to manage their finances at every phase of their lives."

This month and beyond, consider the following lessons:

### Money Basics

Conceptualizing how money works can be challenging for kids, who may see you using credit or debit cards, buying things online, and even purchasing movies on televisions and mobile devices. Since many consumers rarely use cash, children may not realize when you are actually spending money.

Discuss the prices of various products and services. Explain how money can be spent only once, and that after buying something, a person needs to earn more money in order to buy something else. To teach this concept, play "grocery store" or other games that involve buying and selling items. Take turns being the cashier and the customer.

### Start Saving

An allowance can be an opportunity to teach kids how to save. Having "give," "save" and "spend" piggy banks is a simple but effective way to illustrate the three main uses of money and teach them about giving. Kids can practice math skills by tracking the amount saved for future spending on the things they want.

To maximize the benefits your child receives from saving money, you may want to consider a Uniform Transfers to Minors Act (UTMA) or custodial bank account. For example, those offered by Ally Bank, Member FDIC, require no minimum balance to open, and offer competitive interest rates and no monthly maintenance fees. When opening such an account, take time to discuss interest and other basic banking concepts.

### Needs vs. Wants

Help your children learn the difference between needs and wants. Explain how you have to pay for needs like food, shelter and heat, before buying items that you want, such as toys and electronics. Help your children come up with a plan to save and spend their own money that takes into account their needs and wants.

### Helpful Resources

Turn to free resources that your family can use to help teach kids financial concepts. For example, Ally, a digital financial services company, released "Planet Zee and the Money Tree," a book for parents and educators that uses a fun and futuristic story line to teach kids ages 6-10 basic financial literacy. Parents can visit allywalletwise.com to download the book and play "What's Zee Answer?" an interactive game where players answer questions based on the concepts covered in the book. Additional resources for all ages are also available at fdic.gov/moneysmart.

This April, take the time to plant the seeds of money mindfulness and boost your children's financial knowledge.

## SCHOOL DIRECTORY

<p><b>Alverno Heights Academy</b> 200 N. Michillinda Sierra Madre, Ca. 91024 (626) 355-3463 Head of School: Julia V. Fanara E-mail address: jfanara@alvernoheights.org</p> <p><b>Arcadia High School</b> 180 Campus Drive Arcadia, CA 91007 Phone: (626) 821-8370, Principal: Brent Forsee bforsee@ausd.net</p> <p><b>Arroyo Pacific Academy</b> 41 W. Santa Clara St. Arcadia, Ca, (626) 294-0661 Principal: Phil Clarke E-mail address: pclarke@arroyopacific.org</p> <p><b>Barnhart School</b> 240 W. Colorado Blvd Arcadia, Ca. 91007 (626) 446-5588 Head of School: Ethan Williamson Kindergarten - 8th grade website: www.barnhartschool.org</p> <p><b>Bethany Christian School</b> 93 N. Baldwin Ave. Sierra Madre, Ca. 91024 (626) 355-3527 Preschool-TK-8th Grade Principal: Dr. William Walner website: www.bcsllions.org</p> <p><b>Clairbourn School</b> 8400 Huntington Drive San Gabriel, CA 91775 Phone: 626-286-3108 ext. 172 FAX: 626-286-1528 E-mail: jhawes@clairbourn.org</p> <p><b>Foothill Oaks Academy</b> 822 Bradbourne Ave., Duarte, CA 91010 (626) 301-9809 Co-Principals Nancy Lopez and Diane Kieffaber info@foothilloaksacademy.org preschool@foothilloaksacademy.org</p> <p><b>Frostig School</b> 971 N. Altadena Drive Pasadena, CA 91107 (626) 791-1255 Head of School: Jenny Janetzke Email: jenny@frostig.org</p> <p><b>The Gooden School</b> 192 N. Baldwin Ave. Sierra Madre, Ca. 91024 (626) 355-2410 Head of School, Carl Parke website: www.goodenschool.org</p> <p><b>High Point Academy</b> 1720 Kinneloa Canyon Road Pasadena, Ca. 91107 Head of School: Gary Stern 626-798-8989 website: www.highpointacademy.org</p> <p><b>La Salle High School</b> 3880 E. Sierra Madre Blvd. Pasadena, Ca. (626) 351-8951 website: www.lasallehs.org Principal Mrs. Courtney Kassakhian</p>	<p><b>Monrovia High School</b> 325 East Huntington Drive, Monrovia, CA 91016 (626) 471-2800 Principal Darvin Jackson Email: schools@monrovia.k12.ca.us</p> <p><b>Odyssey Charter School</b> 725 W. Altadena Dr. Altadena, Ca. 91001 (626) 229-0993 Head of School: Lauren O'Neill website: www.odysseycharterschool.org</p> <p><b>Pasadena High School</b> 2925 E. Sierra Madre Blvd. Pasadena, Ca. (626) 396-5880 Principal: Roberto Hernandez website: http://phs.pusd.us</p> <p><b>St. Rita Catholic School</b> 322 N. Baldwin Ave. Sierra Madre, Ca. 91024 Principal Joan Harabedian (626) 355-9028 website: www.st-rita.org</p> <p><b>Sierra Madre Elementary School</b> 141 W. Highland Ave, Sierra Madre, Ca. 91024 (626) 355-1428 Principal: Lindsay Lewis E-mail address: lewis.lindsay@pusd.us</p> <p><b>Sierra Madre Middle School</b> 160 N. Canon Sierra Madre, Ca. 91024 (626) 836-2947 Principal: Garrett Newsom E-mail address: newsom.garrett@pusd.us</p> <p><b>Walden School</b> 74 S San Gabriel Blvd Pasadena, CA 91107 (626) 792-6166 www.waldenschool.net</p> <p><b>Weizmann Day School</b> 1434 N. Altadena Dr. Pasadena, Ca. 91107 (626) 797-0204 Lisa Feldman: Head of School</p> <p><b>Wilson Middle School</b> 300 S. Madre St. Pasadena, Ca. 91107 (626) 449-7390 Principal: Ruth Esseln E-mail address: resseln@pusd.us</p> <p><b>Pasadena Unified School District</b> 351 S. Hudson Ave., Pasadena, Ca. 91109 (626) 396-3600 Website: www.pusd@pusd.us</p> <p><b>Arcadia Unified School District</b> 234 Campus Dr., Arcadia, Ca. 91007 (626) 821-8300 Website: www.ausd.net</p> <p><b>Monrovia Unified School District</b> 325 E. Huntington Dr., Monrovia, Ca. 91016 (626) 471-2000 Website: www.monroviashools.net</p> <p><b>Duarte Unified School District</b> 1620 Huntington Dr., Duarte, Ca. 91010 (626) 599-5000 Website: www.duarte.k12.ca.us</p>
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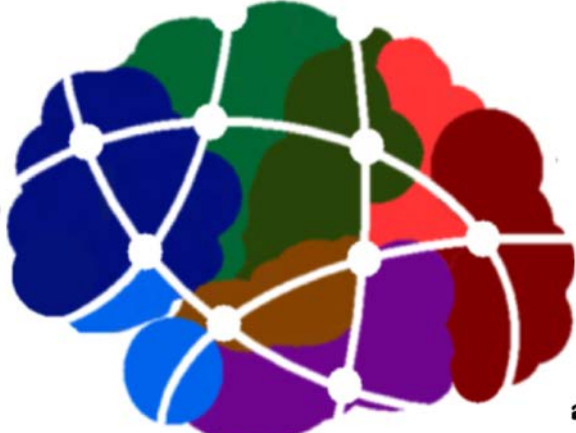
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## SIMPLE VIDEO CALLING DEVICES FOR TECH-CHALLENGED SENIORS

Dear Savvy Senior,

Are there any senior-friendly devices that you can recommend for video calling? I live about a day's drive from my 83-year-old father and would like to see him more often but he doesn't use a computer, tablet or a smartphone.

Searching Susan

Dear Susan,

Video chatting is a great way to stay connected and keep tabs on an elder parent when you can't be there. To help you and your dad achieve this, there are various products on the market today that offer simple video calling for seniors who are unfamiliar or uncomfortable with technology. Here are three unique devices to consider.

## ViewClix

If you're interested in a device that requires no input from your dad, check out the ViewClix Smart Frame. This is a 15-inch digital picture frame with video calling capabilities designed specifically for seniors.

Ready to use right out of the box, this device lets family and friends make video calls and send photos (displayed as a slideshow) directly to your dad's ViewClix Smart Frame anytime from their smartphone, tablet or computer. To do this, you simply download the free ViewClix app to your devices.

All photos sent and video calls made to your dad's ViewClix are received automatically. But, it is worth noting that this is a receiving device only. Your dad cannot initiate video calls from his ViewClix.

This device is available at ViewClix.com or 800-304-4281 for \$299 (Wi-Fi is required), or you can purchase their 4G Broadband model that works with T-Mobile if Wi-Fi is not available for \$299, plus a \$20 monthly broadband fee.

## GrandPad

Another nifty product that offers simple video calling, and much more, is the grandPad. This is an 8-inch touchscreen custom tablet designed for seniors, ages 75 and older. It comes with a stylus, charging stand and Verizon 4G LTE built-in so it works anywhere within the Verizon network – home Wi-Fi is not necessary.

This unique tablet provides a simplified menu



of big colorful icons and large text to only essential features, giving your dad clutter-free, one-touch access to make and receive video calls and phone calls, send voice emails, view photos and videos, listen to personalized music, check the weather, play games and more. But, to simplify usage and avoid confusion, it does not offer Web browsing.

GrandPad also has a "Help" button that offers 24/7 phone/tablet remote assistance to help your dad with any facet of his tablet, and it provides damage and theft insurance so if your dad breaks or loses his tablet it will be replaced at no additional cost. Available at grandPad.net or call 800-704-9412, a grandPad leases for \$66 per month, or \$49/month if you pay one year in advance.

## Echo Show

If you don't think your dad would mind talking to a machine, the voice activated Amazon Echo Show is another senior-friendly device for video chatting (Wi-Fi is required).

Available at Amazon.com for \$230, the Echo Show has a 7-inch color touchscreen that would let your dad make and receive video calls to those who have their own device, or who have the free Amazon Alexa app installed on their smartphone or tablet.

Once you set up his contacts, to make a call your dad would simply say, "Alexa, call Susan." And when a call comes in, he would ask Alexa to answer or ignore the call. There's also a feature called "drop-in," which could allow you and other preselected relatives or friends to video in to your dad's device at any time without his input.

The Echo Show also offers a bevy of other features your dad might enjoy like voice-activated access to news, weather, his favorite music and more.

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.

## SENIOR HAPPENINGS



## HAPPY BIRTHDAY! ...APRIL Birthdays\*

Howard Rubin, Anita Hardy, Hattie Harris, Mary Harley, Bette White, Dorothy White, Doris Behrens, Freda Bernard, Beth Copti, Terri Cummings, Marilyn Diaz, Virginia Elliott, Elma Flores, Betty Jo Gregg, Barbara Lampman, Betty Mackie, Elizabeth Rassmusen, Maria Reyes, Marian DeMars, Anne Schryver, Chrisine Bachwansky, Colleen McKernan, Sandy Swanson, Hank Landsberg, Ken Anhalt, Shannon Vandevlede \* To add your name to this distinguishing list, please call the paper at 626.355.2737. YEAR of birth not required



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

**Hawaiian & Polynesian Dance Class:** Every Tuesday morning from 10a.m. to 11a.m. Join the class with Instructor Barbara Dempsey as she leads you in the art of Hula.

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

**Free Blood Pressure Testing:** 2nd Tuesdays of the month from 11a.m. to 12p.m. No appt. is necessary.

**Brain Games:** Join us on Thursday, April 19th at 10:30a.m. to 11:30a.m for Scattergories, a creative thinking game by naming objects within a set of categories; or Jenga, a block-building challenge that keeps you stacking and balancing your tower. Everyone is welcome, and no experience is needed. What a great way to strengthen your brain and make new friends. Games facilitated by Senior Volunteers.

**Free Legal Consultation:** Wednesday, April 18th from 10:30am to Noon. Attorney Lem Makupson is available for legal consultation. Specializing in Family Law, Wills, Trusts, Estates, and Injury. Please call Hart Park House for an appointment, 626-355-7394.

**Senior Club:** Meets every Saturday at the Hart Park House Senior Center. Brown Bag Lunch at 11:30a.m.

**Chair Yoga:** Mondays & Wednesdays from 11:00a.m. to 11:45a.m. with Paul Hagen. Classes include Yoga and balance exercises. All ability levels are encouraged and welcomed!

\* A voluntary donation of \$5.00 per week is suggested but not required.

**Birthday Celebrations:** Every 2nd Thursday monthly at the Hart Park House, share some free birthday cake provided by the Sierra Madre Civic Club!

**Free Strength Training Class:** Fridays from 12:45p.m. to 1:30p.m. with Lisa Brandley. This energetic class utilizes light weights, low impact resistance training and body conditioning. Class equipment is provided.

**Tax Assistance:** Every Wednesday beginning on February 7th through April 11th from 1:00p.m. to 2:00p.m. ...Don Brunner is available for income tax consultation...

\*\*Appointments are required by calling the Hart Park House Office 626-355-7394\*\*

\*\* Call Community Services Department for details about the "Ear to Ear Program" returning in 2018\*\*  
626 - 355 - 5278

## March Excursion



The Living Desert Zoo & Gardens (Palm Desert)

Date: Friday, April 13, 2018

Time: 8:30a.m. - 4:30p.m.

Meeting Location: Hart Park House Senior Center

Cost: \$30 (Does not include lunch)

For almost four decades The Living Desert has been engaged in the important work of preserving, conserving and interpreting the desert and all its varied plants and animal life. Living Desert tours is a unique way to enhance your zoo and botanical garden adventure. The shuttle will make stops which may include the Wildlife Hospital, District Commissioner's House which has a panoramic view of Amur Leopard and the Interactive Discovery Center. Lunch will be on your own at one of the cafes in the zoo. [Level of Walking: Medium]



## SENIOR MOVIE

April 18th at 1:00 p.m.

Victoria & Abdul (2017)

Abdul Karim arrives from India to participate in Queen Victoria's golden jubilee. The young clerk is surprised to find favor with the queen herself. As Victoria questions the constrictions of her long-held position, the two forge an unlikely and devoted alliance that her household and inner circle try to destroy. As their friendship deepens, the queen begins to see a changing world through new eyes, joyfully reclaiming her humanity. Rated PG-13. Run time 1h 52m.

## MTA Reduced Fare TAP Card

Thursday, April 12, 11:30a.m. - 12:30p.m. at Hart Park House  
A representative from Metro Transportation Authority will be accepting Reduced Fare Applications from patrons who are interested in obtaining a Reduced Fare TAP CARD. In addition to the card, patrons who are eligible will receive a temporary card on site and they will have the opportunity to load with cash value. No appointment is necessary.



## Stress, Resilience, & Positivity: Finding Balance

What is resilience, and why is it important when coping with stress? How do we build resilient family caregivers who can cope and manage stress in positive ways? Please join us for a 4-week class designed to help family caregivers find positive ways to cope with stress, build resilience, and embrace positive thinking.

<b>WHO:</b>	Family caregivers of a loved one with a chronic condition
<b>WHAT:</b>	Four-week education series about stress management
<b>WHEN:</b>	April 17th - "Stress, Coping, & Gratitude" April 24th - "Exploring Family Dynamics" May 1st - "Making Family Decisions" May 8th - "Embracing Positivity"
<b>TIME:</b>	2:00-4:00 PM
<b>WHERE:</b>	The Kensington Sierra Madre 245 W Sierra Madre Blvd, Sierra Madre, CA 91024
<b>FEE:</b>	Generously sponsored by The Kensington Sierra Madre
<b>REGISTER:</b>	Please call the Yvonne Kuo 213-821-6919 or Jenny Peterson 213-821-6908 at the USC Family Caregiver Support Center for more information or to register.



This program is funded, in part, by the Department of California Health Care Services, LA County Workforce Development, Aging & Community Services, and the USC Leonard Davis School of Gerontology.

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Looking Up with Bob Eklund



A COSMIC QUIRK HELPS ASTRONOMERS PINPOINT THE FARTHEST STAR EVER SEEN

More than halfway across the universe, an enormous blue star nicknamed Icarus is the farthest individual star ever seen. Normally, it would be much too faint to view, even with the world's largest telescopes. Through a quirk of nature that tremendously amplifies the star's feeble glow, however, astronomers using NASA's Hubble Space Telescope were able to pinpoint this faraway star.

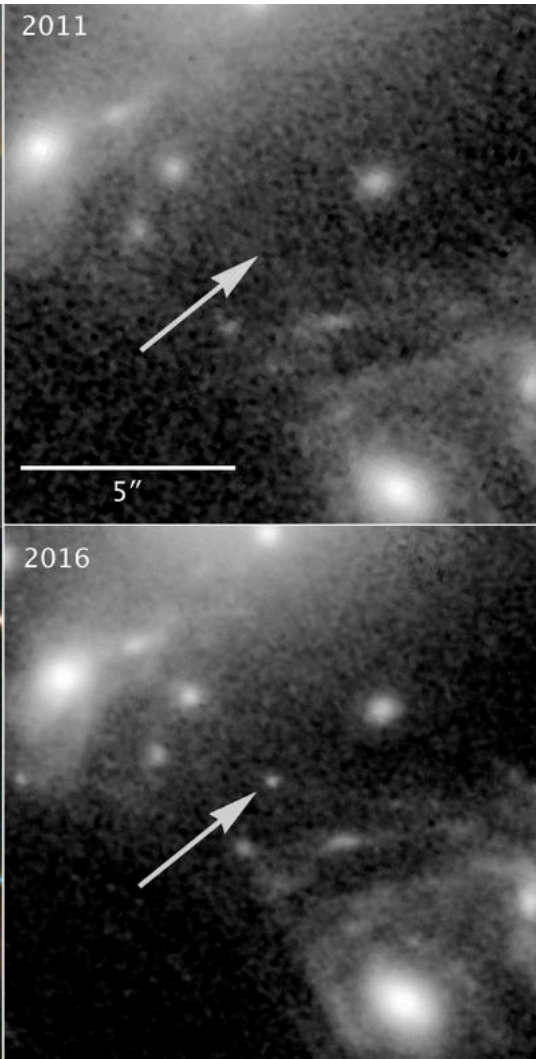
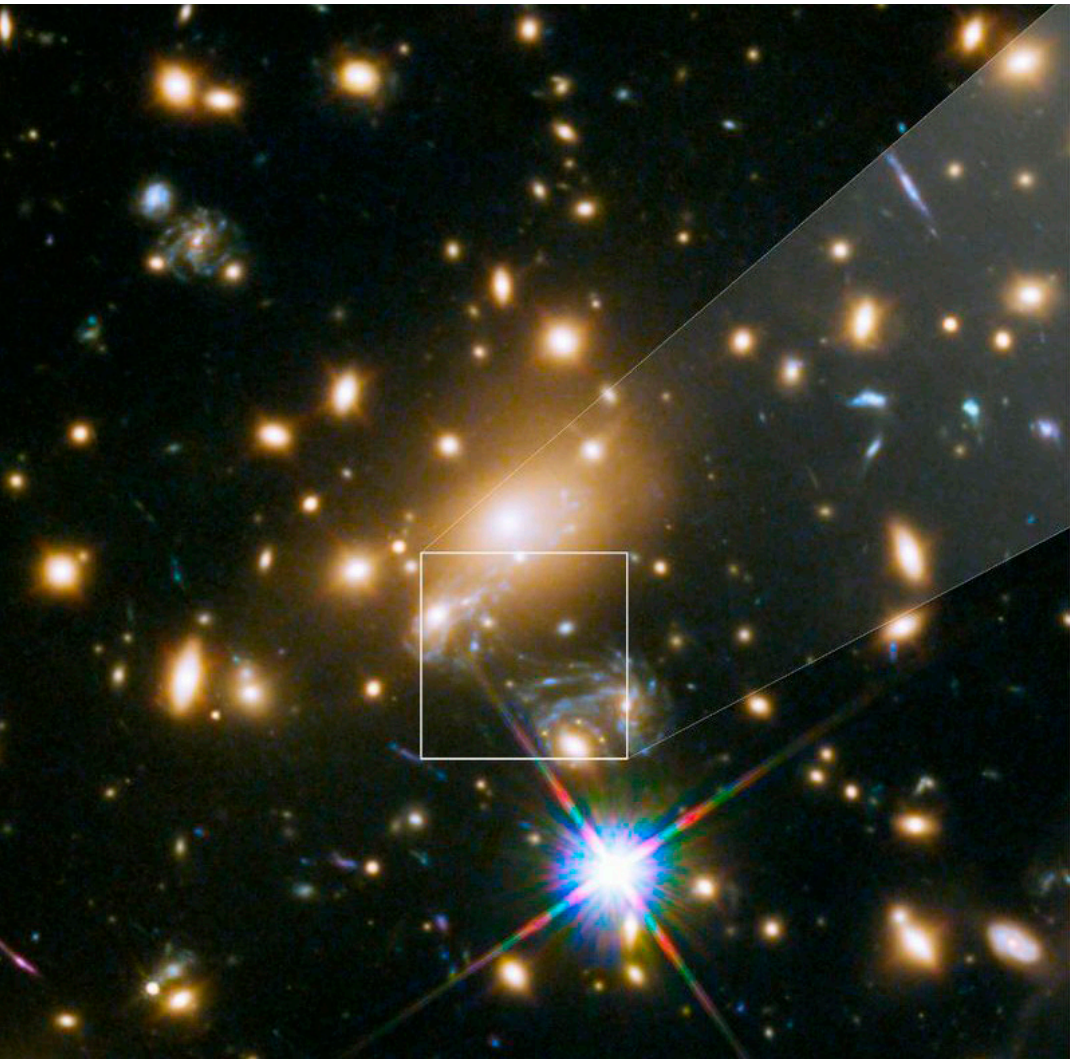
The star, harbored in a very distant spiral galaxy, is so far away that its light has taken 9 billion years to reach Earth. It appears to us as it did when the universe was about 4 billion years old.

The cosmic quirk that makes this star visible is called "gravitational lensing," first predicted by Albert Einstein. The effect is similar to that of an image behind a glass lens appearing distorted because of how the lens bends light. The discovery of Icarus through gravitational lensing has initiated a new way for astronomers to study individual stars in distant galaxies. These observations provide a rare, detailed look at how stars evolve, especially the most luminous stars.

How does gravitational lensing work? Gravity from a foreground, massive cluster of galaxies acts as a natural lens in space, bending and amplifying light. Sometimes light from a single background object appears as multiple images. The light can be highly magnified, making extremely faint and distant objects bright enough to see.

In the case of Icarus, a natural "magnifying glass" is created by a galaxy cluster called MACS J1149+2223. Located about 5 billion light-years from Earth, this massive cluster of galaxies sits between the Earth and the galaxy that contains the distant star. By combining the strength of this gravitational lens with Hubble's exquisite resolution and sensitivity, astronomers can see and study Icarus.

"The star is so compact that it acts as a pinhole and provides a very sharp beam of light," said Tommaso Treu, a professor of physics and astronomy in the UCLA College and a co-author of the research. "The beam shines through the foreground cluster of galaxies, which acts as a cosmic magnifying glass."



The team dubbed the star Icarus after the Greek mythological character that flew too near the Sun on wings of feathers and wax that melted. Much like the mythological character, the background star had only fleeting glory as seen from Earth: It momentarily skyrocketed to 2,000 times its true brightness when temporarily magnified. Scientific models suggest that the tremendous brightening was probably from the gravitational amplification of a star, similar in mass to the Sun, in the foreground galaxy cluster when the star

moved in front of Icarus.

"You can see individual galaxies out there, but this star is at least 100 times farther away than the next individual star we can study, except for supernova explosions," said study leader Patrick Kelly of the University of Minnesota, Twin Cities.

When they analyzed the colors of the light coming from this object, they discovered it was a blue supergiant star. This type of star is much larger, more massive, hotter, and possibly

hundreds of thousands of times intrinsically brighter than our Sun. But at this distance, it would still be too far away to see without the amplification of gravitational lensing, even for Hubble.

You can contact Bob Eklund at: [b.eklund@MtnViewsNews.com](mailto:b.eklund@MtnViewsNews.com).



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[Nyerges is the author of "Guide to Wild Foods," "How to Survive Anywhere," several other books, and the latest will be "Foraging California." He has led Wild Food Outings since 1974, and he lectures and writes on natural sciences and ethno-botany widely. His website is [www.ChristopherNyerges.com](http://www.ChristopherNyerges.com), or he can be reached at School of Self-Reliance, Box 41834, Eagle Rock, CA 90041]



This year, our rains came late, and many of the early spring natives and exotics hardly grew up at all. There was an abundance of chickweed, various mustards, mallow, and nettles this year, all non-natives and all very nutritious. At one of my hiking spots, I noticed last week that there were contract city workers around our parks with their weed whackers beginning their annual decimation of the useful foods and herbs that have sustained millennia of people, just for the picking. This is part of our culture's current schizophrenia – we talk "green" and how we want to be healthy and save ourselves and save the earth, yet, the very plants that can save us are weed-whacked, sprayed with Roundup, and tossed into the trashcans. I can't change the world, but I did tell my friends to collect all the herbs they are able to get before they are all cut down. Of course, I understand the other side – city officials don't want nettles growing around parks where children might sting themselves. Never mind that the sting can actually be a benefit to offset future arthritis --- the city doesn't want the liability. So, at this time of the year, vast acreages of nettles and other useful wild plants are cut down and unceremoniously poisoned and killed. Did I also mention that these very plants can be purchased in decorative boxes in the herb section of Whole Foods and other such markets? This year, I have collected large volumes of chickweed, mallow, hedge mustard, and nettle. Most of it I dry. I used the powdered chickweed in an insect repellent, the mallow for a mild cough remedy, and the hedge mustard makes a spicey powder to add to other dishes. But the nettle is the one that I can never get enough of. Often during this time of the year, I get an allergic reaction when I've been under and around the trees that produces lots of pollen and cottony-fluff, like willows, and cottonwoods, and cattail, and oak. I've tried numerous remedies over the years to combat the allergy, but all with limited success. It just won't work to stay out of the woods. Here are some of the many ways I used the nettle greens. I make an infusion of the nettle leaves (dried or fresh) for allergy, and I drink it pretty regularly in the evenings. It has helped to relieve congestion and improve my ability to breathe. It seems to work even better than my old standby, Mormon tea. I also add the fresh, dried, or frozen nettle greens into my evening soup. The soup is very enjoyable and tasty. In fact, nettle is one of the tastiest wild greens out there, and widely under-rated. Sometimes I just cook nettle greens like spinach, and I even drink the water because it is so flavorful. I add it to various soups and stews, egg dishes and omelettes, and even burritos. Sometimes, if I want a quick meal, I'll make a package of ramen noodles, and add lots of nettle and onion greens. I've also added the dried or fresh leaves of nettle to spaghetti sauce. Powdered, I've added nettles to pancake batter to increase the protein content and improve the flavor or the

pancakes. I've not yet tried making pasta with nettles, but a friend of mine routinely dries and powders various wild greens, mixes it 50/50 with flour, and runs it through a pasta machine to make some unique pastas. Years ago, I would periodically meet people who survived the hardships of World War II, and among other things, they spoke of how nettles saved their lives. Usually, they would say that nettles and cattails, two widespread common plants, had enabled them to make meals. Until recently, I thought they were exaggerating because I hadn't been aware of the versatility of nettles, and how it's really a nutritional powerhouse.

ALL ABOUT NETTLES

Stinging nettle (*Urtica dioeca*) is a fairly common plant throughout most of North America, as well most of the rest of the world. It is one of the plants that you always see on the charts of "noxious weeds" published by companies such as Ortho and others, letting you know that their product will effectively wipe out these "worthless plants" in your gardens. The reason why so many people dislike stinging nettles is because when you brush up against it, you break off the tips of tiny hollow needles that are filled with formic acid, and you get a stinging reaction. This reaction is short-lived, and can be remedied by rubbing the skin with chickweed or curly dock, or even wild grasses. Nutritionally, nettles is a good source of Vitamin C and A. According to the USDA's [Composition of Foods](#), 100 grams of nettle contains 6,500 I.U. of Vitamin A, and 76 mg. of Vitamin C. This amount contains 481 mg. of calcium, 71 mg. of phosphorus, and 334 mg. of potassium. This amount also contains 5.5 grams of protein, a lot for greens, though not complete protein. Herbalist Michael Moore, author of [Medicinal Plants of the Mountain West](#), describes nettles as a diuretic and astringent, and he advises the tea for use in cases of internal bleeding. In general, nettles are found growing in the wild near streams, in moist soil, in rich soil, and often near raspberries and blackberry vines. And in the urban areas, it seems to grow everywhere: along roads, in fields, backyards, gardens, and at the Highland Park Farmers Market, I've found it growing in the cracks of the sidewalk. If you cannot yet recognize the wild nettle plant, most gardeners or landscapers should be able to show you one. Or go to a nursery, where nettles are often growing in their pots and soil.



OUT TO PASTOR

A Weekly Religion Column by Rev. James Snyder

MY SOMBER LONGING FOR SUMMER

My favorite time of the year is summer and I don't care what the Gracious Mistress of the

Parsonage says. Summer is what I live for especially here in Florida.

As soon as Fall arrives in full steam I am looking forward to summer with uncontrollable anticipation.

One thing that attracts me to summer has to do with the weather.

I don't like cold because I'm growing too old now to shiver properly. When it is cold and I am supposed to be shivering, I don't have the energy. I admit that I don't have the energy I had a few years back. Let's not talk about how many years back. Shivering now is really not part of my exercise program.

I think God created winter for someone like me to appreciate summer. I have had enough winter now so that I can appreciate summer for the rest of my life. I wonder if heaven is going to be like summer?

Another thing I don't like about being cold is having to wear sweaters and sometimes coats and hats and mittens. When it's really cold outside by the time I get dressed to go outside I'm either too tired to go outside or I can't remember why I wanted to go outside in the first place.

It takes me "forever" to get dressed for cold weather.

Another thing about being cold is my brain doesn't function 100%. When it is cold, parts of my brain have to be used to deal with the cold weather on my body. Don't ask me how that works, I just know it works.

I have a brain and I take care of my brain and feed my brain so I can use my brain for my things and not for things like the weather!

What I like about summer is that it is hot. I love hot, contrary to the Gracious Mistress of the Parsonage. Don't let this get around, but she doesn't like when the weather is hot outside. She complains and complains about how hot it is outside.

I remember one time she was complaining about how hot it was outside and I was sitting there smiling. I try not to let a smile break out on my face when she is complaining about something. This time, the smile broke out on my face and I could not control it.

"What are you," she said rather snarly, "smiling about now?"

It's situations like this that usually get me into trouble. If I answer, I'm in trouble. If I don't answer, I'm in trouble. What's a husband to do?

But right now it's not summer and so I'm not in my "happy faze." I have a rule, when the temperature drops below my age it's too cold for me.

As I was sitting there frowning and muttering to myself, my wife said, "So, what are you complaining about?"

Unfortunately, I was not thinking, which is the usual course for me, and I answered her question. "I'm just not happy," I said with a grimace all over my face, "about all this cold weather. I can't wait for summer to get here."

Of course, that did not set very well with her. She's from the state of New York and winter is her best time of the year. She likes snow, which of course doesn't happen here in Florida, for which I'm thankful. She loves the cold weather and revels in it and there are times, don't let this get around, that she rubs it in my face.

As of late the weather here has been to her liking. And she's been happy and going around the house singing while I'm sitting in my chair grimacing. If ever anybody can grimace, it is me. I've had a lot of practice at it.

According to her, fall and winter are the greatest months of the year. And she's not short in telling me this to my face.

So, I'm sitting here trying not to shiver too much and drinking a very hot cup of coffee. My wife makes many things well, but nothing quite as well as hot coffee. What she doesn't realize is, as I'm drinking my hot coffee, I'm thinking of summer.

I'm not sure who was the first one who said it, but I think I agree with it, "Opposites attract." And nothing could be more opposite than my winter wife and her summer husband.

As I thought about this it came to me that the reason I appreciate summer so much is because of the winter. It is during the wintertime that I have this longing for the summer weather. If it wasn't for winter, I'm not sure I would appreciate summer as much as I do.

I always have a religious twist to things that are happening in my life. As I thought of this it came to my mind that the trials in my life cause me to appreciate the amazing grace of God. It wasn't for the hard times I wouldn't appreciate the good times.

I like what James says about this. "Blessed is the man that endureth temptation: for when he is tried, he shall receive the crown of life, which the Lord hath promised to them that love him" (James 1:12). I must honestly confess I don't know how good I have it until I don't have it so good.

The Rev. James L. Snyder is pastor of the Family of God Fellowship, 1471 Pine Road, Ocala, FL 34472. He lives with his wife, Martha, in Silver Springs Shores. Call him at 352-687-4240 or e-mail [jamesnyder2@att.net](mailto:jamesnyder2@att.net). The church web site is [www.whatafellowship.com](http://www.whatafellowship.com).

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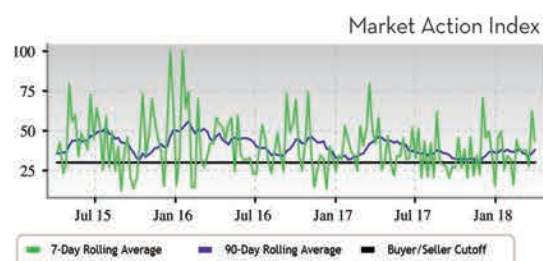
## This Week *in Sierra Madre*

### The median list price is \$1,248,000

Inventory and days-on-market are both trending higher recently. However, the improving Market Action Index implies increased demand will temper the negative trends.

### Supply and Demand

The market continues to get hotter. More sales demand and fewer homes listed have contributed to a relatively long run of increasing prices. Current supply and demand levels show no sign of prices changing from their current trend.



The Market Action Index answers the question "How's the Market?" by measuring the current rate of sale versus the amount of the inventory. Index above 30 implies Seller's Market conditions. Below 30, conditions favor the buyer.

### Price

Prices continue their climb again this week. We're a long way from the market's price high-point so watch the Market Action Index as an indicator of how long this trend will last.



Real-Time Market Profile		Trend
Median List Price	\$1,248,000	▲▲
Asking Price Per Square Foot	\$608	▲▲
Average Days on Market (DOM)	91	▲
% with Price Decrease	19%	
% Relisted (reset DOM)	15%	
% Flip (price increased)	7%	
Median House Size (sq. ft.)	2,118	
Median Lot Size	0.25-0.50 acres	
Median # of Bedrooms	3.0	
Median # of Bathrooms	3.0	
Market Action Index - Seller's Advantage	38.0	▲▲

### Quartiles

Characteristics per Quartile											Investigate the market in quartiles, where each quartile is 25% of homes.
Quartile	Median \$	Sq. Ft.	Lot Size	Beds	Baths	Age	Inventory	New	Absorbed	DOM	
First	\$1,931,500	3448	0.25-0.50 acres	4.0	4.5	61	6	2	0	110	Upper 25%
Second	\$1,250,000	2125	8,001-10,000 sf	3.0	2.0	73	7	0	0	99	Upper Middle 25%
Third	\$999,000	1993	0.25-0.50 acres	3.0	2.0	72	7	0	0	56	Lower-Middle 25%
Fourth	\$625,000	1157	6,501-8,00 sf	2.0	1.5	70	7	1	0	85	Lowest 25%

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## SECTION B



## Jeff's Book Pics

By Jeff Brown

### The Woman's Hour: The Great Fight to Win the Vote

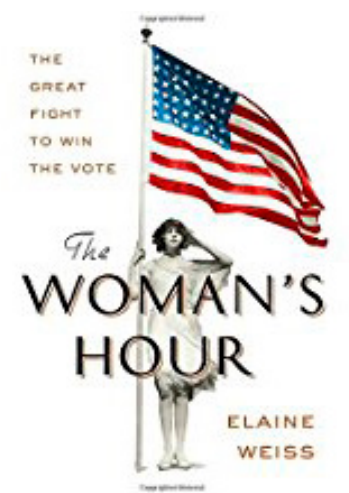
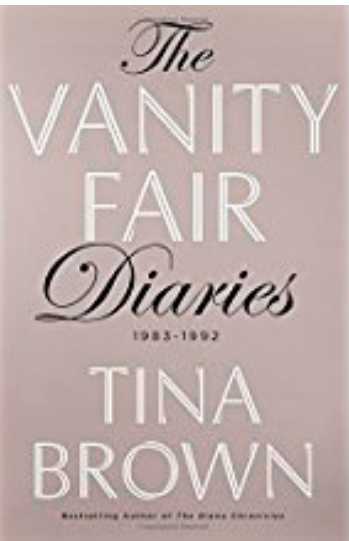
by Elaine Weiss

The nail-biting climax of one of the greatest political battles in American history: the ratification of the constitutional amendment that granted women the right to vote. Nashville, August 1920. Thirty-five states have ratified the Nineteenth Amendment, twelve have rejected or refused to vote, and one last state is needed. It all comes down to Tennessee, the moment of truth for the suffragists, after a seven-decade crusade. The opposing forces include politicians with careers at stake, liquor companies, railroad magnates, and a lot of racists who don't want black women voting. And then there are the "Antis"--women who oppose their own enfranchisement, fearing suffrage will bring about the moral collapse of the nation. They all converge in a boiling hot summer for a vicious face-off replete with dirty tricks, betrayals and bribes, bigotry, Jack Daniel's, and the Bible. Following a handful of remarkable women who led their respective forces into battle, along with appearances by Woodrow Wilson, Warren Harding, Frederick Douglass, and Eleanor Roosevelt, The Woman's Hour is an inspiring story of activists winning their own freedom in one of the last campaigns forged in the shadow of the Civil War, and the beginning of the great twentieth-century battles for civil rights.

### The Vanity Fair Diaries: 1983 - 1992

by Tina Brown

Named one of the best books of 2017 by Time, People, Amazon.com, The Guardian, Paste Magazine, The Economist, Entertainment Weekly, & Vogue. Tina Brown kept delicious daily diaries throughout her eight spectacular years as editor-in-chief of Vanity Fair. Today they provide an incendiary portrait of the flash and dash and power brokering of the Excessive Eighties in New York and Hollywood. The book is the story of an Englishwoman barely out of her twenties who arrives in New York City with a dream. Summoned from London in hopes that she can save Condé Nast's troubled new flagship Vanity Fair, Brown is immediately plunged into the maelstrom of the competitive New York media world and the backstabbing rivalries at the court of the planet's slickest, most glamour-focused magazine company. She survives the politics, the intrigue, and the attempts to derail her by a simple



stratagem: succeeding. In the face of rampant skepticism, she triumphantly reinvents a failing magazine. Here are the inside stories of Vanity Fair scoops and covers that sold millions: the Reagan kiss, the meltdown of Princess Diana's marriage to Prince Charles, the sensational Annie Leibovitz cover of a gloriously pregnant, naked Demi Moore. In the diary's cinematic pages, the drama, the comedy, and the struggle of running an "it" magazine come to life. Brown's book is also a woman's journey, of making a home in a new country and of the deep bonds with her husband, their prematurely born son, and their daughter. Astute, open-hearted, often riotously funny, the book is a compulsively fascinating and intimate chronicle of a woman's life in a glittering era.

### A Gentleman in Moscow: A Novel

by Amor Towles

"The book is like a salve. I think the world feels disordered right now. The count's refinement and genteel nature are exactly what we're longing for." —Ann Patchett "How delightful that in an era as crude as ours this finely composed novel stretches out with old-World elegance." —The Washington Post. He can't leave his hotel. You won't want to. From the New York Times bestselling author of Rules of Civility—a transporting novel about a man who is ordered to spend the rest of his life inside a luxury hotel. In 1922, Count Alexander Rostov is deemed an unrepentant aristocrat by a Bolshevik tribunal, and is sentenced to house arrest in the Metropol, a grand hotel across the street from the Kremlin. Rostov, an indomitable man of erudition and wit, has never worked a day in his life, and must now live in an attic room while some of the most tumultuous decades in Russian history are unfolding outside the hotel's doors. Unexpectedly, his reduced circumstances provide him entry into a much larger world of emotional discovery. Brimming with humor, a glittering cast of characters, and one beautifully rendered scene after another, this singular novel casts a spell as it relates the count's endeavor to gain a deeper understanding of what it means to be a man of purpose. The book reviews are from Amazon.com

circumstances provide him entry into a much larger world of emotional discovery. Brimming with humor, a glittering cast of characters, and one beautifully rendered scene after another, this singular novel casts a spell as it relates the count's endeavor to gain a deeper understanding of what it means to be a man of purpose. The book reviews are from Amazon.com

## All Things

By Jeff Brown

## THE UNBEARABLE LIGHTNESS OF BEING

BY LISA CAIRNS

Forget about becoming nice, likeable, special, better than, free from, enlightened---give these ideas back. Freedom isn't about becoming something, it's about losing everything. It's about giving everything back to the source which is actually who you are, it's about surrendering to yourself. And "yourself" is absolute mystery; complete not knowing. Yourself--your true self--is here, is free, is radically alive and present and creating spontaneously. Do you dare to make "this" your altar, make "what is" your god---what's actually happening? Or do you have to repetitively

escape to thinking and imagining a future, praying for salvation in some distant place that is always just slightly out of your grip? Freedom---what you long for, what you need, love---is here. Right here, in the middle of life, in the centre of all things. This is the heart of being. This is your god, your safety, your freedom, and your love. Everything you ever want and ever need is here. BUT the catch is: are you really prepared to give everything back to the playful, radically exotic, Mystery? YES!!!! Lisa Cairns can be found on Youtube.com and lisacairns.com

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## FAMILY MATTERS

By Marc Garlett



## NOT MARRIED? YOU'RE NOT ALONE - BUT YOU STILL NEED A PLAN.

*Estate Planning for People Living Together, Bachelors, and Bachelorettes*

Approximately half of America's population over the age of 16 is unmarried. While much of the discussion involving estate planning focuses on married couples, this topic is just as important for a single person. In fact, many times it is even more important that a single person have a well-coordinated estate plan. This is because the default laws governing estates often work poorly for people without a spouse and may not adequately provide for a significant other or unmarried partner. Having a cohesive and well-drafted estate plan will ensure that you protect and provide for those you truly care about upon your death.

### Evolving Estate Planning

It is important to understand that your estate plan can change over time. You may eventually experience life changes like getting married, having children, or buying your first home that will necessitate changes to your estate plan. Although life is constantly changing, it is best to get in the driver's seat early when it comes to estate planning.

If you die without a will -- referred to as intestate -- all of your possessions will be distributed according to the default laws of your state. While most state laws have a married person's assets go to their surviving spouse and children, the same is not true for unmarried individuals. Generally, state law provides that a single person's assets are passed on to their next of kin. This includes children, parents, and siblings. Noticeably absent for many unmarried people are provisions providing for a long-term boyfriend or girlfriend. And, if there are no surviving close relatives, the assets will likely go to the state. To avoid the state dictating what

happens to your assets, it is vital that you have a properly drafted estate plan put together.

### As an Unmarried Person, How You Own Things Is Very Important

There is an increasing number of couples that are not getting married, and other individuals who are deciding to remain single. For this group, estate planning is important because taxes and other financial benefits tend to favor those who have tied the knot. It also brings up the need to be very careful about how assets are titled.

How your assets are titled and how the beneficiary designations are prepared will impact how your assets will be distributed upon your passing. The most common ways to hold title to property is tenants in common (TIC) and joint tenants with rights of survivorship (JTWROS). Property that is held as TIC means that each owner owns an interest in the property. At the death of one owner, that interest is transferred according to his or her estate plan, or intestate succession if there is no estate planning. This is not an ideal way for unmarried couples to own property because at the death of one of them, the other person will end up as joint owner with the deceased's next of kin. JTWROS is one option for unmarried couples because when one owner dies, the property automatically transfers to the surviving owner. There are several other planning strategies that can be beneficial for unmarried individuals -- involving tax benefits, retirement plans, wills and trusts, and healthcare powers of attorney -- if the right estate plan is carefully crafted.

### Speak to an Estate Planning Attorney

If you do not have an estate plan yet, you should contact a knowledgeable estate planning attorney today. Whether you are married, single, or cohabiting with a partner, the right professional can help you craft a comprehensive estate plan that is tailored to your personal situation and assists you in protecting those you care for the most. Give us a call today if you have any questions.

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## BUSINESS TODAY

The latest on Business News, Trends and Techniques

By La Quetta M. Shamblee, MBA



## PENNYWISE, POUND FOOLISH

Saving money while making money should be the goal of every business. However, business owners and managers should be able to distinguish between decisions and processes that are "pennywise, yet dollar foolish." Translation? Be sure that you're not spending ten dollars to save only one. Very often, companies engage in processes that require more time and more staff than necessary to complete certain tasks.

One example is a project I worked on that had operations in several Southern CA counties. The company that hired me and other consultants was very frugal with their choice of equipment and tools they provided for us. When it came to our actual work, the same company didn't have a clue, or didn't seem to care that each consultant was "reinventing the wheel" that was readily available. A simple process of convening or poling the group of consultants would have provided the company with an arsenal of recommendations and expertise to streamline many of their inefficient processes.

One example was the barrage of questions to the project manager from each consultant about the same type of scenario encountered with a client. This required the project manager to respond to the same types of questions multiple times, as opposed to establishing a simple communications tool or formal feedback loop that would have made it easier, quicker and more cost effective for the pool of consultants to have their questions answered.

A Q & A section on a webpage or prepared in a single document could have easily be prepared and updated on a daily or weekly basis to create a centralized point of communication that would have allowed all of the consultants to access the information. If the business lacked the staffing to

update the webpage on an ongoing basis, a simple text document could have been created, updated and distributed on a daily or weekly basis.

Years ago I worked in the development department for a school for the developmentally disabled through two annual fundraising seasons. The director of development had a reputation for his cost-cutting strategies. The first year I was there, he insisted that his two-person development staff take on the responsibility of preparing bulk mail for three separate mailings of 4,000 to 6,000 fundraising solicitations during the year. He considered \$500-700 plus the cost of postage to be an excessive amount to pay a company that specialized in processing bulk mailings.

He was filled with glee as he shared that one of the attorneys on the organization's board of directors had offered to have his secretary print the mailing labels from our database. This was another feather in his "cost-savings" hat. Turns out that no one informed the secretary that the labels should have been sorted by zipcode prior to printing -- she printed all 6,500 of them in alphabetical order by last name. After we placed labels onto each of the envelopes, we spend the next two weeks sorting the envelopes by zipcode. Then we commenced to painstakingly match each envelope with the letter that was personally addressed to the potential donor. Quite a task to flip through stacks of envelopes now sorted by zipcode ranges to locate the exact addressee to match. In the end, our organization spent at least \$2,300 for the staff time that we spent as a result of this "cost-saving" approach, plus postage. It seems in this instance, the willingness to spend money would have saved even more.

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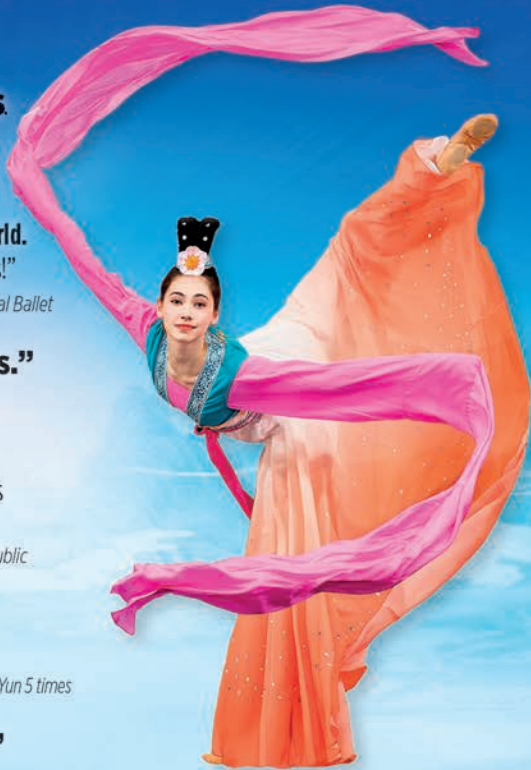
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### 654 N CATARACT AVENUE, SAN DIMAS

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Sitting at the top of the hill at the end of a quiet cul-de-sac, this PUD has only one common wall & expansive views. Entry level takes you to living room with fireplace, formal dining area, alcove for piano, desk, or quiet reading, guest half bath, & access to private balcony. The large skylight brightens the whole area. The kitchen is a cook's delight with granite countertops, stainless steel appliances, pantry, eating area, & views to outdoors. Master bedroom & bath are also on the entry level offering views & access to the balcony. Its private bath features dual sinks, separate tub & large shower, & walk-in closet. Take the stairs down to 2 additional bedrooms & full bath. Both bedrooms offer direct access to the patio. Additional features are central air & heat, 2-car attached garage with direct access, & children's playhouse. The Homeowners association has lovely pool & spa area; perfect for relaxing & enjoying a city view.



### 2556 ANSLEY AVENUE MONROVIA

This 3-bedroom, 2-bath home, located on a quiet cul-de-sac in Monrovia, has an spacious feeling floor plan. It offers many great features including lovely hardwood floors in the living room, bedrooms & hallway; tile counters in the kitchen; central air & heat; attached 2-car garage with laundry hookups & direct access to the home; step-down family room leading to private rear yard. It is a trust sale (no court confirmation) & needs some work, but is worth the time & effort.

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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.

**JOE GUZZARDI**



**DISMAL JOBS REPORT LOST AMID BREAKING NEWS**

The March Bureau of Labor Statistics report was a disappointment, with the economy adding only 103,000 jobs. March's poor performance deflated the enthusiasm February's report generated with its 313,000 new jobs, the biggest increase in 1-1/2 years. From the 320,000 revised February total, the jobs created drop-off measured 66 percent. Since January, monthly new employment averages are 202,000 - not terrible, but nothing to shout about.

As usual, apologists dismissed the employment report's palpable downside, blaming it on cold weather, a favorite villain. Completely and purposefully overlooked is a more important yet unmentionable variable - federal immigration policy that admits about one million legal immigrants who receive life-time valid employment authorization documents which permits them to work in any job category, and dramatically expands the labor market. Too many workers compete for too few jobs, forcing many Americans who would like to be employed to the sidelines. In March, the number of Americans not in the labor force, measured month over month, increased by 323,000 to more than 95 million.

On top of the one million average, historically high immigration levels, the U.S. grants between 750,000 and one million employment-based guest worker visas which makes job seeking for at-risk unskilled and under-educated Americans more challenging. For young Americans, immigration means one green card per every four who turn 18 and become full-time employment candidates.

Moreover, prime-age American male employment is in long-term decline. A 2016 White House report, prepared during President Obama's administration, revealed that foreign-born prime-age men participate in the labor market at higher rates than the native-born. The Federal Reserve Bank of Kansas City predicted that prime-age Americans may never return to the employment market. Lawful permanent residents' participation rate has risen over the last two decades by 1.4 percentage point, while the native-born prime-age male participation fell by 4.4 percentage points.

When viewed through accelerating automation's prism, the one million annual work permits issued to newly arrived immigrants becomes indefensible. Recently, a respected think tank, the Paris-based Organization for Economic Cooperation and Development, found that in the near future 13 million American jobs will be lost, mainly in manufacturing and agriculture, and principally among the young and economically vulnerable.

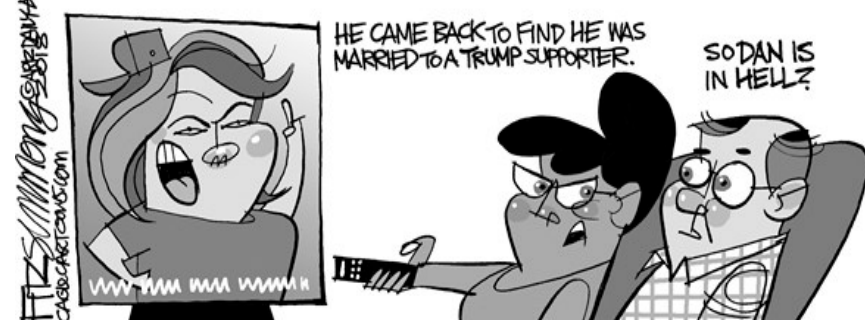
For Congress to continue decade after decade, as it has since 1990, to authorize millions of new U.S. workers is obviously flawed, and detrimental to the American labor force, both employed and unemployed. Since 1990, federal immigration laws have provided about 25 million work permits to newly arrived lawful permanent residents.

Tight labor markets, in other words, less immigration, is good for American workers. For the unemployed, reduced immigration means that more jobs will eventually open up. For the employed, wages will increase. In his speech to business leaders, Minneapolis Federal Reserve Board president Neel Kashkari told business leaders to stop whining about worker shortages, and start raising wages.

Despite the incontrovertible connections among a loose labor market, high immigration, tepid employment reports and stagnant wages, analysts refuse to include congressionally mandated immigration into their analyses. The U.S. accepts more immigrants than any nation, and will always be welcoming. Wanting Congress to pass immigration laws that help, not hurt, U.S. workers isn't anti-immigrant, but rather pro-American.

Joe Guzzardi is a Progressives for Immigration Reform writer and researcher. Contact him at [jguzzardi@pfirdc.org](mailto:jguzzardi@pfirdc.org). Find him on Twitter @joeguzzardi19.

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**LEFT TURN/RIGHT TURN**

**JOHN L. MICEK**



**CONGRESS NOT UP TO THE TASK OF TAKING ON FACEBOOK**

As I watched Facebook chief executive Mark Zuckerberg go head-to-head with members of Congress, I couldn't help but have the same reaction I have when I get a pointless chain email from an elderly relative.

The inclination to smile, shake your head indulgently, and hit the "delete" key was impossibly strong.

Because after watching lawmakers fumble their way through the questions they posed to Zuckerberg, whod swapped his customary hoodie for what appeared to be his dad's suit, it's not clear the majority of them possess the baseline understanding of what Facebook does to responsibly regulate it.

Let's face it, Facebook was wildly irresponsible with its handling of the personal information of tens of millions of its customers. It allowed its platform to be infiltrated by operatives working on behalf of a geopolitical rival who used it to meddle in the 2016 elections. Until it was caught, the massive social media company seemed entirely indifferent to changing its ways.

But the questioning from members of Congress, most of whom are old enough to be the 33-year-old Zuckerberg's grandparents, was excruciating to watch.

Take Sen. Orrin Hatch, R-Utah, who asked Zuckerberg how Facebook, which is free, made its money.

"Senator, we run ads," Zuckerberg said patiently.

"I see, that's great," the 84-year-old Hatch responded. That Zuckerberg didn't pat him on the head and give him a cookie is a source of wonder.

Then there was Sen. Lindsey Graham, R-S.C., who asked Zuckerberg: "Is Twitter the same as what you do?"

Well, no, senator. It's Twitter. You (or, one of your staffers) even have a verified account there.

But it was also Graham who asked one of the most important questions of the five hours' worth of grilling that was set to continue in the U.S. House on Wednesday - whether Facebook is a monopoly. Zuckerberg unconvincingly replied, "It certainly doesn't feel like that to me."

Which, of course, is nonsense.

That's only true if you're capable of time-travel, or still live in 2002, where you faithfully maintain your Friendster or MySpace pages.

Facebook, along with Google, Apple and Microsoft, is a tech behemoth whose operations touch almost every aspect of our daily lives.

If you're not checking in on Facebook for the news (both real and fake, as it turns out), or to touch base with relatives and friends, you're interacting on one of the platforms it controls, such as Instagram, to share the most intimate moments of your life.

And Facebook makes money - gobs of money - from our willingness to share ourselves online in a way that we could not imagine doing in flesh-and-blood interactions with others.

And behind Zuckerberg's Ivy League earnestness and soft-touch Silicon Valley idealism, is a ruthless capitalist who knows full well that wringing as much data as possible from his customers, and then using it to attract advertisers, is the core of his business.

Still, Zuckerberg, as is the custom of a corporate titan on an apology tour, appropriately simulated penitence before the joint committee.

"It was my mistake, and I'm sorry," he said of the alleged sharing of the personal data of 87 million users with the English firm Cambridge Analytica, which was working on behalf of President Donald Trump's 2016 campaign. Sorry isn't even close.

When he was asked by Graham whether Facebook would submit to regulation, Zuckerberg told him he would if it were the right kind of regulation. Zuckerberg also said he'd be willing to send suggestions to Graham's office for that right kind of regulation.

Yes, it's true that Zuckberg has said, as he did in a CNN interview last month, that he's "actually ... not sure we shouldn't be regulated."

And, yes, he made positive noises in response to a proposal by Sen. Amy Klobuchar, D-Minn., to notify users within 72 hours of any data breach.

Sen. Bill Nelson of Florida, the ranking Democrat on the Commerce Committee, sounded this stern warning to Zuckerberg: "If you and other social media companies do not get your act in order, none of us are going to have any privacy anymore."

But leaving Zuckerberg and his fellow titans to come up with appropriate regulation is way too much of a surrendering of Congress' proper oversight role.

They're unwilling to do it. And Congress is incapable of doing it.

Dislike.

Copyright 2018 John L. Micek, distributed by Cagle Cartoons newspaper syndicate. An award-winning political journalist, Micek is the Opinion Editor and Political Columnist for PennLive/The Patriot-News in Harrisburg, Pa. Readers may follow him on Twitter @ByJohnLMicek and email him at [jmicek@pennlive.com](mailto:jmicek@pennlive.com).

**MAKING SENSE by MICHAEL REAGAN**

**GETTING ASSAD'S ATTENTION, REAGAN STYLE**



To strike Syria, or not to strike Syria.

As of Thursday evening, Donald Trump, our tweeter in chief, is keeping the world, the Russians and Syria's dictator-in-chief Bashar al-Assad guessing.

On Wednesday, President Trump said U.S. missiles "will be coming" to visit Syria in retaliation for its government's alleged use of chemical weapons on the Syrian town of Douma on April 7.

On Thursday, Trump hedged a little, tweeting that he "Never said when an attack on Syria would take place. Could be very soon or not so soon at all!" Later he tweeted, "We'll see what happens."

Trump being Trump, we won't know what will happen until he makes it happen.

Meanwhile, everyone in the media and politics has a different opinion about what we and our allies should or should not do militarily to punish Assad for his latest crime against humanity.

In some conservative and Republican circles, I've been hearing that old familiar question - "What would Ronald Reagan do?"

I like to turn that around and ask, "What did Ronald Reagan do? What did he do 32 years ago this week?"

On April 14, 1986 my father sent a powerful message to Libyan dictator Muammar al-Qaddafi, the leading international thug of the day, that made Qaddafi behave for the next two decades.

For years Qaddafi had been sponsoring terrorism against American troops and citizens around the world and also financing Muslim rebels in the Philippines, the IRA, Palestinian guerrillas and even the Black Panthers in the USA.

Increasingly tough economic sanctions on Libya and the freezing of its overseas assets didn't impress Qaddafi and on April 4, 1986 he ordered his terrorists to bomb a dance hall in West Berlin known to be frequented by American soldiers.

Nine days later my father got Qaddafi's full attention.

At 2 a.m. Libyan time, about 100 U.S. Air Force and Navy warplanes hit five military targets and "terrorism centers" in Tripoli and Benghazi.

My father's message to Qaddafi lasted less than an hour. But one of the targets U.S. planes obliterated - the most important one - was one of Qaddafi's homes.

Qaddafi and family were elsewhere, but he got the message my father wanted him to get - "We know where you and your family live and any time we want to take you out, we can."

If I could give advice to President Trump about what to do in Syria, it would be this: If you think we need to do something in Syria to show Bashar al-Assad we do not approve of his use of chemical weapons against civilians, you have to make him feel it. Taking out a Syrian airbase or blowing up some Russian planes on the ground is nothing, Mr. President.

You have to make Assad know we know where he lives and that any time we want we can take him out with a missile strike targeted at his morning grapefruit bowl.

We have eyes on the ground in Syria. We know which palace or home Bashar al-Assad and his family are staying in at any given time.

Blowing one of them up with a cruise missile at 2 a.m. will be a wake-up call Vladimir Putin's favorite dictator won't be able to ignore.

Copyright 2018 Michael Reagan. Michael Reagan is the son of President Ronald Reagan, a political consultant, and the author of "The New Reagan Revolution" (St. Martin's Press). He is the founder of the email service reagan.com and president of The Reagan Legacy Foundation. Visit his websites at [www.reagan.com](http://www.reagan.com) and [www.michaelereagan.com](http://www.michaelereagan.com). Send comments to [Reagan@caglecartoons.com](mailto:Reagan@caglecartoons.com). Follow @reaganworld on Twitter. Mike's column is distributed exclusively by Cagle Cartoons newspaper syndicate. For info on using columns contact Sales at [sales@cagle.com](mailto:sales@cagle.com).















years from the date it was filed in the office of County Clerk. A new Fictitious Business Name statement must be filed prior to that date. The filing of a 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.

English: ES Mountain Views News  
March 24, 31, April 7, 14, 2018







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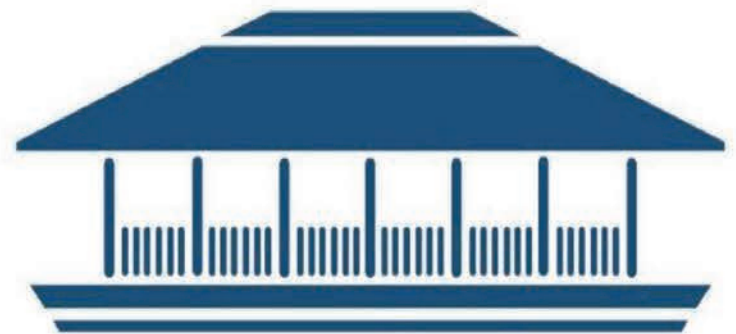
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