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# La Cañada Flintridge

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March 2017



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from Within at  
*The Cuthills*



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## PUBLICATION TEAM

**PUBLISHER** Trevor Marca  
**ASSOCIATE PUBLISHER** Michael Thatcher



**CONTENT COORDINATOR**  
 Christina Hamlett

**DESIGNER** Kelly Anderson  
**CONTRIBUTING PHOTOGRAPHERS**  
 Erik Ovanespour, PRINTEFEX

## ADVERTISING

**Contact:** Trevor Marca  
**Email:** tmarca@bestversionmedia.com  
**Phone:** 818-620-3517

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Content Due.....	Issue Month
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December 19 .....	February
January 19 .....	March
February 19.....	April
March 19 .....	May
April 19.....	June
May 19 .....	July
June 19 .....	August
July 19.....	September
August 19.....	October
September 19 .....	November
October 19 .....	December

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# Dear Residents,

"In the spring," wrote Mark Twain, "I have counted one hundred and thirty-six different kinds of weather inside of four and twenty hours."

While friends and relatives in the Midwest and on the East coast are still dressing in layers and digging out of snowbanks, Mother Nature uses every March to peel back the curtain and give us a sneak preview of the blue skies and warmer temperatures to come. Perhaps no better place to experience this teaser is to see "What's In Bloom" at our own Descanso Gardens. In addition to the Cherry Blossom Festival and the annual Tomatomania—the world's largest tomato seedling sale—families are invited to enjoy a series of live music performances.

If you're a business owner, you're probably no stranger to meet-and-greet networking events. The question, though, is whether you're sabotaging your success within the first five minutes. PR expert Flo Selfman shares tips on "How Not To Work a Room."

It's every parent's worst dread—the day their teen is old enough to get a learner's permit. Aimee Anders' "Driving Lessons" turned out better than she could have imagined.

If Marikay and Dave Cuthill still lived in the Pacific Northwest, it's a sure thing that umbrellas would always be at the ready. Today our cover feature family is not only raising their sweet daughter, Maci, in the sunny climes of the San Gabriel Valley but is also opening their 1920s house for this year's La Cañada Home Tour scheduled for April 28th. Since 1986, La Cañada High School has been sponsoring the tour as its premier fundraising event and showcasing our community's beautiful

architecture and interior design.

Happy Spring!

*Trevor Marca*

PUBLISHER



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# Living Joy from Within at The Cuthills

By Christina Hamlett

For those of us who have lived in the Pacific Northwest, “The mountain’s out” is a popular expression which refers to days that are clear enough to see the majesty of Mt. Rainer. “I really miss all that rain,” says *no one ever* who has made the decision to trade an address in Washington State for the cloudless blue skies of Southern California.

When Marikay Werle and Dave Cuthill were respectively growing up in Bellevue and Everett, they had no idea what the future might hold, much less that they’d one day be basking in the best of La Cañada Flintridge. It was a fortuitous business meeting as adults that changed everything. As Marikay explains, “Dave handled real estate site selection for Nordstrom Rack and Nordstrom department stores at the time. I was the head of leasing for a small developer in Washington that was based in Vancouver, British Columbia and owned several properties throughout the state. I met with Dave on a real estate tour for some of our properties to try and get the Nordstrom Rack to lease space in our centers.”

Romance blossomed and the couple exchanged wedding

vows in Carmel, California in November of 2003.

“Dave has two daughters from his first marriage. Meagan, who is 24, graduated from the University of San Francisco with a double major of Media Communications and Political Science. She currently lives and works in Portland, Oregon. Katie (22) graduated from the University of Washington with a degree in Molecular and Cellular Biology and a minor in French. She works at the Pediatric Brain and Neurology Research Department at Seattle Children’s Hospital.”

Together, Marikay and Dave added a treasured third daughter to the family, 11-year-old Maci. “Maci was officially diagnosed with Autism when she was three years old,” Marikay tells us. “We knew very early she had development delays and had her in early intervention programs at the age of one. At that time, our journey with Maci’s illness began and continues today. She is a beautiful, intelligent, very social and loving person. When we first moved here in 2011, Maci attended the Special Day Education Program for children with special needs and development delays at Palm Crest Elementary. She was there for K-3rd grade.” Maci currently attends Villa Esperanza Services in Pasadena as a fifth grader.

## FAMILY FEATURE

"Maci has several therapies during and after school including, Development, Individual, Relationship (DIR) therapy, speech and language, occupational therapy, physical therapy, music therapy and NeuroFit Services. She is dedicated and works very hard each and every day."

In 2014, Maci won First Place in the Reflections Art Contest for her photograph in the special artist division at her school as well as at the 1st District and California state levels. "It was very special for us and for her to have that recognition and accomplishment."

Along with loving her family, her nanny (Sandra) and anything related to the movie Frozen, she enjoys swimming, playing at the park, computer/iPad programs, dolls and photography.

"And then there's Pebble," Marikay adds. As if on cue, the Labradoodle looks up and is happy to be introduced as the four-footed cornerstone of the Cuthill house domestic bliss.

"Just after we moved to La Cañada," she continues, "I started my quest to find a dog right for Maci and our family. In the application process with a service dog agency, we needed to get referrals from our therapists, doctors and professionals to verify the need for a service dog for our daughter. We were introduced to a trainer by our speech therapist. He asked me if I was open

to getting a puppy and doing the training ourselves versus going through an agency. He felt the bonding with a puppy would be a more rewarding experience for Maci and our family."

The trainer revealed it had always been a dream to help families with an autistic child to find and train service dogs. "It was a very special conversation and moment, I knew this was the right path for us."

Their diligent search was rewarded with the discovery of a small family-run breeder. "They, too, were very passionate about children and families with disabilities. At that time, they were specifically breeding with service and therapy dogs in mind. Both the mother and father of this litter were therapy dogs. We could not have found anything better!"

Several months later, they took Maci to the breeders to pick up her new puppy. As Marikay and Dave joyfully attest, it was an instant bond and connection. Today, at three years old, Pebble is not only Maci's companion and protector but has also provided self-assurance and confidence for all of them.

Consistent with the compassion the Cuthills embrace toward other families with special needs children, Marikay is the founder/creator of a website and blog called MAP.

"MAP, launched a couple of years ago, is a community on the web for people to have a place to begin their journey by finding



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RESIDENTIAL BROKERAGE





## FAMILY FEATURE

answers, direction and peace of mind when dealing with autism. The website is [maciandpebble.com](http://maciandpebble.com). Working on the information for the site during the off-time of taking Maci to school or therapies, I wanted to give back and share with families, loved ones and anyone needing information or resources related to special needs and autism.”

MAP, she continues, was created to be a place where information and resources on education, doctors, therapies, diet and nutrition, supplements, natural medicine and schools are all brought together. “MAP is a community place to share and learn from others about the resources people like the best or dislike. MAP provides direction. I feel going through our journey with Maci—which is overwhelming with the different emotions, joys, heartaches, tireless and never-ending caring—is meant for us to share and hopefully help others.”

The theme of giving back is one that resonates in other aspects of their lives as well.

“When we moved to La Cañada in 2011,” says Marikay, “I joined the La Cañada Juniors Women’s Club and have been on the board in several positions since 2012. I’m an advocate and supporter of several groups and organizations for children with autism and special needs, primarily the Institute for the Developing Mind (IDM) at Children’s Hospital Los Angeles, Profectum and Villa Esperanza Services. I am also a member of



*Pebble and Maci – Photo Credit Stephanie Wiley*

the La Cañada Presbyterian Church (LCPC), attending a regular women’s bible study group and helping to create a new children’s ministry program for special needs.” Additionally, she was involved with Palm Crest Elementary’s PTA for a short period of time.

“Dave and I are mindful and grateful for the blessings we have in our life and feel it is extremely important to make the most of the time we are given and to serve wherever we are asked or needed. We are very thankful and feel very honored to be asked to open our 1929-era home for the La Cañada Home Tour on April 28, 2017. Our community and friends in La Cañada have given us so much it is hard to express our gratitude for the support and love we have received since moving here. We hope in some small way that being a part of the La Cañada Home Tour will be giving back to our wonderful community.”

As Marikay explains, there’s no shortage of reasons to love their particular house, which was remodeled in 2003. “The previous owners are our next door neighbors and we love them. We have enough room to have our family and friends to come and visit us from Seattle. We love to host and entertain. Most importantly, Maci and Pebble love it here because it’s a lovely, comfortable home. And, we have a great yard for plenty of outdoor activities.”

She fondly remembers going to her first La Cañada Home Tour with a new girlfriend. “We ended up at one of the houses and stayed until later that evening. It was such a fun time! I will always remember how much fun we all had that day. In fact, it’s one of the big reasons we wanted to open our own home this year.”

For her husband, home is always a much welcome sight after the copious amount of time he spends traveling during the week. Dave is a Vice President of Development for General Growth Properties, the second largest shopping mall owner in the United States. Projects that his team has handled include the \$100



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## FAMILY FEATURE



Table Talk – Photo Credit Stephanie Wiley

*The Cuthills and Pebble – Photo Credit Stephanie Wiley*

million re-development of the Glendale Galleria and the \$600 million dollar expansion and renovation of Ala Moana Center in Honolulu, Hawaii. What he loves most about this business? He replies without hesitation. “It is ever-changing. Never the same.”

Sunday nights are the Cuthills’ main night for family dinner. “During the week,” says Marikay, “Dave is gone traveling and Maci has therapies after school until early evening. Our go-to comfort food around here is to have turkey burgers and homemade pizza. Our favorite take-out is New Moon Chinese food.” She also tells us they use family china for holidays and special occasions, a favorite tradition that connects the family to past generations.

Friends who know the couple well can enthusiastically attest that they are both avid golfers and are members at Annandale Golf Club. “Dave and I are both big sports fans. Being from Seattle, we follow the Mariners and Seahawks. We are big Pac 12

supporters, too, primarily for our alma maters, Washington and Oregon.” She further discloses that hubby Dave attended the University of Washington (Huskies) on a full-ride scholarship for the Husky golf team prior to getting his JD at Seattle University of Law. “Dave and his dad were the first father/son combo to both letter in golf at the University

of Washington.” In addition, she adds, Dave worked for NBA legend Jack Sikma for four years.

Marikay goes on to share a little-known tidbit about herself. “Back in the days I was a real estate/store development manager for Starbucks, the company didn’t have any stores in Alaska. I was opening stores in Western Canada, Idaho and Washington at the time. The company asked me to research and open the Alaska market. We did open six locations and, to this day, I can say I have been to the North Pole!”

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## FAMILY FEATURE



*Fun and Games – Photo Credit Stephanie Wiley*

Rain notwithstanding, the tug of the Pacific Northwest remains strong for these Washington natives. As Marikay explains, “My parents live in Seabeck, Washington which is on Hood Canal and Olympic Peninsula. Their home is on Puget Sound and overlooks the Olympic Mountains—a truly spectacular vista. We go up every summer. It is beautiful and a perfect place to escape the hot weather here in La Cañada. My sister and her three kids come from Bend, Oregon and meet us each year. We also see Dave’s brother and family living in

Monroe, Washington, our brother-in-law from Spokane, and many dear friends. It is a very fun time for all of us.”

At day’s end, though, there’s no place like home. “We just feel grateful and happy to be living here,” Marikay says. “The community and our friends we have made here in La Cañada are truly a blessing to us. We moved here because of Dave’s job. We were going through a very challenging time during the huge economic collapse of 2007-08. Maci was also experiencing many difficulties. It wasn’t easy to leave our house, family and friends in Seattle. We knew no one in La Cañada.”

Having looked at several other communities, they fell in love with their new neighborhood.

“We were immediately welcomed. Everyone was so warm and gracious to us.”

What matters most to Dave and Marikay, however, is the inspiration they draw daily from Maci, an inspiration that radiates in their collective smiles.

Proving yet again that love and faith have the power to move mountains...on clear days and otherwise.

*Do you know a neighbor who has a story to share? Nominate your neighbor to be featured in one of our upcoming issues! Contact us at [chamlett@bestversionmedia.com](mailto:chamlett@bestversionmedia.com)*

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# Merle Norman: “Try Before You Buy”

By Hashley Vega, Guest Contributor

In 1931, a woman developed a new line of makeup on her kitchen stove. Today that woman’s name, Merle Norman, is known globally throughout the cosmetic industry. Despite the country’s struggles with the Great Depression—and in an era when women didn’t work outside the home—Merle Norman not only established herself as a successful entrepreneur but also empowered other women to join forces with her and grow their own businesses under the Merle Norman label. When other women tried Merle’s products, they loved them so much that they felt compelled to tell their friends. These women, already vastly knowledgeable in makeup application, became the perfect candidates for Merle’s first sales team and, thus, the company’s present-day business model was born.

Merle found a way to differentiate herself in an industry thick with competition. In a time when money was tight and people

couldn’t afford to be wasteful, she came up with the motto, “Try Before You Buy.” This

way a woman could walk away confident, knowing she made a purchase that was right for her. To this day, Merle Norman Studios offer their clients a chance to sit down and try on the products they’re interested in.

Locally, Kris Kline and Kim Kelly have been operating the Merle Norman Studio in Montrose for 24 years after inheriting the business from their mother, Elloise Huschle. Working together has enabled the sisters to grow a successful business while raising their families. Their location is now the fourth highest producing studio in the country. Two of the things they believe have contributed to their success is the wonderful support of their “small town” community and having exceptional products to sell. “We know almost everyone’s name and love going to work every day and making women feel more beautiful,” says Kim and Kris. The services they offer range from trying on one or two products to applying full makeup for special occasions. Kim and Kris are joined by a talented staff ready to help with all your skin care and makeup needs. They also offer products for every age and skin type.

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Kim Kelly and Kris Kline

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# Grand Bend – Ontario, Canada

By Debbie A. McClure, Multi-published author and arts/culture columnist for *The Exeter Examiner*.



I wasn't born in this great little lakeside town in Ontario, Canada, but I call it my second home. Just an hour over the Bluewater Bridge and two hours from Toronto, we refer to this scenic stretch of Lake Huron as "Ontario's West Coast." It's a must-visit for those seeking a pleasing mix of miles of sandy shores, quaint village shopping, extensive wooded walking trails and eclectic eateries for every taste and budget. Established in the 1800s, Grand Bend has long been known as a bustling summer tourist destination. Swelling from its regular population of just over 2100 (2011 census), it triples that number between June and



Photography by Janette Baillie

September when temperatures range in the mid-70s to high 80s.

As a teenager and young adult, Grand Bend was my summer go-to but this bustling little town has grown up. I still love strolling along Main Street, ice cream cone in hand, and poking into charming little shops. Pedestrian-friendly sidewalks meander past bikini shops, arcades, mini-golf and open-air restaurants. Dotted with park benches, it's the perfect place to sit and people-watch.

A unique touch is the beachfront splash pad and playground. With plenty of picnic tables to while away a few hours or the entire day, it's a handy location close to the concession stand, washrooms, outdoor showers, and change rooms, while beach volleyball nets beckon on the sand. Sunday evenings, grab a folding chair and head down to the beach to the band shell featuring musicians who strut their stuff in a free concert.

The bars and eateries lining Main Street are a must to sample. Fully licensed eat-in restaurants offer everything from steak done your way or fresh lake fish caught daily, while al fresco stops specializing in French fries, hot dogs, pizza and ice cream are sure to temp your palate. Still, nothing beats eating a basket of fresh fish and crispy fries while sitting alongside the river as the boats cruise by.

Golfers haven't been forgotten, either. They're in their glory when confronted with more than a dozen area private and public golf courses to choose from.

Art is conversation. Grand Bend is home to many exciting artist galleries, studios, writers' events and art festivals throughout the year. In March, be sure to attend one of Southwestern Ontario's premiere juried art exhibits and sales at Paint Ontario. Visitors are encouraged to immerse themselves in the artwork on display, strike up a conversation about a favored piece and perhaps purchase that must-have.

Truly a nature-lover's paradise, just five minutes south of the village is Pinery Provincial Park. Comprised of an astounding 6,330 acres of wooded campgrounds, walking trails and boardwalks, The Pinery is an outstanding camping experience that entices even the most die-hard urbanite to explore nature's bounty and roast a few marshmallows.

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# Cooking With Color

By Jeanette Chasworth (aka *The Color Whisperer*), an award-winning author and interior designer.



“You can have it in any color as long as it’s black” were Henry Ford’s words about the Model T. A century later, cars have been made in every color of the rainbow. Color is such an important part of how we express ourselves but color can be expensive, which is why the car was initially only available in black. As humans, we crave color and how many hues are available for an item depends on its shelf-life. For instance, trends in clothing change every season as they are easy to replace. Appliances, however, have a longer lifespan and can be more difficult to swap out.

When we think of today’s appliances, the colors typically are white, black and stainless steel. In the beginning, however (just like Ford’s Model T), there wasn’t much choice. The first indoor stoves were black because they were made of iron. As they got electrified and became home staples, they were made of enamel and the color was white which gave a clean, bright look for the home.

In the 1940s, people hungered for more colors and were subsequently introduced to blue, red and yellow. In the 50s, the list expanded to add Turquoise Green, Sherwood Green, Cadet Blue and Woodtone Brown. The most popular colors in the 50s, though, were Canary Yellow and Petal Pink. Mamie Eisenhower’s love of pink—combined with the optimism of

the age and women’s renewed interest in being homemakers—made pink a very popular color. Yellow has long been a color used in the kitchen because it’s bright, cheery and adds a spark of creativity to the mix—something we can all use when we’re making dinner!

The 60s broke away from pastels and leaned toward more earthy colors such as Charcoal Gray and Coppertone. As the 60s turned into the 70s, change was in the air. Colors like Avocado and Harvest Gold delivered a sense of security and grounding.

The 70s brought Almond, Coffee and Onyx Black. Pastels continued to disappear.

White regained popularity in the 80s while black and almond remained. With the advent of cooking shows in the late 90s, the desire was fueled to have a “professional” kitchen. This made stainless steel the optimum choice—a trend that is likely to go strong for quite some time.

Color still abounds; you just have to look for it. One of the colors trending right now is Cranberry Red which adds some warmth and “fire” to the kitchen. Viking™ has 24 colors to choose from in their line, including soft colors like Bisque and Silver and bold shades like Cobalt Blue. If that’s not enough choices for you, La Cornue™ will expertly match any color you give them to create the custom kitchen of your dreams.





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## March Events at Descanso Gardens

By Shannon Dillon, Descanso Gardens Public Relations

### Performance by June Kuramoto

March 5 at 11am, 1pm and 3pm. June Kuramoto performs on the *koto*, the national instrument of Japan. A classically trained musician, she is a founding member of the Japanese American fusion ensemble, Hiroshima.

### Cherry Blossom Walks

Weekdays March 6-10 at 1pm. Stroll through the gardens and view seasonal flowering plants, including cherry blossoms, on these guided walks. Free with admission. No registration required.

### Performance by On Ensemble

March 11 and 12 at 11am, 1pm and 3pm. On Ensemble is at the forefront of a growing artistic movement in the Japanese *taiko* drumming world. On Ensemble has made a name for itself by infusing the powerful rhythms of *taiko* with overtone singing, odd meter grooves and soaring melodies.

### Family Nature Walk

Saturday, March 18 at 10am. These new guided walks take 6-10 year-olds and their families on an expedition to explore and discover nature at Descanso. Free with admission. No registration required.

### Tomatomania!

Saturday and Sunday, March 25 and 26, 9am-3 pm. Back by popular demand, the world's largest tomato seedling sale returns to Descanso Gardens. Activities include a plant sale, expert tips on growing great tomatoes, tomato cooking demo, tomato exploration and investigation, and delicious dishes and drinks for sale featuring tomatoes. Activities free with admission.

Founded as a public garden in 1953, Descanso Gardens is located at 1418 Descanso Drive, La Cañada Flintridge. It is open daily (closed Christmas) from 9am-5pm. Admission is \$9 for adults; \$6 for seniors and students with a school I.D.; \$4 for children 5 to 12, and free for ages 4 and younger.

Spring will be here before we know it, and Descanso Gardens is the perfect venue for a sneak peek at what Mother Nature has in store.

### Cherry Blossom Festival

Saturday and Sunday, March 4-5, 11-12. Hours: 10am-4pm. Our most popular festival expands this year to two weekends of live music, origami, good food and beautiful blooms throughout the garden. Activities free with admission unless otherwise noted. Festival admission tickets must be purchased in advance online at [www.descansogardens.org](http://www.descansogardens.org).

### Performance by Minyo Station

March 4 at 11am, 1 pm and 3pm. Minyo Station presents a jazzy style of Japanese folk music blending traditional Japanese music, Minyo, with various genres of Western music.

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# The Jeannie Winkler Book Club

By Jan Miller, La Cañada Flintridge Resident



I kept running into the same woman in the children's section at Vroman's. Our family had just moved to La Cañada, and friends who knew how much I loved reading told me I had to check out Pasadena's iconic bookstore. They also warned me it was a lot like going to World Imports; specifically, no matter how well-intentioned you are to go in and just buy one thing, you end up purchasing a whole bag of stuff you can't live without.

My excuse was to buy books for our daughters, then maybe purchase a romance or two for myself and troll the travel aisle for vacation ideas. In the children's section, the woman and I would often be combing the same shelves or, in some case, even reaching for the same title. We'd chat and laugh—as strangers do—and sometimes find ourselves next to each other in the check-out line. One day she asked if I lived in Pasadena.

"La Cañada," I replied.

"Me, too. Whereabouts?"

You can imagine my surprise to learn she not only lived on our street but was also just three doors down. Funny, we

agreed, that we never saw each other in our own neck of the woods but always here, amongst beloved books. An instant friendship was born and, shortly thereafter, a book club in LCF comprised of kindred spirits.

Members came and went with the passage of years, Jeannie and I being the only two originals. I kept it going after Jeannie and her husband moved to Arizona, but I have to admit that the liveliest discussions were still the ones between the two of us, even if they were now by email and phone. Whenever they came to SoCal to visit, she'd try to time it with a book club meeting and it was always as if no time had passed at all. She also took particular interest in the hubby's building me my own "femme cave" in the backyard for club meetings and asked that I send videos of the group reading aloud, drinking wine and laughing. Always laughing.

Jeannie succumbed to ovarian cancer just before Thanksgiving. I'm still numb from the deep sense of loss. Every time I read a passage in a book or learn about a

new author, I want to pick up the phone or dash off an email. Perhaps in denial, I haven't taken her name off my address book or removed her number from speed-dial.

When our club met two weeks ago, I poured wine all around and suggested we give our group a special name. "What would you think of The Jeannie Winkler Book Club?"

I don't think there was a dry eye as we clinked glasses to christen it.

Much as she eschewed the spotlight, I believe she'd make an exception for us... and tell us to get back to reading.



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# What's Lurking in Your Pantry?

By Danielle Pashko – New York City nutritionist, fashion model, fitness expert and author of *Breaking Your Fat Girl Habits*



A little spice can go a long way...in sabotaging your diet. Even meals made “from scratch” are often calorically compromised when we start adding marinades, sauces or salad dressings. Did you ever really study the amount of sugar and corn syrup in a bottle of ketchup or honey Dijon mustard? It's especially confusing if those condiments are marketed as “healthy” products and we're clueless how to decode the labels.

Likewise, mainstream unhealthy ingredients are frequently replaced with sneaky ingredients to make it taste better. For example, if you're sensitive to Monosodium Glutamate (MSG), you're looking for those words specifically. Yet it can be disguised as glutamic acid, hydrolyzed protein, autolyzed yeast or bouillon. MSG can cause migraines, fatigue, diarrhea, or even difficulty breathing.

Carrageenan (derived from seaweed) is often found in nut milks, creams and salad dressing. Carrageenan sure sounds healthy since there's a mental association with seaweed, the

ocean and anything natural, yet it can trigger allergic responses and wreak havoc on digestive systems. Clients often complain to me about digestive troubles or not losing weight while following a low-carb, low-fat, mostly grain-free diet. “Where do you get your meals?” I ask them. I hear answers such as, “I go to the same place every day and get the lemon chicken with broccoli or the spiced tofu soup.” They have no idea how much sodium, sugar, fat or calories are laced in each dish.

Ever thought about what's inside sushi? The simple answer is fish, seaweed and rice. Many times, though, it has added teriyaki sauce, eel sauce, spicy sauce, mayonnaise etc. which all contain wheat (unacceptable on a gluten-free diet), sugar and crazy amounts of sodium. Most people don't eat sushi without soy sauce, either. Even low-sodium versions rack in about 500mg of sodium per tablespoon. Do you know anyone who actually *portions out their soy sauce with a spoon* to not go overboard?


One of the best habits you can adopt is to buy your food raw and plain at the salad bar. In a restaurant, ask for sauce on the side. Better still, forego the sauce and drizzle your own olive oil, lemon, salt and pepper onto your dish.

The skinny staples your pantry should hold are olive oil, lemon, garlic, onion, ginger, sea salt, pepper, and as many crazy spices you can get creative with. Incorporate chili peppers or curry powder if the idea of bland food seems like a punishment. Ditching a sauce doesn't have to be flavorless!

You may have noticed salt is on that list. That's because if you're preparing food from scratch and it's sauce-free, it won't have any sodium to begin with. A sprinkle of sea salt contains much less sodium than a well-dressed salad (even if you haven't touched the salt shaker).

Need to satisfy a sweet tooth? While honey and agave are often used as “natural” condiments that contain minerals, antioxidants and even some healing properties, they're also high in calories, fructose and carbohydrates. (One tablespoon of honey or agave contains more calories than a tablespoon of sugar.) If you're diabetic, have blood sugar issues or are trying to lose weight, opt for the plant-based Stevia™, which doesn't contain calories and lets you satisfy your cravings without cancer-causing saccharin or aspartame.





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# Self-Publishing: Why?

By Luke Terzian, Flintridge Book Store and Coffeehouse Sales Associate

The publishing industry has changed drastically in the last decade, thanks in part to the emergence of self-publishing as an alternative to traditional methods. With POD options (print-on-demand) such as the Espresso Book Machine (located at the Flintridge Bookstore and Coffeehouse), indie authors are able to send their books to market on their terms. But what are the benefits of self-publishing using POD services? What makes the option so intriguing? There are several answers to this.

## Publication Speed

A self-published book can be ready to go to market in a matter of months, sometimes less, in contrast to traditionally published manuscripts, which often do not see the shelf for a year or two at least. This is ideal

for the writer who wants the world to see his/her book as quickly as possible.

## Creative Control

Wouldn't you, the author, love to see your book manifest exactly the way you envision it in your head? Self-publishing allows authors to retain absolute control of their book, including marketing strategies, editing, cover art, and print quantity. Los Angeles County authors are encouraged to consider the POD and marketing options located at the Flintridge Bookstore and Coffeehouse.

## Rights Retention

Every author who self-publishes a book retains all rights, meaning they are free to do whatever they desire with that book at any given time, whether it's updating the

content or creating new cover art.

## Higher Royalty Rates

The royalty rate from traditional publishers is somewhere between 15-20 percent of the book's net revenue, which is significantly lower when compared to self-published books. Amazon's Kindle ebooks, for example, pay in the range of 35-70 percent while Apple offers a 55 percent royalty. POD books sold through consignment programs oftentimes take home 60 percent.

Self-publishing is not for everyone, but for the author who endeavors to embark on a one-of-a-kind adventure, it is most definitely encouraged. There are challenges to self-publishing but if done right, the rewards and the feel of absolute gratification are worth it.

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# Keys to Small Business Success

By Michael Stremfel, Owner of Flintridge Pharmacy and Medical Supply



**B**usiness types these days seem downright giddy, undoubtedly convinced that America is going to experience a return to prosperity. That enthusiasm isn't confined to Wall Street, either. Small business optimism has skyrocketed to its highest level since 2004, according to the National Federation of Independent Businesses. Such expectations typically prompt many a prospective entrepreneur to come off the sidelines and jump into a business of his/her own. That's great! But be warned. About half of all new U.S. businesses launched this year—and every preceding year going back decades—will likely be gone within five years, according to the U.S. Bureau of Labor Statistics.

Okay. Good to know. So how can our beloved La Cañada businesses be among the survivors, or even the thrivers, for decades to come? Here are a couple tips that have helped sustain Flintridge Pharmacy through 47 years at the same location.

## Follow Your Passion But Not Blindly

You're likely going to be spending most of your waking hours tending to your business so why not focus on a pursuit you enjoy?

Before moving forward, however, make sure it's something that others in the community (preferably *lots* of others) want—and are willing to pay for.

Flintridge Pharmacy may have been considered “prettier” in years past. The pharmacy's retail floor was filled with expensive imported soaps, lotions and perfumes. Beautiful jewelry, picture frames, purses and other upscale items graced the shelves. Customers every day raved about how beautiful the store looked—praise—that would make a museum curator beam.

Don't make the mistake of being seduced by what your customers say; focus on what they buy. La Cañada is indeed among the wealthiest enclaves in the nation. But when it comes to local, everyday shopping, they tend to be pragmatic value-seekers. Notice the department stores that thrive here—Home Goods, T.J. Maxx, Ross Dress For Less, Pier One Imports, Big Lots.

Inventory on our pharmacy retail floor today is more pragmatic, and profitable. We're a health care company so we carry medical equipment and supplies, compression hosiery, incontinent supplies, orthopedic braces, wound care, organic nutrition, medicinal herbs and essential oils.

## Don't Go Toe-To-Toe With The Big Boys; Be A Guerilla Fighter

If Flintridge Pharmacy attempted to model itself after CVS or Rite-Aid, we'd be quickly crushed. Better to take a path the big boys avoid or take a parallel path. Much of our medical equipment and supplies requires extensive explanation, hands-on demonstrations or custom fitting from a trained, knowledgeable (often certified) staff member. That's not available at a chain pharmacy, through mail order, or online. How about walk-in immunizations? Still not available at Amazon, at least as of this writing.

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# Puppy Love

By Alyce Russell, Executive Director, *Glendale Humane Society* – 818-242-1128



What can melt your heart faster than a puppy? Six puppies! Recently born at our shelter, the canine siblings were immediately enrolled in our “Brilliant Buddy” program. A local Girl Scout troop from La Cañada helped us raise these sweet pups into well socialized, happy pooches. Their mom, Gidget (who looks like a puppy herself), is a pretty little blond terrier weighing just under 10 pounds. She came to us from a shelter in the Bakersfield area where she had been turned in by a homeless woman.

Having been raised in a homeless encampment helped Gidget learn to enjoy people of all ages and she has passed her enthusiasm for life on to her puppies—four boys and two girls. They already use potty pads and are learning basic manners. They are terrific kissers and enjoy cuddling.

Puppies are a huge commitment of time and patience and do best in a home where there is an adult at home to raise them. These pups are off to a good start but need continued education in socialization. Puppy socialization occurs between the ages of three to fourteen weeks. Shelters are full of dogs that did not get properly socialized and have fear issues resulting in behavior issues. Many of these dogs were raised in the house or the backyard without access to life experiences. We take our pups out and about, introduce them to nice people of all ages, friendly critters, sights and sounds while they are in this critical stage. Additionally, we teach adopters how to continue socialization without compromising their health or well-being.

Our puppies make brilliant buddies. Call us at 818-242-1128 to set up an appointment to meet our dogs.



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# March Events at Kidspace Museum

By Kristen Payne, Marketing Manager for Kidspace

## Cleary Irish Dance Performance, Sunday, March 5, 1:00pm

Come tap your toes and clap your hands to the sound of Irish jigs and the sight of traditional step dancers. The Cleary Irish Dancers will perform a series of traditional Irish step dance routines, and conclude by inviting guests to join them for a step tutorial and group dance session.

## Free Family Night: Holi Festival, Tuesday, March 7, 4:00-8:00pm

Celebrate the Holi Festival, a springtime celebration from India that is also known as the festival of colors and community. The evening's festivities conclude with a traditional color throw.

Enjoy a special cultural performance at 6:00pm. Admission to Kidspace is free only during these hours.

## ArtNight Pasadena, Friday, March 10, 6:00-10:00pm

Explore the rich culture of the indigenous people of the Arroyo Seco. Connect with the art and history of the Native Americans that called the Arroyo Seco home. Admission to Kidspace is free only during these hours.

## Caterpillar Adoption Days, Daily, March 11-April 23, Saturday and Sunday 10:00am-5:00pm, Monday 9:30am-5:00pm.

Ready, Set, Pupate! Experience the magic of metamorphosis by adopting

a painted lady caterpillar from the Busy Bee Learning Store. Care for your critter until it becomes a butterfly, then release it into the wild. Each caterpillar includes food, adoption sheet, and care instructions.

## Early Learner Programs: Toddler Time, Saturday, March 18, 9:00-10:30am

By focusing on balance, coordination, and body awareness, children will develop confidence, creativity and cooperation through interactive movements with their caregivers. For children ages 3 to 5 years old. Fee is \$30 per child. Register online at [kidspacemuseum.org](http://kidspacemuseum.org).

## After School Club, Wednesdays, March 29-May 7, 3:30-5:30pm



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This 8-week program for children ages 5 to 7 pairs hands-on enrichment learning with self-directed play that includes activities surrounding science, art or nature themes designed to encourage connection with fellow club members. Fee is \$250 per session. Register online at [kidspacemuseum.org](http://kidspacemuseum.org).

**Mad Science Sunday, Saturday,  
March 12, 10:00am-5:00pm**

Pop! Fizz! Bang! Let your inner genius go wild on the first of this quarterly series of science events. Join Kidspace this spring for “Paint with Physics” where

guests can create new and beautiful works of art with pendulums, catapults and spinning wheels.

**Superhero Bugs, Saturday,  
March 18, 10:00am-5:00pm**

Come transform yourself into your own superhero bug. Create a superhero bug cape and mask, make yourself glow in our bioluminescent bug dome, take the spider web obstacle course challenge, create an exoskeleton shield, and enjoy special comic-themed story times. You’ll also meet some of Kidspace’s resident insects and learn about some of their



“Get Your Mad Science On!”

“super powers.”

*Kidspace is located at 480 N. Arroyo Boulevard in Pasadena’s Brookside Park. Admission is \$13 for adults and children. Free for children under one year. For more information about Kidspace exhibits, events, and other activities, visit [kidspacemuseum.org](http://kidspacemuseum.org).*

## ON CAMPUS

# Driving Lessons

By Aimee Anders

Besides being the youngest in my senior class, there’s a lot to set me apart from my peers. For one thing, I’ve been home-schooled up til now by my mom, my passport is full of stamps from amazing places and I speak several languages, including Farsi. What I don’t speak, though, is “car,” which is every teen’s obsession once they get a learner’s permit. Although my mom signed me up for Driver’s Ed, you have to get your practice time in with a licensed adult.

My friends all warned that having a parent in your passenger seat is the total worst. My best friend’s dad had her in tears before they ever got out of the driveway. Another friend said that all her mom talked about was how she could now ferry her little brothers all over LCF to their after-school activities.

“Maybe a driving school,” my mom suggested. As she always does, she tasked me with researching this.

The subject came up when we had my grandpa to dinner. “I could teach her,” he spoke up. Mom looked at him askance. “Why not?” he insisted. Now that he’s retired from JPL, he’s always looking for new projects. Before my mom could protest, he asked what kind of car I saw myself driving.

I really like Smart Cars, I told him. I saw my first one when we were in Vienna. Even the police drive them (although I still don’t know where they’d put someone they arrested).

He immediately dissed my idea. “If you get hit by something,” he said, “better that your car doesn’t fold like a cheap suit.” What I needed, he advised, was something big and rock-solid.

“You’re not going to teach her to drive the Ranger Rover, are you?” Mom said with a gasp.

“Course not,” he replied, citing that it wasn’t a “girl” car. In the next breath, he said I’d be learning to drive his Continental.

Believe me, this thing is gigantic and has a trunk big enough to hold a moose plus antlers. It’s also way older than me but he loves it. That he’d trust me with it speaks volumes about his confidence level.

Was I terrified? Sort of. But Grandpa was so patient! He also had lots of stories I’d never heard, and our weekly lessons cemented a bond that was already pretty deep.

The day I took my exam—in the Continental—he told me he had a special surprise if I scored 100 percent. The gauntlet was flung. And when I emerged from the DMV with my results, Grandpa was good for his word.

“Gotta change the title,” he announced, “but I’d rather have you driving something solid as a tank than one of those cutesy toy cars.”

And as he dropped the keys back into my hands, I knew I had the best grandpa in the world.



# Community Center of LCF and Assist Athletics Name the Junior Athlete of the Month

By Andy Chidester, Director of Assist Athletics, Community Center of LCF

Our Junior Athlete of the Month for March is Palm Crest Elementary 2nd grader Austin Loughrin. Austin, age 8, has been a sports fanatic his whole life and plays pretty much anything involving a ball. We first met him three years ago when he started taking camps and classes at the Community Center. His speed stood out then and he definitely hasn't slowed down since. Austin is a tremendous flag football player who uses his speed to make big plays all the time. He can track down just about anybody on defense and is extremely hard to stop when he has the ball in the open field.

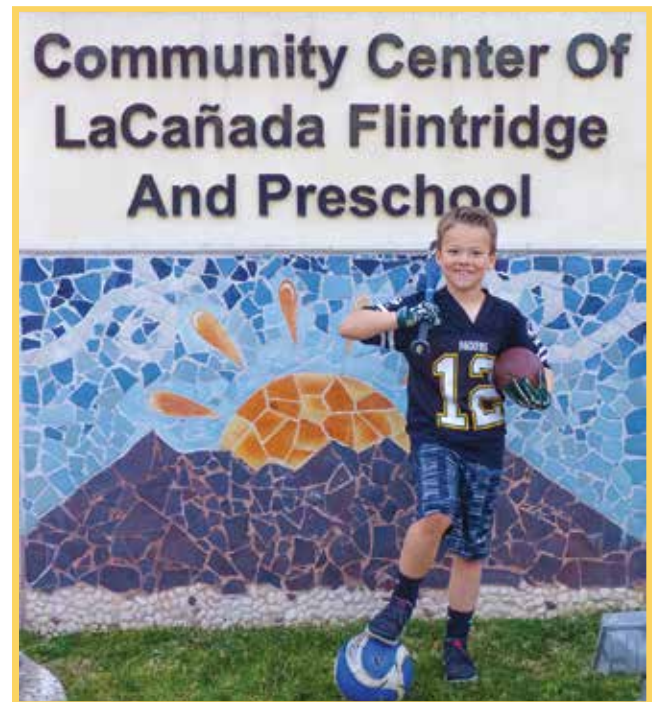
This "cheesehead" loves watching Aaron Rodgers and the Packers with his little brother, Jake, and his younger sister, Quinn. However, he'll jump up at a moment's notice to get a game going in the backyard. Any sport will do! Austin plays club soccer for LA Premier, Foothill Hoops basketball and LCBSA baseball. Needless to say, team sports keep him busy year round.

Austin is fast and fearless so athletics comes naturally for him. He also works really hard to get better. For example in

soccer, he knew that he needed to improve his footwork to start at right wing so he dedicated himself to doing it. Now his control has caught up with his speed and he is a constant threat to break away and create a scoring opportunity.

With all that activity Austin already has a long list of achievements that he considers favorite sport moments. Those include two first place finishes in soccer tournaments last year as well as helping his team win the league baseball title. He was also selected to the 2016 All-Star team and chosen to represent La Cañada on the Pinto 7 tournament team where he played pitcher and shortstop.

In a time where so many kids choose one sport and stick to it all year long, it's refreshing to see an all-around athlete like Austin that keeps it moving from



## Austin Loughrin

season to season. It's obvious that all of that practice and conditioning has paid off and rounded him into the superstar that we know and love. Congratulations Austin Loughrin—Our March Junior Athlete of the Month.



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# How Not To Work a Room

By Flo Selfman, a PR consultant who copyedits books and business materials and teaches grammar/punctuation review classes for adults. ([www.WordsalaMode.com](http://www.WordsalaMode.com))



**B**y definition, “network” is a group of people who keep in contact to exchange information. Net=Work.

According to networking expert Hank Blank, 74 percent of all jobs are found through networking and 75 percent of all business deals come from networking, yet most people don’t know *how* to network.

Sometimes we’re so desperate to get “out there” that we undermine our chances for success before we’ve even walked through the door. Have you seen—or been—that person who arrives late, out of breath, can’t find her business cards, spills wine on the carpet, yet doesn’t know why the evening was a flop?

If you want to sabotage your chances of success at business and social events, the following steps will practically guarantee it:

- Arrive late.
- Hang around the bar. Eat or drink too much.
- Sit with people you know.
- Don’t bring business cards or brochures.
- Have business cards deep inside your purse or in the car and don’t bother wearing a name tag.
- Have a limp or clammy handshake.
- Talk for 20 minutes straight when

asked, “What do you do?”

- Talk only about yourself and your business.
- Spend all your time talking to your friend or to someone who isn’t interested in you.
- If someone offers you a breath mint, say, “No, thanks.”
- Send a follow-up note and misspell the person’s name or use an incorrect title.

Seriously, it’s so easy to just run out the door and hope for the best. But with some advance planning, working a room can bring benefits to you and the people you meet. Whether the “room” is an elevator, conference or chamber mixer, it can be a chance to shine.

## Before the Event

Create and rehearse your “elevator speech.” Allow enough time to assemble your wardrobe and materials, plan your route and allow time for traffic and parking. Arrive early. Have an objective.

## During the Event

Business cards in your right-hand pocket for easy access. Put those you collect in your left-hand pocket. Wear your name tag on your right side. Be interested

and interesting. Don’t monopolize conversations or spend too much time with one person. Make eye contact and *smile*. Go light on food and drink.

## After the Event

Set up meetings. Ask permission to add people to your lists or Facebook “friends.” Send group emails *only* as “bcc,” never “to” or “cc.”

Now—go forth and network!




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# The Story of My Life

By Kate Falconer, Literacy Advocate and Former Librarian

I've loved autobiographies for as long as I can remember—the very first being *Anne Frank: The Diary of a Young Girl*. Stepping inside the head of a real person allows us to find personal inspiration as much as it also yields a snapshot retrospective of the times in which s/he lived.

Here's a list of favorites—some of which I've recently discovered and others which constitute fond visits with "old friends."

*I'll Drink To That: A Life in Style, With a Twist* by Betty Halbreich. In the late 70s, the unflappable Betty Halbreich literally defined her dream job by becoming Bergdorf Goodman's personal shopper for fashion-conscious ladies. Now 86, Betty continues to go to work every morning, dispensing her wit and wisdom on inner beauty and stylish outer appearances.

*Act One* by Moss Hart. Originally published in 1959, this is a must-read for anyone who loves the Broadway stage. It's rags-to-riches at its best and abounds with mirthful anecdotes about the eccentric show biz personalities and colleagues that were as

unpredictable and dysfunctional as Hart's own family.

*The Autobiography of Eleanor Roosevelt*. When it comes to iconic First Ladies who knew how to roll up their sleeves, become a true champion of those without voice, and embrace the role of outspoken leadership on a world stage that was rapidly undergoing change, no one in my book can hold a candle to Eleanor.

*Lucky Man: A Memoir* by Michael J. Fox. In the early years of his career, he honed his comedic timing as Alex Keaton in *Family Ties*, Marty McFly in the *Back to the Future* trilogy, and then as NYC's Deputy Mayor, Mike Flaherty, in *Spin City*. Now in his 50s, the Canadian actor isn't just a spokesperson for Parkinson's disease but also a living testament to the power of a loving and supportive family in overcoming obstacles.

*Something Sensational to Read on the Train* by Gyles Daubeney Brandreth. The title of this humorous memoir derives from a quote by Oscar Wilde, not surprising since the author is also the brainchild behind the Oscar Wilde/Arthur Conan Doyle murder mysteries. Brandreth isn't shy in the least about dropping famous names he has met over the course of being an actor, MP, royal biographer and television broadcaster.

*Tis Herself: An Autobiography* by Maureen O'Hara. In this age of TMZ, Kardashians, bad behavior and clothes that leave nothing to the imagination, it's refreshing to immerse oneself in the backstory of one of Ireland's most famous exports. As self-assured and defiant offstage as she was on, she's the redhead a lot of us wished we could be.



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# Top Five Spring Break Getaways

By Whitney Koblin, Montrose Travel

With Spring Break right around the corner, why not plan a fun getaway for the whole family to enjoy? With only a week off, a “big” vacation may be out of the question so here are our top five family-friendly getaways—all within reasonable driving distance, making them perfect possibilities for this year’s Spring Break.

## Safari West Wildlife Preserve

Located in Santa Rosa, Safari West offers a unique African Safari experience right in the heart of California wine country. The 400-acre preserve is home to a number of animals including giraffes, rhinoceros, cheetahs and zebras. You’ll explore the “Sonoma Serengeti” and then relax in luxury tents and cottages surrounded by the excitement of the preserve. Combine the visit with a nearby wine tour for a getaway the whole family will love.

## El Capitan Canyon

Love the thought of camping but not a fan of roughing it? Just 20 miles north of Santa Barbara is El Capitan Canyon, a beautiful escape set between a lush forest and picturesque coastline. Enjoy the splendors of nature and all the comforts of home. Cabins include cozy beds, running water and Internet. Some even include fireplaces and Jacuzzis. Hike the trails, play on the beach or relax by the campfire while enjoying the beauty of nature and family.

## Lake Tahoe

With an abundance of fun outdoor adventures and a diverse range of accommodations for every family and every budget, Lake Tahoe provides an ideal set-up for a perfect family getaway. Take a bike ride, hit the hiking trails and check out some of the many outdoor sports Lake Tahoe has to offer. This year’s frosty winter is bound to leave snow on the slopes well into spring, so pack the snow gear and get ready for some fun.

## Catalina Island

This local treasure is a mere 20 miles off the coast of Los Angeles, but feels much farther away from home. After a short ferry ride, you and your family will have miles of nature, beach, shopping and fun activities at your disposal, from exploring the island in an open-air Jeep to kayaking atop sparkling ocean waters. Zip-line through the canyons, snorkel above the kelp forests and hike to breathtaking views. Whether you’re camping



under the stars or staying at a 4-star hotel, you can enjoy your getaway however you choose.

## Santa Cruz and Monterey

With some of the most beautiful stretches of coastline and beaches right here in California, it would be silly to leave them unexplored. For a family-friendly expanse of the Pacific Coast Highway, visit Santa Cruz, where the redwoods meet the ocean. Come up-close with some of the oldest and largest trees in California, then head to the boardwalk for fun games and rides. Drive down the scenic coast to the stunning Monterey Bay and visit the renowned Monterey Bay Aquarium, the historic Fisherman’s Wharf and the lively Cannery Row.

Wherever your family wants to go, we can help you get there. Call our personal vacation planners for more family-friendly getaways.

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## ASIAN LETTUCE WRAPS

By Moira Landis, Passionate Foodie and Former LCF Resident

The do-it-yourself aspect of these colorful Asian lettuce wraps seems to appeal to diners of all ages. Home chefs will appreciate that it's not only economical and easy to prepare but that the filling can be made well in advance of the dinner hour.

### Ingredients

1 lb. of ground pork, beef or chicken  
1 (8-oz) can of sliced water chestnuts  
1/3 cup sliced green onion  
1 head of living lettuce  
1 tsp. red chili pepper

1 cup Szechuan marinade  
(I recommend any commercial stir-fry sauces/marinades by San-J, House of Tsang or Panda Express)  
2 tbsp. cooking oil

### Preparation

Finely chop the water chestnuts.

Sauté the ground pork, beef or chicken in cooking oil along with the green onion, water chestnuts and red chili pepper.

Add the marinade, reduce heat and allow to simmer for about 15 minutes.

(Note: This mixture can be made ahead of time, refrigerated and then reheated with a splash of additional marinade.)

Separate the lettuce into single leaves and place on plate.

Serve the meat mixture in bowls and allow guests to serve themselves, spooning a generous tablespoon into the center of each leaf and folding it like a small taco.

*Serves 2 as an entrée, 4 as an appetizer.*



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