



PASADENA AREA GUIDE

FALL 2019

Welcome to the Pasadena Area Guide, a project of the Caltech Women's Club that depends entirely on club members' suggestions and referrals. We rely on our members to keep the information in the Guide current and accurate. If there is a category we've left out or a service provider you would like to recommend, please let us know. To offer new or updated information for future entries, please e-mail Natalie Cohen, at ncohen@usc.edu. This Guide is updated twice a year, but your referrals and comments are welcome at any time.

Disclaimer: The resources identified in this guide were suggested by individual club members. Any commentary offered herein reflects the personal opinions of the contributor and should not be interpreted as an endorsement of these businesses or organizations by the Caltech Women's Club, the California Institute of Technology, the Jet Propulsion Laboratory, or the Huntington Library, or any kind of warranty as to the quality of services provided.

Natalie Cohen, Editor

CALTECH WOMEN'S CLUB

Members of the Caltech/JPL community are welcome to join the Caltech Women's Club. We are a group of women (and a few men) who have in common a connection with Caltech/JPL/CIT Affiliates. The objective of the club is to promote friendliness and the sharing of mutual interests. We are different ages, heritages, and nationalities and have varied interests and lifestyles. Some of us have been here for years, while others have come recently or are here temporarily. The Caltech Women's Club provides us all with a way of connecting. The Club is most active during the academic year from October to May with some activities continuing through the summer.

For information on membership, check the club website: <http://www.cwclub.caltech.edu>

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ALTERATIONS and DRY CLEANING

Halvorson's Cleaners, 701 Mission Street, South Pasadena, (626) 799-1510. Hemming of jeans/slacks and other alterations in addition to clothes cleaning. Ref. by Marlene K. (Fall 2019)

South Lake Tailor, in Burlington Arcade (#2) on Lake Ave., (626) 792-1514. For ladies and men. "Expert alterations and custom tailoring. The tailor is nothing short of fantastic." Ref. by Judy G. (Fall 2019)

ART GALLERIES

Art Center College of Design, Williamson Gallery, 1700 Lida St., Pasadena, (626) 396-2200.

The Armory, 145 Raymond Ave., Pasadena, (626) 792-5101. Art gallery and art classes.

Fremont Gallery, 812 Fremont Ave., Ste. 100, South Pasadena, (626) 403-9901.

Gallery 210, 2888 E. Walnut St., Pasadena. Art galleries and artists' residences.

Haus, 517 S. Sierra Madre Blvd., Pasadena, (626) 356-2408.

Offramp Gallery, 1702 Lincoln Ave., Pasadena, (626) 298-6931. "This gallery is run by a wonderful couple in a historic building but not in the best of neighborhoods. Be sure to park in their parking lot and not on the street. Parking is limited so call to have a space saved for you."

South Pasadena Chamber of Commerce Art Gallery, 1121 Mission St., South Pasadena, (626) 441-2339.

Space Gallery, 1506 Mission St., South Pasadena. Galleries and art classes.

AUTOMOBILES

❖ Auto Mechanics

Del Mar Auto and Radiator, 1789 Del Mar Blvd., Pasadena, (626) 795-9243. "Friendly, reliable service at a reasonable price. Hutch is easy to deal with and takes the time to explain the work that is needed." Ref. by Karen B. (Fall 2019)

Nishikawa Auto Service Inc., 510 South Fair Oaks Avenue, Pasadena, (626) 793-3595. (On the east side of Fair Oaks just north of the antique store). "This independent auto service and repair shop specializes in Datsun, Toyota, Honda, Nissan, Mazda, Mitsubishi and Isuzu autos. Joe Lira always comes up with a simple and inexpensive repair. This is also a good place to get your car smog-checked." Ref. by Judy C. (Fall 2019)

❖ Paint and Body Work

McCurdy Body Works, 583 N. Lake, Pasadena, (626) 796-7763. “McCurdy did a great job restoring the bumper and hood of our Lexus after we were hit in a parking lot. They gave us an immediate estimate, worked directly with our insurance, and we paid only our deductible. Our bumper and hood look brand new. They matched the paint and polished them to perfection.” Ref. by Judy C. (Fall 2019) “Very honest and reliable; family run – 3 generations – body shop. Go there without any hesitation – superior work at reasonable prices.” Ref. by Vilia Z. (Fall 2019) Older but relevant: “A few days ago I had to find an auto body shop for my little 13 year old Lexus and remembered a good experience I had years ago at McCurdy Body Works. I made an appointment to drop the car off and was pleasantly surprised. They had made my rental car reservation across the street at AVIS. The entire procedure took a total of 15 minutes! Three days later, I picked up my great looking car from Bill McCurdy, which took another 10 Minutes! One word of caution- Watch yourself carefully when running across Lake Ave- may generate a ticket or worse.” (Fall 2014) Regina B-G.

BABY SUPPLIES (also see Thrift Shops)

Caltech Furniture and Household Equipment Loan Pool and Toy Library, 234 South Catalina Avenue (Behind 230 South Catalina, just north of Del Mar Avenue), Pasadena, (626) 584-9773. Call for open hours. No appointment necessary. Caltech, JPL, and Huntington staff and employees and their significant others can borrow cribs, strollers, high chairs, baby swings, baby bathtubs and toys as well as pots and pans, dishes, glasses and other useful household items. There is a small annual fee to join, and a nominal donation is requested for some items (i.e. cribs \$20, electrical items \$4, clothes 25¢). Other items may be checked out for free. There is also a Toy Library where toys can be checked out for a period of time. A small annual fee applies for the Toy Library. Donations of new and gently used items welcome. (Fall 2019)

BANKING

❖ Credit Union

Caltech Employees Federal Credit Union (CEFCU). www.cefu.org. As a member-owned financial cooperative, CEFCU is the only financial institution owned by and operated exclusively for the extended Caltech community. This bank is in a Caltech owned house at 515 South Wilson Ave (near corner of San Pasqual St.), (626) 395-6300 and also in a building at 528 Foothill Blvd., La Canada, (818) 952-4444. CEFCU has ATMs at the Winnett Center (behind Red Door Café), Keith Spalding building at Caltech, plus ATMs at JPL and Huntington Library. CEFCU offers credit cards, loans, scholarships, on line & phone banking options. The Foothill branch has safety deposit boxes but there is a waiting list to get one. Ref. by Judy C. (Fall 2019)

BOOKSTORES

Flintridge Bookstore and Coffeehouse, 1010 Foothill Blvd., La Canada Flintridge, (818)

790-0717. flintridgebooks@earthlink.net, www.flintridgebooks.com. "I recommend Flintridge Bookstore and Coffee House. This new bookstore is at the corner of Chevy Chase and Foothill and there is underground parking available accessed from Chevy Chase. The selection of books is terrific and the staff very helpful. The coffee shop area is welcoming and the coffee and pastries are delicious." Ref. by Barbara W. (Fall 2019)
"This independent bookstore is airy and welcoming. Enjoy books nicely displayed by category, pastries and freshly brewed coffee and Mighty Leaf Tea in the quiet atmosphere of classical music. They also stock greeting cards, journals, and a nice selection of magazines." Ref. by Judy C. (Fall 2019)

Penelope's Cafe-Books-Gallery, 1029 Foothill Boulevard, La Canada, (818) 790-4386.
"This is one of my favorite businesses in or near La Cañada." Ref. by Dee D. (Fall 2019)

Vroman's Bookstore, 695 East Colorado Boulevard, Pasadena, (626) 449-5320, and Vroman's Hastings Ranch, 3729 E. Foothill Blvd, Pasadena, (626) 351-0828.
<http://www.vromansbookstore.com>. "Vroman's is Southern California's oldest and largest independent bookstore. This nationally recognized bookstore features a fantastic selection of books and will special order anything you want. Vroman's also hosts author events, children's parties, book discussions, workshops and lectures." Ref. by Judy C. (Fall 2019)

CALTECH RESOURCES

Athenaeum, 551 South Hill, Pasadena (on campus), (626) 395-8200.
www.its.caltech.edu/~ath "This 1929 building is considered architecturally the jewel of the campus. Membership is open to individuals with teaching, research or administrative staffs at Caltech, the Jet Propulsion Laboratory, the Huntington Library and Art Gallery, the Palomar Observatory and Caltech Associates. The Athenaeum offers formal and casual dining, informal bar and game room, the Hayman Lounge, hotel facilities for members and their guests, tennis courts, meeting rooms, private and club events and reciprocal club privileges. The Athenaeum is a great place to meet for lunch or dinner. We have stayed in their newly renovated hotel rooms and have used the reciprocal club privilege to dine at the Cosmos Club in Washington D.C." Ref. by Judy C. (Fall 2019)

Caltech Graduate Student Council, gpspubs@its.caltech.edu "The student government for Caltech graduate students. Their mission is "to work to maximize the quality of life for the graduate student community at Caltech. The GSC interacts with the institute's administrative bodies to put forward the interests of the student body."

International Spouses Club (CISC): "We are from different cultures. We speak different languages. But we share the similar experiences of working to make Pasadena our new home. In the CISC, we share our interests, cultures, life experiences, adventures, and even our grandmothers' recipes! We help each other with information and nurture our friendships to overcome the difficulties of living in a foreign country, and to make this new life fulfilling and fun. If you find yourself alone while your spouse is busy studying or working in his lab, you are warmly welcomed to join the fun we have here at CISC." CISC hosts two interest groups that meet regularly on Wednesdays. Contact the internationalspousesclub@caltech.edu for specific meeting dates and times."

The Caltech Postdoctoral Association (CPA) seeks to foster a sense of community,

provide resources for career and personal development, and provide a framework for representation on campus and in the local community for postdoctoral scholars from all departments of the Institute. You can subscribe to their weekly CPA Announcement email list which features events for postdocs and often advertises garage sales, used car sales, etc. (as postdocs prepare to unload stuff when they leave town). For more information: <http://www.cpa.caltech.edu>

Caltech Women's Club, <http://cwclub.caltech.edu> "The purpose of the CWC is "to promote friendship and the sharing of mutual interests." Membership in the CWC is open to anyone who is affiliated with Caltech, JPL, the Huntington Library, affiliated observatories or CIT Associates. The CWC has a diverse membership of about 250 women (and a few men), with many international members and a broad range of ages from graduate students to members who have been in the club for more than 20 years." (Fall 2019)

Caltech Y, <http://www.caltechy.org> (626) 397-6163. The Caltech Y coordinates a variety of programs each term; some designed to heighten awareness of ethical, social, and political issues; some to serve the community; and some just to promote fun and relaxation.

English as a Second Language: You need a Caltech account to access this site: languages.caltech.edu/esl/index.html

Staff Faculty Center Consultation: www.its.caltech.edu/sfcc_index.html Five SFCC staff members offer a wealth of resources and skills to the Caltech community: counseling and consultation functions, targeted outreach, campus Work/Life coordination. Staff members are readily available and accessible throughout the work week and after hours. The Staff members also speak a variety of different languages, and SFCC is able to obtain a translator if you or a family member needs a language that we do not provide.

The Women Mentoring Women program, Caltech Center for Diversity (CCD). www.diversitycenter.caltech.edu Matches postdoctoral scholars with graduate women for a one-to-one mentoring experience. The purpose is to provide support for women graduate students as they negotiate their academic, professional and personal development. Each mentoring match meets over a one-year period—some meet monthly, others bi-weekly. Each month there are workshops, discussions or networking socials. Matches receive coffee stipends, books and other resource materials.

U.S. Post Office: Caltech post office inside the Keith Spalding Administrative Building on California Blvd. "especially useful during Christmas and tax seasons." Ref. by Vilia Z. (Fall 2019)

CATERING and EVENT PLANNING

Dolphin Party Rentals, 1901 E Colorado Blvd, Pasadena, (626) 795-5131. <http://www.dolphinevents.biz/> "For party and special occasion rentals." Ref. by Gloria M. (Fall 2019)

El Portal Restaurant, 695 E Green St, Pasadena, (626) 795-8553.
www.elportalrestaurant.com “For catering parties, and they will cook any style food plus arrange for decorations, flowers and equipment rental.” Ref. by Gloria M. (Fall 2019)

Scott Robbins, Perfect Equation Catering, (626) 529-5585, Cell (626) 268-2478.
perfect.equation.catering@gmail.com “Catering and event planning. Scott used to work with Andre at Caltech Dining Services.” Ref. by Alice H. (Fall 2019)

CHILDCARE/DAYCARE/ NANNIES

Caltech provides an extensive list of childcare options at:
http://www.campuslife.caltech.edu/childcare/html/referral_list.html#ident

The Children's Center at Caltech (CCC), (626) 395-6860, South of Caltech tennis courts,
<http://www.its.caltech.edu/~ccenter> Open Monday – Friday, 7:30 a.m. – 5:30 p.m.
Programs are open to children ages 6 months to 6 years. Tuition assistance is available. There is always a waiting list to get in so plan ahead. Many club members have used their services.

The Child Educational Center (CEC), 140 East Foothill, La Canada, (818) 354-3418.
<http://www.ceconline.org> The CEC is one block from JPL. They are open 6:45 a.m. to 6:00 p.m. Programs are open to children ages 2 months to 8 years. Children from 6 weeks to 2 months may be admitted following an interview with the infant program director. The CEC runs the Cooperative Preschool at Caltech for children ages 2.5 to 5 years. After-school care is provided at several locations, including Caltech, for children from kindergarten to 6th grade. Some tuition assistance is available. There is usually a waiting list, so plan ahead. CEC gives preference to JPL and Caltech employees but also accepts children from the community. State accredited, well-trained teachers. Unstructured and loving environment for very young children. Has regular educational meetings for parents.

CHILDREN'S ACTIVITIES, LESSONS, and CAMPS

L.A. Parent Magazine, <http://losangeles.parenthood.com> This website lists summer camps and activities.

The Orange Cat, www.theorangecat.org A calendar with current listings of local happenings, plus advice and tips for families living in the San Gabriel Valley.

The Pasadena Atelier art studio, www.thepasadenaatelier.com 440 Mercury Ln, Pasadena, 91107. An art school, with art lessons for all ages and levels. Art parties and summer art camps. Ref. by Laura R. (Fall 2019)

CITY CONTACTS

Alhambra, (626) 570-5090. Community Services. www.cityofalhambra.org
Arcadia, (626) 574-5113. Recreation Department. www.ci.arcadia.ca.us
La Canada Flintridge, (818) 790-4289 www.lacanaflintridge.com

Los Angeles City Hall, (213) 978-0600, www.lacity.org
Monrovia, (626) 932-5550 www.ci.monrovia.ca.us
Pasadena, (626) 744-4000 www.ci.pasadena.ca.us
San Gabriel, (626) 308-2800 www.sgch.org
San Marino, (626) 300-0700, www.ci.san-marino.ca.us
South Pasadena, (626) 403-7230 www.ci.south-pasadena.ca.us
Temple City, (626) 285-2171 www.ci.temple-city.ca.us

At the Pasadena Citizen Service Center website, <http://www.ci.pasadena.ca.us/csc/> you can get information on city services (library, public health, parking, public transportation, etc.) as well as help with all kinds of issues (abandoned vehicles, barking dogs, broken fire hydrant, etc.). The issue gets resolved quickly, and you don't have to confront a neighbor or stranger. You can even track your issue to see if the city has responded.

COMPUTER SUPPORT

Alan Walker (626) 797-1233, cell 655-7220. "Alan is a Caltech grad and can help you solve all your computer problems. We had him buy a new computer, transfer everything we wanted from the old one and set the whole thing up." Ref. by Cornelia F. (Fall 2019)

COPYING and PRINTING

Print-X-Press & Copy Center, 1188 E. Colorado Blvd., 626-440-9472. "Jay Rostamian does a good job." Ref. by Judy G. (Fall 2019)

COUNSELING

Westminster Counseling Center (WCC), 867 East Atchison Street, Pasadena, (626) 798-0915. "Individual counseling for all ages. Marriage and family counseling available. Family, couple, child, teen counseling, school visits, speaker bureau. Excellent services for individual counseling and employment transitions. Staff has a wealth of information regarding holistic support networks in the San Gabriel Valley. Judy McCord, MFCC, MSW, is the director of WCC; and she has taught free parent education classes for Pasadena City College (PCC) for many years. Charges: Sliding fee scale." Ref. by Jennifer H. (Fall 2018)

DENTISTS

Salvador Pimentel DDS, 237 South Euclid Avenue, Pasadena, (626) 577-2848. Ref. by Vilia Z. (Fall 2019)

Grant Willcox, DDS, 200 South El Molino, Suite 3, Pasadena, (626) 449-2996. gwillcoxdds@yahoo.co "He has small, exceptionally gentle hands. He does microscope-assisted dentistry and is really a perfectionist. His dental hygienist is wonderful and there is never a wait for your appointment time. He received a Customer Service Satisfaction Award again in 2016." Ref. by Judy C. (Fall 2019)

Fary Yassamy, 825 Huntington Drive, San Marino, (626) 441-2231. She has an excellent bedside manner, is good with kids and adults, and also does TMJ. Ref. by Gilda M. (Fall 2019)

Michael Yung, DDS, 696 E Colorado Blvd #224, Pasadena, (626) 449-5420. "Excellent general dentist with really good recommendations for specialists." Ref. by Pat B. (Fall 2019)

❖ Pediatric Dentists

Dr. Kevin Snaer, DDS. Huntington Dental Group, 1235 West Huntington Drive, Arcadia, (626) 449-8963. "We've been going to Dr. Kevin for over 20 years now and my girls still look forward to their visits with Dr. Kevin." Ref. by Katie C. (Fall 2018). "I also concur with the pediatric dental choice of Dr. Snaer. Both my boys and children of colleagues have gone there for years, and they are terrific with children." Ref. by Pat B. (Fall 2019)

❖ Orthodontist

Dr. Milton Chan, 747 Locust St #100, Pasadena, (626) 449-5826. Ref. by Vilia Z. (Fall 2019)

Hambleton & MacFarlane, 200 S. Oak Knoll Ave., #201, Pasadena, (626) 795-0634. "Father/daughter orthodontic practice that I highly recommend." Ref. by Katie C. (Fall 2019)

❖ Periodontists, Oral Surgeons

Dr. Peter G. Cooper, DDS, 175 S. El Molino Ave., Pasadena, (626) 796-1241. "Great periodontist – have been seeing him for nearly two decades. Honest and really strives for excellence." Ref. by Shona B.-S. (Fall 2019)

J. Paul Fuentes, DDS, DABP, 301 W. Huntington Dr., #507, Arcadia, (626) 447-0945. www.arcadiaperio.com/ "Both my husband and I have had gum surgery there and continue to receive follow up gum care (I was there today to have my deep pockets cleaned!). Has a caring staff and efficient administrative support staff. Across the street from Methodist Hospital in Arcadia." Ref. by Gloria M. (Fall 2019)

Dr. Lytle, of Lytle, Tate & Stamper, 212 S. El Molino Ave., Pasadena, (626) 792-3161. "He successfully extracted wisdom teeth from two of my daughters in the same year." Ref. by Katie C. (Fall 2019)

ENTERTAINMENT, TICKETS, and FAMILY ACTIVITIES

Beckman Auditorium at Caltech, (626) 395-4652. The ticket office is at 1200 E. Calif.

Blvd. Ticket office hours are 10:00 a.m. to 4:30 p.m. Monday through Friday. Saturday hours vary; call for details. www.events.caltech.edu “Great stuff for the music lover, students, families, and more! The Caltech/JPL Family (including staff, alumni, retirees, members of the Caltech Associates and The Friends of Beckman Auditorium) receives a \$3 discount on all adult tickets to reserved seating events in Beckman Auditorium. (Fall 2019)

Coleman Chamber Music: Sundays with Coleman at the Beckman Auditorium. Outstanding chamber concerts performed six Sundays at 3:30. Order season tickets through the Coleman Chamber Music Association (626) 793-4191, www.colemanchambermusic.org Single tickets are available through the Caltech Ticket Office (626) 395-4652, www.events.caltech.edu Discount tickets are available for youths 18 and under. Ref. by Natalie C. (Fall 2019)

Caltech Book Store/JPL ERC. <https://bookstore.caltech.edu> Members of the Caltech and JPL community can get discount tickets to amusement parks, sporting events, cinemas, etc. by checking with the ERC at JPL or the Caltech Bookstore.

Public events: Caltech. <http://www.caltech.edu/content/public-events> “For over 50 years, Caltech's public events program has offered the Caltech family and the community at large a gateway to world-class scientists, artists, and speakers, making the Institute one of Southern California's acknowledged cultural centers. Science lectures, performing arts, folk music, chamber music—Caltech Live! offers top-flight events at multiple locations on campus.” (626) 395-4652, www.events.caltech.edu. (Fall 2019)

The Colburn School Orchestra Concerts at the Ambassador. The Colburn School is an internationally recognized performing arts school in LA, providing opportunities for more than 1700 students to attain their highest potential. The Colburn School Conservatory of Music's Orchestra of 90 students performs at Pasadena's Ambassador Auditorium as well as other LA locations. General admission tickets \$10 available at the Colburn website: www.colburnschool.edu (213) 621-1019.

Classical Music at L.A.C.M.A. Each Sunday from 6 pm to 7 pm. Free. 5905 Wilshire Blvd., LA., (323) 857-6000. <http://www.lacma.org/music>.

E! Pasadena, www.pasadenaweekly.com. This online version of the Pasadena Weekly lists activities and events in the greater Pasadena area.

Experience L.A., www.ExperienceLA.com. “L.A.'s Official Cultural Calendar and Trip Planner.”

Family Fun.com, www.familyfun.com “Great ideas, practical advice, fun stuff to do.”

Go City Kids.org, <http://www.gocitykids.com/?area=195> This helpful website allows you to type in your zip code and receive a weekly e-newsletter with everything happening in Los Angeles. (It is not specific to Pasadena; some events are in L.A. or Orange County).

Not for Tourists, <http://www.notfortourists.com/losangeles.aspx> A compilation of information about Southern California including transportation systems, governmental infrastructure, shops, restaurants, and nightspots.

Los Angeles Chamber Orchestra, <https://www.laco.org> LACO is ranked among the world's top music ensembles. They have a variety of programs at various venues across Southern California, but best for Pasadena people is that they have two series, Baroque Conversations, and In Focus, which are now offered at the Huntington Library.

Los Angeles Times Calendar, www.CalendarLive.com Listings of events and activities throughout Southern California.

The Orange Cat, www.theorangecat.org A calendar of current listings of local Happenings plus advice and tips for families living in the San Gabriel Valley.

Pasadena Arts Council, www.pasadenaartscouncil.org Their online publication FOLIO describes visual arts, music performances, new theater and dance spaces, and local architecture in the Pasadena area.

Pasadena Symphony and POPS, David Lockington, Music Director, Ambassador Auditorium, www.pasadenasympphony-pops.org (626) 793-7172. A full season of classical and pops concerts at local venues. A valuable resource is the director of Development, Scott Vandrick, andrick@pasadenasympphony-pops.org

The Women's Committee of the Pasadena Symphony sponsors the annual Holiday Look In in early December. A self-guided tour of four elegant homes decorated for the holidays and an artisanal Holiday Boutique. This tour is a showcase of Pasadena's magnificent architecture, both historical and new, melded with the magic and pageantry of Pasadena's finest floral artists. Tour four wonderful homes and gardens, decorated for the holidays in festive floral regalia. Enjoy music by Pasadena Symphony members, stroll the gardens and shop to your heart's content at the Holiday boutique.

Pasadena Symphony Youth Orchestra (PYSO), (626) 793-7172, <http://www.pasadenasympphony-pops.org/community-and-education/pyso/> PYSO has been training tomorrow's classical musicians since 1972 and has been considered among the best youth orchestras in the Southland. This exceptional ensemble is comprised of more than 200 talented middle school students from nearly 40 schools in grades 6-9. These committed young people receive advanced instruction and challenging music opportunities through a rigorous program that emphasizes ensemble playing and includes a minimum of three concerts a year. Auditions for PYSO, String Orchestra and Wind Ensemble are open each May.

Shakespeare Club, 171 S Grand Ave, Pasadena, (626) 793-5714, www.shakespeareclub.org/ Ref. by Jane V. (Fall 2019)

University Club of Pasadena, 175 North Oakland Ave., Pasadena, (626) 793-5157. "A wonderful venue for events or to obtain a listing of their offerings. Ref. by Jane V. (Fall 2019)

EXERCISE/FITNESS

Caltech Department of Athletics, Physical Education and Recreation, Braun Athletic Center and Brown Gymnasium, (626) 395-3250. Fitness Center, weight rooms and cardiovascular equipment, aerobics and yoga classes, running track, two 25-yard

swimming pools, men's and women's' locker rooms, swim lessons including lessons for toddlers, young children and adults. Register at the Recreation Office, Braun Athletic Center. www.gocaltech.com

Martial Arts Studio: G3 Academy of Martial Arts, 303 W Sierra Madre Blvd, Sierra Madre, (626) 773-6876. Ref. by Vilia Z. (Fall 2019)

South Pasadena I San Marino YMCA, 1605 Garfield Avenue, South Pasadena, (626) 799-9119. "Reasonable monthly membership includes free childcare. Good selection of exercise classes, including Yoga and Pilates, weight room and cardio equipment and indoor swimming pool." Ref. by Katie C. (Fall 2019)

FARMERS MARKETS

Alhambra Certified Farmers Market, Monterey & East Bay State Streets, Alhambra. Sunday, 8:30 am - 1:00 pm. Contact: Lizanne Keigley, (626) 570-3242.

La Cañada Certified Farmers Market. Beulah Drive & Foothill. Take the 210 to the Angeles Crest freeway exit, turn left or South (if coming from Pasadena/JPL). Go to Foothill Blvd and turn right. Several blocks west and across from Memorial Park. Saturday mornings, 8:00 am -12:00 pm. Contact: (818) 591-8161.

Pasadena Victory Park Certified Farmers Market, Sierra Madre & Paloma, Pasadena. Saturday, 8:30 am - 1:00 pm. Contact: (626) 449-0179.

Pasadena Villa Park Certified Farmer's Market, E. Villa & Garfield Avenue, Tuesday, 8:30 am -1:00 pm. Contact: (626) 449-0179.

South Pasadena Certified Farmers Market, Meridian & Mission Streets, South Pasadena. Thursday, 4:00 pm.-8:00 pm. Contact: Greta Dunlap, (213) 244-9190.

For additional farmers markets visit: www.farmernet.com

FINANCIAL/TAXES

Jeffrey K. Eisen. Attorney at Law, Mitchell, Silberburg & Knupz, LLP, 11377 West Olympic Boulevard, Los Angeles, (310) 312- 2000 (office line), (310) 312-3144 (direct line). "He is excellent on CA taxes and estate planning. He is willing to come to your home. He is also helpful in providing CPA's and other advisors on a large number of financial issues from his extensive law firm. The firm is used by Caltech's Development Office for gifts and estate planning." Ref. by Alice H. (Fall 2019)

FRAMING

Anthony's Art and Frames, 1120A Huntington Drive, San Marino, CA 91108, San Marino, (800) 237-2634. "Expert custom framing. Anthony caters to the interior design community. He has done all our special framing for over 20 years. He is a real framing

artist.” Ref. by Judy C. (Fall 2019)

GARDENING

❖ Landscape Design, Landscape and Hardscape

Miguel Lopez, (626) 484-9887 “I find him knowledgeable, honest, and smart.” Ref. by Judith G. (Fall 2019)

❖ Nurseries

Armstrong Garden Center, 352 E Glenarm St, Pasadena, (626) 799-7139 “The staff is very pleasant and knowledgeable. They are always willing to identify your garden pests, tell you how to take care of plants and what grows well locally, and will special order plants for you. They also have a lifetime guarantee on all trees & shrubs. Great place to buy your live Christmas tree as well.” Ref. by Vilia Z. (Fall 2019)

Lincoln Avenue Nursery, Lincoln and Orange Grove in Pasadena, (626) 796-4355. www.lincolnavenuenursery.com “This nursery covers everything you need in plants. If they don't have it, they will order it for you. It is also the best place to get a great selection of reasonably priced tomato seedlings when they are in season.” Ref. by Alice H. (Fall 2019)

Nuccio's Nurseries, 3555 Chaney Trail, Altadena, (626) 794-3383 <http://nucciosnurseries.com/new.htm> “Specialize in camellias and azaleas.” Ref. by Kathleen S. (Fall 2019) “They are a place to behold.” Ref. by Alice H. (Fall 2019)

San Gabriel Nursery and Florist, 632 South San Gabriel Boulevard, San Gabriel, (626) 286-0787. <http://www.sgnursery.com> Ref. by Kathleen S. (Fall 2019)

❖ Tree Care, Trimming and Removal

Artistic Touch Landscape Management, (626) 827-3003. “Tree experts, Frank Park.” Ref. by Judy G. (Fall 2019)

Mitchell Pest Control, Inc. (800) 427-4151. “Thomas Wurster is a licensed arborist who came to diagnosis problems with our fruit trees. They solve problems of insects and disease of trees and turf.” Ref. by Karen B. (Fall 2019)

Danny Osti Tree Services, 109 S. Lima St., Sierra Madre, (626) 355-7087. “They are a long-established local family and business. They do tree removable and tree trimming. Excellent service, good work habits, fully licensed and bonded.” Ref. by Gloria M. (Fall 2019)

GOVERNMENT SERVICES

Go to <http://www.cit.hr.caltech.edu/postdoc/default/htm> for more complete information.

Social Security, Pasadena branch: 104 Mentor Ave (corner of Union Street), (800) 722-1213. Social security number (SSN) is required for anyone who works in USA & helps when ID is needed and also required for tax returns, wages, etc. Alternatively, there is the tax identification number (TIN) for certain cases.

Department of Motor Vehicles (DMV); 49 South Rosemead Boulevard, Pasadena (near Sierra Madre Villa Gold Metro train station & south of Hastings Ranch Plaza). For general inquiries phone (800) 777- 0133, for appointments phone (800) 921- 1117. The www.dmv.ca.org website is a good source for drivers new to California.

Department of Homeland Security, United States Immigration & Services
www.USCIS.gov or <http://egov.immigration.gov/CRIS>.

California & USA Tax Returns. In USA, state & federal tax returns are due in April for the prior financial year ending December 31st. Some Federal & state tax return forms are available from USPS branches & public libraries. Foreigners, however, may have to file forms differently. California state taxes: <http://www.ftb.ca.gov/aboutftb/contact.html>. Phone (800) 852-5711 within USA or from overseas (916) 845-6500.

US federal taxes for individuals, <http://www.irs.gov/individuals/index.html> US federal taxes for foreigners, <http://www.irs.gov/businesses/small/international/index.html>
Federal Tax information: phone 800- 829-1040. Contact Caltech ISP Department for help in March – there are seminars /tax software available

HAIR and BEAUTY SALONS

❖ Adults

Briana Salon for Hair, 38 W. Sierra Madre Blvd., Sierra Madre, 91024. “Thom Briana (626-836-1036) is a superb colorist and does excellent cuts. Sheryl Marsden (626-836-1037) does very nice perms and cuts. A small, intimate salon (only two operators) with ample parking in the rear. Prices are commensurate with other salons.” Ref. by Romy W. (Fall 2019)

Orpheum Salon, 610 S. Lake Ave., Pasadena, (626) 304-9903. Hair stylist: Yoshi. “He is fabulous with hair and reasonably priced. I have a standing appointment and now always get compliments on my hair. Another reviewer (on Yelp), excerpt: “Yoshi is hands down the most meticulous and creative stylist I’ve ever met.” Ref. by Shona B-S. (Fall 2019)

Salon Passione, 233 N. Lake Avenue, Pasadena, (626) 304-1070. “Chad Brunochelli gives great haircuts, styling, and coloring.” Ref. by Marlene K. (Fall 2019)

VP Salon Organics, 760 E. Colorado Blvd., Pasadena. (310) 920-7374. “I recommend my hairdresser, Vincenzo Papsidero. He did a great job with my highlights and my haircut.” Ref. by Laura R. (Fall 2019)

Carnelian Salon, 350 S. Lake Ave., Suite 116, Pasadena. (626) 795-5555. "I also like Sandra Labbe at the Carnelian Salon. She uses Aveda products and does great highlights and cuts." Ref. by Laura R. (Fall 2019)

Maggie Lam, Nail Specialist. "I highly recommend her Manicures/Pedicures. She works independently and has a station in the front of Rachele Salon, 1522 Mission St., South Pasadena, CA 91030. Direct call or text mobile phone (626) 272-7888." Ref. by Marlene K. (Fall 2019)

RainRiver Nails, 250 W. Foothill Blvd, Monrovia. (626) 383-5326. "Less than 20 minutes driving on Foothill all the way from Pasadena." Ref. by Judy G. (Fall 2019)

HOME IMPROVEMENT

NOTE: Please remember that it is always a good idea to get a second opinion on major home repairs and maintenance, i.e., recommendations & costs.

❖ Air Conditioning and Heating

Air-Tro Inc., 1630 S. Myrtle Ave., Monrovia, (626) 358-0140. "Air-Tro is very good on installation and maintenance, but on the higher end price range. FYI, the owner also graduated from Caltech." Ref. by Dale Y. (Fall 2019)

Bowman of Arcadia, 157 E. Santa Clara Street, 626 446-7444. "Andreas Koeper does estimates and house calls." Ref. by Judy G. (Fall 2019)

Carousel Carpets, 676 E. Green St., Pasadena, CA 91101, (626) 795-8085. Full-service shop offers sales & installation of carpet, hardwood, linoleum, vinyl & tile floors. "An excellent salesman Arturo Garcia, and two first-rate professionally trained carpetmen." Ref. by Judy G. (Fall 2019)

❖ Custom Cabinetry/ Carpentry/ Woodwork

Miguel Lopez, (626) 484-9887 "I find him knowledgeable, honest, and smart." Ref. by Judith G. (Fall 2019)

❖ Drapes, Shutters, Screens

Mountain Pine Shutters, 1319 Foothill Blvd., La Canada, (818) 796-5386. "Their shutters turned out beautifully, and the installation was quick and perfect. They even cleaned up their little mess left from drilling holes in the woodwork." Ref. by Barbara W. (Fall 2019)

The Screen Bee, (626) 286-5454. "A mobile screen service, efficient, tidy, reasonably priced, polite." Ref. by Judy G. (Fall 2019)

Salas Draperies, Miguel Salas, 819 S. Magnolia Ave., Monrovia, CA, (626) 359-2038, cell: (626) 319-2238, email: msalas2238@gmail.com "He was at my house to restring a wood slatted blind. He was so nice and efficient and reasonable and he makes house calls and does residential work – not easy to find these days." Ref. by Romy W. (Fall 2019)

❖ Earthquake Retrofitting

For information and consultation go to

<https://pasadenaheritage.org/seismic-retrofitting-bolting>

❖ Electrical

Amperage Electric, Brett Kenyon, (626) 355-0030. "A local young man, he grew up with our kids here in Sierra Madre and has established a very well regarded business." Ref. by Anne V. (Fall 2019) and by Natalie C. (Fall 2019)

E.C.S. Electrical, 530 S. Lake Ave., Suite 786, Pasadena, (626) 794-9735, cell: (626) 786-2521. Owner, Irwin Dyson. "Irwin crawled under our house and into the attic to solve many past mistakes made by both Direct TV and ATT U-verse. He also repaired an outside light fixture. ...Coincidentally, he often works with the son of former CWC member Annette Smith on larger jobs." Ref. by Shirley G. (Fall 2019)

Piscitelli Electric, Chuck Piscitelli, (626) 716-1749, cp_electric@yahoo.com "Small company, efficient, and reasonable." Ref. by Regina B-G. (Fall 2019)

Beck Electric Co. (Richard Beck, owner), 2335 E. Colorado Blvd., Suite 115 #259, Pasadena, (951) 544-8699, mtnbeck1@aol.com "...an electrician who is excellent, arrives on time, is very professional, quiet and polite and communicates either by phone or email." Ref. by Romy W. (Fall 2019)

❖ Exterminators

Morales Exterminating Co., 1-800-326-9250. "When termites visit your premises, good company to call. Local company and quick service." Ref. by Judy G. (Fall 2019)

Choice Pest Control, Sierra Madre, 626-836-7000. Joel Pena "...is very low-key, not the type to get carried away and to 'overspray', but is experienced and competent." Ref. by Anne V. (Fall 2019)

❖ General Contractors and Remodeling

Pacific Coast Contractors, (310) 614-4085. "John DeYoung did an excellent job replacing two French doors with windows. His crew was professional, highly capable, and meticulous with their work." Ref. by Karen B. (Fall 2019)

Joseph Ramirez, 626-274-2715. "...very knowledgeable and affordable." Ref. by Gilda M. (Fall 2019)

Sunset Construction, Andy Tyler, (cell) (626) 445-8201. sunsetcontractors@hotmail.com "Andy remodeled a bathroom and den for us in 2002. He was the lowest of four bids and did a very nice job with a challenging 1923 bathroom. A few years ago he replaced all of our kitchen and breakfast room tile with granite and travertine and installed new appliances and pull-out shelves. He recently dry-walled our garage and did a great

job. His workmen are experienced and stay with him a long time. We were very happy with their work. He personally supervises all sub-contractors and takes full responsibility for them.” Ref. by Judy C. (Fall 2019)

❖ Glass

Glass by Jerome, Restoration Specialists, 3451 Ocean View Boulevard, Montrose, (818) 249-9859. Mirrors, table tops, windows, and shower enclosures. “This is one of my favorite businesses in or near La Cañada.” Ref. by Dee D. (Fall 2019)

❖ Hardwood Floors

Kevin Nardoni (818) 500-8373. “Kevin refinished all our existing hardwood floors and added two more rooms of flooring to match the original floors in this 60 year old house. The floors match perfectly.” Ref. by Barbara W. (Fall 2019)

❖ Historic Homes

Pasadena Heritage: <http://www.pasadenaheritage.org> “If you join Pasadena Heritage, you have access to their list of carpenters, painters, etc. who know how to deal with old houses.” Ref. by Katie C. (Fall 2019). “They now have historic files on many older homes in Pasadena.” Ref. by Judy C. (Fall 2019)

❖ Interior Designers and Architects

Denise Tomlan, Architect, 1826 Fletcher Ave., South Pasadena, (626) 441-4144, denise@dctarchitect.com “We have a 1920’s Spanish-style home and we had a great experience working with Denise for a historically appropriate renovation of our kitchen, laundry room and two bathrooms. We sailed through South Pasadena permitting process and we are thrilled with all the design touches/details. I really enjoyed how smoothly everything went, working with Denise.” Ref. by Katie C. (Fall 2019)

Ale von Sydow, MVS arch, (626) 376-7920 (cell), Ale.mvsarch@gmail.com, Architecture, Planning, Interiors, landscape. “Ale helped us with interior design choice/tile selection for kitchen flooring (found a great tile installer for us too) and also in a complicated relocation of our garage/extending house roof over patio. Great to work with. Creative problem solver. Excellent taste.” Ref by Katie C. (Fall 2019)

HartmanBaldwin, Design/Build, 300 S. Raymond Ave., #18, Pasadena. (626) 486-0510. Ref. by Alice H. (Fall 2019)

❖ Lighting

Pasadena Lighting, 731 E. Walnut, Pasadena, (626) 564-1112. “This store has lamps, lighting fixtures and bulbs for every purpose. They have a complete collection of catalogs such as Arroyo Craftsman and will order specialty lamps and shades.” Ref. by Judy C. (Fall 2019)

❖ Masonry

See Miguel Lopez under Home Improvement: Custom Cabinetry/Carpentry/Woodwork, above.

Mario Flores Masonry, 13511 Bradley Ave., Sylmar, (818) 365-4346. Mario@mariofloresmasonry.com “Our 80 year old concrete driveway was crumbling from the upward pressure of tree roots. Mario was one of the highest of six bids, but he did a fantastic job. He previously bricked in a barbeque and built raised flower boxes in our patio. We called him back to rebuild our driveway. He is a real professional and perfectionist and a great person to work with. We could not have been happier with the finished driveway, which we expect to last another 80 years.” Ref. by Judy. C. (Fall 2019)

❖ Painters

Alfredo Flores, (323) 333-9256. “He is a great painter of houses, inside and out. Very clean and reliable. He did Valerie Elachi’s house and mine, plus other friends, and we all recommend him.” Ref. by France M. (Fall 2019)

M.M. Painting, Michael Marquez, 323-679-4330. “Probably the best painter I have run across; not cheap, works solo, knows what he is doing. It’s worth getting on his list and waiting a bit.” Ref. by Judy G. (Fall 2019)

Partnership Painting. (626) 449-4097. partnershippainting.com “They had left a postcard at our doorstep. We were very impressed with their knowledge and expertise. At each stage they left us information on the names of the painters, and they cleaned up very well afterward. They also gave us a list of phone numbers of recent clients that we could call for input, including the Art Center College of Design and, I believe, Caltech. I cannot vouch for them for interior painting.” Ref. by Ellen S. (Fall 2019)

❖ Plumbing

George’s Pipe and Plumbing Supply Company, Kitchen and Bath Showroom, 99 Palmetto Drive, Pasadena, (626) 792-5547. www.georgesshowroom.com “This is the place to go for supplies, whether you are repairing old plumbing or remodeling a kitchen or bath. Contractors love George’s because they have or can get all the parts needed for a job. They have nice showrooms and discount fixtures.” Ref. by Judy C. (Fall 2019)

Hart2Hart Plumbing, (626) 437-8042, www.Hart2hartplumbing.com “Matthew Hart is highly competent, responsive, and honest. He declined to install an item recommended by another contractor because he said we didn’t need it, but while he was there, he fixed two other plumbing problems.” Ref. by Karen B. (Fall 2019)

Pat Harris Plumbing Inc., 1413 Foothill Boulevard, La Cañada, (818) 790-3345. “This is one of my favorite businesses in or near La Cañada.” Ref. by Dee D. (Fall 2019)

Kuttruff Plumbing, (626) 793-0461. “This is a very small business. We’ve found Mr.

Kuttruff totally skillful and honest. Service is prompt and prices reasonable." Ref. by Natalie C. (Fall 2019)

❖ Roofing

West Coast Precision Roofing, (626) 831-4939. "good work, good service." Ref. by Judy G. (Fall 2019) Also: "They are fabulous. They managed to put a new roof onto our house last December following the November rains in a little under two weeks from start to finish, at a cost that was less than we anticipated." (Ellen S., Spring 2019)

Reynolds Roofing Company, (661) 260-1555, Sylmar. Contact: Steve. "Steve installed the roof over our patio and during the winter rains made spot repairs on our old roof. He's able to source and match antique clay tiles for Spanish tile houses." Ref. by Katie C. (Fall 2019)

❖ Tile and Stone Setting

Mission Tile West, 853 Mission Street, South Pasadena. (626) 768-2080. www.missiontilewest.com "An excellent source for tile and stone including an excellent selection of stone that work well in historic homes and patios. They can order Batchelder reproduction tile and decorative pieces. Designers are available to help you plan your project." Ref. by Judy C. (Fall 2019)

Sergio's Custom Tile, (818) 365-6115. "Sergio did a tile floor very nicely." (Sub-contractor for KSM Construction, see General Contractors above.) Ref. by Barbara W. (Fall 2019)

Tap N Tile, Inc., 3191 E. Foothill Blvd., Pasadena. (626) 405-0098. "They have a huge selection of tiles and excellent staff to help you make your choices. Their prices are reasonable and service is excellent." Ref. by Barbara W. (Fall 2019)

❖ Upholstery

Custom Design Upholstery, 1570 E. Walnut St., (626) 356-0928. "Excellent work; fabrics from US and Europe; reasonably priced." Ref. by Judy G. (Fall 2019)

Lanzetti Custom Upholstery, 1089 N. Allen Ave., Pasadena (626) 798-7472. "This is a family run business, run by Mr. Ed Lanzetti. He came to my house to measure and later invited me to his workplace so that I could decide on the exact shape and density of the 6 new cushions they made for my sofa. I was delighted with the result." Ref. by Karen B. (Fall 2019)

HOUSE CLEANING

❖ Housekeeping

Manny & Julia Villegas, (626) 641-7555 or (home) (626) 338-9592, husband & wife. manuelvillegas91722@yahoo.com "I highly recommend them. Honest as can be, lovely couple originally from Peru, but speak English, and so sweet. They clean and have

looked after several Chemistry Dept. faculty and families over the years. They have been with us for 20 years and we can't do without them!" Ref. by Pat B. (Fall 2019)

Patricia, with Dana's Housekeeping, (916) 648-9985. "She's excellent, and the company charges reasonable rates. Speak with Connie or Jacquie to arrange for Patricia's services." Ref. by Shona B-S. (Fall 2019)

❖ Windows and Exterior

Koala Window Cleaning, www.koalawindowcleaning.com (800) 940-9325. "The owners are Helmut & Carla Rudajs. They are very good window cleaners. Helmut is so nice and efficient and quite easy to book." Ref. by Romy W. (Fall 2019)

DMS Window Cleaning, Steve Anderson, (626) 357-6043 X23, Cell (818) 612-9213. "This is the company that we have used to clean the windows at 415 S. Hill." Ref. by Alice H. (Fall 2019)

HOME TOURS

Holiday Look In. "This is a fundraiser for the Pasadena Symphony and POPS one weekend in December. The community is invited to tour four homes and gardens, decorated for the holidays by Pasadena's finest floral designers. Enjoy live music at every home, stroll the gardens and shop at the Boutique." For information and to purchase tickets visit www.pasadenaholidaylookin.org

KNIFE SHARPENING

Ross Cutlery & Sharpening Service (in downtown's Bradbury Bldg.) 310 S. Broadway, L.A., (213) 626-1897. (Next door to Italian trattoria: Maccharoni Republic) "One day sharpening; great collection of anything that cuts, in a big store. Open 9-6, 7 days a week." Ref. by Alice H. (Fall 2019)

LIBRARIES

Altadena Library, 600 East Mariposa Street, Altadena, (626) 798-0833.
<http://library.altadena.ca.us>

Hill Avenue Library, 55 South Hill Avenue, Pasadena, (626) 744-7264.
http://cityofpasadena.net/library/about_the_library/hill_avenue_branch/

Pasadena Central Library, 285 East Walnut Street, Pasadena, (626) 744-4052.
<http://www.ci.pasadena.ca.us/library/central.asp>

San Marino Library, 1890 Huntington Drive, San Marino, (626) 300-0777.
<http://sanmarinopl.org>

South Pasadena Public Library, 1100 Oxley Street, South Pasadena, (626) 403-7333.

<http://www.ci.south-pasadena.ca.us/departments/library/library.ht>

MAILING and SHIPPING

Mailbox Planet, 530 S. Lake Ave., Pasadena, (626) 744-0420, www.mailbox-planet.com
Mailbox rentals, notary services, general shipping/mail services and shredding services.

Post & Package Center, 995 E. Green St., 626-792-0191. "Sure beats my own efforts at wrapping packages; very reasonable service charge; owner does FedEx, USPS, and UPS also." Ref. by Judy G. (Fall 2019)

MEDICAL

❖ Allergist

Dr. Karl von Tiehl, 375 Huntington Dr Suite C, San Marino, (626) 460-6038. "I want to recommend Dr. Karl von Tiehl, allergist in San Marino, Pasadena raised, Eagle Scout, a Rotarian who gives excellent diagnosis when it comes to allergies, asthma and so forth." Ref. by Gilda M. (Fall 2019)

❖ Chiropractic

Garbis Khanjian, Khanjian Chiropractic, 183 E Glenarm St, Pasadena, (626) 799-4100, garbiskhanjian@gmail.com. "Chiropractors I've seen in the past spend no more than ten minutes with a client. A client receives a full hour from Dr. Khanjian and staff. It is clear he is focused on a client improving whatever condition he/she suffers from. So glad to have found him." Ref. by Shona B-S (Fall 2019)

Dr. Bernie Perez, a non-force Chiropractor, 1028 N. Lake Avenue, Pasadena, (626) 826-2182. Ref. by Gilda M. (Fall 2019)

❖ Dermatology

Dr. Janice DaVolio, 800 Fairmount, Pasadena, (626) 449-9992. Ref. by Pat B. (Fall 2019)

Dr. David Denenholz, 960 East Green Street, Suite 330, Pasadena, (626) 449-4207. Dermatology and Dermatological Surgery. "He does a great job looking over skin, diagnosing and treating small pre-cancers before they become a problem." Ref. by Judy C. (Fall 2019)

❖ Diagnosis

Oak Tree Medical Center, 731 Cordova St., Pasadena, (626) 577-2525.
www.OakTreeCenter.com Precision spine diagnosis and treatment center, using advanced scanners for CT and MRI imaging. The personnel do precision image-guided spine procedures. Free parking adjacent to the building. "Recommended to us by our

physician.” Ref. by Natalie C. (Fall 2019)

❖ Endocrinology

Dorothea Spambalg, M.D. 221 E Walnut St #115, Pasadena, (626) 577-0505.
http://www.huntingtonhospital.com/Main/PhysicianDirectory/Spambalg_Dorothea_MD_468.aspx Ref. by Gloria M. (Fall 2019)

❖ Gastroenterology

Pasadena Gastroenterology Associates, 630 S Raymond Ave, Suite 240, Pasadena, (626) 449-9920. <http://www.pasadenagastro.net/> Ref. by Gloria M. (Fall 2019)

❖ Internal Medicine

Dr. Richard Wear, 65 N. Madison, Suite 800, Pasadena, (626) 397-8323. Internal Medicine. Ref. by Katie C. (Fall 2019)

❖ Mobility Assistance

Electropedic Beds, 907 Hollywood Way, Burbank, 1 (800) 233-7382. “We got a stair lift.... Their Factory Representative Francisco “Frank” Garcia was extremely helpful and competent. ...Electropedic seems to have a large line of specialized equipment for old/infirm people. We recommend them.” Ref by Norma E. (Fall 2018)

❖ Neurosurgery

Dr William Caton, 630 S. Raymond Ave., Suite 330 Pasadena. “He has many affiliations with Caltech as well as being the most respected neurosurgeon in Pasadena (as far as I can tell, everyone I talk to recommends him). After going to others who tried multiple expensive treatments, he diagnosed the problem with my back and fortunately managed to give me a great deal of relief for minor costs.” Ref. by Pat B. (Fall 2019)

❖ Optometry/ Ophthalmology

Dr. Mark Kramar, 16311 Ventura Blvd., Suite 750, Encino, (818) 990-3623. “I recommend Dr. Kramar as a glaucoma specialist if you are willing to travel to the valley.” Ref. by Judy G. (Fall 2019)

Pasadena Eye Medical Group, 10 Congress St #340, Pasadena, (626) 796-5325.
<http://pasadenaeyemed.com/> “Outstanding.” Ref. by Gloria M. (Fall 2019)

❖ Orthopedics

Dr. John Osterkamp 425 S. Fair Oaks Avenue, Pasadena, (626) 744-0434. Ref. by Katie C. (Fall 2019)

Risser Orthopedic Group, 2627 E Washington Blvd, Pasadena, (626) 797-2002.
www.rissortho.com/ “Outstanding.” Ref. by Gloria M. (Fall 2019)

❖ Pediatrics

Huntington Plaza Pediatrics Group, 800 Fairmount Avenue, Suite 110, Pasadena, (626) 795-7051). “My girls have been seen by the doctors in this practice for over 20 years now. We signed on originally with (and still see) Dr. Audrey Reid but have been happy with consultations from the other doctors too.” Ref. by Katie C. (Fall 2019)

❖ Physical therapy

Polito Physical Therapy, Inc., 39 Congress St., Ste. 402, Pasadena, (626) 449-5005. “This is a calm and welcoming office close to Huntington Hospital. Stephen Polito is competent, caring, and personable. He listens carefully to his patients, and his treatments are well-tailored to their individual needs.” Ref. by Karen B. (Fall 2019)

Bodyscape Integrative Physical Therapy, 3018 E. Colorado Blvd., Ste 100, Pasadena. (626) 449-3900. “Not too big, offers Pilates instruction also, no music, very quiet.” Ref. by Judy G. (Fall 2019)

❖ Podiatry

Dr. Mark Kidon, 10 Congress St, #410, Pasadena, “I have had all my family go, especially the kids, to make sure foot problems are fixed with orthotics at an early age so their bones grow correctly. He also is smart and can diagnose tricky problems.” Ref. by Pat B. (Fall 2019)

❖ Urgent Care

Urgent Care, 797 South Fair Oaks Avenue, Pasadena, (626) 795-2244. “When our children need medical treatment after hours (suspected ear infections, etc.) but we don’t want the long wait in the Emergency Room, we’ve used Urgent Care.” Ref. by Katie C. (Fall 2019)

MUSEUMS, GARDENS, and EVENTS

Please note: These summaries indicate whether a venue offers free admission on certain days. This can change, so please double-check with each institution before heading out.

Free Art and Culture, www.museumsla.org This website is part of the expanding ExperienceLA network of cultural web portals and online information. Check them out for museum hours, maps, programs and free days. Ref. by Judy C. (Fall 2019)

The Annenberg Space for Photography, 2000 Avenue of the Stars, Los Angeles, 213-403-3000.

Aquarium of the Pacific, Address: 100 Aquarium Way, Long Beach, 562-590-3100, www.aquariumofpacific.org/

The Arboretum of Los Angeles County, (626) 821-3222, 301 North Baldwin Avenue, Arcadia. www.arboretum.org Free on the third Tuesday of the month.

Armory Center of the Arts, 145 North Raymond Avenue, Pasadena, (626) 792-5101.

Autry Museum. <https://theautry.org> In Griffith Park. Tuesday–Friday: 10:00 a.m.–4:00 p.m. Saturday–Sunday: 10:00 a.m.–5:00 p.m. Closed Mondays and major holidays.

Bowers Museum, 2002 N. Main Street, Santa Ana. (714) 567-3600. Open from Tuesday to Sunday, from 10 am to 4 pm. www.bowers.org

Cabrillo Marine Museum, (310) 548-7562, 3720 Stephen White Drive, San Pedro; www.cabrilloaq.org Free admission, charge for parking (except on weekdays in winter). “Aquarium with touch tank, playground and beach just across the parking lot. We attended their evening running of the grunion (fish that come on shore to lay eggs) recently and thoroughly enjoyed our visit there.” Ref. by Katie C, (Fall 2019)

California Science Center, (323) 724-3623, Exposition Park, 700 State Drive, Los Angeles, <http://www.californiasciencecenter.org> Admission to Science Center permanent exhibition galleries is free. Admission prices for the IMAX Theater are based on age group. Discounts are available for groups of 15 or more people. Ticket prices also apply to three Science Center attractions: the High Wire Bicycle, the Motion-Based Simulator and the Cave Climb.

California African American Museum, 600 State Dr., Exposition Park, Los Angeles, (213) 744-7432, caamuseum.org/

California Heritage Museum, 2612 Main Street, Santa Monica, 310-392-8537.

CAFAM (Craft and Folk Art Museum): 5814 Wilshire Blvd, Los Angeles. www.cafam.org Closed on Monday. Free on the first Wed. of each month.

Chinese American Museum, 425 North Los Angeles Street, Los Angeles, (213) 485-8567, <http://www.camla.org>

Descanso Gardens, (818) 790-5571, 1418 Descanso Drive, La Cañada. www.descanso.com Ref. by Jane V. (Fall 2019)

Downtown Art Walk. The second Thursday of each month. The Downtown Art Walk is located mainly in the Historic Core between 4th and 7th and Spring and Main Streets. However, the galleries and restaurants spread beyond to the Fashion District, South Park and the Financial District. Please check the website for the most recent map that includes the surrounding districts. The Art Walk Lounge is located at 634 S. Spring St. at the MALDEF building. Visits are free for 25 museums and galleries in Downtown LA. (213) 624-6212, www.downtownartwalk.org

FIDM Museum and Galleries: (Fashion Institute of Design and Merchandising): 919 S. Grand Ave, Los Angeles. www.fidm.edu Free Tuesday to Saturday, 10 am to 4 pm.

Getty Center: 1200 Getty Center Drive, Los Angeles. Free entrance but you have to

make reservations for the parking spot (\$15). www.getty.edu Closed on Monday. Open on Saturdays until 9pm with free parking.

Getty Villa: 17985 Pacific Coast Highway, Pacific Palisades. Free entrance but reservation is mandatory at (310) 440-7300. Parking \$15 (cash only). Closed on Tuesday and Wednesday.

Grammy Museum: 800 W. Olympic Blvd, Suite A245, Los Angeles.
www.grammymuseum.org

Hammer Museum. 10899 Wilshire Blvd., Los Angeles. <https://hammer.ucla.edu/>
Admission is free; Tuesday thru Friday 11:00 to 8:00, Saturday/Sunday 11:00 to 5:00.

Heritage Square Museum, 3800 Homer St., Los Angeles, 310-443-7000.
www.heritagesquaremuseum.org Eight beautiful Victorian houses, restored and furnished, from the Civil War period.

Hollywood Guinness World of Records: 6764 Hollywood Blvd, Los Angeles.

The Hollywood Heritage Museum (The Lasky-DeMille Barn): 2100 N. Highland Blvd., Hollywood, (323) 874-2276 or (323) 874-4005. Open Wednesday to Sunday, 12 to 4 pm. Fee: adults \$7. If you like to walk, the museum is about a 10 minute, uphill walk (on Highland) from the new [Hollywood & Highland](#) center / Academy Awards Theatre (and the subway stop on that site).

Hollywood Wax Museum: 6767 Hollywood Blvd, Los Angeles.

Huntington Library, Art Collections and Botanical Gardens, (626) 405-2141, 1151 Oxford Road, San Marino. www.huntington.org After first week of Sept., open M, W, TH, F 12:00 – 4:30, SA/SU/ holidays 10:30 am to 4:30 pm. Closed on Tuesday. Summer hours: 10:30 - 4:30 daily, except Tuesday. Free on the first Thursday of the month 10:30-4:30), but advance tickets are required and can be reserved online or by calling (800) 838-3006. (Fall 2019)

Japanese American National Museum, 100 N Central Ave, Los Angeles, CA 90012. Tuesday, Wednesday, Friday – Sunday 11:00 – 5:00. Thursday 12 – 8:00pm. Free every Thursday from 5 – 8 pm. On the third Thursday of every month, the museum is free all day.

JPL Open House, usually a weekend in mid-May, is a great opportunity to see what is happening at JPL. www.jpl.nasa.gov

Kidspace Children's Museum, (626) 449-9144, 480 North Arroyo Boulevard, Pasadena. <http://www.kidspacemuseum.org>

LA Arboretum and Botanical Garden, 301 N Baldwin Ave, Arcadia, (626) 821-3222, Ref. by Jane V. (Fall 2019)

Los Angeles County Museum of Art (LACMA), (323) 857-6000, 5905 Wilshire Boulevard (next to Page Museum), Los Angeles; www.lacma.org Free on the second Tuesday of

every month. Free after 3 pm M - F, for LA County residents. The Boone's Children's Gallery in LACMA West often has hands on exhibitions.

Madame Tussauds: 6933 Hollywood Blvd, Los Angeles. Open 10:00 am, daily.

MAK Center for Art and Architecture at the Schindler House, 835 N. Kings Rd., W. Hollywood, CA 90069, (323) 651-1510. Wednesday to Sunday 11:00 am – 6:00 pm

MOCA Pacific Design Center, 8687 Melrose Ave., West Hollywood, 213-626-6222, <http://www.moca.org> Check website for hours.

Museum of Contemporary Art (MOCA), (213) 626-6222, 250 South Grand Avenue, Los Angeles. www.moca.org Check website for hours.

Museum of Death: 6301 Hollywood Blvd, Los Angeles. Sunday to Friday, 11 am to 8 pm, Saturday, 11 am to 10 pm, fee \$15. For mature audiences.

Museum of Latin American Art: 628 Alamitos Ave., Long Beach. Closed Mon./Tues. Free every Sunday.

Muzeo, 241 S. Anaheim Blvd, Anaheim. (714) 956-8936. www.muzeo.org Tuesday - Sunday: 10am to 5pm, Closed Mondays.

Natural History Museum, (213) 763-DINO, 900 Exposition Boulevard (in Exposition Park, between Figueroa and Vermont), Los Angeles. www.nhm.org Check website for hours.

Norton Simon Museum of Art at Pasadena, 411 W. Colorado Blvd., Pasadena. (626) 449-6840. <http://nortonsimon.org> Check website for hours.

USC Pacific Asia Museum, 46 North Los Robles, Pasadena; (626) 449- 2742, <http://pacificasiamuseum.usc.edu/> Ref. by Jane V. (Fall 2019)

Page Museum/La Brea Tar Pits, (323) 934-7243, 5801 Wilshire Boulevard, Los Angeles (next to LACMA), www.tarpits.org Free on the first Tuesday of the month except July/Aug.

The Paley Center for Media (formerly The Museum of Television and Radio), 465 N. Beverly Drive, Beverly Hills, <http://www.paleycenter.org>

Petersen Automotive Museum, 6060 Wilshire Blvd., Los Angeles. Open from 10 am to 6 pm. Closed on Monday.

Ripley's Believe It Or Not: 6780 Hollywood Blvd, Los Angeles.

Skirball Cultural Center, 2701 N. Sepulveda, Los Angeles. www.skirball.org Tuesday–Friday, 12:00–5:00 p.m. Saturday–Sunday, 10:00 a.m.–5:00 p.m. Closed Mondays and holidays. Please check the museum's website.

UCLA Fowler: In UCLA campus. www.fowler.ucla.edu Free entry, parking fee. Open Wednesday to Sunday, 12:00 pm. Please check the museum's website.

Watts Towers Art Center, 1727 East 107th St, Los Angeles, 213-847-4646.
<http://www.wattstowers.us> Open Wed. – Sun., but can be seen every day from the outside.

MUSIC

❖ Lessons and Music Appreciation

Erin Barnes, violin, cello, recorder, and xylophone teacher, at your home or hers. “A grammy award-winning music instructor, Erin is able to teach my highly energetic and not very interested seven-year-old boy to play the violin rather well. And my nine-year-old daughter loves her and is progressing at an amazing rate. Erin is really special.” (626) 318-0104, eebee75@gmail.com, Ref by Kathleen H. (Fall 2019)

Pasadena Conservatory of Music (626) 683-3355, 100 N. Hill Avenue, Pasadena. “This is a great place! They offer music lessons for children and adults on just about any instrument, as well as in vocal arts, and music theory, composition, etc. They also have a full series of adult education classes (10-week courses). Fall, Winter, and Spring quarters.” Ref. by Natalie C. (Fall 2019)

John Wang, violin teacher, (626) 354-0837. “Great music instructor! Violin and other instruments.” Ref. by Shona B-S (Fall 2019)

❖ Pianos – Sales, Rentals, Tuning, and Repairs

T & S Piano Tuning, Todd and Sharon Lyall, (626) 799-3490; “Will tune your piano or evaluate one you’re considering buying/selling.” Ref. by Katie C. (Fall 2019)

Vivian Zhang, Piano Tuner, (626) 695-6010. “She was recommended by Piano Wholesale. She’s terrific!” Ref. by Laurie K. (Fall 2019)

Bertrand’s Old Town Music Co., 145 Vista Ave., Pasadena, (626) 793-4730.
www.oldtownmusic.com. “Old Town Music Co. was started by a Caltech family and sold in 2015. It is now called Bertrand’s Old Town Music. It’s the place to go for renting and selling musical instruments, and for musical supplies and gifts. Their sheet music collection is one of the largest in Southern California. They also have a program for instrument purchase and upgrade for kids, with a generous portion of the rent applicable to purchase.” Ref. by Fritzie C. (Fall 2019)

OUTDOOR ADVENTURES

❖ General

Audubon Center at Debs Park, 4700 North Griffin Ave, Los Angeles, (323) 221-2255.
<http://debspark.audubon.org> Open Tues-Sat. 9 am – 5 pm. Just south of 110 South. “This nature center has a great pond/stream area and shaded woodland area for children to play in. You can also borrow equipment (binoculars, art sets, backpacks) for

a nearby canyon hike.” Ref. by Katie C. (Fall 2019)

Eaton Canyon Natural Area Nature Center, 1750 North Altadena Drive, Pasadena, (626) 398-5420. <https://www.ecnca.org> is a 190-acre natural park is located at the base of Mt. Wilson. There are five miles of nature trails, an equestrian trail, creeks and a waterfall. The canyon is very lush and has beautiful displays of local flora and fauna. The park is open daily sunrise to sunset. The Nature Center is open 9 am-5 pm except Mondays and major holiday. Picnic areas, docent guided tours and scheduled walks are available. No admission charge. Ref. by Judy C. (Fall 2019)

Placerita Canyon Nature Center, 19152 West Placerita Canyon Road, Newhall, (661) 259-7721. <http://www.placerita.org> “Take the 210 W to the 5 North to Highway 14. One of the first exits is Placerita Canyon Road. Go 1 1/2 miles east to the park. It sounds far but it is only about 25 minutes from Pasadena. Small nature center with live animal shows on Saturdays at 1 p.m. No charge.” Ref. by Katie C. (Fall 2019)

Santa Monica Mountains National Recreation Area, Headquarters Visitor Center, 401 West Hillcrest Drive, Thousand Oaks, (805) 370-2301. www.nps.gov/samo Look for the Outdoor Calendar for various events at <http://www.nps.gov/samo/outdoors>
NOTE: This area burned in the Woolsey Fire of November 2018; some areas are currently closed. Check the website for the latest information.

Wildflower Hotline, <http://www.theodorepayne.org/hotline.html>, (818) 678-3533. From March through May, information is provided about wildflowers blooming in the area, including Antelope Valley Poppy Reserve.

❖ Camping

California State Park Camping Reservations, <http://www.parks.ca.gov/> or <http://www.reserveamerica.com> To reserve a campground in a California State Park, you can book up to 7 months in advance: e.g. to book a popular summer beach campground for July you can make a reservation starting in January. National Park Service Camping Reservations, <http://reservations.nps.gov/>

Catalina Island, <http://www.visitcatalinaisland.com/twoHarbors/Camping.php> “Rated one of the Best Campgrounds in the West” by Sunset Magazine, Little Harbor Campground is perfect for campers who enjoy playing on the beach or in the water. Located about seven miles east of Two Harbors and 16 miles from Avalon, Little Harbor is a sandy, beachfront campground with lots of opportunities for recreation. I’ve never camped here myself but one Caltech family with two small children had a great experience camping here one summer for a whole week.” Ref. by Katie C. (Fall 2019)

Leo Carillo State Park, Malibu, “This campground often books up many months in advance. It is only about a 1 hour drive from Pasadena. I love it there: there are great trails; beautiful beaches AND clean hot showers for a couple of quarters. There is a Starbucks 15 min. from the campsite. This place was where I went camping for the first time, so it is great for first timers and those with little tiny ones who don’t know what it will be like camping with little ones. I totally recommend it for 2 day camping.” Ref. by Katie C. (Fall 2019)

McGee Creek, near Mammoth Lakes. Elevation of 7600 ft., 28 tent or RV sites, flush toilets, piped water, tables, fire rings. The nearest showers are at the trailer park at McGee Creek Road at 395, or (with a store and restaurant) at Tom's Place, just a few minutes away, on old 395. It is a short drive to Rock Creek, Lake Crowley, Convict Lake and Mammoth Lakes. You can hike, mountain bike, fish, explore back roads in Mammoth Lakes or just hang out. The Mono basin, Bodie, and Tioga/Yosemite are close enough for a day trip. Probably around 6 hours drive from Pasadena. From JPL Hiking Club Archives. <http://www.jpreccclubs.caltech.edu/hiking/html/flyerarchive.html>

McGrath State Beach, Ventura. "This is a large flat campground near sandy dunes about 90 minutes from Pasadena. It can be one of the easier beach campgrounds to get into. It is a great place to bring a kite to fly on the dunes or a boogie board for the large sandy beach." Ref. by Katie C. (Fall 2019)

Mineral King, Sequoia National Park. "Great high-country campground, 23 miles up a steep road. No RVs! We've camped here several times in July and seen snow nearby. The stream that runs through the campground is positively freezing. There is lots of great hiking nearby and this is worth the drive. There's also a small lodge/restaurant where you can go if you want to eat out. First come first served. We've always tried to arrive by dinner on a Friday to get a site for the weekend. About a 5-6 hour drive from Pasadena including 1 hr to drive the steep twisty road." Ref. by Katie C. (Fall 2019)

Paradise Campground. "In a valley behind Santa Barbara not far from Lake Cachuma, is a small campground with a big central grassy area (great for playing Frisbee or badminton) with access to a nearby river plus fun boulders to scramble on. It is about 20 minutes from Santa Barbara and 5 minutes from the Paradise Store if you need to pick up basic supplies. A great family weekend getaway and it doesn't book up as quickly as beach campsites." Ref. by Katie C. (Fall 2019)

Pinecrest, Sonora, www.reserveamerica.com "Friends of mine with 3 children from the San Francisco Bay Area spent one week camping at Pinecrest Lake near Sonora one summer. There are water activities plus they show movies outdoors at night for entertainment. Tip: pick a campsite away from the road. C loop is good and D is OK. Book in advance for the summer." Ref. by Katie C. (Fall 2019)

Point Mugu State Park/Big Sycamore Canyon. "One of my favorite beach campgrounds with beach access and hillside hiking less than 90 minutes from Pasadena." Ref. by Katie C. (Fall 2019)

Santa Barbara: El Capitan State Park. "The sites are near the water and several of them are very big (best sites are 41, 42, 84 and 85). This campground is also connected to another campground about 2 miles north and is joined by a nice paved bike path along the water. El Capitan is about 2 hours away from Pasadena and yes, unfortunately you have to book pretty far in advance." Ref. by Katie C. (Fall 2019)

Santa Barbara: Refugio State Beach." This is a popular campground near the beach." Ref. by Katie C. (Fall 2019)

Wheeler Gorge, Ojai. "Small campground in a canyon just outside the picturesque town of Ojai. 10 minute drive to grocery store, ice cream and playground in the middle of town. We've stayed here several times and enjoyed nearby hikes and playing in the

stream that runs across the road in the middle of the campground (bring swimsuits). One tip is to avoid the campsites (e.g. #9) nearest the main road (Highway 33) since it is a popular route for loud early Sunday morning motorbike rides. We prefer staying near campsites #55 and #58 for easy restroom access and morning quiet. Ojai is about a 90 minute drive west of Pasadena.” Ref. by Katie C. (Fall 2019)

PERSONAL ASSISTANT

Cindi’s Girl Friday, (626)-221-5111, Cindi Knight Girl Friday Personal Assistant Services, 919 Palm Ave., South Pasadena, CA 91030. <http://www.girlfridaysopas.com> Ref. by Katie C. (Fall 2019)

PETS: BOARDING, GROOMING, VETERINARIANS, and CAT HOSPITALS

TLC Pet Medical Center South Pasadena, 1412 Huntington Drive (Fremont), South Pasadena, (626) 441-8555. Dr. Lori Pickell. Ref. by Alice H. (Fall 2019)

West Main Animal Hospital, 2216 W. Main Street, Alhambra, (626) 282-2179. Ref. by Katie C. (Fall 2019)

PHARMACIES

Flintridge Pharmacy and Medical Supply, 529 Foothill Blvd. La Canada Flintridge, (818) 790-1802. Ref. by Dee D. (Fall 2019)

PHONE REPAIR

UBreakiFix ,10 East Holly Street, Pasadena, (626) 683-8239. “Is a place to take your broken cell phone to be repaired.” Ref. by Regina B-G. (Fall 2019)

PHOTOGRAPHER

Margaret Gruesbeck, Heirloom Photographer, contact@margaretgruesbeck.com (626) 824-1150. Ref. by Gilda M. (Fall 2019)

PRESCHOOLS & PLAYGROUPS

Toddler and Mini Group: The Toddler and Mini Group meets every week to spend some time together and enjoy our little stars. Each month there will be a different topic (reading, painting, singing, etc.). Normally we meet every Wednesday from 4:00 to 5:30 pm. However, the venue may change from time to time. Sometimes we meet on Caltech Campus, other playgrounds, visit a different park, indoor play center or museum etc. For more info contact: Nina (n.weidendorfer@gmail.com)

Calvary Preschool, (626) 799-0385, 1050 Fremont Avenue, South Pasadena. "Morning pre-school which also offers extended hours/full day care for children age 2 years, 9 months and toilet trained through pre-K." Ref. by Katie C. (Fall 2019)

Sierra Madre Community Nursery School, 701 E. Sierra Madre Blvd., Sierra Madre. (626) 355-1655. "It is a child-centered co-operative nursery school. They have a Wednesday playdate at Sierra Vista Park in Sierra Madre for toddlers. It is a wonderful community of families." Ref. by Laura R. (Fall 2019)

PUBLIC SCHOOLS

Pasadena Action Network (PEN), a resource for parents exploring their local public school options (K-12). "PEN is an independent grass-roots nonprofit organization, started by local parents, that promotes family participation in public education to benefit all students in Pasadena, Altadena and Sierra Madre. Rated "consistently the best, most unified source of need-to-know information regarding Pasadena Unified," PEN's website, (www.penfamilies.org), staff, and programs help parents explore and evaluate their public school options and engage effectively with their schools and navigate the Pasadena Unified School District. Invaluable free resource to anyone interested in learning more about the local public schools." Ref. by Susan S. (Fall 2019)

RESTAURANTS, COFFEE HOUSES and BAKERIES

Ai Japanese Restaurant, 1013 Fair Oaks Blvd, South Pasadena (next to the old Rialto Theater), (626) 799-0534. "I have gone there for 15 years and really like it. All their food is very fresh, consistent and very reasonable. The Loveboat is a super bargain (\$18 – Dinner for two!). They also have many Japanese customers and that tells us something right there. Go early or you find a waiting line, and say hello to Fumito, the Sushi Chef. They are closed on Mondays." Ref. by Regina B-G (Fall 2019)

Aux Delices, 16 W. Colorado Blvd., Pasadena, (626) 449-9715. A small French café in Old Town, Pasadena. Ref by Jane V. (Fall 2019)

The Bagel Factory, 8986 Cadillac Ave., Los Angeles (corner of Robertson Blvd. and Cadillac Ave.). Ref. by Judy G. (Fall 2019)

Berolina Bakery, 3421 Ocean Blvd., Glendale, (818) 249-6506. "Artisan breads, delicious pastries to go, or eat in their small outdoor seating area. Delicious lunch, and authentic Belgian waffles for Saturday breakfast are a must." Ref. by Vilia Z. (Fall 2019)

Bistro 45, 45 S. Mentor Ave., Pasadena. Ref. by Judy G. (Fall 2019)

Bread Lounge, 700 S. Santa Fe Ave., Los Angeles, (213) 327-0782. Café and coffeehouse. "Hand-made bread and pastries. Can't beat the bread, the Danish, and the ambience." Ref. by Judy G. (Fall 2019)

Cafe Verde, 961 East Green Street, Pasadena, (626) 356-9811. "Small restaurant,

reasonable prices.” Ref. by Alice H. (Fall 2019) and Jane V. (Fall 2019)

Cameron’s Seafood, 1978 E Colorado Blvd, Pasadena, (626) 793-3474. Ref. by Jane V. (Fall 2019)

Celestino Ristorante, 141 South Lake Avenue, Pasadena, (626) 795-4006, www.celestinopasadena.com. “This is our favorite Italian restaurant. And we’re not alone. We see lots of Caltech people there! The food is excellent, prices reasonable, personnel friendly and helpful. And they have a parking lot, accessible from Hudson.” Ref. by Natalie C. (Fall 2019)

Corfu Mediterranean Restaurant, 48 West Sierra Madre Blvd., Sierra Madre, (626) 355-5993. “Friendly people and near-perfect breakfast in a relaxed setting – inside or outside.” Ref. by Regina B-G. (Fall 2019)

Daisy Mint, 1218 E. Colorado Blvd., Pasadena. Asian fusion, mostly Thai restaurant. “Excellent food and reasonably priced.” Ref. by Jane V. (Fall 2019)

Divina Cucina, 3730 North Verdugo Road, Montrose, (818) 248-3077. “This family run Italian restaurant features authentic Italian food in a very nice, casual setting. A small, enclosed patio is lovely for lunch or dinner with friends. Reasonably priced and top quality food.” Closed Mondays. Ref. by Judy C. (Fall 2019)

El Cholo, 300 E. Colorado Blvd, Pasadena (in the Paseo Colorado). Ref. by Jane V. (Fall 2019)

Europane, 950 E. Colorado Blvd, Pasadena, (626) 577-1828, and 345 E. Colorado Blvd., Pasadena, (626) 844-8804. “Delicious Italian teacakes and quite authentic French croissants for the LA area. The teacakes are only made on the weekend or by advanced special order. Nice place for breakfast or lunch too.” Ref. by Laura L-C. (Fall 2019)

Green Street Restaurant, 146 South Shoppers Lane, Pasadena, (626) 577-7170. <http://www.greenstreetrestaurant.com>. “I’ve been going to Green Street for over 20 years. The food is good and well-priced. They have a big selection of excellent salads served with their own zucchini bread. Their salads are particularly large, but you can share one or order a half. An outdoor patio is the place to eat on a pleasant day. Parking garage adjacent.” Ref. by Judy C. (Fall 2019)

Julienne (Gourmet Market), 2649 Mission St., San Marino, (626) 441-2499. French restaurant and bakery. Ref. by Jane V. (Fall 2019)

Maple at Descanso Gardens, 1418 Descanso Dr., La Cañada Flintridge, (818) 864-6435. A brunch restaurant. Ref. by Jane V. (Fall 2019)

Margaritas, 155 S Rosemead Blvd, Pasadena, CA, (626) 449-4193. Ref. by Jane V. (Fall 2019)

Maria’s Italian Kitchen, 3537 E. Foothill Blvd., Pasadena, 626-351-2080. Ref. by Jane V. (Fall 2019)

Marston's Restaurant, 151 E Walnut St., Pasadena, (626) 796-2459, for breakfast or lunch. Ref. by Jane V. (Fall 2019)

May Mei Chinese Cuisine, 639 Duarte Rd., Arcadia, CA 91006, (626) 574-1318. "Cash only; no alcohol; amazing food even by the high standards set in our San Gabriel Valley." Ref. by Judy G. (Fall 2019)

Namaste Spiceland, 270 N. Hill Ave., Pasadena. This is an Indian grocery store and restaurant. Ref. by Jane V. (Fall 2019)

Panda Inn, 3488 E Foothill Blvd, Pasadena, (626) 793-7300. Ref. by Jane V. (Fall 2019)

Penelope's Cafe-Books-Gallery, 1029 Foothill Boulevard, La Cañada, (818) 790-4386. "This is one of my favorite businesses in or near La Canada." Ref. by Dee D. (Fall 2019)

Pepe's Mexican Food, 2272 Honolulu Ave., Montrose, (818) 248-6622. Ref. by Jane V. (Fall 2019)

Poppy Cake Baking Company, 328 W Sierra Madre Blvd, Sierra Madre, (626) 355-9000. Neighborhood bakery crafting artisan breads, sandwiches & desserts, including gluten-free options. Ref. by Vilia Z. (Fall 2019)

The Raymond Restaurant, 1250 S. Fair Oaks Ave., Pasadena, (626)-441-3136. Ref. by Jane V. (Fall 2019)

Saladang, 363 S. Fair Oaks Ave., Pasadena, (626) 793-8123. Ref. by Jane V. (Fall 2019)

Seed Bakery, 942 E Washington Blvd, Pasadena, (626) 486-2115. Using Old World baking traditions, bread and pastry are made with freshly ground whole grain flour. They bake a variety of breads, especially on Wednesdays and Thursdays. They also serve breakfast and lunch based around their bread. Ref. by Vilia Z. (Fall 2019)

Stoney Point Bar & Grill, 1460 W Colorado Blvd, Pasadena, (626) 449-9715. "Wonderful Italian food & service in this historic Pasadena restaurant. Around 9:30 PM Saturday evenings, folks who show up to sing standards from the Great American songbook are accompanied by Ron Snyder, perhaps the most accomplished pianist for singers in certainly the greater LA area. Best free entertainment around." Ref. by Shona B-S. (Fall 2019) and by Jane V. (Fall 2019)

The Langham Hotel, 1401 S. Oak Knoll Ave., Pasadena. For the Royce Steak House, (626) 585-6410 or The Terrace Restaurant, (626)-585-6218. Ref. by Jane V. (Fall 2019)

Some Westside Restaurants: Hill Stone, 2nd. St. & Wilshire, Santa Monica. "The food is excellent and the clientele is excellent!"; Napa Valley Grille, 1100 Glendon Ave., #100, Los Angeles (Westwood); Luskin Conference Center Hotel at UCLA, "Excellent food!"; Drago (Italian restaurant at the Petersen Automotive Museum, 6060 Wilshire Blvd., Los Angeles) "Wonderful..." All Ref. by Jane V. (Fall 2019)

SENIOR RESOURCES

Local Non-profit Continuing Care Facilities include:

Villa Gardens, 842 E. Villa St. (just west of Lake), Pasadena, CA 91101, (626) 463-5300.

www.villagardens.org and

MonteCedro, 2212 El Molino Ave., Altadena, CA 91001, (626) 788-4921.

www.montecedro.com

Both Ref. by Alice H. (Fall 2019)

Huntington Senior Care Network, (626) 397-3110. www.seniorcarenetwork.com “The Resource Center recommends different types of senior services and schedules in-home assessments done by social workers for a fee. You can also schedule a geriatric consultation service, which is a comprehensive physical and mental evaluation. To schedule an appointment, call (626) 397-3127. This is a popular service - you might have to wait several months for an appointment. Dr. Norman Chien is a board certified geriatrician and director of the Geriatric Assessment Clinic at Huntington Hospital.” Ref. by Judy C. (Fall 2019)

Pasadena Village is a community group that focuses on allowing people to "age in place" and offers an array of assistance to achieve this goal. Their web site is: www.pasadenavillage.org. I have visited this agency, met with their staff, and spoken to some of their clients in connection with serving on a task force for the Pasadena Community Foundation. They have my highest recommendation.” Ref. by Gloria M. (Fall 2019)

SHOE REPAIR

El Sereno Shoe Repair, 4993 Huntington Drive, Los Angeles. “Small shoe repair shop. Easy to drive by and miss it since it is tucked away.” Ref. by Katie C. (Fall 2019)

Station Wagon Shoe Repair, 113 W. California, Pasadena, (626) 449-9787, in the Orangewood Shopping Center near the Post Office. “They repair shoes, handbags, coat zippers. They do excellent repair work using high quality materials. They have been in the shoe repair business in Pasadena over 40 years.” Ref. by Judy C. (Fall 2019)

SHOPPING

❖ Camping Gear

Caltech Y. <http://www.caltechy.org/service/rentals/outrent> “Offer incredibly low cost equipment rentals for camping or outdoor adventures. They rent tents, sleeping bags, sleeping pads, skis, camp stoves, bear barrels, etc. Most items are \$3 or less.” Ref. by Katie C. (Fall 2019)

REI, Recreational Equipment Company, 214 N. Santa Anita Ave., Arcadia, (626) 447-1062. www.rei.com “This nationwide chain specializes in outdoor equipment and clothing. Membership is not required, but as a member, you receive an annual rebate based on your year’s purchases. They have several sales each year. They also rent

equipment.” Ref. by Judy C. (Fall 2019)

❖ Clothing

Camille Depedrini, 1516 Mission St., So. Pasadena, (626) 441-7868. From the website: “Camille DePedrini is a namesake fashion boutique that has been in business for over eighteen years as one of Pasadena's most unique shops. It is a one stop shop for all your fashion needs, whether you need formal wear for a red carpet gala, work wear or casual clothes for every day. The style of clothing ranges from retro to contemporary with an emphasis on fabulous fabrics and comfort. Stocked with designers that are local and from around the globe with a size range from petite to plus size, there is something for everyone. Camille and her staff offer a very personalized service. The atmosphere is comfortable, professional, and always creative.” Ref. by Laura R. (Fall 2019)

❖ Craft Supplies

Michaels Arts & Crafts, 1155 East Colorado Boulevard, Pasadena, (626) 431-2850. “Crafts, photo album and scrapbook supplies, floral & party supplies. A good place to buy kids crafts and holiday craft supplies.” Ref. by Judy C. (Fall 2019)

❖ Food/ Gourmet Markets

Fish King, 722 N Glendale Ave, Glendale, (818) 244-2161 “One of the only local places to go to for sushi grade fish – (the other one is Santa Monica seafood). They also have the great, inexpensive Galley deli, for an excellent seafood lunch. One of the best tuna poke in Los Angeles & I always order my Shelton Thanksgiving turkey here.” Ref. by Vilia Z. (Fall 2019)

Milkfarm, 2106 Colorado Boulevard, Los Angeles, (323) 892-1068 This shop is in Eagle Rock. From their website www.milkfarmla.com “We specialize in selling Artisan cheese, charcuterie, and other handmade food products mostly from Los Angeles based, small and independent producers. ... Milkfarm also has a selection of locally crafted beer and wine. Buy food and drink to-go or stay and dine at our communal table or cheese counter.” Ref. by Alice H. (Fall 2019)

San Gabriel Superstore, 1635 S. San Gabriel Blvd., San Gabriel (on the right hand side just south of Valley), (626) 280-9998. “Best Chinese supermarket, together with other specialty stores.” Ref. by Alice H. (Fall 2019)

Schreiner's, Fine Sausages Inc., 3417 Ocean View Boulevard, Montrose, (818) 244-4735. “German meat, sausages and other German specialties.” Ref. by Dee D. (Fall 2017) and “Wear your lederhosen! Authentic imported products, there is a butcher, and you can practice your German with the staff.” Ref. by Vilia Z. (Fall 2019)

Sprouts, 39 N Rosemead Blvd, Pasadena, (626) 696-1290. Ref by Vilia Z. (Fall 2019)

Taylor's Meat Market, 14 E Sierra Madre Blvd, Sierra Madre, (626) 355-8267.
"Expensive, but their meats are USDA Prime; mom-n-pop market." Ref. by Vilia Z. (Fall 2019)

Trader Joe's, <http://www.traderjoes.com>. Numerous locations throughout the area.
"Good prices for organic and unusual gourmet foods. Feature quick and easy to prepare foods, prepared foods and ready to eat salads, good selection of wine and beer. Excellent source for fresh cut flowers and ornamental potted plants." Ref. by Judy C. (Fall 2019)

❖ Jewelry and Jewelry Repair

Arnold's Fine Jewelry, 350 S. Lake, Pasadena (in the Colonnade), (626) 795-8647.
"These third generation jewelers do wonderful repair work at a very reasonable price. They will clean your rings and check the integrity of the setting without charge and change watch batteries while you wait. I have taken all my jewelry repair work there for years. They also have a jewelry appraisal service." Ref. by Judy C. (Fall 2019)

❖ Thrift Shops

Bargain Box, 4607 Oakwood Avenue, La Cañada (next to the library), (818) 790-6467.
"Great buys on small household appliances, kitchen items, linens, clothing, books, sporting goods, and toys. Also a great source for jewelry and collectibles." Ref. by Barbara W. (Fall 2019)

Caltech Furniture and Household Equipment Loan Pool and Toy Library, (626) 584-9773, 234 South Catalina Avenue (Behind 230 South Catalina, just north of Del Mar Avenue), Pasadena. Call for hours of opening. No appointment necessary. Caltech, JPL, and Huntington staff and employees and their significant others can borrow cribs, strollers, high chairs, baby swings, baby bathtubs and toys as well as pots and pans, dishes, glasses and other useful household items. There is a small annual fee to join, and a nominal donation is requested for some items (i.e. cribs \$20, electrical items \$4, clothes 25¢). Other items may be checked out for free. Donations of new and gently used items welcome. (Fall 2019)

Craigslist, <http://losangeles.craigslist.org> "A useful website for finding everything. Choose Furniture and Household and you'll get a lot of choices." Ref. by Katie C. (Fall 2019)

Goodwill, 3 locations in Pasadena: 183 N. Altadena Drive; 112 E. Colorado Blvd.; 340 s. Fair Oaks Ave. (Fall 2019)

Huntington Collection, 766 South Fair Oaks, Pasadena, (626) 535-2468. "Thrift shop, especially good for used furniture and household items. A good day to go is Thursdays when they get new items. This is also a good place to donate your unused furniture, household items, and good recyclable clothing. They will schedule a pick-up for furniture. They have a boutique section for designer clothing. Proceeds support the Huntington Hospital Senior Care Network." Ref. by Judy C. (Fall 2019)

Salvation Army, 56 West Del Mar Avenue, Pasadena, (626) 577-4649. Thrift shop, “It is especially good for used furniture and baby/kids toys. The good days are Thursdays and Fridays when they get new items into the store.” (Fall 2019)

Yard and Garage Sales: check local newspapers, e.g., *Penny Saver* and *Pasadena Star News* for yard and garage sales. These occur when individuals sell their used clothes, furniture, toys and household items in their own yard/garage. Sometimes whole neighborhoods have sales on the same weekend. This is a fun and friendly way to find great deals.

❖ Wine and Liquor

K & L Wine Merchants, 1400 Vine St, Hollywood, (323) 464-9463
Topline Wine & Spirits Co., 4718 San Fernando Rd # A, Glendale, (818) 500-9670
Both Ref. by Vilia Z. (Fall 2019)

Mission Wine & Spirits, 1785 E Washington Blvd, Pasadena, (626) 797-0500. “Amazing selection of liquors at excellent prices. Definitely a mixologists dream.” Ref. by Vilia Z. (Fall 2019)

TRANSPORTATION

❖ Airport

World Class Sedan Service, Inc., (866) 716-0444. “These drivers are absolutely reliable for getting you to and from local airports. Their Lincoln Town Cars make the passenger feel like a celebrity.” Ref. by Barbara W. (Fall 2019)

❖ Local Travel Information

Caltech Transit Guide, www.transitguide.caltech.edu Lists public transport options for Caltech community within Pasadena, LA & California. There's a lot of relevant information for commuters in these areas.”

Experience L.A, www.ExperienceLA.com “LA’s Official Cultural Calendar and Trip Planner.”

Not for Tourists, <http://www.notfortourists.com/losangeles.aspx> A compilation of information about Southern California including transportation systems, governmental infrastructure, shops, restaurants, and nightspots.

TRAVEL and TOURS

The Healthy Traveler Clinic, 1250 E. Green Street (between Wilson and Chester), Pasadena, (626) 584-1200. www.healthytraveler.com “Vaccinations, prescriptions and travel supplies; expensive but convenient.” Ref. by Alice H. (Fall 2019)

VOLUNTEER OPPORTUNITIES

Junior League of Pasadena: www.jrleaguepasadena.org/Pasadena/index.jsp. “An organization of women committed to promoting voluntarism, developing the potential of women and improving the community through the effective action and leadership of trained volunteers. Our purpose is exclusively educational and charitable.” According to their website, Julia Child was once a member.

Kids Reading to Succeed: www.kidsreadingtosucceed.org/

The Mothers’ Club Family Learning Center, 980 North Fair Oaks Avenue, Pasadena, 626-792-2687. www.mothersclub.org Provides social services and educational programs to low-income, at-risk families with children ages 0-5. Offers a variety of volunteer opportunities for adults, families, students (8th grade and up). Contact the Volunteer coordinator 626-792-2687 x 121 or volunteer@mothersclub.org.

Pasadena Heritage: <http://www.pasadenaheritage.org> “I highly recommend volunteering for one of their events: Craftsman Weekend (Oct.), Spring Home Tour, or July’s Colorado Bridge Party.” Ref. by Katie C. (Fall 2019)

Reading Partners: www.readingpartners.org Volunteers work in local Pasadena elementary schools with children who need help with reading, in a 45 minute one-on-one tutoring session held once or twice a week. Training is provided. See website: <http://info.readingpartners.org/volunteer-in-los-angeles>

San Gabriel Valley Literacy Council: www.sgvlc.org This non-profit group offers English as a Second Language (ESL), as well as citizenship preparation classes to adults at various locations in Pasadena. Volunteers are given two six-hour training sessions. Textbooks and materials are provided. No previous teaching experience is required. The next training sessions will be held on January 7 and 21, 2017. See website <http://www.sgvlc.org> or email volunteer@sgvlc.org. Phone: (626) 298-4731.

Union Station Homeless Services: <http://www.unionstationfoundation.org>
Social services for homeless men, women, and children. You can find an application for volunteers on their website.

Women at Work: 2555 E. Colorado Blvd. Suite 204, Pasadena, (626) 796-6870. womenatwork.org, a bilingual career and job resource center serving Los Angeles County.