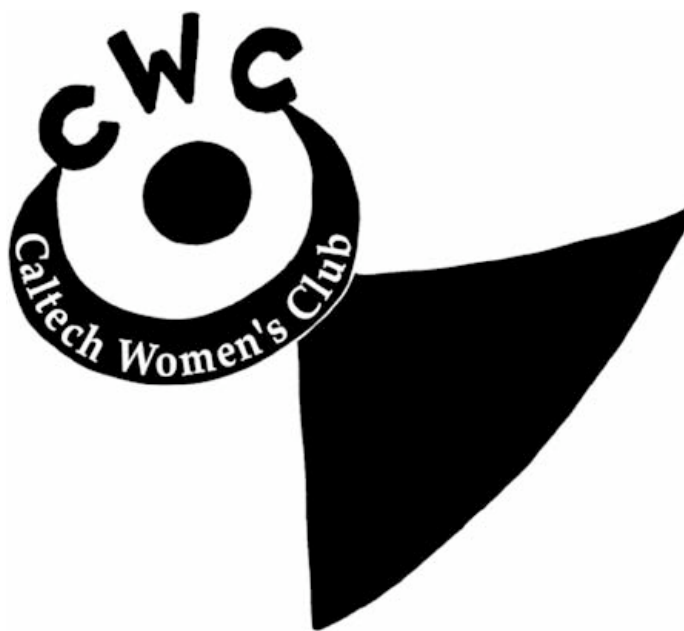


PASADENA AREA GUIDE

Fall 2008



Caltech Women's Club

<http://cwclub.caltech.edu>

Jennifer Hess Pearson, editor

jmphp@sbcglobal.net

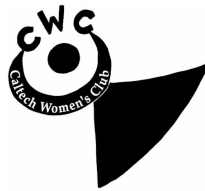


The Pasadena Area Guide is a project of the Caltech Women's Club and depends entirely on Club members' suggestions. It is not intended to be a complete or exhaustive listing of Pasadena area services. Every effort was made to insure information was correct at time of publication.

if there is a category we've left out or a service provider you would like to recommend,, we welcome suggestions for future editions. If you can provide new or updated information for future editions, please e-mail your suggestions to Jennifer Hess Pearson at jmphp@sbcglobal.net.

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

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 who have a connection with Caltech in common. The object of the club is to promote friendliness and the sharing of mutual interests. We are of different ages and races and nationalities and have different interests and lifestyles. Some of us have been here for years and others are just here temporarily. But 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 for the 2008-09 year:

- Check the club website: <http://cwclub.caltech.edu> and/or contact cwcmembership@caltech.edu
- For any other questions or inquiries please email: the Caltech women's club at cwclub@caltech.edu

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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:

Caltech Postdoctoral Association
<http://www.cpa.caltech.edu>

ALTERNATIONS & DRY CLEANING

Fashion Cleaners Tailoring, 560 South Lake Avenue, Pasadena, (626) 744-3171. "Fashion Cleaners Tailoring has done pretty good work for us at reasonable prices. I've not tried them for anything complicated." Ref. by Alice S., edalicestone@worldnet.att.net (Spring 2005)

French Hand Laundry, 606 South Lake Avenue, Pasadena, 626-792-3881. "More expensive than the average, but essential for your most valuable items such as wedding dresses, anything white, handmade or difficult to clean items needing specialized and personalized care." Ref. by Diana G., diana.granat@yahoo.com (Summer 2006)

Perfect Fit Alterations, 924 Huntington Drive, San Marino, (626) 300-0074. "Perfect Fit Alterations is a design and alterations workshop. Jill, the woman in charge, trained in Europe. She's saved some beloved clothes for me and had reweaving done that absolutely doesn't show. When I want something made from scratch, I go there." Ref. by Alice S., edalicestone@worldnet.att.net (Spring 2005)

ARTISTIC INCLINATIONS: Beads

The San Gabriel Bead Company, 325 East Live Oak Avenue, Arcadia, (626) 447-7753; www.beadcompany.com. "Beads, books, gourds, tools, workshops, metals. In short all you need for jewelry making." Ref. by Michaela M., michaela_mueller@web.de (Summer 2005)

ARTISTIC INCLINATIONS: Craft Supplies

Jo-Ann Fabrics & Crafts, 550 North Lake Avenue, Pasadena , (626) 449-1616. "Stocks fabrics & budget craft supplies." Ref. by Hana K., lachlan.and.hana@gmail.com (Summer 2006)

Hiromi Paper International, <http://www.hiromipaper.com>, 2525 Michigan Ave Unit G-9, Santa Monica, CA 90404, (866) 479-2744 or (310) 998-0098.

"Specialize(s) in Japanese papers, many handmade and unique papers for art and conservation. Prices reflect the unusual products. Check out the web site, or make a day of it and go to the Santa Monica Museum of Art and buy paper at Hiromi, they are both located in Bergamot Station."

Michaels-Arts & Crafts, 1155 East Colorado Boulevard, Pasadena. (626) 431-2850
"Stocks craft, floral & party supplies." Ref. by Hana K, *lachlan.and.hana@gmail.com*
(Summer 2006)

Stats Home Decorative Center, 120 South Raymond Avenue, Pasadena, (626) 795-
9308; www.statsfloral.com. "Festive decorations in bulk." Ref. by Hana K,
lachlan.and.hana@gmail.com (Summer 2006)

Swain's (818)243-3129, 537 N. Glendale, Glendale, CA 91206
<http://www.swainsart.com/index.html> "A huge art supply store, check their website for an idea of all they offer. They have a broad selection of paper and watercolor paper in stock, and a wide range of supplies from fine art to creative toys." Ref. By Marcia B (Summer, 2008)

ARTISTIC INCLINATIONS: Fabrics

F & S Fabrics, 10629 West Pico Blvd., Los Angeles (West LA), (310) 475-1637. "An unbelievable array of fabrics for the home and for clothing in three separate stores. Well worth the drive." Ref. by Julie W., woodward@caltech.edu (Fall 2003)

ARTISTIC INCLINATIONS: Pottery Classes

Roger Barkley Community Center, 4469 Chevy Chase Drive, La Canada, (818) 790-4353; <http://www.rbccclcf.org/index.html>. This Center is "a lively pottery studio with lots of classes for children and adults." Ref. by Julie W., woodward@caltech.edu (Summer 2005)

Xiem Clay Center, 1563 North Lake Avenue, Pasadena, (626) 794-5833;
<http://www.xiemclaycenter.com/home.php>. "Xiem (pronounced "Sim") Clay Center is an excellent studio for classes and/or studio space for adults. Both beginners and advanced potters will enjoy the studio, which is beautifully organized and a beautiful environment." Ref. by Julie W., woodward@caltech.edu (Summer 2005)

ARTISTIC INCLINATIONS: Writers' Group

Tell It Like It Was, meets every other Tuesday, 6:30–9 p.m., at the Coffee Gallery Backstage, 2029 North Lake Avenue, Altadena. "A small group of diverse professionals whose avocation is writing (e.g., engineer, librarian, school psychologist, etc.), Tell it Like it Was welcomes new members. Folks who've always thought of committing their life stories to paper get a chance to do just that in a supportive, no pressure environment. If interested, phone Shona at 626-796-6309 for further details." Ref. by Shona B-S., brogdenstirbl@yahoo.com (Spring 2005)

AUTOMOBILES: Auto Mechanics

Accurate Autoworks, (626) 584-6632, 26 North Hill Avenue, Pasadena. "We take both our 2003 Honda Civic Hybrid and our older Toyota to Accurate Autoworks. We've never had a problem with service or workmanship." Ref. by Chris H., c_w_holmes@sbcglobal.net (Spring 2005)

Gene Cummings at Mike Gibson Auto, (626) 795-3726, 1701 East Walnut Street, Pasadena. "Does a great job at a reasonable price and is a really nice person." Ref. by Laurie K., kovalenko@mac.com (Spring 2005) Genesis Automotive, (626) 568-0718, 1920 East Walnut Avenue, Pasadena. "Norton, the senior mechanic, is so good and honest and reasonable, we will probably continue buying Hondas so that we can take our car to him." Ref. by Julie W., woodward@caltech.edu (Fall 2003)

Independent Volvo Service Center, (626) 796-5460, 2244 East Walnut Street, Pasadena. "Knowledgeable, honest, reasonable. I would not take a Volvo any other place." Ref. by Judy C., judycollins63@earthlink.net (Summer 2005). "Dependable, honest and thorough work." Ref. by Sylvia H., sylviahale@sbcglobal.net (Spring 2005)

Nishikawa Auto Service Inc., (626) 793-3595, 510 South Fair Oaks Avenue, Pasadena. "They do good work and are honest and reliable." Ref. by Emily A., ebabbott@globalmix.org (Summer 2006).

Sierra Madre Independent Honda Service, (626) 355-4663, 54 North Baldwin Avenue, Sierra Madre. Ref. by Lisa S-L., lisa@ipac.caltech.edu (Fall 2003)

AUTOMOBILES: Body Work

Townsley and McCurdy Body Works, (626) 796-7763, 33 West Green Street, Pasadena. "They put several of our cars back together after (1) hitting a deer, and (2) a tree fell on it. Did great work and have a good reputation." Ref. by Judy C., judycollins63@earthlink.net. (Summer 2005)

AUTOMOBILES: Tires

Jerry's Tires, (626) 584-9730, 1536 East Walnut Street, Pasadena. "Price is good. Nice people. Once I brought my car in to check whether a tire was OK and they found that it was fine and didn't charge anything." Ref. by Laurie K., kovalenko@mac.com (Spring 2005).

AUTOMOBILES: Used Cars

CarMax, (626) 357-9972, 1131 Central Avenue, Duarte. "We had a very good experience buying a car through CarMax. Their cars are in very good condition and come with a 30 day guarantee. Our car required a small repair and they did it without any questions asked. By getting a relatively new car with low mileage through CarMax, we saved a significant amount of money rather than buying a new car." Ref. by Julie W., woodward@caltech.edu (Summer 2005)

The Universe is JPL's biweekly employee newspaper, published every other Friday. Listings include used cars. The "electronic" version of Universe (actually a PDF) is available only on Lab. Caltech staff can be added to the mailing list for a paper copy. To subscribe, e-mail Mark Whalen at Mark.P.Whalen@jpl.nasa.gov.

BABY SUPPLIES (also see Thrift Shops)

Caltech Baby Furniture and Household Equipment Loan Pool (HELP), (626) 584 9773, 234 South Catalina Avenue (Behind 230 South Catalina, just north of Del Mar Avenue), Pasadena. Open on Thursday mornings from 10 am to 1 pm. No appointment necessary. Caltech and JPL employees and their significant others can borrow maternity clothes, cribs, strollers, high chairs, baby swings, baby bathtubs, and toys as well as pots and pans, plates, glasses, and other useful household items. A nominal donation is requested for some items (i.e. cribs \$20, electrical items \$4), other items are free (including children's toys and clothes). Donations of new and gently used items welcome.

Fashion Baby, (626) 215- 0216, Santa Anita Mall: 400 S Baldwin Ave 710L, Arcadia. "This is my favorite store for cool toddler boy clothes. If you look for hip clothes other than navy blue Polo shirts or the like, this is the place for you to go. Usually they have a big sale at least once a year (July) when everything is 50-70% off. Not sure if you will like their style? Then check out the website first: www.fashionbaby.com. Ref. by Daniela S., [dschlicht@web.de](mailto:dSchlicht@web.de) (Summer 2006).

Once Upon a Child, (818) 248-9996, 2607 Foothill Boulevard, La Crescenta. "Good selection of new car seats, cribs, and decent used baby toys/clothes. Will also buy back your used kids stuff. Great place to shop for new parents since it is not as overwhelming as most baby stores - has good basics. Take 210 West to La Crescenta Boulevard, go north. Turn right on Foothill. Store is in the shopping center about 2 blocks east." Ref. by Katie C., ktclark@caltech.edu (Summer 2005)

Twerps, (323) 256-7608, 5060 Eagle Rock Blvd, Los Angeles (in Eagle Rock). "This is a small store that carries infant and toddler clothes (second hand), shoes (new) and toys (new). You will find European name brand toys, such as *Haba* there. I particularly love their *See Kai Run Shoes* which offer great comfort for the little soft feet, are very stylish as well as reasonably priced (32 USD). *See Kai Run* (www.seekairun) is a Washington based family corporation specializing in *First Walker* shoes (up to size 9). The Twerps visit can ideally be combined with a coffee break at the Swork Cafe (right at the corner of Colorado and Eagle Rock Blvd.) which fortunately has got a little child play area." Ref. by Daniela S., dschlicht@web.de (Summer 2006)

Uncle Tom's Toys, (818) 249-2178, 2281 Honolulu Ave, Montrose. "This is one of the smaller kids' toys stores, the toys on the shelves are quite crowded, but you will find a good selection of quality toys and games. They also have a play corner with the wooden Thomas the Train Engine table that is mostly appreciated by 2-3 year old boys." Ref. by Daniela S., dschlicht@web.de (Summer 2006)

BANKING: Credit Union

Caltech Employees Credit Union; Caltech Employees Federal Credit Union (CEFCU) house is on S. Wilson Ave (near corner of San Pasqual St, see also www.cefcu.org) It has branches located at Caltech & JPL campuses. CEFCU has ATMs at the Winnett Center (behind Red Door Café), Keith Spalding building in Caltech, plus an ATM at JPL & Huntington Gardens. CEFCU also has credit card, loans, scholarships, internet & phone banking options.

BANKING: For Overseas Newcomers to Los Angeles

Contributed by Hana K., lachlan.and.hana@gmail.com (Summer 2006)

Money exchange services are limited in LA. Also the best money exchange rate is usually at the banks. ATM and banks are as spread out as LA is sprawled. Often coins and small notes in US currency are required for transport & shopping. Note public transport often requires exact fare without change. So try and get some US currency before arriving in USA and/or use ATM at the airport initially.

Withdrawal fees and access at ATMs vary, For example there may be transaction & currency conversion fees, depending on ATM banking network and your bank card.

On-line and telephone banking/payments often requires MasterCard, Visa or Diners card from an AMERICAN bank or Credit Union, with matching US billing address.

To set up an American bank account in your name, you'll need various forms of ID : e.g. social security number (or TIN), California ID or California DMV ID & passport supplementary card to an account, if you are short on ID.

Locals worry about ID theft and fraud. This may include shredding personal details on documents and mail before disposal. The usual precautions apply to giving out personal details & carrying various forms of money apply – consult your bank or American Express office!

BOOKS

The Archives Bookshop, (626) 797-4756, 1396 East Washington Boulevard, Pasadena; <http://www.archivesbookshop.com/>. “If you are interested in theology, this is the place for you. The Archives has over 50,000 volumes in stock! As well as theology, the selection includes Bibles, biblical studies, philosophy, church history, biography, ministry, mission, antiquarian and collectables.” Ref. by Emily A., ebabbott@globalmix.org (Summer 2005)

Janet Jarvits' Used Cookbook Store, (626) 296-1638, 1388 East Washington Boulevard, Pasadena (near Hill). “It has a tremendous collection of used cookbooks that are in great condition and reasonably priced.” Ref. by Karen B., brunschwig@sbcglobal.net (Summer 2005)

Penelope's Cafe-Books-Gallery, (818) 790-4386, 1029 Foothill Boulevard, La Canada. “This is one of my favorite businesses in or near La Canada.” Ref. by Dee D., deedrapeer@charter.net (Summer 2005)

Vroman's Bookstore, (626) 449-5320, 695 East Colorado Boulevard, Pasadena; <http://www.vromansbookstore.com>. “Vroman's is Southern California's oldest and largest independent bookstore. In addition to a fantastic selection of books, Vroman's also hosts author events, children's parties, book discussions, workshops, and lectures.” Ref. by Emily A., ebabbott@globalmix.org (Summer 2005)

CHILDCARE/DAYCARE/ NANNIES

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

The Child Education Center at JPL, (818) 354-3418, 140 East Foothill, La Canada; <http://www.ceconline.org/>. The Children's Educational Center at JPL is one block from JPL. They are open 6:45 a.m. to 6:00 p.m. Programs are open to children ages 6 weeks to 5 years. Tuition assistance is available. "Gives preference to JPL employees. Also takes children from the community. State accredited, well trained teachers. Loving environment for very young children. Has educational meeting for parents. Very unstructured. My grand daughter went there from six months until pre- kindergarten and also attended several summer programs. Her best friends are still the little girls she met there." Ref. by Judy C., judycollins63@earthlink.net. (Summer 2005)

The Children's Center at Caltech (CCC), (626) 395-6860, 265 South Chester Street, Pasadena; <http://www.its.caltech.edu/~ccenter/>. Open 7:30 a.m. to 5:45 p.m. Programs are open to children ages 6 months to 6 years. Tuition assistance is available. The CCC is a strong supporter of the CWC and many club members have used their services. (Summer 2005) Living Way Day Care Center, (626) 791-4864, 2495 East Mountain Street, Pasadena (cross street Altadena Drive). "Faith-based (non-denominational) daycare from 6 weeks to pre-K. Five days a week from 7 a.m. to 6 p.m. Best thing about the school: low turn-over of teachers. Price is very reasonable. Very loving environment. Classes are small (no more than 12 kids usually) with good teacher/children ratios. Religion is an important part of the day and curriculum, including attending church once a week (kids as well) and reading the Bible in class. Very flexible if you need part-time care. Associated school: Living Way Academy from K through 8th." Ref. by Viviane T., thompson@griefco.com (Fall 2003)

Nannies to Go, (626) 444-4820, Ref. by Laurie K., Kovalenko@mac.com (Fall 2003)

CHILDREN'S ACTIVITIES, LESSONS AND CAMPS

Armory Center for the Arts, (626) 792-5101 x 101, 145 North Raymond Avenue, Pasadena. "Wonderful classes for children of ages 3-18 that encourage students to appreciate and understand contemporary art, while they are creating it in a studio setting. Also adult classes." Ref. by Mimi C., duongcarter@sbcglobal.net (Summer 2006)

Children's Dance Classes, Miss Claire, (626) 403-7385, South Pasadena. "Affordable beginning dance classes available through South Pasadena Parks and Recreation Department.... Miss Claire who can work magic with small children (ages 2 and up)." Referred by Katie C., ktclark@caltech.edu (Spring 2005)

Huntington Explorers Summer Program, Huntington Library and Gardens, (626) 405-2100, 1151 Oxford Road, San Marino. Recommended summer program for children ages 5 and up. Ref. by Leslie M., Imm@caltech.edu (Summer 2006)

KidsArt, (626) 577-7802, 600 East Colorado Boulevard, Pasadena. "My son who is 5 years old has been taking classes there for the past few months. They have a great method of teaching the kids through series of projects. The kids are there to learn to draw and the instructions are both gentle yet clear. (Sometimes they have to redo a part if not good enough.) Classes are pretty small (7 or 8 kids) with 3 teachers and the price is reasonable compared to other art schools." Ref. by Viviane T., thompson@greifco.com (Summer 2005)

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

My Gym, (626) 441-7800, 839 South Arroyo Parkway, Pasadena. "I take my toddler son to My Gym, a children's gym. It's very clean, the staff members are fun and friendly, and the price is reasonable." Ref. by Chris H., c_w_holmes@sbcglobal.net (Summer 2005)

Summer Kids, <http://www.summerkids.net>. "I would recommend Summer Kids (ages 4 and up to 9th grade) for a summer program up in Altadena." Ref. by Leslie M., Imm@caltech.edu (Summer 2006)

Terrific Twosome Mothers Multiples Club (TTMOM) <http://www.ttmom.org>

"TTMOM for Pasadena, Glendale, Burbank, La Canada, La Crescenta is a social, educational, and supportive nonprofit group that meets monthly to share the unique problems and delights of parenting multiples (families with twins, triplets or more). They also have an online community that has classified listings for furniture, toys, and Nanny referrals. They also have a monthly newsletter for members or prospective members."

Ref. By Marcia B

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.

Vernon Lee Amateur Gymnastics Academy, (626) 796-6011, 464 East Walnut (church basement), Pasadena. "Terrific program for all ages. Have classes for very young children too. Full array of gymnastics equipment. Teaches young kids balance and body control. Perfect early training for all sports that require coordination." Ref. by Judy C., judycollins63@earthlink.net. (Summer 2005)

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

COMPUTER SUPPORT

Dean Blair the Computer Guy Home Service, (626) 320-5310 (cell), (626) 683-7396 (home), 467 South El Molino Avenue, Pasadena. "Dean Blair is a computer technician who resides in Pasadena and offers home computer repair services to the people who live in this area. He is skilled at computer repair, virus detection and removal, networking set up, wireless installation, and anything having to do with computers including MACs and PCs. He's particularly good at checking out computers for problems and at fixing them. He works at home and has lots of knowledge about hardware. He charges \$65 an hour. " Ref. by Julie W., woodward@caltech.edu (Summer 2005) Justine G. is also a client and has been very pleased by his work.

Julie A. Otto, Computer Teacher and Problem Solver, (626) 419-2662 and Julieaotto@earthlink.net : "Julie A. Otto has been enormously helpful to me in teaching me how to get the most out of my computer. While her rates aren't cheap (\$70 an hour), she is well worth the cost of her services. Most importantly, she can explain things so that they are absolutely clear, even to someone who is learning how to use the computer. She also is very engaging, which makes for really enjoyable lessons." Ref. by Julie W., woodward@caltech.edu (Summer 2005)

COUNSELING

Chava Pollack, Ph.D., Clinical Psychology, (626) 304-0822, 16 South Oakland Avenue, Suite 213, Pasadena. "Utterly professional, warm, pragmatic." Ref. by Julie McC. (Fall 2003)

Westminister Counseling Center (WCC), (626) 798-0915, 867 East Atchison Street, Pasadena, CA 91104. "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 for Pasadena City College (PCC) for many years. Charges: Sliding fee scale, call for information." Ref. by Jennifer H.P. (Summer, 2007)

DENTAL: Dentists

Kenneth Canzoneri, DDS, (626) 446-1679, 500 North First Avenue, Suite 1, Arcadia. "Dr. Canzoneri is fabulous! He does meticulous work and is very careful not to cause pain to his patients. I've recommended him to many friends and all are as enthusiastic about him as I am. Dr. Canzoneri does almost all of his drilling using a laser. It is very quiet and painless and because it works so well, he usually doesn't need to administer an anesthetic of any kind. When it comes to the newest and best techniques in dentistry today, Dr. Canzoneri is at the top of the list." Ref. by Julie W., woodward@caltech.edu (Summer 2005)

Edward Joseph, DDS, (818) 842-7628, 2701 West Alameda Avenue, Suite 403, Burbank. Ref. by Lisa S-L., lisa@ipac.caltech.edu (Fall 2003)

Raymond Lee, DDS, (818) 790-2778, 4522 Indianola Way, La Canada. "Absolutely the best dentist I've found since moving to Los Angeles in 1987. Great with children who dread dentist appointments." Ref. by Barbara B-L, bblabelle@altrionet.com (Spring 2005)

Kathleen Lucas, DDS, Cosmetic and Family Dentistry, (626) 793-6930, 200 South El Molino Avenue, Suite 6, Pasadena. "An excellent dentist with excellent staff. Takes Delta Dental. Is very friendly, understanding, and knows her stuff." Ref. by Jodi M., mackav@its.caltech.edu (Spring 2005)

Irving A. ("Bud") Meeker, M.S., D.D.S., (626) 792-6344; 200 E. Del Mar, Suite 100 (corner of Del Mar and Marengo), Pasadena, www.irvingameeker.com, "Bud Meeker is a wonderful dentist, the best in town." Ref. by Ann M., annedmunger@earthlink.net (Summer 2006)

Lawrence Perkins, DDS, (626)793-2107, 837 South Fair Oaks Ave., Suite 203 Pasadena. "Nice clean office, friendly staff, thorough dentistry." Ref. by Chris H., c_w_holmes@sbcglobal.net (Summer 2006)

Salvador Pimentel, DDS., (626) 577-2848, 237 South Euclid Avenue, Pasadena. Ref. by Vilia Z., vilia@caltech.edu (Fall 2003)

Paul Shinto, DDS, (626) 796-8904, 301 South Fair Oaks Avenue, Suite 205, Pasadena. Ref. by Marjie W., miweinreb@earthlink.net (Fall 2003)

Grant Willcox, DDS, (626) 449-2996, 200 South El Molino, Pasadena. "Has small, exceptionally gentle hands." Ref. by Judy C., judycollins63@earthlink.net (Summer 2005)

Kenneth Yamanaka, DDS, (626) 799-4187, 1941 Huntington Drive, South Pasadena. "This dentist accepts Delta Dental and offers great dental and oral hygiene work. The office fosters a positive environment for children. My children have been able to play with toys and read children's books and magazines in the waiting room. And after their exam, they've been able to pillage through the office's treasure chest of toys. This office is especially good for families who do not want to have to drive to separate dentists for kids and parents. Dr. Yamanaka and his staff understand what it takes to promote good oral hygiene for life." Ref. by Jennifer H. P., jmphp@sbcglobal.net (Summer 2005)

Michael S. Yung, DDS, 696 East Colorado Boulevard, Suite 224, Pasadena, (626) 449-5420. "We have a fabulous dentist that took over Dr. Bill Stark's office. He is very gentle. I recommended a colleague who is quite fearful of dental work and she raved about him." Ref. by Pat B., pbeauch@jpl.nasa.gov (Summer 2006)

DENTAL: Orthodontists

Terrance Fong, OD, DDS, (626) 286-7151, 9909 Las Tunas, Temple City. "In addition to doing beautiful work, Dr. Fong is efficient and never keeps his patients waiting. Our daughter, who has had two orthodontists, gives him very high marks. Our dentist sent all four of his children to Dr. Fong." Ref. by Julie W., woodward@caltech.edu (Fall 2003)

Dr. Robert Hambleton, (626)795-0634, 200 S Oak Knoll Ave Ste 201, Pasadena, CA 91101, "We had a great experience with our son. Dr. Hambleton has great work. The office staff is always friendly. I highly recommend him." Lisa S-L (Summer, 2008)

DENTAL: Pediatric Dentists

Zinnia Carlos, DDS, (818) 846-8564, 2625 West Alameda Avenue, Suite 216, Burbank.
Ref. by Lisa S-L, lisa@ipac.caltech.edu (Fall 2003)

Dr. David A. Chin, DDS, Pediatric Dentist, (818) 790-6721, 1808 Verdugo Boulevard,
Glendale. Ref. by Vilia Z., vilia@caltech.edu (Fall 2003)

Kevin Snaer, DDS., Huntington Dental Group, (626) 449-8963, 1235 West Huntington
Drive, Arcadia. "My daughter-in-law uses Dr. Snaer for her two-year old and is very
pleased with him." Ref. by Kay C., kay@gps.caltech.edu (Fall 2003). "We've been going
to Dr. Kevin for almost 6 years now and my girls look forward to their visits with Dr.
Kevin." Ref. by Katie C., ktclark@caltech.edu (Summer 2005). "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.,
pbeaucha@jpl.nasa.gov (Summer 2006)

Kenneth Yamanaka, DDS, (626) 799-4187, 1941 Huntington Drive, South Pasadena,
626-799-4187. "Julie is an excellent dental hygienist for children and Dr. Yamanaka
provides a treasure chest for children to look through after their exams." Jennifer H.P.,
jmphp@sbcglobal.net (Summer 2005)

DENTAL: Periodontist

Dr. Ronald W. Miller, (818) 796-5386, 71 North Hill Avenue, Pasadena. "I have been his
patient for nearly 30 years. His hygienist, Allyson, is thorough but gentle. The office is
well run and accepts Delta Dental." Ref. by Barbara W., gobarbweb@sbcglobal.net
(Summer 2006)

DENTAL: Prosthodontist

Winston Chee, DDS, (626) 796-7699, 1156 East Green, Street 102 (just after Wilson),
Pasadena. "The rare, ideal prosthodontist!" Ref. by Shona B-S,
brogdenstirbl@yahoo.com (Spring 2005)

EDUCATIONAL RESOURCES

German-American School Association, (626) 335-4669, www.germanschool4kids.org. "Classes are held at the First Lutheran Church and School, 9123 Broadway, Temple City, on Saturday mornings 9-12 a.m. from October to May. Tuition is \$395. "Our 4 year-old-daughter enjoys the kindergarten class. It exposes her to German language and culture through games, songs, crafts and playtime. Her teacher, Frau Morris, is excellent, well qualified and enthusiastic. There are also classes for older children." Ref. by Nancy H., nancyhewett@earthlink.net.

Zoeller & Associates, Educational Therapists, (626) 797-3713, 2072 Midwick Drive, Altadena. "This firm is in great demand by parents with children needing remediation and educational therapy. They have a very dedicated and caring team of educational professionals." Ref. by Monica H., consulting@mjhubbard.com (Spring 2005)

ENTERTAINMENT, TICKETS, & FAMILY ACTIVITIES

Beckman Auditorium at Caltech, (626) 395-4652, 332 South Michigan Avenue; www.events.caltech.edu. "Great stuff for the music lover, students, families, and more! Best of all: The Caltech/JPL Family (including staff, alumni, retirees, members of The Caltech Associates and The Friends of Beckman Auditorium) receives a DISCOUNT of \$3 OFF all adult tickets to reserved seating events in Beckman Auditorium. In addition: TECHTIX (half-price tickets) are available to all Caltech/JPL faculty, staff, alumni, and retirees on the day of an event, or on Friday for weekend events, subject to availability. To top it off: The \$4 per order handling fee is waived for the Caltech/JPL Family." Ref. by Catherine G., cgaffney@opecaltech.edu (Summer 2005) Caltech Book Store/JPL ERC; 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 on campus.

El Pueblo de Los Angeles, (213)628-1274, <http://www.cityofla.org/elp/>. "Often have family events, mariachi & other free musical entertainment on weekends, tourist Mexican food nearby." Ref. by Hana K., lachlan.and.hana@gmail.com (Summer 2006)

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 all the happenings in Los Angeles (it is not specific to Pasadena, some events are in L.A., some in Orange County).

Goldstar Events, <http://www.goldstarevents.com>. "This service provides significantly discounted tickets to venues throughout Los Angeles County. While there is a fee to

purchase tickets, the savings are still considerable. My husband and I have used Goldstar tickets for several events, including a musical at the Taper Auditorium." Ref. by Emily A., ebabbott@globalmix.org (Summer 2005)

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

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.

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

Polo's Video, (626) 794-4083, 758 North Lake Avenue, Pasadena. "DVD rental: family movies for only \$1-\$1.5 per night (next to Lake Fresh Produce)." Ref. by Hana K., lachlan.and.hana@gmail.com (Summer 2006)

EXERCISE/FITNESS

Functional Fitness, (626) 449-9181, 2245 Colorado Boulevard, Suite 202, Pasadena. "Thomas F. Strafaci P.T.A., C.S.C.S. is a Health Care professional who, together with his team of trainers, provide a unique, medically supervised fitness program. They offer individual training programs focused on personal goals and special health related concerns. Their programs focus on individual's functional capacity through a supervised conditioning program." Ref. by Michaela M., michaela_mueller@web.de (Summer 2005)

South Pasadena / San Marino YMCA, (626) 799-9119, 1605 Garfield Avenue, South Pasadena. "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., ktclark@caltech.edu (Fall 2003)

Yoga/Fitness Walks at Descanso Gardens, (818) 949-4200, 1418 Descanso Drive, La Canada. "Half hour walks in the garden followed by one hour of yoga. Excellent instructors in a delightful setting." Ref. by Barbara W., gobarbweb@sbcglobal.net (Fall 2005)

FARMER'S MARKETS

Alhambra Certified Farmer's Market, Monterey & East Bay State Streets, Alhambra.
Contact: Lizanne Keigley, (626) 570-3242. Sunday, 8:30 a.m.-1:00 p.m.

La Canada Farmers Market . 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. "Very good market." Ref. by Betty S., betty@cheme.caltech.edu (Summer 2006)

Pasadena Victory Park Certified Farmer's Market, Sierra Madre & Paloma, Pasadena.
Contact: Hamilton/Sterling (626) 449-0179. Saturday, 8:30 a.m.-12:30 p.m.

Pasadena Villa Park Certified Farmer's Market, East Villa & Garfield Avenue,
Contact: Hamilton/Sterling, (626) 449-0179. Tuesday, 9:30 a.m.-1:30 p.m.

South Pasadena Certified Farmer's Market, Meridian & Mission Streets, South Pasadena. Contact: Greta Dunlap, (213) 244-9190; Thursday, 4:00 p.m.-8:00 p.m.

FINANCIAL/TAXES/MORTGAGES

Shari Baker, M.Ed., Mortgage Loan Consultant, Pasadena Mortgage Corporation, (626) 487-5557, 380 South Lake Avenue, Suite 12, Pasadena. "She specializes in all types of mortgage loans, offers rates competitive with the credit union, and gives careful personal attention!" Ref. by Laurie K., Kovalenko@mac.com (Summer 2005)

Jeffrey K. Eisen. Attorney at Law, Mitchell, Silberburg & Knupz, LLP, (310) 312-2000 (office line), (310) 312-3144 (direct line), 11377 West Olympic Boulevard, Los Angeles. "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., alice.huang@caltech.edu, (Spring 2005)

GEI Tax & Financial Services, (818) 952-1384, 1031 Lavender Lane, La Canada. "I've used Thom Swick's services for business consultation and tax preparation. He's very straightforward, professional and personable. His system for tax preparation is very user friendly! Many of my colleagues and friends have worked with him and trust him for their personal and business needs." Ref. by Lynn P. lkpaul@hss.caltech.edu, (Spring 2005)

Russell H. Johnson, CPA, (323) 255-5656, 301 East Colorado Boulevard, Pasadena; russelljohnsoncpa@hotmail.com. He "is so good, I don't even mind having to do the preparation for our taxes. He sends a worksheet to his clients to fill out before the meeting and can usually do a standard tax filing in an hour's time. He knows his stuff, is pleasant, and very efficient." Ref. by Julie W., woodward@caltech.edu (Summer 2005)

FURNITURE (also see Thrift Stores)

European Antique Imports, (213) 382-2030, 3119 Beverly Boulevard, Los Angeles; www.europeanantique.com. "Wholesale prices if you go there and buy directly from the warehouse. Avoid the retail prices charged by their dealers. A friend bought a great table made of antique wood at 50% off the retail price." Ref. by Katie C., ktclark@caltech.edu (Fall 2003)

Gandell's Furniture, (626) 799-3767, 824 Fair Oaks Avenue (enter on Mission), South Pasadena. "If you are interested in purchasing a specific piece of furniture and have the SKU number, you can get a great deal if you bring this information to Gandell's and ask them to order it for you. They also have furniture for sale on the floor of the store. I was able to buy a cherry bedroom set for at least 35% less than I could have purchased it elsewhere. Of course furniture that is made and sold through a particular store (such as Thomasville and Ethan Allen), is not available." Ref. by Emily A., ebabbott@globalmix.org (Summer 2005)

L.A. Rocking Chair Store, (323) 937-7858, 304 South La Brea Avenue, Los Angeles; www.larockingchair.com. "Great selection of rocking chairs, children's rockers, gliders and ottomans. All styles on the floor for testing. Good service, good prices." Ref. by Chris H., c_w_holmes@sbcglobal.net (Summer 2006)

Macy's Furniture Outlet, (323) 227-2659, 3880 North Mission Road, Los Angeles. "Hit or miss if you find something but can be worth the drive. Head west on Huntington, drive to Mission Road (about 15 minutes west of Pasadena)." Ref. by Katie C., ktclark@caltech.edu (Fall 2003)

Salvation Army Antique Thrift Store, (626) 795-0274, 35 Waverly Drive, Pasadena. Ref. by Michaela M., michaela_mueller@web.de (Fall 2003)

GARDENING: Landscape Design

Gabriela Yariv Landscape Design, (310) 301-7234, 606-G Venice Boulevard, Venice; <http://www.garielayariv.com>. "Her work will appear in Martha Stewart Living and in Sunset Magazine sometime this year." Ref. by Fran Yariv, fryariv@earthlink.net (Summer 2006)

Gagnier Landscape, (626) 355-5977, Sierra Madre. "Not cheap, but very good. Stands behind everything he does and replaces plants that fail to thrive. Also, he makes sure that final cost never exceeds the original estimate." Ref. by Ellen S., strausse@cco.caltech.edu (Spring 2005)

Integrity Landscaping. (626) 278-3605
"They built walls, clear sites, and bring in new plants and trees if desired. Very professional, knowledgeable, excellent work." Ask for Gil.
Ref. By Donna M. (Summer 2008)

GARDENING: Nurseries

Burkard Nurseries, (626) 796-4355, 690 North Orange Grove Boulevard, Pasadena; <http://www.burkardnurseries.com/>. If I want a plant that is a bit unusual and I know I won't find it at Armstrong Garden Centers, I come to Burkard and they almost always have it. They hold two sales a year - a great time to get plants." Ref. by Emily A., eabbott@caltech.edu (Fall 2005)

Garden View Wholesale Nursery, (626) 337-4818, 12901 Lower Azusa Road, Irwindale. "If you need a larger number of plants (e.g. hedge plants) it may be worth driving out to Garden View Nursery which is a huge wholesale nursery open to the public. You won't find the exotic types there but they do carry all the basic shrubs and perennials, usually at lower costs than anywhere else." Ref. by Daniela S., dschlicht@web.de (Summer 2006)

Nuccio's Nurseries, (626) 794-3383, 3555 Chaney Trail, Altadena; <http://nucciosnurseries.com/new.htm>. "Specializes in camellias and azaleas." Ref. by Kathleen S., katsdgarden@jps.net (Fall 2003)

Persson's Nursery, (626) 792- 6073, 3115 East Sierra Madre Boulevard, Pasadena. Ref. by Kathleen S., katsdgarden@jps.net (Fall 2003)

San Gabriel Nursery and Florist, (626) 286-0787, 632 South San Gabriel Boulevard, San Gabriel; <http://www.sgnursery.com/>. Ref. by Kathleen S., katsdgarden@jps.net (Fall 2003)

GARDENING: Tree Trimming & Removal

Gary Anderson Tree Service, (626) 355-9249, 324 Foothill Avenue, Sierra Madre.
"Very knowledgeable and reasonable." Ref by Ellen S., strausse@cco.caltech.edu
(Spring 2005)

Oscar Gutierrez, (626) 483-1801 (cell) "Oscar truly knows what he is doing when he trims bushes and trees and his rates are reasonable. I can't say enough for his skill and reliability in showing up when he says he is going to." Ref. by Julie W., woodward@caltech.edu (Fall 2003)

Professional Tree Service, (323) 257-5744, 4376 York Blvd, Los Angeles, contact: Jose D. Martinez. "Apart from the standard tree pruning we had a large Chinese elm tree in our backyard that we wanted to be removed, including stump grinding. Out of 4 bids, Professional Tree Service was the least expensive. Jose Martinez proved to be not only moderately priced but also professional, reliable and fast." Ref. by Daniela S., dlicht@web.de (Summer 2006)

Tree Trimming by Freddy_ (626) 334-4186 or (626) 835-8419: "Reliable, neat, reasonable, very good" Ref. by Sandy O., sorourke@caltech.edu (Summer 2005)

GOURMET FOOD AND WINE / SPECIALTY SHOPS

Berolina Bakery, (818) 249-6506, 3421 Ocean View Blvd. Glendale,;
<http://www.berolina.com/>"When we go to Schreiner's (see below) to get our meat and sausages, we always drop into Berolina's (which is next door) and sit at one of the nice Bistro tables (inside or outside) to have a coffee (my 2 year old has a hot milk instead) and an oatmeal cookie while we enjoy *people watching*. Berolina's has got delicious bakery stuff, our favorite bread is the Black Forest Bread." Daniela S., dschlicht@web.de (Summer 2006)

Bristol Farms, (626) 441-5450, 606 Fair Oaks, South Pasadena (cross street is Grevelia). "Gourmet food. Great meat." Ref. by Kay C., kay@gps.caltech.edu (Fall 2003)

Cakery Bakery, (818) 790-3266, 1119 Foothill Boulevard, La Canada. "This is one of my favorite businesses in or near La Canada." Ref. by Dee D., deedrapper@charter.net (Summer 2005)

Colorado Wine Company (323) 478-1985 2114 Colorado Blvd., Los Angeles, CA 90041
<http://www.cowineco.com>. "This is a very nice wine bar with a rotating art gallery. The owners, John and Jennifer Nugent, are quite friendly and the wine selection is eclectic. Located within walking distance to Camilio's California Bistro and the 81 and 181 bus lines." Ref. by Jennifer H.P. . (Summer, 2008) jmphp@sbcglobal.net

Nicole's Gourmet Foods, (626) 403-5751, 921 Meridian Ave., Unit B (enter off of El Centro), South Pasadena, <http://nicolesgourmetfoods.com/home.htm>. "This is truly a find, as many Caltech foodies know. Great selection of French wines and cheeses, etc. Great casual lunches inside or out. Also has selected imported gift items for the kitchen. Ref. by Fran Y., fryariv@earthlink.net (Summer 2006)

Lake Fresh Produce, 752 North Lake Avenue, Pasadena; (626) 794-7531. "Stocks a cheap & limited range of fruits, veggies, spices and bread and includes a delicatessen and various Indian/Middle Eastern products, organic cereals" Ref. by Hana K., lachlan.and.hana@gmail.com (Summer 2006) Red Carpet Wine, David Dobbs, (800) 339-0609 & (818) 247-5544; 400 East Glenoaks, Glendale (210 West to 134; off at Glendale Ave; go north and then left at Glenoaks). "David is the owner...very good wine store and has general liquor supply...will deliver." David is owner very good wine store and has general liquor supply, will deliver; will cater and not charge for what is not used, Ref. by Alice H. alice.huang@caltech.edu (Summer 2006)

Roma Italian Deli and Grocery, (626) 797-7748, 918 North Lake Avenue, Pasadena (cross street is Mountain). "Roma's has good ravioli, European breads & Italian products." Ref. by Hana K., lachlan.and.hana@gmail.com (Summer 2006). "Roma Grocery Store has got the best Italian Prosciutto Cotto and Mortadella as well as Italian cheeses, wines and very tasty fruits." Ref. by Daniela S., dschlicht@web.de (Summer 2006)

San Gabriel Superstore, (626) 280-9998, 1635 S. San Gabriel Blvd., San Gabriel (on the right hand side just south of Valley). "Best Chinese supermarket and together with other specialty stores." Ref. by Alice H., alice.huang@caltech.edu (Summer 2006)

Schreiner's, (818) 244-4735, 3417 Ocean View Boulevard, Glendale. "German meat, sausages and other German specialties." Ref. by Michaela M., michaela_mueller@web.de (Summer 2005)

Trader Joe's Supermarket, numerous locations throughout the area, <http://www.traderjoes.com/>. "Good prices for organic, gourmet products." Ref. by Hana K., lachlan.and.hana@gmail.com (Summer 2006)

Truffles by Carrie, (626) 799-1880; TrufflesbyCarrie@aol.com. "These truffles are hand-made, come in a variety of flavors, are beautifully presented and mouth-wateringly delicious. I've purchased them as both personal and corporate gifts. And Carrie delivers in the Pasadena area!" Ref. by Monica H., consulting@mjhubbard.com (Spring 2005),

Whole Foods Market, (626) 351-5994, 3751 East Foothill Blvd, Pasadena. A "wide range of organic, gourmet foods & recycled/health products." Ref. by Hana K., lachlan.and.hana@gmail.com (Summer 2006)

GOVERNMENT SERVICES (compiled by Hana Khoo)

Social Security. Pasadena branch: 104 Mentor Ave (corner of Union Street), (800) 722-1213. Social security number (SSN) is required for any one who works in USA & helps where 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 enquiries phone 1-800- 777- 0133 and for appointments phone 1-800-921-1117. The www.dmv.ca.org website has a good section for newcomers & new drivers to California

Dept 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 to cover the prior financial year ending December 31st. Some Federal & state tax return forms are available from USPS branches & Public libraries. However foreigners may have to file differently forms to locals. Californian state taxes:
<http://www.ftb.ca.gov/aboutftb/contact.html>. Phone 1 (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 1-800- 829-1040

Contact Caltech ISP Dept for help in March – there are seminars / software for tax on offer.

HAIR SALONS: Children

Children's Haircutting, (626) 792-0211 x4306, 401 South Lake Avenue, Pasadena. Ref. by Vilia Z., vilia@caltech.edu (Fall 2003)

Little Kuts, (626) 585-9075, 350 South Lake Avenue, Pasadena. Ref. by Katie C., ktclark@caltech.edu (Fall 2003)

HAIR SALONS: General

Alex and Friends Hair Salon (626) 449-2425, 902 Boston Ct., Pasadena, CA 91106, alexandfriends@prodigy.net "Great cuts and color for that extra special occasion. Salon owner Alex Gallego has been cutting hair for over 32 years and is a truly gifted colorist and stylist." Ref. by Jennifer H.P., jmphp@sbcglobal.net (Summer, 2007).

Apropos (818) 790-9553, 510 Foothill Boulevard, La Canada. "I do recommend Roger Westcott for haircuts at Apropos. Roger really likes to do haircuts and he is great on short hair." Ref. by Barbara W., gobarbweb@sbcglobal.net (Summer 2005)

Gwen on 2 (626) 355-4255, 24 West Sierra Madre Boulevard, Sierra Madre. "Gwen LoNigro owns her own shop. Terrific stylist. Specializes in color." Ref. by Judy C., judycollins63@earthlink.net. (Summer 2005)

Ecco (626) 799-6446, 1017 El Centro St. South Pasadena. "Because I moved I now go to this salon. It's located around the corner from my house and my stylist lives in my old neighborhood. Next door is Kaldi, a coffee shop, and the South Pasadena Public Library is across the street." Ref. by Chris H., c_w_holmes@sbcglobal.net (Summer 2005) "High quality, nice atmosphere." Ref. by Fran Y. fryariv@earthlink.net (Summer 2006)

Hair by Mary at Hairtimes (626) 574-7774, 1111 Highland Oaks Drive, Arcadia (short distance north of Foothill Blvd on west side). "Gives very good cuts and styles; need to book a week ahead." Ref. by Donna M., dmmarner@altrionet.com (Spring 2005)

Hair Perfect (626) 304-9286, 135 West California Boulevard (across from Huntington Hospital in Orangewood-Vons Plaza), Pasadena. "Great prices and cuts." Ref. by Barbara B-L., bblabelle@altrionet.com (Spring 2005)

London Hair Experience (626) 291-2320, 2320 Huntington Drive, San Marino. "Graham does great lights and his wife Audrey gives good manicures and pedicures" Ref. by Kay C., kay@gps.caltech.edu (Fall 2003)

The Look Apart (626) 793-2492, 809 East Green Street, Pasadena. "The owner, Tammy, gives nice haircuts and other services, permanents, color, etc. On Saturday, there is no attendant in the parking structure and there is no charge for parking your car." Ref. by Elizabeth H., alltotal@charter.net (Fall 2003)

Salon Aguayo (626) 792-9981, 1202 East Green Street, Pasadena. "Aguayo is a full-service salon for men and women, offering professional and personalized service in a comfortable setting. It is close to Caltech and has good parking space. Hours are: 9am-3pm on Monday, 8am-8pm on Tuesday, Thursday, Friday, and 8am-6pm on Wednesday and Saturday. Closed on Sunday. My hairdresser there (for over three years) is Nellie Rivas. She is very good, and she can be reached at the Aguayo's phone of 626-792-9981. Also via her cell phone number 626-278-0030 or via email LN294@aol.com." Ref. by Sophia Y., syen@charter.net (Spring 2005). The Salon is also recommended by Therese C., tereez_c@yahoo.com (Spring 2005)

Salon Xia (626) 796-0616, 925 Boston Court, Pasadena. "I'm very happy with Salon Xia, a hair salon. I've been going there since it opened several years ago. It was started by two stylists (one is my stylist) who were working at another salon and decided to venture out on their own." Ref. by Chris H., c_w_holmes@sbcglobal.net (Spring 2005) scissors.paper.rock, 1864 N. Allen, (626) 825.1846. "I'd like to enthusiastically recommend a new salon in NE Pasadena. The salon is run by a woman who has cut hair for more than 20 years. Besides offering great hair salon, manicure/pedicure, waxing, and facial services, there is a warm, friendly, and cozy atmosphere with reasonable prices for the area." Ref. by Leslie M., Imm@caltech.edu (Summer 2006)

Supercuts, Hairstylist: John Gonzalez (626) 799-9135, 1141 Fair Oaks Avenue, South Pasadena. "I must say, the best cheap haircut I have ever had! Come with a picture or clear directions for the style and you are set. \$14 for the cut; no shampoo or styling (which I prefer anyway)." Ref. by Jodi M., jmackay@its.caltech.edu (Spring 2005)

Touché Salon & Day Spa, 548 South Lake Avenue, Pasadena (626) 795-8888. "I just came back from my Hairstylist. He did a great job (my husband said). My stylist's name is Manuel. For me it was the 1st time there but definitely not the last. I have a friend who goes there a longer time and is always happy." Ref. by Corinna D., corinnaduhatschek@gmx.de (Summer 2006)

HOME IMPROVEMENT: ARCHITECTS

Thomas Yang, RA (323) 344-7069, 4916 Floristan Avenue, Los Angeles, CA 90041. www.thomasyang-architect.com. "We found Tom to be consistently knowledgeable and professional. Tom worked very well with our contractors, Duane and Ron Rock. Tom was invaluable when dealing with engineers and inspectors for the Department of Building Safety in the City of Los Angeles. Tom also worked with my husband to design a flood-preventing trench under our split-level ranch-style home. Tom designs homes part-time, and works for Jensen and Associates for his full-time job. Tom has two children, and he designed his own home in Eagle Rock. So Tom understands how to design homes with active families in mind. For more on Thomas Yang's credentials and education, please refer to his biography on Jensen and Associates' website: <http://www.jensenpartners.com/biography/thomas-b-yang-ra> Ref. by Jennifer H.P. . (Summer, 2008) jmphp@sbcglobal.net

HOME IMPROVEMENT: Air Conditioning Service

Jon's A/C Service, (626) 357-6749, 913 Valley Avenue, Monrovia.
"Our air conditioner died in the middle of the horrible heat wave this summer. Jon made it to our house within 3 days and replaced the A/C the following day. Everyone else I talked to with A/C problems was waiting weeks." Ref. by Lisa S-L, lisa@ipac.caltech.edu (Summer 2006). "Jon put central air conditioning in my home – he was very pleasant and I was very pleased by the quality of the work." Ref. by Emily A., ebabbott@globalmix.org (Spring 2005)

Connor Heating and Air Conditioning, (626) 286-3157, 4931 Encinitas Avenue, Temple City. "They installed a new heater and have been servicing it every year. They are very professional, both during the installation and each year during servicing." Ref. by Viviane T., thompson@greifco.com (Summer 2005)

HOME IMPROVEMENT: Carpet

Blackman Interiors (818) 841-3320, 2300 West Victory Blvd, Burbank, , Ref. by Sophia Y., syen@charter.net (Summer 2006)

Gandell's Carpet (626) 447-4488, 220 South First Avenue, Arcadia, CA "I shopped around quite a bit before buying carpet and was able to buy the carpet I wanted for far less than I could anywhere else." Emily A., ebabbott@globalmix.org (Summer 2005)

HOME IMPROVEMENT: Contractors and Remodeling

Adkins Construction Residential & Commercial; Justin Adkins, 114 North Glendora Avenue, Ste 144 Glendora, CA 91741; (626) 963-6727, Fax 626-963-6657, Lic. #687248.

"Very professional, honest, nice, outstanding job on our brick/cement driveway and walk." Ref. by Donna M., dmmarner@altrionet.com (Spring 2005)

Glaser Construction, 3040 Doolittle Avenue, Arcadia; (26)574-7613. "I would like to recommend an excellent general contractor, Mr. Steve Glaser, from Glaser Construction. He does a fine job and is a lovely person to work with. We are in the process of adding 3 rooms to our house." Ref. by Marjorie W., mjweinreb@earthlink.net (Summer 2006)

Rock Construction, 1245 Valley View Avenue, Pasadena, CA 91107 (626) 796-3860. "Rock Construction has been a locally-owned and operated family business for over 30 years. Our dealings with this firm were consistently professional. Duane Rock had successful dealings with City of Los Angeles Department of Building and Safety during a strike (a miraculous undertaking considering the especially circuitous nature of this bureaucracy). Our extensive remodel project took 8 _ months from start-to-finish. And we moved stairs, added a family room, and reconfigured our house from 3 bedrooms x 1.75 bathrooms to 4 bedrooms x 3 bathrooms. Rock Construction also worked with us to design a flood-preventing trench, complete with two sump pumps, under our split-level ranch-style home. None of the subcontractors affiliated with Rock Construction displayed any difficulty taking direction from either homeowner, regardless of gender. Duane Rock is an exceptionally honest contractor with an excellent work ethic. Son, Ron Rock, serves as deputy contractor. Both father and son displayed respect for our opinions and treated our remodel project as a partnership." Ref. by Jennifer H.P. (Summer, 2008) jmphp@sbcglobal.net

Sunset Construction, Andy Tyler, Arcadia, (cell) 818-216-3563: "Andy remodeled a bathroom and den for us. He was the lowest of four bids and did a very nice job with a challenging 1923 bathroom. He works with craftsmen who can handle historic construction. He was very reliable, and pleasant to have around. He personally supervises all sub-contractors and takes full responsibility for them. He was originally recommended to us by Water Works in Old Town Pasadena." Ref. by Judy C., judycollins63@earthlink.net. (Summer 2005)

HOME IMPROVEMENT: Custom Cabinets

Plumbridge Custom Cabinets (626) 256-9337, 2320 Central Avenue #11, Duarte
“Charles “Bill” Buck owns this business and does great work. I cannot recommend him highly enough. He was easy to work with, and he was able to build rounded cabinets for our kitchen that beautifully capture the feeling of the era our house was built. His prices are extremely reasonable – not much more than buying cabinets from a big box store. The website is <http://www.plumbridgecabinets.com/> and you can even see our kitchen if you select “Abbott Gallery” on the portfolio page.” Ref. by Emily A., ebabbott@globalmix.org (Spring 2005)

HOME IMPROVEMENT: Drapes and Shutters

Tom Luginbuhl (626) 794-5590 x 10, 1614 E. Washington Blvd., Pasadena.. “Interior services: draperies, mini-blinds.” Ref. by Alice H. (Fall 2003) Tom is also redoing all the draperies for the President’s home and he worked with Romy Wiley and the window treatments at the Athenaeum. Ref. by Sylvia H., sylviahale@sbcglobal.net (Fall 2006)

Mountain Pine Shutters, (818) 796-5386, 1319 Foothill Blvd., La Canada. “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., gobarbweb@sbcglobal.net (Summer 2006)

HOME IMPROVEMENT: Electrical

Butler Electric, Terry Butler, (800) 434-7693

"I have known Terry for many years he is honest, reliable and very good at all residential and nonresidential electrical work. He comes with over 20 years experience and is licensed." Ref. By Donna B. (Summer 2008)

David Beach, (626) 304-1005. "I have used David for upgrading the power of a 100 year old house, adding 220 volt power to a woodworking shop, installing outside lights hanging from a tree, installing a whole house fan etc. He is a joy to work with, his prices are more than fair, his work is outstanding. I can't recommend him more highly." Ref. by Mary S., mshugard@sbcglobal.net (Summer 2006)

HOME IMPROVEMENT: Glass

Glass by Jerome, Restoration Specialists, (818) 249-9859, 3451 Ocean View Boulevard, Montrose. Mirrors, table tops, windows, and shower enclosures. "This is one of my favorite businesses in or near La Canada." Dee D., deedraper@charter.net (Summer 2005)

HOME IMPROVEMENT: Gutters

S & S Sheetmetal, (626) 793-4221, 25 Backus Avenue, Pasadena. This business, "owned by Jim Slaughter, is excellent. He makes custom gutters and installs them for a fair price. His work is beautiful." Ref. by Julie W., woodward@caltech.edu (Summer 2005)

HOME IMPROVEMENT: Handyman

Larry Haskell, Handyman, (626) 827-9736; "If your "Honey Do" list gets too long, it is worth calling Larry to fix up problem areas around your house. He's particularly good at carpentry. He's very detailed and likes to have a list of problems (big and small) to work on at one time." Ref. by Katie C., ktclark@caltech.edu (Spring 2005)

HOME IMPROVEMENT: Hardware

Berg Hardware (626) 793-6161, 495 North Altadena Drive, Pasadena (one block north of 210);. "Small hardware store with good customer service. I've gone in holding a broken piece of hardware and walked out quickly with its replacement." Ref. by Katie C., ktclark@caltech.edu (Fall 2003)

Liz's Antique Hardware (323) 939-4403, 453 South La Brea, Los Angeles (1 block North of Wilshire);. "Great place to pick up antique doorknobs and other hardware, etc." Ref. by Katie C., ktclark@caltech.edu (Fall 20

HOME IMPROVEMENT: Hardwood Floors

Hansen's Hardwood Flooring (626) 945-3151. "Installation or refinishing of hardwood floors. Dave Hansen and his team are perfectionists who take pride in their work." Ref. by Therese C., tereez_c@yahoo.com (Spring 2005)

Tony Whitehead, (626) 398-0877. "Refinishes hardwood floors." Ref. by Katie C., ktclark@caltech.edu (Fall 2003)

HOME IMPROVEMENT: 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 Ann S., alund.ann@gmail.com (Spring 2005)

HOME IMPROVEMENT: Interior Design

Pat McNamara, (626) 796-9037, 1375 South Oak Knoll Avenue, Pasadena. "Interior and exterior designer. expensive, but excellent." Ref. by Alice H. (Fall 2003)

Judith Vogt, Kitchen and Bath Designer

Cell phone (626)437-2957, judithvogt@sbcglobal.net

"A pleasure to work with, Judith is very intuitive and helped us figure out what we wanted for our bathroom remodel and the best options possible. She does only kitchen and baths. She lives in Altadena and has done a full range of work (on a budget and giving people their dream rooms). She charges by the hour and passes her designer's discount on to you." Ref. By Marcia B (Summer 2008)

HOME IMPROVEMENT: Painting

George's Super Painting (818) 974-7368, 1847 Lake Street, Glendale,. Ref. by Sophia Y., syen@charter.net (Summer 2006)

Painting By Ramon De La Rosa, (818) 267-3005. "He and his crew painted much of both the inside and outside of our house. His team was very professional, arriving on time each day and waiting outside in their truck if they arrived early. Ramon gave clear, detailed explanations of what he was going to do and made some good recommendations. A pleasure to work with and the price was reasonable." Ref. by Laurie K., kovalenko@mac.com (Summer 2006)

Partnership Painting, Inc., (626) 449-7584, 2552 East Walnut Street, Pasadena. "We were very pleased by the job Partnership Painting did when painting our kitchen and living room. They helped us through a last-minute paint color change. They were also very professional." Ref. by Emily A., ebabbott@globalmix.org (Spring 2005) Dave Smiley, (626) 291-3282. "Good painter." Ref. by Kay C., kay@gps.caltech.edu (Fall 2003)

HOME IMPROVEMENT: Phone Jack Installer

Jackman, (626) 797-5413. Ref. by Laurie K., Kovalenko@mac.com (Summer 2005)

HOME IMPROVEMENT: Plumbing

E. L. Maloney Plumbing, (626) 289-0228, 1008A Huntington Drive, San Marino. Nicefamily-run business. Ref. by Kay Campbell, kay@gps.caltech.edu (Fall 2003) AND "I have used this service for years; their custom remodeling of kitchens and bathrooms is an available service." Ref. by Justine G., jsgarvey@pacbell.net (Spring 2005)

F & M Plumbing, (626) 296-1060 or (626) 797-5830, 1493 Lincoln Avenue, Pasadena. Ref. by Barbara B-L, bblabelle@altrionet.com (Spring 2005)

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., ncohen@usc.edu (Summer 2006)

Pat Harris Plumbing Inc., (818) 790-3345, 1413 Foothill Boulevard, La Canada. "This is one of my favorite businesses in or near La Canada." Ref. by Dee D., deedraper@charter.net (Summer 2005)

HOME IMPROVEMENT: Pool

Pool Service Pike Pool and Spa, 1781 North Hill Avenue, Pasadena; (626) 791-0574. "They are reliable, fast, and knowledgeable about pools. They always leave my pool sparkling clean." Ref. by Donna B., donna@robotics.caltech.edu (Summer 2006)

HOME IMPROVEMENT: Roofer

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., ktclark@caltech.edu (Fall 2003)

HOME IMPROVEMENT: Window and Door Screens

J.L. Screens & Doors, (626) 794-2561, 1876 East Washington, Pasadena. "Repairs window, door and roller screens." Ref. by Kay C., kay@gps.caltech.edu (Fall 2003)
Thurston Screen Company, (626) 796-1444, 25B Backus Avenue, Pasadena. "They came to our home, made screens and installed them in our windows quickly and inexpensively." Ref. by Karen B., brunschwigg@sbcglobal.net (Spring 2005)

HOUSE CLEANING: Carpets

Clear Carpet Care, Arcadia, (626) 447-7548. "Reasonably priced and great job." Ref. by Emily A., ebabbott@globalmix.org (Spring 2005)

LaDonne Carpet Cleaners, Donald J. Koopczynski (626) 732-1139, 689 East San Bernardino Road, Covina; 626-732-1139. Ref. by Alice H. (Fall 2003)

HOUSE CLEANING: General

Alberto's, Brass Polishing (626) 793-2312, 1436 E. Walnut Avenue, Pasadena.. "Call before going in with your brass items because they only do brass polishing a couple days a week." Ref. by Barbara W.

Ernest Black Cleaning Service (626) 578-1710, 736 Manzanita, Pasadena. "Very dependable and honest (nothing is ever missing) some members of his cleaning crew have been with him for ten years or more. This is real deep cleaning." Ref. by Ellen S., strausse@cco.caltech.edu (Spring 2005)

Good Bye Junk (800) 407-6662 or (626) 795-5114; www.goodbyejunk.com. "These guys removed everything from the garage, swept the garage, took the junk, put the rest back. The work was done at a very reasonable rate, quickly, cleanly (if that is possible when one cleans the garage) and in a very friendly manner." Ref. by Viviane T., thompson@greifco.com (Summer 2005)

Merry Maids (626) 564-8724, 425 South Pasadena Avenue, Suite C, Pasadena. "I've had good luck with Merry Maids in Pasadena. They're independent contractors so you don't have to worry about withholding tax and they bring their own equipment. I've used them for years. Two people come, and always one of them has come before and knows the ropes. I've found the ladies--and the occasional gentlemen--quite nice." Ref. by Alice S., edalicestone@worldnet.att.net (Spring 2005)

House Cleaning by Herminia Vargas (626) 791-0320, cell (626) 617-1627. "Herminia and her daughter Estella are thorough, reliable, honest and friendly. I have seen that some people recommended special window cleaning services. So, maybe it is worth mentioning that my cleaning ladies also include window (inside and outside) and screen cleaning in their house cleaning routine. Since they are very caring people they now even watch, pet and feed our cat while we are on vacation. And my 2-year-old son absolutely adores them. (In case this is an issue for you, please note that their mother tongue is Spanish and Herminia hardly speaks any English whereas Estella has got basic/intermediate knowledge of English)." Ref. by Daniela S., dschlicht@web.de (Summer 2006)

HOUSE CLEANING: Windows

Ann Vierra, (626) 357-8477. "Window cleaning, inside and out. Will also do window screens. Good, reliable, fast, careful, honest, reasonable." Ref. by Sandy O., sorourke@caltech.edu (Spring 2005). "Ann has been doing my windows and those of my friends for years. She is very professional (goes to window cleaning conventions, etc) and does a great job. She also does the windows for the Pasadena Showcase House before it opens." Ref. by Judy C., judycollins63@earthlink.net. (Summer 2005)

A. Alberts Windows Cleaning Service, Kevin Albert and Assistant;(626) 791-9661; "...very pleased with their professional style & job as were previous friends. The window washer owner did live in Arcadia and moved to Rancho Cucamonga as I recall." Ref. by Donna M., dmmarner@altrionet.com (Spring 2005)

LEGAL

Hahn & Hahn LLP, (626) 796-9123, 301 E. Colorado Boulevard, 9th Floor, Pasadena, <http://www.hahnlawyers.com>. "Knowledgeable and thorough handling of our will and estate needs." Ref. by Mimi C., duongcarter@sbcglobal.net (Summer 2006)

Lowenthal, Hillshafer & Rosen, LLP, (818) 905-6372, 15260 Ventura Boulevard, Suite 1400, Sherman Oaks, CA 91403-3204 www.lhrlaw.net. "Senior Counsel Aturo T. Salinas came to our home and helped us with a property dispute. We were able to resolve this dispute in an honest and equitable manner. We did not need to go to court, so we avoided a lot of unnecessary charges. Mr. Salinas was consistently patient and professional." Ref. by Jennifer H.P., jmphp@sbcglobal.net (Summer, 2007).

LIBRARIES

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

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>

MASSAGE

Laurie Gonzalez, (818) 490-0543; "Laurie Gonzalez is an excellent massage therapist. I have had massages from a number of people and I would rate Laurie as the best of the people I've used. She charges \$70 an hour and will come to your home. At times of stress, nothing beats a good massage." Ref. by Julie W., woodward@caltech.edu (Summer 2005)

MEDICAL: Acupuncture

Iris Polter, L. Ac. (626) 577-2451, 960 East Green Street, Suite 168, Pasadena,. "State Licensed Acupuncturist, Certified Herbalist: Acupressure/Massage. Treats neck, shoulder and back pain, headaches, stress, anxiety, insomnia, sinusitis, allergies, gynecological disorders, digestive disorders, PMS and menstrual pain. Experienced, focused, thorough, compassionate. Very results oriented. Approximately one-hour sessions." Ref. by Julie M. (Fall 2003)

Rumin Xu (female), L.Ac, PhD (formerly M.D, and O.M.D. in China) (626) 585-8385, 260 South Los Robles Avenue, Suite 108, Pasadena. "Acupuncture and Herbal Medicine. Over 25 years of clinical experience in oriental and western medicine. Accepts insurance; special discount for uninsured. Dr. Xu is just excellent – a gentle and intuitive practitioner; traditional, simple, and effective treatment; very unassuming office which does not detract from the results. Highly recommended." Ref. by Jodi M. jmackay@its.caltech.edu (Spring 2005)

MEDICAL: Allergies

Dr. Michael Glovsky, Asthma & Allergy Center (626) 397-3383, 39 Congress Street, Suite 302, Pasadena. Ref. by Vilia Z., vilia@caltech.edu (Fall 2003)

Dr. Timothy Pham, 301 West Huntington Drive, #206, Arcadia (626) 461-0360. "A warm and engaging doctor with great experience treating kids. Office staff is efficient and friendly." Ref. by Mimi C., duongcarter@sbcglobal.net (Summer 2006)

MEDICAL: Audiology

Burbank Hearing Clinic, 127 N. San Fernando Rd., Burbank Village, CA 91502 (818) 842-4069. "I went to the Burbank Hearing Clinic and am very happy with the service I am receiving. Courtlandt Warner, M.A., CCC-Audiology, and Board Certified in Hearing Instrument Sciences, is the owner. He is very considerate and caring, and I believe his integrity is beyond reproach." Ref. by Bonnie K. blk0207@yahoo.com.

MEDICAL: Children's Hospital

Children's Hospital of Los Angeles, (323) 660-2450, 4650 Sunset Boulevard, Los Angeles; <http://www.childrenshospitala.org/>. "If your child has a serious medical condition and needs to possibly be hospitalized, Children's Hospital of Los Angeles is outstanding. Our daughter was a patient there for over six months while she received treatment for a brain tumor. We were consistently pleased with the quality of care given by doctors and nurses at Children's." Ref. by Julie W., woodward@caltech.edu (Summer 2005)

MEDICAL: Dermatology

Dr. Janice DaVolio, (626) 449-9992, 800 South Fairmount Avenue, Suite 425, Pasadena. "Excellent, conservative approach, caring." Sandy O., sorourke@caltech.edu (Spring 2005)

Dr. David Denenholz, 960 East Green Street, Suite 330, Pasadena, (626) 449-4207. "Does a great job looking over skin, diagnosing and treating small pre-cancers. Great with teens with acne. Formerly a pediatrician." Ref. by Judy C., judycollins63@earthlink.net. (Summer 2005) "

MEDICAL: Ear, Nose and Throat

Dr. Steven Battaglia, (626) 796-6164, 65 North Madison, Pasadena. Ref. by Kay C., kay@gps.caltech.edu (Fall 2003)

MEDICAL: Internal Medicine

Dr. Irina Jasper, (Primary Care), Board certified in Internal Medicine (626) 356-0340, 960 East Green Street, Suite 286, Pasadena; www.doctorjasper.com. "An incredible doctor in all respects. Personable, takes time, very well trained, friendly, excellent staff and office, can get an appointment quickly. Highly, highly recommended." Ref. by Jodi M., jmackay@its.caltech.edu (Spring 2005)

Dr. Carol Thrun (626) 844-9111, 10 Congress Street, Suite 201, Pasadena. Dr. Thrun "is exceptionally good. She's smart, caring, unhurried, and listens. Several doctors have told me that they consider her to be one of the best internists in Pasadena." Ref. by Julie W., woodward@caltech.edu (Summer 2005). "Placed among Best Physicians in Los Angeles a few years ago (voted by her peers). Takes lots of time with her patients and is very thorough in her exams." Ref. by Judy C., judycollins63@earthlink.net. (Summer 2005)

MEDICAL: Multiple Sclerosis

National Multiple Sclerosis Society, Southern California Chapter (800.344.4867) or 310.479.4456, 2440 S. Sepulveda Blvd., Suite 115, Los Angeles, ms@cal.nmss.org, www.nationalmssociety.org/. "Programs include: information and referral; support groups and professional counseling; financial assistance; adaptive exercise classes; wellness, education and research programs; caregiver relief; a continuum of long term care services and care management; and other services for people affected by multiple sclerosis, including family members and loved ones." Ref. by Marni D., marni.deckter@cal.nmss.org. (Summer 2006)

MEDICAL: Optometry/ Ophthalmology

Dr. Warren Stout (626) 4496494, 800 East Colorado Boulevard, Suite 450, Pasadena. "He started the Lasik center at USC and has trained hundreds of ophthalmologists. He's excellent! And he's realistic in his evaluations so there is no high-pressure 'sales job.'" Ref. by Lynn P., lkpaul@hss.caltech.edu (Summer 2005)

Dr. John Tassinari, OD. (626) 796-3105, 1368 E Walnut St, Pasadena, CA.. "Dr Tassinari, his associate Dr Christine Chan, (recently retired Dr. Robert Q Eastland) & experienced staff provide comprehensive eye exams, vision therapy, glasses & contact lenses services to adults & children for many decades. Within 15 minutes walk of Caltech on East Walnut, b/w Hill Ave & Holliston). As it is a thriving practice, pre-booking for appointments is required." Ref. by Hana K., lachlan.and.hana@gmail.com (Summer 2006)

MEDICAL: Pediatrics

Dr. Robert Deputy (626) 795-8811, 504 S. Sierra Madre Blvd., Pasadena. "Dr. Deputy is a wonderful pediatrician. He has been practicing for many, many years so he has a lot of practical knowledge but more importantly he is exceptional with children." Ref. by Donna B., donna@robotics.caltech.edu (Summer 2006) Dr. Anne Marie Fanselau, (626) 449-7350, 55 East California Boulevard, Pasadena. "My children love going to Dr. Fanselau's office. She takes time to listen and share ideas with parents. The office is extremely efficient and we have never had to wait longer than 10 minutes. They are also open on Saturdays for emergencies." Ref. by Mimi C., duongcarter@sbcglobal.net (Summer 2006)

Dr. Henie Fialkoff, Healthcare Partners (626) 446-8851, 450 East Huntington Drive; Arcadia. Ref. by Lisa S-L, lisa@ipac.caltech.edu (Fall 2003)

Dr. Laura Mabie, Descanso Pediatrics (818) 790-5583, 1346 Foothill Boulevard, La Canada. Ref. by Laurie K., Kovalenko@mac.com (Summer 2005)

Dr. Audrey Reid (626) 795-705, 800 Fairmount Avenue, Suite 110, Pasadena. Ref. by Katie C., ktclark@caltech.edu (Fall 2003)

Dr. Glenn Schlundt (626) 449-8440. 800 Fairmount Avenue, Suite 415, (just east of Huntington Hospital), Pasadena. "He was my son's pediatrician for over 12 years. Dr. Schlundt has a special ability to communicate with children of all ages. He is bright, caring and one of the best doctors I have known." Ref. by Sylvia H., sylviahale@sbcglobal.net (Spring 2005)

MEDICAL: Physical Therapy

Evergreen Physical Therapy, Dave Johnson, (626) 683-8536, 200 Del Mar Blvd Suite 302, Pasadena; Located on the corner of Del Mar and Marengo. "Dave and 3 other therapist run a very warm and friendly office. Combined expertise in orthopedics, manual therapy, pediatrics, women's health and injury recovery. A most pleasant atmosphere. Initially, I had a knee injury, but am now in a fitness program, which is devised for me and helps me work on my own. It is an excellent program and I look forward to going twice a week week. It has helped me in many ways." Marjie W. (Summer, 2008)

Professional Orthopedic and Sports Care (626) 356-0599, 753 South Arroyo Parkway, Pasadena "A favorite spot of several of my friends. We sent our daughter to them on their recommendation. Although she had already had physical therapy at two other well respected clinics, she felt that she had the most effective help at this place. They really know what they are doing and offer some very fresh approaches to physical therapy." Ref. by Julie W., woodward@caltech.edu (Summer 2005)

MEDICAL: Pulmonology

Dr. Michael Gurevitch (626) 486-0181, 39 Congress, Pasadena. "Also Director of HMMH ICU. Brilliant doctor with very personal manner. Has all the latest technology in his new office." Ref. by Judy C., judycollins63@earthlink.net. Summer 2005)

MEDICAL: Surgery

Dr. James Blitz (626) 449-0694, 50 Bellefontaine, Pasadena.. "Great general surgeon. Terrific personality and is highly respected in medical circles." Ref. by Judy C., judycollins63@earthlink.net. (Summer 2005)

MEDICAL: Urgent Care

Urgent Care, (626) 795-2244, 401 South Fair Oaks Avenue, Pasadena. "When our children need medical treatment after hours (suspected ear infections, etc.) but we don't want the long wait in the Emergency Room, then we've used Urgent Care." Ref. by Katie C., ktclark@caltech.edu (Fall 2005)

MUSEUMS, GARDENS, AND EVENTS

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

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.

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." Ref. by Katie C., ktclark@caltech.edu (Fall 2003)

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, and 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.

Children's Museum at La Habra, (562) 905-9693, 301 South Euclid Street, La Habra; www.lhcm.org. Ref. by Katie C., ktclark@caltech.edu (Fall 2003)

Descanso Gardens, (818) 790-5571, 1418 Descanso Drive, La Canada. www.descanso.com.

Huntington Library and Gardens, (626) 405-2141, 1151 Oxford Road, San Marino; www.huntington.org. Free on the first Thursday of the month.

JPL Open House, www.jpl.nasa.gov, Usually a weekend in mid-May... it's a great chance to see what is happening at JPL.

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

Los Angeles County Museum of Art (LACMA), (323) 857-6000, 5906 Wilshire Boulevard (next to Page Museum), Los Angeles; www.lacma.org. Free on the second Tuesday of the month after 5 p.m. The Boone's Children's Gallery in LACMA West will often have hands-on exhibitions.

Museum of the American West (formerly the Autry Museum of Western Heritage) (323) 667-2000, 4700 Western Heritage Way, Los Angeles (in Griffith Park); <http://www.autry-museum.org/>. Free admission on Thursdays after 4:00 p.m. and is open until 8:00 p.m. Museum of Contemporary Art (MOCA), (213) 626-6222, 250 South Grand Avenue, Los Angeles; www.moca.org. Free on Thursdays between 5:00 and 8:00 p.m.

Natural History Museum, (213) 763-DINO, 900 Exposition Boulevard (in Exposition Park between Figueroa and Vermont), Los Angeles; www.nhm.org. Free on the first Tuesday of the month.

Pacific Asia Museum, (626) 449-2742 x10, 46 North Los Robles, Pasadena; 626-449-2742 x10, www.pacificasiamuseum.org/. Free on the fourth Friday of the month.

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.

MUSIC: Lessons and Musical Appreciation

Foothills Music Together, (626) 398-4159, classes offered in Pasadena, Silver Lake, Montrose, Monrovia, Glendale, South Pasadena, and La Canada; <http://www.foothillsmusictogether.com/>. "A 'Parent and Me' type music class for all ages (together in one class) up to 5 years old. The CD's that come with each class are my child's favorites. My daughter's favorite teachers are Jeanina and Audrey, but those are the only teachers we've had so the others may be just as fantastic." Ref. by Laurie K., kovalenko@mac.com (Spring 2005)

Pasadena Conservatory of Music (626) 683-3355, 100 N. Hill Avenue, Pasadena;. "Adult music appreciation classes." Ref. by Karen Brunshwig brunshwig@sbcglobal.net (Summer 2006) " Engaging age-appropriate classes taught by trained musicologists, fun for parents and kids." Ref. by Mimi C., duongcarter@sbcglobal.net (Summer 2006) "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 (12-week music appreciation courses). Topics such as Beethoven Symphonies, Beethoven Quartets, Chamber Music, Fundamentals of Music, and more. Fall, Winter, and Spring quarters." Ref. by Natalie C., ncohen@usc.edu (Summer 2006)

Pasadena Symphony Musical Circus, (626) 793-7172, Pasadena Civic Auditorium, 300 East Green Street, Pasadena; <http://www.pasadenasympphony.org/circus.htm>; Musical Zoo (chance to touch/pet instruments) at 8:30 a.m., followed by free concerts at 9 a.m., held on Saturday mornings prior to evening symphony concerts.

Voice Lessons by Judith Townsend, (626) 441-8411, 1716-1/2 Bank Street, South Pasadena. "Singer and Voice Teacher. Offers classes at PCC but also individual private lessons. She has changed my voice and more importantly my understanding and confidence in using my voice." Ref. by Michaela M., michaela_mueller@web.de (Summer 2005)

MUSIC: Pianos – Sales, Rentals, Tuning, and Repairs

Piano Technician Jim Ogden, (818) 952-3451, 5303 Harter Lane, La Canada. Registered Piano Technician Member. Ref. Alice H., alice.huang@caltech.edu (Summer 2003)

Pianos Wholesale (626) 442-1150, 4923 Santa Anita Avenue, Temple City, CA 91780,., Contact is Jack Herring: jherring@pianos-wholesale.com "We were referred to this business by the Pasadena Conservatory of Music. Jack Herring met with us and patiently answered all of our questions. With Jack's assistance we were able to make an informed decision about whether to rent or buy and which piano would best suit our needs. Our daughter was able play all types of

beautiful, antique pianos, including a 1938 Steinway. Most of this complex looks like a warehouse, but the piano selection is impressive and the staff is incredibly helpful." Ref. by Jennifer H.P.. (Summer, 2008) jmphp@sbcglobal.net

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., ktclark@caltech.edu (Fall 200

MUSIC: Music Store

Old Town Music Co. (626) 793-4730, 42 E. Colorado Blvd., Pasadena, www.oldtownmusic.com; This store is owned by a Caltech family. "We rent and sell instruments, sell sheet music, and musical gifts. Our collection is one of the largest in Southern California, and the store has a very good reputation." Ref. by Fritzie C., fculick@yahoo.com (Summer 2006)

MUSICAL ENTERTAINMENT

“Great (inexpensive) entertainment, especially for those who enjoy good music from the American Songbook or who want to sing/perform with something other than a karaoke machine!” Ref. by Shona B-S, brogdenstirbl@yahoo.com (Summer 2005)

Aztec Hotel, (626) 358-3231, 311 Foothill Boulevard, Monrovia. “Singers accompanied by pianist in the business 40 years & doesn't play from sheet music. Older crowd. Thu/Sun. No cover or minimum; plus good, inexpensive food in an historic setting.”

Colombo's, (323) 254-9138, 1833 Colorado Boulevard, Eagle Rock. “Friday/Saturday open mic. No cover/or minimum. Good food and lively crowd.”

The Gardenia, (323) 467-7444, 7066 Santa Monica Boulevard (east of La Brea), West Hollywood.: “Open mic on Tuesdays, sign-up at 8 p.m. and starting around 9 p.m. There is a \$5 cover and a one drink minimum.”

Stoney Point, (626) 449-9715, 1460 West Colorado Boulevard, Pasadena (west of the Pasadena bridge). “Pianist plays nightly, except Monday. Great food/ambiance. Saturday: 10-11:30 p.m. Lou McMullen plays for singers where a mic is not needed in an intimate setting. Good food.”

Vermont Restaurant and Bar, (323) 661-6163, 1714 North Vermont Avenue, (just north of Hollywood Boulevard), Los Angeles. “Cabaret Open Mic Mondays @ Vermont is a weekly open mic show featuring dozens of the best singers in the Los Angeles area. From that still undiscovered future star, to big name cabaret headliners who drop in to try out their material for upcoming shows. There is a \$5 cover and a one drink minimum, but it's worth every penny. The Vermont has sensational award-winning food, so plan on having dinner with the show. Sign up at 8 p.m. -- singing starts at 9 p.m.”

Vitello's Restaurant, (818) 769-0905, 4349 Tujunga Avenue, Studio City. “Opera Night: featuring singers performing opera and Broadway show tunes. Wednesday, Friday, Saturday, and Sunday 6:30 p.m. to closing. Singers welcome!”

Wyndham Bel Age Hotel, Ten/20 Lounge, (310) 854-1111, 1020 North San Vicente Boulevard (San Vicente & Sunset Boulevard), Hollywood. “Cabaret Ten/20 Thursdays at the Bel Age Hotel with Les Michaels Guest Stars -- a musical spotlight featuring four professional singers each doing a four song set to a packed house. The stage opens at 9 p.m. to singers at an open mic. Sign up starts at 7:30 p.m. Bring your sheet music, we supply the excellent pianist. Incredible entertainment entirely free. 2 hours of valet parking is only \$2 with validation, and just \$3 for each hour after that. It's a night you can't afford to miss! The Ten/20 has an extensive menu featuring the finest food in town from appetizers to full-course dinners at very reasonable prices.”

OUTDOORS ADVENTURES

Eaton Canyon Natural Area Nature Center, (626) 398-5420, 1750 North Altadena Drive, Pasadena; <http://www.ecna.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. No charge. Ref. by Emily A., ebabbott@globalmix.org (Summer 2005)

JPL Hiking Club, <http://www.jplrecclubs.caltech.edu/hiking/hiking.html>. "Open to all JPL, Caltech, contractor employees and retirees. Membership \$5 per year. Activities sponsored by the Club include day hikes, car camps, backpacks, summit climbs, rock climbing, snow camps, bicycling, 4-wheel drive trips, canoe/kayak trips, cross-country ski trips, photo tours, trail building, noontime slideshows, evening slideshows/dessert socials, wine tasting trips, nature walks, and beachcombing. Anyone may join in Club activities, but in the case of trips with limited available space, Club members and their guests have priority." Ref. by Katie C., ktclark@caltech.edu (Summer 2006)

Placerita Canyon Nature Center, (661) 259-7721, 19152 West Placerita Canyon Road, Newhall; <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 Saturdays at 1 p.m. No charge." Ref. by Katie C. ktclark@caltech.edu (Fall 2003)

Santa Monica Mountains National Recreation Area, (805) 370-2301, Headquarters Visitor Center, 401 West Hillcrest Drive, Thousand Oaks; www.nps.gov/samo. Look for the Outdoor Calendar for various events at <http://www.nps.gov/samo/outdoors/>.

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

OUTDOORS ADVENTURES: Camping

JPL Hiking Club, <http://www.jplrecclubs.caltech.edu/hiking/hiking.html>. The archive of flyers for the JPL Hiking Club from 1996 to 2006 is a great resource for potential family camping sites. For good family campgrounds look under the car camping flyers: <http://www.jplrecclubs.caltech.edu/hiking/html/flyerarchive.html>. For more details about the club, look at the description listed in the previous Outdoors Adventures category. The following campgrounds have been recommended by members of the Tournament Park playgroups who are looking for a fun family campground experience. One general tip is to be careful of camping near lakes – it may sound like a quiet, country experience but is quite often marred by noise due to lots of RVs, radios, parties and lots of watercraft (boats, skidoos, etc.). It can be more fun to head for a campsite near a mountain stream, the beach or the desert.

OUTDOORS ADVENTURES: Beach Camping

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., ktclark@caltech.edu (Summer 2006)

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 lil’ ones. I totally recommend it for 2 day camping.” Ref. by Homaria M. (Summer 2006)

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., ktclark@caltech.edu (Summer 2006)

Pfeiffer State Park, Big Sur. Great views, so far the best camping I have ever been to. We found a cozy private beach that we had to ourselves for about 2 hours like the beaches you see on the cover of traveler magazines as “exotic locations.” Beautiful hiking trails along the coast, fresh breezes. We went in August. Colder at night but not as cold as Yosemite. We did reserve the spots at least one month in advance but you can also call and find out if there are cancellations or first come option. Pfeiffer is a 6-7 hour drive from Pasadena.” Ref. by Homaria M. (Summer 2006)

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., ktclark@caltech.edu (Summer 2006) 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.” Santa Barbara: Refugio State Beach.” This is more of a party campground, El Capitan is more family friendly.” Ref. by Katie L. (Summer 2006)

OUTDOORS ADVENTURES: Desert Camping

Anza Borrego – Valecito, <http://www.co.san-diego.ca.us/parks/camping/vallecito.html>. “It has running water (flush toilets and shower); a small playground; and nice sites.

We've been in October, November and in April. All have been nice, but there have often been strong winds so that would be a downfall. Within 1.5 miles is a wonderful hike (about 1.5 hours on a well marked but very interesting trail) and the hot springs which are lovely to swim in (they have an indoor pool and an outdoor pool). About 2.5 hours from Pasadena." Ref. by Caroline H-S, mcsutton10@earthlink.net (Fall 2006)

Black Rock, Joshua Tree. "We liked Blackrock although the only downfall I noticed is that its darn hard to get a tent peg into the dusty sites. We broke almost all of our heavy duty pegs and ended up using rocks to keep our tent down. About 2 - 2.5 hours from Pasadena." Ref. by Caroline H-S, mcsutton10@earthlink.net (Fall 2006)

OUTDOORS ADVENTURES: Mountain Camping

McGee Creek, Mammoth. 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 down old 395. It is a "short" drive to Rock Creek, Lake Crowley, Convict Lake, and Mammoth. 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 Driving: Probably around 6 hours. From JPL Hiking Club Archives, <http://www.jplrecclubs.caltech.edu/hiking/html/flyerarchive.html>.

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 hour to drive the twisty steep road." Ref. by Katie C., ktclark@caltech.edu (Summer 2006)

Paradise, above Santa Barbara. "Up in the mountains outside Santa Barbara, the Paradise campground is on the way to wine country, not far from town (about 10 minutes) and the beach too. Ref. by Katie L. (Summer 2006)

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. Books up in advance for the summer." Ref. by Katie C., ktclark@caltech.edu (Summer 2006) 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., ktclark@caltech.edu (Summer 2006)

Yosemite, Bridal Creek. "We went to Yosemite (Bridal Creek, approximately 7000ft). Very nice, lots of big beautiful trees. Five hours from Pasadena, Great family trip for at least 4 days. There is so much to see, and you need the down time just to relax and see the views - GORGEOUS!! We went in August and at night the temperature could go down to 32degrees F. During the day it was perfect so bring from t-shirt and shorts to thick sweater and sweatpants, maybe even a warm coat for evenings by the fire. No warm showers unless you go down in the valley. I would suggest at least 4 months ahead for a reservation. but we didn't reserve, we went on a Thursday and got lucky. But we had called ahead and they told us first come first serve, so we left real early and got there by three and got two campgrounds for three days. I totally recommend Yosemite but plan ahead and take some muscle pain medication for after the hiking.

"Ref. by Homaria M. (Summer 2006)

OUDOORS ADVENTURES: Camping Reservations

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/>

PETS: Adoption

Pasadena Humane Society, (626) 792-7151, 361 South Raymond Avenue, Pasadena; <http://www.phsspca.org/>. "We found our beloved dog here and have been impressed by all the services offered by the Humane Society." Ref. by Emily A., ebabbott@globalmix.org, (Summer 2005)

PETS: Boarding & Grooming

Dog Wash Express (2 locations) (626) 358-0771, 166 W. Foothill Blvd., Monrovia. and 185 W. Sierra Madre Blvd., Sierra Madre; (626) 836-0701. "My two dogs always come out looking well-coifed. They make an effort not to 'skin' your curly-haired dog, if you haven't done the greatest pre-appointment comb-out." Ref. by Diana G., diana.granat@yahoo.com (Summer 2006)

Hayes Kennels, (626) 575-2773, 2429 Central Avenue, South El Monte. Ref. by Alice H. (Fall 2003)

Pasadena Humane Society, (626) 792-7151 x125, 361 South Raymond Avenue, Pasadena; <http://www.phsspca.org/>. "Excellent care, reasonable rates, but must be a member of the Humane Society. Well worth the annual fee." Ref. by Julie W., woodward@caltech.edu (Fall 2003)

Pat's Pet Grooming, (626) 683-3333, 620 South Raymond Avenue # 1 Pasadena. "Very good with dogs" Ref. by Missy J., mmjen@caltech.edu (Summer 2005)

PETS: Dog Walking And Pet Sitting

Goldilocks and the Hound Hikers, (626) 437-4068, houndhikers.org. "Jaime Rosier runs this business which provides numerous services including dog-walking, nature hikes, stop-bys, overnight stays, medication administration, and more! In addition to dogs, she also works with cats, birds, and exotics. I cannot recommend Jaime highly enough. I completely trust her with my dogs, which is high praise coming from me." Ref. by Emily A., ebabbott@caltech.edu (Summer 2006)

PETS: Veterinarians and Cat Hospitals

Arcadia Small Animal Hospital, (626) 447-2244, 311 North Santa Anita Avenue, Arcadia. Ref. by Katie C., ktclark@caltech.edu (Fall 2003) Dr. Sylvia Domotor, DVM, Dr. Domotor's Veterinary Hospital, (626) 303-7881, 135 West Foothill Avenue, Monrovia; 626-303-7881. Ref. by Vilia Z., vilia@caltech.edu (Fall 2003)

Ky Tang, Best Care Animal Hospital (818) 502-1134/1140 North Pacific, Glendale,. "Good and very reasonable." Ref. by Julie W., woodward@caltech.edu (Fall 2003)

Temple City Animal Hospital, (626) 287-1173, 5406 North Rosemead Boulevard, San Gabriel. Veterinarian Bruce Carlson. Ref. by Alice H. (Fall 2003)

Vanderhoof Veterinary Hospital, (626) 798-5901, 2235 North Lake Avenue, Altadena; Ref. by Lisa S-L, lisa@pac.caltech.edu (Fall 2003) and by Emily A., ebabbott@globalmix.org (Spring 2005)

Whiskers to Tails, (626) 795-4134, 156 South Rosemead Boulevard, Pasadena. "Dr. Iburg is very kind. Cats only." Ref. by Kathleen S., katsdgarden@jps.net (Fall 2003)

PRESCHOOLS & PRESCHOOL PLAYGROUPS

Aria Montessori School, (626) 793- 3741, 693 South Euclid Avenue, Pasadena; <http://www.ariamontessori.com/>. "Wonderful community and teachers – amazing private school placement." Ref. by Leslie M., Imm@caltech.edu (Spring 2005)

Caltech Women's Club Preschool Playgroup, 10:00 AM - 12:00 PM., Tuesdays, Tournament Park, (http://www.facilitiesmanagement.caltech.edu/tournament_park.html). Every Tuesday, toddlers and preschoolers (from walking to age 5) gather to enjoy songs, storytime, crafts, and free play. Parents and caregivers sign up in advance to bring snacks and organize crafts. Membership limited to the Caltech/JPL community.

Caltech Women's Club Wednesdays in the Park, Wednesdays, 10 a.m. to 12:00 noon, Tournament Park, (http://www.facilitiesmanagement.caltech.edu/tournament_park.html). Drop by for playtime in the park for the little ones – infant through school age – and conversation for the grown-ups. This is a great way to meet people from around the world, learn more about the area, and share practical information about services and activities available for families. Rain location: Brown Gym.

Calvary Preschool, (626) 799-0385, 1050 Fremont Avenue, South Pasadena. "Morning preschool 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., ktclark@caltech.edu (Fall 2003)

Child Educational Center (818) 354-3418 140 Foothill Blvd., La Canada (located across from JPL). Alyssa Nelson, Director,. Ref. by Betty S., betty@cheme.caltech.edu (Summer 2006) Children's Center at Caltech, 286 S. Chester Avenue; Susan Wood, Director 3956860. Ref. by Betty S., betty@cheme.caltech.edu (Summer 2006)

Cottage Co-op Nursery School (626) 799-0387169 W. Arlington Drive, Pasadena, cottagecoop.org. "Our program serves children ages 2 - 6 (until entry into first grade). We are a developmental program focusing on the 'Whole Child' approach of learning. A co-op means that parents are working in the classroom to keep our ratios low as well as being assistants in the class and co-learners about child development. Children learn by doing, everything is 'hands-on'. The whole child approach assumes that all areas of development (the social, emotional, cognitive and physical) are interconnected and happen at the same time. We currently offer 4 class sessions: Tu/Th 9:30 - 12 for 2 year olds (Mulberry Tree Class), Tu/Th 9 - 1:30 for 2/3 year olds (Oak Tree Class), MWF 9 - 12 for 2/3 year olds (Olive Tree Class), and MWF 9-12 for 3 1/2, 4 and 5 year olds (Rainforest Class). We start our application process for the 2007-2008 school year in January." Ref. by Gilda Moshir (CWC member and Director of the school), gmoshir@hotmail.com (Summer 2006)

Hastings Ranch Co-op Nursery School, (626) 351-9171, 3740 East Sierra Madre Boulevard, Pasadena. "A wonderful learning environment for ages 2-5. Staff are supportive and caring and curriculum is thoughtfully put together. The result is a school that stimulates young minds in creative and fun ways." Ref. by Therese C., tereez_c@yahoo.com (Spring 2005)

Meher Montessori (626) 798-1171, 943 East Altadena Drive, Pasadena. "This is the only AMI affiliated school in the Pasadena area. AMI is the Association of Montessori International. According to the AMI website, this is the original organization set up by Maria Montessori to train teachers in the Montessori methodology. This school is especially good for children in two-career families. As an AMI affiliated school, Meher has authentic Montessori materials and the teacher-to-student ratio is superior. The school has a diverse student population, and children are treated in a kind and respectful fashion. Children are taught that 'we are all friends here,' and treat each other accordingly. The school's director is Sharon Hyde, and she is also the lead teacher. All of the school's employees have many years of experience at the site." Ref. by Jennifer H. P., jmphp@sbcglobal.net (Summer 2005)

Pasadena City College Parent Education Classes "These free classes meet usually from 9am - 12 noon once a week at various locations around Pasadena, Sierra Madre, S. Pasadena and Temple City. Parents or caregivers can bring their child/children and enjoy playtime, crafts, song time, snack time and discussion. These classes are for children from birth through age 5 and are a great way for children to have fun in a safe setting (and the parents have fun too)." Note: "Homeschooled are also welcome." Referred by Katie C. and Jennifer H.P. jmphp@sbcglobal.net (Summer, 2008)

San Marino Montessori School, (626) 577-8007, 444 South Sierra Madre Boulevard, San Marino. "Good, well run school. Offers extended care." Ref. by Kay C., kay@gps.caltech.edu (Fall 2003)

REAL ESTATE

Peter Loeffler, ReMax Premier Properties, (626) 660-1106; 2375 Huntington Dr. San Marino. "We've purchased two homes and sold one through him and all transactions went smoothly and closed on schedule. Four of our friends have worked with him and were also pleased." Ref. by Chris H., c_w_holmes@sbcglobal.net

RESTAURANTS, COFFEE HOUSES & BAKERIES:

All India Cafe, 39 South Fair Oaks Avenue, Pasadena , (626) 440-0309. "Very good Indian food, reasonably priced. Friendly owners and servers." Ref. by Aydeth R., roshko@caltech.edu (Summer 2006)

Babita Restaurant, 1823 S. San Gabriel Blvd. (between Valley and Freeway 10), San Gabriel; (626) 288-7265. "Gourmet Mexican restaurant with owner-chef: Roberto Berrelleza; lunch Tues-Fri, dinner Sun, Tue., Wed, Thu, Sat." Ref. by Alice H., alice.huang@caltech.edu (Summer 2006)

Bistro K Restaurant, 1000 Fremont Avenue (cross street El Centro), South Pasadena, (626) 799- 5052; www.lqmanagementservices.com/. "No liquor, BYO wines, reasonable prices." Ref. by Alice H., alice.huang@caltech.edu (Summer 2006)

Cafe Verde, 961 East Green Street, Pasadena, (626) 356-9811. "Serves breakfast every morning until 11:00 a.m., serves lunch, too. Good salads." Elizabeth H., alltotal@charter.net (Spring 2005) "Small restaurant, no liquor BYOB, reasonable prices." Ref. by Alice H., alice.huang@caltech.edu (Summer 2006)

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., ncohen@usc.edu (Summer 2006)

El Pescador (Mexican Seafood Restaurant - Mariscos), (323) 255-8164, 5230 N Figueroa St, Los Angeles, CA 90042-4002
"Only tried ceviche tostada - citrus and fresh!" Ref. by Hana K., lachlan.and.hana@gmail.com (Summer 2008)

The Eagle Rock Italian Bakery (323) 255-8224, 1726 Colorado Blvd., Los Angeles, CA 90041. "This bakery has consistently tasty and beautiful cakes and pastries. Special cake orders are available. Many hard-to-find Italian groceries can also be found here. Public transportation is easy since this business is within walking distance to the 81 and 181 bus lines." Ref. by Jennifer H.P. (Summer, 2008) jmphp@sbcglobal.net

Fanta Sea Grill (626) 799-5588, 912 Fair Oaks Avenue, South Pasadena (corner of Fair Oaks and Mission); "EXTREMELY casual (paper plates and BYO wine and beer) but serves fantastic fresh, beautifully prepared seafood with a slightly Asian touch. We are there several nights a week and are never disappointed. Ref. by Fran Y., fryariv@earthlink.net (Summer 2006)

Fatty's & Co. (323) 254-8804 1627 Colorado Blvd., Los Angeles (Eagle Rock) , CA 90041 <http://www.fattyscafe.com>. "This establishment has great vegetarian food and California cuisine, desserts and coffee in a nice, casual atmosphere. Parking is difficult, but public transportation is easy since this business is within walking distance to the 81 and 181 bus lines." Ref. by Jennifer H.P. (Summer, 2008) jmphp@sbcglobal.net

Green Street Restaurant (626) 577-7170, 146 South Shoppers Lane, Pasadena,; <http://www.greenstreetrestaurant.com/>. "I've been going to Green Street for the past 20 years. It's good, well priced fare, nothing too fancy or exotic. Their servings are particularly large, so plan accordingly. If you order a full size salad, you may want to split it with someone else." Ref. by Emily A., ebabbott@globalmix.org (Summer 2005)

Hop Woo's BBQ (213) 617-3038, 845 North Broadway, Los Angeles (near Gold Metro Chinatown station),; <http://www.hopwoo.com>. "Good southern Chinese food, plus very busy, popular & cheap." Ref. by Hana K., lachlan.and.hana@gmail.com (Summer 2006)

Heirloom Bakery (626) 441-0042, 807 Meridian Ave, South Pasadena, CA 91030, "Breakfast and lunch dishes, great coffeecake and cupcakes. It's very close to the Metro stop, so makes for great entertainment for my toddlers while I enjoy their very strong coffee." Ref. By Marcia B

2 Ricos Mar Azul Mariscos Truck, 4702 N Figueroa St, Highland Park, CA 90042 "Blue truck facing Sycamore Grove Park. Great fresh Mexican seafood tostada's and cocktails. Locals cue up." Picture and reviews at: <http://www.yelp.com/biz/ricos-mar-azul-mariscos-truck-highland-park>, Ref. by Hana K., lachlan.and.hana@gmail.com

Camilios California Bistro (323) 478-2644, 2128 Colorado Blvd., Los Angeles 90041. "This restaurant has very tasty food, reasonable prices, excellent service and ambiance. Parking is generally easy. This is great place for a romantic dinner or a private conversation." Located within walking distance to the Colorado Wine Company and the 81 and 181 bus lines Ref. by Jennifer H.P. (Summer, 2008) jmphp@sbcglobal.net

Mia Sushi (323) 256-2562, 741 Eagle Rock Blvd., Los Angeles (Eagle Rock), CA 90041 <http://www.mia-sushi.com>. "This restaurant serves really tasty sushi. So driving to Little Tokyo, paying top dollar, and negotiating parking is no longer necessary. This establishment is named after the owner's daughter and is located near Occidental College. For more information please see their highly-entertaining website." Ref. by Jennifer H.P. (Summer, 2008) jmphp@sbcglobal.net

Mike and Anne's, (626) 799-7199, 1040 Mission Street, South Pasadena,. This restaurant "has exceptional cuisine and a lovely outdoor patio. The Chef was formerly at the Ritz Carleton." Ref. by Fran Y., fryariv@earthlink.net (Summer 2006)

Papa Don's Deli, 626-799-8397, 303 Pasadena Avenue
S. Pasadena, CA 91030, "Classic deli sandwiches served in a casual, family friendly setting. They even have a play area set aside for children."
Near the Gold Line tracks, north of Monterey Road.
Hours: 11am - 3:30pm Mon-Sat. They also cater., Ref. By Katie C.

Penelope's Cafe-Books-Gallery, (818) 790-4386, 1029 Foothill Boulevard, La Canada.
"This is one of my favorite businesses in or near La Canada." Ref. by Dee D.,
deedrapear@charter.net (Summer 2005)

Shaab Japanese Restaurant (626) 683-1150, 77 North Raymond Avenue, Pasadena;
"Very good shabu-shabu, tempura, and sushi, and other traditional foods, at reasonable prices. Friendly staff, comfortable small restaurant; the chefs have been there for years. You can sit at tables or the bar." Ref. by Natalie C., ncohen@usc.edu (Summer 2006)

Vanille de Patisserie (626) 286-3600, 2998 Huntington Dr., San Marino; "Asia meets Paris; a magnificent assortment of fanciful and unusual confections. Has to be experienced to be believed. Also makes great breads." Ref. by Diana G., diana.granat@yahoo.com (Summer 2006)

Zephyr, (626) 793-7330; 2419 East Colorado Boulevard, Pasadena;
www.zephyrcoffeeandart.com. Coffee House and Art Gallery. "This is a hidden treasure for all coffee lovers used to comfortable European style coffee places." Ref. by Michaela M., michaela_mueller@web.de (Summer 2005)

SENIOR RESOURCES

Casa Dorinda Retirement Home (805) 969-8032, 300 Hot Springs Road, Montecito;;
http://casadorinda.org. Lorraine Darrow, Director of Admissions and Marketing,
lorraine@casadorinda.com. "Top of the old line..., Julia Childs went there." Ref. by Alice H., alice.huang@caltech.edu (Summer 2006)

Huntington Hospital Senior Care Network, (626) 397-3110, "Ask for the Resource Center. Eddie helped us several times and was quite knowledgeable. The Resource Center recommends different types of senior services and also schedules in-home assessments which cost money and are done by social workers, not doctors. You can also schedule a geriatric consultation service which is a free comprehensive physical and mental evaluation. To schedule an appointment, call Shirley Rener at (626) 397-3127. This is a popular service - you might have to wait 2 months for an appointment. An alternative is to directly contact the doctor involved with the program: Dr. Norman Chien, 375 Huntington Drive, San Marino, (626) 441-4231." Ref. by Laurie K., Kovalenko@mac.com (Fall 2003)

SHOE REPAIR

Bob's Shoe Repair, (818) 790-8654, 1355 Foothill Boulevard, La Canada. "This is one of my favorite businesses in or near La Canada." Ref. by Dee D., deedrapper@charter.net (Summer 2005)

THRIFT SHOPS & CLASSIFIED LISTINGS

Bargain Box, (818) 790-6467, 4607 Oakwood Avenue, La Canada (right next to the library). "Great buys on small household appliances, kitchen items, linens, clothing, books, and sporting goods. Toys are available on Saturdays only. Also, a great source for jewelry and collectibles." Ref. by Barbara W., gobarbweb@sbcglobal.net (Summer 2005)

Bargains Los Angeles, www.bargainsla.com. "The Premiere Bargain Hunting, Bargain Shopping & Sample Sales Guide to the Los Angeles Area."

The Caltech Today Classifieds are open to any member of the Caltech community. Only Caltech/JPL faculty, staff, students and alumni with valid Caltech or JPL email addresses may advertise. Listings include used cars. For more information: http://today.caltech.edu/gc/domain-top?domain=for_sale.

Craigslist, <http://losangeles.craigslist.org/>. "Useful website for finding accommodation, used furniture, etc." Ref. by Katie C., ktclark@caltech.edu (Summer 2006)

Huntington Collection, (626) 535-2468, 766 South Fair Oaks, Pasadena. "Thrift shop, especially good for used furniture. A good day to go is Thursdays as they get new stuff that day." Ref. by Michaela M., michaela_mueller@web.de (Fall 2003)

Rag Time on Green, (626) 796-9924, 1136 East Green Street, Pasadena. Resale/consignment clothing for women. "This is not your usual second hand clothes store. They carry much new (or near new), fashionable clothing including evening and formal wear. Only downside is the community changing room which needs some getting used to but is great fun at the same time." Ref. by Michaela M., michaela_mueller@web.de (Summer 2005)

Salvation Army, (626) 577-4649, 56 West Del Mar Avenue, Pasadena. Thrift shop, especially good for used furniture and baby/kids stuff. Good days are Thursdays when they get new stuff into the store and Fridays.

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., gobarbweb@sbcglobal.net (Fall 2005)

TRANSPORTATION: General

Caltech Transit Guide, 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." Ref. by Hana K., lachlan.and.hana@gmail.com (Summer 2006)

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

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

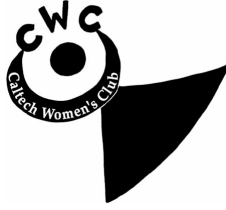
TRAVEL & TOURS

Bi-Coastal Travel, (310) 649-2326, 5757 West Century Boulevard, Los Angeles. "As for travel, Bi-Coastal Travel is a great resource for discounted first and business class tickets (for coach, too). I deal with Mishelle." Ref. by Fran Y., fryariv@earthlink.net (Spring 2005)

The Corliss Group (deluxe Tours & Cruises Since 1972), (626) 445-8632 or (800) 959-8626, 1272 Oakglen Avenue, Arcadia. "The Corliss Group is very professional, client focused and the best in our area." Referred by Donna M., dmmarner@altrionet.com (Spring 2005)

The Healthy Traveler Clinic, (626) 584-1200, 1250 E. Green Street (between Wilson and Chester), Pasadena; www.healthytraveler.com, "vaccinations and prescriptions and travel supplies; expensive but convenient." Ref. by Alice H., alice.huang@caltech.edu (Summer 2006)





Caltech Women's Club
<http://cwclub.caltech.edu>