

Guest Column

# LTD Expo Planned for Jan. 13



Nada Jones

By NADA JONES  
Special to The Outlook

It's that time of the year again: a time when we press reset, and hopes and dream abound once more. Looking at the fresh pages of a calendar, we find ourselves filled with the anticipation of what could be.

Most of us, at some point, have declared our New Year's resolutions with commitment and fervor, only to find ourselves fulfilling obligations to family, work, volunteer duties and the myriad responsibilities that women take on, at the cost of pursuing our passion. We find ourselves waiting for the day when to-do lists become short and sweet, all obligations are met and scrapbooks are creatively put together. I think there's a term about pigs flying that promises the coming of that day.

While these obligations are important parts of our lives, especially our precious families, they do not always leave us fulfilled — proud and thankful, to be sure, but not always fulfilled. It is my hope, and the mission of LTD365.com and the LTD Expo, that we help women actualize their lives' passion through entrepreneurship, making the process accessible, achievable and inspiring.

With Jan. 13 just around the corner, team LTD is tirelessly working on the details that will make the upcoming LTD Expo 2011: A Convention for Entrepreneurial Women a day to remember. Come hear keynote speakers Ali Brown and Jen Boulden. Choose from 10 break-out sessions and learn from the 40 experts who have launched and lived to tell their stories. Get connected to small business services and pick up legal, banking, technical and insurance tips in the Resource Lounge and shop from mission-driven organizations helping to empower women in the Third World. Pick up some Tory Burch goodies from her exclusive Tory Burch Foundation line.

Whether your goal is to write a book, start a charity, monetize a hobby or launch a business, we want every woman to leave the LTD Expo armed with the tools, contacts and inspiration she needs to move her venture forward, to make 2011 the year of her dreams.

We look forward to seeing you

See LTD EXPO, page 12

## For All Your Urgent Care Needs

When you can't wait for a doctor's appointment but your need isn't life-threatening, Pasadena Community Urgent Care provides immediate care, easy access and peace of mind not found anywhere else in the community.

Open 7 a.m. – 10 p.m. daily. No appointment needed.



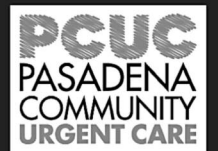
### Pasadena Community Urgent Care

3160 East Del Mar Blvd. / 626-270-2400 / HMFUrgentCare.com

Pasadena Community Urgent Care is a collaboration among the City of Pasadena, Huntington Memorial Hospital, Huntington Medical Foundation and Community Health Alliance of Pasadena.

Huntington Medical Foundation doctors are on staff to treat:

- Broken bones
- Sprains and strains
- Sports-related injuries
- Cuts, scrapes and rashes
- Job-related injuries
- Childhood illnesses
- Urinary tract infection
- Vomiting, diarrhea and dehydration
- Fever, sore throat, runny nose or cough



## Right Care, Right Place, Right Time.

# KOBEISSI

PROPERTIES

COME JOIN DAN KOBEISSI THIS SATURDAY.....

ALL CARS WELCOME CLASSICS & EXOTICS....

**CARS & COFFEE**  
starting sat Jan 8th at 8:00am  
711 Foothill Blvd.  
LACANADA.COM



**FASTFRAME**  
EXPERT PICTURE FRAMING

**\$50 off coupon**

Custom Framing Only  
Expires Jan. 31, 2011

We will be framing up to Christmas Eve

Art, Certificates, Paintings, Photos, Posters, Heirlooms, Sports Memorabilia, TVs, Shadow Boxes

New Holiday Hours:  
Mon thru Sat - 10 to 6, Sun - 11 to 3

2222 Foothill Blvd. La Cañada 818-249-7603  
www.fastframeoflacanada.com

\* Cannot be combined with any other offer. One coupon per household.

## Lake Avenue Children Enjoy Day of Shopping at Sport Chalet



Nearly 50 low-income children for the Lake Avenue Community Foundation STARS after-school program enjoyed an afternoon of Christmas shopping at Sport Chalet. The children received gifts as a reward for their fine grade-point averages at school. Sport Chalet District Manager Karen Rudzik and her team of managers and personnel helped make for an enjoyable shopping experience for the children.



Sport Chalet's Karen Rudzik (right) is recognized with a certificate from Lake Avenue Community Foundation Executive Director Bruce Menser (center) and colleague Mayra Nolan.



**ARTHUR MURRAY**  
100 YEARS  
1912 2012  
PASADENA, CA

**Dance back into Fitness, Romance & Wellbeing!**

**Open House**  
January 14th  
@ 7:30pm  
Call to register

SALSA • SWING • TANGO • LATIN • BALLROOM & More

**Arthur Murray** 626.793.1030  
Franchised Dance Studios www.AMPasadena.com

100 N. Lake Ave. • Pasadena • Open Mon-Fri • 1-10pm

## Descanso Gardens Plans January Events

Don't let the winter gloom fool you: January is time to get busy with your garden. The work you put in — whether pruning roses or planning a vegetable garden — will pay off in spring. Descanso Gardens has two horticulture programs to help “green up” your thumb.

January is rose-pruning time. Rose horticulturist Amanda Everett will teach the basics at 11 a.m.

Saturday, Jan. 8. Find out why pruning is necessary, what tools to use, the best times to prune and pruning techniques for different types of roses. The program starts with a classroom discussion and presentation, and then moves out into the gardens for a demonstration.

The class meets in the Rose Garden Pavilion. It is free with admission: \$8 adults, \$6 seniors/students, \$3 children age 5-12.

Don't know diddly about gardening? Rachel Young, Descanso native plant horticulturist, can get you started with “Intro to Gardening, Part One” at 10 a.m. on Saturday, Jan. 22. The first session of this two-part class teaches basics about soil, planting and how to choose plants.

For more on Descanso Gardens' programs, visit [www.descansogardens.org](http://www.descansogardens.org).

**HIGH SCHOOL ENTRANCE EXAM prep**

**Save \$100**

**Now Enrolling for Summer**

**ISEE • HSPT**  
**The Huntington Advantage**

- 1-1 Instruction
- Critical Reading, Writing, Math
- Test-taking strategies
- Flexible scheduling
- Experienced Teachers
- Proven success since 1977

\*Offer good toward Diagnostic Evaluation



Pasadena Center  
626-798-5900

## LTD EXPO

contd. from page 9

at the LTD Expo, Thursday, Jan. 13, for a dynamic and inspired day. To learn more, go to [www.ltdexpo.com](http://www.ltdexpo.com). Until then, I will leave you with a few tips for launching your dream venture in 2011:

1. Make a list of what life would be like if your venture were a success. Assume (and visualize) the best before you start poking holes in it.

2. Make a list of eight things you need to do to get your idea off the ground. Schedule two items in your calendar per week. And remember, no excuses.

3. Find a sounding board. Meet him/her on a regular basis for moti-

vation and accountability. This is the person with whom you can share your vision and fears. This is the person who will be honest and objective with you.

4. Record the successes you've had in a single month, and multiply by 12. This will give you a sense of accomplishment — and help you recognize the viability of your idea.

5. Remember, nothing ventured, nothing ventured. This family mantra forces me to enjoy the process and not allow my fears to keep me from launching—doing—living. Commit yourself to the process and to being present in the process; this is where you'll identify your mistakes and find hidden opportunities.

6. Make a difference. Are you

solving a problem? Are you making life better for someone else? Creating and growing something that's bigger than we are is what will propel us forward. It makes the not-so-great days worth pushing through and the great days even sweeter.

Nada Jones is the founder of LTD365.com and the LTD Expo, a digital and live platform connecting women to the best people, resources, communities and organizations that will move their businesses and their lives forward. She is also the co-author of “Sixteen Weeks to Your Dream Business: A Weekly Planner for Entrepreneurial Women.” LTD stands for Live The Dream — her hope for all women.