

# Hazardous Weather Outlook: Heat & Fire Danger Wildfire Smoke Causing Unhealthy Air Quality

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## Mountain Views News

Sierra Madre

Arcadia

Pasadena

Altadena

Monrovia

SATURDAY, AUGUST 29, 2009

VOLUME 3 NO. 35

### EXTREME HEAT - FIRES CREATE HEALTH HAZARD

Record breaking temperatures, expected to continue most of next week, combined with air filled with smoke and particulate matter, have created a hazardous weather and health outlook for Sierra Madre and surrounding cities.

According to officials at the National Weather Service at press time, the Station Fire in the Angeles National Forest above La Canada Flintridge and the fire burning in the forest above Azusa have contaminated the air above the city. Although at press time there was no eminent danger of fire in the hills above Sierra Madre, the air quality has become a major concern. *This includes areas where residents can see or smell smoke.*

In areas with unhealthy air quality and those directly impacted by smoke, avoid any vigorous outdoor or indoor exertion; people with respiratory or heart disease, the elderly, and children should remain indoors. Wildfires generate smoke containing numerous air pollutants including fine particulates known as PM10 and PM2.5.

Keep your windows and doors closed unless it is extremely hot inside. In those cases, seek alternate shelter. Run your air conditioner if you have one. Keep the fresh air intake closed and the filter clean to prevent bringing additional smoke inside.

For regularly updated air quality information, see the air quality map at [www.aqmd.gov](http://www.aqmd.gov). For more tips on avoiding health impacts from the smoke, see [http://www.aqmd.gov/ej/CAC/wildfire\\_safety\\_tips.htm](http://www.aqmd.gov/ej/CAC/wildfire_safety_tips.htm)

#### Evacuation orders issued for portions of La Canada and Altadena

At press time, the fire was still burning out of control. Evacuations of residents in the areas closest to the Station Fire have been ordered. This includes the Canyon Dell Drive area, one mile northeast of JPL. The



Air filled with unhealthy particulates as seen from the top of Mt. Wilson.

Photo courtesy Mt. Wilson Webcam



At dusk Friday evening, the fires could be seen from Sierra Madre Blvd.

Photo By D. Lee

perfect storm of fuels, weather and topography coming together” and called the situation “very treacherous.” Dietrich said he’s never seen a fire grow so quickly without powerful Santa Ana winds to fan it. Triple digit temperatures and low humidity are encouraging the fire, which is moving through thick brush that hasn’t been burned in decades.

Over 2,000 firefighters are battling the Station Fire. They were being assisted by a dozen water- and fire retardant-dropping helicopters and fixed-wing aircraft, including a DC-10 jumbo jet that can dump up to 12,000 gallons of retardant in eight seconds.

Additionally, 124 fire engines and 20 bulldozers were assigned to the blaze.

Three civilians have been hurt, two in the Big Tujunga Canyon area and one off Highway 2 near Mount Wilson. One of the injuries happened when power lines fell on a ranger station in Big Tujunga Canyon. That person was airlifted out of the canyon.

#### Mt. Wilson Observatory Also Threatened:

At press time, evacuation orders had also been issued areas bordering Angeles Crest highway, including the famous Mt. Wilson Observatory. On their website, Hal McAlister, Director, noted that all personnel had been evacuated despite their desire to stay and protect the facility. He also stated, “Mount Wilson Observatory is in the hands of the U.S. Forest Service and the California Department of Forestry and Fire Prevention. These are extraordinarily talented and devoted people who I know will do their best to protect this world science heritage site and save the continuing forefront science programs from our mountaintop.”

Founded in December 1904 by George Ellery Hale, Mount Wilson Observatory quickly rose to dominate astronomy worldwide. It was successively home to the world’s two largest telescopes as well as the most powerful facilities in existence for studying the sun.

Residents are encouraged to monitor local news broadcasts for complete, up to the minute status reports on the wildfires or go to: [http://cdfdata.fire.ca.gov/incidents/incidents\\_current](http://cdfdata.fire.ca.gov/incidents/incidents_current)

S. Henderson/MVNews

### RESCUE TEAM RESCUES BEAR

By Bruce Lamarche



A Sierra Madre homeowner on Olive Tree Lane came home to some unusual noises under his home. A 175 pound bear was in the tight crawl space under the floor of his home and had apparently been there for several days. After calling the police, animal control, and the Fish and Game Dept. the problem of how to get the bear out from under the house became an issue. A call was made to the Sierra Madre Search and Rescue Team. The all volunteer rescue team has been involved in many local fire evacuations over this last week. Still, when the call came, the Team responded with enthusiasm. “This call was very different than anything I’ve seen for our team”

said Dick Sale the operations leader on this event. “In all my 32 years with the Team, I’ve never done a bear rescue.”

After California Dept. of Fish and Game officers tranquilized the bear, the problem was how to get the bear out from under the house. The two foot tall crawl space was riddled with support posts and pipes. There was little space to work. Two members of the rescue team crawled under the house and made a harness for the sleeping bear. Other Team members rigged a rope hauling system that pulled the bear from under the house. The female bear was taken for medical evaluation and should be released soon.

### U.S. EPA reaches major settlement for cleanup of San Gabriel Valley Superfund Site

Agreement calls for \$21 million groundwater treatment system

The U.S. Environmental Protection Agency has reached a settlement with Northrop Grumman Space & Mission Systems Corporation, two related entities, and 43 cash-out parties that requires Northrop Grumman to cleanup groundwater contamination at the Puente Valley Operable Unit of the San Gabriel Valley Superfund Site, Area 4, in Southern California.

Northrop Grumman, representing all of the settling defendants, will spend an estimated \$21 million to build a groundwater cleanup system that uses wells to pump out contaminated groundwater, preventing it from further migration.

They will also install water conveyance pipelines and construct a treatment plant to remove Volatile Organic Compound (VOC) contaminants from the groundwater. The treated water will be used for drinking water supply, water reclamation projects, or discharged to surface water.

“This settlement requires cleanup of the groundwater at the Puente Valley Operable Unit Superfund Site, which is an important step toward restoring this valuable source of drinking water,” said Keith Takata, director of the Superfund program of the U.S. EPA’s Pacific Southwest Office.

The area is one of four Superfund sites in the San Gabriel Valley, which has in excess of 30 square miles of pollution in the water table from industrial waste. The Puente Valley Operable Unit of the San Gabriel Valley Superfund Site, Area 4, is located beneath the City of Industry, the cities of La Puente and Walnut, and portions of unincorporated Los Angeles County.

The groundwater was contaminated by over 60 source properties that used VOCs for degreasing, metal cleaning and other purposes. The EPA listed several areas of contaminated groundwater within the San Gabriel Valley as Superfund sites in 1984.

The contaminated groundwater associated with all of the San Gabriel Valley Superfund sites lies under significant portions of Alhambra, Irwindale, La Puente, Rosemead, Azusa, Baldwin Park, City of Industry, El Monte, South El Monte, West Covina, and other areas of the San Gabriel Valley. There are 45 water suppliers in the Valley that use the San Gabriel Basin groundwater aquifers to provide 90 percent of the drinking water for over one million people.

Northrop Grumman has already spent over \$10 million implementing the intermediate zone remedial action in compliance with an order EPA issued on March 21, 2002. The work to be performed by Northrop Grumman on behalf of all of the Settling Defendants implements a substantial portion of the EPA’s interim site cleanup plan. Other portions of the cleanup plan are being addressed by other responsible parties. The Northrop Grumman Consent Decree is the 9th Consent Decree for the site. The total value of the all of the work and settlements for the performance of the interim clean up exceeds \$70 million.

The EPA will ultimately develop a final cleanup plan for the site following several years of expected compliance and operational monitoring of the interim remedy.

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## Calendar &amp; Arts

## 5-Day Forecast Sierra Madre, Ca.



**Mon:** Sunny Hi 99+ Lows 70s  
**Tues:** Sunny H 99+ Lows 70s  
**Wed:** Sunny Hi 98+ Lows 70s  
**Thur:** Sunny Hi 90s Lows 70s  
**Fri:** Sunny Hi 90s Lows 70s

Forecasts courtesy of the National Weather Service



## Community Emergency Response Team

Training class starting  
 Wednesday, September 16, 2009

## C.E.R.T. TRAINING IS COMING TO SIERRA MADRE—ENROLL NOW!

The County of Los Angeles Fire Department is proud to present this training to the public.

Following a major disaster, police, fire and medical professionals may not be able to fully meet the demand. People will have to rely on each other to meet the immediate life saving and life sustaining needs, particularly in isolated neighborhoods that may be cut off from the main roads for a period of time.

The County of Los Angeles Fire Department's Community Emergency Response Team (C.E.R.T.) program was developed to provide basic training in safety and life saving skills for the general public.

The course curriculum covers the following modules:

September 16, 2009	September 23, 2009	September 30, 2009	October 7, 2009
1. Disaster Preparedness	2. Disaster Fire Suppression	3. Disaster Medical Operations I	4. Disaster Medical Operations 2
October 14, 2009	October 21, 2009	October 28, 2009	
5. Light Search & Rescue	6. Disaster Psychology, Organization & Terrorism	7. Disaster Simulation and Exercise	

The training course will be presented as a series of \*seven (7) Wednesday classes from 6:30 p.m. to 9:30 p.m. Scheduled class dates are:

Wednesday, September 16, 23, 30, October 7, 14, 21, & 28, 2009  
 6:30 p.m. – 9:30 p.m.

Sierra Madre Senior Center  
 222 West Sierra Madre Blvd.  
 Sierra Madre, CA 91024-2312

C.E.R.T. training is free of charge

To enroll, contact:  
 James Carlson  
 City of Sierra Madre  
 (626) 355-7135 x 803  
[jcarlson@cityofsierramadre.com](mailto:jcarlson@cityofsierramadre.com)

Class size is limited, so enroll today to reserve your seat.

\*Students must complete all twenty hours of the course to receive a certificate of completion.  
 Note: All students must be at least eighteen years of age.  
 Visit [http://fire.lacounty.gov/ProgramsEvents/Cert\\_schedule.asp](http://fire.lacounty.gov/ProgramsEvents/Cert_schedule.asp) to view the complete schedule of classes.

## August 2009



The Twelfth Night  
 Shakespeare in the Park  
 Memorial Park - 7:00 pm

Tuesday, August 4th  
 Summer Fun in the Park - Memorial Park, 9:30 am  
 National Night Out - Memorial Park, 5-9:00 pm

9 FREE Concerts in the Park  
 Memorial Park  
 Aluminum Marshmallow at 6:00 pm

16 FREE Concerts in the Park  
 Memorial Park  
 The Late Bloomers at 6:00 pm

23 FREE Concerts in the Park  
 Memorial Park  
 JOEL PENNER Sextet  
 Jazz Ensemble at 6:00 pm

30 FREE Concerts in the Park  
 Memorial Park  
 Fairytales and Fantasy V  
 Southern California Lyric Theatre at 7:30 pm



## Sierra Madre Community Events For You and Your Family

6 Summer Fun in the Park - Memorial Park 9:30 am

13 Summer Fun in the Park - Memorial Park 9:30 am

20 Summer Fun in the Park - Memorial Park 9:30 am

27 Summer Fun in the Park - Memorial Park 9:30 am



## Musical Lecture on Frank Sinatra

Larry Maurer of Timeless Melodies for Education will present the second part of the Frank Sinatra series at the Arcadia Community Center, 365 Campus Drive, Arcadia. The musical presentation will take place on Tuesday, September 1st at 1:30pm and the cost is \$2.00 (non-refundable). Take a trip down memory lane with audio and video documenting Frank Sinatra's rise from a saloon singer to world-wide fame. The lecture will also present some of the great songs of the 20's that set the stage for Frank's rise and the other singers that inspired Sinatra to become one of the most famous singers. There is limited space available for this lecture so register as soon as possible, deadline to sign up is August 26 or until seating capacity is filled. This event is for 50 years young and older!

## Perfect Soil for the Perfect Plants

Saturday, September 12, 9am-12noon, At The Arboretum: 301 North Baldwin Ave., Arcadia, CA 91007, Palm Room.

John Lyons, instructor, \$22 members/\$25 non-members. Reservations: Please call 626.821.4623 or email [jill.berry@arboretum.org](mailto:jill.berry@arboretum.org).

This comprehensive class on how to create great soil for your garden will enable you to grow just about anything!! Topics to be covered include composting, vermiculture, The Soil Food Web, compost/worm teas and leaf mold, cover crops, dig vs. no dig, correct use of mulches and the use of native soil.

A gardener by trade, John Lyons designs, installs and maintains edible landscapes, California Native gardens, orchards and wild hedgerows. Originally from Ireland, he has had gardens in Galway, London, Zurich, New York and Los Angeles.

Looking to meet new friends, have some fun, and become more familiar with the area? Join us at the San Gabriel Valley Newcomers Club!

We are committed to making it easy and fun for you to get adjusted to a new place or a new time in your life. We offer fun activities such as bridge, golf, needle arts, book club and Ladies on the Go. The 1st Wed. of each month is a coffee/social, 2nd Wed. luncheon/program and a few fun tours throughout the year. Our Sept. coffee/social will be Wed. Sept. 2nd at 10 a.m. at a private home in Glendora.

For more information contact Bonnie (626)355-7999, Carol (626)797-8239 or Sharon Romero(626)833-1602 Publicity Chairperson."

## BARGAIN BOOK TABLE SALE AT SIERRA MADRE PUBLIC LIBRARY

The Friends of the Sierra Madre Library will have a Bargain Book Table Sale inside the Library, Monday, August 24 through Saturday, August 29, during the Library's public open hours. This month we're featuring Fiction, Biographies, Children's, and Specialty Books. All books are in good condition and will be sold at the bargain price of \$1.00 each. These every-other-month book sales provide funding for Library resources and programs. The Sierra Madre Public Library, located at 440 West Sierra Madre Boulevard in Sierra Madre, is open Monday through Wednesday from Noon to 9 p.m., Thursday and Friday from Noon to 6 p.m., and Saturday from 10 a.m. to 6 p.m. For information on all our Library activities and services, please call (626) 355-7186, or visit our website at [www.sierramadre.lib.ca.us](http://www.sierramadre.lib.ca.us).

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## Kiwanis Club of Sierra Madre

Meets Tuesday 12:00 noon at Masonic Temple  
 33 E. Sierra Madre Blvd.  
 Sierra Madre

Lunch catered by Lozano's is \$11 - program only is free and begins at 12:45pm

## Wistaria Thrift Shop To Re-Open September 3rd

The Wistaria Thrift Shop, run by the Sierra Madre Woman's Club, will have its grand re-opening Thursday, September 3, 2009 from 10 a.m. to 3 p.m. The shop is located at the rear of the historic "Essick House", 550 W. Sierra Madre Blvd., Sierra Madre.

Closed over the summer for refurbishing and restocking, now a large inventory of all new merchandise will be on sale. Shoppers will find a bonanza of bargains on household items, glassware, linens, clothing for all family members, craft supplies, gifts, collectibles and much, much more. With Halloween not far off and your need for a Halloween costume, put something together from the thrift shop.

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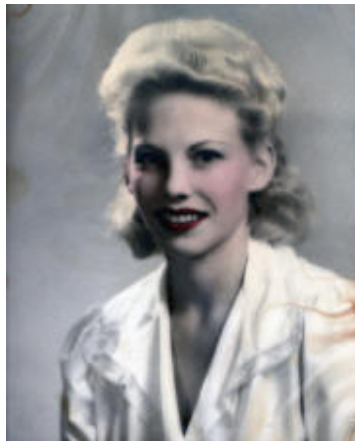
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## REMEMBRANCE MARGARET OSTI

**Margaret Estelle Osti Maxwell**, the wife of David Caesar Osti, died peacefully in her sleep at her home in Arcadia California on Sunday morning August 16th, 2009 at the age of 85.

Margaret was born at Angeles Hospital on August 19, 1923 in Los Angeles, California to parents Elmer Gleason Maxwell and Marguerite Adell Maxwell (Maiden Name Bond) of Seattle, Washington. Her father served as an electrician in the Navy and her mother was a homemaker. Margaret graduated from Bothell High School and at age 19 went on to work as a cook during World War II at the US Bremerton Naval Base in Washington. When Marge was 21 she moved to Detroit, Michigan where she lived for 6 years. In 1949 she moved to Azusa, California and then to Arcadia where she lived with her husband Dave for the past 52 years. In addition to being the mother of seven children, Marge enjoyed a variety of occupations over the years. She worked as an elevator operator, a movie theater usher, a short order cook, and a waitress. In the early seventies Marge worked as a food server at both The British Home and the Sierra Madre Convalescent Home in Sierra Madre, California. Margaret is survived by her husband of fifty years, David Caesar Osti. Margaret was not



only the mother of seven children, she also had seventeen grandchildren, thirty-eight great grandchildren, and four great, great grandchildren, ending with a grand total of sixty-six offspring, not including spouses.

Margaret has planted a very large and beautiful family tree that continues to grow each year. Margaret is also survived by her sister Mary Lou Hendricks and her husband Bill, of Alta Loma, CA.

Margaret's seven children and their spouses are: Edward William Allor, Jr. and his wife Bonnie of Garberville CA, Judith Lynn Allor-Wendler of Elk Grove, CA, Cathy Ann Allor-Berger and her husband Jay of Big Bear, CA, Richard Michael Allor and his wife Debbie of Sierra Madre, CA, Patricia Dawn Allor-Cummings and her husband Greg of Oceanside, CA, Teresa Maria Osti of Arcadia, CA, David Valentino Osti and his wife Ellen of Sierra Madre, CA. Margaret will join her predeceased beloved children Ricky and Teri: Richard Michael Allor 4-29-50 to 03-8-98 passed at the age of 48 and Teresa Maria Osti 9-28-59 to 5-6-82 passed at the young age of 22.

A memorial service is planned to be held in Sierra Madre, California, the date and time will be announced once all arrangements have been made.

### Sierra Madre

#### Art of the Table, A celebration of art where we dine

Art of the Table, A celebration of art where we dine, showcases the work of many local artists who turned their talents to the accoutrements of dining, both practical and delightfully whimsical. Formal or casual, an artful dimension to where we eat elevates the experience of dining. Creative tablescapes comprised of functional pieces interpreted in unexpected materials, (think glass napkins and spice-filled napkin rings), as well as paintings, linens, centerpieces, tableware and all things found in a dining setting will

be on display and for sale in three Sierra Madre locations.

Presented by Creative Arts Group, Leonora Moss, and Savor the Flavor, Art of the Table will kick off with an opening reception Friday, September 11<sup>th</sup> from 7:00-9:00 pm at all three locations: Creative Arts Group (108 N. Baldwin Ave.) Leonora Moss (9 Kersting Ct.) and Savor the Flavor (11 Kersting Ct.), all in the village of Sierra Madre. For more information or directions, call Creative Arts Group at (626) 355-8350.

### Monrovia

#### FREE Community Fair helps Seniors 50+

MONROVIA - Free Mammograms, Free Health Screenings and over 40 resource organizations will be at the 5th Annual SET for LIFE Expo 50+ "Seniors Going Green" on Saturday, September 12, 2009, from 11:00am - 2:00pm.

It's a fact... Americans are living longer! SET for LIFE (Senior Education and Training for Living Informed Futures Everyday) is a nonprofit organization whose mission is to provide seniors 50+ with the resources, skills and training needed to succeed in today's economic climate.

"During the Annual SET Expo 50+, our goal is to have numerous resources under one roof, giving seniors and their families' access to the latest education and information to make informed choices." The Elizabeth Cancer Detection Center will offer FREE Mammograms on-site to low income women. Appointments are required and persons should call (626) 219-4444 to register. New this year, Father Earth Recycling of Duarte,

CA has partnered with SET for LIFE to help educate the community on the importance of recycling. Bring recycled items to receive one FREE gift while supplies last. (One per family)

For more information, visit the SET website at [www.setforlifefnews.org](http://www.setforlifefnews.org) Free lunch will be provided on and first come basis. SET for LIFE Expo 50+ is co-sponsored by City of Hope, Foothill Transit Royal Oaks Manor, and Southern California Edison.

#### ABOUT SET for LIFE

SET for LIFE is a 501c3 nonprofit organization. Through partnership building in our local communities our mission is to provide seniors 50+ with practical skills, education, and training to succeed in today's ever changing society. We do not endorse specific companies or organization. We are not affiliated with any government or political agency. Our services are offered FREE of charge without regard to race, color, creed, religious or non-religious affiliation.



## Around Monrovia

by Pat Ostrye

### Dollmakers' Kattywompus??

After my trip down Myrtle Ave. last week, it occurred to me that I had forgotten about the Dollmakers, all because they were too far north since the opening street changed from Lime to Lemon. I was very surprised to hear of the many changes and advancements, when I asked Pam Fitzpatrick for an update on their goings-on.

First, let me tell you right off that they are open Seven Days a week! Monday-Thursday, 10 am - 9pm. Friday and Saturday, 10 am - 10 pm, and Sundays, 11am- 6 pm. Next, they have a new name, Dollmakers' Kattywompus, because they have advanced to a toy store that carries dolls, toys, gifts and music and have a design and consulting component, lately working on fun products like Fancy Nancy and Discovery Kids. The store carries cool toys, play and collectible dolls, doll clothes and accessories and other exciting gifts and treasures.

This establishment hasn't been just sitting idly around. They have made appearances on CNN, E! Channel, Animal Planet, Channel 7 Eyewitness News, and have been featured in Good Housekeeping and Sunset Magazines as well as the L.A. Times.

I'm sure many of you remember when Dollmakers first opened up in 1991 on E. Lemon Av., where Restaurant Devon now stands. Then, in 1994 they moved over to Myrtle Ave. in the 500 block, staying there for 5 more years and when the space next to

the new Krikorian Theater opened up, voila! The Dollmakers is there to stay!

This is a family-owned enterprise - three sisters: Pam, Jennifer and Cindy, with help of untold family members. Jennifer teaches music classes at the Adult School in Monrovia and is also the marketing and advertising specialist whose claim to fame is their very innovative website with all its fun videos. Jennifer is also the leader and lead singer of their Kattywompus String Band.

Cindy is a talented graphic artist, currently illustrating a charming new children's book and she is the one you'll meet most of the time as you enter the store.

Pam is the toy designer/consultant as well as the PR person, with a long list of volunteer board positions and is a Past President of the Monrovia Chamber of Commerce and the Monrovia Old Town Merchants' Association. Last year Pam was named Business Person of The Year by the Chamber.

Getting to the music: they sell musical instruments and teach music lessons to the young and not-so-young alike! Could be dulcimer, mountain dulcimer, violin, guitar, ukulele, keyboard, or the zills! You may be already acquainted with their free sidewalk concerts every Friday night in front of the store at 412 S. Myrtle Ave. You may sing and dance, chairs provided, but on summer nights, it's SRO!

*Postrye@netzero.com*

### Arcadia

## Santa Anita Developer Sues Over Westfield Restaurant Project

### Caruso alleges "Abuse of Discretion" by Arcadia Council In Granting CEQA Exemption

Controversial Developer, Rick Caruso, representing Santa Anita Associates, developers of the proposed Shopping Center at the Santa Anita Racetrack, recently filed a lawsuit against the City of Arcadia for allegedly improperly granting a CEQA exemption to another developer.

The suit seeks to force the City to set aside its approval of a request by Westfield Santa Anita - noted in the suit as "the real party of interest" - to add three more restaurants (13,500 square feet) to the new Promenade expansion of the mall without further study of the environmental impact. The suit counters the City's argument that the changes meet the standards for a categorical exemption by the California Environmental Quality Act.

The lawsuit will bring an indefinite delay to Westfield's hopes of adding the restaurants to fill empty space, including 10,000 square-feet of space previously designated for restaurants, at its new Promenade expansion during a difficult economic environment.

Attorneys for Caruso, which has seen its own 800,000-plus square-foot Shops at Santa Anita development delayed for years by ongoing lawsuits and appeals against the City from Westfield and its Arcadia First! group over concerns about environmental impact, repeatedly told Councilmen and City staff in writing and in public hearings at Council meetings earlier this summer that approval of Westfield's request would result in certain litigation.

Nonetheless, the Council voted 3-2 last month to approve the request, with Mayor Pro Tem Peter Amundson and Councilman Gary Kovacic opposing. Kovacic suggested there was enough question about the legalities concerning environmental law that it would be worth at least taking the steps of studying the potential impact to see what, if any, level of further reporting needed to be done to be in legal compliance. Amundson said he was uncomfortable with Westfield's "piecemeal" approach to revising their plans.

The suit cites "significant sewage, solid waste, population, land use, traffic, and parking impacts" that would be generated by the "Restaurant Expansion."

The suit goes on to say that "Despite this evidence (previously presented to the City), and the obvious logic that if installing restaurants were not a change in use there

would be no need for permission, the City erroneously determined that the Restaurant Expansion was entitled to a Class 1 exemption."

That determination of exemption, according to the suit, was "an abuse of discretion, a failure to proceed in the manner required by law, a failure to support their decision with adequate findings, and a failure to make a decision that is supported by substantial evidence in the record," according to the lawsuit.

Arcadia Development Services Director Jason Kruckeberg said Thursday that while the lawsuit was expected, the City was "disappointed" but not surprised. "The city believes the appropriate environmental was done for the restaurant expansion," he said.

Now in the unusual position of defending itself in a lawsuit brought by Westfield about a Caruso development, and defending itself against a lawsuit brought by Caruso about a Westfield expansion, Kruckeberg could only say, "We'll see where it goes."

Caruso Affiliated declined comment following the filing of the suit.

Arcadia taxpayers are not on the hook for any of the legal expenses in either lawsuit, with Caruso covering the City's costs on the first one and Westfield obligated to do the same in protecting the city against the most recent litigation by Caruso.


Just before last month's vote, Councilman Bob Harbicht said he was giving his vote of approval begrudgingly and only after he lambasted Westfield for their "disgusting" behavior in regards to their lawsuit against Caruso that has held the City, the School District, and local residents hostage for several years already.

The other two votes of approval Tuesday came from Councilman Roger Chandler and Mayor John Wuo, neither of whom is up for re-election next year. Wuo is termed out and will be leaving the Council.

Although there has been little show of interest from local residents in this latest skirmish - not even by the residents who support the concerns of Arcadia First! about the environmental impact of The Shops at Santa Anita - former school board president and Chamber of Commerce board member Mary Dougherty detailed numerous environmental concerns on a local blog.

4th Annual  
Sierra Madre

# Wine Jazz Walk



**Wine Tasting  
Food Tasting  
Live Jazz Bands  
in Downtown Sierra Madre**

PRESENTED BY  
**San Antonio Winery & Riboli Family Wine Estates**

**Proceeds to benefit City of Hope**




**Saturday, October 3 • 4 - 7 p.m.**

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## Air Quality Remains Unhealthy



At press time the Morris Fire in the San Gabriel Mountains above Azusa had grown to 1,850 acres and currently not contained. To the west, a fire north of La Cañada Flintridge was at 0 percent containment according to city staff.

Staff also said with temperatures anticipated at 100 degrees plus for the rest of the week, smoke from both fires is expected to contribute to poor air quality. Air quality could remain at unhealthy levels in smoke-impacted areas.

The Pasadena Fire Department and Pasadena Public Health Department remind everyone to take care of themselves, their children and their pets. Everyone should take precautions when they are outside and avoid unnecessary outdoor activities, especially people with respiratory or heart disease, elderly persons and children.

"It's very important for sensitive individuals with health-related conditions such as asthma to keep their 'as needed' medications with them at all times," said Dr. Takashi Wada, Pasadena public health officer.

Schools that are in session, after-school programs and sports organizations for children (such as Little League) are advised to cancel outdoor practices in areas where there is visible smoke, soot or ash, or where there is an odor of smoke. Outdoor activities should be suspended until conditions improve.

For more information call the Pasadena Fire Department at (626) 744-4675 or Pasadena Public Health Department at (626) 744-6005.

## Pet of The Week



Kit and Kat, two adorable kittens with fancy tuxedo markings are all dressed up and ready for a new home. They would like to be adopted together but can go to separate homes if necessary. Both girls are very sweet and love to cuddle. Come visit with this lovely pair today!

The regular cat adoption fee is \$70 which includes the spay or neuter surgery, microchip, vaccinations, and a free follow-up health check at a participating vet. Currently, you can adopt two cats or kittens for just \$85.

Please call 626-792-7151 and ask about Kit and Kat or come to the Pasadena Humane Society & SPCA, 361 S. Raymond Ave., Pasadena CA, 91105. Our adoption hours are 11-3 Sunday, 9-4 Tuesday, Wednesday, Thursday, and Friday, and 9-3 Saturday. Directions and photos of all pets updated hourly may be found at [www.pasadenahumane.org](http://www.pasadenahumane.org)

## Busy Day for PCC

By Dean Lee

It all started at 7 a.m. Friday as distinguished guests of Pasadena City College, including Mayor Bill Bogaard and Assemblymember Anthony Portantino, gathered first for the ground breaking on the new Center for the Arts and then for the inauguration of the brand new Industrial Technologies Building and Campus Center/Bookstore. The day ended late with thousands of students taking part in the school's Welcome Day.

Acting campus President Dr. Lisa Sugimoto did all the honors, just days after former President Dr. Paulette J. Perfumo resigned. Perfumo had, earlier this month, abruptly asked for a leave of absence. In a letter to the college board of trustees Tuesday, Perfumo said she had personal family reasons.

Sugimoto Friday did not rule out possibly applying again for the president position. She also said she had no intent of retiring.

"I feel like one day at a time trying to get through this," she said about the position. "I wouldn't even be sure, even if I was asked."

Perfumo had been hired two years ago in a surprise

move by the board of trustees beating out Sugimoto who many, at the time, thought was a shoe-in for the position.

Former president Dr. James Kossler was also not present at the inauguration. Kossler was instrumental in making the new Industrial Technologies Building and Campus Center/Bookstore become reality. Public Relations Director Juan Gutierrez said Kossler was currently traveling through China although expressed regret last week when he said he could not attend.

Gutierrez said, with the addition of the new Industrial Technologies Building, PCC greatly enhances its automotive, building construction, drafting, electronics, electricity, and welding. The building measures 66,558 square feet.

The new Bookstore will be almost double the size of the previous store. The new Campus Center greatly improves Food Services through the completion of a modern instructional and functional kitchen. Wireless computer access will be present in all areas.

Associated Student Body offices and workrooms are key features, along with the Student Affairs offices. The Journalism Department will be able to better serve the needs of the students in its modern, second-floor suite.

Funding for the new facilities was made possible



Dr. Lisa Sugimoto cuts the ribbon as trustees look on



Bogaard (4th on the right) takes part in ground breaking

through Measure P, the general obligation bond approved by the voters of the PACCD in 2002.

In related News, Portantino said his home is in the area under evacuation due to the Station Fire above La Canada Flintridge. He made

the comment while speaking at PCC Friday morning. At the time, over 1,000 people had left their homes because of the fire which had burned over 1,500 acres. It was at 0 containment at press time.

## City Art Grants Awarded

The Pasadena Arts & Culture Commission announces grants totaling \$142,600 awarded to 22 cultural organizations and artists to support local programs, exhibitions, performances and festivals.

The Annual Grants Program honors programs of excellence that expand exposure and access to the arts. Funds support the work of individual artists, bring the creative process into classrooms, support the sustained growth of Pasadena's cultural institutions and encourage festivals that reach out to the community.

The Arts & Culture Commission funded the highest scoring applicants in each of six categories.

Individual Artists grants up to \$5,000 each were awarded for career development through the support of exhibitions, performances or special projects. This year's recipients are Quinton Bemiller for a mural interpreting the natural environment of Pasadena's Hahamonga Watershed Park; Laura Parker for completion of hand-printed photographic wall installations about the kinetics of experimental film; and Elizabeth Saveri for a solo show of paintings that depict the trees on her street.

For organizations with budgets less than \$200,000, Art and Culture I grants of up to \$10,000 each were awarded for exhibitions, performances, education and audience development. Recipients are About Productions for "Evangeline, Queen of Make-Believe"; Floricanto Dance Theatre for "Alma-Llanera - Soul of the Planis"; NewTown Pasadena Foundation for "Convergences"; Pasadena Summer Youth Chamber Orchestra for concerts; and The Intimate Opera Company to support its next season.

For organizations with budgets between \$200,000 and \$500,000, Art and Culture II grants of up to \$10,000 each were awarded. Recipients are Friends of the Levitt Pavilion Pasadena for summer outdoor concerts; and Pasadena Dance Theatre for "Conversation with

the Choreographer 2009 - Master Dancemaker."

For organizations with budgets more than \$500,000, Art & Culture III grants of up to \$10,000 each were awarded. Recipients are Kidspace Children's Museum for its Free Family Night program; Los Angeles Children's Chorus for its Community Interaction program; Pacific Asia Museum for its exhibition "Calligraffiti: Connecting Chinese and Chicano Outsider Art"; Pasadena Museum of History for continued access to student programs during renovation of the Fenyes Mansion; and Pasadena Playhouse to support "Allies in Art," "New Generations" and Play WriteGirl, a literacy and mentorship program for at-risk teen girls.

Arts Education Partnership grants up to \$10,000 each were awarded to artists and organizations in partnership with schools. Recipients are Armory Center for the Arts to support 3-D and digital photography classes at Washington Middle School; Bethune Theatredanse to support performing arts classes for special needs students; Pasadena Conservatory of Music for the "Young Musicians Sequential Music Program" at Thomas Jefferson Elementary School; and Side Street Projects to support woodworking bus classes at four PUSD schools as part of the curriculum "My Masterpieces".

The Festival and Parade Grant Program offered grants up to \$10,000 for community arts events. This year's recipients are Light Bringer Project for the annual Pasadena Chalk Festival; Lineage Dance to produce the third annual Pasadena Dance Festival; and Southwest Chamber Music to support "The Ascending Dragon Festival and Cultural Exchange" scheduled for spring 2010.

The grants program is managed by the Cultural Affairs Division of the Pasadena Planning and Development Department. Applications were reviewed by a group of panelists made up of art and education professionals who represent a wide spectrum of the arts.

## Free Meeting for Families With Jailed Loved Ones



The Pasadena Police Department's Homeless Outreach-Psychiatric Evaluation (HOPE) Team and The Pasadena Mental Health Advisory Committee (PMHAC), in conjunction with the Custodial Coaching Prison Consultants, is hosting the first of a series of ground-breaking seminars aimed at easing the emotional and psychological toll of incarceration for both offenders and their loved ones. The Community Legal Wellness Seminar Series will feature a slate of knowledgeable and experienced speakers on topics ranging from continuing mental health treatment while in custody and beyond, mental health services for family and loved ones, anger management, career and parenting counseling, to alternative sentencing options.

This program was reviewed and sanctioned by the PMHAC, comprised of mental health care professionals from Pasadena's major MH care providers/partners, including Pacific Clinics, NAMI-SGV, Center For Aging Resources, Five Acres, Rosemary Children's Services, LA County Department of Mental Health, Union Station Homeless Services, Aurora-Las Encinas Hospital, as well as private practice representatives. Pasadena's mental health service providers, working in partnership with the police department, are trying innovative community outreach methods to improve the psychological and emotional well-being of our most at-risk members, in the hope that recent tragic events involving police and persons on parole, are not repeated. Chief Melekian is a strong advocate in promoting creative law enforcement mental health crisis response.

The free seminar, open to the public, will be held at Jackie Robinson Center, 1020 N. Fair Oaks Ave., Pasadena, CA, 91103, on Thursday, September 3, 2009, from 6-8:00 PM.

## Get Up And Moving With the Mayor Sept. 7

Pasadena Mayor Bill Bogaard and Israel Estrada, executive director of Pasadena Forward, will lead a 3.3-mile walk around the Rose Bowl Loop at 7:30 a.m. Wednesday, Sept. 7, as part of Up & Moving Pasadena.

Meet at Gate A at the stadium. Free parking is available. All levels of ability will be accommodated.

Up & Moving Pasadena is a community effort to support fitness for health. Walks are scheduled the first Wednesday of every month. Find walking tips, start a walking group and track your progress at [www.upandmoving.org](http://www.upandmoving.org) or call (626) 831-2980.





## South Coast Air Quality Management District

AQMD



## Tips for Residents

As Southern Californians battle the wildfires, there are measures we all can take to protect our health from the harmful pollutants filling our air.

If you are a healthy individual, the ash and smoke from the fires can irritate your eyes and airways, cause coughing and/or a scratchy throat. They can also irritate your sinuses, cause headaches or a runny nose. In addition to short-term effects, there may be long term effects that can significantly impact your health.

**Here are some tips you can follow to protect you and your family members from unhealthy air:**

- **Stay indoors.** Choose indoor options when air pollution levels are unhealthy. Keep your windows and doors closed. Use your air conditioning system and place it on recirculation mode, if available.
- **Reduce outdoor activity.** Reducing your physical activity in outdoor areas lowers the amount of polluted air your body intakes. Curtail your involvement in outdoor activities and events that require prolonged exposure and strenuous exercise or sports participation.
- **Stay alert.** Listen to your local news and weather forecasts and air quality alerts provided by the South Coast Air Quality Management District (AQMD). If the air quality in your area worsens take necessary precautions and plan your activities accordingly.

**While the ash and smoke are visible reminders of the pollution currently impacting our area, be even more cautious of the fine particles you can't see. These particles, which are invisible to the naked eye, bypass our natural defense system and lodge into our lungs. They can cause irritation, and over the long-term cause decreased lung function. They also make us more susceptible to developing diseases such as asthma, bronchitis, emphysema and possibly cancer.**

If you have any questions about air quality, please call AQMD at 1-800-CUT-SMOG or visit our website at [www.aqmd.gov](http://www.aqmd.gov).

*Cleaning the air that we breathe...™*

## SIERRA MADRE POLICE VOLUNTEERS SOUGHT

The Sierra Madre Police Department is hosting a "Volunteer Recruitment" information meeting for the public on Wednesday, August 26th. The meeting will take place at 6:00 p.m. in the Sierra Madre City Hall Council Chambers, 232 W. Madre Blvd.

The Police Department is seeking volunteers who would like to work with the Department performing a variety of activities. These include: citizen patrols, special event support, chaplain support, translation service, clerical support, Neighborhood Watch, and issuing citations for handicapped parking violations.

Any Sierra Madre resident is welcome to attend. Sgt. Donna Cayson is organizing the meeting. She can be reached at (626) 355-1414 or at [dcayson@cityofsierramadre.com](mailto:dcayson@cityofsierramadre.com).

## Sierra Madre Police Blotter

During the week of Sunday, August 16th, to Saturday, August 22nd, the Sierra Madre Police Department responded to approximately 286 calls for service. The following is a brief summary of a few of these calls, which the department handled during this period.

Sunday, August 16th:

11:48 a.m. - Arrest, Unlicensed Driver, Michillinda Avenue / Orange Grove Avenue. A motorist was stopped for a traffic violation. Further investigation revealed the motorist was driving without a driver's license. The driver was arrested for the violation and released with a written promise to appear.

3:44 p.m. - Arrest, Driving with a Suspended Driver's License, Baldwin Avenue / Orange Grove Avenue. A motorist was stopped for a traffic violation. Further investigation revealed the motorist was driving with a suspended / revoked driver's license. The driver was arrested for the violation and released with a written promise to appear.

4:27 p.m. - Arrest, Unlicensed Driver, Michillinda Avenue / Orange Grove Avenue. A motorist was stopped for a traffic violation. Further investigation revealed the motorist was driving without a driver's license. The driver was arrested for the violation and released with a written promise to appear.

8:02 p.m. - Arrest, Possession of Marijuana, Santa Anita Avenue / Arno Drive. A motorist was stopped for a traffic violation. Further investigation revealed the motorist had marijuana in the vehicle. The driver was arrested for the violation and released with a written promise to appear.

Monday, August 17th:

1:22 a.m. - Arrest, Defrauding the DMV, Michillinda Avenue / Foothill Boulevard. A motorist was stopped for a traffic violation. Further investigation revealed the motorist was driving with a 2010 tab that she removed from her mother's vehicle. The driver was arrested for the violation and released with a written promise to appear.

4:51 a.m. - Arrest, Driving with a Suspended Driver's License, Sierra Madre Blvd / Windsor Lane. A motorist was stopped for a traffic violation and found to be driving with a suspended/revoked driver's license. The driver was arrested for the violation and released with a written promise to appear.

Tuesday, August 18th:

8:42 p.m. - Assault with a Deadly Weapon, 200 block of Auburn Avenue. A resident was walking with her husband when she was shot in the arm with a paintball, apparently by an occupant of a silver sedan last seen going southbound on Auburn Ave. with no lights on. The victim declined medical treatment. The case is under investigation.

Thursday, August 20th:

7:09 a.m. - Vandalism, 700 block of Canyon Crest Drive. A man said someone smeared an egg on his vehicle from Monday, August 17, 2009 to Thursday, August 20, 2009. The victim did not see who did the damage.

Friday, August 21st:

9:53 p.m. - Petty Theft, 300 block of Ramona Avenue. Two victims said someone had taken their 2010 registration tab from their vehicles from February 2009, to Friday, August 21, 2009.

## A Weekly Spotlight on Sierra Madre Volunteers

## Rudy Van Cleef - 'Faith and Good Works'

A man who has traveled the world chose Sierra Madre as a place to live "because I liked its surroundings." He's just another fan of this foothill community.

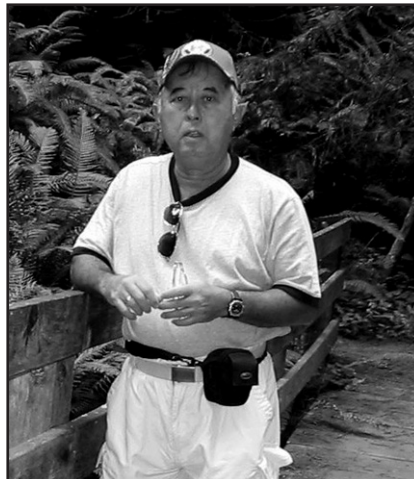
After a career as a mechanical designer for several engineering firms, Rudy Van Cleef spends his days volunteering in several capacities in Sierra Madre.

He's an active member of St. Rita Church, serving as Eucharistic Minister and Usher. He explained that he "distributes the Host and Chalice as an adult server." Rudy is in Men's Club there, and, as an active life-long Catholic, he finds it "a way of life." He said, "It's a rock in our lives."

Rudy provides transportation for those veterans needing a ride to and from the hospital in Long Beach. He's also the driver for priests at the monastery in Sierra Madre who need to go to a doctor, and he runs other errands for them.

Besides that service Rudy is a driver for Meals-on-Wheels and is an eager helper for any senior who needs assistance.

Why does he volunteer? "I like it...It's a calling." He said his parents raised a family of six, then adopted four orphans, providing them a home through their high school years.



Rudy was born and raised in Indonesia (which was a Dutch colony then) and he was educated in Holland.

"My dream was to come to the United States," and in 1961 that dream was realized. A year later he was drafted into the U.S. Army and traveled to Europe during his service time. He met his wife, Marianne, while stationed in Germany and they were married in 1965. They came to Sierra Madre in 1971 and have been homeowners here since.

Rudy worked for engineering firms such as C.F. Braun and Parsons in Pasadena and Bechtel in Norwalk as a mechanical engineer. He designed

refineries and specialized in connecting piping to the equipment. He has worked in Kuwait, Saudi Arabia, Alaska and Johnston Island in the Pacific. Just before his retirement he was in Houston for several years, always going where his work took him.

Van Cleef enjoys cooking, particularly his boyhood Indonesian food which Marianne doesn't always like. He also plays a lot of tennis and hikes in our mountains.

The Van Cleefs have two sons: Mark in Rio Linda and Brian in Morgan Hills, who have provided the Sierra Madreans with two granddaughters and three grandsons.

## Arcadia Police Blotter

For the period of Sunday, August 16, through Saturday, August 22, the Police Department responded to 1,018 calls for service of which 144 required formal investigations. The following is a summary report of the major incidents handled by the Department during this period.

Sunday, August 16:

Units responded to Colorado and Harvard in reference to a solo traffic accident around 4:40 a.m. A male driver was traveling at excessive speed, lost control of the vehicle, struck a guard rail, and collided with a center median and a reflector sign. An intoxicated 20-year-old Hispanic was taken into custody for DUI.

Around 5:40 a.m., while officers were taking measurements for the traffic collision investigation listed above, a car approached at about 70 mph in a 35 mph zone and almost struck a police officer in the roadway. Patrol units pursued the suspect vehicle, but the driver failed to yield and violated numerous traffic laws during the chase. The driver finally slowed the vehicle in the 500 block of Santa Maria, jumped out of the vehicle, and fled on foot. A 32-year-old male passenger remained in the vehicle and was detained. A DMV check on the license plate revealed that the plate was stolen out of Pasadena, and the VIN revealed that the car was a reported stolen out of LASO Crescenta Valley. An area search was conducted and the 27-year-old male Caucasian driver was apprehended. Both men were arrested for vehicle theft, evading, assault with a deadly weapon, being under the influence of a controlled substance, possession of burglary tools, receiving stolen property, and other charges.

Monday, August 17:

A robbery occurred at Jack-in-the-Box, 164 East Live Oak, around 10:00 a.m. A male Hispanic suspect, 5'6", 35 years of age, detained an employee outside the location and took her purse after revealing a handgun tucked in his waistband. An area search was conducted but the suspect was not found.

Shortly before 11:00 a.m., units were dispatched to the 300 block of West Huntington in reference to a grand theft that occurred between 10:00 a.m. and 5:30 p.m. on August 12. Unknown suspect(s) took over \$2,700 in eyeglasses and sunglasses from a display case located in the main lobby area of the building.

Tuesday, August 18:

Officers responded to the 100 block of Greenfield around 11:00 p.m. in reference to a disturbance involving a large group of subjects fighting at the scene. Upon arrival, a 21-year-old male Hispanic victim advised that he was struck with a pipe and a beer bottle, resulting in a four-inch laceration and multiple abrasions. He was taken to a hospital for treatment. During the investigation, a 20-year-old male African-

American was located and arrested for an outstanding misdemeanor warrant.

Wednesday, August 19:

Around 2:40 p.m., units were called to Cathay Bank, 1139 West Huntington, regarding a woman attempting to cash a fraudulent check. Prior to officers' arrival, the suspect left the bank and entered a van driven by another woman. The van was stopped and the Caucasian women, ages 41 and 39, were arrested for commercial burglary, forgery, and receiving stolen property. The van contained a large amount of mail and miscellaneous items belonging to different individuals throughout San Gabriel Valley, drug paraphernalia, and marijuana.

Thursday, August 20:

Around 4:40 p.m., loss prevention personnel from JC Penney advised that two male African-American suspects had stolen merchandise and were running towards Baldwin. The 19-year-old suspects were subsequently located and additional stolen goods from Old Navy, Sport Chalet, and Claires were recovered. Private persons' arrests were made, and the men were taken into custody.

Friday, August 21:

A 38-year-old female Filipino employee from Macy's was arrested for embezzlement and grand theft around 5:28 p.m. An internal investigation revealed that the employee had stolen over \$15,000 in store merchandise during a four year period and sold the items on eBay.

Around 5:46 p.m., loss prevention personnel from Old Navy advised that they had detained a juvenile and an adult for theft. The suspects concealed merchandise in a shopping bag and then left the store without making payment. Private persons' arrests were made, and a 16-year-old female African-American and an 18-year-old male Vietnamese were taken into custody for commercial burglary. Additional stolen items from Forever 21, Wet Seal, Pac Sun, and American Eagle were recovered.

Saturday, August 22:

Between 4:00 p.m. and 6:30 p.m., a grand theft from auto occurred at the Westfield Mall parking lot. Unknown suspect(s) entered a possibly unlocked vehicle and stole a trombone, trumpet, and iPod. The total reported loss was about \$3,100.

Shortly after 6:00 p.m., a victim came to the station to file an assault report. The man indicated that he was a process server and he had delivered a legal court document to a male Asian in the 500 block of West LeRoy. After serving the documents, he returned to his vehicle. While he was sitting in his vehicle, the male suspect approached with a baseball bat and smashed his driver's side window, shattering it. The victim drove away from the scene and came to the police station to report the incident.

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## Joe's Place and Some Duarte Friends Create an Imaginative Urban Camp Experience for Local Children



Two years ago when Governor Arnold Schwarzenegger signed the California Children's Outdoor Bill of Rights he could not have imagined the lengths that a Duarte business and a community of friends would go to help encourage children to participate in outdoor activities.

In the spirit of the Children's Outdoor Bill of Rights, Los Angeles County Sheriff's Deputy Rick Curiel of the Temple Sheriff's Station recently arranged a field trip to the Santa Fe Dam for 25 children from South El Monte. Looking for a place to take them for lunch afterwards, he contacted Joe's Place in Duarte.

Restaurant owners Joe Naylor and Lisa Magno quickly agreed then happened to mention the children's impending visit to a few of their friends and patrons. What happened next is that in addition to providing free lunch to the group, Joe's Place and friends de-

cided to expand on the outdoor experience for the children. They created an imaginative campsite area behind the restaurant, complete with tent, simulated creek for gold panning, "fishing hole," fifth wheel camper and "campfire" for roasting marshmallows for s'mores bars. And because no self-respecting campout experience would be complete without a scary story told around the campsite, Magno also had a spooky tall tale to share with the kids. Friends Alan Cook, Brian Lister, Stafford Barker, and Kyle Mathison set up the urban campsite, covering the backyard concrete with leaves and "planting" an imaginary urban forest with trees donated by neighboring business, Sophia's Garden.

"This was a totally spontaneous act of fun and adventure created solely for the enjoyment of children by a small group of adults. It was a joy to behold. Duarte truly is, as our street banners proclaim, 'a kid's kind of town, too,'" said Jim

Kirchner," chief executive officer of the Duarte Chamber of Commerce.

Deputy Curiel said he was amazed and appreciative of the extra effort that Joe's Place went to entertain the children. "We were just coming for lunch. We never expected anything like this," he said.

The trip to Santa Fe Dam and Joe's Place was just one of several recent outings that Curiel and his volunteers have arranged for children from the South El Monte community. The California Children's Outdoor Bill of Rights lists 10 rights for children. They are, the right to discover California's past, splash in the water, play in a safe place, camp under the stars, explore nature, swim, play on a team, follow a trail, catch a fish, and celebrate their heritage. With the help of Deputy Curiel and Joe's Place and friends, 25 children got to do all of those things in a day.

## Kids Say Spectacles are Respectable

Kids who wear glasses used to be easy targets for the classroom bully.

Today, they are making as much of a fashion statement as an improvement to their vision.

"Only a small percentage of children who have to wear glasses are disappointed about it," says Dr. Amy Walker, an optometrist with the University of Wisconsin Department of Ophthalmology. "Most children are accepting of needing glasses because their friends or siblings wear glasses."

Walker says that, unlike the very large or horn-rimmed glasses from decades ago, today's frame styles and thinner lenses have made glasses more attractive for kids, especially pre-teens. However, she says some children who want them may not necessarily need them.

"I can tell if they are not trying hard enough when reading the eye chart," says Walker. "At the end of the exam, I give them plain lenses without a prescription, then have them read the eye chart again. Most of the time, they are able to read it better because they want to demonstrate to their parents the glasses helped them see better."

In those cases, Walker discreetly tells parents not to be concerned; their children do not need glasses. But she says those experiences are never a waste of time.

"I always mention this was a good time for an exam anyway," she says. "Sometimes, I do pick up something that may need attention."

While some kids may be eager to get glasses, Walker says parents are less enthusiastic

cause the lenses are soft and don't dislodge during physical activity. But, I always recommend they get at least one pair of eyeglasses because contacts are not always the best option every single day, especially if the child catches the flu.

Walker also offers these suggestions to parents whose children may require eyeglasses or contact lenses:

Go to establishments that treat a lot of children with eye problems. Usually, those places have opticians who are properly trained to fit glasses for children.

Make sure a child's eyeglasses are adjusted frequently. Walker says children's frames are typically made of plastic, and in time, facial heat could make them stretch out and not fit properly.

Make an appointment for an eye exam if a pediatrician detects potential vision problems. These may include strabismus (the misalignment of an eye so its line of vision is not pointed in the same direction as the other eye) and muscle palsies, which can cause double vision. Sometimes, bifocals or other specialty lenses can correct these problems.

## Teen Zone Begins

Teen Zone begins September 1 and continues every Tuesday afternoon from 3:00 to 5:30 p.m. at the Arcadia Public Library Auditorium. This program is for students in ninth through twelfth grade only. For more information, please contact the Arcadia Public Library at 821-5569.

## Back 2 School Tips For Parents

By Kimberly Thomas, MSW

It's that time of year again, when kids of all ages go back to school, parents tend to focus on ensuring their children have new clothes, backpacks and school supplies, but teachers feel too often the other essentials for a successful school year are left out. As a parent of two girls, I know how important the first day of school attire is, but as the wife of a teacher, I've learned that there are four things that lead to a successful school year and I like to share these easy tips:

### Ensure your child has adequate SLEEP

There is not enough that can be said about children having an adequate amount of sleep. Too often, I've heard from my husband and other teachers about a student who is doing poorly in their class, who regularly falls asleep. According to the National Sleep Foundation, "children age five to 12 need 10-11 hours of sleep. Poor or inadequate sleep can lead to mood swings, behavioral problems such as hyperactivity and cognitive problems that impact on their ability to learn in school." Here's the basics: 1) Establish a bedtime with a consistent routine, i.e. bath, reading a book and lights out; 2) Create an environment conducive to rest: dim lighting, cool temperature and quiet room; 3) Take the TV and/or the computer out of your child's room; and 4) Limit after school activities.

### Ensure your child has a nutritious BREAKFAST and LUNCH

I'm always surprised at how many children drink coffee or start their day off with an energy drink, both lack the nutrients children need to learn. I know it can be difficult to have a hot breakfast daily such as oatmeal, but there are other quick alternatives that are easy to make or buy. Try toast with peanut butter or cheese, with fruit slices or yogurt and milk. There are also many breakfast bars that are healthy with limited

sugar. The same is true for lunch. Find out what your child will eat and vary it throughout the week.

### PLAN ahead

Trying to get out the door on time can be a real struggle the first few days of school. Make your mornings easy, by laying clothes out, sitting backpacks by the door and preparing lunch the night before. This will allow you an easier transition in the morning and get your kids off to school with as little stress as possible. I remember that it was easier to dress my younger daughter everyday for school until she was in the 3<sup>rd</sup> grade because she moved at a turtle's pace. It wasn't ideal because I had to get up earlier, but it elevated our morning frustrations and we were able to leave on time!

### COMMUNICATE with child's teacher(s)

Too often parents wait until the teacher calls with a problem regarding their child or their child brings home a poor progress report to contact the teacher. Get involved early and stay involved throughout the year. With today's technology, sending the teacher a quick email only takes a few minutes and makes it easy for the teacher to respond or send a handwritten note with room on the bottom for the teacher to respond. Teachers understand that parents have limited time, but they need to know that you care, because then they will care and make that extra effort to help your student. Also, your child needs to know that you and the teacher are on the same team, with the same common goal. Children who view their parents as concerned about their education will make more of an effort to apply themselves.

Remember to keep the fun in education and remind your child that learning is a lifelong process! Let's get them off to a great start.

## SCHOOL DIRECTORY

### Alverno High School

200 N. Michillinda Sierra Madre, Ca. 91024  
(626) 355-3463 Head of School: Ann M. Gillick  
E-mail address: agillick@alverno-hs.org

### Arcadia High School

180 Campus Drive Arcadia, CA 91007  
Phone: (626) 821-8370, Principal: David L. Vannasdall

### Arroyo Pacific Academy

41 W. Santa Clara St. Arcadia, Ca,  
(626) 294-0661 Principal: Phil Clarke  
E-mail address: pclarke@arroyopacific.org

### Barnhart School

240 W. Colorado Blvd Arcadia, Ca. 91007  
(626) 446-5588 Head of School: Joanne Testa Cross  
Kindergarten - 8th grade  
website: [www.barnhartschool.com](http://www.barnhartschool.com)

### Bethany Christian School

93 N. Baldwin Ave. Sierra Madre, Ca. 91024  
(626) 355-3527 Principal: James Lugenbuehl  
E-mail address: jml@bcsclions.org

### Carden of the Foothills School

429 Wildrose Avenue, Monrovia, CA 91016 626/358-9414  
626/358-5164 fax office@cardenofthefoothills.com

### The Gooden School

192 N. Baldwin Ave. Sierra Madre, Ca. 91024  
(626) 355-2410 Head of School: Patty Patano  
website: [www.goodenschool.org](http://www.goodenschool.org)

### LaSalle High School

3880 E. Sierra Madre Blvd. Pasadena, Ca.  
(626) 351-8951 Principal: Patrick Bonacci  
website: [www.lasallehs.org](http://www.lasallehs.org)

### Monrovia High School

325 East Huntington Drive, Monrovia, CA 91016  
(626) 471-2000, email: schools@monrovia.k12.ca.us

### Norma Coombs Alternative School

2600 Paloma St. Pasadena, Ca. 91107  
(626) 798-0759 Principal: Dr. Vanessa Watkins  
E-mail address: watkins12@pusd.us

### Odyssey Charter School

725 W. Altadena Dr. Altadena, Ca. 91001  
(626) 229-0993 Head of School: Lauren O'Neill  
website: [www.odysseycharterschool.org](http://www.odysseycharterschool.org)

### Pasadena High School

2925 E. Sierra Madre Blvd. Pasadena, Ca.  
(626) 798-8901 Principal: Dr. Derick Evans  
website: [www.pasadenahigh.org](http://www.pasadenahigh.org)

### Pasadena Unified School District

351 S. Hudson Ave. Pasadena, Ca. 91109  
(626) 795-6981 website: [www.pusd@pusd.us](http://www.pusd@pusd.us)

### St. Rita Catholic School

322 N. Baldwin Ave. Sierra Madre, Ca. 91024  
(626) 355-9028 Principal: Joanne Harabedian  
website: [www.st-rita.org](http://www.st-rita.org)

### Sierra Madre Elementary School

141 W. Highland Ave, Sierra Madre, Ca. 91024  
(626) 355-1428 Principal: Gayle Bluemel  
E-mail address: gbluemel220@pusd.us

### Sierra Madre Middle School

160 N. Canon Sierra Madre, Ca. 91024  
(626) 836-2947 Principal: Gayle Bluemel  
Contact person: Garrett Newsom, Asst. Principal  
E-mail address: gbluemel220@pusd.us

### Weizmann Day School

1434 N. Altadena Dr. Pasadena, Ca. 91107  
(626) 797-0204  
Lisa Feldman: Head of School

### Wilson Middle School

300 S. Madre St. Pasadena, Ca. 91107  
(626) 449-7390 Principal: Ruth Esseln  
E-mail address: [resseln@pusd.us](mailto:resseln@pusd.us)

### Pasadena Unified School District

351 S. Hudson Ave., Pasadena, Ca. 91109  
(626) 795-6981  
Website: [www.pusd@pusd.us](http://www.pusd@pusd.us)



## South Coast Air Quality Management District



As Southern Californians battle the wildfires, there are measures we all can take to protect our health from the harmful pollutants filling our air.

Children are more sensitive to air pollution for several reasons. First their respiratory systems are still developing. Children also breathe more air per pound of bodyweight than adults. Lastly, they are more active outdoors, thus increasing their exposure to outdoor pollutants.

### Here are some tips you can follow to protect children's health from unhealthy air:

- **Stay indoors.** Limit their exposure to unhealthy air quality conditions as much as possible. Keep your windows and doors closed. Use your air conditioning system and place it on recirculation mode, if available.
- **Play indoors.** Choose indoor options for children, who live and play in areas that have unhealthy pollution levels.
- **Reduce outdoor activity.** Reducing outdoor physical activity lowers the amount of polluted air your body intakes. Schools and day care centers should curtail outdoor activities and events that involve prolonged exposure and strenuous exercise or sports participation.
- **Consult their physician.** If your child suffers from a heart or lung ailment, talk with a doctor. Call the doctor immediately if your child's condition worsens.
- **Have a plan.** Keep an adequate supply of your child's medications (5 days or more) on hand. If your child suffers from asthma have a written asthma management plan available.
- **Stay alert.** Listen to your local news, weather forecasts and air quality alerts provided by the South Coast Air Quality Management District (AQMD). If the air quality in your area worsens take necessary precautions to protect your child's health.

While the ash and smoke are visible reminders of the pollution currently impacting our area, be even more cautious of the fine particles you can't see. These particles, which are invisible to the naked eye, bypass our natural defense system and lodge into our lungs. They can cause irritation, and over the long-term cause decreased lung function. They also make us more susceptible to developing diseases such as asthma, bronchitis, emphysema and possibly cancer.

If you have any questions about air quality, please call AQMD at 1-800-CUT-SMOG or visit our website at [www.aqmd.gov](http://www.aqmd.gov).

*Cleaning the air that we breathe...™*



## Mountain Views News

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**Mountain Views News Mission Statement**  
The traditions of the community newspaper and the concerns of our readers are this newspaper's top priorities. We support a prosperous community of well-informed citizens. We hold in high regard the values of the exceptional quality of life in our community, including the magnificence of our natural resources. Integrity will be our guide.

## HOWARD Hays



## As I See It

Perhaps you've wondered, "How does he come up with these great topics for his column?" Perhaps not. In any case, I don't sit staring at my computer waiting for something to pop into my head (though I may spend an inordinate amount of time trying out different fonts). I go through newspapers, cable channels, radio and websites (I draw the line at Twitter.) Mostly, I simply proceed with what I'd be doing otherwise, confident that a topic will somehow come to me in ample time before the deadline. I had such confidence this past weekend as we entertained an out-of-town guest, one of those who felt that as Southern Californians we surely must be spending at least every-other weekend at the beach. On Sunday we headed west on the I-10. The first stop was Venice Beach. Strolling down the reassuringly tacky promenade, I noticed a young lady on the steps of a makeshift exhibition hall showing off the tattoos on every exposed portion of her body (very little wasn't) while sporting a 6-foot python draped over her shoulders. A barker beckoned us towards the entrance under a large banner proclaiming, "Freak Show". Here was a topic - the appropriateness

of a "Freak Show" in a family-oriented venue. Unfortunately, despite my threat to hold my breath until I turned blue, my wife wouldn't let me buy the admission ticket I needed to conduct necessary research - or at least to ask the snake lady if she was concerned about losing health coverage if she were to change jobs. We next drove north to enjoy a brunch buffet in Malibu. Here was another possible topic: Why, under certain conditions, will we do something that would otherwise be unthinkable, like indulge in a gooey-sweet dessert after breakfast? That column, though, would've simply consisted of the quote, "Because it is there". Finally, we headed back south to visit the Santa Monica Pier. After parking and heading towards the overpass, I noticed a large expanse of the beach north of the pier covered with numerous objects planted in the sand. Walking closer I saw they were crosses, in three different colors. Most were white, each representing one of our soldiers killed in Iraq and Afghanistan. A swath of red ones running down the middle represented 10 casualties each. The few blue ones, each standing before a flag-draped coffin, represented those killed during the preceding week. To the side of the crosses were banners containing lists of names, ranks, branches of service, and causes of death (hostile fire, roadside explosion, transport accident, etc.). The lists contained the

names of 4,334 Americans killed in Iraq since March of 2003 (with an additional 798 killed in Afghanistan since 2001). Other signs indicated 114 Americans killed in Iraq this year (5 so far in August), and 291 in Afghanistan (59 in August). A separate banner listed the 111 servicewomen killed. Wandering the pier, I still hoped to find a topic both timely and relevant. I could explore why families of not the greatest means were shelling out five bucks a pop for routine carnival rides (though I would've eagerly paid that much to ride the spark-spewing bumper cars had that attraction still existed). I returned to the beach to look again at those banners and approach the fellows tending the display. I'd seen them before. I met them decades ago. At that time they were just a few years older than I was, but they were so much older. This time they were younger than I am, but still so much older. They were the same guys; but where before they spoke of Da Nang and Khe Sanh and China Beach, now it's Basra and Baghdad and Kirkuk. It was made clear that the listed deaths represent only a fraction of the casualties (not to mention over 30,000 soldiers seriously wounded). 6,500 veterans a year (18 a day) commit suicide, largely due to untreated PTSD and other psychological problems resulting from combat. It was also stated that crosses commemorating the million Iraqi dead would cover the entire beach. Maybe I could just write about a great day on the coast. The beach was covered with families (mostly Hispanic), and the laughing kids running into and out of the

surf didn't mind a bit that the sky was a bit overcast. A handful of other visitors sat apart from that crowd, over among the crosses. There were two or three groups of three or four people. Each group sat silently in front of one of the small white crosses. Attached to the cross was a note card listing a name, rank, service branch and other information. Also attached to the cross was the photo of a young man, about the age of my son. The men in the photos weren't smiling, but sat erect and proud in their Army fatigues or Marine dress blues in front of the customary American flag backdrop. In each group there were one or two little girls, wearing those frilly dresses with the white lace trim they might wear to a big sister's Quinceañera. I wondered what the men in the pictures had been to them; cousin, uncle, big brother or father. The little girls knelt as they very carefully stuck the stems of bright flowers into the sand around the crosses. Still no topic. I could just comment on whatever story happened to be most in the news over the past week, like that rich guy from the reality TV show accused of bumping off the blonde bikini model. Maybe the importance of a story can be assessed by how much media coverage it's given. I can't see that story, though, or most any other, being of much concern to those little girls I saw kneeling in the sand by the Santa Monica Pier. 21,000 additional troops are to be deployed to Afghanistan by the end of this year. (For more information, check out [www.arlingtonwestsantamonica.org](http://www.arlingtonwestsantamonica.org).)



## GREG Wellborn Education Ain't What It Used To Be

As we send our kids back to school this fall, we should all give some thought to the academic assessment results which were just released and make sure that the right conclusions are drawn. Sadly, as has been the case for a number of years now, all the wrong conclusions are being offered by our so-called education experts.

other minority. They make a choice to succeed, whereas too often others choose to accept mediocrity.

The second reason stems directly from the past efforts of our education experts to fix problems which didn't exist. If ever there was a perfect example of the law of unintended consequences from government actions, it would be found in the multitude of programs designed by so-called education experts.

When I went to school, the overwhelming focus of educators was on "readin, writin and rithmatic" - a corny expression I know, but it captures the heart and soul of what was the overarching philosophy which

them from working hard toward academics or maturation.

Similarly, teaching tolerance and promoting diversity through the ever-popular multiculturalism tracts has - as one researcher concluded - "translated into more divisions among students" as the need to assimilate has been diminished and the desirability of embracing your own culture over American culture has been emphasized. If we're all just trying to get along, shouldn't we all be encouraged to see ourselves as part of the same society?

Last in our retinue of silly-ideas-gone-wild, anti-drug programs have been a flop. The most popular among them, D.A.R.E, is used in 80% of American school districts. It turns out that the program has no long-term effects and is of only minor effectiveness in the short term.

When we measure the amount of money we spend per student in the U.S., we find that we are among the top in the world. Despite what the "experts" say, American education is not lacking for funding. It is clearly lacking in effectiveness. Money isn't the issue, and it really never was. What we do with the money, how we spend time in the classroom and what self-discipline and work ethic we demand of the students matters one hell of a lot.

We have fallen down in our duty to the most disadvantaged in our society by not really demanding that they be taught the basics of "reading, writin and rithmatic", all skills which if mastered well would actually allow poor children and recent immigrants the best chance of success in whatever line of work they choose to follow in their adulthood. Instead, we feel good about how much we care and how well-meaning our efforts have been, and we ignore the reality which has been staring us in the face for more than a quarter century.

We need to take back our schools from the "experts" and teach the kids what they really need to succeed. They need to be strong in the core subjects and committed to a cultural value system which emphasizes hard work and self-discipline. It will cost a lot less, be a lot more successful and certainly will help the neediest among us the most.

*Gregory J. Wellborn is an independent opinion columnist. He writes and speaks frequently on political, economic and social issues. His columns have appeared in publications such as The Los Angeles Daily News, The Orange County Register, The Wall Street Journal and USA Today. He can be reached at [g.wellborn@mtnvnews.com](mailto:g.wellborn@mtnvnews.com).*

## STUART Tolchin On...LIFE



### NO, WE ARE NOT ALL THE SAME - GOOD

Well, I went to the movies again this weekend. This time I didn't come out angry, I came out sobbing. Something in the movie touched this deep pain inside me and the tears just came. The movie is called Adam. It stars these beautiful people living in New York who are having a lot of trouble putting their relationship together.

Not exactly a unique situation but the wrinkle here is that the male lead, although unbelievably cute and winning, is made somewhat undesirable because he has a disability. Adam is not "normal". He explains that doctors call his condition Asperger's Syndrome (AS) a mild form of autism. People afflicted with AS are often incredibly intelligent with vast stores of knowledge; but are clueless as to what makes other people tick. Lying, to Adam, at least, is a moral crime - a betrayal that makes living in an already difficult world impossible.

More than almost anything our poor hero wants to touch other people, to clean their windows so that they can see the sky but he just doesn't know the drill. The particular windows he wants to clean belong to his lovely neighbor who is an elementary school teacher. (Yes it bothers me that everyone is so lovely—are they the only ones we the benumbed audience are capable of caring about? Maybe?) The scene that really got to me shows her class of seven year olds discussing the Hans Christian Andersen fairy tale, "The Emperor's New Clothes". (If you don't know the tale, find a book of Fairy Tales and read it!) The teacher asks, "What can we say about the brash statement of the child who points out the emperor's nakedness?" At first the children say that the boy was bad for saying anything at all. It's as if he has broken a rule and the kids know it's wrong to break rules. (At least that's what they're supposed to say.) The discussion continues and, finally, one brave kid points out that it was right to say the king was naked for the simple reason that IT WAS TRUE!!

There it is. Even though the world lies to us we try as hard as we can to accept these lies and to fool ourselves. A few of us, a very, very few of us, sometimes just one person, cannot keep still and will scream the truth no matter the consequences. This one person, this weirdo, this,.....Mozart, or Einstein, or Thomas Jefferson, or Bob Dylan shows us a new truth that shakes everyone up and changes the world. And guess what kids? We need these people more than they need us.

I think my pain as I watched the movie has something to do with our pain of living. No matter how hard we all try to be like everyone else we are stuck with being ourselves. We waste energy trying to be like those other people we imagine and lose touch with ourselves. Look how fortunate the world is that Einstein couldn't get a job in a university somewhere and had nothing to do but follow his own interest and talents.. The same is true of Charles Darwin, another misfit. What today is called Aspergers Syndrome may, with the right motivation, tomorrow be called genius. It is not a crime to be different it's just tough. We live in this incredible cookie cutter society that holds us all back tries to push us all into the same easily governable mold. We don't know how to respect and celebrate differences..

A final word. I'm just guessing; but maybe I was sobbing about all of our futile efforts to fit ourselves and our children into society's acceptable boxes. Perhaps, it's just true that we are all stuck with being just who we are. The TRUTH is the more we can know and develop ourselves the more we can reach others. It may be too late; but it's definitely worth a try.

### City of Sierra Madre COURTESY NOTICE

**From:** The City of Sierra Madre

**Subject:** CITY COUNCIL CONSIDERATION OF A TEMPORARY USE PERMIT TO ALLOW PRIVATE RENTAL EVENTS TO OCCUR IN THE ALVERNO VILLA DEL SOL D'ORO LOCATED ON THE ALVERNO HIGH SCHOOL CAMPUS

**Applicant:** Alverno High School

**Project Location:** 200 N. Michillinda Avenue, City of Sierra Madre, County of Los Angeles;

The City of Sierra Madre gives notice that the City Council will be considering a Temporary Use Permit to allow private rental events (non-school related events) to occur in the Alverno Villa Del Sol d'Oro, located on the Alverno High School campus, at 200 N. Michillinda Avenue. The purpose of the meeting on September 8, 2009 is to receive public input on the matter. The City Council will continue the matter to September 22, 2009, to receive additional public input and will consider the request at such date.

All interested persons may attend these meetings and the City Council will hear them with respect thereto.

CITY COUNCIL MEETINGS	PLACE OF MEETING
City of Sierra Madre Tuesday, <b>September 8, 2009</b> and Tuesday, <b>September 22, 2009</b>	City of Sierra Madre City Council Chambers 232 W. Sierra Madre Blvd. Sierra Madre, CA 91024
(both meetings begins at 6:30 p.m.)	





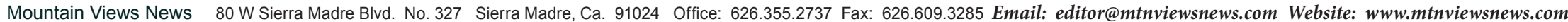
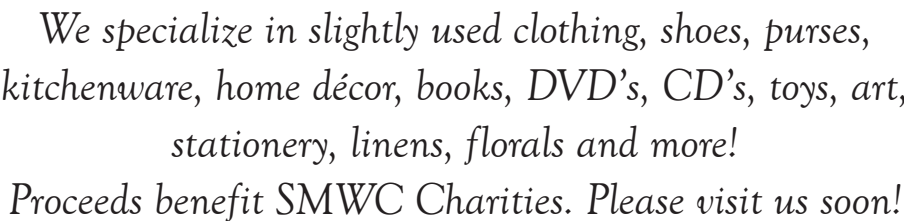


**NOTICE-** This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)  
Publish: Mountain Views News  
Pub. 08/17, 08/24, 08/31, 09/07/2009

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Publish: Mountain Views News  
Pub. 08/24, 08/31, 09/07, 09/14/2009

**FICTITIOUS BUSINESS NAME STATEMENT**  
**File No. 2009126195**  
 The following person(s) is (are) doing business as: **MELISSA AT THE SPA 128 S. MYRTLE AVENUE, MONROVIA, CA. 91016**. Full name of registrant(s) is (are) **MELISSA AT THE SPA, INC., 128 S. MYRTLE AVE., MONROVIA, CA. 91016**. This Business is conducted by: **A CORPORATION**  
**Signed: MELISSA ANN URIBE**. This statement was filed with the County Clerk of Los Angeles

*The Simon Family  
Neighbors of the Alverno School*







## TABLE FOR TWO

By Peter Dills

### CoCo's

Recently, I had the pleasure of sharpening my knives with the Executive Chef of Coco's Restaurant, Heather Gardea. If you wish to embrace an old country love for wholesome food and desire a place where aromas touch your spirit, you need only spend a single hour with this Chef.

She began by guiding me through a field of greens and a bushel of produce that she surveys each day with the keen eye of a judge at a county fair. She may be part farmer for she spoke as one with a distinct knowledge of the harvest, as if she were one of the planters of those crops. After she had given me a good lesson in agriculture, she went on to discuss the process of how Coco's prepares its baked goods every day. Many of the secrets come from fresh creams that give their baked goods the distinct and attractive flavors that people know so well. It still inspires a sense of passion in me when I listen to someone with the delicate understanding that Heather possess, it appeared to me she was preparing a meal for her very own family then a vast empire of restaurants. She spends countless hours in the test kitchen searching for the next enchanting entrée or memorable pie. If Coco's makes all of the baked goods fresh each day, my question, what is the difference between the asparagus or peaches that Heather purchases for Coco's and those same items that The Langham purchases. From the looks of it, it appears to be the silverware.

I had to get the kid in on this one, so on Sunday my daughter and I headed to Coco's in Arcadia, we compromised on an 11 a.m. launch time, perfect for breakfast and early enough for lunch. First encouraging sign, the restaurant is flowing

with people, I can follow a crowd. Is it the price or just a place for families to gather after church? The menu at Coco's is extensive, and with many chain restaurants this is common. I am somewhat skeptical of these chain restaurants that have a prodigious list of menu options, "jack of all trades but master of none." But Coco's under the watchful eye of Chef Heather Gardea pulls it off. My daughter had the Shrimp Scampi Pasta; the shrimp is sautéed in a creamy lobster-butter sauce. I went with the breakfast, Whole Wheat Pancakes with in season peaches and blueberries. Berry, Berry Good, please hold the tomato throwing! All lunch items come with a fresh garden salad and a side of garlic toast. Other items to consider are the Angus Steak with the aforementioned Scampi. Are you on a budget and looking for a value? Consider the Big lunch meal for (\$7.99), I suggest the Greek Pita Pocket, a pocket pita bread stuffed with grilled chicken, feta cheese, cucumber and Coco's house dressing. Add a buck for dinner and you get a Parmesan Crust Chicken, a chicken breast with marinara sauce and cheese, heck it even comes with a side salad. For the rich and famous, they offer a (\$13.69) Salmon topped with a blend of sweet tomatoes, basil and roasted garlic, also accompanied with a side salad. The quality is exquisite, the food is memorable and the pies are award winning. To the chef of the month Heather, you are much more than a chef you are an artist.

*Join me Saturday September 5<sup>th</sup> at The Vons on California in Pasadena at 11 AM, Il Fornaio and I offer great samples of food plus great items and ideas for your tailgate party. Am I missing your favorite spot? Email me [thechefknows@yahoo.com](mailto:thechefknows@yahoo.com)*

### Drive Through China

743 N Lake Ave Pasadena  
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Dinner 4:00-10:00pm

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Grilled Cheese \$3.95

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- 2 11:00 AM - 2:00 PM NOW SERVING BRUNCH !!
- 3 12:30 PM - 3:30 PM GAEA SCHELL & CRIS CORANGELO
- 4 7:00 PM - 10:00 PM Opera to Broadway with Danny Guerrero
- 5 8:00 PM - 9:00 PM QUIZ NITE WITH QUIZ MASTER MIDGE
- 6 The Danny Guerrero Jazz Trio
- 7 8:00 PM - 11:00 PM Western Swing with COW BOP featuring Bruce Forman
- 8 8:00 PM - 11:00 PM Rick Blessing
- 9 7:30 PM - 10:30 PM Nine + One Band featuring Harry Smallenburg on Vibes
- 10 11:00 AM - 2:00 PM NOW SERVING BRUNCH !!
- 11 1:30 PM - 4:30 PM THE MELLOW D's with Deanna Cogan & Dave Osti
- 12 7:00 PM - 10:00 PM Opera to Broadway with Danny Guerrero
- 13 8:00 PM - 9:00 PM QUIZ NITE WITH QUIZ MASTER MIDGE
- 14 GUITARIST JOHN GROOVER MCDUFFIE AND HIS TRIO
- 15 7:30 PM - 11:30 PM THE FUZZY LOGIC BOPSET
- 16 8:00 PM - 11:00 PM Jack Sheldon
- 17 8:00 PM - 11:30 PM B 3 Organ trio with Mat Slocum, Joe Bagg & John Storie
- 18 11:00 AM - 2:00 PM NOW SERVING BRUNCH !!
- 19 1:00 PM - 4:00 PM VR Smith
- 20 7:00 PM - 10:00 PM Opera to Broadway with Danny Guerrero
- 21 8:00 PM - 9:00 PM QUIZ NITE WITH QUIZ MASTER MIDGE
- 22 8:00 PM - 11:00 PM SONG SIRENS a collective of LA's female singer songwriters
- 23 8:00 PM - 10:00 PM The Jennifer Leitham Trio
- 24 8:30 PM - 11:30 PM Merco & the Merketts Dance party !!
- 25 8:00 PM - 11:00 PM Dona Oxford Queen of Boogie Piano
- 26 11:00 AM - 2:00 PM NOW SERVING BRUNCH !!
- 27 1:30 PM - 4:30 PM New Astro Turf
- 28 7:00 PM - 10:00 PM Opera to Broadway with Danny Guerrero
- 29 8:00 PM - 9:00 PM QUIZ NITE WITH QUIZ MASTER MIDGE
- 30 THE BRUCE LOFGREN TRIO
- 7:30 PM - 10:30 PM Gil Bernal & trio
- 8:00 PM - 11:00 PM Swing Dancing with Flat Top Tom & the Jump Cats
- 8:00 PM - 11:00 PM Cuban Jazz Sensation ILLIANA ROSE SALSA DANCING !!
- 11:00 AM - 2:00 PM NOW SERVING BRUNCH !!
- 1:00 PM - 4:00 PM Meaghan Boeing & notary public
- 7:00 PM - 10:00 PM Opera to Broadway with Danny Guerrero

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## Looking Up

With Bob Eklund

## Reach for the "Citizen Sky"

This fall a bright star will begin a puzzling transformation that only happens every 27 years. To help study this event, astronomers have launched a new citizen science project called "Citizen Sky." (See [www.CitizenSky.org](http://www.CitizenSky.org)).

Epsilon Aurigae is a bright star that can be seen with the unaided eye, even in bright urban areas of the Northern Hemisphere, from fall to spring. This fall it is predicted to gradually lose half its brightness. It will remain faint during all of 2010 before slowly regaining its normal brightness by the summer of 2011.

Since its discovery in 1821, the cause of this dip in brightness has remained a mystery to astronomers. But this time they have a powerful new resource to help study the upcoming event: thousands of citizen scientists.

"This star is too bright to be observed with the vast majority of professional telescopes, so this is another area where public help is needed," said Dr. Arne Henden, director of the American Association of Variable Star Observers (AAVSO).

Supported by a three-year grant from the National Science Foundation, Citizen Sky will recruit, train, and coordinate public participation in this project. What makes this project different from previous citizen science projects is its emphasis on participation in the full scientific method. Participants are not being asked simply to collect data. They will also be trained to analyze data, create and test their own hypotheses, and write papers for publication in professional astronomy journals. Participants can work alone on all phases of the project or they can focus on one stage and team up with others.

"Citizen science can be much more than data collection. Participants often have real-world experience and/or advanced degrees in areas that can be applied to astronomy. Our goal is to introduce the public to authentic science

and at the same time use this talent to help astronomers," Henden said.

The lead astronomer for this project is Dr. Robert Stencel, the William Herschel Womble Professor of Astronomy at Denver University. Dr. Bob, as the amateur astronomy community knows him, studied the last event in 1982-84 while working at NASA. "This is truly an amazing star system. It contains both a supergiant star and a mysterious companion. If the supergiant was in our solar system, its diameter would extend to Earth, engulfing us," Stencel said. "The companion only makes its presence known every 27 years and is a type of 'dark matter' in that we indirectly detect its presence but don't know what it is.

"To make things even more fun, we also have some evidence of a substantial mass, perhaps a large planet, spiraling into the mysterious dark companion object. Observations during the upcoming eclipse will be key to understanding this and predicting what will happen if the putative planet does eventually fall into the star," Dr. Bob added.

Citizen Sky is a collaboration of the AAVSO, Denver University, Adler Planetarium and Astronomy Museum, Johns Hopkins University, and the California Academy of Sciences. The United Nations and the United States Congress have both endorsed 2009 as the International Year of Astronomy (IYA). Citizen Sky was developed as part of the coordinated United States IYA effort.

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



Photo by Aaron Dominguez



## Jeff's Pics - Books for your Consideration



**Write It When I'm Gone: Remarkable Off-the-Record Conversations with Gerald R. Ford by Thomas M. DeFrank (2008)**

In 1974, Newsweek correspondent Thomas M. DeFrank was interviewing Gerald Ford when the Vice President blurted out something astonishingly indiscreet. He then extracted a promise not to publish it. "Write it when I'm dead," Ford said, and thus began a thirty two year relationship. During the last fifteen years of their conversations, Ford opened up to DeFrank, speaking in a way few presidents ever have. Here the award winning journalist reveals these private talks, as Ford discusses his experiences with his fellow presidents, the Warren Commission, and his exchanges with Bill Clinton during the latter's impeachment process. In addition, he shares his thoughts about both Bush administrations, the Iraq war, his beloved wife Betty, and the frustrations of aging. Write It When I'm Gone is not only a historical document but an portrait of a president. Thomas M. DeFrank is the Washington bureau chief of the New York Daily News, and was Newsweek's White House correspondent for a quarter-century, and deputy chief of the magazine's Washington bureau for twelve years.

**Heaven and Earth: Global Warming, the Missing Science by Ian Plimer (2009)**

Climate, sea level, and ice sheets have always changed, and the changes observed today are less than those of the past. Climate changes are cyclical and are driven by the Earth's position in the galaxy, the sun, wobbles in the Earth's orbit, ocean currents, and plate tectonics. In previous times, atmospheric carbon dioxide was far higher than at present but did not drive climate change. No runaway greenhouse effect or acid oceans occurred during times of excessively high carbon dioxide. During past glaciations, carbon dioxide was higher than it is today. The non-scientific popular political view is that humans change climate. Do we have reason for concern about possible human-induced climate change? This book's 504 pages and over 2,300 references to peer-reviewed scientific literature and other authoritative sources engagingly synthesize what we know about the sun, earth, ice, water, and air. Importantly, in a parallel to his 1994 book challenging creation science, Telling Lies for

God, Ian Plimer describes Al Gore's book and movie An Inconvenient Truth as long on scientific misrepresentations. Trying to deal with these misrepresentations is somewhat like trying to argue with creationists, he writes, who misquote, concoct evidence, quote out of context, ignore contrary evidence, and create evidence ex nihilo. Ian Plimer, twice winner of Australia's highest scientific honor, the Eureka Prize, is professor in the School of Earth and Environmental Sciences at The University of Adelaide and is author of six other books written for the general public in addition to more than 120 scientific papers.

**Blank Spots on the Map: The Dark Geography of the Pentagon's Secret World by Trevor Paglen (2009)**

This book is an expose of an empire that continues to grow every year, and officially isn't even there. It is the adventurous, insightful, and often chilling story of a young geographer's road trip through the underworld of U.S. military and C.I.A. "black ops" sites. This is a shadow nation of state secrets: clandestine military bases, ultra-secret black sites, classified factories, hidden laboratories, and top-secret agencies making up what defense and intelligence insiders themselves call the "black world." Run by an amorphous group of government agencies and private companies, this empire's ever expanding budget dwarfs that of many good sized countries, yet it denies its own existence. Author Trevor Paglen is a scholar in geography, an artist, and a provocateur. His research into areas that officially don't exist leads him on a globe-trotting investigation into a vast, undemocratic, and uncontrolled black empire. Paglen knocks on the doors of CIA prisons, stakes out the Groom Lake covert air base in Nevada from a mountaintop 30 miles away, observes classified spacecraft in the night sky with amateur astronomers, and dissects the Defense Department's multibillion dollar black budget. Traveling to the Middle East, Central America, and even around our nation's capital and its surrounding suburbs, he interviews the people who live on the edges of these blank spots. His writing has appeared in The Village Voice, The San Francisco Bay Guardian, and academic periodicals, and he is the author of two previous books.

## On Line By PJ Carpenter Three's a Crowd

One of the many things that our technology-based culture has changed significantly is the way that we now communicate with one another and in particular how we make new connections. If you've been anywhere near a television in the last few months or so it would be hard to miss the many commercials for the various on-line dating and match-making services currently available to assist in the age-old search for true love. In addition to the usual ways in which people find each other for romantic possibilities (gatherings of various types, friends-of-friends, divine intervention, dumb \ bad luck) there are more than a few on-line sites that offer the possibility of meeting that special someone for fun and romance. No more venturing out blindly and hoping for the best. We now have the capability to search through dozens of possible matches and select the best of the bunch from the privacy and comfort of home. This new model of the hunt actually levels the playing field slightly in that a person with a more subdued personality can often come across in a more attention-grabbing way than he or she might in an actual meeting where the first introduction is made in person and whether you meet someone online or in person, the name of the game remains getting their attention and maintaining their interest. In this case technology allows us to cast a wider net and gives us greater selection in the type of relationship we may be looking for at the time.

If you're lucky you just might manage to meet someone new and make a connection that has the potential turn into something better. In this phase the parties involved start to get to know one another a little better and discover the real person behind the on-line ad. If everything is going smoothly here those involved come to find that there is much more (or sometimes much less) to this person than first met

their eyes. Sometimes things actually have chance of working out if left to follow their natural course in these matters but that appears to be getting harder and harder to do these days now that people have become more comfortable with living more of their lives on-line. The widespread usage of social networking resources adds a dimension of distraction to the modern courtship process that simply didn't exist that long ago. Sometimes the most innocent of missteps might be interpreted as a sign that things aren't going as smoothly as one of the participants may have believed. Maybe after dating for a few weeks one of the new friends checks to see if the other has removed their online ad from the site on which they first met and to his or her surprise finds hat not only is the ad still there but the status is still listed as 'Available' or the date last checked listed as 'Recent'. This might be interpreted as a signal that one of the partners is still waiting for something better when in fact it might mean nothing at all. On some sites users collect 'friends' and correspond with them on a regular basis for any number of reasons. The addition of new friends of the opposite sex (in straight relationships) or the keeping of past significant others as current friends may also trigger a raised eyebrow or two in people just getting to know each other for the first time. In more extreme instances all sorts of things can go wrong with this picture up to and including cyber-stalking and other antisocial behaviors. So in addition to being compatible in the 'real' world we would also do well to check to see how compatible we are with our new friends in our on-line lives.

Regardless of what our personal take is on this issue the fact remains that what we do (or don't do) in our online lives often tells volumes about who we are but can also be misinterpreted by those who don't know the full story as to what's really going on with us.



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Everything you'll find at the farmers market has been made or picked fresh, is  
pesticide-free and preservative-free. Free public parking on Mariposa.





## The Senior Spot

By Bruce Lamarche

### COPING WITH CHRONIC PAIN: Mistaken Beliefs Can Hurt You

Helen, Audrey, and Joe are discussing some of their health problems over lunch one day at the local senior center. "The arthritis in my hips really gives me a lot of pain," says Helen, "but I guess I have to learn to live with it; after all, I am getting older." "Have you tried taking some of those over-the-counter pills?" asks Joe. "They might help and you don't have to worry about them as much as you would with prescription ones." Audrey shares, "My doctor wants me to take an antidepressant for the nerve pain in my feet. He must think the pain is all in my head."

Do these comments sound familiar? They contain frequent misperceptions about chronic pain. Let's examine them.

Frequent Misperceptions about Chronic Pain:

1. Pain is a natural part of getting older. While chronic pain does become more common as we age, it is not caused by age. It is seen more often in seniors because the diseases that are responsible for pain—arthritis, stroke, shingles, cancer, fibromyalgia, and others—are more frequent.

Chronic pain is a complex situation. Sometimes it is hard to determine the cause. It can interfere with numerous functions of daily living—working, eating, sleeping, household activities, and recreation. Concentration becomes more difficult. Chronic pain can lead to anxiety, irritability or depression. The person with the pain may become isolated, compounding an already difficult situation.

2. Non-prescription drugs are safe and need no monitoring. Pain is frequently treated with drugs using a 'start low and go slow' approach. While non-prescription medications are preferred if they provide pain relief, they still must be monitored carefully for adverse effects. Aspirin, ibuprofen, and naproxen are relatively safe, but can irritate the stomach and increase risk of bleeding. Acetaminophen is

safer than most analgesics but, if used in large amounts of more than 12 regular-strength or 8 extra-strength tablets in a single day for a long period of time, may damage the liver or kidneys. It is important to keep your physician informed of everything you are taking, especially since seniors process medications differently from younger people.

3. Pain is "all in your head". Pain is very real to the person who experiences it, even if the physician can't identify a reason for it, or the pain is not readily apparent to others. If your doctor prescribes an antidepressant for your pain, it might be because research has shown that some antidepressants are effective against certain types of persistent pain, especially pain caused by injury or disease of nerves. But also remember that chronic pain can wreak havoc with one's emotions and an antidepressant may help with coping. Always discuss with your doctor why the medications are being used.

Some pointers for dealing with chronic pain:  
-Treat the pain, no matter what your age  
-Keep a 'pain diary' to help you explain the pain to your doctor (where, when, how much, what it feels like, what helps and what makes it worse)  
-Use a variety of treatments for pain. Exercise, meditation, and complementary therapies may also offer relief.

For more information, check these resources:  
-www.theacpa.org, American Chronic Pain Association.  
-www.arthritis.org, Arthritis Foundation

*This article is provided by Bruce Lamarche, a member of Society of Certified Senior Advisors\*, www.csa.us. Bruce's company, R & B Reverse Mortgage Services (Glendora) helps seniors make an informed decision about obtaining a reverse mortgage. He can be reached at (626) 335-3412 or by e-mail - blamarche@verizon.net.*

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### South Coast Air Quality Management District



As Southern Californians battle the wildfires, there are measures we all can take to protect our health from the harmful pollutants filling our air.

Seniors are more susceptible to air pollution because they are more likely to have medical conditions such as chronic pulmonary disease, emphysema and bronchitis. High air pollution levels can worsen their health.

Here are some tips seniors can follow to protect themselves from unhealthy air:

- **Stay indoors.** Limit your exposure to unhealthy air quality conditions as much as possible. Keep your windows and doors closed. Use your air conditioning system and place it on recirculation mode, if available.
- **Reduce your activity.** Reducing your physical activity lowers the amount of polluted air your body intakes. Seniors with heart or lung disease should avoid prolonged or heavy exertion.
- **Consult your physician.** If you suffer from a heart or lung ailment, talk with your doctor. He or she can advise you on treatment or whether and when you should leave the area. Call your doctor immediately if your condition worsens. If you suffer from chronic diseases, have an adequate supply of medications (5 days or more) available.
- **Keep informed.** Listen to your local news, weather forecasts and air quality alerts provided by the South Coast Air Quality Management District (AQMD). If the air quality in your area worsens take necessary precautions to protect you and your family's health.

While the ash and smoke are visible reminders of the pollution currently impacting our area, be even more cautious of the fine particles you can't see. These particles, which are invisible to the naked eye, bypass our natural defense system and lodge into our lungs. They can cause irritation, and over the long-term, cause decreased lung function. They also make us more susceptible to developing diseases such as asthma, bronchitis, emphysema and possibly cancer.

If you have any questions about air quality, please call AQMD at 1-800-CUT-SMOG or visit our website at [www.aqmd.gov](http://www.aqmd.gov).

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## SENIOR HAPPENINGS

F. Y. I.

### Who's Calling? Beware of Telephone Scams

It's sometimes hard to tell if a sales pitch is legitimate or fraudulent. You can't judge it by the tone of someone's voice, or how friendly or sincere the person seems. Good salespeople are convincing, and so are crooks. *But it's probably a scam if:*

You get a call or postcard from someone telling you you've won a prize and asking for payment to buy something, for processing or administrative fees, for customs, for taxes, or any other reason.

The person says you have to take the offer immediately or you'll miss the opportunity.

The caller claims that you can make huge profits in an investment with no risk.

The caller is asking for a donation but won't tell you exactly how the money will be used and how you can verify the charity and what it does.

They ask for cash.

The caller asks for your social security number, credit card number, bank account number, or other financial information.

The company calls you relentlessly or after you've asked not to be called anymore. Con artists will keep on calling to wear you down or get more money from you.

Remember, giving money to a fraudulent telemarketer usually means losing it forever. Don't let a criminal break into your home through your telephone line!

### Recipe of the Week:

#### Banana Cupcakes With Cream Cheese Frosting



##### Ingredients:

**Cupcakes:**  
3/4 cup granulated sugar, divided  
powdered sugar  
1/2 cup mashed ripe banana  
1/4 cup butter, softened  
1 tsp vanilla  
2 large eggs  
1 cup all-purpose flour  
1/2 tsp baking soda  
1/4 tsp salt  
1/4 tsp ground nutmeg  
1/4 cup plain fat-free yogurt

##### Frosting:

1 3/4 cups  
1/2 cup light cream cheese, chilled  
1/2 tsp vanilla  
2 tbsp finely chopped walnuts, toasted

**Directions:** Preheat oven to 350.

To prepare cupcakes, combine 1/4 cup granulated sugar and banana; set aside. Beat 1/2 cup granulated sugar, butter and 1 tsp vanilla at medium speed of a mixer until well-blended (about 3 mins.). Add eggs, 1 at a time, beating well after each addition. Add banana mixture to sugar mixture, beating well. Lightly spoon flour into a dry measuring cup; level with a knife. Combine flour, baking soda, salt, and nutmeg in a bowl, stirring well with a whisk. Add flour mixture to sugar mixture alternately with yogurt, beginning and ending with flour mixture; mix after each addition. Spoon batter into 12 muffin cups lined with paper liners. Bake at 350 for 25 minutes or until a wooden pick inserted in center comes out clean. Cool in pan 10 minutes on a wire rack; remove from pan. Cool completely on wire rack.

To prepare frosting, beat the powdered sugar, chilled cream cheese, and 1/2 tsp vanilla at medium speed of a mixer just until blended (do not overbeat). Spread frosting over cupcakes, and sprinkle with toasted walnuts.

### For Your Funny Bone

A customer was bothering the waiter in a restaurant. First, he asked that the air conditioning be turned up because he was too hot, then he asked it be turned down cause he was too cold, and so on for about half an hour. Surprisingly, the waiter was very patient, he walked back and forth and never once got angry. So finally, a second customer asked him why he didn't throw out the pest. "Oh, I really don't care or mind," said the waiter with a smile. "We don't even have an air conditioner."

### August Birthdays



Juanita Fernandez, Joseph Kiss, Patricia Miranda, and Karlene Englert

### Quote:

"Be who you are and say what you feel because those who mind don't matter and those who matter don't mind."

- Dr. Suess

### Sierra Madre Aquatic Center is Open

Come cool off during the summer season, June 15th thru September 7th

Lap Swim

M/W/F: 6 am to 7:45 am

Mon thru Fri: 11:15 am - 12:30 pm

M/W/ Th/ F: 8:15 pm - 9:15 pm

Sat & Sun: 11:00 am - 1:00 pm

\*Special Senior Price (62 & over): Daily admission is \$1.50 or Seasonal Pass is \$59.00. For Public Swim times or more information, please call (626) 355-2356

### Pasadena Highlands Sponsors Bingo Prize

Pasadena Highlands, an independent and assisted living community, is proud to provide a special gift basket on the first Tuesday of each month. Bingo takes place every Tuesday at 1:30 pm in the Hart Park House / Senior Center in Memorial Park. The game begins at 1:30 pm but those wishing to play must arrive 10 minutes before to secure your Bingo cards.

Join us on the first Tuesday of each month for your chance to win this special prize and learn more about the Pasadena Highlands.

### Activities:

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

**Lunch Program:** Monday- Friday at the Intervale Café -12:00 Noon-Call (626) 355-0256 to make your daily reservation. Suggested donation \$2.00 for seniors (60+) and \$3.75 for visitors.

**Monday:** Free strength Training Class with volunteer Lisa Brandley 1:00-1:45

**Tuesday:** Bingo- 1:30PM- 3:30 PM .25c per card

Yoga- 5:30 PM- 7:00PM Instructor Andrea Walsh- \$6.50 for seniors (50 and over.) Call 355-5278 for more information  
3rd Tuesday of each month-Free financial consulting: 10-12 noon. Call 355-7394 for

an appointment.

**Wednesday:** Wii Wednesday Virtual Reality games (bowling, tennis, boxing, etc.)

2nd Wednesday of the month: FREE Legal Consultations 10-11:30 am. Appointments necessary. Call 355-7394.

**Thursday:** Game Day- 1:00PM- 3:30PM- Poker, UNO, Scrabble, Cribbage, Chess, Checkers, Backgammon, Pinochle...you name it.  
Yoga- 5:00 PM- 6:30 PM \$6.50 for seniors (50 and over) Call 355-5278 for more information

**Friday:** Ping-Pong 1:30 PM

**Saturday:** Senior Club for those 55 and older- Brown bag lunch at 11:30AM Meeting at Noon- Bingo at 12:30 PM- only .25c per card

## Senior Opportunities and Excursions



### Monthly Excursions:

August 21st - Hurray for Hollywood Bowl - \$34.00

Enjoy an evening of jazz performed by Diana Krall Ticket price includes transportation on the Park & Ride bus from County Park located in Arcadia (next to the golf course) This is a Community excursion & tickets are limited. To register, please call the senior desk at (626) 355-7394

**Free Blood Pressure Clinic-** Second Tuesday of each month 11:00 AM- Noon

No appointment necessary

### Meals-on-Wheels:

Meals are delivered to homebound seniors by volunteer drivers through the YWCA Intervale Lunch Program M-F (with frozen meals for the weekend.) \$2.00 suggested donation per day. Call Susan Garcia at (626) 858-8382 for more information.



**MEALS-ON-WHEELS NEEDS VOLUNTEERS TO DELIVER MEALS TO OUR HOMEBOUND NEIGHBORS \*\*ONCE A MONTH OR WEEKLY\*\* Please contact Darlene Traxler at 626.355.0256.**

## SIERRA MADRE'S FARMERS MARKET!

Wednesday 3-8pm

Fresh vegetables and seasonal fruits from California family farms. Specialty foods, vegetarian and vegan dishes, ethnic foods and hot food - Everything you'll find at the farmers market has been made or picked fresh, is pesticide-free and preservative-free.

Free public parking on Mariposa.

## ARCADIA DANCE CLASSES FOR SENIORS

The City of Arcadia Recreation & Community Services Department - Senior Services Division is offering classes for adults (50 years of age and older) beginning Monday, October 5th. The course offerings include yoga, strength training, line dancing, oil painting, and computer basics. Registration will be held beginning Tuesday, September 22 and concluding on Friday, October 2.

Registration will be conducted at the Arcadia Community Center, located at 365 Campus Drive. For more information call Arcadia Senior Services at (626) 574-5130.





Chris Bertrand

## One Of A Kind:

Featuring unique homes & gardens and the people who create them

By Chris Bertrand

## ASID's 23rd Home & Kitchen Tour on October 4

The Pasadena chapter of the American Society of Interior Designers will host its 23rd annual tour on October 4 this year. Five extraordinary homes in Pasadena and Arcadia will be open to ticket holders.

The self-guided tour will showcase diverse private residences with a wide variety of architectural and design styles, from a 1928 English Tudor to Mid Century to a new construction home in the California Spanish manner.

This year's tour chair, Carole Cobabe, commented that ticket entrée also includes "Opportunities to meet the designers, learn about products and services from key industry vendors and shop unusual boutiques."

The five homes offer something for every person's architectural taste. The 13,005 square foot new construction home, in Arcadia's Rancho neighborhood, offers interior design by Jennifer Bevan Interiors. Pops of dramatic color waft through the home, including a dazzling orange dining room with lavender upholstery, inspired by favorite family forays and visits across the country and world.

High on the priority list for the owners, and definitely high on the tour list is the complete theater room with recliners and pizza bar. A lounge area in front of the screen provides a double use, to enjoy a family favorite, karaoke, in addition to watching movies. Another highlight is the room specifically designed for another family pastime, Mahjong.

The 1926 European Revival is designer Lauren Elia's own home. A 2007 kitchen and bath remodel reconfigured the 3000 square foot property, with careful attention to retaining the home's traditional bones. The design is built around three main colors: butter, raspberry and lime, exhibited in china fruits in a bowl near the entry. Sometimes the colors receive a traditional delivery, and other times in a whimsical manner, as in the hand painted wall murals of oversized coral.

All manner of elegant collectibles are artfully though not oppressively displayed, including a collection of "ancestor paintings." The most prized is an oil of a blood relative, hung above the living room fireplace. Don't miss the stunning color combinations of periwinkle, pale lime and white in the master bedroom. Just thinking about it again, recreates that calming oasis in my mind!

A 1963 contemporary home has already survived a storied past, with various attempts at masking the contemporary lines over the decades. The current owners envisioned a warm and inviting contemporary home, built around views of the long narrow pool. While open and full of glass, the home maintains an extraordinary privacy. Though some contemporary homes end up feeling "untouchable" this home feels comfortable and livable, yet definitely breathtaking. The home was featured recently in the LA Times.

Long strong vertical lines of steel pillars and expanses

of glass, including the handrails, in the two story entry giving the illusion of a floating staircase. As visitors arrive, they are greeted with the pleasant sight and sounds of a fountain.

Then the eye is naturally drawn up up up to the pool level, where long horizontal lines take over. Look closely as you walk out to the pool area. Narrow strips of greenery between the concrete decking are actually artificial grass. Always green, and never needs water.

The 1923 Tudor, renovated by Rozalynn Woods, uniquely melds rough with glam and "Hardy with high style," according to Woods. The sophisticated living room, with glossy aubergine walls and pewter silk craves coverage in a style magazine. One of my favorites is an antique zinc covered kitchen table surrounded by the rich textures and materials of the kitchen and family room. At once, rough yet cool and sophisticated.

Upstairs, Woods utilized antique whitewashed doors from Sweden as a unique headboard. The effect is massive yet not overpowering to the adjacent antique fireplace surround from France. Reclaimed wood re-purposed as flooring anchors several of the rooms.

Don't miss the pool house, which doubles as elegant guest quarters. Though the owners (and the designer) wish you to think of it as elegant camping, with a grey and white tent motif, and other camping accoutrement. The effect is a lighthearted, though very well conceived. An amazing amount of storage space flanks the pull down "Murphy" bed.

Last but not least, a total remodel of a midcentury home constructed in 1958. The designer, Susan Sawasy, of Casawasy Interior Design, remodeled the baths and kitchen with glass wall and floor tiles. She also utilized the terrazzo, so popular half a century ago.

The floor plan now includes two family rooms, one with audio visual components, off the kitchen, and another adjacent to the living room. Sawasy enclosed two patios to expand the living room and master bath spaces. The current homeowners incorporated two treasured items bequeathed by the previous owner in the new plans and living style they intended.

A concert grand Steinway piano remains in its rightful place as a focal point for the living room. Outside, near the indoor swimming pool, a vintage Brown Jordan patio set sits atop an expanded deck constructed of low maintenance materials. Quite a tour!

Formed in 1964, the Pasadena Chapter of ASID prides itself in community involvements and its "quest to be the definitive resource for professional education and knowledge-sharing. Its mission is to define excellence in the practice of interior design."

Proceeds from the \$30 ticket sales and the \$10 raffle tickets to win a \$1500 U-Line wine refrigerator will benefit the chapter's scholarship fund for emerging designers. For tickets and more information, visit [www.ASIDpasadena.com](http://www.ASIDpasadena.com) or call 800-237-2634.



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**RICH Johnson**

## Ladies and Gentlemen. Facebook!

Wow! My morning routine has changed dramatically. After stumbling out of bed and the obligatory side trip to the little boy's room, I now make my way to the computer and check...no, not my email. I check my Facebook page.

Yep, Facebook first, then my email. For the six of you not yet aware of the Facebook phenomena, let me enlighten you. It is a social networking site that showed up on the internet in 2004. And it is taking the world by storm. I have friends contacting and hooking up with me from out of the woodwork. People I have not seen for years. One friend is Erik, who I haven't seen since 1968. Another is Ruth, a girl I took to Disneyland in 1967-68 (And she has never forgiven me. In fact she moved to Canada shortly thereafter. Alas, I do have a way with women.) I do have an account on another social networking site, MySpace, but Facebook seems more easily navigated. If the Soviet empire was still around I would be convinced that Facebook is a communist plot. Hmmm. Maybe the French are behind it.

The friendly Facebook folk tell me there are over 250 million active users (active defined as users who have been on in the last 30 days.) Over 120 million individuals log on at least once daily. One billion photos are uploaded on Facebook monthly. And each person has an average of 120 friends in their network. If you log onto Facebook you can look for people you currently know and/or have known for years. It is a wonderful medium for getting and staying in touch with new and old friends.

70% of the Facebook users are outside the U.S. It is translated into 50 languages and 40 more are currently in development. Not only are you in contact with friends and relatives, you can upload pictures for them all to see. By the way, if you see the picture of me with the belly dancer, well, all right, I confess I was there. Go to [www.facebook.com](http://www.facebook.com) and check it out. Even if you are over 50, it's great to check up on kids and grandkids.

One very big word of caution. If you become a Facebook user be careful where and when you write something. If you want to send someone a private message make sure you go to the spot under their photo saying "Send so-and-so a message." If you write it on the wall everybody sees it. Two good cases in point. A woman wanted to tell her significant (or not) other how good and fulfilling their last night together was (wink, wink, nudge, nudge.) She went into great and colorful detail, and then inadvertently put it up on the wall. Ummm, not privately to you-know-who. Well, her "love letter" went to everyone in her group. Another person, very upset at something their boss did at work, vented their rage on Facebook and sent it out. Apparently that employee forgot their boss was on their friend's list and would receive the same ranting and raving all her other friends saw. The boss instantly became a friend no longer. Oh yeah, and also, no longer an employer.

Facebook is wonderful, particularly if you are into family and friends. Pictures of Uncle Ralph's 55<sup>th</sup> birthday party in Cleveland can be accessed the same day via Facebook. Yeah, that's him wearing the lampshade.

## BY THE WAY.....DON'T FALL FOR IT!

*A word from Kristine Hutchinson*

You're living the good life; coexisting with wildlife; taking charge of your space. Now is not the time to let your guard down.

Fall is just around the corner and that means a smorgasbord of ripening and rotting fruit, fading gardens, and a wealth of burgeoning acorns. Some wildlife, those remaining active all winter, will begin squirreling away nuts and seeds. Some will begin migrating south along historic flyways to warmer climates. And some will den away to hibernate and bear their young during the sparseness of winter.

When the weather turns cold, and natural foods are no longer abundant, black bears will begin searching for new den sites, or spruce up old sites. Not a true hibernator, but rather an animal that enters a state of torpor, black bears are able to go without food and water for months as they sleep the winter away. If, however, the climate is mild, and sources of food can still be found, bears may remain active. Because our abundance of acorns are high in both carbohydrates and fat, they are an excellent source of Fall food for bears; if the acorns persist into Winter, so might some bears.

With this in mind, stay vigilant. Continue living the good life and letting the wildlife live theirs. Remember: It's your space, to be shared with wildlife passing through, but only you can prevent unintentional feeding by keeping a clean, trash- and food-free yard.

By learning to Coexist With Wildlife, you can help to KEEP BEARS WILD.

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