

900 Valley View Ave, Pasadena, 91107  
626-510-6151 • M-F: 7-6, S: 8:30-1:30,  
Closed Sunday



## Weather Wise

## 5-Day Forecast Sierra Madre, Ca.

<b>Mon:</b>	Sunny	Hi 90s	Lows 70s
<b>Tues:</b>	Sunny	Hi 90s	Lows 70s
<b>Wed:</b>	Sunny	Hi 90s	Lows 70s
<b>Thur:</b>	Sunny	Hi 90s	Lows 70s
<b>Fri:</b>	Sunny	Hi 90s	Lows 70s

Forecasts courtesy of the National Weather Service

Live from Burger Continental  
The Harvey Hyde Show

535 So. Lake Ave. Pasadena (626) 792 - 6634  
Every Thursday 6:00 pm - 7:00 pm  
**Hard-hitting, High impact sports talk radio**  
KSHP Las Vegas - 1400 AM

## The City of Sierra Madre has vacancies on commissions and committees looking for people like you to join!

## COMMUNITY SERVICES COMMISSION

The Community Services Commission is responsible for overseeing the City's recreation and community services programs. The Commission oversees the use of park facilities and matters relating to the community's recreational and service needs.

Meets the 3rd Monday at 6:00 pm, in the City Hall Council Chamber

## SENIOR COMMUNITY COMMISSION

The Senior Community Commission is responsible for defining the needs, locating and publicizing available resources, and coordinating and initiating services and opportunities for the senior population of Sierra Madre.

Meets the 1st Thursday at 3:00 pm, in the City Hall Council Chamber

## TREE ADVISORY COMMISSION

The Tree Commission is an advisory body to the Director of Public Works, City Manager, Planning Commission, and City Council. The commission shall make recommendations to the Director of Public Works, City Manager, Planning Commission and the City Council as appropriate on matters involving care and maintenance of City-owned trees and trees on private undeveloped property.

Meets the 3rd Wednesday at 7:00 pm, in the City Hall Council Chamber

## GENERAL PLAN STEERING COMMITTEE

The City of Sierra Madre is embarking on an update to its General Plan. The City is seeking resident input and participation on this important community plan, which is a blueprint for what Sierra Madre will be – it sets future City policy decisions for the next twenty years, affecting land use, social, economic and environmental issues. The Steering Committee will make recommendations to various City Commissions and the City Council. Meets the 1st Tuesday of the month at 6:00 p.m. in the City Hall Council Chamber

## GREEN COMMITTEE

Provides staff with recommendations to further the City's efforts on "green" practices and programs, such as energy efficiency, waste reduction, recycling, clean energy, sustainability, including monitoring compliance with State and regional statutes. Meeting time and place TBD

## PARKS MASTER PLAN SUBCOMMITTEE

The committee will review, amend and develop the adopted Parks Master Plan 2001. The following specific tasks have been assigned to the subcommittee to make recommendations to the Community Services Commission regarding changes to the Parks Master Plan. Meeting time and place TBD

*Additionally, the City continually accepts applications for all committees and commissions including the Planning and Community Arts Commissions as well as the Library Board of Trustees. Applications can be found online at [www.cityofsierramadre.com](http://www.cityofsierramadre.com) or at City Hall, Community Recreation Center or the Library. For more information please call 626-355-7135.*

CITY OF SIERRA MADRE  
CONCERTS IN THE PARK

All concerts are free and are held from 6:00 pm - 8:00 pm  
at the Memorial Park Bandshell, located at  
222 W. Sierra Madre Blvd., Sierra Madre, CA 91024.

**AUG 8 MOJACAR FLAMENCO** GENRE: FLAMENCO \*Subject to  
Sponsored by LA County Arts Commission Change

**AUG 15 SILVER BEATLES** GENRE: BEATLES TRIBUTE BAND  
Sponsored by S.M. Volunteer Firefighters Association

**AUG 22 JOEL PENNER JAZZ ENSEMBLE** GENRE: JAZZ  
Sponsored by the Sierra Madre Civic Club

**AUG 29 THE CORDS** GENRE: 80's AND NEW WAVE  
Sponsored by Community & Personnel Services Dept.

Spectators are encouraged to support the local organizations that sponsor the concert who may provide drinks and refreshments. Please note alcohol is prohibited.

BARGAIN BOOK SALE AT  
SIERRA MADRE LIBRARY

The Friends of the Sierra Madre Library will hold a Bargain Book Table Sale inside the Library, Monday, August 23 through Saturday, August 28, during the Library's open hours. This month's featured topics are Fiction, Mysteries, Biographies, Crafts, History, The Civil War and Old West, Specialty and Children's books. Books are replenished daily, and are only \$1.00 each.

If you're thinking of weeding your personal library of books, audio books, and DVDs, please consider donating them to the Friends of the Library. Your donations will help maintain our book sale inventory. Our regular sales provide needed funding for Library resources and programs. Books in bags or boxes may be dropped off at the back of the Library, by the basement door.

For more information call (626) 355-7186, or visit our website at [www.sierramadre.lib.ca.us](http://www.sierramadre.lib.ca.us). 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.

## September is National Preparedness Month

**Save The Date - Saturday, September 11<sup>th</sup> 9:00 – 3:00 – Memorial Park**  
**Sierra Madre Family Preparedness Festival**

## Participants Include:

**Sierra Madre Police Department**  
**Sierra Madre Fire Department**  
**Sierra Madre Senior Commission**  
**American Red Cross**  
**Salvation Army**  
**Pasadena Humane Society**  
**L.A. County Fire Department "Yogi Bear"**  
**Schoolhouse**  
**And many more.....**

Senior Resources

Fun for all ages!



Sponsored by the Sierra Madre Individual Preparedness Project [www.site.SMIPP.org](http://www.site.SMIPP.org)

Plan Now. Work Together. Be Ready.



Ready.

NATIONAL PREPAREDNESS MONTH  
September 2010 | [ready.gov](http://ready.gov)



FEMA



## Coming to Sierra Madre Playhouse!

Two Sunday Performances: Aug 22nd at 3 pm & Aug 29th at 6pm

## Satin Dolls

A Musical Tribute to Jazz Vocalists

*Experience the elegance of  
a bygone musical era as  
the theatre is transformed  
into a musical time capsule  
featuring performances  
by legendary jazz vocalists  
Dinah Washington,  
Sarah Vaughn, Nina Simone  
and Carmen McRae  
to the backdrop of a live jazz trio.*

**Admission \$30**

Group discounts six or more

Tickets & Info Available at:  
**[instrumentalwomen.com](http://instrumentalwomen.com)**

**or (626) 305-7338 or**  
**[sierramadreplayhouse.org](http://sierramadreplayhouse.org)**

Written and performed by  
vocalist extraordinaire

**Ms. Phyllis Battle**

Director, Lady Walquer  
Music Director, Vanessa Burch  
Announcer, James Janisse

Media Sponsor



Produced by



The Instrumental Women Project is nonprofit affiliate program of the Pasadena Arts Council.

WHAT: "Greater Tuna."  
The hit comedy.

WHO: Written by Jaston Williams,  
Joe Sears and Ed Howard.  
Directed by Guilford Adams.  
Produced by Christine Soldate.  
Presented by Sierra Madre  
Playhouse.  
Starring Justin Baker and Dustin  
Fasching.

WHERE: Sierra Madre Playhouse  
87 W. Sierra Madre Blvd.,  
Sierra Madre,  
Ample free parking behind theatre.

WHEN: August 20- September 25, 2010.  
Fri. & Sat. at 8, Sun. at 2:30.  
Dark on August 22. Opening  
Night performance on Friday,  
August 20 is preceded by a  
Champagne reception and light  
buffet at 7:15.

ADMISSION: \$20. Seniors (65+) and students (13-17), \$17. Children 12 and under, \$12.  
RESERVATIONS AND INFORMATION:  
(626) 355-4318. ONLINE TICKETING: [www.sierramadreplayhouse.org](http://www.sierramadreplayhouse.org)



## Sierra Madre

### Jazz Headliner Chris Standring Will Perform at Taste of Sierra Madre on September 11



Smooth Jazz great, Chris Standring just announced he will perform on September 11 for a special fundraiser concert to be held at Sierra Madre Elementary Auditorium at 141 West Highland Avenue, Sierra Madre. This latest supporter of the event's dual fundraising efforts soared to #1 on the Jazz charts since his sixth album was released in March, 2010. He plans to perform his "Blue Bolero" album, critically acclaimed as a musical masterpiece with cinematic quality, in its entirety with his jazz orchestra on that day.

Standring has become a fixture on the contemporary jazz touring scene, performing solo dates and with package attractions such as the popular Guitars and Saxes. He's performed at the prestigious Catalina Island JazzTrax Festival many times.

Even though Standring stays busy with touring and recording new music, he's known for his spirit of giving back to fellow musicians. With this in mind, he founded A&R Online ([AandRonline.com](http://AandRonline.com)), a place for aspiring musicians to get their music heard and to learn about the industry.

"To our great delight, Chris has stepped forward to give back to the community in a different way, by donating his performance here at Taste of Sierra Madre" says event chair, Tom Brady. "The funds raised at this concert will help many children receive life changing cleft palate surgery through the volunteer medical teams at Rotaplast, [www.Rotaplast.org](http://www.Rotaplast.org)."

Tickets are now on sale for *A Taste of Sierra Madre*, to be held Saturday, September 11, in the town's Kersting Court. The event, which runs 10 a.m. to 4 p.m. that day, will feature delectable samples of the best of Sierra Madre food music and fine arts plus spotlight local children's achievements in the arts and essay contests as well as music. An array of musical "tastes" will come from professional as well as student musicians throughout the day's program at Kersting Court first, then at the Headliners Concert.

At Kersting Court, local restaurants and food purveyors will provide the tastes of local culinary offerings. A friendly chili cookoff between the Fire and Police departments will be part of the fun. Peter Dills, local restaurant critic, will be there to give his insights on the food. Eight "Cool Kitchens" will be open in Sierra Madre for tours in the morning from 9-1. The day will close with a musical patriotic salute from local singers and church choirs.

Local schools and service clubs will also showcase the finest of community life here, including awards from the art and essay contest themed "Children's Smiles Around the World" which ties to the creation of new children's smiles through this life changing, cleft palate surgery. Student entries are welcome from k-12 students residing in or attending school in Sierra Madre or at Pasadena and La Salle High Schools.

A Taste of Sierra Madre will benefit two causes equally. Rotaplast Foundation performs cleft palate surgeries on children who would otherwise go without this life changing surgery at a cost of \$500 per surgery. The other half of the fundraising will fund additional arts program at the local Youth Activity Center, serving children in Sierra Madre and the surrounding communities.

Tickets are available at four locations in downtown Sierra Madre, Savor the Flavor, The Bottle Shop, Belle's Nest and Best Buy Drugs. Full access VIP tickets including the morning's Coolest Kitchens tour (an adults only event), all Kersting Court events AND the Chris Standring and Friends Concert at Sierra Madre Elementary Auditorium, from 2-5 p.m. on Sept 11 are \$35. Kersting Court Only Event tickets will be \$20 for adults 18 and over; \$10 for those 5-17. Children under 5 will be admitted free to the Kersting Court events, when accompanied by an adult ticketholder.

To be an event sponsor, donate or volunteer services or time, visit the event website, [www.ATasteOfSierraMadre.com](http://www.ATasteOfSierraMadre.com) or call event chair, Tom Brady at 626-355-3471. A video link to the cleft palate surgery organization is also available at the website.

*A Taste of Sierra Madre* Tom Brady, Chair [smile@dgpr.com](mailto:smile@dgpr.com) or [www.ATasteOfSierraMadre.com](http://www.ATasteOfSierraMadre.com)

## Arcadia

### Methodist Hospital joins LA County Network as Approved Stroke Center

Beginning Friday, August 20, Los Angeles County paramedics will transport patients with stroke symptoms to Methodist Hospital. The Joint Commission recently approved Methodist Hospital as an advanced primary stroke center, and the hospital is now one of only a handful of approved centers in LA County with advanced capabilities to care for stroke victims.

"This has vital importance for our community," said Kelly Linden, senior vice president and chief operating officer. "While we have always provided excellent care to our stroke patients, this demonstrates our commitment to providing comprehensive care and support to our patients and their families. We can now offer these services to a broader community."

Kenneth Wogensen, MD, medical director of Methodist Hospital's stroke center, said, "This is a significant milestone for the hospital, but more important, a wonderful benefit for Arcadia and surrounding communities."

Paramedics normally take stroke patients to the nearest hospital. But some patients must then be transferred again for advanced treatment. If stroke patients are within 30 minutes of a stroke center that can diagnose and treat stroke patients with the latest evidenced-based medicine, paramedics will take them to that facility. However, people must know to call 911 as soon as someone around them begins to show signs of stroke.

Because every second counts, valuable time – and lives – can be saved when paramedics can transport stroke patients directly to a primary stroke center like Methodist Hospital.

"Time loss is brain loss," said Sabrina Luu, stroke program coordinator. "A lot of education still needs to go out to the community about the signs and symptoms of stroke and the importance to activate 911."

Stroke, a sudden impairment of cerebral circulation in one or more blood vessels, is the third leading cause of death in the U.S. and the leading cause of disability in adults. About 700,000 strokes occur each year. Prevention and preparedness help decrease the incidence of stroke.

Methodist Hospital uses a multidisciplinary stroke team system that includes the emergency physician, neurologist, neurosurgeon, radiologist, attending physician, nurse practitioner, nurse educator, registered nurse, physical therapist, occupational therapist and speech therapist.

Stroke is an emergency, and every minute counts. Stroke victims will be transported to The acronym FAST stands for "face, arm, speech and time." It's important to remember this acronym in case of the following symptoms of stroke:

- **Facial** droop, uneven smile
- **Arm** numbness, weakness
- **Slurred speech**, difficulty speaking or understanding

• **(Time to) call 911** and get to the hospital (the nearest certified stroke center) *immediately* It is vitally important to dial 911 *immediately* when someone displays any of these symptoms. Hospitals usually have less than three hours after stroke symptoms begin to start treating a blood clot in the brain. Many stroke victims, however, don't even realize they are having a stroke, or they ignore the symptoms, hoping they will go away.

ASC standards are based on The Joint Commission's Primary Stroke Center Certification Standards and American Heart Association/American Stroke Association guidelines. An independent, not-for-profit organization, The Joint Commission is the nation's main standards-setting and accrediting body in health care.

#### About Methodist Hospital

Founded in 1903, Methodist Hospital is a 460-bed, not-for-profit hospital serving Arcadia and surrounding communities. Services include comprehensive acute care such as medical, surgical, perinatal, pediatrics, oncology, intensive care (neonatal and adult) and complete cardiovascular services, including open-heart surgery. Methodist Hospital is accredited by The Joint Commission. For more information, please call 626-898-8000 or visit [www.methodisthospital.org](http://www.methodisthospital.org).

## Duarte

### Celebrating 53 Years!



The City of Duarte celebrated its 53<sup>rd</sup> anniversary of incorporation with a community reception in council chambers prior to the Aug. 10 city council meeting. Joining in the celebration, from left: former mayor, now Duarte Chamber president/CEO, Jim Kirchner; Duarte Mayor Pro Tem, Tzeitel Paras-Carraci; former Mayor Ginny Joyce-Belba; retired former Duarte City Manager, Jesse Duff; Duarte Mayor Margaret Finlay; Duarte City Manager, Darrell George; Councilwoman Lois Gaston; Councilman John Fasana; and Councilman Phil Reyes. On Sept. 18, the City will continue anniversary festivities with a City Picnic at Royal Oaks Park following Duarte's Salute to Route 66 Parade.

**CLIFFORD SWAN**  
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### Summer Worship: 10@10!



Join the San Marino Community Church family for 10@10! - ten weeks of summer worship at 10:00 am on Sundays, July 4 to September 5.

Sunday, August 22 Parish Associate Rev. Dr. Don

Maddox will preach "At Last" based on the parables of the treasure in the field and the pearl of great value.

10:00 am Summer Worship  
Sunday school (K-5) and childcare provided  
9:00 am Adult Bible Study  
11:00 am Adult Spiritual Formation

San Marino Community Church  
1750 Virginia Road, San Marino, CA 91108  
For more information call: (626) 282-4181  
Connect with us online: [www.smccpby.com](http://www.smccpby.com)



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## Man Accused of Attempted Molestation Arrested

Police detectives said Thursday they arrested a Pasadena man on charges of false imprisonment and attempted child molestation, following a complex investigation involving Pasadena Police Investigators, the U.S. Marshals, and the cooperation of the Mexican Government.

According to police, Robert James Ruiz, 48, of Pasadena, allegedly held an underage female against her will in a motel room and attempted to molest her. The location of the motel was not given.

Pasadena Detective Lt. Tracey Ibarra explained, in a prepared statement, that when Ruiz learned that he was wanted by police, he called the handling detective and declared that he had no intention of going back to prison and that he had left the area. Working with multiple resources, investigators tracked Ruiz to Mexico where he was ultimately arrested without incident she said.

“Mr. Ruiz had an association with the victim’s family and took advantage of this relationship,” Ibarra said. “Having Mr. Ruiz at large to potentially assault or molest another female, and his threat of violence when arrested, made him a threat to the public and law enforcement.”

“This collaborative effort among law enforcement agencies to track and arrest Mr. Ruiz resulted in a dangerous 2nd strike criminal being taken off the streets,” said Pasadena Police Chief Phillip Sanchez. “It was excellent work by all involved.”

The Los Angeles County District Attorney’s office filed attempted lewd acts with a minor, false imprisonment, child abuse, and indecent exposure toward a minor. He was arraigned Monday with a bail set at \$1.2 million Ibarra said.

## Library Launches Homeschool Collection

Hastings Branch Library is launching a new Homeschool Collection September 16 starting at 3 p.m.

This specialized pilot collection has 140 multi-format materials for homeschool families to check out. These include general homeschool guides, curriculum resources, educational DVDs, literacy kits, as well as learning equipment materials – a microscope, a human body form, a globe, and much more!

For more information on the Homeschool Collection contact Petra Morris at (626) 744-7262 or pmorris@cityofpasadena.net.

## Pet of the Week



Just look at this adorable little guy! Sampson, a four month old kitten, is curious and loves attention. He was found stray and needs a loving new home. Come visit with this cutie 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.

Please call 626-792-7151 and ask about A274515 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)



## Monte Cedro Project Moving Forward

By Dean Lee

Leaders from the Episcopal Home Communities apologized Tuesday night taking responsibility for, what they said was, neglect of the Monte Cedro project property the former Scripps Home in Altadena, having been vacant for years.

“I want to begin with an apology,” said Episcopal Homes Communities president and CEO Martha Tamburrano. “We have just not taken care of that property well. We dropped the ball and let the care of the site fall between the cracks.”

Before apologizing Tamburrano said the project, once stalled permanently, would move forward, this time scaled back with an estimated start date of 2013. She said the date was dependent on receiving 10 percent down payments on 70 percent of the units.

Tamburrano explained that, for now, they hope to have the property just west of Lake Avenue, hydroseeded with grasses by October. They also plan to plant wildflowers down the middle stretch of the property. A green netting attached to the surrounding fence, which she said was torn in places, will also be removed.

She said they hired a new landscaping company last week, which has already begun clearing the property of weeds.

“They have already done a lot of weed chopping and mowing and cutting,” she said. “All of the trees have been trimmed.”

She also said a security service now patrols the area from early afternoon to night.

Arch Pelley of Perkins/ Eastman Architects outlined changes to the, once estimated,

## Chorine Leak Forces Caltech Evacuations

Dean Lee

Caltech was partly shut down Thursday morning, causing gridlock around the area, after a chorine leak forced 18 people to evacuate —two were treated for minor eye irritations. A firefighter was also treated for a heat related injury.

Nine building were shut down total including, Alles, Arms, Braun labs, Church, Crellin, Kerckhoff, North and South Mudd, Parsons-Gates and the Millikan Library.

According to fire spokesperson Lisa Derderian they received a call at about 5:22 a.m. of a strong chemical smell in the basement of the Kerckhoff Building. A full Hazmat team was dispatched including firefighters from Burbank, Glendale and South Pasadena. Pasadena police were also on scene she said.

Derderian said cleaning



personnel were using equipment to chlorinate ponds on the campus. She said chlorine leaked into steam tunnels that connect some buildings. Firefighters used fans to blow the fumes away. A campus alert was sent out at 8:50 a.m. advising people

to say out of the area. Catalina Avenue, Hill Avenue, Del Mar Boulevard, and California Boulevard were all shut down.

The campus was back to normal by 10:00 a.m. The school is currently on break.

## Power Rangers Convention Powers Up Pasadena



More than one thousand attendees will enjoy expanded offerings this year, featuring a variety of engaging experiences including more than twenty specialty vendors, costume contests and a Power Quest Trivia Game. This year the convention welcomes the master toy licensee, Bandai America Incorporated, as the premier sponsor.

The Power Rangers convention boasts an impressive roster of fan favorites from the iconic series, who will participate in panels and exclusive autograph signings. Special guests include Jason David Frank, Steve Cardenas, Karen Ashley, Barbara Goodson, Blake Foster, Walter Emanuel Jones, Matt Austin, Jessica Rey, Catherine

Sutherland, Tony Oliver and many more.

“The Power Morpicon convention is one of a kind, allowing our audience to get up close and interact with the guests at our panels, and maybe even learn a thing or two at one of our Ranger Events,” said Erin Coplan, Executive Coordinator for Power Morpicon. “We have everything the Power Ranger fans could ask for and a lot of surprises in store they won’t expect.”

“Power Morpicon is very excited to have Bandai at our convention,” said Chairmen Scott Zillner. “We believe in their commitment to the franchise, and having them at our event only enriches the overall fan experience.”

## Cosmic Lens Used to Probe Dark Energy

Astronomers have devised a new method for measuring perhaps the greatest puzzle of our universe -- dark energy. This mysterious force, discovered in 1998, is pushing our universe apart at ever-increasing speeds.

For the first time, astronomers using NASA’s Hubble Space Telescope were able to take advantage of a giant magnifying lens in space -- a massive cluster of galaxies -- to narrow in on the nature of dark energy. Their calculations, when combined with data from other methods, significantly increase the accuracy of dark energy measurements. This may eventually lead to an explanation of what the elusive phenomenon really is.

“We have to tackle the dark energy problem from all sides,” said Eric Jullo, an astronomer at NASA’s Jet Propulsion Laboratory, Pasadena, Calif. “It’s important to have several methods, and now we’ve got a new, very powerful one.” Jullo is lead author of a paper on the findings appearing in the Aug. 20 issue of the journal Science.

Scientists aren’t clear about what dark energy is, but they do know that it makes up a large chunk of our universe -- about 72 percent. Another chunk, about 24 percent, is thought to be dark matter, also mysterious in nature but easier to study than dark energy because of its gravitational influence on matter that we can see. The rest of the universe, a mere four percent, is the stuff that makes up people, planets, stars and everything made up of atoms.

In their new study, the science team used images from Hubble to examine a massive cluster of galaxies, named Abell 1689, which acts as a magnifying, or gravitational, lens.

The gravity of the cluster causes galaxies behind it to be imaged multiple times into distorted shapes, sort of like a fun house mirror reflection that warps your face.

Using these distorted images, the scientists were able to figure out how light from the more distant, background galaxies had been bent by the cluster—a characteristic that depends on the nature of dark energy. Their method also depends on precise ground based measurements of the distance and speed at

which the background galaxies are traveling away from us. The team used these data to quantify the strength of the dark energy that is causing our universe to accelerate.

“What I like about our new method is that it’s very visual,” said Jullo. “You can literally see gravitation and dark energy bend the images of the background galaxies into arcs.”

According to the scientists, their method required multiple, meticulous steps. They spent the last several years developing specialized mathematical models and precise maps of the matter—both dark and “normal”—constituting the Abell 1689 cluster.

“We can now apply our technique to other gravitational lenses,” said co-author Priya Natarajan, a cosmologist at Yale University, New Haven, Conn. “We’re exploiting a beautiful phenomenon in nature to learn more about the role that dark energy plays in our universe.”

*The California Institute of Technology in Pasadena manages JPL for NASA. More information is at <http://www.jpl.nasa.gov>.*

## Planetary Society Asks Congress to Reconsider Human Space Exploration Plan

*Current space exploration bills lack coherence and have serious omissions.*

The Planetary Society has sent a letter to the Chairs and Ranking Minority Members of the four subcommittees currently considering the NASA budget and the Administration’s plan for human space exploration. The letter states: “We are concerned about omissions and a lack of coherence in the four committees’ versions of this bill.”

The society details a number of the problems in the bills, including the vagueness about replacing the Space Shuttle and setting goals for human space flight. “The bills reject the President’s new plan, as well as the old Constellation plan, and instead come up with a patchwork of proposals,” stated Louis Friedman, Executive Director of The Planetary Society. The letter is signed by him, together with incoming Executive Director, Bill Nye, and the Planetary Society’s President,



Jim Bell, and Vice-President, Heidi Hammel.

The letter concludes by asking the Senators and Representatives to step back from each of the Congressional bills that have been passed by the Authorization and Appropriations Committees and refocus on the whole.

## Citizen Journalism Boot Camp

*Learn not just how to blog but how to report the news*



Get hands-on multimedia journalism training! What makes news? Is it better to use a video instead of a still photo? How can I get this story out?

Pasadena Community Network and this newspaper are holding a seminar on Citizen Journalism. Putting the news in your hands. Learn how to find the story, the tools needed to capture the story and the means to tell the story using the power of video, audio and print

## Police Explorers Compete To Display Competence



Police Explorers from Post 19 will be going head to head against several hundred other police explorers this Saturday and Sunday at Hahamongna Park. Officials say weeks and weeks of dedicated training will be put to the test as they compete with groups from across the state.

“This is an excellent opportunity to see PPD Explorers at their best competing in drills, simulations and games that test their skills as future leaders and police officers,” they said.

“Pasadena Explorer Post 19 is one of the most successful in the state,” said Police Chief Phillip Sanchez. “We have approximately 40 young people who are engaged in police training, volunteer in the community and have the opportunity to compete in fun activities such as this as well as enrichment field trips all around the country.”

Sanchez continued, “The dedicated Explorer staff are some of the best the country has to offer. A special thank you all of the Advisors and Instructors, all of whom volunteer their own time with these young people.”

Sanchez also invited and encourages the community to come see for themselves as the Explorers compete for more trophies for Pasadena.

“If you’ve never had the occasion to visit the Pasadena Police Department,” said Public Information Officer Janet Pope Givens. “Then you’ve not had the opportunity to see the numerous awards and trophies that these young people have accomplished over the years.”

She further explained that to join the Pasadena Explorer Post, you must be between the ages of 12 and 20, have a 2.0 Grade Point Average, be able to complete the academy, be willing to volunteer several hours a month to the Pasadena Police Department and participate in training and community events.

The competition takes place at Hahamongna Park from 7:00 a.m. - 4:00 p.m. Saturday and 7:00 a.m. - noon on Sunday.

To find out more about Exploring and how to get involved, call (626) 744-4551.

## County Votes to Improve Medical and Mental Health Care for Probation Youth

Antonovich., unanimously approved by the Board, develops safeguards and oversight to ensure that these funds are spent in a manner consistent with the requirements of the October 31, 2008 agreement between the County and the Department of Justice to improve juvenile justice programs, practices and outcomes for youth in county probation camps

To ensure that young people in County probation camps receive quality medical and mental health service, the Board of Supervisors approved nearly \$8 million to hire a team of healthcare and mental health professionals. Supervisor Michael Antonovich made the announcement Tuesday.

A motion by Supervisors Ridley-Thomas and Michael



Sierra Madre Police Blotter

During the week of Sunday, August 1<sup>st</sup> to Saturday August 7<sup>th</sup>, the Sierra Madre Police Department responded to approximately 358 calls for service.

Monday, August 2nd:

11:24 AM – Residential Burglary, 400 block North Lima Street. Suspect(s) forced open a hallway window and entered the home. Suspect(s) took a pearl necklace, pearl ring, pearl earrings, gold jade ring, three pocket knives and two gold necklaces. The crime occurred between 1:00 pm, Friday, 07/30/10 and 10:30 am, Monday, 08/02/10. The total loss was estimated at \$1,930.00.

10:24 PM – Residential Burglary, 100 block Esperanza Avenue. Suspect(s) entered an unlocked apartment laundry room. Suspect(s) took a black metal drop-box containing unknown amount of resident(s) rent payment checks. The crime occurred between Saturday, 07/31/10 and 6:50 pm, Monday, 08/02/10. The total loss at this time was estimated at \$100.00.

Friday, August 6th:

4:38 AM – Auto Burglary, 100 block Esperanza Avenue. Suspect(s) smashed the window of a car parked on the street. Suspect(s) took an I-POD Nano, Garmin Nuvi GPS and a Whistler Radar detector. The crime occurred between 5:30 pm, Thursday, 08/05/10 and 4:30 am, Friday, 08/06/10. The total loss was estimated at \$560.00.

11:46 AM – Commercial Burglary, 00 block South Baldwin Avenue. A caller reported a male suspect entered the Post Office and tried to make a purchase with a fraudulent bank check. Police arrived and arrested the suspect for commercial burglary. Officers booked the suspect at the police station and transported the suspect to the Pasadena Police Department jail for remand, pending his court appearance. This case is pending further investigation.

1:02 PM – Tampering/Injuring Vehicle, 600 Block Mariposa Avenue. A resident reported her vehicle’s window was smashed, while parked in her driveway. No loss was reported. The crime occurred between 7:45 am to 1:02 pm on Friday, 08/06/10.

Arcadia Police Blotter

For the period of Sunday, August 8, through Saturday, August 14, the Police Department responded to 994 calls for service of which 134 required formal investigations. The following is a summary report of the major incidents handled by the Department during this period.

Sunday, August 8:

- 1. Shortly after 3:00 p.m., officers responded to the 400 block of Fairview in reference to a residential burglary and vehicle theft. While the residents were asleep, an unknown suspect entered the home through a window and stole a laptop computer, camera, and a 2005 Toyota Camry.
- 2. Units were dispatched to the 700 block of West Camino Real around 10:29 p.m. in regards to a robbery that occurred at 9:49 p.m. in the 00 block of Alice. As the victim was entering her vehicle, a male Asian suspect, 5’4”, 130 pounds, with a goatee, approached with a steak knife and demanded money. Fearing for her safety, the victim took out \$60 and the suspect grabbed the money and fled on foot.

Monday, August 9:

- 3. Around 9:45 a.m., a victim came to the station to report that a vacationing co-worker’s email was compromised, and an unknown suspect had contacted the victim via email asking him to wire money to London since the co-worker had lost his wallet and passport. The victim wired over \$3,300 and later learned that his friend was never in London.
- 4. Between 6:00 p.m. on August 8 and 10:00 a.m. on August 9, an auto burglary occurred in the 200 block of West Colorado. A car window was smashed and a GPS unit was stolen.

Tuesday, August 10:

- 5. Around 9:47 a.m., units were called to 450 West Huntington in reference to an auto versus pedestrian traffic accident. Investigation revealed that an elderly man had just dropped off his wife in the parking lot, and he inadvertently put the car in reverse and backed into his spouse. The woman sustained burns to her lower torso from the exhaust pipe and abrasions to her legs and arms. She was transported to a hospital for medical treatment.
- 6. Between 6:30 p.m. and 7:30 p.m., a 2008 gray Chevrolet Colorado pickup truck was stolen near Macy’s at Westfield Mall.

Wednesday, August 11:

- 7. Between noon and 1:45 pm., a white 1997 Toyota Camry was stolen from the area of Santa Anita and Lucille Avenue.
- 8. Shortly before midnight an officer stopped a vehicle for erratic driving in the area of Duarte Road and El Monte Avenue. The 40-year-old female driver, from Temple City, was given a series of field sobriety test and was arrested for driving under the influence of alcohol.

Thursday, August 12:

- 9. At about 9:00 a.m., two juveniles were detained and arrested after stealing items from the 994 Store located at 140 E. Duarte Road.
- 10. Around midnight an officer contacted several subjects inside a vehicle at Eisenhower Park. Investigation led to a citation issued to the driver for possession of marijuana.

Friday, August 13:

- 11. Sometime overnight suspect(s) cut a hole in the fumigation tent that was covering a residential complex in the 00 block of Genoa Street. Suspect(s) entered two different units and stole jewelry, camera equipment, and cash.
- 12. Shortly before midnight officers responded to the area of Santa Anita Avenue and Camino Real on the report of a vehicle collision. Officers discovered a solo vehicle accident where a fire hydrant was sheared off. Investigation revealed the 51-year-old driver from Rosemead was driving under the influence of alcohol – she was arrested.

Saturday, August 14:

- 13. Suspect(s) smashed out the front window at a business in the 12100 block of Clark Street overnight. The business was ransacked and a digital camera was taken.
- 14. During night time hours suspect(s) broke into a Toyota Corolla that was parked in the underground parking area in the 1500 block of Baldwin Avenue. Athletic equipment was taken.

‘BAG IT!’ FILMFESTTAKES AIM AT PLASTIC POLLUTION

Event at UCLA to raise awareness for pending state bill to ban single-use bags  
Sunday, August 22, 4 p.m.

**WHAT:** The Bag It! Film Festival, a screening of important and entertaining films about the world’s most common consumer product and one of its worst environmental plagues: the single use-plastic bag. Following the screening of several short films and PSAs, political and environmental leaders will lead a discussion about the ecological and financial impact of California’s 19 billion-a-year plastic bag addiction.

**WHY:** The single-use plastic bag is banned in over 40 jurisdictions around the globe, and the coalition seeks to add the state of California to that growing list with the passage of AB 1998, The Single-Use Bag Reduction Act. The bill, already approved the state Assembly, is expected to be voted upon this month in the California Senate. It would ban the distribution of single-use plastic bags at major retailers.

**WHERE:** The Bag It! Film Festival will take place at UCLA’s James Bridges Theater.  
Parking information here.

**WHO:** Plastic Pollution Coalition, UCLA Institute of the Environment, Environment California, Clean Seas Coalition, Heal the Bay and Chico Bags are sponsoring the event. Assemblymember Julia Brownley, the author of AB 1998, will also be on hand. After the theater premiere of several PSAs concerning plastic bag pollution, the short film and film festival favorite “Plastic Bag” (directed by Ramin Bahrani, voiced by Werner Herzog, with music by Sigur Ros) will be screened. The feature documentary “Bag It!,” a film by Susan Berazza, will also unspool.

CONTACTS: Matthew King, Heal the Bay, (310) 850-1145, [mking@healthebay.org](mailto:mking@healthebay.org)  
Lisa Boyle, (310) 230-0033, [lisa@plasticpollutioncoalition.org](mailto:lisa@plasticpollutioncoalition.org)

A Big Thanks!

Thank you Sierra Madre Police Department for:  
Your service,  
Your quick response times,  
&  
Your community presence.  
You keep our town safe and give us peace of mind.  
The neighborhood watch program is working thanks to you.

Citizens of Sierra Madre

Sierra Madre Kiwanis Club's  
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Saturday, Sept. 25, 7-11am

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\$5 Donation

Proceeds to benefit Kiwanis

2010-2011 Children's programs

THE WORLD AROUND US

Looking Up

with Bob Eklund

Eclipsing Pulsar Promises Clues To Crushed Matter

A city-sized sphere rotating 518 times a second...

Astronomers using an X-ray telescope in space have found the first fast X-ray pulsar to be eclipsed by its companion star. Further studies of this unique double-star system will shed light on some of the most compressed matter in the universe.

The pulsar is a rapidly spinning neutron star—the crushed core of a massive star that long ago exploded as a supernova. Neutron stars, in which matter exists only in the form of neutrons, pack more than the Sun’s mass into a ball nearly 60,000 times smaller. With estimated sizes between 10 and 15 miles across, a neutron star would just span Manhattan or the District of Columbia.

The neutron star is called a pulsar because it produces fast X-ray pulses that can be detected by an X-ray telescope from space. How fast? Imagine a star spinning 518 times a second—that’s a city-sized sphere rotating as fast as the blades of a kitchen blender.

Known as J1749, the system erupted with an X-ray outburst on April 10. During the event, NASA’s Rossi X-ray Timing Explorer (RXTE) orbiting telescope observed three “eclipses” of the neutron star by its companion; detected X-ray pulses that identified the neutron star as a pulsar; and even recorded pulse variations that indicated the neutron star’s orbital motion.

J1749 was discovered in June 2006, when a smaller eruption of X-rays brought it to the attention of NASA’s Swift satellite. Observations by Swift, RXTE, and other spacecraft revealed that the source of the X-rays was a binary system located 22,000 light-years away in the constellation Sagittarius—and that the neutron star was actively capturing, or accreting, gas from its stellar



A composite image of the Crab Nebula showing the X-ray (blue), and optical (red) images superimposed. The size of the X-ray image is smaller because the higher energy X-ray emitting electrons radiate away their energy more quickly than the lower energy optically emitting electrons as they move.

partner. This gas gathers into a disk around the neutron star.

“Like many accreting binary systems, J1749 undergoes outbursts when instabilities in the accretion disk allow some of the gas to crash onto the neutron star,” said Tod Strohmayer, RXTE’s project scientist at NASA’s Goddard Space Flight Center in Greenbelt, Md.

When gas falls to the pulsar’s surface, its powerful magnetic field directs the infalling gas onto the star’s magnetic poles. This means that the energy release occurs in hot spots that rotate with the neutron star, producing the fast X-ray pulses.

In addition, the pulsar’s orbital motion imparts small but regular changes in the frequency of the X-ray pulses. These changes show that the two stars in this system revolve around each other every 8.8 hours.

During the week-long outburst, RXTE observed three periods when J1749’s X-ray emission briefly disappeared. These eclipses, which lasts 36 minutes each, occur whenever the neutron star passes behind the normal star in the system.

Writing about their findings in the July 10 issue of *The Astrophysical Journal Letters*, Markwardt and Strohmayer note that they have all but one orbital variable needed to nail down the mass of the pulsar, which is estimated to be between about 1.4 and 2.2 times the Sun’s mass.

“We need to detect the normal star in the system with optical or infrared telescopes,” Strohmayer said. “Then we can measure its motion and extract the same information about the pulsar that the pulsar’s motion told us about the star.”

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

WRITING SERVICES

Could you use help in preparing written communications for your business? I have extensive experience in writing and editing business documents including brochures, proposals, newsletters, resumes, customer success stories, press releases, and articles for newspapers and magazines.

Current work includes writing the column, “Looking Up with Bob Eklund,” in Mountain Views News, and writing newsletters for the Mount Wilson Observatory. I recently published a book, First Star I See Tonight: an Exploration of Wonder, and am finishing a second book, Winds Aloft.

For writing samples and resume, see my web site: [www.bobeklund.com](http://www.bobeklund.com). Bob Eklund [beklund@sprynet.com](mailto:beklund@sprynet.com) (310) 216-5947



## State Superintendent Jack O'Connell Announces STAR Test Results Sierra Madre Elementary Remains At The Top

The rate of improvement in student achievement continues to rise at the Pasadena Unified School District according to the 2010 Standardized Testing and Reporting (STAR) results announced Monday by State Superintendent Jack O'Connell at Cleveland Elementary School.

PUSD middle schools and high schools posted double-digit gains over the last five years, and elementary schools continue to raise, the testing found.

"This is strong and clear evidence that our emphasis on middle and high school students is producing results," said Superintendent Edwin Diaz. "The data is promising and demonstrates that district initiatives to improve instruction in grades 6-12 have begun to be reflected in rising test scores. We expect that initiatives such as the Excellent Middle School reforms and College & Career Pathways will continue to boost student achievement in 2010-2011 as most sixth graders move into the reconfigured sixth through eighth grade campuses."

O'Connell cited achievements among the school's Latino students, who increased in advanced and proficient scores.

"The growth in achievement is evident among every subgroup of students," O'Connell said. "However, we must continue to pay close attention to the achievement gap that shows students of color and poverty are trailing behind their peers. My administration has focused on closing the achievement gap, and I am pleased to see that among Latino students the gap has narrowed since last year. I remain concerned that we are not seeing similar narrowing trends among African American students and students of poverty. We must continue to seek and implement strategies that can help accelerate gains toward proficiency needed to narrow this academic chasm."

Since 2007 at Cleveland, the percentage of English learners (EL) who scored advanced and proficient in English language arts has risen from 28.1% to a projected 41.2%. This gain from 2009 to 2010 is projected to be from 35.7% to 41.2%. In the past two years, the growth for ELs has propelled the school from failing to meet annual subgroup targets in 2007 to qualifying for the "safe harbor" status in both 2009 and 2010. Safe harbor status is conferred on schools that decrease the percentage of non-proficient students by 10% or more. To view results by school, go to: [www.mtnviewsnews.com](http://www.mtnviewsnews.com)



## 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](mailto: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](mailto: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@bcschools.org](mailto:jml@bcschools.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)

### High Point Academy

1720 Kinneloa Canyon Road  
Pasadena, Ca. 91107  
626-798-8989  
website: [www.highpointacademy.org](http://www.highpointacademy.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](mailto: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](mailto: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](mailto: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](mailto: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  
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## Special Message To all Pasadena High School Marching Band Members & Families

This is a reminder that the 2010 PHS Marching Band Camp begins on Monday, August 23 and will run for two weeks. Camp is daily from 8:00am - 12:00. Students should meet in the Band Room. There will most likely be a few evening rehearsals as well. Stay tuned for future announcements.

Parents, it's always nice for the kids to have some snacks during camp. If you could donate some packaged snacks (granola bars, cookies etc.) or water bottles I know the kids will appreciate it.

## Outward Bound Adventures (OBA) To Host Jamaican Garden Party

The event is for the benefit of OBA's outdoor programs for underserved, at-risk and urban youth at the Pasadena home of Jeff and Joyce Foster on Sunday, September 12th from 3 to 6 pm. To purchase tickets, contact Outward Bound Adventures at (626) 798-0512. Tickets are \$75.00.

Hear the teen participants speak of this past summer's life transforming outdoor adventures in the high Sierra wilderness and the Olympic National Park rain forest in Washington State. Enjoy delicious Jamaican food the live steel drum music.

OBA has provided outdoor experiences to underserved, at-risk and urban youth in Pasadena and parts of Los Angeles County for 49 years. Hundreds of youth, each year, discover their potential and gain personal confidence through challenging outdoor trips, which promote positive self-development while teaching environmental responsibility.



**MONROVIA, CA** Monrovia Mayor, Mary Ann Lutz commends kids and teens for completing a seven week CORE summer program sponsored by the Santa Anita Family YMCA. More than 30 youths participated in the program designed to enrich and develop leadership and academic skills. The youths are encouraged and supported in building a stronger foundation to succeed in the new school year through activities that include academic support, fitness, bible study, community projects and field trips.

## Attention Teachers, Administrators and Potential Student Performers: Spots Available For Ten Students Who Wish To Perform At The Taste of Sierra Madre

The Taste Of Sierra Madre Organizing Committee is inviting student performers to attend an informal audition on Tuesday, August 31, at 6-7 p.m. There are approximately ten slots for musical performers for the event in Kersting Court from 9-4:30 on Saturday, September 11, 2010.

Two worthy causes will benefit from the fundraising on that day. Half the net funds will go to the Rotoplast Foundation, a non-profit organization which performs cleft palate surgeries on children who otherwise would go without. The other half will stay local, providing the Youth Activity Center with expanded funds for its fine arts programs.

Please prepare the maximum three minute piece you would like to perform at the event. Bring your own instrument and accompanist, if needed, to the audition and to the performance. Vocalists and instrumentalists are welcome.

You will be able to utilize a professional sound setup at the performance venue, the grassy area at Kersting Court. There will be a small stage set up there to accommodate a maximum of four performers.

You must be available during the 9-12:30 time period on Saturday, September 11, AND must attend the audition. A small number of audition slots may be available on a separate EARLIER date for audition, under extenuating circumstances. However, we must have your RSVP and contact information in advance of the auditions.

Please visit the event website: [www.ATasteOfSierraMadre.com](http://www.ATasteOfSierraMadre.com) for more event information. PLEASE FORWARD TO THOSE WHO WOULD BE INTERESTED IN PERFORMING, School and private music teachers in Sierra Madre!!!!

You may call 925-963-3991 (Sierra Madre based) for more audition information.

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## Ask jai.....

Ask jai is a weekly column that will strive to honestly answer your job search questions relating to job searching techniques, networking skills, resume writing and interviewing. The employment situation is getting better, however, it is still a challenge finding where the jobs are located and how to get pass the “gate-keepers”. As an Executive Recruiter I was privy to working directly with Corporate Recruiters and understanding their process in selecting which candidates to interview and hire. I will candidly answer your questions, possibly bluntly answering you questions, but I will be totally honest. My objective is to help you achieve your employment goal.

**Q:** *Is it a good idea to attend networking events that are designed for people who are unemployed? I am unemployed, an introvert and very uncomfortable meeting new people. What should I do to prepare?* T. J.

Dear T. J.

Attending networking events is a great way to find job leads, expand your network of contacts and hopefully find a position. Think of networking events as a group interviewing session and not just as a social event. Dress professionally or business casual. Hand out networking cards instead of your resume. Networking cards are similar to business cards. Networking cards should include your name, contact information and any thing that you feel would be relevant. Networking cards should be inexpensive and can be printed in black and white. Hand out networking cards to people that you meet and be sure to ask them for their card or contact information. You can drink alcohol at these events but don't get drunk. Networking events are not a party. You are there to find job leads and increase your referrals.

Develop an “elevator speech” to introduce yourself at networking events. The speech should be short enough (about 2 minutes) to say your full name, your experiences and accomplishments. This should help open up dialogue and began discussions. Prepare and practice your elevator speech with family members or friends until you are comfortable.

Good manners, eye contact and a firm hand shake are important at networking events. Show honest interest in the person you are meeting. This is the right time to ask a person “What do you do?” Show genuine interest in the person you are meeting and hopefully they can assist you or you might be able to assist them in their job search. Everyone should be there to network so spend enough quality time with each person, eventually excuse yourself and then move to the next person or group of people.

Always follow-up and stay in contact with people you meet at networking events. Ask them to let you know about any positions that they may come across that fits your profile and that you will be more than happy to do the same for them. Keep in touch with them by e-mail, social internet sites or telephone at least once a month. You should attend at least two networking events a month. Enjoy yourself but do not let them turn into social events for you. Networking events can result in a position if you have an objective, stay focus, smile, shake hands, give and take information, and follow-up.

A report released this week by the FCC revealed that, almost across the board, broadband users typically only see about half of the “up to” speeds advertised by Internet Service Providers. This revelation comes as no big surprise to the subset of online users who actually monitor connection speeds and transfer rates, whether out of personal curiosity or professional duties.



In my particular case, I currently support an organization that traffics in a fairly large amount of data uploaded to and downloaded from our facilities on a 24/7 basis, and from time to time the issues of connection quality and speeds are raised, either internally by my department or externally by one of our remote users.

Over the course of the last month I've been conducting a working survey that consisted of having all our remote users upload and download pre-configured test files to an FTP (File Transfer Protocol) server located on a reserved segment of the network. Users were instructed to upload and download the test files at various times during the day and night on a schedule created by my department to ensure randomness and to simulate high-traffic patterns among multiple users accessing a single server simultaneously.

The production network itself is outfitted with a Business Class Internet connection that is tested “good” for Gigabit connect speed under a CIR (Committed Information Rate) clause with our Internet Service Provider. If that sounds expensive, it's because it is expensive. That extra cost goes towards ensuring that our connection speed from our ISP to the termination device onsite at our location never falls below 1 Gigabit per Second. For testing purposes 300Mb/s was provisioned off to the test FTP segment of the network and the first part of the test ran for a period of 2 weeks, with the results then collected and entered into a spreadsheet. The second part of the test consisted of a written survey collecting information about the connection details of our remote users to include connection type, rated speed, service provider and daily data transfer statistics to cover the month prior to the testing period. The results showed that users of Residential Class internet connection services (without CIR clause, primarily for residential use and most commonly advertised featuring the “up to” phrase) rarely, if ever, connected to our test server at the top-rated speed for their particular service provider connection and typically hovered around 60% of maximum rated capacity across the board. Users of true Business Class Internet connection services (with CIR clause, primarily for business or industrial use) typically connected at 92% or better of their rated connection speed. While this small sampling can hardly be called indicative of connection speed and quality currently available net-wide, it does raise an interesting point, especially when taking into account the current ongoing “debate” surrounding the Net Neutrality issue. If ISP's currently can and do ensure stable, high-quality internet connections and access for customers paying a premium for the service what will be the eventual state of affairs when Pay-for-Play is the rule and not the exception for everybody?

What possible incentive could ISP's have to ensure that business entities and private users - who can't afford to pay premium prices - still have equal access to the electronic commons known as the Internet?

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Black Pepper Chicken \$4.00	Beef & cheddar for your Taiwanese Egg \$1.50	Half Hotdog \$1.50 Tea \$2.50
Black Pepper Chicken, White, Tomato, & cucumber	Beef & cheddar for your Taiwanese Egg \$1.50	Half Hotdog \$1.50 Tea \$2.50
Flank Steak Sandwich \$3.00	Beef & cheddar for your Taiwanese Egg \$1.50	Half Hotdog \$1.50 Tea \$2.50
Egg, onion, long & cucumber	Beef & cheddar for your Taiwanese Egg \$1.50	Half Hotdog \$1.50 Tea \$2.50
Egg Salad Sandwich \$3.00	Beef & cheddar for your Taiwanese Egg \$1.50	Half Hotdog \$1.50 Tea \$2.50
Egg salad & cucumber	Beef & cheddar for your Taiwanese Egg \$1.50	Half Hotdog \$1.50 Tea \$2.50
Tuna Sandwich \$3.00	Beef & cheddar for your Taiwanese Egg \$1.50	Half Hotdog \$1.50 Tea \$2.50
Tuna and cucumber	Beef & cheddar for your Taiwanese Egg \$1.50	Half Hotdog \$1.50 Tea \$2.50
French Fish & Potato Sandwich \$4.00	Beef & cheddar for your Taiwanese Egg \$1.50	Half Hotdog \$1.50 Tea \$2.50
French fish, meat, onion, tomato, & cucumber	Beef & cheddar for your Taiwanese Egg \$1.50	Half Hotdog \$1.50 Tea \$2.50
Turkey Ham Sandwich \$3.50	Beef & cheddar for your Taiwanese Egg \$1.50	Half Hotdog \$1.50 Tea \$2.50
Turkey ham, onion, tomato, & cucumber	Beef & cheddar for your Taiwanese Egg \$1.50	Half Hotdog \$1.50 Tea \$2.50
Beef Sandwich \$4.00	Beef & cheddar for your Taiwanese Egg \$1.50	Half Hotdog \$1.50 Tea \$2.50
Beef, onion, tomato, & cucumber	Beef & cheddar for your Taiwanese Egg \$1.50	Half Hotdog \$1.50 Tea \$2.50

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## TABLE FOR TWO

By Peter Dills

### President Thai

I have been house hunting, the process having taken a little longer than I thought it would. What can I say? I'm overly picky. I knew it was bad, when I started to become uneasy in turning my back on the realtor. He was making these crazy eyes at me. Finally he said, "Look, Peter, if we can find seven out of the ten items you are looking for, let's make an offer." Hmmm, very astute, and reasonable. What if I was to use that same formula in reviewing our restaurant this week? Let's make it eleven if they give me a free meal, which would be a bonus point. Just to keep the review on the up and up, we paid full freight at the President Thai Restaurant this last weekend.

Even though I am not the one being graded here, I think I must deduct one point for a misfire. Why on earth did I order a Heineken Beer at a Thai restaurant? Habit of course, but I should have had the Thai beer. I am docking myself one point and hope I can earn it back somewhere in this article.

President Thai Restaurant has been remodeled since I was last there a few years ago. It is just up from Huntington Drive on Rosemead Blvd. Rosemead Blvd. is an under-construction obstacle course at the moment, so even though I drive by this restaurant at least three or four times a week, I just hadn't gone in and sat down lately. Maybe because it looks busy enough so I am satisfied it will still be there when I make up my mind to return. The restaurant is spacious enough, and on the weekend, crowded. However that did not stop us from being seated immediately on the covered patio outside. It is a very quiet annex structure attached to the building and decorated with an assortment of wall sculptures of Thai princesses and princes and a small fountain for ambiance. In fact, I caught the owner out there making sure the fans were operating just right.

We had only sat for a few seconds when water arrived and a girl, who could easily have stood in for one of those aforementioned princesses, greeted us with a request for beverages. I love the Thai Tea at other Thai Restaurants and the couple next to us ordered it, but I ordered the green Heineken instead. Service was stellar; we never waited for more than a few minutes without someone coming by. Overkill? Maybe. Many people like to chitchat and need space, but we were in the eating mood and it was obvious they were giving us their finest effort. My suggestion for you is to order an appetizer first, and then (if you still have room) order your entrée. On our evening, since we ordered everything at the same time, all the food raced out to us. Be smart and take my tip, space out your orders and enjoy your time eating your meal.

I have to say, to this point, I couldn't give them any deductions.

There are a number of tempting dishes here. From previous experience, I know their soups are excellent, but I decided to get the night in gear with the Crab Rolls (\$8.95). Generous portions of shredded crab, with water chestnuts wrapped in a blanket of tofu, come with a side of plum sauce; the portion is big enough for an entrée. My dining companion ordered the Satay Chicken, also (\$8.95). The Satay chicken arrives on several wooden skewers with a delightful cup of peanut sauce. The dish was acceptable, but not adventurous enough for an explorer like me.

Our bellies were filling up fast but we soldiered on to the entrées. I order the Pad Thai Chicken, knowing this plate was going to be great. The plate is Pan-fried Rice Noodles with crushed peanuts and just enough spices to make this a house favorite, and earn it a Peter Dills thumbs up!! Their Beef Curry in a yellow coconut cream sauce was hit for both noses and lips. You may take a spoon to that delicious curry-filled dish and sip it like a soup. Well done. It was at that point in the evening that our chairs began squeaking under our weight. The owner came by and offered us dessert. Are you kidding? The slightest pinprick and we would explode. I have my eyes on the Duck Curry when I return. I have been to a few of the local Thai restaurants and I don't remember a Duck Curry on any menu. Something Interesting to look forward to!

**Fair Warning:** As of this writing, they are tearing up Rosemead, but parking wasn't a problem, just exercise a little patience.

My final score, with 10 being best ... 8 ½ for President Thai Restaurant.

As always, you, the reader, will issue my final score.

**President Thai, 498 S.Rosemead Blvd. Pasadena, (626) 578-9814**

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Mountain Views News has been adjudicated as a newspaper of General Circulation for the County of Los Angeles in Court Case number GS004724: for the City of Sierra Madre; in Court Case GS005940 and for the City of Monrovia in Court Case No. GS006989 and is published every Saturday at 55 W. Sierra Madre Blvd., No. 302, Sierra Madre, California, 91024. All contents are copyrighted and may not be reproduced without the express written consent of the publisher. All rights reserved. All submissions to this newspaper become the property of the Mountain Views News and may be published in part or whole.

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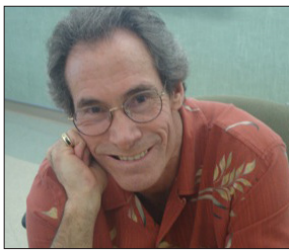
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### Mountain Views News Mission Statement

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.

## HAIL Hamilton



## My Turn Ban On Gay Marriages Declared Unconstitutional

An editorial in the Charleston Gazette summed up perfectly the recent decision by U.S. District Court Chief Judge Vaughn Walker that 2008 California Proposition 8 was unconstitutional and that its ban on gay marriage could no longer stand.

“Aug. 07--CHARLESTON, W. Va.--Democracy is self-contradictory. It's based on majority rule -- yet the Bill of Rights protects the minority and the individual from being trampled by the majority. The white majority cannot vote to deport all blacks. The Christian majority cannot ban Jewish worship. And heterosexuals cannot outlaw homosexual marriage. Minorities have equal rights, despite majority disapproval.

“This profound principle was tested in West Virginia during World War II, when “patriots” beat Jehovah's Witnesses who wouldn't salute the flag or recite the Pledge of Allegiance. Jehovah's Witness children were expelled from Kanawha County schools. But the U.S. Supreme Court ruled in 1943 that West Virginia's majority couldn't force its beliefs on those who think differently.

“Fundamental rights may not be submitted to a vote; they depend on the outcome of no elections,” Justice Robert Jackson wrote in the historic **West Virginia State Board of Education v. Barnette** decision. . . . ‘If there is any fixed star in our constitutional constellation, it is that no official, high or petty, can prescribe what shall be orthodox in politics, nationalism, religion or other matters of opinion or force citizens to confess by word or act their faith therein.’”

Now this famed Mountain State ruling has been cited again in giving gays equal right to marry. Here are details:

California's Supreme Court ruled in 2008 that same-sex couples are entitled to wed. Swiftly, 18,000 such California couples got marriage licenses, but a conservative evangelical backlash erupted. More than \$83 million was spent in a bitter campaign that ended with 52 percent of voters passing Proposition 8, which banned gay marriage. Equality advocates challenged Proposition 8 in federal court.

In **Perry v. Schwarzenegger**, Judge Walker ruled that gays are full American citizens, and the 14th Amendment gives all citizens equal rights. “No evidence backs the claim that gays shouldn't marry,” the judge wrote. Proposition 8 was based solely on “the notion that opposite-sex couples are superior to same-sex couples,” he said, and “that there is something wrong with same-sex couples. . . . Moral disapproval alone is an improper basis on which to deny rights to gay men and women.”

“The 2008 election that narrowly passed Proposition 8 was *irrelevant*,” he said, citing the West Virginia ruling in **Barnette** that “fundamental rights may not be submitted to a vote.”

Such a breakthrough ruling as **Perry** will certainly be appealed to the U.S. Supreme Court. Although it is not certain how the high court might rule, it is more than likely that a swing vote by Anthony Kennedy--a Reagan appointee--will affirm Judge Walker's decision.

Kennedy's concept of “liberty” has included some protections for sexual orientation. He wrote the Court's opinion in the controversial 1996 case, **Romer v. Evans**, invalidating a provision in the Colorado Constitution denying homosexuals the right to bring local discrimination claims.

In 2003, he authored the Court's opinion in **Lawrence v. Texas**, which invalidated criminal prohibitions against homosexual sodomy under the due Process Clause of the 14th Amendment of the United States Constitution, overturning the Court's previous ruling in 1986's **Bowers v. Hardwick**. In both cases, he sided with the more Liberal members of the Court. In **Lawrence** he also controversially referred to foreign laws, specifically ones enacted by the **Parliament of the United Kingdom** and the **European Court of Human Rights**, in partly justifying its result.

Judge Walker's decision makes clear that gay equality is advancing steadily in America, as black equality and women's equality did in the past. Morality evolves over time. A half-century ago, it was a felony to be gay, and many were sent to prison. A quarter-century ago, gay sex became legal. Now gay marriage is on the horizon. The march toward gay equality is unstoppable.

(**Postscript:** On Monday the 9th Circuit Court of Appeals agreed to stay Judge Walker's decision until Dec. 6 when it would review the case. Let's hope justice delayed is not justice denied.)

## STUART Tolchin .....On LIFE LA River and the Future



I wanted this article to be about how pleasurable my trip to Portland was and how my constant awareness of the river flowing in the midst of the city added to my pleasure. I just wanted to write a nice article talking about how nice it would be to bring the Los Angeles River back to life. Alas, I waited too long to write the article. I've been back at work for a week and a half and already my daily experiences of social problems are blotting out my experience of the river. Sure it's a little about the difference

between being on Vacation rather than being back home and reading the papers and listening to the news and again being immersed in the problems of living.

While in Portland I started every day with a walk along the Willamette River which flows right through the center of town. In Portland our hotel was located right next to the river and there is something very alive and fresh about being near this flowing water. We all know that most of the great cities of the world were founded right next to rivers. I think of London, Paris, Budapest, Prague, Lisbon, all right next to flowing water. The rivers of these cities create a feeling of life in motion for the city-dwellers. The rivers all have their own histories and probably connect people to the past and to the coming future. To put it bluntly Los Angeles needs a river!

I know there is talk about Los Angeles River projects but nothing ever seems to happen. Instead of resurrecting the river money is spent on huge building constructions and mass transit alternatives that are outmoded before they are even completed. If you ask me Los Angeles does not need more mass transit. The city needs safe bike paths and must find a way to allow people to live closer to where they work. Personally, I think this love-affair with automobiles must end. They are incredibly expensive, incredibly wasteful of energy, incredibly dangerous, and have an unfortunate side effect of destroying the planet.

I think being astride the River probably makes a difference in the way a city conceives of itself. Conveniently located within the City of Portland are immense Pose Garden, Japanese Gardens, and a gigantic Forest preserve. These spots are cheaply and easily reached by public transportation because in Portland there are street cars and light rail which are free of charge. I think the way it works is that buses and street cars are sponsored by various businesses which are on the routes of the buses. However they manage it the system seems to work beautifully. You even see White People on the buses. Of course that's almost all there is in Portland, White People, and it must be very disconcerting to any LA expatriate. In a way that's just the point. In Los Angeles buses are used predominantly by poor people, generally people of color, and this too is a kind of embarrassment. Although the diversity in Los Angeles is one of its great strengths, the class differences between rich and poor, White and non-White are really intolerable. Are these social problems connected to the lack of a River? Yes, I think it is all connected to a refusal to notice the conditions which exist right in front of our face. If we slowed down a bit and walked along the River I think we'd all notice more.

There needs to be a shift in focus such that there is more awareness of the difficulties that face people. Yes I think a river would help us all to focus on what is really important and what would improve the quality of people's lives. I would like to see the establishment of mentoring programs, and internship programs, and wellness programs. Of course we need JOBS and all of these programs involve jobs, not just jobs but meaningful work. We need to focus on the lives of young people to insure that they are healthy and well-fed. We need to provide a structure wherein young people are not merely entertained but are actually educated. We need to take charge of our technology rather than allow it to take charge of us. I could go on and on and probably so could all of you. All I'm suggesting right now is that we at least think about our dormant almost non-existent river. Maybe bringing the river to life and watching its flow might be a step towards putting all of our lives into harmony with natural life forces. It seems like a good idea to me and I don't think it could hurt.

# Left Turn/Right Turn

## HOWARD Hays



## As I See It

Lord knows, I've religiously avoided a certain topic while raising hell and spreading the gospel truth in these god-forsaken times. I don't know what relevance it would have under “Left Turn / Right Turn”, with those of us on the “left” primarily sharing a devotion to our Constitution and reverence for the principles outlined by our Founding Fathers. Most Christians I've known love their families, their country, and care about other people. I would say the same about Jews I've known. And Muslims. And Buddhists and Hindus, not to mention atheists and agnostics.

One thing we all are subject to is falling victim to stereotypes; whether of race, region or religion. My wife and I attend services at a Buddhist temple; our Buddhist sensei (teacher) for a primarily Japanese-American congregation is a Jewish-raised Vietnam vet with decidedly Republican political leanings.

Often when we hear in the news of people doing bad things, even heinous acts of utter depravity, religion is somehow attached. There were events in the weeks prior to 9/11 that nowhere approached that scale, but remained in my consciousness nonetheless. In Northern Ireland, a group of men gathered to throw rocks at young girls. They were residents of a Protestant neighborhood who objected to students from a nearby Catholic girls' school passing through their turf as they walked to class. The “men” who threw rocks at little girls were Protestant, the same religion I was raised in. They would call themselves “Christian”. In Saudi Arabia, casualties resulting from a fire at a girls' dormitory were greater because members of a Muslim “religious” police, who arrived on the scene before firefighters, prevented residents from escaping whose bodies were deemed not to be sufficiently covered.

Whatever conflicts there are between religions, they don't seem as great as those taking place within. Is the Orthodox resident of an unauthorized West Bank settlement more Jewish than the Reform soldier in the Israeli Defense Forces sent to evict him? Is someone trying to enter an abortion clinic less Christian than the one waving a picture of a fetus in her face? And then there are the Muslims -

A friend who recently moved to Thailand forwarded a column by author William Dalrymple, in which he describes the Muslim sect known as the Sufis. Dalrymple tells of the 13th century Persian poet Rumi, a Sufi saint who wrote not of a certain sect in a certain religion, but of his belief that the world's religions were “all manifestations of the same divine reality”. Rumi wrote of finding the divinity within each of us, in our hearts, rather than in mere adherence to the rituals of church, mosque or synagogue. Dalrymple characterizes these teachings as a “New Testament” of Islam, as they deal with love rather than judgment.

Such teachings don't sit well with other Muslims. Last month, the Pakistan Taliban pulled off a double-suicide bombing at the

largest Sufi shrine in Lahore, Pakistan's second-largest city. 42 people were killed, 175 injured. A Sufi cultural center in Lahore was bombed last May. Shrines dedicated to Sufi leaders outside Peshawar were destroyed by rocket fire.

Dalrymple says one of the most “devastating” attacks was the destruction of the shrine to the 17th century poet/saint Rahman Baba (“We are all one body. / Whoever tortures another, wounds himself”) in northwest Pakistan, at the foot of the Khyber Pass. Certain activities took place at this shrine that couldn't be tolerated by other Muslims; there was music, there were songs - and women as well as men were welcomed to come and join in.

About ten years ago, a Saudi-financed madrasa (religious school) was built on the path leading to the shrine. Soon, students would regularly come up to the shrine to harass worshipers for their “immoral” activities and tell the women to stay home. In March 2009, the shrine was destroyed by dynamite. The Pakistan Taliban took credit, saying it simply had to go for “allowing women to pray and seek healing there”.

In Pakistan, the doctrinaire Wahhabis have become dominant in the northern part of the country, ever since we financed their fight against the Soviets in Afghanistan (which, at the time, was under threat of becoming a modern country - with secular government, an educated citizenry and equal rights for women). The Sufis continue to dominate in the south, where, for thousands of years, they've put their beliefs into practice by showing how Muslims and Hindus can get along just fine living together side by side.

Amongst radical, jihadist Muslims, espousing Sufi doctrines of love and tolerance is not a matter of theological debate, but of risking your neck. Dalrymple suggests that in the eyes of Osama bin Laden and Al Qaeda, as well as the Taliban, any Sufi leader would be “a legitimate target for assassination”.

Aside from religious interest, there are practical, real-world applications for such beliefs. A 2007 RAND Corporation study concluded that Sufis would be ideal “partners in the effort to combat Islamist extremism”. The sect's most prominent American leader, Feisal Abdul Rauf, became the go-to guy in the wake of the 9/11 attacks. Speaking of other Muslims in an interview with Katie Couric on NBC in October 2001, he said, “We have to be very much more vocal in protecting human rights and planting the seeds of democratic regimes throughout the Arab and Muslim world.” In 2003, the F.B.I. called him in as a consultant in dealing with the Muslim community. In 2007 President Bush's State Department sent him off to Morocco, Qatar, Egypt and the UAE to speak on religious tolerance and diversity.

And now Imam Feisal Abdul Rauf plans on opening a Muslim cultural center in Manhattan.

Last week Greg tried to make some connection with allowing churches and synagogues in Muslim countries. This has nothing to do with them. This has to do with us - for God's sake.

## Islamic Realities

What does it mean when one side in a conflict preaches tolerance and the other preaches destruction? In the case of international relations, it usually means that one side isn't dealing with reality. While I thought I wouldn't be commenting again on the mosque at Ground Zero, the ongoing controversy has prompted a look at the bigger picture, and the view isn't pretty.

We now know a bit more about the Imam proposing the mosque and the group financing it, thanks in part to the public commentary of the current leader of Hamas. It now seems quite apparent that building a mosque so close to the site of the attack by Islamic radicals is just one more attempt to whittle away our resolve to defend our civilization. The fact that we have to defend our civilization is a reality that isn't yet shared by our political leaders. Most of them are still framing the issue in the context of religious tolerance.

That's not to say all political leaders have been fooled. Harvard's Samuel Huntington published a piece some years back in which he argued that we were in the midst of a “Clash of Civilizations”. He argued that recent history clearly showed that 3 civilizations are vying for dominance: Western, Muslim and Confucian. He also predicted that the conflict was liable to heat up since 2 of these civilizations (Muslim and Confucian) didn't share our devotion to peaceful coexistence. Remember, it only takes one antagonist to start a conflict.

Clearly, leadership in the Muslim world has set themselves on the path of militarily taking on the west, just as the leadership in the Confucian world (China) is taking on the west economically. Neither shares our devotion to civil rights, political freedoms or democracy. Thus, who wins this conflict is damned important. Not to be too inflammatory, but the fate of the world hangs in the balance.

The current administration, and many of the elites in the media and academia, insist on seeing the world through universalist eyes. Theirs is the belief that we are now at the point of history when all nations would move toward a more-or-less single political standard: that of liberal democracy. In such a world, the economic incentives toward greater cooperation would move all of us further away from armed conflict to the point where war would no longer be needed.

President Obama is just the most recent advocate of this universalist vision. He continues to state, as he did in his famous Cairo speech, that relations between the U.S. and the Muslim world would be based on mutual respect and on the recognition that American values and Islam are not in competition.

It's a nice thought, but once you've extended the olive branch, it really is necessary for the other side to accept it and then to reciprocate.

The president implicitly counted on moderate Muslim nations to do so. This just hasn't happened. In fact, the radical elements in Islam (conservatively estimated at 20%... and growing) have only been emboldened by what they perceive as weakness. Their reality is a conflict - armed or otherwise - which must result in the imposition of Sharia law and custom in the U.S. and the west. Consider just a few examples.

Turkey has been considered by many to be the most moderate Muslim nation, so we should expect some olive branches. Instead, Turkey's president congratulated Iran on the results of their most recent corrupt election. Turkey sided with Brazil to scuttle U.N. sanctions against Iran for seeking nuclear weapons. Turkey also sponsored the “aid flotilla” to Gaza knowing that Israel would have to stop it forcefully. And many in Turkey are calling for a new Ottoman empire to lead the Muslim world against the West.

In Egypt, most major western intelligence services predict that if open elections were held, the radical Muslim Brotherhood would gain a slim majority of seats, if not outright control of the government. Saudi Arabia has invested approximately \$2 billion per year for the last 30 years to spread its fundamentalist brand of Islam - itself responsible for almost all of the 9-11 terrorists. Even Indonesia and Malaysia (Indonesia being the largest Muslim nation on the planet) have sizeable populations calling for the imposition of Sharia Law.

Every day we seem to awake to yet another sign that those who are presently leading the Muslim world are stepping up the level of confrontation with the West. Much like Hitler's strategy of the early 1930s, they are testing the limits. Every time they demand an accommodation which weakens our commitment to the unique values of our civilization or to our ability to defend ourselves, they are testing to see where, if anywhere, we will push back. Keep in mind that the West's appeasement policies toward Hitler simply brought about a more destructive war than would have otherwise been the case.

It's not that war then was inevitable. Historians point out that western resolve against Hitler earlier would have prevented him from amassing the momentum (cont. on page 9)



*About the author: Gregory J. Welborn is a freelance writer and has spoken to several civic and religious organizations on cultural and moral issues. He lives in the Los Angeles area with his wife and 3 children and is active in the community. He can be reached at [gregwelborn@earthlink.net](mailto:gregwelborn@earthlink.net).*

WELLBORN (*cont. from page 7*) and the military might necessary to even launch the second world war. Today, in a similar vein, the West needs to accept that leadership in the Muslim world is seeking conflict, testing our will and abilities, and attempting to impose their undemocratic and theocratic vision of government on the rest of us. There are, of course, many in the Muslim world (80%) who want to live in peace, but absent a strong U.S. response and push back, they live in fear of retaliation from the radical 20%. This is not a prescription for long term peace.

Western leaders must resign themselves to the reality that most of the other leaders in the world do not share our commitment to democracy and freedom. This is not to say that the majority of the world's population wouldn't want these things for themselves and their children. Remember most of the world's citizens live under the boot of one oppressive government or the other. But we cannot confuse sharing common cause with the world's citizens with sharing common cause with all the world's leaders. We must stand firm in our commitment to western values of freedom and democracy, stop the tyrants from further gains, and work for the eventual liberation of all those who inhabit this world.



YOUR HEALTH MATTERS

Today's Subject:

Mindfulness - Part 3



Dr. John Talevich, D.C. has practiced in Sierra Madre for thirty years. His clinic, LifeWorks! Chiropractic, offers patient-specific approaches to the alleviation of pain and individually tailored wellness programs.

In the last two articles, the subject of stress reduction and how it relates to what we are thinking, feeling and doing has been discussed. In the simplest of terms, if we are reducing the amount of adverse stimulation, then we can begin to control our stress levels to a greater degree.

No doubt you have pulled alongside a car at the stoplight and have been treated to a few moments of bone shattering, ear splitting base chords bouncing off the sheet metal of said car; you may even have been surprised to discover that the individual in the car was not a member of a younger generation but an apparently mature person simply enjoying a dose of minor chord rhapsody, completely unaware that you have been experiencing the same. Perhaps the music that you were listening to had fused with the adjoining symphony to create noise. Like a carbon footprint, you have expended a small portion of your

life energy processing the uninvited input; magnify this over thousands of minutes and hours and you can get a small picture of how we spend our energy.

So, how do we conserve the energy that we have? One of the best ways of slowing down the never-ending demand for our attention is silence. Let's start from the inside and move out.

- By bringing attention to the condition of our thinking from moment to moment, we can begin to slow the mind down (this is a lifelong process).
- By slowing ourselves down physically and by moving with intention and focus, we reduce the racehorse mentality that a simple trip to the market may provoke.
- By practicing silence for a time each day, we continue to calm and reduce stress. This is done by listening more and talking less, turning down background noise (t.v., radio, iPod, computer, etc.), eating in silence and perhaps going for a walk in nature with the intent to be still and aware.
- At the beginning and the end of the day, gentle yourself into the light and darkness by reducing the exposure to ambient lighting (again, t.v., computer screen, overly bright lamps, etc.). This reduction of lights discourages the too-rapid stimulation of the retina and stress responses.

We can appreciate that, by and large, we are in control of how we respond to the stresses of life. By utilizing mindfulness practices, we can actually eliminate many of these stresses outright, cultivating a preference for peacefulness instead of chaos.

Have a wonderful week, Dr. John

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•Time: 10 am to 3 pm

~

Bring this ad with you and receive 10% off on your entire purchase.

Offer only good on September 2, 3, and 4, 2010

The shop is operated by the Sierra Madre Woman's Club. All proceeds are donated to the many charities the club supports.



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• Comforters are \$1.75 per lb.



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Clothes are professionally cleaned

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customized cleaning to your specifications

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when it's convenient for you (24 hours a day)

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in air conditioned comfort



370 W. Sierra Madre Blvd. (626) 355-6213 • (next to Bank of America)

SENIOR HAPPENINGS

FYI:

SIERRA MADRE SENIOR EVENTS

STAYING COOL

As the weather gets warmer, please remember to drink plenty of water, where loose clothing and visit us at the Hart Park House / Senior Center. The center is air conditioned and open Monday - Thursday from 9:00 am to 2:00 pm & Fridays 10:00 am to 1:00 pm

Recipe of the Week:

Spiced Chicken Skewers with Lemon Vinaigrette

INGREDIENTS:

1 1/2 pounds skinless, boneless chicken breast, cut into bite-sized pieces

1 tablespoon cumin seeds

1 tablespoon coriander seeds

1/2 teaspoon salt, divided

1/2 teaspoon paprika

1/2 teaspoon freshly ground black pepper, divided

1/4 teaspoon crushed red pepper

1 tablespoon thinly sliced green onions

2 tablespoons fresh lemon juice

1 tablespoon extra-virgin olive oil

1 garlic clove, minced

Cooking spray

8 lemon wedges (optional)

DIRECTIONS:

1. Prepare the grill to medium-high heat.

2. Thread chicken pieces evenly onto 16 (6-inch) skewers.

3. Place cumin and coriander in a small nonstick pan over medium heat; cook 1 minute or until toasted, stirring frequently. Place spice mixture in a spice or coffee grinder; pulse 3 times or until coarsely ground. Combine ground spices, 1/4 teaspoon salt, paprika, 1/4 teaspoon black pepper, and crushed red pepper in a small bowl, stirring with a whisk. Spread spice mixture onto a large plate; lightly roll each skewer in spice mixture.

4. Combine remaining 1/4 teaspoon salt, remaining 1/4 teaspoon black pepper, onions, lemon juice, oil, and garlic in a small bowl; stir well with a whisk.

5. Place skewers on grill rack coated with cooking spray. Grill 8 minutes or until done, turning occasionally. Arrange skewers on a platter; drizzle with juice mixture. Serve with lemon wedges, if desired.

August Birthdays



Karlene Englert, Juanita Fernandez, Joseph Kiss, Patricia Miranda, Margaret Aroyan, Phyllis Bugh, Phyllis Chapman, Beverly Clifton, Mary Kay Gifford, Rosemary Morabito, Mary J. Perry, Marjorie Peterson, Susan Poulsen, Dorothy Quentmeyer, Genevieve Stubbs, Wilhelmina "Miep" Tulleners

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.

MENU BELOW

Monday: 1:00 pm to 1:45 pm: Strength training with Lisa Brandley. FREE class of stretching with light hand weights while you sit.

Tuesday: 2nd Tuesday of each month FREE blood pressure checks by Methodist Hospital; 11 am to 12 noon 3rd Tuesday of each month FREE financial consulting; 10 -12 noon call 355-7394 for an appointment 1:30 pm to 3:30 pm: BINGO; cards are only 25 cents each so stop by & play 5:30 pm to 7 pm: Yoga; \$7.00 - 50 & over. Please call 355-5278 for more information

Wednesday: 11 -11:45 am: Balance

Class with Teryl. FREE class designed to improve balance & refresh the joints 2nd Wednesday of the month: FREE Legal Consultations: 10-11:30 am. Appointments call 355-7394 Wii Wednesday - 1:00 pm or call the senior desk at 355-7394 to arrange another time & day to learn how to play. No previous experience or skills required and it is great exercise.

Thursday: 1:00 to 3:30 pm: Game Day. Join us for UNO and Poker with Bridge on the 2nd & 4th Thursdays; so please call for more information. 5:00 pm to 6:30 pm: Yoga; \$7.00 - 50 & over. Please call 355-5278 for more information

Friday: 1:00 pm: Ping Pong

Saturday: 11:30 am: Senior Club brown bag lunch and BINGO at 12:30 pm

BINGO

Pasadena Highlands & Accredited Sponsor 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. Accredited In-Home nursing care will provide a special prize on the 4th 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 1st & 4th Tuesday of each month for your chance to win these special prizes.

Meals-On-Wheels



Meals are delivered to home-bound seniors by volunteer drivers through the YWCA Intervale Lunch Program M-F (with frozen meals for the weekend.) Call the YWCA at (626) 214-9460 or Darlene Traxler at (626) 355-0256 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 626.355.6220 or (626) 355-0256.

Dial - a - Ride Tickets

Tickets can now be purchased at:

Sierra Madre City Hall

Hart Park House / Senior Center

Sierra Madre Library

SIERRA MADRE'S FARMERS MARKET

Wednesday 3-7pm

Fresh vegetables and seasonal fruits from California family farms.

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Free public parking on Mariposa.

Lunch Café — August Menu				
Monday	Tuesday	Wednesday	Thursday	Friday
2 Bean Soup & Hot Turkey Sandwich	3 Tomato Soup & Salmon or Beef	4 Vegetable Soup & Baked Chicken	5 Albondigas Soup & Tostada Salad	6 Squash Soup & Tuna Salad
9 Lentil Soup & Teriyaki Chicken	10 Birthday Cake Corn Soup & Sub Sandwich	11 Soup & Beef Tips on Egg Noodles	12 Santa Fe Chicken Salad & Soup	13 Chicken Soup & Pork Chops
16 Tomato Soup & Roast Beef	17 Bean Soup & Turkey ala King	18 Squash Soup & Salmon or Pork	19 Split Pea Soup & Hawaiian Chicken	20 Lentil Soup & Chef's Salad
23 Potato Soup & BBQ Pork Ribblet	24 Beef Stew & Potatoes	25 Soup & Chinese Chicken Salad	26 Corn Soup & Cheese Burger	27 Broccoli Soup & Spaghetti
30 Tomato Soup & Salisbury Steak	31 Soup & Chicken Fajitas		To make lunch reservations, call 365-0268	
*All meals also include low fat milk, whole grain roll with margarine and dessert (fresh fruit or pie). Also, on the 2nd Tuesday of the month the Café hosts a special "Birthdays of the Month" party with cake & ice cream.				

Mountain Views News 80 W Sierra Madre Blvd. No. 327 Sierra Madre, Ca. 91024 Office: 626.355.2737 Fax: 626.609.3285 Email: editor@mtnviewsnews.com Website: www.mtnviewsnews.com





Chris Bertrand

## One Of A Kind: *Featuring unique homes & gardens and the people who create them* Story and Photos By Chris Bertrand

### House of Blues ....and All That Jazz

This 1922-built Spanish style home, located in northern Sierra Madre, is somewhat hidden by the owners' beloved cactus and succulent garden. Once inside, the music begins... literally. Dr. Phil Cabasso and his wife, Cheryl Barnes, are well known, not only for his internal medicine practice in Arcadia, but as a musical duo combining her vocals and his piano at LA music spots like The Baked Potato in Studio City, Pasadena's Red White and Bluezz and Sierra Madre's Café 322. Their collaboration combines Cheryl's 3 ½ octave range of sultry and smoky to brilliant melodies with Phil's dreamy harmonic and rhythmic explorations up and down the keyboard. A mesmerizing combination that draws the listener in slowly and surely. How could I have asked for more? They performed one of my favorite tunes, "Fool on the Hill", for me, as they will at A Taste of Sierra Madre on September 11. Later in September, they'll return to Café 322 on Friday, the 17th. "We play and sing every day," says Cheryl, "though it's more intense when we've got new music for a gig or recording an album." When they're not performing, music is one of two key threads woven throughout their home and life. The grand piano is Grand Central Station in the living room, a very personal space for playing and listening. Even if no one's there, their music still hangs in the air. It's only that they've taken a break between sets. Collecting is their second passion, easily merged with the first. Their musical acquisitions start at quirky like a piano shaped radio and a piano shaped area rug in the family room; moves to notable sculptures in the musical genre to neon signs illuminating the word "Piano" when an at home concert begins. Much of it arranged around, above and even beneath the piano, a display space that unexpectedly works, especially because it's at eye level for the seated audience during musical soirees. Every item has a story. Every item has a history. No matter where

installation they built years later. They're regulars at the Rose Bowl Flea Market. Price sometimes is and sometimes isn't a factor. Blue glass plates embedded into the stucco in the back yard hardscape were from a Ross store, costing only a few dollars apiece. Simply a "must have" because of their deep blue color, sculptural impact and reflectivity. "We're scavengers, really," laughs Cheryl. "We look everywhere." The vintage, Art Deco dining room fixture is a prized heirloom shipped back from one of their sojourns into the markets of France, where Louis XIV furniture might be displayed next to a blanket with old dusty fixtures. The Cabassos regularly journey to the back roads of France, the home of many of Phil's family. While there, they love to collect for the house, shipping back or hauling back their finds. Phil comments, "They know their market is for the Americans, really, so most times the fixtures have already been rewired for US electrical service." But the light bulbs on this favorite fixture are another story entirely. This one retains the original bayonet rather than thread style bulbs popular eighty years ago, and Phil can only special order these replicas on the internet at \$15 a bulb. A rare case of "price no object"... well, almost. The period breakfront in the dining room was one of those Rose Bowl Flea Market finds, mixed beautifully with graceful wrought iron dining table and displays of cobalt glass. Above the breakfront, the mirror and sconces were more Franco-



we turned, the five foot high, vintage French posters, the Art Deco lighting, even the tile work has a resume. During my tour, the Cabassos commented that they've often collected items they knew were meant to be part of their lives and home, if yet unrevealed. Only years later would they be installed or incorporated into the home's design. "All our friends know we love cobalt blue," chuckles Cheryl. "Once we got a call that a local woodworking store, Rockler, was closing out cabinet handles in our favorite color. We didn't know what we would use them for, but we had to have them. We didn't even own the four poster steel bed where they're now finials of a sort." They've haunted the "seconds" and overrun sales at Walker Zanger for unique tiles (often reflecting their passion for that cobalt blue) destined for a balcony, a kitchen backsplash, a seating wall or other

driving down Pico near Helms Bakery, and noticed iron work out front of a business, and were blown away by this functional art form. They brought pictures of the angular Art Deco style wrought iron they wanted to use to decorate their arched doors. They've embarked successfully on many remodel and expansion projects, mostly because their first foray, the kitchen (accented in cobalt blue, of course) was such a success in 2006. "We were so emboldened by how easy our contractor made it for us," Phil reflects. "I spoke with a contractor patient, Mike

Prunk, about our plans to remodel the kitchen. We'd already planned it out, down to the cobalt double sink and blue Viking stove and blue-veined granite. He volunteered to bid the job, and the rest is history. The Cabasso still rave about Prunk's work years later, after they also added an extensive balcony, added a master bedroom in what was the original carport on the walkout lower level of the home (including a killer shoe carousel), and created several outdoor living spaces in the back yard. The back yard was inspired by chocolate. Well, actually, by the garden around the Ethel M Chocolate Factory in Henderson, Nevada. Apparently, tour buses make the place a regular tourist

stop. They took photos of the six to twelve inch thick slabs of stone artfully arranged in the hardscape, knowing they just had to have some of this Arizona Red Rock at their home, filing the inspiration away in photographs and memories. On a trip to Long Beach one day, they noticed the Lomita stone and rock yard. By incredible coincidence, the owner knew the installation in Henderson, completed by a friend. They talked more and exchanged contact information. Two weeks later, they were notified that two pallets of slabs arrived. Two thousand pounds of their "dream rock" was theirs. The heavy slabs had to be rolled on pipes into the yard, where each was placed by hand, rather, by muscle. One sits at a jaunty angle, as a sculpture surrounded by smooth pebbles. Another enormous and thick slab creates the barbecue and seating table. The copper bucket,



Prunk, about our plans to remodel the kitchen. We'd already planned it out, down to the cobalt double sink and blue Viking stove and blue-veined granite. He volunteered to bid the job, and the rest is history. The Cabasso still rave about Prunk's work years later, after they also added an extensive balcony, added a master bedroom in what was the original carport on the walkout lower level of the home (including a killer shoe carousel), and created several outdoor living spaces in the back yard. The back yard was inspired by chocolate. Well, actually, by the garden around the Ethel M Chocolate Factory in Henderson, Nevada. Apparently, tour buses make the place a regular tourist

of course, was a "find." stored away until they found the right use here as the outdoor kitchen's sink. The balcony structure was so "overbuilt" that the Cabassos only half-jokingly say they'll run out there in an earthquake. All sorts of collected tiles were embedded in the stucco walls and floors of the balcony, flowing like music along a staff. The balcony space expands the living spaces for indoor to outdoor entertaining, and becomes like a diving board for the eye to visually dive into the deep green pool of the yard below. The Cabassos shared a few additional secret favorite haunts for local collecting: Pasadena Architectural Salvage for just about anything vintage up to the 1940's, Hacienda on Colorado in Pasadena for rustic furniture, Arte De Mexico in North Hollywood for iron outdoor furniture and mosaic tile tables and Pasadena City College Flea Market for its potpourri of "treasures". You'll have a chance at a double dose of Barnes and Cabasso during A Taste of Sierra Madre. They will perform on that day, AND their cobalt blue accented kitchen will be on the "Coolest Kitchens Tour" Buy your Taste of Sierra Madre tickets at Savor the Flavor, Best Buy Drugs, Belle's Nest and The Bottle Shop in downtown Sierra Madre. Visit [www.CherylDBarnes.com](http://www.CherylDBarnes.com) for the couple's full performance schedule.

*Have an interesting home, garden or person who helps create them? Send the contact information to [C.Bertrand@MtnViewsNews.com](mailto:C.Bertrand@MtnViewsNews.com) today!*

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*by Luther Tsinoglou*

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This protects the lender by ensuring a lien isn't placed against your property for non-payment of taxes, and your home (their collateral) is

protected against catastrophe. But escrow also benefits borrowers by spreading the large annual payments for taxes and insurance over twelve months.

For example, if your taxes are \$1,600 per year and your insurance is \$800, you're budgeting a reasonable \$200 per month instead of making two big payments. Escrow accounts do not earn interest, so if you make a large enough downpayment, you may be able to avoid the monthly escrow and pay the bills directly. Ask your agent and your lender about the pros and cons.

*Luther Tsinoglou has just been named the top producing sales agent in Dickson Podley Realtor's Sierra Madre office for 2009, making the top 10% at the company overall. Luther has been licensed and practicing real estate since 1992. He specializes in residential and income property in Southern California. Luther can be reached at his direct line (626) 695-8650 or at [luther@tsinoglou.com](mailto:luther@tsinoglou.com).*



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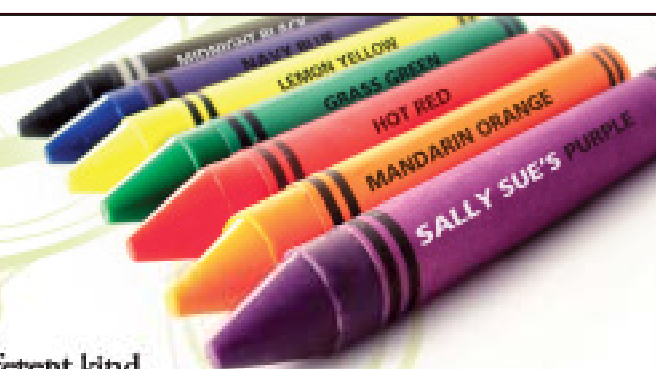
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