



October Is Breast Cancer Awareness Month “PARTNER IN CRIME” BECOMES PARTNER IN BATTLE AGAINST BREAST CANCER

Founder of Cupcake Cuties – cupcake decorative kits – launches “Cuties for the Cure” in memory of her friend who fought breast cancer for 7 years

When Theresa Deliberto, founder of Cupcake Cuties decorative kits for cupcakes, was asked by her good friend Dr. Susan Dietrich to become her ‘partner in crime,’ little did Deliberto realize that the ‘partnership’ would last long after her friend’s death from breast cancer in 2008 and extend to paying tribute to breast cancer survivors worldwide. This October, Deliberto will launch a special cupcake kit, “Cuties for the Cure”, where 5% of proceeds raised from sales will be donated to the Susan G. Komen LA County Foundation. Susan G. Komen for the Cure” is the largest source of nonprofit funds dedicated to the fight against breast cancer in the world.

“Deedels was diagnosed with Stage 4 breast cancer with 19 lymph nodes involved in 2001, so obviously the prognosis wasn’t promising,” Deliberto recalls. “She came to me after her initial surgery and asked if I would be her ‘partner in crime.’ She hoped that I would serve not only as her friend but as her medical advocate.”

Deliberto didn’t hesitate to say yes, and for the next 7 years, accompanied Deedels on all her doctor appointments and chemotherapy treatments. In addition, as her friend’s advocate, Deliberto acted as Detrich’s second set of eyes and ears as she progressed on her journey.

“I told her I would sign up for 25 years,” Deliberto continues. “Deedels was 48 at the time and she smiled that incredible smile of hers

at the thought of being able to be such a survivor. Although she was a person who accepted life for what it was, I have never seen such a fighter in all my life.”

Now, Deliberto is hoping that her customers will join her in advocating for women fighting the disease by purchasing Cuties for the Cure throughout October, Breast Cancer Awareness Month, and beyond. “Cuties for the Cure are also a great way to honor the brave women all of us know who have survived breast cancer,” Deliberto adds. “In fact, Cuties for the Cure are dedicated as much to my mother, who is a breast cancer survivor, as they are to Deedels.”

Cuties for the Cure are available for \$ 23.99 / k i t and may be p u r c h a s e d online at www.cupcakecuties.com.

“I personally know over 25 women who have battled this disease,” says Deliberto. “Cuties for the Cure are my gift to them and to the thousands of women throughout the world just like them.”

Cupcake Cuties retail for \$19.99 to \$23.99 per kit and may be purchased online at www.cupcakecuties.com. Cupcake Cuties also offers a Cutie of the Month Club, where members receive monthly kits showcase designing especially suited for that particular month.

To learn more about Cupcake Cuties, visit the website or call 818.554.7783.

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Sierra Madre Says Thanks

Recognizing that volunteers and staff contribute thousands of hours of community service to help keep Sierra Madre running smoothly, the City annually shows their appreciation at the Honors Dinner, held at Alverno’s Villa Del Sol d’Oro. This year the honorees included:

Employee of the Year:
Debbie Henderson

George Maurer Lifetime Service Award: City Treasurer George Enyedi, pictured below with Mayor Joe Mosca

Police Chief’s Special Award:
Carroll Eugene Gray

Public Service Award
Hank Landsberg

Wistaria Award
Sierra Madre Little League

Youth Service Award
Taryn Clark and Brittany Dashek



In addition, current and immediate past commissioners and committee volunteers were honored. Outgoing Commissioners were also recognized.

O u t g o i n g Commissioners and Trustees included:

Jeff Shantz, *Community Arts Commission*

Natasha Comer and Grace Broyles, *Community Service Commission*

Julie Tran Picker, *Senior Commission*

Claire Wilson, Nan Kaiser, and Nan Baker, *Tree Advisory Commission* and Patricia Hall, *Library Trustee*.

Sierra Madre Farmer’s Market Closes

Scholastic Gardens the operator and manager of the Farmers Market notified the City that they would no longer be able to operate the Farmers Market after September 30, 2010. Upon receiving this information, the City of Sierra Madre sent out requests inviting qualified operators to submit proposals for the overall management and marketing of the City’s Farmers Market but did not receive any qualified bids.

At its regular meeting on Monday, September 20, 2010, the Community Services Commission recommended staff review other locations within the City to host a Farmers Market and to issue a second RFP for a Farmers Market to commence in Spring/Summer 2011.

For updates on this process, or for information on how to submit a proposal please call Community & Personnel Services Department (626) 355-5278.

GENERAL PLAN COMMITTEE CALENDAR

- Tues, Oct 5th*
City Council Chambers 6:00 pm
General Plan Steering Committee
- Mon, Oct 11th*
Congregational Church 7:00 pm
Outreach/Communications team
- Mon, Oct 25th*
Hart Park House Senior Center
222 W Sierra Madre Blvd
7:00 pm
Outreach/Communications Team
- Tues, Nov 2nd*
City Council Chambers 6:00 pm
General Plan Steering Committee
- Sun, Nov 14th*
TBA TBD Outreach/
Visioning Team Town Hall Forum

Senate Debate Held In Pasadena

Story and Photo by Dean Lee

There was tension both inside and outside the KPCC studios Wednesday afternoon as Carly Fiorina, the U. S. Senate Republican candidate, slipped in a side door at the radio station to avoid over 100 demonstrators who are opposed to her candidacy for one of the two U.S. Senate seats that represent California. Fiorini was headed inside to participate in a debate with Senate Democrat Barbara Boxer. Boxer, participated from the NPR Washington studios.

Despite the miles between them, the two debated for an hour and took opposite sides on almost all issues ranging from the Constitutional right to terminate a pregnancy, legalizing automatic weapons, and the Global Warming Solutions Act, AB 32. At one point, Fiorina likened recent beheadings in Monterrey Mexico to people hanging from bridges in Pasadena, a comment that appeared to disturb many in the audience.

Fiorina said she thought the United States should support Mexico on stopping illegal drug trade. She was asked if that meant providing military assistance in its war against the drug cartels and hedged at the answer.

Boxer’s response to the same question, “Mexico is its own country with its own elected leaders, and the best thing we can do is try to work with them and help them. I would never tell Mexico the way to go after these drug cartels, but clearly we have to make sure that we help Mexico in their efforts.”

At one point, on the environment, Fiorina was at a loss for words



Senate hopeful Carly Fiorina

when asked the names of extreme environmental groups, she said, Boxer supports.

Boxer later said she was proud to have the support of the Sierra Club and the support of the League of Conservation Voters.

Outside the studios, protesters were demonstrating against everything, MoveOn.org, a political action group, was there to oppose Fiorina vowing to show up everywhere she goes. Local Tea Party supporters also protested holding signs supporting Fiorina.

At one point, Green Party candidate Duane Roberts, disgusted at the whole process, lashed out at the radio station for not letting him participate in the debate. Inside KPCC did not say why third party candidates were not allowed. A few people said they thought the public radio station should have let Roberts debate.

Patt Morrison and La Opinión news editor Gabriel Lerner co-moderated the debate.



ST. RITA 2010 HARVEST FESTIVAL
SATURDAY, OCT. 23RD 12:30-9:30PM
Games, Rides, Prizes, Food, Entertainment, Baked Goods, Silent Auction, Plants, Garden Decor & More!

FRIDAY NIGHT FAMILY PRE-FEST
BEER, BRATS & BINGO
OCT. 22ND, 6:00-9:00 P.M.
Brat or Hotdog, chips & lemonade \$5
\$1 Bingo, Music, Beer Garden

Wine Jazz Walk

5th Annual Sierra Madre



PRESENTED BY
Riboli Family Wine Estates & San Antonio Winery

Proceeds to benefit City of Hope

Saturday, October 9, 2010

4 - 7 p.m.

Downtown Sierra Madre at Baldwin and Sierra Madre Blvd.

VIP San Antonio Winery Wine Garden
6:30-10:00 p.m.

Tickets \$40 pre-sale • \$50 day of event
\$75 VIP Package includes VIP Wine Garden

- Stroll though historic downtown Sierra Madre
- Browse in local shops
- Taste fine wines and sample local cuisine
- Listen to Live World Class Jazz Bands
- Enjoy a Fabulous Silent Auction
- Join City of Hope Bone Marrow Registry
- View exotic cars on display from the Ferrari Club of America and Rusnak Mercedes Benz



Tickets available at www.sierramadrewineandjazzwalk.com or at participating Businesses

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A calming place to hang out!



Weather Wise

5-Day Forecast Sierra Madre, Ca.

Mon:	Sunny	Hi 90s	Lows 60s
Tues:	Sunny	H 90s	Lows 60s
Wed:	Sunny	Hi 80s	Lows 60s
Thur:	Sunny	Hi 80s	Lows 60s
Fri:	Sunny	Hi 80s	Lows 60s

Forecasts courtesy of the National Weather Service



BEST USED BOOK SALE

*“Autumn is a second spring when every leaf is a flower.”
- Albert Camus*

Nestled between the lazy days of summer and the chilly days of autumn is the time when the days are sunny and warm, but the nights are crisp and cool. What a perfect time to nestle up with a hot drink and an inviting book.

Isn't it nice to know the Friends of the Sierra Madre Library regularly offer up wonderful deals on the purchase of books. We're holding our October Best Used Book Sale on Friday, October 1st 3pm to 7pm, and Saturday October 2nd 10am to 2pm. The sale will be located at the Sierra Madre Public Library, 440 W. Sierra Madre Blvd in Sierra Madre. Don't miss a perfect opportunity to shop early for your Holiday Gifts. You are invited to browse inside and outside the Library for beautiful Coffee Table books which, we might add, make excellent gifts.

All sale proceeds benefit Sierra Madre Library Programs. Call (626) 355-7186 for information. Stop by early for the best finds. And remember, the library exists to serve the needs of you and your family. We are here for you.

Sierra Madre Library to Take Part in “Snapshot”

A Day in the Life of California Libraries

On Monday, October 4, The Sierra Madre Public Library is joining libraries across the state in participating in “Snapshot: One Day in the Life of California Libraries,” to show how important academic, public, school, and special libraries and library systems are to the state of California. This Snapshot Day has been developed by the California Library Association (CLA).

The Library will compile statistics, customer comments, photographs, and other data chronicling a typical library day. The results collected will be added to those of other libraries across California, by CLA, to show how libraries provide invaluable services to California citizens.

Toni Buckner, Sierra Madre Public Library Director, reflecting on the importance of libraries in the life of the community, stated, “Our libraries provide irreplaceable and unique services to our communities, especially in these stressed economic times. Library usage is rising throughout California, and the demand is growing for books and other resources. As library services nationwide are being curtailed, access to a wide variety of educational programs and databases, as well as free computer and Internet use in our public libraries has proven invaluable, especially to job seekers and students. We hope that this “snapshot” of a day in the life of California libraries will reinforce in the minds of decision makers the critical need for their ongoing support of library resources and services.”

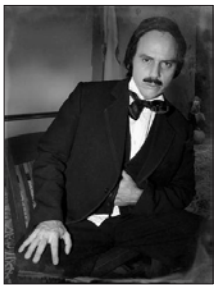
What has the Sierra Madre Library meant to you? We invite you to drop by any time between 12:00 p.m.-9:00 p.m. on October 4, and share how libraries in general, and the Sierra Madre Library in particular, have impacted and made a positive difference in your life. Haven't been to our—or any—library in a while? You might be surprised to learn that the library isn't “just about books” anymore. Let our friendly staff give you a tour and explain the many valuable free services available to you.

For more information on this event, please call 626-355-7186, or visit either the Library's website at www.sierramadre.lib.ca.us, or the CLA website at www.cla-net.org. The Sierra Madre Public Library is located at 440 West Sierra Madre Boulevard in Sierra Madre.

The Shadow Of The Raven Comes To Sierra Madre Playhouse

The Sierra Madre Public Library is pleased to present Broadway actor, director, scriptwriter and film veteran Duffy Hudson filmmaker, having performed on performing as Edgar Allan Poe Broadway and off-Broadway for in a solo show, “The Shadow of the Raven.” The performance, which is free and open to the public, will take place at the Library on Thursday, October 14, at 7:00 p.m.

Poe wrote some of the darkest and most chilling tales in American literature, and was himself an enigma. To this day, even the circumstances surrounding his own death remain a mystery. In this unique play, Poe rises from the dead and looks back at his life through the lens of some of his most famous works.



Interested students should check with their teachers before the program date to ensure that credit will be given. A proof of attendance form, to be filled out by the student and signed by Library staff, will be available following the performance.

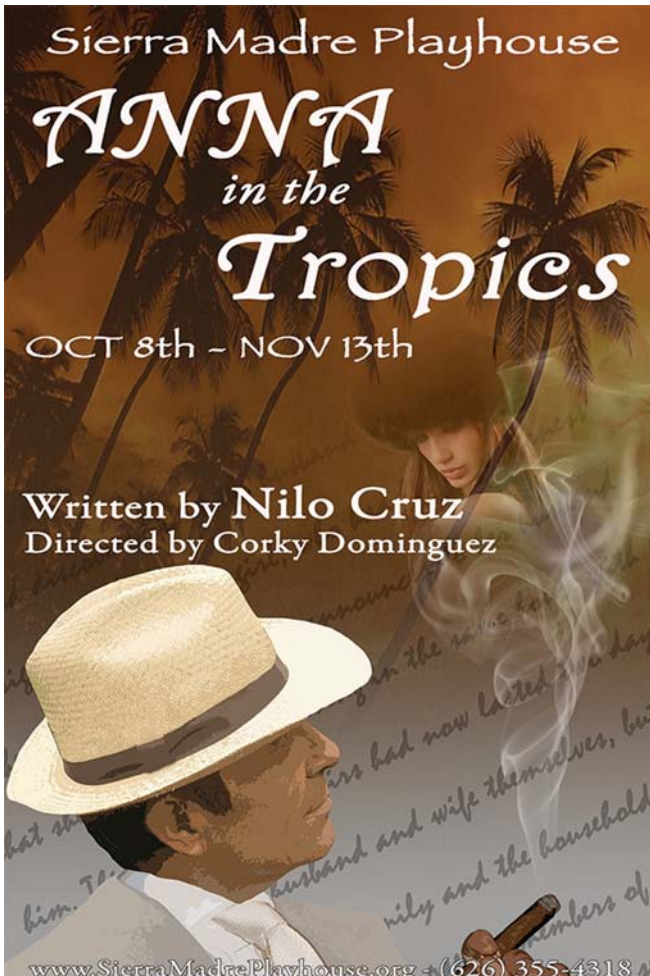
Creative Costuming with Recycled Materials Go Frugal and Green This Halloween!

On Wednesday, October 6, at 6:30 p.m. at the Sierra Madre Public Library, Holly Cleeland, author “Glue & Go Costumes for Kids: Super-Duper Designs,” will teach parents and children how to create unique, oversize, eye-catching costumes with recycled and other readily available supplies, such as plastic cups and plates, cardboard boxes, fabric and foam core.

Ms. Cleeland has been featured on the Rachel Ray Show, the View with Barbara Walters, and KTLA 5 with Gayle Anderson. She has worked with the 99 Cent Only Stores and five of her creations have been licensed by Smart and Final. She is also the creator of Lawn Cheers, a line of popular outdoor holiday decorations.

Three costumes, designed and constructed during the presentation, will be raffled off at the end of the program.

For more information on this event, please call 626-355-7186, or visit either the Library's website at www.sierramadre.lib.ca.us, or the CLA website at www.cla-net.org. The Sierra Madre Public Library is located at 440 West Sierra Madre Boulevard in Sierra Madre.



ANNA IN THE TROPICS OPENS AT SIERRA MADRE PLAYHOUSE ON OCTOBER 8

WHEN: Oct. 8- Nov. 13, 2010. Fri. & Sat. at 8, Sun. at 2:30. Dark on Oct. 10. Gala Opening Night performance on Friday, October 8 is preceded by a light buffet and Champagne reception at 7:15 p.m.

ADMISSION: \$20. Seniors (65+) and students (13-17), \$17. Children 12 and under, \$12.

RESERVATIONS: (626) 355-4318.

ONLINE TICKETING: www.sierramadreplayhouse.org

The cast for the Sierra Madre Playhouse production of “Anna in the Tropics” includes Arturo Aranda, Gerry Del Sol, Minerva Garcia, Eric Neil Gutierrez, Vanessa Marquez, Arturo Medina, Will Vasquez and Claudia Vasquez.

Assistant director: April Ibarra.

Sierra Madre Playhouse had found a comfortable niche, presenting mid-century American and British classics. In its new period of growth, it plans to expand its audience by presenting more challenging contemporary works. That includes “Anna in the Tropics,” one of the new century's best plays.

Sierra Madre Playhouse Second Stage Coming Up

October 10, 7pm Day After Day with Christy Mauro-Cohen

An enchanting musical about the life of America's sweetheart, Doris Day, and her incredible career. Enjoy such Day favorites as “Sentimental Journey,” “Que Sera Sera,” “When I Fall in Love,” and many more. A Theatres of Vision Production.

October 17, 7pm An Evening with Fritz Coleman

The consummate TV weatherman brings his unique

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Sierra Madre Fire Department Apparatus Dedication Ceremony

The City of Sierra Madre Fire Department would like to invite the residents of the City of Sierra Madre to join us in a dedication ceremony on **Saturday October 9th, 2010** from 9am to 11am. This ceremony will dedicate three new pieces of fire, and ambulance apparatus the fire department has recently purchased and placed into service. Members of the general public who attend the ceremony will have the opportunity to see the new equipment up close and personal; as well as, take a tour of the fire station, and speak with current members of the Sierra Madre Fire Department. Refreshments will be provided to all those who attend. Fire Chief Stephen Heydorff, as well as, members of the current and past city councils will be making comments during this occasion. The ceremony will take place at the Sierra Madre Fire Department located at 242 W. Sierra Madre Blvd.



HOT STUFF!

“We’re havin’ a heatwave, a tropical heatwave...” I was going to pose the questions as to who sang it first, who made it more famous the second time, in what movies, and who wrote it, but all you have to do these days is look it up on the internet - way too easy! For those of you who do, check out the lyrics - pretty racy stuff for 1938 and even 1954! I’m not gonna give away the answers though... you never know when QuizMistress Deanna might want to use ‘em in her Tuesday Night Trivia at Cafe 322! I suggest you do your homework. Trivia Night details below and photo of the hostess attached. You can also see her perform with the Mellow Dz, Mercy & the Merkettes and New Astroturf.

SAT. 10/2 - WRECK ‘N’ SOW @ ME & ED’S PIZZERIA IN LAKEWOOD, 6:30 - 9:30pm. 4115 Paramount Blvd. Bluegrass.

SAT. 10/2 - OPEN MIC NIGHT @ THE FRET HOUSE IN COVINA. 309 N. Citrus Ave. (626) 339-7020. Always on the first Saturday of the month, and just one dollar for performers or audience. Sign-up starts at 7:30. If there aren’t enough slots for everybody they’ll make a list for the next month, and call you. Each act gets two songs or ten minutes, whichever comes first. The show starts at 8:00. They’ll have desserts and coffee ready. Bring your friends and family and join the show! <http://www.frethouse.com/>

OCTOBER 3rd - HAPPY BIRTHDAY TO MY SON MATT!

SUN. 10/3 - BARRY “BIG B” BRENNER @ FIREFLY BISTRO IN SOUTH PASADENA, every Sunday, 11am - 2pm. 1009 El Centro. 626-441-2443. <http://www.bigbbrenner.com/>

SUN. 10/3 - “OPERA TO BROADWAY” VOCAL PERFORMANCES @ CAFE 322 IN SIERRA MADRE, 7-10pm. 322 W. Sierra Madre Blvd. 626-836-5414. Full bar and great Italian food. Every Sunday evening. Get there early - they pack ‘em in!

MON. 10/4 - MAX BUDA @ THE OLD TOWNE PUB IN PASADENA, 9pm? Corner of fair Oaks & Union behind the Container Store. Enter thru alley off of Holly Ave. 626-577-6583. Chester, Jerry, Ted, Bruce, Peter and Nick on noisemakers. An eclectic mix of jazzed-up rock. One of my favorite bands. Every first Monday night.

“TUESDAY NIGHT TRIVIA” @ CAFE 322 with QUIZMASTER DEANNA, 8pm. \$2 per person to play, CASH or gift certificates to the top 3 teams. Fun and educational! 322 W. Sierra Madre Blvd. 626-836-5414.

“WEDNESDAY NIGHT PLATTER PARTY” @ THE BUCCANEER, 9pm. Bring your favorite vinyl records and play an entire side on the house turntable, commercial free! 70 W. Sierra Madre Blvd. 626-355-9045. No cover, full bar, friendly service!

THURS. 10/7 - BARRY “BIG B” BRENNER @ FIREFLY BISTRO IN SOUTH PASADENA, 6 - 9pm, every Thursday. 1009 El Centro. 626-441-2443. Burgers, Brews & BLUES. <http://www.bigbbrenner.com/>

THURS. 10/7 - COW BOP @ CAFE 322 IN SIERRA MADRE, 8 - 11pm. 322 W. Sierra Madre Blvd. 626-836-5414. Full bar & great Italian food. Cowboy Jazz, Western Bebop. PintoPammy on vocals. Lots of fun! <http://www.cowbop.com/>

SAT. 10/9 - 5th ANNUAL WINE & JAZZ WALK IN DOWNTOWN SIERRA MADRE, benefitting the City of Hope. Live music on 12 indoor and outdoor stages, food and wine, exotic cars, silent auction, etc. \$40 presale/\$50 day of event. Tickets and info: 626-355-0024 or on the web: www.sierramadrewineandjazzwalk.com

SUN. 10/10 - BARRY “BIG B” BRENNER @ FIREFLY BISTRO IN SOUTH PASADENA, every Sunday, 11am - 2pm. 1009 El Centro. 626-441-2443. <http://www.bigbbrenner.com/>

SUN. 10/10 - “OPERA TO BROADWAY” VOCAL PERFORMANCES @ CAFE 322 IN SIERRA MADRE, 7-10pm. 322 W. Sierra Madre Blvd. 626-836-5414. Full bar and great Italian food. Every Sunday evening. Get there early - they pack ‘em in!

TUES. 10/12 - WRECK ‘N’ SOW @ THE PIKE BAR & RESTAURANT IN LONG BEACH, 8:30pm. 1836 E. 4th St. Bluegrass.

“TUESDAY NIGHT TRIVIA” @ CAFE 322 with QUIZMASTER DEANNA, 8pm. \$2 per person to play, CASH or gift certificates to the top 3 teams. Fun and educational! 322 W. Sierra Madre Blvd. 626-836-5414.

“WEDNESDAY NIGHT PLATTER PARTY” @ THE BUCCANEER, 9pm. Bring your favorite vinyl records and play an entire side on the house turntable, commercial free! 70 W. Sierra Madre Blvd. 626-355-9045. No cover, full bar, friendly service!

THURS. 10/14 - BARRY “BIG B” BRENNER @ FIREFLY BISTRO IN SOUTH PASADENA, 6 - 9pm, every Thursday. 1009 El Centro. 626-441-2443. Burgers, Brews & BLUES. <http://www.bigbbrenner.com/>

THURS. 10/14 - LISA FINNIE & FRIENDS @ CAFE 322 IN SIERRA MADRE, 8 - 11pm. Full bar & great Italian food! 322 W. Sierra Madre Blvd. 626-836-5414. Country/Jazzy Folk, and always quality musicians.

FRI. 10/15 - NEW ASTROTURF @ CAFE 322 IN SIERRA MADRE, 8 - 11pm. All ages welcome - bring the family for dinner. Full bar & great Italian food! 322 W. Sierra Madre Blvd. 626-836-5414. Folk/Rock & Classic Country. Back to their usual first Thursday of the month in November.

SUN. 10/17 - BARRY “BIG B” BRENNER @ FIREFLY BISTRO IN SOUTH PASADENA, every Sunday, 11am - 2pm. 1009 El Centro. 626-441-2443. <http://www.bigbbrenner.com/>

SUN. 10/17 - “OPERA TO BROADWAY” VOCAL PERFORMANCES @ CAFE 322 IN SIERRA MADRE, 7-10pm. 322 W. Sierra Madre Blvd. 626-836-5414. Full bar and great Italian food. Every Sunday evening. Get there early - they pack ‘em in!

“TUESDAY NIGHT TRIVIA” @ CAFE 322 with QUIZMASTER DEANNA, 8pm. \$2 per person to play, CASH or gift certificates to the top 3 teams. Fun and educational! 322 W. Sierra Madre Blvd. 626-836-5414.

TUES. 10/19 - Band practice with the Aluminum Marshmallow & The Age of Aquarius Horns at Mario's Cafe 322, immediately following trivia with Quizmistress Deanna (9-11ish). 322 W. Sierra Madre Blvd. 626-836-5414.

“WEDNESDAY NIGHT PLATTER PARTY” @ THE BUCCANEER, 9pm. Bring your favorite vinyl records and play an entire side on the house turntable, commercial free! 70 W. Sierra Madre Blvd. 626-355-9045. No cover, full bar, friendly service!

THURS. 10/21 - BARRY “BIG B” BRENNER @ FIREFLY BISTRO IN SOUTH PASADENA, 6 - 9pm, every Thursday. 1009 El Centro. 626-441-2443. Burgers, Brews & BLUES. <http://www.bigbbrenner.com/>

THURS. 10/21 - RICK SHEA & THE LOSIN’ END @ CAFE 322 IN SIERRA MADRE, 8 - 11pm. Full bar & great Italian food! 322 W. Sierra Madre Blvd. 626-836-5414. Americana/Roots/Country.

SAT. 10/23 - “BLUESAPALOOZA” IN DOWNTOWN COVINA WITH LIVE MUSIC ON SEVERAL STAGES, BEER GARDEN, KIDS’ ACTIVITIES, ETC. bluesapalooza.org

SAT. 10/23 - St. Rita's Harvest Festival. (Show time and supporting acts to be determined.) The annual pilgrimage to the birth place of the Aluminum Marshmallow. Games, rides, food, beer/wine. 322 N. Baldwin Ave. Sierra Madre.

FRI. 10/29 - HALLOWEEN HAPPENINGS IN DOWNTOWN SIERRA MADRE FOR THE KIDS - TRICK OR TREATING @ SHOPS & RESTAURANTS 3:30-5pm, COSTUME CONTEST SIGN-UPS in Kersting Court 4-5pm, COSTUME PARADE from Kersting Court to Memorial Park 5pm, COSTUME CONTEST in the Park 5:30pm.

FRI. 10/29 - SWING DANCE PARTY with FLAT TOP TOM & HIS JUMPCATS @ CAFE 322, 8 - 11pm. 322 W. Sierra Madre Blvd. 626-836-5414. Full bar, great Italian food, dance floor.

SAT. 10/30 - HALLOWEEN FREAKOUT COSTUME PARTY AND CONTEST WITH MERCY & THE MERKETTES @ CAFE 322 IN SIERRA MADRE, 8pm - Midnight. 322 W. Sierra Madre Blvd. 626-836-5414. Cash prizes!

SAT. 10/30 - HALLOWEEN COSTUME & DANCE PARTY @ THE AMERICAN LEGION IN EAST PASADENA, 8pm - Midnight with SNOTTY SCOTTY & THE HANKIES and HORSES ON ASTROTURF. 179 N. Vinedo Ave. 626-792-9938.

SAT. 10/30 - MORE HALLOWEEN MADNESS and 1st ANNIVERSARY BASH @ T. BOYLE'S TAVERN IN PASADENA, 9pm? 37 N. Catalina (in the alley - formerly Toe's Tavern and the Handlebars) Live band, costume contest, spicy pickled eggs! <http://www.tboylestavern.com/>

Please remember to call and verify all info. before making plans. Everything is subject to change. This is show biz, after all...

Hope to see you out & about, SierraMadreSue sierramadresue@yahoo.com



Only One Earth

Climate Change and the World's Oceans

by Albert Metzger

The disaster in the Gulf has focused attention on mankind's potential to negatively impact the marine environment on a large scale.. A less dramatic but even broader and more far reaching situation involves the world's oceans. An article in the July 4th issue of the Sacramento Bee by Les Blumenthal has drawn our attention to a report entitled "The Impact of Climate Change on the World's Marine Ecosystems" in the June 18th issue of Science. This heavily referenced summary article draws on a multitude of studies, most of them published within the last four years, to review and summarize the condition of the oceans. Oceans make up 71% of the world's surface. The "overwhelming evidence" is that their condition is deteriorating, that the cause is predominantly the result of human activities, and that serious consequences are likely in the next 20 to 100 years. Their extent will depend on actions taken or ignored.

The data discussed includes ocean temperatures, acidity, and carbonate concentrations. Increased greenhouse gas (carbon dioxide being the principle one) concentrations have increased the energy content of the atmosphere. Most of the additional energy is being absorbed in the ocean, which has lead to an increase in the upper 2000 feet of over one degree Fahrenheit in the past century. This may sound small but a great deal of energy is involved. The global upper ocean temperature average for January 2010 was the second warmest January on record. Oceans are also absorbing about a third of the man-made carbon dioxide. The resultant acidification has lead to a substantial decline in carbonate ion concentration and represents a major departure from the ocean chemistry which has existed unchanged for at least hundreds of thousands, and perhaps millions, of years until now.

With an increase in water temperature comes thermal expansion. This thermally-caused expansion of ocean volume, along with the melting of glaciers and ice sheets, forms the basis for current



observations and future predictions of sea level rise. Current estimates of the rise in sea level by the year 2100 range from 20 to 47 inches. This is hardly consequential in Sierra Madre, but check it out with someone living, for example, in Venice, Italy.

The surface temperature of large bodies of water affects the weather. As tropical storms are tracked out of the Caribbean, it's become common to hear in weather reports how warmer water temperatures intensify wind and wave movements. Increasing surface water temperatures will tend to increase the severity of tropical storms.

The effect of global warming on the oceans is not uniform, depending in part on local factors such as current, water depth, and wind. This is particularly true with regard to latitude. Temperature and the acidity of the polar oceans are changing at more than twice the global average, with the rate in the northernmost 15 degrees of latitude running about twice that in the southernmost 15 degrees. Arctic sea ice is disappearing at an increasing rate and the stability of the continental ice sheets in high latitudes, both north and south, is in question.

Yet another consequence of upper layer warming is to increase the thermal contrast of the (vertical) water column. Circulation models predict such an increase will result in less mixing and in decreased oxygen concentration, with an adverse effect on nutrient production and availability. To this is ascribed the startling finding that nutrient-poor ocean "deserts" have grown by over 2.5 million square miles in only nine years, from 1998 to 2006. This is almost 2% of the entire surface area of the Earth's oceans. Paleontological evidence points to declining oxygen concentrations as playing an important role in some mass extinction events. Another unsettling measurement

reported is that the production of phytoplankton, which represents the base of the ocean food chain, has decreased by 6% in the past thirty years.

The article points out that the effects on marine species stemming from the extent and rapidity of changes to the global ocean need to be considered in terms of metabolic rates, population growth, and the degree to which organisms can adapt to changing conditions. All of these are temperature dependent. Emphasis is placed on the interrelated nature of marine ecosystems, and on global warming as facilitating the spread of diseases and intrusive species to the detriment of native populations, and on other factors such as sediment deposit, coastal pollution, overfishing and increased ultraviolet exposure, all of which act to intensify the effects of global warming. Among the most vulnerable and already impacted ecosystems are coral reefs, kelp forests, mangrove, and sea grass communities, all four of which share the property of providing habitat for thousands of species, many of whom will disappear when their habitat expires or is seriously degraded. Polar warming puts at risk, not only the polar bear, but also penguins, seals, walruses, and many species of birds.

The article's authors, Ove Hoegh-Guldberg who directs the Global Change Institute at the University of Queensland in Australia, and John F. Bruno at the University of North Caroling, state that, with continuing increases in the concentrations of atmospheric carbon dioxide, we face a growing risk that several thresholds for long term and perhaps irreversible damage will soon be reached and therefore, in their words, "...avoiding any further increases and aiming to reduce the atmospheric concentration of carbon dioxide below 350 ppm in the long term [ed note: the Mauna Loa Observatory in Hawaii puts it now at 390 ppm] must be an international imperative." This is so, "...not only because it will reduce the huge costs of adaptation but also because it will reduce the growing risk of pushing our planet into an unknown and highly dangerous state." The situation can hardly be put more strongly than that.

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Sierra Madre Church of the Ascension
(Episcopal)

Announces a special service on Sunday, October 3
at 9:30 a.m. (one service)
Bishop Jon Bruno, Presiding

Baptisms
Confirmations
Holy Communion

The service is part of the celebration of
Ascension's 125th anniversary.
All are welcome.

Following the service (11:45 a.m.)
The Annual Blessing of the Animals in the Outdoor area.
For information, call (626) 355-1133

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(626) 355-1133 * www.ascension-sierramadre.com



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Paramedic Subscription Program

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Annual Individual Subscription Plan

Number of Subscribers: _____x \$30.00

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MEMBERSHIP AGREEMENT



I understand that I must be a resident of the City of Sierra Madre to enroll in this program.

I understand that this fee protection only applies to emergency medical treatment and/or ambulance transportation services rendered by the Sierra Madre Fire Department or other providers as authorized by the Sierra Madre Fire Department.

I understand that membership fees are non-refundable.

I further authorize the release of emergency medical/insurance information for the purpose of emergency medical service billing only.

I understand that the membership begins upon receipt of payment by the City of Sierra Madre upon receipt of payment by the City of Sierra Madre.

I understand this membership is non-transferable and any violations of the terms of this agreement and/or other abuses of membership as deemed by the Fire Chief could result in the cancellation of my membership.

Signature: _____

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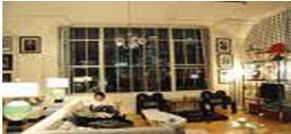
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Sierra Madre Woman's Club

Flu Shot Clinic
Saturday & Sunday
October 2 & 3
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Location:

Sierra Madre Woman's Club
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Administered by Tres Immune MD and RN

Flu Vaccine \$25
Thimerosal-Free Flu \$35
Pneumonia Vaccine \$65
Tetanus Vaccine \$50
Tetanus/Whooping Cough \$75

For information or reservations call



626-355-1541

Walk-ins accepted as time and supplies allow
Cash or check on day of service
10% give-back to Sierra Madre Woman's Club



Arcadia

Methodist Hospital's 21st Annual Crystal Ball 'stuff dreams are made of'

Arcadia – Methodist Hospital Foundation's black-tie event, the 21st annual Crystal Ball, featuring the enduring surfer sounds of The Beach Boys, will be held Saturday, October 16, at the Pasadena Convention Center. This year's theme, "An Evening of Good Vibrations with The Beach Boys," promises a memorable night for those attending. It's the stuff that dreams are made of.

Yet, such dreams do not happen all by themselves. Long hours spent carefully working through countless details by the event's co-chairs and their committee members will be rewarded October 16 when this year's Crystal Ball dream comes true. Methodist Hospital Foundation board members Christine Antonovich and Richard Sun, DDS, are co-chairs.

The 2010 Crystal Ball committee includes Jill Boli, Angela Fu, Evelyn Greathouse, Dick Hale, Sue Hale, Ben Harrington, C.H. Hsueh, Ulanda Lee, Meimei Liu, Juliet Lu, Lindburgh McPherson, Kathy Sun, Ivy Sun, Annie Teng, Angel Throop, Dr. K. Heiner Vogelbach, Sherry

Wang, Susan Woo, Kevin Yang and Lulu Yuan. Honorary committee members are Elizabeth Rusnak Arizmendi and Paul Rusnak.

Crystal Ball will honor Methodist Hospital Foundation board member and philanthropist Kathleen Ellison for her long-time commitment and service to Methodist Hospital. Event proceeds will benefit Methodist Hospital's nationally recognized comprehensive cardiac care program, which provides specialized, advanced services in diagnosis and treatment.

This year's Crystal Ball Grand Sponsors are: The Honorable Mike Antonovich and Christine Antonovich, Arthur Liu and Angela Y. Fu, Cole and Cindy Harris; Panda Restaurant Group, Inc.; Jackson Wen and Sophia Li Wen; and Hing Chung Wong, M.D., and US TOPCO Energy, Inc.

For more information about Crystal Ball, please contact the Methodist Hospital Foundation at 626-898-8888.



Photo: Beach Boys

For Saturday, October 2

"Being Christians"



San Marino Community Church welcomes the Rev. Dr. Laird J. Stuart, Interim President of San Francisco Theological Seminary to the pulpit at both the 9:15 am traditional worship service and "The Gathering" at 11:15 am. Dr. Stuart's sermon "Being Christians" draws inspiration from II Timothy 1:1-14.

Celebrate World Communion with the Lord's Supper.

Check out the new video about "The Gathering" at www.smccpby.com.

9:15 am Traditional & Student Worship Services
Sunday school (K-5) and childcare provided
10:30 am Adult Spiritual Formation
11:15 am "The Gathering" worship service
Casual worship, multi-voice ensemble, childcare provided

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

PASADENA COMMUNITY ORCHESTRA by Paige Schenker

Music in Your Own Backyard

Live classical music for free... near your home...no traffic... plentiful parking. Does it get any better? Pasadena is proud to boast its own community orchestra, which each season offers four classical concerts at the First Church of the Nazarene, plus a concert of light music at Memorial Park in Sierra Madre as summer begins.

Directed by Alan Reinecke, the Pasadena Community Orchestra consists of volunteer amateurs musicians who enjoy getting together each week to play a variety of music and rehearse for concerts. "It's an honor and privilege to lead such a talented and dedicated group of people," says Reinecke, now in his third season with the orchestra.

What's in store for this season? While PCO concerts generally feature music from all periods, Reinecke has selected mostly Romantic programs for this year— he notes that even the more modern 20th century pieces he has chosen have a Romantic flavor. The first concert of the season,



November 5, will include pieces by Lalo, Schubert, and Haydn, and will feature violin soloist Mischa Leftkowitz, of the Los Angeles Philharmonic Orchestra, playing selections from Tchaikovsky's Sleeping Beauty. (Please see orchestra's website—pcomusic.org—for the full season's offerings.) As is traditional with the orchestra, the May concert will feature a gifted young artist, chosen through competition.

The orchestra, once part of

Pasadena City College, moved off-campus with its director Wayne Reinecke in 1983. Wayne led the group until his retirement in 2008, at which time his son Alan was selected by the orchestra foundation's Board of Directors. PCO always welcomes new players when spaces are available; interested musicians should contact Reinecke by following the link on the orchestra's website.

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Pasadena

News From Your Community



Altadena

For Your Community

Funds Approved for Rotating Public Art Exhibition Program

By Dean Lee

The city council Monday night approved \$125,000 towards the creation of the city's new Rotating Public Art Exhibition program set to begin early next year. Phase I of the project will include 10 city-owned sites for display.

Council members made no comments before the unanimous approval although there had been a lengthy conversation about the project at a June 19 meeting. At that time, Cultural Affairs Manager Rochelle Branch gave an overview of the plan.

The program was inspired by the mysteriously appearance of an 18 foot tall fork in the road, last year Halloween. The intersection of Pasadena and St. John's Avenues, where the fork in the road stood for eight months is one of the proposed locations for the Rotating Public Art Exhibition program.

Other locations include, the fork at Walnut and Foothill, 200 E. Washington, Sunset Avenue and Mountain Street, The Sierra Madre Blvd. median, 103 N. Catalina, 1199 Fair Oaks, the Bonnie Avenue Parkway setback and Lake Avenue at the Lakewood Place median.

The proposed sites will include community meetings to explain the program Branch said.

According to city staff, artwork will be exhibited for a temporary period of 12 to 18 months. Artwork will be solicited through a request for proposal process. All submissions will be juried by an independent panel of art professionals and community stakeholders which will make recommendations to the Arts and Culture Commission for approval Branch said.

Councilmember Steve Haderlein and Councilmember Jacque Robinson both said they were concerned with the number of art pieces to be placed in East Pasadena and Northwest Pasadena. In June Haderlein voted against the project.

Angelica Pet of the Week



Angelica, a three year old, spayed female cat is calm but also loves to play with toys. She especially favors the fishing pole type. She will chase the toy around the room and even jump in the air to catch it. Angelica gets along with other cats and is ready to go home with you 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 A273759 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



Wiggle Waggle Goes to the Dogs

The Pasadena Humane Society estimated thousands of people walked their dogs around the Rose Bowl Saturday morning as part of this year's Wiggle Waggle Walk. The event started with a proclamation declaring Sept. 26 Animals Companion Day.

"Today we celebrate Wiggle Waggle Walk and come together in a day of unity between men and woman and their best friend, to promote the enriching experience between the bond between animal and humans," Mayor Bill Bogaard said as he made the proclamation. Steven McNall President/CEO of the Pasadena Humane Society

& SPCA also welcomed everyone to the event before leading the walk in an official pace car.

Within minutes of starting the walk, many dog owners stopped at nearby drinking fountains as the temperature reached over 100 degrees.

There were two routes with the longer approximately 3.2 miles, which followed a counter-clockwise loop around the Rose Bowl. The shorter route measured slightly less than one mile. Although taking the longer route was popular, so was carrying the dogs as many picked up there worn out, panting pooches, some just minutes into the event. Ricky Whitman, spokeswoman

for the Pasadena Humane Society, said they hit this year's fundraising goal of \$300,000.

Team Punk Rock Rovers, for the fourth year in a row, were again the top fundraiser raising \$23,000. The team originally had a goal set at 30,000.

The event is the Pasadena Humane Society's largest fundraising event of the year with all the money going to save the lives of animals at the local shelter.

The walk was followed by the Muttley Crew's dog agility show; the Pasadena and Glendale Police K-9 Units also demonstrated their skills.

Get Up and Moving with Mayor Bill Bogaard

Pasadena Mayor Bill Bogaard, along with board members and staff of the Pasadena Symphony and Pasadena Pops, will lead a 3.3-mile walk around the Rose Bowl Loop at 7:30 a.m. Wednesday, Oct. 6, as part of Up & Moving Pasadena.

The Pasadena Symphony and Pasadena Pops offer a full spectrum of live concerts throughout the year.

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

Up & Moving Pasadena is a community effort to support fitness for health. Walks are scheduled the first Wednesday of every month except January.

Find walking tips, start a walking group and track your progress at www.upandmoving.org or call (626) 831-2980.

Library to Test Instant Message Service

Pasadena Public Library will host a new Instant Messenger service for a testing period; Tuesdays, Wednesdays and Thursdays from 9 a.m. to 5 p.m. Now you can Instant Message (IM) your Instant Librarian (IL). Text your question to (626) 394-4019 or add the library to your buddy list as "askpasadenalib." Chat from your phone or from your computer. IL is available on MSN Messenger, Google Talk, AIM and Yahoo Messenger. Answers are free, check with your service provider for costs to send or receive text message.

For more information go to <http://pasadenapubliclibrary.net/ask/>.

Getting Ready for the Big ShakeOut

By Dean Lee

This is one earthquake that can be predicted, or at least simulated.

On October 21, at exactly 10:21 a.m. a hypothetical large magnitude earthquake, designed by geologists, will help show what would happen if the "big one" strikes southern California. Scientists say that California has a 99.7 percent chance of having a magnitude 6.7 or larger earthquake during the next 30 years.

The Great California ShakeOut, held on the third Thursday of October each year, is the way to raise earthquake awareness organizers said, and to encourage preparedness as well as participation in the "Drop, Cover and Hold On" statewide drill.

According to the website shakeout.org, over 6.2 million people are currently registered to participate. The ShakeOut drill simulates a 7.8 magnitude earthquake along the San Andreas, a right-lateral strike-slip fault forming the tectonic boundary between the

Pacific and the North American Plates.

In this simulation, seismologists say deep-rolling seismic waves could move nearly 200 miles across the Southern California landscape, leaving a wake of devastation.

According to a recent UCLA study, discussed Thursday by USGS Chief Scientist of Multi-Hazard Demonstration Project Lucy Jones, most Californians in high risk areas are not taking the necessary steps to get ready.

Jones, firefighters, Urban Search and Rescue teams, and other experts demonstrated earthquake preparedness and addressed misunderstandings and confusions through hands-on activities showing what everyone can do to protect their homes, practice drills, and teach how to react during an earthquake.

Organizers said the event Thursday morning at the LA Country Fire Training Facility was a sneak-peek in advance of the ShakeOut.

To learn more or sign up, go to: shakeout.org.



San Andreas Fault in the Carrizo Plain, aerial view from 8500 feet altitude

Citizen Journalism Meet-up

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

The Pasadena Community Network and this newspaper are holding a workshop on Citizen Journalism.

This group is the place where aspiring journalists can learn from trained professionals and support their local community by covering what's really happening in their neighborhoods.

We will put 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 along with online social media. The next meeting will be October 5, from 6 to 8 p.m. at the Pasadena Community Network - Studio G, 2057 N. Los Robles Ave.

For more info call 626.794.8585 or visit pasadenan.ning.com.

Budget Meeting on Potential Impacts to City Services

The Pasadena City Council adopted an operating budget in June for the current fiscal year but there is still work to do.

What are the most important priorities for Pasadena? What levels of service at libraries, community centers, parks and fire stations are acceptable? Should fewer employees be providing these services?

Pasadena residents, business owners and other stakeholders are invited to provide input on these and other budget-related issues during a series of interactive community workshops.

The first, on Tuesday, Oct. 12, will be hosted by Councilwoman Jacque Robinson and Councilman Chris Holden, representing Districts 1 and 3 respectively. This meeting will begin at 6:30 p.m. at La Pintoresca Branch Library, 1355 N. Raymond Ave.

Subsequent workshops are scheduled as follows:

-Wednesday, Oct. 13, at 6:30 p.m. in the cafeteria at Wilson Middle School, 300 Madre St., hosted by Councilmen Steve Haderlein and Terry Tornek, representing Districts 4 and 7;

-Thursday, Oct. 21, at 6:30 p.m. at Santa Catalina

Branch Library, 999 E. Washington Blvd., hosted by Councilwoman Margaret McAustin and Vice Mayor Victor Gordo, representing Districts 2 and 5;

-Wednesday, Oct. 27, at 6:30 p.m. in the Crawford Family Forum at Southern California Public Radio, 474 S. Raymond Ave., hosted by Councilmen Steve Madison and Terry Tornek, representing Districts 6 and 7.

For geographic purposes, District 7 residents have two opportunities to attend a workshop and are invited to choose the one that is most convenient.

"It is my hope that the community will be part of this very important discussion," said City Manager Michael J. Beck. "It is vital for the opinions of residents and others to be heard as we move forward with difficult budget decisions."

During the workshops the community will receive an overview of the top 10 direct-service programs financed by the General Fund and will be asked to provide input on service levels in light of the city's critical budget challenges.

For more information call (626) 744-4355.

Sierra Madre Police Blotter

During the week of Sunday, September 19th, to Saturday September 25th, the Sierra Madre Police Department responded to approximately 310 calls for service.

Sunday, September 19th:

08:40 AM- Vandalism, 149 North Baldwin Ave. Unknown suspects broke a day care classroom window on the northwest side of Bethany Church sometime between Friday, 09-17-2010 and Sunday, 09-19-2010.

10:05 AM-Auto Burglary, West Bonita Ave. Unknown suspects smashed the driver's front side window, entered the car and took a \$550 GPS from the car. The suspects left in an unknown direction.

Tuesday, September 21st:

11:41 PM- Arrest, Driving Under the Influence of Alcohol, Baldwin Ave. An officer stopped a motorist after learning a traffic warrant was attached to the vehicle. Investigation revealed the motorist was driving under the influence of alcohol. The motorist was arrested for DUI and transported to the Pasadena Police Jail for booking.

12:23 PM- Assault with Deadly Weapon, Mountain Trail. The suspect assaulted the victim and then threatened suicide. As the suspect was leaving, police arrived and the suspect, armed with a knife, ran back to the apartment and shut the door. When the victim then tried to prevent the suspect from closing the door, he kicked her several times and forced her outside. Officers forced the door open and took the suspect into custody. The suspect was taken into protective custody for a psychiatric evaluation. Two officers were injured during the call and were treated at a local medical center.

05:22 PM- Fraudulent use of Credit Card, Sierra Madre area. San Bernardino Sheriff's Department notified Sierra Madre Police Department that a Victorville resident had his debit card stolen. Unknown suspects used the victim's debit card at an unknown ATM in Sierra Madre.

Wednesday, September 22nd:

8:06 PM- Arrest, Public Intoxication, Auburn Ave. Officers went to the Auburn Avenue parking lot in response to a call of a possible drunk man who had fallen down. Investigation revealed the man to be under the influence of an intoxicating liquor and unable to care for himself. He was arrested, booked into Pasadena Jail and later released.

07:58 AM- Child Abuse, Sierra Madre Area. This case involves an allegation of emotional abuse.

Saturday, September 25th:

09:01 AM- Arrest, Possession of Methamphetamine. An officer stopped a motorist for a Vehicle Code violation. He found a clear plastic bag containing a white crystalline substance while searching the car. The officer later determined the substance to be methamphetamine. The driver admitted to buying the methamphetamine for his girlfriend. The driver was arrested and transported to the Pasadena Police Department Jail for booking.

Arcadia Police Blotter

For the period of Sunday, September 19, through Saturday, September 25, the Police Department responded to 938 calls for service of which 115 required formal investigations. The following is a summary report of the major incidents handled by the Department during this period.

Sunday, September 19:

1. Units were called to Bar Twist, 48 East Huntington, around 2:01 a.m. regarding a fight in progress. A 22-year-old male Hispanic suspect was found in the alley, and a record check revealed that he had a \$20,000 outstanding misdemeanor warrant. The man was arrested and during the booking search, a baggie containing a white crystalline substance resembling methamphetamine was found in his sock.

2. Around 8:16 p.m., JC Penney loss prevention personnel detained a male juvenile for theft. The suspect removed sales tags from a pair of jeans, concealed the item in a shopping bag, and left the store without making payment. A private person's arrest was made, and a 17-year-old Caucasian was taken into custody for commercial burglary.

Monday, September 20:

3. Between 3:30 p.m. on September 17 and 6:30 a.m. on September 20, a commercial burglary occurred in the 1300 block of Glencoe. Unknown suspects cut the lock on a fence that surrounded a house under construction and stole two bathtubs and various tools. The total reported loss was approximately \$3,604.

4. Around 12:39 p.m., units responded to the 1500 block of South Fifth in reference to a grand theft that occurred between 9:00 p.m. on September 1 and 9:00 a.m. on September 17. The elderly victims claimed that two gold rings were missing, and they believed that hospice caregivers may have taken the rings.

Tuesday, September 21:

5. Officers observed a motorcyclist driving in a reckless manner near Santa Anita and the 210 Freeway around 9:25 a.m. Due to the excessive speed, no attempt was made to pursue the motorcyclist but a radio broadcast was made. A short time later, Monrovia PD detained the suspect in the 100 block of Violet, and a 23-year-old male Caucasian was taken into custody by APD for reckless driving.

6. Around 9:40 a.m., a woman notified police that her ex-boyfriend was following her and there was a valid restraining order. A 23-year-old male African-American was stopped at Baldwin and the 210 Freeway and was arrested for disobeying a court order. During an inventory search of his car, the victim's cell phone was found so he was also charged with receiving stolen property.

Wednesday, September 22:

7. A commercial burglary was reported in the 900 block of Fallen Leaf around 7:46 a.m. Unknown suspects entered the fenced construction site between 5:00 p.m. and 9:30 p.m. on September 21, and several new appliances worth almost \$7,000 were stolen.

8. Shortly before 7:30 p.m., units responded to Westfield Mall regarding an assault on two security guards. Investigation revealed that security personnel were following a suspicious man who was looking into parked vehicles. Believing that he was possibly involved in auto burglaries, the security guards tried to contact him but he ran to avoid detention. When the suspect was cornered, he tried to cause bodily injury to the guards by swinging his elbows at them. Once he was detained, he provided a false date of birth to police in order to delay his identification. A private person's arrest was made, and the 38-year-old Hispanic was taken into custody.

Thursday, September 23:

9. A victim came to the station at 11:56 a.m. and reported that unknown suspects acquired their credit card account information by unknown means and made seven unauthorized purchases totaling \$1,532. The purchases were made between August 14 and 17.

10. At 2:35 p.m., officers were dispatched to the alley south of Southview Road where three male juveniles were observed loitering. Upon contact by Arcadia officers, two were found to be in possession of marijuana and one was in possession of a large felt tip Sharpie. Fifteen feet away was a fresh graffiti tag.

Friday, September 24:

11. Officers were dispatched to Chase Bank, 700 West Huntington, around 2:28 p.m. regarding a possible fraud in progress. Investigation revealed that a male subject applied for a financial job online and was instructed to open a new business checking account. The employer made a \$300,000 deposit into the account and then the man was directed to wire \$285,000 to a bank in Russia. Shortly thereafter, the bank's fraud department informed the bank manager that the \$300,000 deposit was fraudulent and the account was frozen.

Monrovia Police Blotter

During the last seven day period, the Police Department handled 549 service events, resulting in 116 investigations. Following are the last week's highlighted issues and events:

Residential Burglary

On September 17 at 1:39 p.m., an officer went to a residence in the 400 block of Park Rose regarding a burglary. The victim told the officer he had filing boxes with old checks, receipts and documents from an old business that no longer exists. The boxes were kept near his front door, which is kept open a lot. Someone apparently entered the residence and took the boxes. Nothing else was taken.

Residential Burglary

On September 17 at 3:10 p.m., a resident in the 500 block of West Foothill reported she had just returned home from work and someone had broken into her home. An officer responded and cleared the location. Entry was made through a side door. Some jewelry and old checks were taken, but the victim was unsure if anything else was taken. Investigation continuing.

Commercial Burglary - Suspects Arrested

On September 17 at 3:51 p.m., officers responded to a business in the 500 block of West Huntington regarding a male and a female in custody for shoplifting. The officer determined the subjects had committed burglary; both were arrested and taken into custody.

Driving Under the Influence - Suspect Arrested

On September 18 at 1:08 a.m., an officer noticed a vehicle traveling south on Myrtle that was following another vehicle too closely. He noticed the driver was also swerving on the roadway. He stopped the driver and during the investigation, determined the driver was under the influence. The driver was arrested.

Domestic Violence / Battery on a Peace Officer

On September 19 at 2:28 a.m., officers were dispatched to Hidden Valley Rd. regarding a domestic violence incident in progress. When they arrived, the husband was attempting to restrain his wife, who was intoxicated and violent. As an officer entered the location, he was pushed by the wife. The officers were able to restrain the wife and she was taken into custody without further incident. The husband was bleeding and had sustained visible injuries. He did not desire medical treatment. The wife was not injured.

Recovered Stolen Vehicle - Suspects Arrested

On September 19 at 7:20 p.m., an officer on patrol located a stolen vehicle in the area of Californian Avenue, near Duarte. He followed the vehicle into a parking lot in Duarte. Additional Monrovia officers were requested to assist in a high-risk traffic stop. Two suspects were arrested and later interviewed. After investigation, the female driver was charged with grand theft auto and receiving stolen property. The male passenger was released, pending further investigation.

Mountain Lion Sighting

On September 20 at 10:20 p.m., police received the report of a mountain lion sighted in a backyard in the 700 block of Oakglade. Officers were able to direct it back into the hills.

In An Emergency Tune To 1630 (()) AM Sierra Madre Community Radio

If there's an earthquake, fire, or other emergency, **1630-AM** will broadcast important safety information. Listen on any **AM** radio.

Put a sticker on your radio!

Stickers courtesy of the Sierra Madre Kiwanis Club



**CAL FIRE Asks Public's Help in Observing
Fire Prevention Week October 3 – 9, 2010
"Smoke Alarms: A Sound You Can Live With"**

Each year, nearly 3,000 people die in home fires in the U.S. Nearly three-quarters of all U.S. homes have at least one working smoke alarm, but there are still a significant number of homes without smoke alarms or without working smoke alarms. This group accounts for more than one-third of reported home fires and nearly half of all the reported home fire deaths. These are preventable deaths. As startling as these figures are, they give powerful meaning to this year's theme for Fire Prevention Week 2010, "Smoke Alarms: A sound you can live with."

CAL FIRE wants to take this opportunity to stress the importance of having smoke alarms and encourage everyone to take the necessary steps required to update and maintain their home smoke alarm protection. Smoke alarms are one of the best and least expensive safety devices you can buy and install to protect yourself, your family and your home. CAL FIRE knows that in the event of a home fire, properly installed and maintained smoke alarms could save your own life and those of your loved ones by providing time to escape.

"Far too many homes have no smoke alarms, not enough smoke alarms, alarms that are too old or alarms that are not working," says CAL FIRE Director Del Walters. "We want residents to understand that working smoke alarms can increase your family's chances of surviving a home fire by 50%. They are needed in every home, on every level, including the basement, outside each sleeping area and inside each bedroom. If a smoke alarm is 10 years old or older, it needs to be replaced."

CAL FIRE would like to offer a few important fire safety and prevention tips:

- Install smoke alarms on every level of the home (including the basement), outside each sleeping area, and inside each bedroom. Never remove or disable smoke alarms.
- Check your smoke alarm batteries every month.
- Change smoke alarm batteries twice a year when changing clocks for daylight savings.
- Plan and practice your family home emergency escape plan together several times a year.
- Make sure everyone knows when and how to call emergency telephone numbers.
- Cooking is the #1 cause of home fires and injuries.
- Smoking is the leading cause of fire deaths.
- Obtain and learn how to use a fire extinguisher.
- Install carbon monoxide detectors.
- Consider installing residential fire sprinklers in your home.

For more fire safety tips visit the CAL FIRE web site at www.fire.ca.gov.

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PASADENA HIGH SCHOOL SENIOR NAMED NATIONAL MERIT SCHOLARSHIP SEMI-FINALIST

The Pasadena Unified School District (PUSD) announced that the National Merit Scholarship Corporation (NMSC) recently named Marjorie Hunt, a senior at Pasadena High School, a semifinalist in the National Merit Scholarship Program.

Marjorie competed for selection as a semifinalist with more than 1.5 million students who entered the 2011 National Merit Program. Students are considered for the program when they take the 2010 Preliminary SAT/National Merit Scholarship Qualifying Test (PSAT/NMST) as high school juniors.

Marjorie, along with 16,000 other semifinalists, now has the opportunity to advance to the finalist level and compete for one of 8,200 National Merit Scholarships, worth more than \$36 million.

To become a finalist, semifinalists must have an outstanding academic record throughout high school, be endorsed and recommended by their high school

principal, and earn SAT scores that confirm the student's earlier performance on the qualifying test. Semifinalists must also submit a detailed scholarship application, which includes a self-descriptive student essay and information about the semifinalist's participation in leadership and community activities.

Marjorie plans to major in history, or public administration and/or nonprofit organizational studies and she will be applying to several Colleges and universities: College of William and Mary, Wesleyan University, UC Berkeley and Tulane University and Brown University. Merit Scholar designees are selected on the basis of their skills, accomplishments and potential for success in rigorous college studies.

The NMSC is a non-profit organization that was established in 1955 to conduct the annual National Merit Program. Scholarships awarded through the program are underwritten by NMSC's funds and



more than 500 business organizations and other educational institutions with the goal of honoring the nation's scholastic students and the pursuit of academic excellence.

SCHOOL CONSOLIDATION STUDY COMMITTEE TO HOLD COMMUNITY FORUMS

List of Schools will be Narrowed from Seven to Five

Pasadena, CA – The Pasadena Unified School District (PUSD) School Consolidation Study Committee (Committee) will convene two community forums next week to offer community members the opportunity to learn more about school closures and possible program moves. Community Forums are scheduled for Monday, October 4, 2010 at the Eliot Middle School Auditorium from 6:30 to 8:30 p.m., and Friday, October 8, 2010 at the Wilson Middle School Auditorium from 6:00 to 8:00 p.m.

The Committee will meet this week on Friday October 1 from 5:00 to 8:30 p.m., and Saturday October 2 from 9:00 a.m. to 1:00 p.m., both at McKinley.

The Committee, composed of 21 stakeholders representing Altadena, Pasadena and Sierra Madre, parent groups, collective bargaining

units, school site administration, and other community groups, has held four meetings since September 11 to explore options for school consolidation and closure to narrow the budget deficit. In response to an unprecedented \$30 million loss of funding over the past three years, and the prospect of sustained enrollment declines in the foreseeable future, the Board of Education approved school consolidation to help decrease expenditures and generate ongoing revenue to support instructional priorities.

The three-year budget adopted in June identified the closure of a minimum of three schools in 2011-12 to reduce operating expenses associated with excess capacity on school campuses. The Board of Education established the School Consolidation Study Committee to assist the Superintendent in developing a recommendation

regarding school consolidation and closure. Over the past several weeks, the Committee has reviewed a broad range of information including: a list of sixteen sites recommended for consideration by the asset management report, academic achievement, special educational programs, transportation, and neighborhood impacts.

The Committee will make final recommendations in a report to Superintendent Diaz in October. Following his review of the Committee report, the Superintendent is tentatively scheduled to make a recommendation to the Board of Education at its meeting on November 23, 2010.

Members of the public may obtain additional information about the school consolidation and closure process, including meeting summaries and documents, at www.pusd.us.

SCHOOL DIRECTORY

Alverno High School

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

Arcadia High School

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

Arroyo Pacific Academy

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

Barnhart School

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

Bethany Christian School

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

High Point Academy

1720 Kinneloa Canyon Road
Pasadena, Ca. 91107
626-798-8989

website: www.highpointacademy.org

LaSalle High School

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

Monrovia High School

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

Norma Coombs Alternative School

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

Odyssey Charter School

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

Pasadena High School

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

Pasadena Unified School District

351 S. Hudson Ave. Pasadena, Ca. 91109
(626) 795-6981 website: 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

Sierra Madre Elementary School

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

Sierra Madre Middle School

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

Weizmann Day School

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

Wilson Middle School

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

Pasadena Unified School District

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Morton's The Steak House



If I were to ask fifty people, what is your favorite steakhouse? I know that I would receive a range of restaurants in response, but I am just as certain that Morton's Steakhouse would be mentioned frequently. Morton's Steak House is one of the best experiences that I have had in the Los Angeles area in the past ten years. If you want to get the movie star experience, spend a night at Morton's and be pampered like the privileged.

For a restaurant that is known for its enticing steaks, you may be surprised to discover that the inspiration for Morton's was spawned from a commonest of food items.

How it all began...

Morton's actually exists today because of ... hamburgers! Years ago, before co-founders Arnie Morton and Klaus Fritsch really knew one other, they both worked at the Playboy Club in Montreal. The club was changing the menu, and Klaus cooked a hamburger that was sent out for Arnie to try. Arnie burst into the kitchen, demanding to know "Who cooked that hamburger?"

When Klaus stepped forward, he wasn't sure if Arnie was going to be pleased or not but was relieved to hear him say that it was the best he'd ever had. In fact, Arnie called it a Million Dollar Burger and the rest, as they say, is history. There are over 60 Morton's Steakhouses in the World. Lucky for you and me there are two very close by - downtown LA and Burbank.

The Downtown LA restaurant had a club vibe, a little old school nostalgia with a trendy grown up flair. Morton's showcases its open kitchen with Chef Fernando Ubarho entertaining the guests. The air is scented with the sultry perfumes of meats cooking in double broiler ovens. This method seals in the flavors as both sides of the beef are cooked at the same time. The bar is open as well, and known to have a star or two. Ask Keith Gertler, the bartender, to make you his famous Of Fashioned with Maker's Mark. If you are a sophisticated wine drinker, Morton's has bottles ranging from (\$28) all the way up to (\$5000). I would love to know what a five thousand dollar bottle of wine tastes like. If you do find something you really like, they can store it for you in one of their lockers (this is by invite only). For some reason, I didn't get an offer for a locker. They must have known my budget.

They do have fantastic seafood, but of course I cannot resist the Steaks. The meats selected are the very finest, in the 1% to 2% of top quality prime. It does not get any better than that! I always select a cut of beef with the bone in. On this night, Morton's delivered to me a spectacular bone in Rib Eye Steak. If I ever need a request for a last meal, they're the call. If you have been following this column, you know I have a passion for Crab Cakes, and I always order them if they are on the menu. In a word, these are Spectacular! And at (\$42) for the entrée, your palate may sue if you don't experience these creative delights. For dessert I shared a Carrot Cake which, I have been told, was created especially for by Morton's by Marianne Artinian. Who is that? Her son Chris, is CEO of Morton's. A meal fit for a Hollywood Star!!!

Morton's The Steak House
735 S. Figueroa St., Los Angeles 213-553-4566
3400 W. Olive Ave., Burbank, CA (818) 238-0424

Join me Friday, October 15th for a special Meet and greet at Ethan Allen Design Center, 445 N. Rosemead, Pasadena, at 6 P.M. Let's share some bubbles and talk about restaurants.

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Mountain Views News

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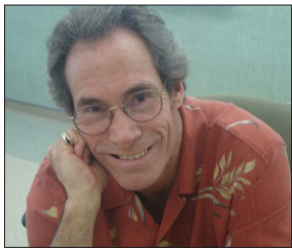
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Mountain Views News Mission Statement
The traditions of the community newspaper and the concerns of our readers are this newspaper's top priorities. We support a prosperous community of well-informed citizens. We hold in high regard the values of the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

HAIL Hamilton



The war on terror is a worldwide endeavor that has spurred massive investment into the global surveillance industry - which now seems to be waging a war on "liberty and privacy." Here are just some ways the matrix of data is being collected:

GPS -- Global positioning chips are now appearing in everything from U.S. passports, cell phones, to cars. More common uses include tracking employees and for all forms of private investigation. Apple recently announced they are collecting the precision location of iPhone users via GPS for public viewing in addition to spying on users in other ways.

Internet -- Internet browsers are recording your every move forming detailed cookies on your activities. The NSA has been exposed as having cookies on their site that don't expire until 2035. Major search engines know where you surfed last

My Turn

summer, and online purchases are databased, supposedly for advertising and customer service uses. IP addresses are collected and even made public. Controversial websites can be flagged internally by government sites, as well as re-routing all traffic to block sites the government wants to censor. It has now been fully admitted that social networks provide NO privacy to users, while technologies for real-time social network monitoring are already being used. The Cybersecurity Act attempts to legalize the collection and exploitation of your personal information. Apple's iPhone also has browsing data recorded and stored.

Radio frequency identification -- Forget your credit cards which are meticulously tracked, or the membership cards for things so insignificant as movie rentals which require your SSN. Everyone has Costco, CVS, grocery-chain cards, and a wallet or purse full of many more. RFID "proximity cards" take tracking to a new level in uses ranging from loyalty cards, student ID, physical access, and computer network access. Latest developments include an RFID powder developed by Hitachi, for which the multitude of uses are endless -- perhaps including tracking hard currency so we

Ways We Are Being Tracked, Traced, and Databased

can't even keep cash undetected.

Traffic cameras -- License plate recognition has been used to remotely automate duties of the traffic police in the United States, but have been proven to have dual use in England such as to mark activists under the Terrorism Act. Perhaps the most common use will be to raise money and shore up budget deficits via traffic violations, but uses may descend to such "Big Brother" tactics as monitors telling pedestrians not to litter as talking cameras already do in the UK.

Computer cameras and microphones -- The fact that laptops -- contributed by taxpayers -- spied on public school children (at home) is outrageous. Years ago Google began officially to use computer "audio fingerprinting" for advertising uses. They have admitted to working with the NSA, the premier surveillance network in the world. Private communications companies already have been exposed routing communications to the NSA. Now, keyword tools -- typed and spoken -- link to the global security matrix.

Public sound surveillance -- This technology has come a long way from only being able to detect gunshots in public areas, to now listening in to whispers

for dangerous "keywords." This technology has been launched in Europe to "monitor conversations" to detect "verbal aggression" in public places. Sound Intelligence is the manufacturer of technology to analyze speech, and their website touts how it can easily be integrated into other systems.

Biometrics -- The most popular biometric authentication scheme employed for the last few years has been Iris Recognition. The main applications are entry control, ATMs and Government programs. Recently, network companies and governments have utilized biometric authentication including fingerprint analysis, iris recognition, voice recognition, or combinations of these for use in National identification cards.

DNA -- Blood from babies has been taken for all people under the age of 38. In England, DNA was sent to secret databases from routine heel prick tests. Several reports have revealed covert Pentagon databases of DNA for "terrorists" and now DNA from all American citizens is databased. Digital DNA is now being used as well to combat hackers.

Microchips -- Microsoft's HealthVault and VeriMed partnership is to create RFID implantable

microchips. Microchips for tracking our precious pets is becoming commonplace and serves to condition us to accept putting them in our children in the future. The FDA has already approved this technology for humans and is marketing it as a medical miracle, again for our safety.

Facial recognition -- Anonymity in public is over. Admittedly used at Obama's campaign events, sporting events, and most recently at the G8/G20 protests in Canada, this technology is also harvesting data from Facebook images and surely will be tied into the street "traffic" cameras.

Predictive behavior technology -- It is not enough to have logged and charted where we have been; the surveillance state wants to know where we are going through psychological profiling. Things seem to have advanced to a point where a truly scientific Orwellian world is at hand. It is estimated that computers know to a 93% accuracy where you will be, before you make your first move. Nanotech is slated to play a big role in going even further as scientists are increasing the use of nanoparticles to directly influence behavior and decision making.

STUART Tolchin.....On LIFE BEING IN A REALITY SHOW WITH INSTANT REPLAY (ALMOST)



Today is the sixth day of my visit to Washington D.C. and so far it has been an absolutely u n i q u e experience.

For me it's something like the difference between watching a football game on TV or actually going to the Rose Bowl and screaming for my beloved Bruins. Really we all know that you can see the plays better at the game. The camera focuses in on the action and then there's instant replay to help you see what you missed. At the Rose Bowl, even from my alumni seats, the action may be far away on the other side of the field. Someone is always jumping up in front of me and often I can't locate the ball and I always miss the intricate line plays. During day games the glare of the sun makes seeing anything difficult and sitting for hours in a shadeless bowl really isn't that much fun ...and I'm leaving out the stairs and the endless lines and the unalterable truth that there is no nearby refrigerator.

So what's so great about actually going to the game and why do I keep going, losing season after season. Well, it's the reality, the giant reality of the whole thing. It's fighting the traffic to get there and worrying about losing my ticket and not being able to find my car after the game. It's waiting in line and all at once seeing the whole glorious spectacle. It's seeing 50,000 people seated; watching footbals flying, balls kicked

higher than can be believed ,then the field empties and there is quiet and anticipation everywhere and then there is the moment of return. Beautiful young men and women racing around the field holding flags and doing flips and throwing each other into the air and then the players coming on to the field. Huge ,young, powerful, nervous yet cocky. Our warriors reading themselves for the fight accompanied by cheers and music and sometimes jets flying in precision overhead.

Sounds great doesn't it and the game hasn't even started yet. Well, so far that's what being in Washington D.C. is like except that I feel like I'm not watching the game I'm actually in it. I think it's not unlike being on the sidelines at the Rose Bowl. No I'm not really playing in the game but I imagine i can see the players sweat, hear and probably feel the bone-crushing collisions. I imagine talking to the players and feeling their fatigue and sometimes noticing them waving to their proud parents in the stands.

Thats what being in Washington D.C. is like I'm not just looking at history. It's history merging with the present and I'm in it. It's being up at the Lincoln Monument at midnight. climbing the stairs and smelling the once familiar but still not forgotten odor of burning marijuana and hearing the running steps and then seeing the stranely uniformed cops chasing someone around behind the monument.

It'sdiscovering a mistake in the carved reproduction of Lincoln's second inagural speech which contains the famous words "with malice toward none and charity for all". I discovered the word FUTURE is actually carved as EUTURE. I tell a security guard about the mistake and she laughs as we watch an arrest and explains that the mistake had been discovered - but after



it's carved what can you do?

I see a teacher type person dragging about 6 pre-teens up the stairs and toward the statue and telling the kids that Lincoln's open right hand resting on his knee and his clenched left hand are sign language for the initials "A" and "L" that the statue was designed by the founder of the famous Gauladet school for the deaf. She walks to the back of the statue and tells them that the head of Robert E. Lee is sprouting from the back of Lincoln's head and is looking up at his property behind the memorial which is now Arlington National Cemetery.

The kids aren't really paying attention and can't see Lee's head which may not really be there. One of the friends I am with, a 325 pound 6 foot 3 inch man also scoffs, and the

diminutive teacher physcially grabs him and pulls him to look at the statue from her point of view. This is what Washington D.C. is like. You don't just look at it, it pulls you right in.

Some of it has to do with the weather. Now it's cold and raining, a couple of days ago it was burning hot and probably soon will be again. Some of it has to do with the subway, it's not like L.A. where you sit in the car stuck in traffic. Instead it's up and down ridiculously steep flights of stairs worried about catching the wrong train. It's the fatigue from walking the unexpected distances between the monuments and the museums. it's driving out to Monticello and finding myself in a passionate living argument about the worth of the complex Thomas Jefferson.

It's kidding with a well-dressed man on the Metro by asking, "Are you a powerful international diplomat?" "No, not anymore" he replies. The guy was the former Serbian Ambassador to the United States. He now works for a German pharmaceutical compay and feeling fortunate to still be alive. The next guy I talked to had been a lobbyist on the Hill for thirty years and explained to my wife and I at length the great service done by lobbyists. Right.

On the walk to the Capital my wife and I passed the Capital Hill Club and its' "FIRE PELOSI" signs. Lounging about behind their limousines, really, several pink-faced well-dressed and well fed Republicans laughing about Presidential

errors.

On the House floor my wife and I witnessed Congressman Henry Waxman making an impressive presentation and two hours later on the televised baseball documentary there was the same Henry Waxman, 5 years younger, making a similar kind of speech. It's kind of aninstant eerie pre-play.

Since being here in Washington my wife and I have seen a body in the street bleeding from the head and we were caught in the traffic jam as the police roped off the crime scene. We walked down a street on the way to the Metro only to learn that a few minutes later a gang shooting occurred and all three people were killed right there.

I could go on and on about my 5 days in Washington D.C.. The license plates today still say "No Taxation Without Representation." The fight still goes on and somehow here one is a participant and not a removed observer. A final incident describes my D.C. experience. It is about 6:00 a.m. and I am writing this longhand in a just opened coffee shop. Paper is spread out in front of me along with my book "Neurodiversity" subtitled "Discovering the Extraordinary Gift of Brain Differences." My waiter whose appearance is gender non-specific wanders over and looks at the book and laughs, " I think my problem started when they couldn't decide on a pink or blue blanket." That's Washington D.C. - it's not out there, it's right here bringing coffee and recommending a kind of omelet.

City of Sierra Madre

PUBLIC HEARING NOTICE

To: Citywide
From: The City of Sierra Madre
Subject: **PROPOSED RESIDENTIAL CANYON ZONE ORDINANCE**
Applicant: City of Sierra Madre
Project Location: Properties within the proposed Residential Canyon Zone of the City of Sierra Madre, County of Los Angeles, State of California

The City of Sierra Madre gives notice, pursuant to State of California law, that the City Council will conduct a public hearing to consider a text amendment to the City's Zoning Code (Title 17), and corresponding Zone Change and General Plan Amendment for the proposed Residential Canyon (RC) Zone. The difficulties inherent in applying citywide R-1 Zoning standards to the Canyon area of Sierra Madre prompts the need to adopt zoning standards that allow reasonable development of properties located therein while preserving the unique character and natural environment of this area, as well as preserving the overall quality of life for its residents. The purpose of the new Ordinance is to 1) facilitate residential canyon preservation through single-family development standards; 2) maintain the environmental equilibrium unique to the residential canyon consistent with the aesthetic of its rustic and historic character; and 3) establish dwelling size, lot coverage, building massing, and floor area ratios which are consistent with the smaller homes and lots in the canyon area. Adoption of the Ordinance includes amendments to the City's Zoning Map, Land Use Map and amendment to Title 17 (Zoning Code) of the City of Sierra Madre Municipal Code.

DATE AND TIME OF HEARING

City of Sierra Madre
City Council meeting
Tuesday, October 12, 2010
(Hearing begins at 6:30 p.m.)

PLACE OF HEARING

City of Sierra Madre
City Council Chambers
232 W. Sierra Madre Blvd.
Sierra Madre, CA

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

ENVIRONMENTAL DETERMINATION: The project qualifies for a Negative Declaration pursuant to the provisions of the California Environmental Quality Act (CEQA).

APPEAL: If in the future anyone wishes to challenge the decision of the City Council in court, one may be limited to raising the issues that were raised or presented in written correspondence delivered to the City Council at, or before, the scheduled public hearing. For further information on this subject, please contact the Development Services Department at (626) 355-7135.

By Order of the City Council

Danny Castro,
Development Services Director

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HOWARD Hays As I See It



Ever come to the end of a sentence and then have to look away from the page, pause, sit back and reflect on what you'd read? That happened as I read a column by poli sci professors Jacob Hacker and Paul Pierson (Yale and UC Berkeley, respectively) in the LA Times last week. The column, on extending the Bush tax cuts for the wealthiest Americans, stated that the nation's 400 wealthiest households saw their tax rates fall 45% over the past several years; from a rate of 30% in 1995 to 16.6% in 2007. This resulted in savings for those 400 wealthiest in 2007 alone of \$46 million (here are the words that gave me pause) "per household".

The professors describe tax cuts for the wealthiest as an all-weather cause for Republicans. Strong economy or weak economy, budget deficit or surplus, high or low unemployment; whatever the situation might be, the answer is always tax cuts for the wealthiest. Even in wartime: former House Majority Leader Tom DeLay (R-TX) is quoted as telling a group of bankers shortly before the Iraq invasion, "nothing is more important in the face of a war than cutting taxes."

Now we have Republicans in Congress playing a game of "chicken" with the Bush tax cuts due to expire at the end of this year; unless they're allowed to continue for the wealthiest (those pulling in over \$250,000 a year), then the 98% of us who don't make that much will have to have their taxes go up, too. (We're dealing with marginal rates; with \$260,000 a year in income, only that \$10,000 over \$250,000 would be subject to about a 3.6% increase in taxes). According to the columnists, those making over \$1 million a year will be given a tax cut averaging \$128,832 apiece - at a cost over the next decade of about \$1 trillion in lost revenue and interest on the national debt.

Whether it be investments in education, infrastructure, research, help for states or other stimulus programs (even those that work), Republicans warn of saddling future generations with debt. With tax cuts though, debt doesn't matter - regardless of the extra \$500 billion we'd need to borrow from China to cover it.

Arguments they've used in the past have proved false. The most effective investments by government are in such things as food stamps and unemployment benefits, where the money is almost immediately circulated back through the economy. Tax cuts for the wealthiest are more likely to end up in offshore tax shelters. When rates are higher, as they were during the Clinton years (not to mention the 1950s and 60s), profits are more likely to be reinvested back into new plants, equipment and new hires. When they're lowered, as in the last decade, profits instead go to bloated executive salaries and bonuses. As for Republican warnings of the effect on "small business", it would only affect the less than 2%

whose owners pocket over a quarter-million a year in take-home pay, rather than using the profits to grow their business.

In the gubernatorial debate between Meg Whitman and Jerry Brown at UC Davis, Whitman repeated that quote from Albert Einstein about the definition of insanity being repeating the same thing and expecting a different result. Brown took the quote and used it against her, reminding voters it wasn't that long ago when another "outsider" candidate, one who put his own money into his campaign (though only a fraction of what Whitman has invested), promised to come in and change the way things operate in Sacramento without having had any real experience in the place.

I thought of Einstein's quote as I heard Whitman's economic policy prescriptions, which were the same tax-cuts-for-the-wealthy nostrums that proved disastrous under Bush. Her focus is on doing away with the capital gains tax. Although she relates it to investing in companies, it has more to do with day traders, hedge fund managers and market players who gamble with other people's money and then cash out. It's not for the benefit of the vast majority of California workers, but could mean millions of dollars in annual windfalls for billionaires - like Meg Whitman. As Jerry Brown pointed out, those windfalls would be paid for out of the general fund, half of which goes to fund education.

I also recalled Einstein's quote when Whitman spoke of doing away with government pensions and replacing them with 401(k)s. Back in the early 1980s, workers in private industry were told what an improvement these new plans would be over their old-fashioned pensions. Now, taxpayers have seen their retirement accounts decimated, while being asked to shell out hundreds of billions to bail out the Wall Street firms to whom their 401(k)s were entrusted.

Another recent L.A. Times column that gave me pause was by Garrett Gruener, dot-com entrepreneur and venture capitalist, who writes, "What American businesspeople know, and have known since Henry Ford insisted that his employees be able to afford to buy the cars they made, is that a thriving economy doesn't just need investors; it needs people who can buy the goods and services businesses create. For the overall economy to do well, everyday Americans have to do well. . . . Republicans are again arguing that taxes should remain low for the wealthy. The idea is that this will spur people like me to put more capital to work and start more ventures, which will create new jobs, power the economy and ultimately produce more tax revenues. It's a beguiling theory, but it's one that hasn't worked before and won't work now."

Our own Susan Henderson warned in her column last week that, with recent Supreme Court decisions opening a flood of corporate money into campaign coffers, we'll find more campaigns ultimately geared not for the benefit of the community, but for the protection of corporate profit and private fortunes. That should give us all pause - especially before going out to vote.

GREG Welborn The Pledge To America



Generally speaking, I like written pledges. They make clear for us what someone intends to do in order to win our support, and they allow for a good measure of accountability. When they're written, it's very easy to go back to them and compare actions against the promises made. So, I'm very happy with the GOP's 'Pledge To America', although I wish it were shorter than 200 pages, but I am truly amazed at the panic that it has unleashed among those on the left, whom I thought were pretty unleashed already.

The tame criticisms of the document are that it contains nothing but "warmed over" ideas and that "there's nothing new here". That's an odd statement coming from liberals given that they have widely praised President Obama for successfully pursuing the policies that Roosevelt, Truman and Clinton couldn't successfully push through. Liberals have been trying to raise spending and increase the tax burden on entrepreneurs and investors since the early 1930s. If that's not warmed over, I don't know what is.

Whether something is old or new really has nothing to do with whether it is good or bad. Those in the media ask Republicans how they can possibly entertain lowering taxes in light of the massive budget deficits we're facing. It's almost laughable that they are so blind to the flip side of the question. Isn't it more appropriate to ask how we can afford to increase spending as much as this Congress and this administration have? Taxes haven't changed since Obama came to power. The deficits we're facing are caused by the spending increases he pushed through.

The less polite among the unhinged, unleashed crowd would have us all believe that The Pledge To America is a dangerous "ideological document" constituting "hysterical tirades against government". They also accuse the authors, and the GOP broadly of trying to "dismantle the federal government". So, let's review exactly what the 200 page dangerous document says about what the next Republican Congress wants to do.

- 1 If we've learned anything over the last 2 years, it's that we cannot spend our way to prosperity.
- 2 Government spending should be rolled back to pre-stimulus, pre-bailout levels, saving us \$100 billion in the first year alone.
- 3 Strict budget caps, like those used in the 1990s under Bill Clinton, should be used to limit government spending from this point forward.
- 4 Obamacare should be replaced with real medical liability reform and allow medical insurance carriers to compete across state lines, rather than observe the government mandated mini-monopolies granted in each state.
- 5 All tax increases scheduled to take effect on Jan 1, 2011 should be permanently stopped.

6 Unspent stimulus funds should be canceled.

7 The TARP corporate bailout program should be canceled.

8 All new legislation will specifically contain a clause citing the specific constitutional authority upon which the bill is justified so that activist judges aren't given even more leeway to rewrite the constitution as they see fit every time they hear a case involving government action against private entities.

As I'm sure most readers have by now concluded, there's nothing really radical about these statements, principals and pledges. Had President Obama acted as the great unifier he presented himself to be, and had he truly tried to change the way things were done in Washington, we wouldn't be in this state at this point in time. There wouldn't be any real reason for Tea Parties to exist, let alone capture the approval of 33% of Americans.

Yes, you heard that right. The latest national poll shows that Tea Party principles (most of which are actually enshrined in The Pledge To America) are supported by one third of all voting Americans. For a grass-roots organization that didn't exist 2 years ago, that's a huge growth rate, and speaks volumes of the heart-felt desire among Americans for real hope and change.

President Obama may have captured the spirit of the discontent in America at the time of the last election. This writer, for one, was sickened at the spending levels initiated by the last Republican Congress. But the speed with which President Obama contradicted his own promises and the magnitude of the spending and debt that he has unleashed on this country - on top of what the previous Congress did - is nothing short of appalling.

I truly believe that Republicans have learned their lessons. I also know that Democrats haven't even opened up the lesson book. The choice this November is pretty clear. The fact that the Republicans now understand what Americans want is gratifying to most of us but absolutely terrifying to those who want to retain and expand their power to take more of our hard-earned money and to tell us in even greater meddling detail how to live our lives. The worse the press coverage of The Pledge To America, the better the document I know it is.

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 ggregwelborn@earthlink.net.

CALIFORNIA GENERAL ELECTION 2010 - The Race For U. S. Senate

A Word From The Editor: The Mountain Views News will continue in its tradition of providing readers with as much unbiased information as possible regarding the issues and candidates on the General Election Ballot in November. The series will run for the next seven weeks and will include coverage of all Propositions, The U. S. Senate Race, The California Governor's Race, all other Statewide races, and the California Legislative Races. Please remember that the opinions of ALL columnists are not necessarily the position of the paper, but rather, those of the individual author. Those opinions will NOT be a part of our General Election Coverage. The official position of the Mountain Views and its' Editorial Advisors will be clearly stated prior to the election. We do encourage readers, however, to submit their views as Letters To The Editor. The more we communicate with each other, the more informed our decisions will be. -Susan Henderson, Publisher/Editor Mountain Views News

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INDUSTRY OUT OF
BUSINESS AND REPLACE
IT WITH A SINGLE-PAYER
SYSTEM

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HIGHER EDUCATION FOR
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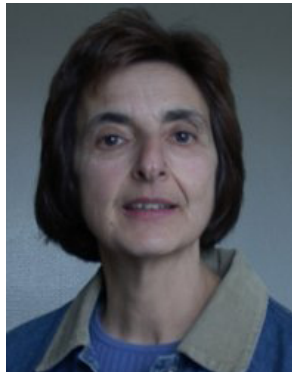
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(Excerpts from public statements):

Take A Stand Against Corporate Domination

It's no surprise that Congress voted to bail out the banks while working class people are losing their homes and their jobs. The corporations win and the people lose on every issue.

Health Care

We need a system which covers all of us. Socialized medicine, like the British system, or single payer, as in Canada or variations in France, Australia, and Germany provide effective health care for everyone. The cost is lower and outcomes better than the insurance and pharmaceutical company controlled situation here.

The Environment

We need to promote the production and use of clean renewable energy. But most of all, we need to implement infill housing, public transportation, and other social policies which reduce our use of energy, whatever the source, and protect and restore ecosystems.

Immigration

People who come to this country to work or to escape persecution should not be called criminals.

War Funding

We need to stop subsidizing the companies that develop the weapons and contractors that create the war infrastructure. The military, weapons production and contracting consume almost 50% of our Federal budget.

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Dates to Remember

October 18, 2010
Last day to register to vote

October 26, 2010
Last day to apply for a vote-by-mail ballot by mail

November 2, 2010
Election Day

CARLY FIORINA



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Republican
Sacramento, CA 95814
info@carlyforca.com
carlyforca.com

I started my business career as a secretary, earned an MBA and became the first woman to lead a Fortune 20 company, Hewlett-Packard. I understand the challenges people face and how to create jobs. America is in a crisis. Soaring federal spending and the mushrooming federal deficit are killing jobs and stalling economic recovery.

Unless reversed, our children will be burdened with unsustainable future debt. We need real job creation not failed federal policy like the stimulus. The problem is old-line politicians, who have been in office for decades, are not interested in solving problems. They are more concerned with partisanship, ideology and the next election. I'm a strong fiscal conservative who will fight to reduce spending, slash the federal deficit and stop the expansion of federal control over the economy.

We are at war with terrorists who seek to destroy America's way of life. I chaired the External Advisory Board for the CIA. I'll work for tougher U.S. policy in dealing with terrorists and oppose the administration's policy to try terrorists in civilian court. If you're tired of partisan politics as usual then send a political outsider like me to Washington. I will work across party lines for real reform. Together we can take back our government; make it listen and work for each of us. I'm Carly Fiorina. I will take a fresh, new look at solving the problems facing America. We can actually make things better for a change. I'm working hard to earn your vote.

BARBARA BOXER



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We're going through the toughest economic times I've seen, and nothing is more important than creating good California jobs. I'm doing that with a specific jobs plan. (Read the entire plan at www.BarbaraBoxer.com.)

First, I'm fighting to end tax breaks for companies that ship jobs overseas and instead give tax breaks to middle-class families and small businesses that create jobs here at home. We have to stop rewarding companies that ship our jobs to Europe, India or China.

Second, I've been working to make California the hub of the new clean energy industry. I'm helping create manufacturing jobs and jobs for engineers, construction workers, salespeople and office workers. I want to see the words "Made in America" again, with clean energy that reduces pollution and gets us off foreign oil.

Third, I've helped double transportation funding for California since I was elected to the Senate, and I'll continue to create thousands more jobs improving our roads, bridges and mass transit.

As your Senator, I've gotten over 1,000 provisions enacted, including the first-ever federal after-school program that's helping keep a million kids off the streets and out of gangs, and tough protections for our air, water and our coast. I'm protecting a woman's right to choose. And I've gotten better treatment for our injured veterans who deserve the best from us. These are tough economic times with no easy solutions, but I won't stop fighting to create California jobs and make life better for our families.

Part 2 Burning Man Series by Kim Clymer-Kelley



There’s No Place Like Home – Getting There

Last week I shared about arriving at the Burning Man event in northwest Nevada. Here is the rest of this amazing week of “being home”.

In the middle of the camping area on the edge of the open playa is what is called “Center Camp” which serves as kind of a community center for the city. Straight out on the playa from Center Camp is a giant structure that is topped with a sculpture of a Man. This is designed by different artists every year and is the focal point of the event. A half mile past the “Man” is the “Temple”. This is the Spiritual hub of the community and is also designed and built by different artists every year. The special energy of the Temple is felt the moment you enter it. The walls are filled with messages to loved ones ... telling them they are missed ... telling them they are sorry ... telling them that they are forgiven ... telling them they are loved ... telling them they are not forgotten. Markers are left in the walls of the Temple for anyone who feels moved to write to someone they have lost in their lives. The walls are decorated with plaques, photos, cards, artwork, flowers and mementos. Time spent there is solemn, emotional, healing and very spiritual.

The week long festival culminates in Burning of the Man (on Saturday night) and Burning of the Temple (on Sunday...the last night). The ceremonies attached to each burning are diametrically opposed to one another. When the Man burns, the crowd is charged with the excitement of a heathen sacrifice. It

is preceded with an elaborate performance by the fire conclaves who twirl fire hoops, fire sticks, and poi socks. This is followed by an incredible pyrotechnic display that ends with the Man exploding in a giant fireball. When the Man finally falls to the ground the crowd rushes the giant bonfire and dances wildly around it. The Temple burn on the following night is a very somber affair. The crowd is silent and respectful as the Temple is quietly and slowly engulfed in flames. This year the intense heat of this burn caused giant dust devils (reminiscent of the Kansas twister in the Wizard of Oz) to emerge from the structure one after the other, sending towering pillars of glowing embers dancing toward the circle of spectators only to dissipate into thin air before reaching the perimeter. One could not help but feel that those whirlwinds were really all of those remembered within the walls of the Temple reaching out to communicate with those who had remembered them. I have always had a fascination with tornados. I remember spotting a good sized dust devil in the distance on the way up to Burning Man this year and telling Charlie that I had always wanted to stand in the middle of one to see what it felt like inside. I am sure that the appearance of these beautiful twisters at this ceremony was my dad’s way of saying, “I got your message ... I love you and miss you, too.”

Our time in Black Rock City is spent touring the art installations on the playa, flitting from camp to camp visiting others we know, and participating and partaking in the events and offerings that all of the camps have to give. Late in the week I decided to make an appointment with the HeeBeeGeeBees to get a massage. By the time I had finished, the temperature had climbed considerably so I decided to put on my boots and my leopard print boxer briefs

and to put my skirt, belt and bra in the basket of my bike and rode home topless (as is common practice on the playa). Upon arriving back at camp, I noticed that my bra had somehow fallen from my basket. I hopped back on my bike to retrace my route. Several blocks from camp I saw ahead of me what appeared to be my bra still lying in the dust about 75 yards down the street. But something else caught my eye just to the right of it. Heading straight down the middle of the street coming directly toward me was a rather large and well formed dust devil. In a split second decision (seeing this as an opportunity to experience something I had always wanted to experience), and without a second thought I lined my course up dead center of its path and continued pedaling with determination and without the slightest change in speed. As it approached I held my breath and squinted my eyes and rode right through the heart of it feeling the fine grit of the dust swirl around my face and half-naked body. I exited the other side to



a huge roar of laughter and cheers and a passerby with his hand up to high-five me. “You just made my entire week!” shouted one of the spectators from his shade shelter, lifting his beer to me. “Way to go, DOROTHY!!!” hailed another. The reaction took me by surprise and embarrassed me since I was totally in the moment and experiencing something of great meaning to only myself. I high-fived the guy in the street, picked up my bra, turned around and rode back to camp a hero. This was a moment that could only happen in Black Rock City. It is one that in its magic and its spirit holds so much of what is the essence of Burning Man and of that sort of twisted, Brigadoon-like city, Black Rock City, NV. *There truly is “no place like home.”*



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: What is the proper protocol regarding thank you notes and how soon after an interview should I send one to the employer? **Mr. Etiquette**

Dear Mr. Etiquette:

It is always a “good thing” to send a thank you note. I know candidates who were not hired because they did not send a thank you note to a prospective employer. Job seekers should include thank you notes or letters as key components in the interviewing process. There are employers who believe that receiving a thank you note from a candidate is the ultimate “closer” to making a hiring decision. Sending a thank you note to the employer or interviewer demonstrates that you can follow-through, and would be a considerate employee. Your thank you note should be short and to the point, addressed to the person, include the date or day you interviewed, the position you interviewed for, the reason why you are interested in the position and the company. End the note with a strong closing statement (i.e., I am looking forward to joining your team) and offer to come for another interview or to contact you for further information. Be sure to sign with your complete name, include your telephone number and an e-mail address.

You should send a thank you note with in 24 hours after an in-person or telephone interview. Yes, send a thank you note even after a telephone interview. Always request or get the name and contact information of the interviewer or interviewers and send them a thank you note. A majority of job seekers usually send e-mail thank you notes, and this is immediate and appropriate. However, if you want to distinguish yourself from the other candidates, send a handwritten thank you note.

A hand-written thank you note implies that you have taken the time to send a personalized message. Select a professional style note card or paper that reflects your personality. Do not choose quirky note cards or flamboyant paper. Thank you notes or cards should always be handwritten. Thank you letters are usually lengthier; computer generated, written on high quality paper and includes your signature. I suggest that you send a thank you note to anyone that assisted you in the interview process, this would include: receptionists, assistants, and everyone who interviewed you at the company. You never know who is included in making the hiring decision. Do not write the same message on each thank you note. Individualize and personalize every thank you note, card, letter or e-mail. Do not forget to send your referrals and references a handwritten or e-mail thank you note everything you complete an interview. This will keep them on board and continue to give you excellent recommendations. It is always appropriate to send thank notes and people really appreciate receiving them.

It has been reported that the White House will seek sweeping laws enabling law enforcement to more easily eavesdrop on communications traffic on the web. In these times rapidly-changing technology the administration argues that it needs these new powers in order to keep pace and that modern digital systems aren’t as easy to monitor as traditional telephones. The government wants communications companies to redesign their systems and information networks to more easily facilitate surveillance, and to provide law enforcement with back doors that enable them to bypass existing security measures. These requests may seem extreme but they are hardly unique. Just recently the governments of the United Arab Emirates, Saudi Arabia and India threatened to ban BlackBerry devices unless Research In Motion (the company that created the BlackBerry and runs the service) gave those respective governments access to their encrypted communications. It is also hardly a secret that China has already built a massive internet surveillance system to better monitor and control its citizens.

Once only seen in Eastern Bloc countries, this wholesale surveillance of citizens has moved into the democratic world as well. Governments like Sweden, Canada and the United Kingdom are on the verge of passing laws giving their police forces new powers of surveillance, in many cases requiring communications system providers to redesign products and services they sell. A large number of countries are also passing



data retention laws, forcing ISP’s and retail companies to retain customer data in for future forensic purposes.

This administration is hardly the first to seek expanded authority for digital eavesdropping. One law required telephone companies to better facilitate backdoor access into their digital phone switches and since the beginning of the “War on Terror”, the NSA has built quite the substantial eavesdropping systems within the United States.

Measures such as these can often be very dangerous for citizens of all countries. The very notion of requiring private companies to redesign their communications products and services in order to facilitate government eavesdropping shows the extent to which the drive for more security actually results in a lowered security profile in the long and short run. Communications systems designed with the no backdoor capabilities are on their face more secure than systems with those capabilities built in. While the need for our legitimate security agencies to keep pace with the latest technological threats to our safety is very real, we must be sure that we don’t make the mistake of fixing something that isn’t broken.

KATIE TseThis and That THE OL’ PIG SKIN



Here’s a little exercise in free association. What do the following phrases bring to mind? Falling leaves. Shorter days. Men in spandex. By powers of deduction I perceive that you’re thinking about football! I wasn’t brought up in a sports-loving family, so I didn’t have fond rituals of dressing in logo-ed sweats and

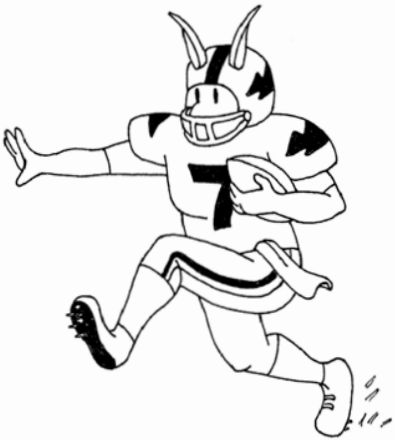
jerseys, gathering round the TV to cheer and boo as the favored team jousts a rival. My only childhood sports memories are of Thanksgivings at my Aunt’s. My cousins would camp out on couches for the afternoon, leaving only during commercial breaks to fetch a fresh beer.

Now I’m the stereotypical wife who reads, surfs the web, or writes this column while my husband absorbs himself in the games, letting out an exuberant hoot every now and then. When we were dating, I pretended to be interested by asking honest questions like, “Which colleges are these, Babe?” To which he’d patiently sigh and reply, “These are the *pros*, Honey.” “Oh,” I’d concentrate on the many tiny revolving icons on the bottom of the screen, carefully listening to the commentary. After exhausting all logic, I’d ask, “How can I tell?” He’d pause and say, “Well, these are the Saints. They’re from New Orleans.” To me they all have states and mascots, so how am I supposed to tell the difference? “Oh, okay.” I’d say, acting as if I understood.

I must say, though, that I prefer football to baseball, basketball, and soccer. My reasons for this are purely cinematic. Since I don’t fully understand any of these games, I appreciate football because the camera is pulled back far

enough for me to see everything, and there are frequent breaks, which give my brain time to register what just happened.

Basketball is beyond me. I understand the basic concept, but they are always deep in each other’s armpits, moving all quickly for me to tell what’s going on.



Soccer is the opposite extreme. Its players are tiny specks on a large field. I find myself squinting to try to tell who’s who and what they’re doing. I have problems with baseball as well. The first camera shot focuses on the pitcher and batter, and the following shots usually show the men in the field, only coming back to the action on the diamond when the ball returns there. Televised baseball has the tedious length of a live game without the beer and hotdogs of the stadium. However, there’s a special place for baseball in my heart, because baseball means spring and summer and late, warm nights. Something we won’t see again until football season is soundly laid to rest for the year.

RICH Johnson More of THIS and Less of THAT



Just how dumb do our politicians think we are? And I’m referring to both sides of the aisle, down the middle of the aisle, and out the door leading onto the street. First, it’s those nasty Republicans filibustering to stop passage of the small business bill.

Second, those dastardly Democrats refuse to schedule an immediate up and down vote on continuing the Bush era tax cuts.

We see the top of the iceberg. It is our job, democrat, republican, green party, or anarchist to look below the surface and discover what other reasons keep each side from supporting specific pieces of legislation. I suspect we will find the truth lies in those pesky little amendments tossed in the last minute. They can make all the difference in the world, and usually do.

Maybe it’s time to review how governments work.

Socialism: You have two cows. The government takes one and gives it to your neighbor. You form a cooperative to tell your neighbor how to manage his cow.

Communism: You have two cows. The government seizes both cows and provides you with milk. You have to wait in line for long hours to get the milk. It is expensive and sour.

Capitalism (in theory): You have two cows. You sell one, buy a bull, and build a herd of cows.

Capitalism (in bureaucracy): You have two cows. Under the new farm program the government pays you to shoot one, milk the other, and then pour the milk down the drain.

Switching gears, a friend brought up a fascinating term in our language today: Complisults. Have you heard of it? The complisult; the word, an

invention of writer Stanley Bing, is an insult designed to sound like a compliment. It’s what we have called a back-handed compliment. Mr. Bing tells us the best complisults are the ones that befuddle the intended victim at first. Here are some good ones:

“That’s such a nice dress. It does wonders for your figure.”

“I am truly impressed at how intelligent you sounded during your presentation.”

Some end up on letters of reference.

“You would be truly fortunate if you could get this person to work for you.”

“I can’t recommend this person too highly.”

Someone could complisult me with:

“Not bad for a weekly column in a small local newspaper.”

“I couldn’t have written it better myself.”

Being overweight is often a magnet for complisults. In a doctor’s office on the scale when the nurse says,

“Wow, you don’t look like you weigh that much.”

“For a fat guy you sure don’t sweat much.”

Or my personal favorite, spoken by the honoree at a birthday party:

“I’d rather be with you guys here than all the beautiful, smart people in the world.”

Finally, and on a serious note. I have a friend who is suffering from a liver disease. His prognosis is not good, and extending his life will rely heavily on a donor. My friend has taken up the cause of trying to promote people becoming organ donors. Go to organdonors.gov for more information. They will tell you that an organ donor can help as many as 50 people. WOW! Have a nice week.

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.

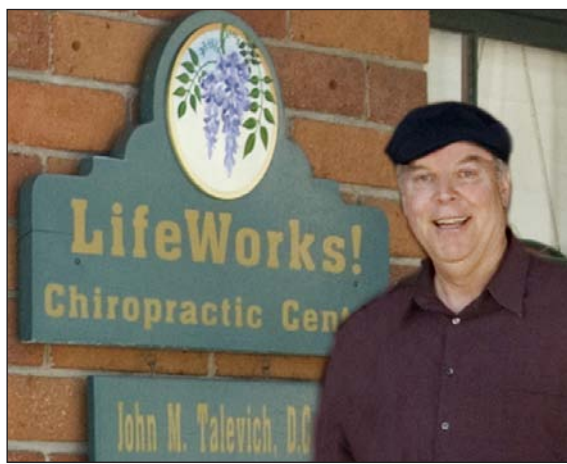
Current work includes writing the column, “Looking Up with Bob Eklund,” in Mountain Views News, and writing newsletters for the Mount Wilson Observatory. I recently published a book, First Star I See Tonight: an Exploration of Wonder, and am finishing a second book, Winds Aloft. For writing samples and resume, see my web site: www.bobeklund.com. OR beklund@sprynet.com (310) 216-5947

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YOUR HEALTH MATTERS

Today's Subject:
MIGRAINES

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.

Approximately one in twenty adults suffers from migraine headaches. Of those experiencing these awful headaches, roughly 75% are women and 3.7% are children. It is estimated that one in four households has a migraine sufferer.

What, exactly, is a migraine headache? Generally, this type of headache is severe, often felt on one side of the head with pulsating pain that can last up to seventy-two hours. During the attack, there may be extreme sensitivity to light and noise, even nausea with vomiting.

Because of side effects, migraine medication is not always suitable for some people. Fortunately, they may find relief in more natural, nontoxic approaches such as chiropractic, osteopathy, acupuncture and improved nutrition. Recent clinical trials in the magazines, "Neurology" and "Headache", have shown that specific dosages of the herbs butterbar and feverfew can reduce the

incidence of migraines by 50%. Although herbs are generally safe, there are always some restrictions concerning their use. One should consult a health care practitioner who is familiar with side-effects and drug interactions to ensure safety.

Life style changes can make a difference.

Triggering foods can be a real problem. Try eliminating caffeine, refined sugars, chocolate, and heavily processed foods. Move to a diet rich in vegetables, fruits, whole grains, and lean proteins. Avoid dehydration. Teas, coffee, sodas and other prepared beverages cannot provide the body with the benefits of pure water. If you feel tired, hoarse, or grouchy, sip water before doing anything else. Get sufficient rest. Various studies have indicated that most adults require no less than seven hours of uninterrupted sleep for optimal health. Short naps are also recommended.

Movement. Walking in the fresh air of early morning, and again in the evening, is good for most of us. If you haven't been exercising, start slowly and work up to a more vigorous rhythm.

Meditation. Studies indicate, again and again, the many benefits of this simple practice. Simply sitting quietly morning and evening, breathing and repeating a word or phrase that creates a sense of relaxation, will not only feel wonderful but can also calm the body and improve many health issues. By becoming aware of one's life choices, even migraines can be addressed in a healthy, empowering fashion.

Have a healthy week! Dr. John

LifeWorks! Chiropractic Center

Individually Tailored Wellness Programs

31 S. Baldwin Avenue Sierra Madre, Ca. 91024
626-355-4710



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Everyday is an open house:

HUNTINGTON VETERINARY HOSPITAL
626-357-2335
MON, THURS, FRI 8-6PM
TUES 8-6PM
SAT. 8-1PM
535 West Huntington Drive in Monrovia

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Open Houses 10/2 & 10/3

Open Saturday 2-4pm			
9637 E Naomi Ave.	Arcadia	Peggy Fong Chen	\$548,900
3617 3rd Ave.,	La Crescenta	Victor Mansour	\$479,900
Open Saturday & Sunday 2-4pm			
224 Hacienda Dr.	Arcadia	Gary Lorenzini	\$4,388,000
Open Sunday 2-4pm			
436 Fairview Ave #32	Arcadia	Victor Mansour	\$418,000
1400 Rodeo Rd.	Arcadia	Gil Guzman	\$2,275,000
1020 Fallen Leaf Rd.	Arcadia	Dee Chou	\$2,680,000
3453 Tannencrest Dr.	Duarte	Monica Quesenbery	\$545,000
1258 S Concord Ln.	Glendora	Gary Lorenzini	\$429,000
363 Heather Heights Ct.	Monrovia	Gary Lorenzini	\$699,000
2440 Las Lunas St.	Pasadena	John Kermgard	\$749,900
2224 Santa Anita Ave.,	Sierra Madre	John Kermgard	\$879,000
10548 Lynrose St.	Temple City	Janet Ho	\$679,000
6345 N Encinita Ave.,	Temple City	Gary Lorenzini	\$799,000
1318 W Lighthall St.	West Covina	Jean Valiquette & Blanca Jenkins	\$397,000

SENIOR HAPPENINGS

FYI:

September is Senior Center Month

NCOA's National Institute of Senior Centers has designated September as Senior Center Month "Senior Centers, Your Place to Connect"

Join us on...

September 11th - Family Preparedness Festival; 9 am to 3 pm in Memorial Park. Free items & information including eye & ear screenings plus the Senior Commission will be handing out the new File of Life medical information packet to residents.

September 13th - The Braille Institute is starting a FREE seminar every Monday focused on daily living with sight loss; 10 am at the Hart Park House/Senior Center.

September 14th - Blood Pressure Checks & Give-a-ways; 11 am to 12 noon at the Hart Park House/Senior Center.

September 20th - Experience the new Wii Fit - join Lisa for her free stretch class & learn how a new video game can help you stay fit; 1 pm in the Hart Park House/Senior Center.

September TBA - Lunch with the City Manager

September 30th - The Final Scoop - come build your own ice cream treat as we end our month of celebration; 12:30 pm

For more information about the activities listed, please call the Senior Desk at (626) 355-7394.

UPCOMING EXCURSIONS

September 16th - Long Beach Aquarium & lunch on the Queen Mary.

More information on the September trip will be available in the next newsletter or later this month by calling the Senior Services Desk at (626) 355-7394.

Thursday, October 14th - Kellogg House & Arabian Horse Center at Cal Poly Pomona; cost is \$35 per person and includes a lunch buffet. Minimum of 20 people for this price. Registration opens September 7th in person or online.

Thursday, November 18th - Historic Mission Inn Tour & Lunch Buffet in Riverside; cost is \$43 per person. Maximum of 30 people for this trip. Registration opens September 27th in person or online.

Friday, December 17th - Candlelight Pavilion Theater Christmas Show & Lunch; cost TBA Maximum of 32 people & maximum of 4 tickets per person. Registration opens October 4th in person or online.

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.

Recipe of the Week:

SAGE PORK CHOPS

INGREDIENTS:

2 teaspoons salt
1 teaspoon dried sage
1 teaspoon ground black pepper
6 center cut bone-in pork chops
2 tablespoons butter
1 cup water
2 cubes beef bouillon

DIRECTIONS:

Combine the salt, sage and black pepper in a small bowl and rub on both sides of the chops. Melt the butter or margarine in a large skillet over medium high heat and saute the chops for 5 minutes per side, or until well browned.

Meanwhile, in a separate small saucepan over high heat, combine the water and the bouillon and stir until bouillon dissolves. Add this to the chops, reduce heat to low, cover and simmer chops for 45 minutes.

GERMAN RED CABBAGE

INGREDIENTS:

1 medium head red cabbage, cored and sliced
2 large tart apples, peeled and sliced
1 medium sweet onion, sliced and separated into rings
1 1/2 cups water
1 cup cider vinegar
1/2 cup sugar
1 tablespoon butter
1 teaspoon salt
6 whole peppercorns
2 whole allspice
2 whole cloves
1 bay leaf
2 teaspoons cornstarch
2 teaspoons cold water

DIRECTIONS:

In a Dutch oven, toss cabbage, apples and onion. Add water, vinegar, sugar, butter and salt. Place the peppercorns, allspice, cloves and bay leaf on a double thickness of cheesecloth; bring up corners of cloth and stir with kitchen string to form a bag. Add to Dutch oven. Bring to a boil. Reduce heat; cover and simmer for 1-1/4 hours.

Discard spice bag. In a small bowl, combine cornstarch and cold water until smooth; stir in cabbage mixture. Bring to a boil; cook and stir for 1-2 minutes or until thickened.



October Birthdays

Pat Birdsall, Sole Krieg, Angela Stella, Mary Jane Baker, Barbara Cline, Dixie Coutant, Cathleen Cremins, Lillias Eubanks, Margit Johnson, Adelaide 'Adie' Marshall, Alma Mays, Eva Poet, Anne Tyler

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:

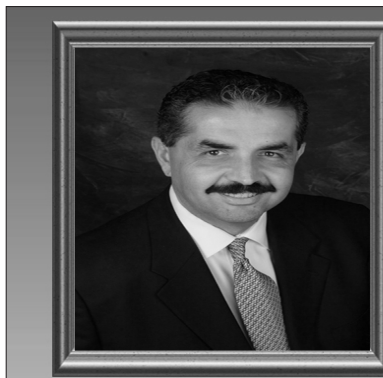
1:00 pm: Ping Pong

Saturday:

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

DIAL - A - RIDE TICKETS

Tickets can now be purchased at:
Sierra Madre City Hall
Hart Park House / Senior Center
Sierra Madre Library



Tips of the Trade: Real Estate Revealed

by Luther Tsinoglou

THE LONG AND THE SHORT OF IT

Markets go up, markets go down. Sometimes we see it coming, sometimes we don't. It all depends on what both consumers and businesses are buying, and when. How can we tell if and when real estate will recover?

We need to ignore short-term fluctuations, like the spike in home sales last November, when buyers thought the first-time tax credit would expire. Then sales rates dropped significantly when Congress extended the tax credit and removed that original sense of urgency.

We need to pay attention to long-term forecasts instead. Consider that homeownership increases by roughly 1 million each year. There are 4 million births, 2 million deaths, 1 million new immigrants, 2 million weddings and 1 million divorces each year. All of those events spur people to buy and/or sell a home.

Crunch the numbers, and you'll see that we can expect roughly 60 million home sales in the next decade. Regardless of the subprime mortgage debacle, and the ensuing foreclosure crisis, real estate will remain on the rails, an unstoppable freight train barreling towards homeownership.

Just as surely as the market sees recovery, buyers and sellers still need representation in these transactions. A recent survey by the National Association of REALTORS® reveals that 80% of buyers and sellers would recommend their agent to family and friends. That's a loud signal of the value of representation.

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.

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



Lizzie's Trail Inn

A Century of Memories at Lizzie's Trail Inn Maurice Orme opens the door to Lizzie's Trail Inn and a century of memories... of family, of hikers and campers, of pack mules, chicken, ravioli and bowls of spiced beans. "If I close my eyes, I can still hear the music and the voice of all the people having a good time," he says.

The Orme family pulled up stakes in Missouri in the late 1920's. The men of the family set out first, to set up or buy local businesses in the La Manda Park and Tidleyville areas near Sierra Madre. Eventually, the Orme women and children, including young Maurice, came out by train, moving together in a multi-home compound of sorts on Lima and Montecito. A couple of the homes still exist, with one still occupied by a family member, while the others were razed to build apartments decades ago.

Elsie Orme Mc Elwain, Maurice's mother, took up employment as a cook at Lizzie's Trail Inn in the mid 1930's. A rest stop and restaurant had been located on the site since the 1890's to serve the trail built by Don Benito Wilson in 1864. Originally it was simply called "The Eating Place at the foot of the Mount Wilson Trail."

Later it was Doug's Lunch Stand, and in 1924 became Elizabeth "Lizzie" Stoppel Mc Elwain's Trail Inn, providing food, pack supplies, mules and even a dance floor for travelers. Visitors journeyed to this "crack in the wilderness" to fish, hunt and vacation, enjoying the tried and true, unchanging menu of fried chicken and ravioli, spiced beans, cole slaw, beverages and even distilled spirits during Prohibition.

After 1935, Thelma and Robert Orme and Elsie Orme Mc Elwain worked together with the hold of the extended family and friends to keep the busy place humming, especially on summer weekends when the Red Car brought hundreds of people to the Mt. Wilson Trail and its camps. Some people, Maurice remembers, thought Lizzie's was plenty far enough from the city life. They rented adjacent cabins for \$2 a night instead of continuing further up the trail. He also remembers that sweeping up at Lizzie's could be somewhat profitable. When he swept, he kept the coins that had fallen unnoticed from the slot machines to the floor, which he quickly fed into Lizzie's pinball machine.

The Ormes and Mc Elwains continued the business until World War II rationing severely restricted supplies and the CCC took down Orchard Camp. Maurice remembers being part of the last packs taking Lizzie's food up to the workers dismantling the camp, ostensibly for fire prevention reasons. Years later, when post-war building and zoning in Sierra Madre encroached on the previously secluded mountain retreat, Lizzie's closed forever in 1948.

In 1913 the structure was actually moved, lock stock and barrel, from the site that now holds the Mira Monte Reservoir to its current location across the street. Twice, it's been rebuilt by an army of volunteers. Refurbished first in 1976 for the nation's Bi-Centennial, the next twenty five years and four earthquakes left Lizzie's again in a state of near collapse. In 2001, Dr. White, who once owned the local hospital on Sierra Madre Blvd., spearheaded the project to rebuild Lizzie's for a second time with some 300 volunteers.

In the interim, pictures, memorabilia from the restaurant and from those

who enjoyed the trail has been collected here. Old menus, photos, trivia, literature and artifacts from a century of hikers and packers, the old stove that cooked thousands of Lizzie dinners, and much more are a treasure trove of history for visitors. Music of the era plays in the background to put visitors in the right spirit.

As is the case with many volunteer organizations, just a few people are responsible to run the museum each week, and to give special tours. Maurice Orme comes every Saturday. Dr. White lands back at the museum after his traditional Saturday, 5 a.m. hike up Mt. Wilson Trail with a long-standing group. The small group could always use help in keeping the history of the inn and the trail alive for young and old alike.

A project near and dear to Orme's heart is the idea to transform the mural of the mules, packers and the Mt. Wilson Trail onto the newly completed Mira Monte Reservoir structure. This corner, at the beginning of the Mt. Wilson Trail, is always busy with hikers eager to delve into this crack in the wilderness.

Orme feels a historic mural here would be the perfect avenue to bring the past and present together. He is always looking for help and financial support toward that end. Contact him at 626-254-1013 at Coldwell Banker in Arcadia if you have ideas to make the idea a reality! Both Lizzie's Trail Inn and the Richardson House, at 127 Mira Monte in Sierra Madre, are open on Saturdays from 10 a.m. to noon for free tours.

To schedule school or special tours, please call the society at (626)355-8129, Jay Whitcraft at 626-355-5987 or visit www.smhps.org

Chris is taking a few week's vacation. Please enjoy a few of her favorites while she's away.



Maurice Orme shares his childhood memories of Lizzie's Trail Inn with visitors every Saturday.



Elsie Orme Mc Elwain makes Lizzie's famous raviolis circa 1940.

Looking Up

with Bob Eklund

DISCOVERY OF FIRST TRULY HABITABLE EXOPLANET

Discovery Suggests Our Galaxy Could Be Teeming with Life

A team of planet hunters led by astronomers at UC Santa Cruz and the Carnegie Institution of Washington, and supported by the National Science Foundation (NSF) and NASA, has announced the discovery of an Earth-sized planet orbiting a nearby star at a distance that places it squarely in the middle of the star's "habitable zone," where liquid water could exist on the planet's surface. If confirmed, this would be the most Earth-like exoplanet yet discovered and the first strong case for a potentially habitable one.

"This is clearly one of the most exciting areas of science these days" said Ed Seidel, assistant director for NSF's Mathematical and Physical Sciences directorate. "If we do discover life outside our planet, it would perhaps be the most significant discovery of all time."

To astronomers, a "potentially habitable" planet is one that could sustain life, though not necessarily one that humans would consider a nice place to live. Habitability depends on many factors, but liquid water and an atmosphere are among the most important.

"Our findings offer a very compelling case for a potentially habitable planet," said Steven Vogt, professor of astronomy and astrophysics at UC Santa Cruz. "The fact that we were able to detect this planet so quickly and so nearby tells us that planets like this must be really common."

"With modern techniques, it is now possible to actually search for worlds

that might be able to support life as we understand it," added Seidel. "Just a few years back I wouldn't have thought this could have advanced so fast."

Persistent Ground-Based Observing

This discovery was the result of over a decade of observations at the W. M. Keck Observatory in Hawaii. "Advanced techniques combined with old-fashioned ground-based telescopes continue to lead the exoplanet revolution," said Paul Butler of the Carnegie Institution. "Our ability to find potentially habitable worlds is now limited only by our telescope time."

Vogt and Butler lead the Lick-Carnegie Exoplanet Survey. The team's new findings are reported in a paper to be published in the *Astrophysical Journal* and posted online at arXiv.org. Coauthors include associate research scientist Eugenio Rivera of UC Santa Cruz; associate astronomer Nader Haghighipour of the University of Hawaii-Manoa; and research scientists Gregory Henry and Michael Williamson of Tennessee State University.

The paper reports the discovery of two new planets around the nearby red dwarf star Gliese 581. This brings the total number of known planets around this star to six, the most yet discovered in a planetary system other than our own solar system. Like our solar system, the planets around Gliese 581 have nearly circular orbits.

The most interesting of the two new planets is Gliese 581g, with a mass three to four times that of the Earth and an orbital period of just under 37 days. Its mass indicates that it is probably a rocky planet with a definite surface, and that it has enough gravity to hold on to an atmosphere, according to Vogt.

Gliese 581, located 20 light years away from Earth in the constellation Libra, has a somewhat checkered history of habitable-planet claims. Two previously detected planets in the system lie at the edges of the habitable zone, one on the hot side (planet c) and one on the cold side (planet d). While some astronomers still think planet d may be habitable if it has a thick atmosphere with a strong greenhouse effect to warm it up, others are skeptical. The newly discovered planet g, however, lies right in the middle of the habitable zone.

"We had planets on both sides of the habitable zone—one too hot and one too cold—and now we have one in the middle that's just right," Vogt said.

A Planet That Doesn't Rotate

The planet is tidally locked to the star, meaning that one side is always facing the star and basking in perpetual daylight, while the side facing away from the star is in perpetual darkness. One effect of this is to stabilize the planet's surface climates, according to Vogt. The most habitable zone on the planet's surface would be the line between shadow and light (known as the "terminator"), with surface temperatures decreasing toward the dark side and increasing toward the bright side.

"Any emerging life forms would have a wide range of stable climates to choose from and to evolve around, depending on their longitude," Vogt said.

The researchers estimate that the average surface temperature of the planet is between 24 degrees below zero and 10 degrees above zero Fahrenheit. Actual temperature at any given place on the planet's surface would range from blazing

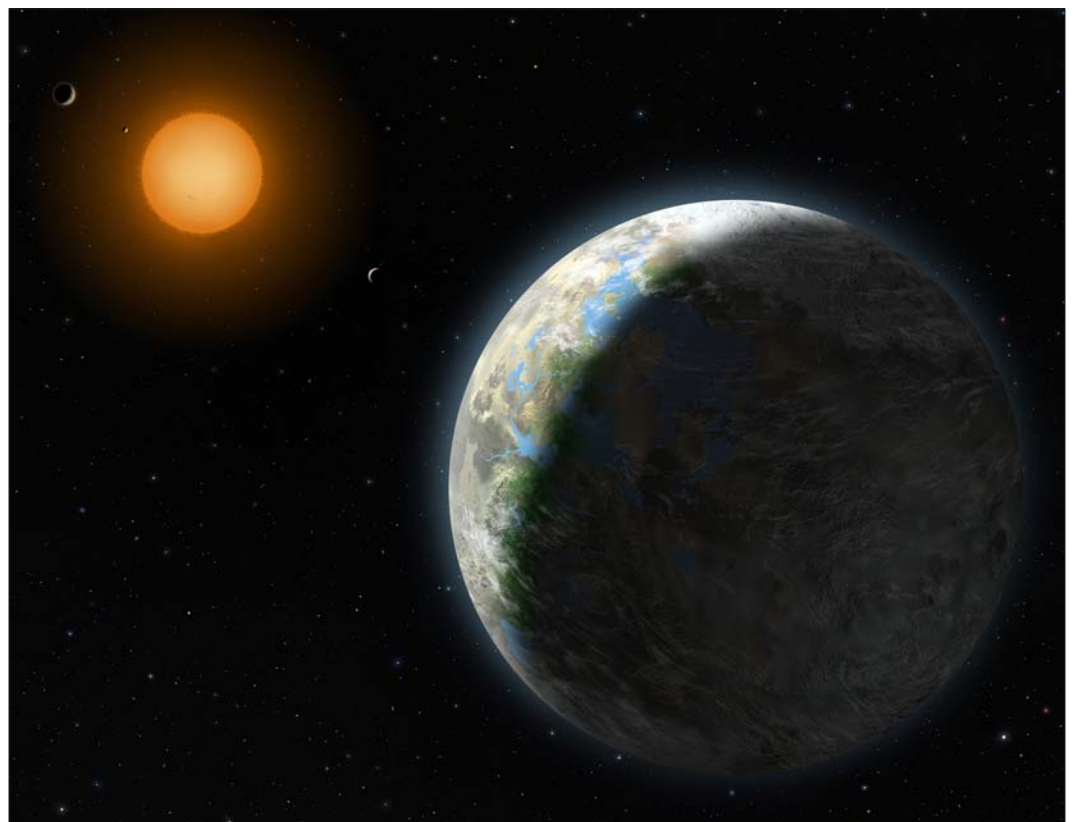


Figure 1: This artist's conception shows the inner four planets of the Gliese 581 system and their host star, a red dwarf star only 20 light-years away from Earth. The large planet in the foreground is the newly discovered GJ 581g, an Earth-size planet that orbits in the star's habitable zone. Artwork by Lynette Cook.

hot on the side facing the star to freezing cold on the dark side.

If Gliese 581g has a rocky composition similar to the Earth's, its diameter would be about 1.2 to 1.4 times that of the Earth. The surface gravity would be about the same or slightly higher than the Earth's, so that a person could easily walk upright on the planet, Vogt noted.

Observed for 11 Years

The new findings are based on 11 years of observations of Gliese 581 using the HIRES spectrometer (designed by Vogt) on the Keck I Telescope at the W. M. Keck Observatory in Hawaii. The spectrometer allows precise measurements of a star's radial velocity (its motion along the line of sight from Earth), which can reveal the presence of planets. The gravitational tug of an orbiting planet causes periodic changes in the radial velocity of the host star. Multiple planets induce complex wobbles in the star's motion, and astronomers use sophisticated analyses to detect planets and determine their orbits and masses.

"It's really hard to detect a planet like this," Vogt said. "Every time we measure the radial velocity, that's an evening on the telescope, and it took more than 200 observations with a precision of about 1.6 meters per second to detect this planet."

To get that many radial velocity measurements (238 in total), Vogt's team combined their HIRES observations with

published data from another group led by the Geneva Observatory (HARPS, the High Accuracy Radial velocity Planetary Search project).

In addition to the radial velocity observations, coauthors Henry and Williamson made precise night-to-night brightness measurements of the star with one of Tennessee State University's robotic telescopes. "Our brightness measurements verify that the radial velocity variations are caused by the new orbiting planet and not by any process within the star itself," Henry said.

The researchers also explored the implications of this discovery with respect to the number of stars that are likely to have at least one potentially habitable planet. Given the relatively small number of stars that have been carefully monitored by planet hunters, this discovery has come surprisingly soon.

"If these are rare, we shouldn't have found one so quickly and so nearby," Vogt said. "The number of systems with potentially habitable planets is probably on the order of 10 or 20 percent, and when you multiply that by the hundreds of billions of stars in the Milky Way, that's a large number. There could be tens of billions of these systems in our galaxy."

You can contact Bob Eklund at: b.eklund@MtnViewsNews.com.

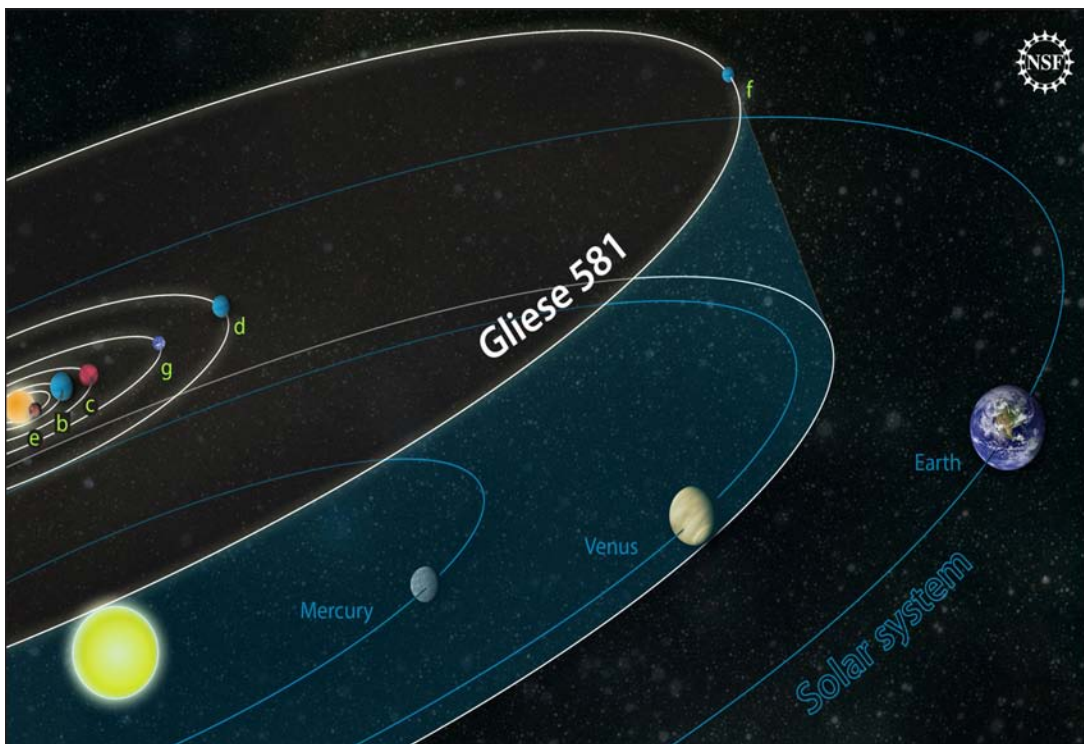


Figure 2: Orbital diagrams comparing the Gliese 581 system to our own solar system. Image by Zina Deretsky, NSF.

Alverno X Country Runners Medal at Bell-Jeff Griffith Park Invitational

By Lara L. Larramendi



Jaguar runners medal at Bellarmine/Griffith Park Invitational. left to right. Francesca Rueda, Eryn Blakely, Audrey Davy and Sahlara Assafiri.

Alverno High School Cross Country Team concluded its tune up competitions with four runners, two varsity and two junior varsity, capturing medals at the 37th Annual Bell-Jeff Griffith Park Cross Country Invitational held Saturday, September 25th at Griffith Park.

Varsity runners Eryn Blakely and Audrey Davy improved their race times and finish over their 2009 performance. Blakely, a sophomore placed 4th clocking in at 21:20 and Davy, a senior, in 19th place with a time of 23:27. Only 106 runners had their times officially recorded in this race, even though there were more entries.

Francesca Rueda, a freshman, and Sahlara Assafiri, senior, earned medals in the junior varsity race. Rueda posted a time of 30:11 and Assafiri came in at 31:31. In this race there were more entries than the 62 runners' time that were officially recorded.

More than 3,000 runners representing over 80 schools, some from as far away as Santa Maria and Mammoth Lakes, participated in this year's 37th Annual Bellarmine/Griffith Park Cross Country Invitational. Bellarmine/Griffith Park or Bell-Jeff Griffith Park, by whichever name you want to call it, everyone agreed that it was hot and dusty, hot and dusty. Temperatures at 11:17 am race time for the Blue Division Varsity Girls and 12:23 pm for the Junior Varsity hovered in the triple digits. The high temperatures made the rugged 3-mile course of hills, dirt, soft sand and grassy surfaces even more challenging for the runners.

All of the Jaguar runners that ran completed their race. Competing for the varsity team were Miranda Akkari, Eryn Blakely, Audrey Davy, Ashley Haylett, Kelly Janzen, Jessica Lopez and Adrianna Martinez. Junior varsity runners were Sahlara Assafiri, Holly Coates, Bella Daniels-Campos, Madi

Daniels-Campos, Reagan Dowd, Victoria Pintado, Nicolette Rodriguez and Francesca Rueda.

Alverno begins their quest for a Horizon League cross-country championship on Wednesday, September 29th at 4pm against Holy Family at the Rose Bowl. After competing in two tough invitationals and finishing better than some of their League rivals (Bishop Conaty-Our Lady of Loretto, Holy Family, Sacred Heart of Jesus and San Gabriel Mission), Alverno's runners are very motivated to win their League championship crown.

Alverno High School is the independent, Catholic, college-prep high school for girls in Sierra Madre, celebrating 50 years of empowering exceptional women. Its college-prep curriculum, leadership program, arts and sports attracts students from public and private schools throughout the San Gabriel Valley.



IS PUTTING ABOUT DISTANCE OR DIRECTION?

Here is a 10 million dollar question! Is great putting a result of distance control or accuracy? I have asked at least 10,000 amateur golfers why they think they 3-putt, is it because of distance or direction? 99% of the time they say it is direction. I am convinced that it is distance control.

OR, lack of.

Let me explain why I went off on a tangent in the first paragraph. If you want to lower your handicap and become a great putter, you HAVE to start focusing on touch. Now comes the next 10 million dollar question. Are some of us born with touch or do you have to work for it?

The minute you approach a great putter (you always can find them on the putting green), they will tell you they have worked hard to become a great putter. On the other hand when you approach someone that doesn't putt well (they are usually pounding drivers), they will tell you that all great putters are born.

You have to have a tiny bit of humor when you talk about putting, if not...Here is the really cool thing about developing great touch on the putting green. You DON'T have to make every putt you look at. By the way, nobody else does, not even the greatest of them all-made them all.



Read the next sentence a couple of times. The average tour player, playing on the best greens, with the best equipment, only makes 50% of their 6-footers and 25% of their 10 footers. That is wild. I know you think they make more putts than that but they don't. However; they only 3-putt from inside 30 feet---1% of the time. **DO YOU GET IT???**

They HARDILY EVER 3-putt. They have developed great touch on the greens.

Golfingly yours, Bobby Eldridge www.igolffixes.com

Bobby's weekly pearl: *If you want to make a change with your putting, spend the time on the green and not on the practice tee.*

HIGH SCHOOL SPORTS CALENDAR

October 2, 2010 - October 9, 2010



LASALLE HS

Monday October 4

Girls JV Tennis @ Arcadia 3:30
Girls V Tennis Vs Arcadia @ Live Oak Park 3:30
Girls V/JV Volleyball @ Temple City 3:15/4:30
Girls V Golf Vs Connelly @ Eaton Canyon 3PM

Tuesday October 5

Girls F/JV/V Volleyball @ St. Joseph 4:00/5:00/6:00
Girls Golf Vs Bishop Amat @ Eaton Canyon 3:00

Wednesday October 6

V/JV Water Polo @ Flint Prep. 3:15/4:30
Girls Golf Vs St. Paul @ Whittier Narrows 3PM

Thursday October 7

Girls JV Tennis Vs Bishop Amat @ LOP 3:30
Girls V Tennis Vs Bishop Amat @ Whittier Narrows 3:30
Girls F/JV/V Volleyball Vs Mary Star @ HOME 4:00/5:00/6:00

Friday October 8

Varsity Football @ St. Bernard 7:00
JV Football @ St. Bernard 4PM - Cheer to St. Bernard 2:30
Girls V Tennis @ So. Pasadena 3:15
Girls JV Tennis @ Live Oak Park 3:15
Cross Country @ Clovis Invitational 10:30
V/JV Water Polo @ Pasadena Poly 3:15/4:30

Saturday October 9

Cross Country @ Clovis Invitational



ARCADIA HS

October 5

Varsity Girls Volleyball vs John Burroughs HS
Frosh/Soph Girls Volleyball vs John Burroughs HS
HS Junior Varsity Girls Volleyball vs John Burroughs HS

October 7

Varsity Girls Volleyball at John Muir HS
Frosh/Soph Girls Volleyball at La Canada HS
Junior Varsity Girls Volleyball at John Muir HS

October 8

Junior Varsity Boys Football vs John Muir HS
Varsity Boys Football vs John Muir HS



PASADENA HIGH SCHOOL

October 5

V Boy's Water Polo vs Burbank
JV Boys Water Polo vs Burbank
V Girls Tennis at Glendale
V Girls Volleyball at Glendale
JV Girls Volleyball at Glendale

October 7

V Boy's Water Polo at Hoover
JV Boys Water Polo at Hoover
V Girls Volleyball vs Burroughs
JV Girls Volleyball vs Burroughs
V Girls Tennis at Burroughs
JV Girls Tennis vs Burroughs

October 8

JV Football vs Burroughs
V Football vs Burroughs

Action-packed 25th Annual Industry Hills Pro Rodeo for Children in Need, Oct. 9 & 10

City of Industry - Tickets are on sale for the 25th Annual Industry Hills Pro Rodeo at the Industry Hills Expo Center, at 16200 Temple Ave., City of Industry, Saturday and Sunday, Oct. 9 and 10. Top performers of the Professional Rodeo Cowboys Association will compete for \$32,000 in prize money.

Special entertainers at this year's Pro Rodeo include top floorador, back my popular demand, (trick rope artist) Tomas Garcilazo of Mexico City, introduced at an early age to his family heritage and tradition of "La Charrerria," a skill performed by generations through the Mexican Charro. Garcilazo has devoted his life to sharing Mexico's National Sport La Charrerria with the world and has even introduced his young son Thomas to the sport. Thomas has been performing off and on since he was five, sometimes preferring to play with his toys off to the side.

John Payne, the "one armed bandit" will be featured at this year's rodeo event. His unique skills and stunts have earned him "Specialty Act of the Year" for 10 years in a row. He joined the PRCA in 1988 and has done over 1,500 performances.

English Shire horses owned by Ree and Renn Zaphiropoulos and trained by Chris Hone will be making their debut. The names of these beauties are Stanley, Duke, Arnie, Andy, Kaiser and Rob Roy. Shire horses were ridden by knights during the Middle Ages. Hitch horses stand over 18 hands and can weigh one ton or more. Their heads are at least eight feet off the ground. Shire horses are considered the tallest and most elegant of the draft breeds.

Rodeo proceeds go to The Gabriel Foundation, which benefits as many as 10,000 young people in the San Gabriel Valley who are mentally challenged, physically handicapped or come from disadvantaged or abusive homes. Since its



inception in 1985, the Gabriel Foundation has contributed more than \$1.7 million to various charities dealing with disadvantaged youth.

The Industry Hills Pro Rodeo is the Foundation's annual fundraiser and over \$84,000 was donated last year with proceeds from the 2009 Rodeo.

Cowboys and cowgirls will compete for prizes in bareback riding, steer wrestling, team roping, saddle bronco riding, calf and team roping, barrel racing, bull riding and best all-around. Participants will also be competing to qualify for the PRCA National Finals Rodeo in Las Vegas in December.

Gates open Saturday at 4 p.m., and families can enjoy pony rides, a petting zoo, clowns, food and retail vendors selling Western-theme items. Food and beverage concessions will be available. The Rodeo begins at 6 p.m., followed by the Rodeo Dance at 8 p.m. Dance tickets are \$5. Music, entertainment and dancing will continue through midnight. Gates open at noon on Sunday and the Rodeo starts at 2 p.m.

Rodeo tickets are \$15 for adults (includes parking), \$10 for seniors 60 years and up, \$6 for children 3-11 years old and \$5 per person for the Rodeo Dance.

For details, or to purchase tickets visit www.industryhillsprorodeo.org or call the Rodeo office at (626) 961-6892.

Golf Tournament, Clinic & Exhibition to Benefit Junior Golfers

The First Tee of Pasadena will hold its annual Invitational Golf Tournament, Junior Clinic and Golf Exhibition on Tuesday October 5, 2010 to benefit youth participants of The First Tee of Pasadena. The public is invited to attend the free Junior Clinic and Golf Exhibition, followed by a reception and silent auction, beginning at 5pm at Brookside Golf Club.

The theme of this year's Junior Clinic and Golf Exhibition is Friends of The First Tee. PGA Tour golf professional James Oh (<http://www.pgatour.com/players/02/63/71/>) and former Stanford Women's golfer Angela Rho (http://www.gostanford.com/sports/w-golf/mtt/rho_angela00.html) will be hosting the clinic and exhibition. James and Angela have been friends since they were both 9 years old, met due to golf and will share their experiences as junior, high school, college and, for James, professional golfers.

The First Tee of Pasadena's programs are directed toward youth ages 5 to 17, with a specific target for 5th through 8th graders. Since 2007, The First Tee of Pasadena has also offered our "Mulligan" programming to over 123 special challenged youths from Optimist Youth Home, Pasadena PAL, Rose City High School and Five Acres. Since 2008, we have also worked with the Pasadena Parks & Recreation Department in providing introduction programs in a non-golf setting and in 2009 implemented the National Schools Program into 10 PUSD elementary schools. The First Tee's core programs cost \$25 per 8 week session; however scholarships are available so that no youth is turned away due to economic circumstance.

For more information about The First Tee of Pasadena and its many programs, please visit www.thefirstteepasadena.org.

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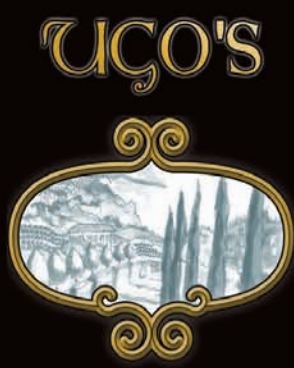
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