

A Mountain Views News Exclusive:

SIERRA MADRE’S PROPOSED ASSISTED LIVING FACILITY

VOLUME 5 NO. 38



VIEW FROM SIERRA MADRE CITY HILLTOPS

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08.23.2011

An In Depth Interview: Billy Shields of Fountain Square Properties on the Sierra Madre Assisted Living Project

On Wednesday, September 14, Mountain Views Publisher/Editor, Susan Henderson, and Reporter, Chris Bertrand, met with Billy Shields (*pictured far right*) of Fountain Square Properties West. This LLC is in contract to purchase and develop the long closed, skilled nursing facility at Sierra Madre Boulevard and Hermosa, in Sierra Madre.

After last week’s, well attended, city sponsored public meeting on September 7, Shields returned to Sierra Madre this week to talk with Mountain Views News, discussing the evolving project, the background and experience of the key players and other factors. “We had some great questions and comments last week, which we are working through as we prepare for the next phase of the city process. I have since heard more by phone and email from some in attendance. We expect this kind of interaction, which is important to creating a great project.”

On the topic of the group’s experience in senior living, Shields said the three principals, along with other core team members have worked together many years, some since 1993. In their previous employment, they were all actively involved in the development of more than 200 communities and the operation of more than 425 senior living communities run by their company, prior to going off on their own.

The partners have developed and now manage two East Coast projects, through Fountain Square Properties East, LLC. One project in White Plains, NY, is in the “fillup” process now, with the first residents moving in currently.

The Sierra Madre project, currently proposed as 75 single or spouse/sibling/friend-shared suites with a private

bath and communal meals, social programs and transportation assistance, is under Shields’ purview in Fountain Square Properties West. A Southern Californian for many years since his San Diego Chargers days, Shields says he will personally supervise the proposal, design, the entitlement process through approval, construction and management after construction.

He cites the importance of continuity between the building phase and the operation phase after opening, indicating how critical it is for “the developer to mesh well with the operator,” he commented. “The first day you are open, you have to serve a great meal and care for people as well as you will six months or five years later.”

“We have a very experienced team who understand all facets of the business including the day-to day operations. Tiffany Tomasso previously COO of an international senior living owner / operator, and past president of our national trade organization (ALFA) brings more than 26 years of experience to the team, critically important to smooth every day operations.”

Early in the discussion, the question came up whether there is any association between Shields’ Fountain Square Properties and the similarly named, City of Pasadena owned, Heritage Square project, a senior apartment project in northwest Pasadena, in the works for a decade. “Absolutely not,” said Shields. “We are a private, assisted living company.

Regarding who will be their likely “customers” Shields identified two population segments that are critical to be served by an assisted living facility such as theirs. Shields stressed the importance of meeting the needs of both populations.

The first is the actual resident, who statistically is an 83 year old female (approximately 80% of residents are female), who needs assistance with 3 or 4 activities of daily living (ambulation, eating, dressing, medication management, etc.). The community will be licensed by the State of California Department of

Social Services as a Residential Care Facility for the Elderly. Residents cannot be “bed ridden” or require complex medical procedures.

The second “customer” is the family of the resident, the “caregiver” children; most often this is the eldest daughter. In almost all cases, according to Shields, there is some family involvement with the decision to reside in assisted living and escalated care upon illness or advancing frailty, and active communication and relationship development is critical for a smooth living experience for the resident.

The Sierra Madre project will accommodate a “neighborhood” for those with memory loss as a result of Alzheimer’s or other causes. This neighborhood will provide programs for two different levels of socialization and meals. Shields explained, “Those who are recently diagnosed would eat and socialize in a different common area than those with advanced stages of the disease.”

“Ours is a month to month rental model,” said Shields, without a buy-in such as Royal Oaks in Bradbury. Almost all costs are inclusive, including utilities, hospitality cleaning and phone, with an increased supervision and therefore, cost, for memory impaired suites. The monthly rental would include housing, meals, medication assistance, scheduled transportation, a nurse onsite 24/7 plus additional staff onsite 24/7 as well, the number depending on the occupancy level.

The project, although it will house up to 96 residents, will not have individual “units.” Since all meals are prepared in one commercial kitchen, there are no cooking facilities in any of the suites (though some may have small refrigerators for medications and snacks, plus a sink for aide and visitor use outside the bathroom). “Basically,” chuckled Shields, “we will have a house with 75



bedrooms and one kitchen.”

At last week’s meeting at the Youth Activity Center, Gregg Yamachika, the outside consultant planner selected, was introduced by the city. “The cost of this planner in paid by the applicant as is the city staff time and that of other outside consultants in environmental, traffic, etc.,” according to Shields. “The company has funded the city planner in order to streamline the paperwork involved with processing their proposal.”The next step in that process is an environmental plan, which must be completed before the next city meeting on the project can take place, sometime later this fall.

Shields welcomes opportunities to meet with civic groups, etc. to further the dialogue on how best to match the assisted living business model with local community priorities and needs. As a *de rigueur* part of the regular development process, in addition to city sponsored meetings, Shields has already met with residents of the properties directly behind the project on Montecito, and other affected or interested people.

Proposals are in the works for presentations on Tuesday, October 18th at both Sierra Madre Kiwanis and Rotary meetings for interested parties to hear more about the proposed project, and offer their perspectives. In order to contact Shields directly, he has posted his email and phone numbers: BShields@FSProps.com and 858-748-0201.

RETIRED PASADENA PILOT SPEARHEADS 9-11 MEMORIAL

Story by Chris Bertrand

On a day sprinkled with hundreds, perhaps thousands, of commemorations of the lives lost in the terrorist attacks on US soil on September 11, 2001, one particular event in Pasadena, CA stands out.

Just a few short weeks ago, Capt. John Mc Dannel, a retired United Airlines pilot and a Pasadena resident, reflected that New York Drive in Pasadena would be a fitting place to hold an event remembering 9-11...those lost a decade ago.

“This would never have happened if Sierra Madre, Pasadena After Hours and Altadena Rotary Clubs didn’t put their shoulders into it,” reflected Mc Dannel.

Since 2002, Mc Dannel has already made strides to memorialize those lost by planting and hand watering 140 oaks from his own truck along the rather bereft, mostly commercial section of New York Drive. He’s also recently gained some ground at the county and city of Pasadena level on his vision to make part of the area into a park for a permanent local memorial to 9-11, including turning part of the Eaton Canyon Debris Basin into a lake that Sierra Madre, Pasadena and Altadena residents can enjoy long into the future.”

The ceremony was attended by nearly a

thousand people.

The ceremony included a flyover of jets from Miramar Naval Air Base, speakers from all walks of life touched by that day a decade ago, a military presentation of colors, twenty one gun salute and taps, band music from Pasadena Community College and La Salle High School, poems, readings, a riderless horse with the traditional backwards facing boots for a lost comrade, invocations and benedictions from clergy.

In just two and a half weeks, three local Rotary Clubs, Pasadena After Hours, Sierra Madre and Altadena, the Rotary District 5300, Pasadena Optimist, Masonic Lodge 272, VFW, US Navy Leave and USS Pasadena Foundation, Military Order of the Purple Heart #1898, American Legion East Pasadena Post 280, High Point Academy, Lender Processing Services, Inc., Viet Nam Veterans of America #446, Santa Anita Model A Club, crew members of United and American Airlines, elected officials and others formed an army of volunteers to make the ten year anniversary in Pasadena a landmark event.

Perhaps the most personal and insightful moments of the day came from Dr. Denise Campbell, a USC Doctor of Education, who was at the World Trade Center to attend a conference on 9-11-01. She was shaken from her hotel bed by the first plane impact and rushed to the street in her bright red pajamas, only to view the unfolding horror from street level.

For Mc Dannel and his corps of local



From left to right, Congressman Adam Schiff, Pasadena Mayor Bill Bogaard, Councilman Terry Tornek, Gene Masuda and Jacque Robinson; Mrs. McDannel, John McDannel and Assemblyman Anthony Portantino Photo by Dean Lee

Rotary Clubs and other community volunteers, two big steps toward the permanent memorial have already taken place. A permanent highway type sign proclaiming that a section of New York Drive has been designated a memorial to 9-11 was completed and displayed to the crowd of about a thousand. Second, the Tamkin Foundation, owners of Hastings Ranch Plaza where Sears is located, donated \$25,000 to build the stone signage for the memorial. The group hopes to gather enough donations

to purchase land for a park on the Drive, and to construct a large memorial wall surrounding I-Beams requested from the wreckage of the World Trade Center in New York.

Dan Alle of Sierra Madre Rotary said of the event, “With his vision and courage, Capt. Mc Dannel took something negative and turned it into something positive for our community.”

To donate to the New York Drive Memorial fund, visit www.Pasadena911Memorial.org for more information.



Sierra Madre Rose Float Association Seeks Applications for Princesses/Escorts

The Sierra Madre Rose Float Association is seeking applications for the position of Princess/Escort to represent the City at local functions and activities and ride on our float on New Year’s Day in the Pasadena Tournament of Roses Parade.

Princesses/Escorts will not only have the honor of riding on the Sierra Madre float, but will have the pleasure of speaking to the Sierra Madre City Council and local service organizations and clubs. In addition, they will assist with float decorating and contribute to publicity opportunities. Princesses/Escorts will have a very exciting and educational year.

Application Guidelines and Process:

1) Applicants must be 15 to 18 years old, have a 3.0 grade average and be a resident of Sierra Madre.

2) Applications may be picked up at City Hall, your High School or downloaded from the Sierra Madre Rose Float Association website: www.smrosefloat.org

3) Applications must be **received** at the SMRFA post office box by October 6th, 2011. Applications submitted later than October 6th will **not** be accepted.

4) Applicants must be able to attend judging interviews on Saturday, October 8th, between 9:00 AM and 11:00 AM. at the Sierra Madre Lodge, 33 E. Sierra Madre Blvd., Sierra Madre. No parents please.

5) Princess Coronation Dinner and Ceremony will be held Sunday, October 16th, 3:00 PM at the Sierra Madre Lodge, 33 E. Sierra Madre Blvd. Tickets are \$5.00 for friends and family (candidates are free). Tickets will be available at the door. Refreshments will be served.

For more further information or questions, please contact Donna Sutcliffe at 626-355-8579.

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Weather Wise

5-Day Forecast

Sierra Madre, Ca.

Mon:	Sunny	Hi 80s	Lows 60s
Tues:	Sunny	Hi 80s	Lows 60s
Wed:	Sunny	Hi 80s	Lows 60s
Thur:	Sunny	Hi 80s	Lows 60s
Fri:	Sunny	Hi 90s	Lows 70s

Forecasts courtesy of the National Weather Service

CITY OF SIERRA MADRE
CALENDAR OF EVENTS

Unless otherwise noted, all meetings listed below are held at
City Hall 232 W. Sierra Madre Blvd.
Sierra Madre, Ca. 91024
626-355-7135

City Hall Hours:

Monday - Thursday	7:30 am to 5:30 pm
Fridays	8:00 am to 5:00 pm

September 22

03:00pm - 05:00pm Library Open House for Retirement of
Director Toni Buckner

1630 AM

Free on-air publicity for local events

Sierra Madre's new community radio station is now accepting scripts for Public Service Announcements (PSAs) about community events. PSAs will be broadcast on the air at no charge. The station operates 24/7 and can be heard at 1630 on the AM dial.

Any local non-profit or non-commercial organization can have their event information broadcast to the public on *Sierra Madre Community Information Radio*. This new radio station covers the city of Sierra Madre, plus surrounding areas of Pasadena, Arcadia, and Monrovia.

In a nutshell, your event must:

- Benefit a non-commercial or non-profit entity
- Be open to the public
- Be of general interest to local citizens

Just write a Public Service Announcement that describes your event and e-mail it to radio@cityofsierramadre.com.

Sierra Madre's
Farmer's Market Is Back!

The Sierra Madre Farmer's Market new location is in Downtown Sierra Madre on Hermosa Avenue, south of Sierra Madre Boulevard to Mariposa Avenue. The hours will be from 3:00-8:00 p.m. during the summer with the exception of major holidays. During the winter/Pacific Standard time the market could possibly end at 7:00 p.m.

KIWANIS OFFERS "HEALTHY
HALLOWEEN" SNACKS

If you'd like to give trick-or-treaters a healthy alternative to candy, Kiwanis can help!

The Sierra Madre Kiwanis Club is selling peanuts and trail mix in Halloween-size bags, perfect for the hungry trick-or-treaters who'll come to your door on October 31st. These healthy treats will be sold at the Kiwanis Club's annual Pancake Breakfast in Memorial Park on Saturday, Sept. 24. They'll be bargain-priced at only \$20 for 50 or \$35 for 100. They can also be purchased in advance; please call Hank Landsberg at 355-3656.

Peanut and trail mix sales are a fundraiser for the Sierra Madre Kiwanis Club. Proceeds will provide scholarships for local students and support for Sierra Madre's schools and library.

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FALL AQUATICS PROGRAMS

Season passes for the Fall Lap Swim Program are now on sale! This is a great opportunity for low impact exercise in a heated outdoor pool. **A minimum of 50 fall season passes must be sold by Friday, September 16 for the program to continue.** Registration may be done online at www.cityofsierramadre.com/online/registration or at the Community Services Office at 611 E. Sierra Madre Blvd. During the fall season, there will be no daily admissions; however, this year the fall pass will also grant swimmers access to water aerobics for no additional charge! For more information call 626-355-5278.

Dates: September 6 through November 23, 2011**Hours:** 12:00 - 2:00 pm (Sun, Mon, Wed, Fri & Sat) and 7:00 - 9:00 pm (Tues & Thurs)**Fee:** \$101 per participant (includes entry to water aerobics)**Location:** Sierra Madre Pool, 611 E. Sierra Madre Blvd.

Water Aerobics

Sierra Madre Aquatic Center is continuing water aerobics into the fall season! The benefits of water exercise include low impact, resistance, and cardiovascular training in a fun environment. Water Aerobics can be taken by people of all ages, and is especially beneficial for those seeking a low to no impact workout. Exercising in water also reduces overheating from continuous training and since we conduct the class in the shallow end you do not need to be a strong swimmer. For more information, please call 626-355-5278.

Dates: September 13 through October 27**Days:** Tuesday & Thursday**Time:** 10:00 am - 11am**Fee:** \$20 / 4 class punch pass or free with a Fall Pool Pass**Location:** Sierra Madre Pool,
611 E. Sierra Madre Blvd.

Sponsored by the Senior Community Commission

SEPTEMBER IS BARGAIN BOOK TABLE MONTH!

You can never have enough books, but sometimes not enough room to store them! The Friends of the Sierra Madre Library have an overstock of volumes that they will be selling during another Bargain Book Table Sale at the Library, Monday, September 19, through Saturday, September 24, during the Library's open hours. The featured topics will include Mysteries and Thrillers, Art and Artists, Crafts and Quilting, Coffee Table, Young Adult and Children's Books. Books are replenished daily, and are only \$1.00 each.

The Friends welcome book and DVD donations in good condition. Magazines may be placed on the "Free Bench" at the back of the Library, or, if the issues have been published within the last 6 months, they can be brought to the Service Desk for the Library's magazine takeaway section. For more information, please call the number below.

The Sierra Madre Public Library, located at 440 West Sierra Madre Boulevard in Sierra Madre, is open Monday through Wednesday from Noon to 9 p.m., Thursday and Friday from Noon to 6 p.m., and Saturday from 10 a.m. to 6 p.m. (626) 355-7186. www.sierramadre.lib.ca.us.



EXHIBITION & ARTIST RECEPTION

The City of Sierra Madre Community Arts Commission is pleased to present an Arts Exhibition by Halcyon Koerber. The Exhibition by Halcyon Koerber is now on display through Thursday, November 17, 2011. Community members are invited to an Artist Reception on Friday, Friday, October 14 from 6:00 p.m. to 7:30 p.m. at the Sierra Madre City Hall (232 East Sierra Madre Blvd.). The event is open to the public and light refreshments will be served.

"I like to draw (mostly) portraits in pastel. I like the medium because of the immediate color achieved. It is dusty and messy and fragile. It can be easily smeared and erased which helps me remember that we are created from dust and it is to dust we shall return." - Halcyon Koerber

For more information please call the Sierra Madre Community & Personnel Services Department at (626) 355-5278.

SIERRA MADRE RECREATION SERVICES
OFFERING FREE ZUMBA OPEN HOUSE

The Sierra Madre Community & Personnel Services Department invites the public to come try their newest class Zumba FREE on September 19th & October 24th, 7:15 pm at the Community Recreation Center, 611 E. Sierra Madre Blvd. No advance sign-up is necessary for the open house and participants should wear tennis or dance shoes.

This basic Zumba class is an exhilarating, effective, easy-to-follow, Latin-inspired, calorie burning dance fitness program. Updated Fall Zumba sessions will begin September 26th (4 weeks) and November 7th (6 weeks) - advance registration and a minimum of 6 participants required for class to take place.

Additional adult and youth recreation classes, including karate, tennis, yoga (sunrise & evening), tai chi, soccer, ballet & tap, are also available by visiting www.cityofsierramadre.com/online/registration or calling (626) 355-5278 for more information.

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This 1914 California Craftsman Bungalow has a large living room, formal dining room, multiple conference rooms and a garden pavilion. A complete kitchen with two gas ranges two ovens, microwave, two refrigerators and dishwasher.
The Club provides tables and chairs at no extra cost.

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SIERRA MADRE OKTOBERFEST TOURNAMENT

Saturday, October 15, 2011

OKTOBERFEST GOLF AND TENNIS TOURNAMENT

benefiting Sierra Madre Youth Programs

Tennis Tournament: All ages and skill levels are welcome to play! Tennis will be played as a round robin doubles tournament with rotating partners in co-ed divisions at the Arcadia-Orange Grove courts. Participants start out the tournament by trying their luck in a serving contest (prizes for winners). The tournament first, second, and third place winners each receive a trophy and the first place winner will have their name engraved on the Oktoberfest Tennis Tournament perpetual trophy.

Golf Tournament: Played on a nine-hole course as a foursome, best-ball format at Eaton Canyon (tee times assigned). All skill levels welcome and the best-ball format is perfect for beginners! Golfers can sign up as a team or individual and the top team receives individual trophies and immortality on the Oktoberfest Golf Tournament perpetual trophy. Want some additional fun! Take a chance in our Closest to the Pin, Longest Drive, and Putting contests. For those concerned with their swing, Mulligans are available to ensure a better score.

Lunch Reception: Following the tournaments join us at the Community Recreation Center located at 611 E. Sierra Madre Blvd. for an Oktoberfest-style lunch, including beer, brats, and German chocolate cake. During this time bid on various silent auction packages, purchase tickets for the raffle, and watch the awards ceremony.

Register online at www.cityofsierramadre.com/online/registration or in person at the Community Recreation Center no later than Friday, September 30, 2011.

Tennis start time 8:00 am
Location: Arcadia-Orange Grove Tennis Courts
Cost: \$50 (including lunch)

Golf start time 8:00 am
Location: Eaton Canyon Golf Course
Cost: \$70 individual (includes lunch)
Team Reg: \$250 (for 4 includes lunch)

Lunch Reception 12:00 pm Location: Community Recreation Center Cost: \$25

Tax-deductible opportunities may exist with this event! Please contact Kyle Schnurr at kschnurr@cityofsierramadre.com if you would like to contribute.

**FOR MORE INFO
CALL 626-355-5278**

GIANNOTTA-MOSS



Robyn Giannotta and Andrew Moss were married by Father Matt Elshoff, OFM Cap. on August 27, 2011 at the San Gabriel Mission. The reception was held at the elegant Langham Huntington Hotel.

Mrs. Moss is the daughter of Dr. Steven and Mrs. Sharon Giannotta of Pasadena. Mr. Moss is the son of Mr. Irvin and Mrs. Andrea Moss of Sierra Madre.

The Bride is a graduate of USC and works for Morgan Stanley. The Groom is a graduate of USC and holds a Master's from John Jay College of Criminal Justice and works for JetBlue Airways. The couple resides in New York City's Lower Manhattan.

THE WAY WE WERE:

An Historic Adventure with Costumes

Get gussied up and come to the Fabulous Fall Fashion Show and Tea sponsored by the Sierra Madre Historical Preservation Society!



Photo from the Sierra Madre Historical Archives.

On Saturday, October 15, 2011, costume designer Shon Le Blanc of Valentino's Costumes will present textiles, clothing and accessories Sierra Madre style. Having furnished costumes for many plays, movies and television shows, as well as the Sierra Madre Rose Float in 2008, Le Blanc will narrate the show's different eras, as he describes costume details.

Based on the photographs from our award-winning book, *"Southern California: Seeking the Better Life in Sierra Madre"*, this historical fashion revue will reveal how Sierra Madreans dressed through the ages. Tableaus of models will be accompanied by a slide show of historic images taken from the book and the archival files.

To complement this unique show, the Society will serve a sumptuous tea consisting of finger sandwiches, hearty appetizers, scones, including a special orange marmalade cake as one of the desserts.

The event is in celebration of the Sierra Madre Historical Preservation Society's 80th Anniversary. Founded in 1931, the Society continues to participate in community activities, promoting and preserving the history of Sierra Madre, including the stewardship of the Sierra Madre Historical Archives and the City's two museums: Lizzie's Trail Inn and the Richardson House. The program will be held in Hartzell Hall: 695 W. Sierra Madre Blvd. at 2:00 p.m. The parking entrance is located off N. Michillinda Avenue. Tickets are \$40 and are tax deductible. All proceeds support the work of the Society.

Tickets are available at Arnold's Hardware, Savor the Flavor, Sierra Madre Library, Mary's Market and Prudential Realty, and from SMHPS Board members.

Don't miss this opportunity to see The Way We Were! For more information, call [626.355.1389](tel:626.355.1389) or visit www.smhps.org.

ASCENSION CHURCH HOSTS "MINISTRY CELEBRATION" SUNDAY, SEPTEMBER 18TH

Episcopal Church of the Ascension, 25 East Laurel Avenue in Sierra Madre will be celebrating its annual start of Fall season with the "Ministry Celebration" on Sunday, September 18th following the Mass at 9:30 a.m. All are welcome and encouraged to this festival of ministries, which features decorated booths that illustrate various church ministries in serving the needy, spreading God's word, educating children, making music and worshipping God. Other opportunities include feeding the hungry, attending to the sick and visiting shut-ins as well as assisting the homeless. Daughters of the King and Cursillo will also have information available. The Church's ministries are great ways to give

back and share in opportunities of fellowship at Church of the Ascension. Refreshments will be served. The event will provide an opportunity to learn about Christian Education at Ascension Church including sign-ups for Children's Sunday School (Catechesis), Young People's Ministries and for adults to learn about small groups which begin meeting on Sunday, September 25th. Small Groups meet between church services in Parish or Hawks Hall. This ongoing program is facilitated by various parishioners and includes:

- Meets in the Hawks Hall Library
- Summer Fellowship - Trusting that God will provide

- Genesis:12-23 "Abraham & Sarah's Journey"
- A parent's group which explores the question: "How can this generation of parents raise self-reliant, compassionate, and ethical children?"
- The Rector's Forum is currently reading The Jesuit Guide to (Almost) Everything, a Spirituality for Real Life, by Jamaes Martin, SJ.

This event makes for a wonderful family outing to meet new neighbors and check out a wonderful community church. For more information, please call (626) 355-1133 or visit: www.ascension-sierramadre.com.

MOTHER MOO CREAMERY OPENS IN SIERRA MADRE'S KERSTING COURT

Karen Klemens, owner of Mother Moo Creamery, began selling her organic ice cream made with locally sourced ingredients last Saturday afternoon. Within a short time, a reported long line of interested customers trailing out the door sold out most of her offerings to locals who wanted to be among the first to sample her wares.

Located at 17 Kersting Court at the site of the former Domino's Pizza, Klemens has been working since late spring to transform the site into her creamery, as well as a home preservation center with workshops and canning demonstrations. She joins several other new businesses who opened this year in the town of 11,000, including Taco Fiesta, Sierra Bistro and Wistaria Grill. Klemens plans to use a local, South Pasadena source for peaches as her basis for the first canning class to be held on Saturday, September 17th.

Moth Moo indicated she has hired locally to fill out her staff, and will continue to do so as her business becomes established. For more information or a class reservation, visit www.MotherMoo.com or call 626-355-0650.



WELLNESS IN THE PARK

A Senior Information & Health Screen Fair will be hosted by the Sierra Madre Community & Personnel Services Department and Sierra Madre Senior Community Commission, St. Rita Senior Ministry, and be.royal oaks retirement community. The event takes place on Saturday, September 24th in Memorial Park. The Kiwanis Pancake Breakfast will run concurrently from 7am to 11am, \$5.00 per participant. At 9am to 12pm, the **FREE** Health Screenings for Seniors, which include osteoporosis, hearing, body fat, dental, **FREE** flu shots (for those whose primary insurance is Medicare, all others \$25), healthy eating & downsizing tips, and so much more...

Please join our community leaders, participating vendors, and your neighbors for a morning filled with valuable information. For additional information, please contact Susan Clifton at 626-355-5278.

Sierra Madre Police Blotter

During the week of Sunday, September 4th, to Saturday September 10th, the Sierra Madre Police Department responded to approximately 316 calls for service. See crimereports.com for updated information.

Sunday, September 4th:

1:31 AM- Prohibits Person Under 21, Alcohol 0.01%, Baldwin Ave and Foothill Blvd. An officer stopped a 20-year old Pasadena motorist for a Vehicle Code violation and determined that the driver was under the influence of alcohol. The driver was cited and the vehicle was stored.

03:37 AM- DUI Alcohol/Drugs, Mariposa Ave and Hermosa Ave. An officer stopped a 26-year old Monterey Park motorist for a Vehicle Code violation and determined that the driver was under the influence of alcohol. The driver was arrested and transported to Pasadena police Department for booking.

11:53 AM- Use Another's Personal Identification to Obtain Credit/Etc. This case involves an unknown suspect(s) using the victim's Visa credit card to buy a DVD club membership and DVDs without the victim's permission.

Wednesday, September 7th:

7:06 PM- Danger to Self/Other/Gravely Disabled, 600 blk. W. Montecito Ave. This case involves a woman being placed on a 72- hour hold for a psychiatric evaluation.

Thursday, September 8th:

2:58 AM- DUI Alcohol/Drugs, 300 blk. Sierra Woods Dr. An officer stopped a 51-year old Sierra Madre motorist for a Vehicle Code violation and determined that the driver was under the influence of alcohol. The driver was arrested and transported to Pasadena Police Department for booking.

9:18 AM- Possession of Controlled Substance, 600 blk. Woodland Dr. This case involves LA County Probation officers and SMPD officers conducting a probation check on a 29-year old male Sierra Madre resident. Officials spoke to two people, and arrested one for possession of a controlled substance and narcotic paraphernalia. The female suspect was taken to the Century Regional Detention Facility for housing and the Probation Department took the male suspect was taken into custody.

Friday, September 9th:

7:08 AM- Battery, 100 blk. W. Sierra Madre Blvd. Officers responded to a battery investigation between two men. Further investigation revealed that an argument occurred and the suspect punched and kicked the victim multiple times while he was on the floor defenseless. The investigation was referred to the District Attorney's office for review.

10:33 AM- Petty Theft, 100 blk. N. Lima St. An unknown suspect(s) stole a black bird feeder and fled in an unknown location.

12:31 PM- Danger to Self/Others/Gravely Disabled, 400 E. Grandview Ave. This case involves a 35-year old man that was placed on a 72 hour hold at USC Medical Center in Los Angeles.






ED CLARE

Electrical

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to
11:00 a.m.

\$5

Mayor to be in Charge of Free Parking Placards

By Dean Lee

Free parking placards for both city departments and elected offices will now be handed out on the basis of need rather than staff classification after the city council unanimously voted Monday night, without discussion, to change the way the no fee cards are allocated.

City staff said the cards are needed to eliminate the need to process and reimburse requests for parking meter costs saving the city money.

Under the new rules, each city department, the department director will be responsible for distribution within each department. The Mayor will now be responsible for distribution within the city council offices as well as the mayor's office.

The new rules fall under PMC 10.45.027.

The way cards are issued to individuals, not employed, but working with the city, will not change.

“There has been an increase in the number of individuals that are part of a broad set of titles [e.g., Staff Assistant] that now conduct city business outside city offices on an intermittent basis,” City Parking Manager, Charles Kindred wrote in the staff report. “This trend in the intermittent use of staff to conduct business outside of city offices is expected to continue.”

He also said, the Department of Transportation would maintain an administrative record of the disposition of the OCB (official city business) Placards annually and would place the approved list of placard holders on file with the city clerk providing department and employee name (where individually assigned), but not vehicle information. “This would make the process more efficient and increase accountability within each department,” he maintained.

The council directed the city attorney to prepare the ordinance within 60 days which will be brought back again for their approval. If passed, the new rules would take effect 30 days after that.

Pet of the Week



Santino is a very sweet male black and white domestic long-haired cat about 2 years old. He is playful, although a little shy. He enjoys his kennel and the toys in it. He has been neutered and can go home with you immediately. The regular cat adoption fee is \$70 which includes spay/neuter surgery, a microchip, the first set of vaccinations, and a free follow-up health check at a participating vet. Call the Pasadena Humane Society & SPCA at 626.792.7151 to ask about A292409, or visit at 361 S. Raymond Ave. in Pasadena. Adoption hours are 11-4 Sunday, 9-5 Tuesday – Friday, 9-4 Saturday. Directions and photos of all pets can be found at www.pasadenahumane.org.

Utility Art



Five traffic-signal control boxes along Colorado Boulevard became symbols of free speech Friday as part of a public art project funded by the Playhouse District Association. The now colorful vinyl boxes sport photos of free speech movement leader Mario Savio leading student protestors at the University of California Berkeley Nov. 20, 1964. Although each has the exact same photo, the slogans are different, quotes range from such leaders as Eleanor Roosevelt and George Washington. The cost of the project was \$6,400 and is expected to last five years.

Council Approves Heritage Square Deal

First Community Meeting Set for Saturday

After a short presentation the city council voted Monday night unanimously approving entering an exclusive negotiation agreement with Bridge Housing Corporation in connection with the proposed development of a senior affordable housing project -- known to the community as Heritage Square.

Bridge Housing would build a 70-unit senior housing project at the 750-790 N. Fair Oaks Avenue city-owned site. According to Monday's staff report, the project is estimated to cost \$21.28 million.

The report also states that the project is subject to the City's First Source local hiring. The proposal includes a commitment to spend not less than 20 percent of the respective budgets for local hiring, local



subcontracting, and local purchasing.

A community meeting will be held on Saturday.

The meeting will take place from 10 a.m. to noon at the Jackie Robinson Center Auditorium, 1020 N. Fair Oaks Ave.

City Housing staff will introduce the development team of

BRIDGE Housing Corporation, which Pasadena City Council approved on September 12, 2011 for exclusive negotiations to undertake the development of the Heritage Square senior housing project.

An overview of the proposed project, including design concept, financing plan and local benefit, will be presented.

Participants with Disabilities to Show Art

Two art exhibitions will be on display this fall thanks to the talented students in the city of Pasadena's Adaptive Recreation art program.

Adaptive Recreation serves adults with disabilities who live in the Pasadena community.

From September 24 to October 24, the exhibit "I Love a Rose Parade" will be displayed at the Coffee Gallery, 2029 N. Lake Ave., Altadena. The exhibit features a series of drawings illustrating an array of floats from the Tournament of Roses Parade. Opening reception will be on Saturday, Sept. 24 from 7 to 9 p.m.

On Friday, Oct. 14 the artists will participate in the annual ArtNight Pasadena. A series of drawings highlighting Western Americana Art will be displayed for this event only from



6 to 8 p.m. at Pasadena Central Library, 285 E. Walnut St.

The exhibitions are sponsored by the Pasadena Recreation and Parks Foundation. For more information call Jackie Scott, Adaptive Recreation specialist, at 626-744-7257 or jackiescott@cityofpasadena.net.

Paseo Colorado to Host Annual Business Expo

The annual Pasadena Chamber of Commerce Business Showcase and Mini-Taste of Pasadena will be held at Paseo Colorado on Thursday, September 29th from 4:00 p.m. to 7:00 p.m. Vendors and exhibitors will set up in the public area of the outdoor mall. A select group of new Pasadena Chamber member restaurants are invited to provide free food samples to visitors. The public is invited to attend the event free of charge. Visitors also get 90 minutes of free parking in the Paseo parking garage.

This year's event will feature exhibits by a wide variety of Pasadena area businesses. The event is generously sponsored by the Foothill Workforce Investment Board. Other sponsoring businesses are Bob Hope Airport and Eagle Star Security.

In conjunction with the event, El Cholo and Noor Restaurant and Ballroom will host extended happy hours for those attending the event at their restaurants on the second floor at Paseo Colorado. Restaurants that will be providing food include Noor and El Cholo, Toro Sushi Bar and Luminaires/Monterey Hills Restaurant.

The Chamber Business Showcase is the Pasadena area's largest networking event. Dozens of businesses take advantage of the opportunity

to present their products and services to other businesses and those from the public who attend. Businesses taking part include Be Structured Technology Group, the Pasadena Public Library, Anderson Business Technology, See's Candies, Southern California Edison, the Pasadena Convention and Visitors' Bureau, Renewal by Anderson, Valley Economic Development Center, High Point Academy, Saint Andrew School and Pasadena Highlands. Businesses from all parts of our local economy will be exhibiting at the Pasadena Chamber of Commerce Business Showcase and Mini-Taste of Pasadena. Those who would like to be exhibitors or who would like more information about the Pasadena Chamber of Commerce Business Showcase and Mini-Taste of Pasadena can call the Chamber office at (626) 795-3355 or visit the web site at www.pasadena-chamber.org or email leanne@pasadena-chamber.org.

The Pasadena Chamber of Commerce and Civic Association is a professional business organization. The Pasadena Chamber of Commerce serves more than 1450 members. The organization was founded in 1888 as the Board of Trade

Top Colleges to Attend PCC University Day

More than 50 colleges and universities, including Columbia University, Pepperdine University, UCLA, and USC, are slated to attend Pasadena City College's University Day on Sept. 19. Students interested in transferring to a four-year college or university can explore transfer opportunities, learn about academic programs and majors, attend application workshops, learn about financial aid, and apply to guaranteed admissions programs during the event.

University Day is an opportunity for PCC students to explore their transfer options and meet university representatives who can serve as contacts in the transfer process," said Dina Chase, director of the PCC Outreach, Degree and Transfer Center. Informational booths will be set up between 10 a.m. and 1 p.m. in the PCC Quad.

For more information on University Day, call the Outreach, Degree and Transfer Center at (626) 585-7287.

Meteor Likely Cause of Southwest Light Show



Image from video posted on YouTube

A meteor is the most probable cause of a bright, colorful fireball witnessed by people Wednesday in a wide swath of the southwestern United States, according to Don Yeomans, manager of NASA's Near-Earth Object Program Office at JPL. Residents from Southern California to Arizona to Las Vegas reported seeing a streak of light move rapidly from west to east around 7:45 p.m.

"We're virtually certain this bright display was caused by a meteor, probably the size of a baseball or basketball that burned up in Earth's atmosphere. It appeared much larger because of the heated and glowing atmosphere along its path," said Yeomans.

Many eyewitnesses described seeing brilliant colors of blue, green and orange. Yeomans said the blue or green colors indicate the meteor contained nickel or magnesium, while orange would mean the object was

traveling relatively slowly for a meteor, but still moving a few miles per second.

A meteor is a small fragment of an asteroid. Yeomans said that similar fireballs from asteroids enter Earth's atmosphere every week or so, but they usually take place over the ocean or in a sparsely populated area.

This time, Yeomans says, "The fireball was very bright and provided a harmless but memorable light show for people in numerous cities and towns in the southwestern states."

More information about fireballs, from the American Meteor Society, is online at: <http://www.amsmeteors.org/fireballs/faq/>.

More information about asteroids is online at: <http://www.jpl.nasa.gov/asteroidwatch> and on Twitter at <http://www.twitter.com/asteroidwatch>.

Pacific Asia Museum Announces New Korean Folk Painting Exhibition

Pacific Asia Museum presents the exhibition Auspicious Beauty: Korean Folk Painting in the Focus Gallery from October 7, 2011 to March 25, 2012. Korean folk painting illustrates auspicious subjects such as birds and flowers, mythology, characters related to virtues, and scholars' objects. The exhibition will be divided by these themes, and discuss the meanings of each subject and the patrons who commissioned the works. The dates of the objects range from the mid-16th century to the early 20th century.

This exhibition includes a stunning eight-panel screen of flowers and rocks recently acquired by Pacific Asia Museum. The motif represents wealth and eternity, and would likely have decorated a women's personal space to fill the household with auspicious meaning. A screen such as this one would have been prepared as a wedding dowry and cherished as a family heirloom for generations.

Minwha, or folk painting, during the Joseon dynasty (1392-1910) serves as an entry point to Korean culture, reflecting societal values, religious ideas, and popular humor. Auspicious Beauty introduces popular themes in minwha and illuminates their meanings, functions and patrons. Usually placed in a room in folding screen format or hung on walls in scroll format, this genre illustrates various subjects such as scholars' equipment, characters related to Confucian virtues, and natural themes such as birds-and-flowers and a range of animals. These minwha not only decorated the rooms of many households but were also understood to bring good luck, ward off evil spirits, and depict moral virtues. In contrast to highly revered literati painting by scholar-gentlemen, minwha received little respect as an art form but continued to enjoy strong support among the growing middle class during periods of political stability.

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 is Sept 20. from 6 p.m. to 8p.m. at the Pasadena Community Network - Studio G, 2057 N. Los Robles Ave. For more info call 626.794.8585 or visit pasadenan.com.

Expo to Bring Employers, Applicants Together

If, like so many people, you're looking for work, then plan to attend the free Career Expo in Pasadena this Monday, Sept. 19, to meet with local employers looking to hire.

The Expo, sponsored by the Foothill Workforce Investment Board, is being held in collaboration with the state Employment Development Department and Pasadena City Councilmember Jacque Robinson.

Local demand for jobs is high. The unemployment rate for L.A. County rose in July from 12 percent to 12.4 percent. The Expo is a chance to help expedite the process and bring employers and potential employees face to face.

"While searching for work online can be effective, it

lacks the immediate response most people are looking for," explained Pasadena Councilmember Robinson, "so it's even better when we can work together with the private sector and get employers and applicants that immediate face time."

The Career Expo runs from 10 a.m. to 2 p.m. at the Foothill Employment and Training Connection One-Stop Career Center at 1207 E. Green St. Local employers planning to be on hand include Avery Dennison, Kaiser Permanente, Sears and more.

Applicants of all ages, experience levels and backgrounds are encouraged to attend, and be prepared with resumes.

For more information call 626-796-JOBS.

“What’s Going On?”
News and Views from Joan Schmidt



Supervisory Redistricting:
Only ONE Choice: PLAN A-3

Last week, I was one of 800 people who attended the special Board of Supervisor’s Meeting re: Supervisory Redistricting. There are three choices. Supervisor Gloria Molina’s and Supervisor Mark Ridley- Thomas’ plans, T-1 and S-2, would move nearly 3.5 MILLION people from one supervisory district to another! Plan A-3, submitted by Don Knabe, and favored by 80% of attendees calls for the least amount of redistricting. Most people who live in districts served by Don Knabe, Mike Antonovich, and Zev Yaroslavsky favored the A-3 Plan.

I entered the meeting, unsure of choices.. After 3 hours of one- minute speakers, I left with a better understanding and a great respect for Supervisors Knabe and Yaroslavsky. Here is a brief overview of my time at the meeting. I sat with a wonderful group from the Rowland Heights/Hacienda Heights area; they were Anglo and Asian. They said Knabe had done SO MUCH for their areas and that Gloria was unacceptable, so they supported A-3. They came on a bus and brought a youth group formed because of Knabe. Then “Robert Thome” one of the AWESOME artists from Rancho Los Amigos in Downey, came to support Plan A-3, because Knabe supports their program at Rancho Los Amigos.

Next were the Zev Yaroslavsky supporters. I had NO idea of his vast area and the impact he has had. His area includes the San Fernando Valley, Agoura Hills, Calabasas, North Hollywood, Beverly Hills, West Hollywood, Malibu. Aleksander Rekhtman from the Valley, points out that “plans T-1 and S-2 would move nearly 3.5 million people from one district to the other, destroying established relationships and seriously setting back progress on important community issues. Speakers from Santa Monica, Malibu and Calabasas all spoke of their unique geographic areas with their specific issues/problems(fires, flooding) which Zev has addressed on so many

occasions! Why would anyone clump together different areas with different needs? Nancy Helsley of Calabasas said the redistricting proposals submitted by Supervisors Molina and Ridley-Thomas are” greatly gerrymandered”.

Our Fifth District WANTS to keep Supervisor Antonovich. Monrovia-Arcadia-Duarte Town Council Chair, David Hall said, “Twenty years of a wonderful working relationship with Supervisor Antonovich, we are indebted to him for the progress in the Monrovia, Arcadia, Duarte county areas ...three diverse communities working together.

Monrovia Mayor Mary Ann Lutz spoke of her concern of the “split” that Monrovia would have to endure. “We are unique in that we collaborate and work with our unincorporated areas...we are ALL Monrovians.” Mary Ann spoke of close to twenty years that we have worked together and Supervisor Antonovich was the catalyst in this.

Steve Baker, Monrovia’s Treasurer and Historian spoke of how Arcadia-Monrovia-Duarte all came together. Years ago, the residents all attended MAD High School. “We have such a good relationship with Arcadia, our neighbor-we don’t want to be split from them.”

Jim Kirchner, former Mayor and City Council Member from Duarte, approached the issue from a different prospect-an economic one. The San Gabriel River seems to separate us from areas East. He mentioned the proximity of the Arcadia-Monrovia-Duarte areas and the shopping, businesses, socializing among the three. He DOESN’T want Monrovia and Duarte pulled away from Arcadia.

The Board of Supervisors will hold another meeting-September 27 to discuss this issue. FOUR County Supervisors MUST vote on a plan for it to be adopted. I am afraid only three will. Then the vote is passed on to a three member panel, District Attorney Steve Cooley, Sheriff Lee Baca, and L.A. County Assessor John Nogues.

La Salle’s Crystal Circle Honors Julie and Walter Williams



Pasadena, CA – La Salle High School honored Julie and Walter Williams with the Distinguished Lasallian Award during the 23rd annual Crystal Circle Dinner. The reception and dinner was held at the Westin Hotel in Pasadena on September 11. This prestigious award is given annually to an individual or organization that has greatly contributed to the enrichment of a Catholic education for La Salle High School students. President of La Salle, Dr. Richard Gray and Principal, Patrick Bonacci, AFSC presented the award to Julie and Walter Williams. Walt and Julie were founding members of the Board of Regents. Walt is the Mission Support Committee Chair and Julie is the chair of the Board Development Committee. Both have participated

in the annual Mission Effectiveness Workshop as well as WCEA/WASC visitations. Their son, Andrew graduated from La Salle in 2004. The Crystal Circle at La Salle recognizes the generosity of individuals and organizations whose tax-deductible contributions and new pledges during the year total \$1,000 or more. These donors play a critical role in strengthening the current programs for our students and helping La Salle plan for the future. Founded in 1989, the Crystal Circle had 11 individuals, couples, and organizations as members in its initial year. For 2010-2011, 379 individuals, couples, and organizations comprise the membership of this most prestigious order of donors.

Astronomy Talk at Altadena Library Saturday Sept. 24th

Don Nicholson to Speak on “Mount Wilson Astronomers I Have Known; Some of Whom Have Known Me”
The public is invited to attend an astronomy lecture at the Altadena Public Library, Saturday, Sept. 24, at 2:30 p.m. Don Nicholson will speak on “Mount Wilson Astronomers I Have Known; Some of Whom Have Known Me.” This lecture is free of charge, and all are welcome. There will be light refreshments beginning at 2:00 p.m.
Don Nicholson is Associate Deputy Director for External Affairs of the Mount Wilson Institute, which operates Mount Wilson Observatory. The son of Dr. Seth B. Nicholson of the Mount Wilson Observatory, he has had a lifelong association with that Observatory. His present interests are the history of astronomy in the 20th century and the encouragement of public interest and participation in astronomy.
Don spent much of his youth at the Observatory and met many of the legendary figures who worked there. He graduated from Pomona College with a major in physics and received a Masters Degree in meteorology from Caltech. After serving in the U.S. Army Air Force, he worked for Technicolor, Northrop, and The Aerospace Corporation, where he led the Optical

Systems Department. Since retiring, he has been active in public outreach for astronomical organizations.
In 2007, Don was presented a Commendation by the Pasadena City Council for his many years of service to the community, after which Mayor William Bogaard commented that Don might be the only person still alive who has actually met George Ellery Hale!
The Altadena Public Library is located at 600 E. Mariposa Street in Altadena, two stop signs west of Lake Avenue at the corner of Mariposa and Santa Rosa Avenue (“Christmas Tree Lane”). Exit the 210 freeway at Lake Avenue in Pasadena and go about 2.5 miles north to Mariposa Street in Altadena. Turn left on Mariposa, go to the second stop sign, turn left on Santa Rosa, and turn into the parking lot at the first driveway on your right. The lecture is in the library’s Community Room.
This talk is sponsored by the Mount Wilson Institute. For more information, including how to become a member of Friends of Mount Wilson Observatory (FOMWO), see the Observatory’s website www.mtwilson.edu or contact lecture coordinator Bob Eklund, beklund@sprynet.com, (310) 216-5947.



SANTA ANITA TO HOST PHOTOGRAPHY DAY OCT. 7,
BEGINNERS, PROS INVITED TO ALL-DAY EVENT

ARCADIA, Calif. (Aug. 17, 2011)—Santa Anita Park has announced that it will stage its second Photography Day, on Friday, Oct. 7, beginning with registration for all participants at its popular Clockers’ Corner area, at 7:30 a.m.
Santa Anita is once again inviting professional and novice photographers with an interest in racing to take part in this one of a kind event that will include photographic opportunities at one of the world’s most spectacular sporting venues.
After registration, all participants will be able to photograph morning workouts, which conclude at 10 a.m. At this time a breakfast buffet will be served and a question and answer session with track photographers, trainers and management will follow.
First race post time is 1 p.m., and all participants will be granted access to the track’s paddock and winner’s circle throughout the afternoon. “We held our first Photography Day back in March and it far exceeded everyone’s expectations,”

said Santa Anita Director of Group Sales Chris Quinn. “With the mountains in the background, and Santa Anita’s unique architecture and landscaping, our Thoroughbreds complement a tapestry that cannot be duplicated.
“I think all of our fans, including those with photographic interests, deeply appreciate our world renowned aesthetics and appreciate the fact that we look forward to doing more of these kinds of events and being able to share some of these beautiful photographs with everyone via our website, www.santaanita.com.
Quinn noted that all photographers will be invited to submit photos at the end of the race day and that a wide variety of shots would then be selected for website display. A modest \$20 registration fee covers admission, parking, breakfast and press credentials for the day. For more information and to purchase tickets, fans are encouraged to visit www.santaanitaevents.com, or to call Group Sales at (626) 574-6400.

Pet of the Week

Johnny Walker: Animal ID #433508
Meet a gentleman of true class, the very suave Johnny Walker (A4335087). Johnny Walker is a soulful six-year-old black and white male Labrador Retriever/Sharpei mix who was found in El Monte on September 4th and brought to the Baldwin Park shelter. Weighing eighty pounds, this mellow boy walks well on the leash and is well socialized. Quiet and polite, Johnny Walker has a medium-to-low energy level and seems to be at his happiest when he is lying at your feet! The ultimate companion, Johnny Walker will make a wonderful buddy for a senior citizen as well as a great indoor pet for a family living in a private home. To watch a video of a volunteer interacting with Johnny Walker, please visit: <http://www.youtube.com/watch?v=iJRr2IpX6HE>
To meet Johnny Walker in person, please see him at the Baldwin Park Shelter, located at 4275 N. Elton, Baldwin Park, CA 91706 (Phone: 626-430-2378). He is currently available now. For any inquiries about Johnny Walker, please reference his animal ID number: A4335087.
The shelter is open seven days a week, 12 pm-7 pm Monday-Thursday and 10am-5pm Friday-Sunday. This is a high-intake shelter with a great need for adoptions. For more information about



Johnny Walker or the adoption process, contact United Hope for Animals Volunteer Adoption Coordinator Samantha at samanthasayon@gmail.com or 661-309-2674.

To learn more about United Hope for Animals’ partnership with the Baldwin Park Shelter through its Shelter Support Program, as well as the many dogs of all breeds, ages, and sizes available for adoption in local shelters, visit <http://www.unitedhope4animals.org/about-us/shelter-support-program/>.

BUSINESS TODAY
The latest on Business News, Trends and Techniques



BUSINESS DECISION-MAKING

By LaQuetta Shamblee

No matter whether economic times are good or bad, making sound business decisions will always work to your advantage. Need to increase sales, launch a new product line, move into a smaller office or perhaps speak with an employee about being late to work. your business decisions:
1) Establishing a timeline for following through with what’s needed to support your decision and
2) If applicable, determining the budget that is needed to take the decision to its conclusion.
owner has professional training or a natural talent for the respective element, these things might be perfect. Obviously, Debbie Fields had the perfect recipe for cookies that were key to launching her company in 1977 and building a sweet empire that she later sold for millions.

It is important to proceed with a clear decision whenever you are faced with an opportunity that is likely to need to be changed. For owner to have an emotional attachment to things that may need to be changed. For you can bet that there were professionals with expertise brought in to inform, set-up or manage other critical

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(Just South of Huntington Dr.)



Miss Arcadia 1969 (on roof) and her Royal Court. Photo courtesy of the Ruth and Charles Gilb Arcadia Historical Museum.

Looking for Miss Arcadia 1969

By Scott Hettrick

The Marines may be looking for a few good men but Nickerson Research is looking for the few good women who apparently rode the Arcadia float in the Tournament of Roses parade in 1969, specifically, Cindy Clark, Cindy Harms, Debbie Lewis, Janis Thompson, and Jacquie Wicken.

The company is trying to locate the Queen and Princesses from the 1969 Arcadia Tournament of Roses Royal Court about the potential use of a photograph of them for a Chevrolet commercial, for which they would be financially compensated. The women, or anyone with information about how to contact them, should call or e-mail Susan Nickerson at Nickerson Research, 323-965-9990 or susan@nickersonresearch.com.

The photograph features the five women riding on a gold Chevrolet Impala with a white roof and white sidewall tires down Baldwin Avenue in what was apparently a showcase of the women chosen by the Association prior to the Rose Parade.

Miss Arcadia Cindy Clark is perched precariously on the roof of the car wearing a yellow musical note on her red dress, with Royal Court members Jacquie Wicken, Debbie Lewis, Cindy Harms, and Janis Thompson sitting on the hood and the trunk, one of them wearing a red majorette (baton twirler) outfit with white boots.

In the background of the photo is the Quick Clean retail center at 1035 South Baldwin Avenue, operated by Edward Kieser and Henry Danowsky.

Arcadia Police Blotter

For the period of Sunday, September 4, through Saturday, September 10, the Police Department responded to 909 calls for service of which 100 required formal investigations. The following is a summary report of the major incidents handled by the Department during this period.

Sunday, September 4:

After seeing a vehicle for sale on Craigslist, a victim came to the 1900 block of Seventh Place to inspect and purchase the advertised vehicle. Once the transaction was completed, the victim drove the newly purchased vehicle home to a neighboring city. While on his way, he noticed some mechanical problems and decided to return the car. When he attempted to contact the 44-year-old White male that had sold him the vehicle, he learned it had been sold to him fraudulently.

Sometime between 11:40 a.m. and 8:30 p.m., a vehicle theft occurred from the parking lot of the Westfield Santa Anita Mall, 400 South Baldwin Avenue. Suspect(s) stole a 1994, red, 2-door, Honda Civic.

Monday, September 5:

At about 11:03 a.m., officers responded to the 900 block of La Cadena Avenue regarding a grand theft. While working in the front yard, the victim stated that three pieces of gardening equipment were taken from the bed of his truck sometime between 10:30 a.m. and 10:45 a.m.

4. Officers responded to H&M Clothing in the Westfield Santa Anita Mall, 400 South Baldwin Avenue, at about 2:10 p.m., regarding suspicious circumstances. While changing in the dressing room, the female victim reported seeing a male subject, possibly Hispanic, approximately 5'-09", 210 lbs., 30 years of age with facial stubble, wearing a red and blue "Unicef" soccer jersey and blue jeans, looking over the wall down at her. The suspect was holding what appeared to be a black cell phone in his hand and was pointing it at her. When the victim yelled out at the suspect, he immediately ran out of the dressing room and store.

Tuesday, September 6:

5. Between September 5th at 2:00 p.m. and September 6th at 9:00 a.m., an auto burglary occurred in the 500 block of West Huntington Drive. Suspect(s) entered the vehicle by smashing the front passenger window. Once inside, the suspect(s) stole a red and white "ICON" motorcycle jacket and an iPod.

6. At approximately 10:00 a.m., officers responded to the 700 block of East Norman Avenue regarding a residential burglary that occurred between August 26th at 6:00 p.m. and September 3rd at 7:00 p.m. While the home was being fumigated, suspect(s) entered through an open window and stole a computer.

Wednesday, September 7:

7. At about 1:49 a.m., a traffic stop was conducted on Santa Clara Street and Second Avenue for failing to obey a turn signal. The 21-year-old White female was found to be intoxicated and was placed under arrest for D.U.I.

8. Shortly before 9:00 a.m., officers responded to the 400 block of West Duarte Road regarding a fraud investigation. The victim told officers that on August 11th, he received a phone call from a male subject he believed to be his grandson. The caller stated that while on vacation in Mexico he had been in a car accident and needed money to pay for the repairs to the vehicle and the medical bills. The victim wired the requested amount through Western Union, only to find out later his grandson had never traveled to Mexico or asked for any money.

Thursday, September 8:

9. A residential burglary occurred in the 400 block of North Old Ranch Road between 11:00 a.m. and 2:35 p.m. The resident returned home and found the house had been ransacked with a loss of two antique pistols and jewelry. Suspect(s) had entered the home through the unlocked bay doors on the east side of the residence.

10. Between 10:40 a.m. and 12:00 p.m., a residential burglary occurred in the 1100 block of Hugo Reid Drive. Suspect(s) entered the home by kicking in the exterior door, as well as a second internal door, of the service porch. Once inside, the suspect(s) stole a watch, cash and costume jewelry.

Friday, September 9:

11. Shortly before 3:00 p.m., loss prevention personnel from H&M Clothing at the Westfield Santa Anita Mall, 400 South Baldwin Avenue, detained an adult female for theft. The suspect hid merchandise in a stroller and left the store without making payment. Additional items from Macy's, Nordstrom and Old Navy were also recovered. A private person's arrest was made and the 28-year-old female of unknown race was taken into custody for commercial burglary.

12. An auto burglary occurred in the 400 block of East Huntington Drive between 1:45 p.m. and 4:00 p.m. Suspect(s) smashed the front driver's side window and stole a wallet with miscellaneous credit cards and a California driver's license.

Saturday, September 10:

13. A traffic stop was conducted at approximately 3:36 a.m. on East Huntington Drive and First Avenue. The driver was observed making a left-turn from the right-turn lane. After conducting a records check of the driver, the officer learned that the 39-year-old Hispanic male had several outstanding misdemeanor warrants, for which he was arrested.

14. Units responded to the Santa Anita Racetrack, Gate 5, located at Colorado Place and Huntington Drive, after a suspected drunk driver was reported by an anonymous caller. Officers located the reported vehicle and a traffic stop was conducted. The 42-year-old Black female driver was found to be intoxicated and was placed under arrest for D.U.I.

WINE TOUR BY MAGIC COACH LIMO AND PANASONIC HD/3D CAMERAS AMONG THOUSANDS OF DOLLARS IN RAFFLE ITEMS AT MONDAY'S TASTE OF ARCADIA

An exclusive chauffeur-driven romantic day of wine-tasting in Temecula, a Panasonic HD camcorder that is 3D-compatible, a Panasonic digital still camera that shoots in 3D, and a 6-month membership to L.A. Fitness are just a few of the raffle prizes being offered at Monday's Taste of Arcadia at the L.A. County Arboretum across from Westfield Santa Anita mall and Santa Anita Park.

A few tickets remain at \$45 through Friday; the rest will be \$60 at the gate, which opens at 5:30 p.m. on Monday, Sept. 19. Spend a few extra dollars on raffle tickets at the event for a chance to win any of several prizes worth hundreds of dollars each:

- The wine-tasting tour includes a limousine for up to eight people for six hours, with a stop at, and gift certificate to Wilson Creek Winery in Temecula, followed by a stop at Keys Way Winery. Also included in the package is a picnic lunch basket with wine and Taste of Arcadia wine glasses. Value: Priceless.

- Panasonic's HDC-SD90P-K full HD camcorder built to record 3D video with an optional conversion lens to be purchased separately, is also one of the highest-rated and most convenient HD video cameras. Retail price: \$549.

- Panasonic's DMC-TS3 full HD digital camera shoots in 3D. Retail price: \$399.

- Six-month membership to the new L.A. Fitness on Baldwin Avenue. Value: Approximately \$150.

The Arcadia Chamber of Commerce's Taste of Arcadia offers a showcase of more than three dozen of the local area's best restaurants, caterers, and wine and beer vendors in the lush Arboretum setting. More than 1,000 guests attend Arcadia's annual signature event to enjoy as much different food as they want and tastes of various drinks, including the Perfect Mix martini bar and new Angel Tequila bar. Returning this year is the popular local classic rock band Cold Duck and the exotic Brazilian dancers.

As always, a percentage of proceeds from Taste of Arcadia are donated to three local non-profit beneficiaries, this year the Assistance League of Arcadia, the Boy Scouts of America/Lucky Baldwin District, and the Arboretum Foundation.

Taste of Arcadia would not be possible without Chamber Presenting Sponsor and Taste of Arcadia Gold Sponsor Westfield Santa Anita, and Taste of Arcadia Silver sponsor Methodist Hospital.

METHODIST HOSPITAL DEDICATES AND CONSECRATES NEW NORTH TOWER PUBLIC Open House Scheduled Saturday, September 17



On Saturday, September 9, Board members and Administrators of Methodist Hospital in Arcadia welcomed local dignitaries and benefactors to the dedication of the new North Tower of the hospital. The \$140 million dollar project added 154,486 square feet to the hospital's 122 acre campus, and includes a new emergency care center, 20 bed ICU, pharmacy, 40 medical/surgical beds, additional support services space, plus a ninety foot tunnel connecting the existing and new structures.

Bishop Mary Ann Swenson of the Los Angeles Area United Methodist Church, and ex-officio member of the hospital's board of directors performed the official dedication and benediction, which was preceded by short presentations by various board members, the current and past presidents and CEOs of the Hospital, plus a sung blessing by Sara Paraspolo, an Electrocardiology Diagnostic Technician at the hospital.

This Saturday, September 17, from 10-2, the public is invited to tour the new facilities, enjoy giant heart and brain interactive displays, children's activities, fire truck and ambulance displays and more. Methodist Hospital is located at 300 W. Huntington Drive, Arcadia.

Chris Bertrand/MVNews

Allergy and Flu Prevention

Are you interested in using natural treatments to help your immune system? Arcadia Senior Services is having Dr. Catherine Hu present a health seminar on Friday, September 30 at 1:00pm. This lecture which is free will take place at the Arcadia Community Center 365 Campus Drive. Allergy and flu virus can attack senior citizens due to a weakness in their immune system. Dr. Hu will explain how natural treatments such as acupuncture and herbs can help you prevent these diseases. At this presentation you will also learn the self-care techniques of acupressure, nutrition and

exercise to stay healthy.

Dr. Catherine Hu is a Doctor of Oriental Medicine. She also board certified by the National Commission of Certification in both Acupuncture and Herbology. She currently is a Clinical Research Committee member at UC Irvine and on staff at San Gabriel Valley Medical Center and Good Samaritan Hospital.

Pre-registration is required and can be made by calling Arcadia Senior Services 626.574.5130 before September 26.

Home Equity Conversion Mortgage (HECM)

Arcadia Senior Services in partnership with AARP is proving a presentation on Home Equity Conversion Mortgage (also known as a Reverse Mortgage) on Tuesday, September 20 from 1:30pm-3pm at the Arcadia Community Center, located at 365 Campus Drive.

This workshop is intended for homeowners who may be "House Rich and Cash Poor"

and the reverse mortgage alternative may be an option for your specific need. Participants will learn new ways to convert some of the equity in their home into cash and remain living in their home for life.

For additional information or to make a reservation, please contact Arcadia Senior Services at 626.574.5130.

Are You Up to Date on Your Vaccinations?

Senior Citizens are not keeping their vaccinations up to date. Far too many adults become ill, disabled or die each year from diseases that could easily have been prevented by keeping their vaccinations current. Arcadia Senior Services in partnership with Methodist Hospital have a special guest speaker, Dr. Joel Streng, a specialist in infectious disease. He will present a free health lecture on Tuesday, September 27, 1:30pm at the Arcadia Community Center, 365 Campus Drive.

Unfortunately some adults were never

vaccinated as children or the newer vaccines were not available when some adults were young. Immunity can fade over time and we become more susceptible to serious diseases caused by common infections such as flu, pneumonia, etc. Dr. Streng will speak about what immunizations senior citizens should have and why and how often we should repeat them.

Pre-registration is required and can be made by calling Arcadia Senior Services 626.574.5130 before September 21.

MONROVIA - DUARTE

Sierra Madre

Arcadia

Pasadena

Altadena

Monrovia

Classic Cars, Marching Bands, Horses and Dancers to Celebrate 85th Anniversary of Route 66 in Duarte

DUARTE, CA, September 14, 2011 – She's 85 years old and folks thought she was done years ago, but Mother Road is still kicking and on Saturday, Sept. 24, thousands will get their kicks on Route 66 celebrating America's fabled highway in Duarte's 16th annual Salute to Route 66 Parade.

A colorful cavalcade of antique and classic cars, marching bands, equestrian units, dancers and marchers, some 1,400 participants in all, will step off promptly at 10 a.m. led by NBC4's Chuck Henry, this year's grand marshal. The parade will travel along a one-mile segment of Duarte's historic Route 66, Huntington Dr., from Cotter St. east to Mt. Olive Ave.

In addition to the many local school, church and community groups, the parade also attracts participants from throughout Southern California eager to share a role in the nation's only annual parade to celebrate Route 66. Among the more than 1,400 participants will be seven marching bands from Diamond Ranch High School, Pomona; Don Lugo High School, Chino; Duarte High School; Rim of the World High School, San Bernardino; John Burroughs High School, Burbank; San Dimas High School; and Beckman High School, Irvine. Equestrian participants will include Jann of Sweden, Los Angeles County Sheriff's Temple City Posse, and the Nieto Family Equestrians. Herlinda Figueroa's Ballet Folklorico will perform along the parade route as will the Ontario Ovation Baton Twirlers. Every Duarte school will be represented in the parade as well as scout troops, the Duarte Boxing Club, and numerous community organizations.

Known for his versatility, Grand Marshal Chuck Henry has been lauded for both his hard news reports and for his lighter stories. In addition to his work in local news, Henry is the executive producer and host of the Emmy award-winning "Travel Café," a half-hour program that examines interesting places, cultures and cuisines. Following the parade, Henry will meet the community and sign autographs at the Car Show from 12 noon to 1 p.m.

The parade will bestow special honors on two long-time, dedicated Duarte volunteers. Frank Haynes and Dorothy Smith will be honored as Community Grand Marshals for their outstanding leadership of the non-profit Duarte Community Service Council which provides emergency support and welfare services for needy Duarte families. Smith, a 52-year Duarte resident has been a volunteer with the Duarte Community Service Council since 1993 and has served as president since 2000. She also volunteers her time with the Du-

arte Senior Center monthly County food program and the Duarte Parks and Recreation Healthy Cities program. Haynes, an 18-year resident of Duarte, is treasurer of the Duarte Community Services Council and has volunteered with the organization since 2004. He also serves on the Duarte Public Services Commission, and is the current president of the Duarte Community Coordinating Committee.

The parade is co-sponsored by the City of Duarte, the Route 66 Parade Committee and the Duarte Community Coordinating Council. Business sponsors for this year's parade are: City of Hope, Burrtec Waste, California-American Water, Rancheros Restaurant, Home Depot, Frontier Hardware, Stor America, Grover Manufacturing, 7-11, Simon Rental, Jan's Towing, Bowden Development, Quality Inn, DCTV, Duarte Elks Lodge, The Leven Oaks Assisted Living, and Royal Oaks Manor.

Immediately following the parade, the fun will continue at the Duarte City Picnic and Classic Car Show at Royal Oaks Park from 11 a.m. to 4 p.m. Celebrating the 54th anniversary of Duarte's incorporation, the picnic will offer a variety of food, craft and game booths sponsored by community nonprofit groups, a classic car show, and two stages featuring a variety of live entertainment beginning at 11 a.m. The main Celebration stage will feature performances by Rock band, Parkaimoon, and Pop group Colton B & the L.A. Hip Kidz with the Rage Crew world champion dance group. Youngsters can enjoy a variety of special entertainment performed on the Children's Stage, including children's Pop band, Perfect Opposite, and a show featuring Chumis the Clown. A free arts and crafts area will be located adjacent to the Children's Stage, along with a mini-carnival area with games for candy prizes, and a giant inflatable slide.

Opened in 1926, Route 66 was the first highway to connect Chicago to Los Angeles. It was nicknamed the Main Street of America because it passed through the heart of communities, including Duarte, for more than 2,000 miles from the Great Lakes to the Pacific Ocean. Route 66 was decommissioned in 1973 when the interstate highway was completed, but the love and lore of Route 66 lives on.

For more information about Duarte's Route 66 Parade and Classic Car Show, visit the event website, www.duarteroute66parade.com, or leave a message at (626) 260-0993. For additional information about the City Picnic contact Duarte Parks and Recreation at (626) 357-7931.

ANGRY DUARTE RESIDENTS WANT TO BE HEARD!

By Joan Schmidt

On September 13th, I attended a Duarte City Council Meeting and perhaps "13" was an unlucky day for its Mayor and Council Members. There was a room full of VERY unhappy residents who felt their Council was not listening to them.

The meeting had started on a positive note. The Pledge was led by Interim L.A. County Fire Chief, Vince Pena. Mayor Paras-Caracci said a few poignant words about the 10th Anniversary of 9-11 and a moment of silence followed. Various people came to the podium and spoke of upcoming events.

Then Mrs. Kate Perlman from The Duarte Library gave a short explanation of the Youth Volunteer Program at the Duarte Library for youths between 7th and 12th grades. The wonderful summer reading program was only possible because of these awesome "Volunteers"! Many were present and accepted their certificates.

Christy Brendell from Arcadia Methodist spoke of an upcoming event and then a special Plaque was presented to the Firemen from Station 144 and Chief Pena. Everyone is grateful for the fire-fighting and paramedic services provided.

Then it was time for speakers from the audience. First a little background. The proposed project is a planned 66-unit affordable housing on nearly 2.3 acres on Huntington Drive east of Buena Vista Street. This project calls for 45 two-bedroom apartments and 21 three bedroom apartments for lower income families. Last month the City Council approved a disposition and development agreement between the Housing Authority and Abode Communities to build the 2.3 million rental housing project. It also approved the first of two readings on August 23rd.

There were SO MANY comments against this project, but I will take a few from different age groups and diverse backgrounds.

Brian di Pina alerted me of this situation prior to the meeting. He said that the head of the planning commission resigned in protest over the City Council trying to push the program through. (On July 19, this project had been voted down 2-1 at a planning meeting.) That was the First red flag! Brian also reminded me of the August 23rd City Council Meeting, "where over 100 residents showed up, and approximately 60 spoke out against re zoning from commercial

to high density residential! After hearing all the negative support for the project, the City Council voted 4-1 in favor of it." Second Red Flag.

At the September 13th meeting, a young man, Brian Saenz said, "The Council members have NOT heard us. Why did the City Planner Quit? Why has there been no press re: this project? We NEED JOBS in Duarte, not more housing."

Another gentleman, added, "I moved to Duarte, twenty-five years ago. For twenty-five years, I have been waiting for a downtown area. Do I have to wait another twenty-five years?"

A woman, who has resided in Duarte for forty-one years, said, the City has gone down. "You get off the Freeway. It's awful. You see Big Lots and empty store fronts. We need to bring businesses in."

An elderly gentleman asked the Council, "Are you brain dead? The City NEEDS money. Why would you spend close to 25 million on a project that will bring no profits? Are you sitting on your brains?"

One senior citizen said, "I am NOT against low income housing. But not here. Businesses would bring jobs. Businesses would bring people from surrounding cities". (A gentleman sitting behind me-whose child was recognized for volunteerism said the same thing, "I had to drive my kid over to Covina – that's where the restaurant is that he wanted to eat at.)

At the September 13th meeting, Brian said, "What a farce, you are recognizing our outgoing head of the planning commission, did you forget he resigned in protest to the abode project you have tried to pass through the backdoor without telling the residents." Mr. Di Pina is upset because he pays more than "\$37,000 in property taxes and this project will pay none. You are losing \$250,000 a year in property taxes and this project will pay none. Duarte has no school bus program due to lack of funds..."

I have reported what I heard at the meeting. All Duarte residents who are upset need to ATTEND the meetings. Address the issues(a 2 minute limit at the last meeting), write letters, do research. Find out your options. Good luck. I love Duarte, but I feel Route 66 could use some more businesses and if a district cannot provide school bus service, it should look for ways to bring in revenue.

INAUGURAL DAY FOR A NEW SCHOOL



The 2011-2012 school year is getting underway at campuses across the southland and students are packing up their backpacks and heading to their classrooms. For 133 pre-school through 8th grade students in the San Gabriel Valley, the school they will be attending is the brand new Foothill Oaks Academy, located along the foothills in Duarte. On September 7th the school officially opened its doors and welcomed the enthusiastic new families to the campus. Foothill Oaks Academy is a creation of two former, well-established schools in the region, Anita Oaks School and Carden of the Foothills School. Combining two rich heritages and drawing from the finest programs and attributes of both schools,

Foothill Oaks Academy is proud to be providing its students a quality academic program along

with a full set of technology, physical education and "beyond the classroom" programs.

The school will provide a safe, nurturing environment for each child, provide a high quality education and help each child meet life's challenges. The school would welcome information from the community. Tours Days are scheduled for September 10th and December 10th.



Learn more about the school by visiting the website, www.foothilloaksacademy.org

Monrovia Police Blotter

During the last seven-day period, the Police Department handled 546 service events, resulting in 83 investigations. Following are the last week's highlighted issues and events:

Mental Evaluation

On September 2 at 7:13 p.m., officers responded to a residence in the 200 block of West Cypress regarding a family disturbance. A father was approached by his 39-year-old son, who asked him for money. The father refused and the son threatened to kill him. The father then called the police and the son left the residence. When officers arrived, the suspect was located standing on a corner. The officers approached and the suspect began using profanity and threatened to shoot the officers. The officers determined the suspect was in need of a mental evaluation. The suspect was arrested and taken to a hospital where he was held for 72 hours mental evaluation.

Barricaded Suspect / Mental Evaluation

On September 2 at 9:58 p.m., officers were dispatched to a residence in the 800 block of West Duarte Road. A female subject reported that she had left her residence after an argument with her husband, and upon her return found her husband sitting on the living room couch with a shotgun on his lap. The suspect made statements which made the victim fear for her safety. She fled the residence, leaving her husband and two small children in the residence. Officers surrounded the residence, and after about an hour, were able to establish communication. The suspect agreed to exit the residence and was detained without further incident. During the investigation, the victim began recanting her story and refused prosecution. The officers were able to determine the suspect was suffering from depression and had mixed his medication with alcohol. The subject was taken to a hospital, where he was held 72 hours for mental evaluation.

Driving Under the Influence (DUI) Checkpoint

On September 2, the Monrovia Police Department held a DUI Checkpoint in the 300 block of West Huntington during the evening hours. There were 868 vehicles that drove through the checkpoint. Six unlicensed drivers were cited and two vehicles were towed. No arrests were made for driving under the influence.

Warrant Arrest / Possession of Methamphetamine - Suspect Arrested

On September 4 at 1:09 p.m., an officer stopped a vehicle at Myrtle and Chestnut for driving with a flat tire. He recognized the driver as an associate of a suspect he arrested two weeks prior for grand theft auto. One of the passengers had a warrant for their arrest. When he removed this subject from the vehicle, the officer discovered the subject was sitting on a small baggie of methamphetamine. The subject admitted the drugs were his and he was arrested without incident.

Theft of Merchandise - Suspect Arrested

On September 4 at 4:07 p.m., a detective responded to a business in the 500 block of West Huntington where a theft of merchandise had just occurred and the suspect fled the store running. The detective arrived quickly and apprehended the suspect. He was arrested and taken into custody without incident.

Felony Hit and Run Traffic Collision - Suspect Arrested

On September 4 at 4:32 p.m., a male driver collided into another vehicle in the 500 block of West Colorado. The second vehicle flipped on its side, causing injuries to the occupants. The suspect fled the scene, but was located by the Foothill Air Support Team helicopter in the 1600 block of South Mayflower. The suspect was apprehended by officers. Witnesses positively identified him as the suspect and he was arrested.

Indecent Exposure - Suspect Arrested

On September 4 at 5:48 p.m., a male subject was seen masturbating inside his parked vehicle in the 700 block of East Lemon, next to a park. Officers responded, detained the suspect, and removed him from the vehicle. A witness positively identified the suspect and he was arrested.

Burglary Suspect Arrest

On September 4 at 11:30 p.m., the Pasadena Police Department requested to have Monrovia officers drive by and search for a stolen vehicle in the 500 block of Fano. A male suspect had burglarized a home in Pasadena and had stolen the victim's truck. The burglary/grand theft auto was witnessed by the victim's

neighbor. A Monrovia sergeant drove by the location and saw the victim's truck parked and unoccupied. He monitored the vehicle, pending Pasadena Police Department's arrival. Before Pasadena officers arrived, a male subject entered the truck and left the location. The sergeant conducted a high-risk stop on the vehicle and detained the driver. The victim's neighbor positively identified the driver as the suspect. Pasadena officers recovered the victim's vehicle, some stolen property, and they took custody of the suspect.

Residential Burglary

On September 6 at 9:17 a.m., an officer was dispatched to a residence in the 200 block of East Walnut regarding a burglary. The victim left his residence to go to breakfast for an hour, and when he returned, he found the front door had been forced open. The suspect(s) ransacked the second floor rooms and took a laptop computer, a cell phone, and hair clippers. Investigation continuing.

Welfare Check / Mental Evaluation

On September 6 at 9:51 a.m., a worker for Meals on Wheels called police and requested a welfare check regarding possible elder abuse at a residence in the 100 block of North Alta Vista. The resident was found to be a 95-year-old female who lives alone and doesn't have any family, other than a 14-year-old grandson. Her phone was disconnected; she has not been eating and was not taking her prescriptions. The elderly female complained of not feeling well to the officer. Monrovia Fire Department paramedics were called and she was taken to a hospital. When medically stable, she will be taken to a hospital for mental evaluation. The officer will follow up with Adult Protective Services.

Residential Burglary

On September 6 at 3:36 p.m., a victim reported a residential burglary in the 200 block of North Bradoaks. She left her residence at about 1 p.m., and when she returned, she found the front door slightly open and called police. It appears the suspect(s) pried open a window on the rear kitchen door to make entry. They rummaged through the house and took a jewelry box from the master bedroom. It is unknown if anything else was taken. Investigation continuing.

Domestic Violence

On September 6 at 3:47 p.m., officers responded to the 600 block of West Huntington regarding a male and female arguing. When they arrived, the female subject denied that anything had occurred, but officers observed a red mark on her throat/neckline. A computer check showed the female had an outstanding warrant and she was arrested. The male subject was released. During the booking process at the station, an officer recognized the female from a previous domestic violence incident in which she also denied any abuse. When questioned again, the female divulged that the male subject had, in fact, assaulted her. A wanted person's entry was completed for the male suspect. Investigation continuing.

Wildlife Informational Meeting


On September 7, a wildlife informational meeting was held at the Monrovia Community Center. A biologist from the Department of Fish and Game provided information on living and dealing with local wildlife, such as deer, coyotes, bears, and mountain lions. During summer and fall months, police receive the highest volume of calls for bear sightings. On September 6 we also had a mountain lion sighted up on Hidden Valley. Approximately 30 residents attended the meeting, which was also filmed by KGEM to be viewed later by citizens. Visit the City of Monrovia website to get information on dealing and living with wildlife.

Commercial Burglary - Suspects Arrested

On September 7 at 12:12 p.m., a business in the 500 block of West Huntington reported that they had detained two female subjects for shoplifting. The females had exited the store with merchandise, but were detained and escorted back into the store. Officers responded and determined the females had intended to go into the store and steal merchandise. They were arrested and booked for burglary.

Vehicle Burglary

On September 7 at 8:18 p.m., a vehicle burglary was reported in the 1100 block of East Huntington. The victim parked and went into a restaurant at approximately 7 p.m. When he returned to the parking lot an hour later, he discovered someone had forced his rear window down to gain entry into his vehicle and had stolen the stereo. Investigation continuing.

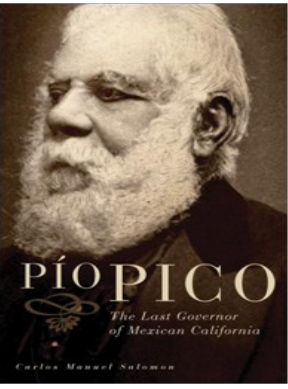


City of Monrovia Department of Community Services
MONROVIA PUBLIC LIBRARY
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www.monroviapubliclibrary.org

Pio Pico: Last Governor of Mexican California with author Carlos Manuel Salomon

Author Carlos Manuel Salomon discusses his biography of the two-time governor of Alta California, Pio Pico, who fought in vain to save his territory from being annexed by the United States.

Dr. Salomon is an assistant professor of Ethnic Studies and director of the Latin American Studies Program at California State University, East Bay.




Saturday, September 24
2:00 p.m.
Library Community Room
FREE

Reserve at the Adult Reference Desk, call 626-256-8274 or sign up online at monroviapubliclibrary.org

Walk-ins welcome.

Sponsored by



La Salle Cheer, Making a Difference

Pasadena, CA – There are few words to describe the hectic weekend experienced by the La Salle cheer team. They started the weekend gearing-up for one of the Lancers most spirited games versus rival Maranatha High School. They participated with nearly 1,000 cheerleaders during the UCLA halftime show at the Rose Bowl. And finally, served dinner to Pasadena firefighters in honor of 9/11.

Friday evening the girls cheered their hearts out in support of the Lancer football team. Saturday began with five hours of practice before the big UCLA halftime show at the Rose Bowl. The girls represented over 20,000 cheerleaders of the United Spirit Association during the halftime show at UCLA's home opener. Over 25 schools were represented and more than 40,000 fans, including La Salle alumni and parents, saw the girls perform. The squad, in their La Salle red and blue uniforms, were even featured on the Rose Bowl's big screen.



The Lancer Cheer squad ended the weekend serving dinner to the Pasadena firefighters of Station 37. For the third year in a row, La Salle Cheer and Domenico's Pasadena teamed up to feed the firehouse. This year's dinner was certainly more emotional than in the past. Commemorating the 10th anniversary of 9/11, the firefighters shared stories of their experiences on that day and of the trepidation of not knowing what might come next. The government had issued a warning of an attack on the west coast and these men and women were feverishly preparing to aid all of Los Angeles if any terrorist attack occurred. They recounted memories of seeing the second tower hit and later, the towers collapsing knowing their "bothers and sisters" were inside. "Although the cheerleaders can read about it in history books, and watch it on TV, there is nothing like hearing the stories direct from the true heroes," said Meagan Loomis, cheer coach. "What an honor and humbling experience it was to do something so small, but so meaningful that Sunday night," commented Kelly Ikeda, cheer captain.

The La Salle Lancers Cheer Squad will next support Mothers Against Drunk Driving (M.A.D.D) by joining them on their 5k walk on September 24th in Long Beach.

Help Your Youngsters Shine In School

(NAPS)—Parents don't have to do their children's homework to help them prepare for class. There are seven things you can do to help your youngsters have a successful school year, explains Dr. Mary Mokris, education specialist at Kumon Math and Reading Centers.

1. Focus on the positives. Talk to your children about their accomplishments and recognize the skills they used to be successful, such as perseverance, time management, responsibility and independence, all things that can help them in school.
2. Give your child genuine and frequent praise. Praise your children's progress, not perfection. Let them know you believe in them, you think they're special and you have confidence in them. Let your kids know you recognize and value their efforts, not just their final accomplishments.
3. Set up a study area for your child. It should be quiet (no TV or video games), well ventilated, free of distractions (no phones or pets), well lit and equipped with all necessary

supplies: pens, paper, markers, dictionary, thesaurus, calculator, computer.

4. Establish a consistent homework routine. Schedule daily homework time in your house so it becomes a part of your family's routine. This also helps children to see that homework is a priority.
5. Get acquainted with your child's teachers and keep the lines of communication open. Discuss goal setting with both your child and his or her teacher. This sort of partnership can be very effective in developing healthy homework habits.
6. Consider an after-school enrichment program. For generations, Kumon Math and Reading Centers have helped millions of children strengthen math and reading skills, increase self-confidence and develop study skills that last a lifetime.
7. Learn more about ability-based learning. Children work at a level that is comfortable for them; not based on their age or grade, but their ability. For further information, visit www.kumon.com or call (877) 586-6673.

Setting young scholars on the path to success may be simpler than many parents realize.



We've Got Spirit! How 'Bout You?

Watching television shows where everyone goes to a football game, wearing school colors and participating in team cheers, I have thought to myself: Yeah right. That never happens. But last week I was proven otherwise during La Salle's True Red and Blue Week.

I am a naturally spirited person. I go to games when I can, paint my face, cheer on the team, etc. and at games I am usually one of only a very few who do so. At school people like me and our Spirit Team try to enthuse other people and fill them with school spirit but it doesn't hardly ever work. So last week I was pleasantly surprised when almost the entire school participated in getting pumped up for the Big Game on Friday. The Maranatha game. We had lunchtime activities in the amphitheatre that people came to, contests, and a night rally that was a great success. To get really pumped, the Spirit Team introduced an awesome new cheer where everyone jumps up and down in sync and shouts "I believe that we will win!" over and over and over. It was so thrilling!

Before the game on Friday, all the LaSallians who were present at the game walked out to the field and after the Pledge of Allegiance we did our cheer, which was something my friends and I had been looking to all day. It got everyone pumped and ready, and as we filed into the student section we were ready to dominate. Sadly, we lost a difficult defeat. But it was nice to know and see that our school has something else, something almost infinitely greater. We discovered that we have spirit, a bountiful amount of spirit, and that now for next time, we are ready, not only physically, but spiritually too.

ALVERNO CROSS COUNTRY COMPETES IN 11TH ANNUAL DON BOSCO INVITATIONAL



Alverno's Eryn Blakely and Katherine Haysbert earned medals for finishing 7th and 11th respectively in the Small Schools' Junior-Senior race at the 11th Annual Don Bosco X-Country Invitational held on Saturday, at Santa Fe Dam.

A young Alverno cross-country team debuted at the 11th Annual Don Bosco Tech Cross Country Invitational held at Santa Fe Dam on Saturday September 10, 2011. No seniors are on the team, having graduated six in 2011. This season's Jaguar team has four juniors, three returning; a sophomore new to the team plus four sophomores returning from the 2010 Horizon League JV Championship squad; and three freshmen with some running experience. Alverno competed in the Small Schools Division fielding four junior runners in the Junior-Senior race and the remaining seven runners in the Soph-Frosh race.

The Invitational marks the start of the fall cross-country season and gives teams the opportunity to test themselves

Rose Buobion and Sophia Villalobos. Head Coach Ken Berry and Assistant Coach Alex Fanara train the cross-country team.

Alverno's top finishers at this year's Don Bosco Tech XC Invitational were juniors Eryn Blakely and Katherine Haysbert. The Small Schools

and compare themselves against their Horizon League opponents. The overcast day, with much cooler temperatures than last year's scorchers and participating in the Summer Institute's running and fitness camp, motivated the returning Alverno runners to significantly improve their times over their 20010 performances on the 3-mile course that has a variety of terrain which includes sand, bike trails, asphalt, dirt and grass.

This season's team consists of Juniors Eryn Blakely, Ashley Haylett, Katherine Haysbert and Adrianna Martinez; Sophomores Bella Daniels-Campos, Reagan Dowd, Jessica Lopez, Victoria Pintado and Brett Richey; and Frosh runners are Rachel Achterman,

Junior-Senior race fielded 163 runners. Blakely came in 7th place with a time of 19:06, besting her 2010 Invitational time of 21:24. Haysbert, making her team debut, finished in 11th place with a time of 19:28. "This marks the first time that Alverno has had two runners finish under 20 minutes," said Coach Ken Berry. For their high placed finishes, Blakely and Haysbert earned medals.

The next test for the Alverno runners will be at the Bellarmine/Griffith Park (Bell-Jeff) Cross Country Invitational on Saturday, September 24th.

Horizon League competition gets under way on Wednesday, September 28th at 4:00 PM at Griffith Park, hosted by Bishop Conaty. Member schools of the Horizon League are Alverno High School, Bishop Conaty-Our Lady of Loretto, Holy Family, Sacred Heart of Jesus and San Gabriel Mission.



Alverno's Cross Country Team brought home two medals at the Don Bosco X-Country Invitational

SCHOOL DIRECTORY

Alverno High School

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

Arcadia High School

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

Arroyo Pacific Academy

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

Barnhart School

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

Bethany Christian School

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

Carden of the Foothills School

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

The Gooden School

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

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Pasadena, Ca. 91107 626-798-8989
website: www.highpointacademy.org

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(626) 351-8951
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 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

Walden School

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www.waldenschool.net

Weizmann Day School

1434 N. Altadena Dr. Pasadena, Ca. 91107
(626) 797-0204

Wilson Middle School

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(626) 449-7390 Principal: Ruth Esseln
E-mail address: resseln@pusd.us

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Due to the high demand for her tutoring and education services, bookstore owner, Sally Morrison, is opening a new learning center here in Sierra Madre. **Mindspring Education Center** will cater to students (children and adults) interested in furthering their **reading, writing, math, spelling, and comprehension** skills. In addition, Sally offers assistance in **study skills, homework, and test preparation**. She also specializes in helping students with **dyslexia** and other learning difficulties. Those interested in **summer sessions** should contact Mindspring soon because space is limited.

As a result of this business expansion, Sally Morrison and Jeffrey Ingwolson, owners of Sierra Madre Books, will be **closing the bookstore in June 2011**. "We appreciate all the support we've received from our customers over the past few years, but are excited about our new venture. We look forward to continuing to be part of this community."

For questions about Mindspring Education Center, please call (626) 355-1972. For questions about Sierra Madre Books, please call (626) 836-3200.

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U.S. EPA ORDERS \$20 MILLION NORTHROP CLEANUP AT SAN GABRIEL VALLEY SUPERFUND SITE - Groundwater contaminated by former Benchmark Technology facility

LOS ANGELES – The U.S. Environmental Protection Agency has ordered Northrop Grumman Systems Corporation to spend an estimated \$20 million to build a groundwater cleanup system to address groundwater contamination stemming primarily from the former Benchmark Technology facility in the City of Industry, Calif., located within the San Gabriel Valley Superfund Sites.

Formerly located at 200 South Turnbull Canyon Road, the Benchmark Technology facility is one of the largest sources of volatile organic compound groundwater contamination in the Puente Valley area of the Superfund site. Northrop Grumman will install wells and a treatment plant to contain and treat groundwater contaminated by VOCs and 1,4-dioxane. The treated water will then be discharged back to surface water or injected back into the underground aquifer, providing additional water resources to San Gabriel Valley residents.

“Today’s order will protect the essential drinking water supplies in the San Gabriel Valley. The treatment system is designed to intercept the most highly contaminated groundwater plume and prevent it from migrating further,” said Jared Blumenfeld, EPA’s Regional Administrator for the Pacific Southwest. “Once again, EPA is taking action requiring the company responsible for the pollution to pay for its cleanup in Puente Valley.”

Northrop Grumman has already spent over \$10 million implementing cleanup activities at the former Benchmark Technology facility through

a facility-specific Cleanup and Abatement Order issued by the Los Angeles Regional Water Quality Control Board in 1989. The Water Board has agreed to transfer lead oversight to EPA in order to better coordinate the three groundwater cleanup projects currently ongoing in the Puente Valley. The other two projects are the shallow zone remedial action north of Puente Creek and the intermediate zone remedial action. Northrop Grumman is also performing the intermediate zone remedial action under a 2009 consent decree with EPA.

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

The groundwater was contaminated by more than 60 companies that used volatile organic compounds for degreasing, metal cleaning and other purposes. The EPA listed several sections of the San Gabriel Valley as Superfund sites in 1984, including multiple areas of groundwater contaminated by volatile organic compounds.

For more information on the EPA’s Superfund program, visit: <http://www.epa.gov/region09/waste/sfund/>

TIPS FOR GET YOUR MOTOR RUNNING

If your car has been feeling a little sluggish lately, there are some things you can do to get your motor running right again.

First change your oil and filter. Make sure to use the grade of oil that is recommended by the car. Using the wrong grade of oil can reduce the performance of your car and its gas mileage. And, do not rely on the oil light in your car. By the time that light goes on, some damage to your engine may already have been done. So, check your oil often. When you do, also check the brake fluid and transmission fluid levels. You should flush the brake fluid, transmission fluid and coolant system every 2 years or 30,000 miles. Keeping fresh, clean

fluids in your car will keep your motor running smoothly. Two other things that will be replacing your air filter and fuel filter frequently. Clean filters will help keep dirt out of your fuel injectors, fuel pump and engine. If too much dirt accumulates, it will lead to expensive repairs. You should also change your spark plugs every other year. Worn plugs will cause your engine to misfire and waste a lot of gas. Also, check all the belts and hoses in your car for signs of wear, especially the timing belt or timing chain. If that breaks, it can destroy your engine. When you do replace it, replace the water pump too since the procedure for each is the same. You can do many of these things yourself. You do not have to be an ace mechanic or have a

lot of experience. You just need the desire, a how to manual and a few tools. Then, when you get your motor running right, you can head on down the highway looking for adventure and be able to handle whatever comes your way.

If your car will no longer run on down the highway, please consider donating your car to charity. If you do, it will be picked up fast and free and you will get a tax deduction of at least \$500 if you itemize on your federal tax return. The process is easy and there are many charities that can benefit from your car donation. For complete details on how to donate car, just go to <http://www.cars4charities.org/> or call 866.448.3487.



CARL STRUYCKEN: Leaning Towards the Paleolithic

by Christopher Nyerges

Nyerges is the author of “How to Survive Anywhere,” and other books. His podcast appears weekly on Preparedness Radio Network, and his blogs appear at [HYPERLINK “http://www.christophernyerges.com/”](http://www.christophernyerges.com/) \o “<http://www.christophernyerges.com/>” [www.ChristopherNyerges.com](http://www.christophernyerges.com/). He can be reached at Box 41834, Eagle Rock, CA 90041

Carl Struycken has long been interested in the principles in Permaculture not only as it relates to growing fruits and vegetables but also in the perspective he takes on most human activities.

Struycken, who lived in Pasadena for 25 years, is an actor who played Lurch in the Addam’s Family, as well as roles in Star Trek, Men in Black, Witches of Eastwick, and others. He was born in Holland, and grew up in Curaçao in the Caribbean, and moved back to Holland at age 15. We met at his home to discuss his efforts at home food production and permaculture.

He shows me the Bible of Permaculture, Bill Mollison’s “Permaculture: A Designers Manual” which details a way in which we can grow food and live with the land in accord with nature’s principles. (“Permaculture” is a coined term meaning “permanent agriculture.”)

“The whole idea of permaculture is to put in as little work as possible, and allow nature to find its balance,” says Strucken, who produced all the vegetables for a family of 5 for many years using these principles.

“I’m also a big fan of Fukuoka, author of “The One Straw Revolution.” If I had the time, I’d love to go to Japan and work on his natural farm, and work there and learn about his methods,” says Struycken.

Both Mollison and Fukuoka are advocates of natural farming, which means planting what is appropriate for the area, tilling as little as possible, letting all the leaves and old plants serve as fertilizer for the new plants, and using natural methods for bug control.

Using permaculture methods, Struycken grew lots of Asian greens, mostly those members of the mustard family that had the highest nutritional value. He grew herbs, tomatoes, yard-long beans, and 14 fruit trees.

His yard is terraced with cement rubble, pieces of old cement walkways that have been neatly stacked to form impressive and long-lasting walls using a material that is normally discarded. He also experimented with raised beds because the soil in his garden area was so bad.

The smaller the plot, the harder it is to practice permaculture methods. Still, Struycken never raked up and discarded leaves. Under his avocado tree, he allowed the leaves to accumulate into a thick layer of mulch. “The layer of avocado leaves is well over a foot thick, and when you look into the bottom of the pile, it is all naturally producing rich soil,” he explains.

All the kitchen scraps are recycled in many compost heaps, and he worked at cultivating the earthworms that naturally occurred in his yard so that they would do the tilling that farmers ordinarily do.

He purchased ladybugs years ago since they eat the “bad” insects, and he found that the ladybugs like the fennel plants. So the secret to keeping ladybugs around is to grow fennel, explained Struycken.

Permaculture does not involve raking away leaves or garden scraps, but using them for the next generation of fertilizer. Although Struycken has tried to produce all of his needed fertilizer from his own back yard, he has found the need to occasionally bring in chicken and horse manure for his crops. “I stopped using the horse manure, though,” he says, “since I found that it produced too many weeds.”

“I was always amazed that I never had to do anything to my lettuce, and it was always perfect. The ecosystem took care of itself,” explained Struycken. He said that though there were many spiders and bugs in the garden, whatever bugs that ate his lettuce got eaten by some other bug. This is one of the basic principles of permaculture – that nature, largely left alone, will find its own



Carl Struycken

“Humanoids have been around for at least a million years,” he explains, “and modern humans have been here maybe 500,000 years. The paleolithics were the hunter/gatherers, and the neolithics were those who were settled in one place and who began agriculture,” says Struycken.

“When we settled, we had to make the effort to force ourselves into the new mindset, but our true nature is paleolithic,” Struycken explains. He then shares a few comparisons to make his point.

The paleolithics lived in the here and now, they were more primitive by our standards, but they controlled their populations, had fewer taboos and laws, had less possessions, and managed to live on what the forest provided. He cites the Bushmen of the Kalahari as an example.

“Now, when you had agricultural and cow-raising people who lived adjacent to the primitive people, the Bushmen would rarely die of hunger, though the agricultural people would die of hunger. This is because the agricultural people learned to rely on, and expect, much more. When cattle died, due to drought, for example, the agricultural people suffered far more than the Bushmen. The farmers also had to work a lot harder, usually 7 days a week, whereas hunter/gatherers worked maybe 3 days a week.”

Struycken cites the Bushmen and many others to illustrate that one of our “problems” is that we are so advanced that we have lost our primal paleolithic nature. Today, systems for gardening, farming, commerce, building, etc., are all essentially neolithic and therefore unsustainable into the future, according to Struycken.

In this sense, Struycken believes that the details of our very survival can be gleaned by looking to the past at the details of sustainable societies. Struycken is optimistic, idealistic, and believes that the solution to our problems is to properly understand the living principles of (so-called) primitive peoples.

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TABLE FOR TWO by Peter Dills
thechefknows@yahoo.com

A new restaurant to me is like a baby and I feel the world is enriched in each new birth. Just like a proud Father I brag about the great new restaurants that I discover. You would be amazed at what a spectacular new restaurant will do to people. I hear people discussing new restaurants every morning, and of course they turn to me. "Peter, have you been to that place over on such and such a street? It's the greatest place ever!"

Of course the person always punctuates their new find as "the greatest place ever." Each morning I am told that the greatest place is being erected in cities all around me. I wish I had a larger appetite! So, most of the time I am forced to answer in a flat, no. I haven't been there yet. Now they know they have got me where they want me and they further press upon me that I have missed a miracle in their eyes. As they added, "Really, you haven't been there yet!"

They offer with their experience as hallow. Finally, when they have broke me, I counter with my one bullet response. I can't check out every single new restaurant but I wouldn't want to miss the greatest restaurant ever, so I will go there and we can compare notes. Once upon a day there was an unstated but well-known race between papers to ink the newest restaurants in their pages. With the Internet of today the fever has subsided for the trophy of a new restaurant. One that has been blogged many times before a newspaper is onto the story.

As I was getting my haircut last week my stylist asked if I had been to this great restaurant, Lemonade? "No," I replied, "but let's go, I'm starving."

The place is part lemonade stand and part grade-school cafeteria. Come at lunchtime,

secure a tray and slide it across the counter as you examine your options. Unlike those early years, though, you'll actually want to build a meal from what you see under the glass. Here you will spy a Grilled Cheese with Ham and Quince on Pumpernickel. Which could work with a Snap Pea and Edamame Salad and the addition of a Lemon Meringue Pie. With numerous vegetable options, salads, braises and stews, there is no shortage of enticing items to fill your tray.

I could see by the lunchtime crowd, Pasadena's finest have already discovered this upscale Cafeteria. I love clean restaurants, and if this were an automobile commercial I would sermonize about the clean elegance and the comfy interior, but this is a first impression piece, and I prefer a couple visits before I award medals. In my eyes, they were out of the gate in good order.



The menu ranges from soups (\$4.50) to braises (\$10), salads (\$7), Land & Sea (\$6) and sandwiches (\$9). Plus all of the sides under the marketplace. We had the Tender beef sandwich with horseradish aioli with argula on a soft Panini. Plus the turkey, pickled onion, avocado on nine-grain bread. Honestly, I got it without the spread, and it was a touch dry. Now I know that you might say, because I ordered it that way, but I have been to three other sandwich shops of late and the flavor was still there with out the spread. I ordered the Butter lettuce salad with champagne vinaigrette and a pink grapefruit, nice touch!! I love that many dishes are offered al carte with a nominal split fee. I will return to make this review complete. I can't wait for that home-style lemonade.

Lemonade 146 S. Lake Ave. Pasadena (626) 3047700 Lunch and Dinner

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COOL IDEAS FOR WARM-WEATHER MEALS

(NAPSI)—To add a subtle touch of sweetness to your next get-together, consider treating your guests to tasty Hawaiian bread.

The family-owned company best known for its line of Original Recipe Hawaiian Sweet Bread, King's Hawaiian wants to help party hosts add some "Aloha Spirit" to their party menus.

Slightly sweeter than ordinary bread, Hawaiian bread and rolls can serve as a terrific side to many meals and the main ingredient in recipes, such as:

- Filling King's Hawaiian Rolls with egg salad—they're easy to hold while mingling with your guests.
- Serving up your favorite dip in a hollowed out King's Hawaiian Round Bread—the leftover bread makes for great dipping.
- Adding deli meat to King's Hawaiian Snacker Mini Sub Rolls—it's a quick way to amp up any sandwich.

You can also serve "Carne Asada Sweet and Spicy Sandwiches," which feature thinly sliced marinated and grilled skirt steak on King's Hawaiian Sandwich Buns, topped with guacamole and salsa.

CARNE ASADA SWEET AND SPICY SANDWICHES

Serves: 4

- 1 Tbsp. carne asada spice blend
- 2 Tbsp. soy sauce
- 2 Tbsp. olive oil
- 1 lb. skirt steak
- 4 limes, juiced and divided
- 2 ripe avocados, peeled and seeded
- ¼ cup fresh cilantro, chopped
- 1 Jalapeño chile, seeded and diced
- ½ cup prepared salsa
- 4 King's Hawaiian Sandwich Buns

1. Place spice blend, soy sauce and olive oil in a medium bowl and whisk to combine.
2. Add steak to bowl, tossing to coat.
3. Cover bowl and refrigerate for at least 1 hour or up to 12 hours.
4. Preheat grill, or place a grill pan over high heat.
5. Remove steak from marinade and grill for about 5 minutes per side, until cooked through.
6. Mash avocados in a bowl and add chopped cilantro, chile and half of the lime juice to make guacamole. Set aside.
7. Transfer steak to a cutting board and thinly slice. Sprinkle remaining lime juice over steak.
8. Divide steak on King's Hawaiian Sandwich Buns and top with guacamole and salsa. Cover with roll tops and serve.

For more family-favorite recipes, visit the King's Hawaiian Bakery website at www.kingshawaiian.com/recipes.

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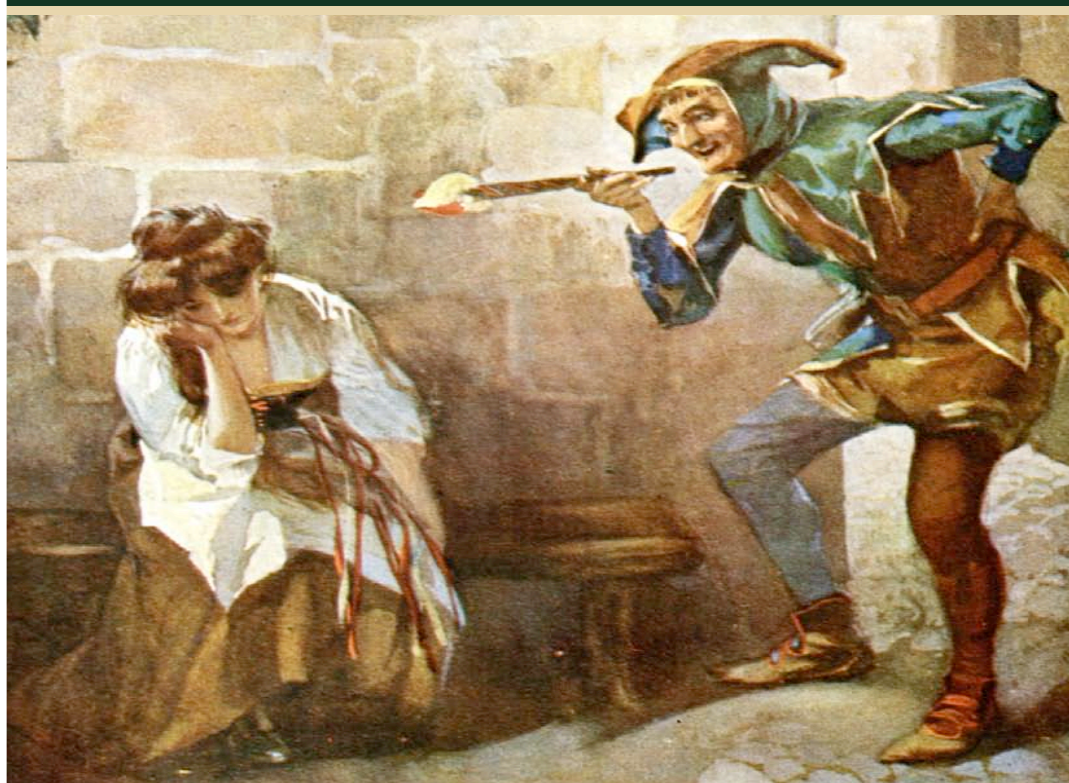
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SEAN'S SHAMELESS REVIEWS:

Three Awesome and Overlooked Summer Movies

"Attack The Block" is irrefutably the best summer blockbuster that isn't a

"blockbuster" per se. On a shoestring budget (\$13 million to be exact and yet a fraction of bloated affairs such as Transformers 3, Green Lantern, and Thor), first time writer/director Joe Cornish took "the alien invasion theme" to new heights. What a raucously, super-charged, and ferociously entertaining piece of cinema we are presented with. From the producers of "Shaun of the Dead" and "Hot Fuzz", "Attack The Block" is sort of sci-fi, sort of horror, and on more than one occasion, comedic. It's set in South London, where a young street gang must defend themselves from unruly alien intruders. While alien movies seem all the rage for the past year, this one is leaps and bounds the best of the bunch. While the twilight sets down on a crushingly second-rate summer movie season, "Attack The Block" is able to give us hope that summer movies can be smart, entertaining, and original all at once. If you missed "Attack The Block" in theaters, you'll be able to catch it when it hits DVD/Blu-ray this October.

"30 Minutes or Less" stars Jesse Eisenberg as a slacking pizza delivery boy who is forced into robbing a bank by two wannabe criminals (Danny McBride and Nick Swardson). Problem is, they've attached a bomb to his chest and it will go off he doesn't complete the mission. Based on true-life events, but taken in a completely absurdly comedic direction, "30 Minutes or Less" is beat for beat the funniest flick of the summer. It's also rare that every key player here is hilarious in his own, dysfunctional and eccentric sort of way.

The flick is entirely straightforward and very lo-fi, but director Ruben Fleischer ("Zombieland") never has a problem keeping things absolutely refreshing at a mere running time of 82 minutes. With rarely ever a dull moment and endlessly amusing, "30 Minutes or Less" offers more laughs and gags than all the other mainstream R-rated comedies this summer combined. Keep your eye out for "30 Minutes or Less" when it's released on DVD/Blu-ray sometime in late November.

"The Beaver" had marked the return of Mel Gibson. While we can't go as far as saying 'witness the resurrection of Mel Gibson', I can say that his performance in "The Beaver" is his best to date. "The Beaver" is a painfully and surprisingly genuine portrayal of depression and remoteness. Gibson plays a husband and father of two who is completely gone. He's a dead end with no return in sight. He finds comfort in a beaver puppet that becomes his only form of communication. Director Jodie Foster (who also plays Gibson's wife) keeps the pace moving at a good rate without ever getting sidetracked with what could have turned into sappy or overly weepy scenes here. While there may not be any true surprises here, the subplots in the film are unexpectedly strong and all the key supporting characters are three-dimensional, cogent, and unfeigned. Kyle Killen's debut script (considered "The Black List's" best unproduced screenplay in 2008) is powerful, deep, and brutally honest. Many people may be turned off by the idea of a talking beaver puppet and the sheer fact Mel Gibson is in this movie, but sometimes we have to leave our reservations and opinions at the door and attempt to embrace something as sincerely meaningful and real as "The Beaver" has come to be. Do yourself a favor and seek this one out on DVD or Blu-ray.

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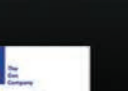
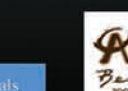
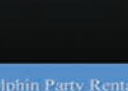
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HOWARD Hays As I See It



"A healthy 30-year-old young man ... decides, 'You know what? I'm not going to spend \$200, \$300 a month on health insurance' ... Something terrible happens. He goes into a coma ... He needs intensive care for six months. Who pays? ... Are you saying that society should just let him die?"

- moderator Wolf Blitzer at the Tea Party Republican

Debate

"Yeah!" - response from audience

"That's what freedom is all about."
- response from Rep. Ron Paul (R-TX)

Four nights earlier, Brian Williams began questioning Gov. Rick Perry (R-TX) by noting, "Your state has executed 234 death row inmates, more than any other governor in modern times . . ." The audience interrupted, breaking into applause, hoots and whistles. Williams continued, "Have you struggled to sleep at night with the idea that any one of those might have been innocent?"

"I've never struggled with that at all," replied the governor.

(He apparently never struggled with the 2004 execution of Cameron Willingham, convicted of murder by arson of his three children. Evidence included the twice-recanted testimony of a bipolar jailhouse informant, arson reports of discredited validity, and the defendant's posters of Iron Maiden and Led Zeppelin - interpreted as signs of a "cultive-type" personality. As doubts grew over Willingham's guilt, Perry refused to stay the execution. Later, when the Texas Forensic Science Commission found the investigation had been based on "flawed science", Perry fired the commissioners.)

Since Machiavelli, ruling elites have averted threats to their power by fostering division among those beneath them; encouraging those on the floor to fight amongst themselves for scraps fallen from the banquet table.

In past decades, Republicans diverted attention from a vanishing middle-class and redistribution of wealth by focusing instead on race, gays, God and guns. Today, instead of attacking legislators who function as corporate assets rather than public servants, we attack each other; when it's harder to feed our families, we attack the single mom getting food stamps; when insurance premiums are higher than mortgage payments, we go after public employees with health benefits; when a 401(k) is wiped out in the Wall Street meltdown, the enemy becomes the retired teacher living off a pension; when universities become unaffordable, the problem is the child of undocumented immigrants granted in-state tuition.

When a factory shuts down with jobs shipped overseas, instead of attacking a lobbyist-written tax code allowing maximum profits for doing so, we blame unions fighting for decent wages and working conditions, and community activists demanding clean air and safe drinking water.

A tradition of "E Pluribus, Unum" stretched from Benjamin Franklin's volunteer fire

departments and government postal service, through barn-raisons and church-buildings in pioneer communities, to President Bill Clinton's declaration, "There is no 'us' and 'them', there is only 'us'" at his first inaugural. Now there's mocking derision towards references to the deaths of fellow Americans - to an extent surprising to Rep. Paul and Gov. Perry themselves, as they remarked following the debates.

Legislators aren't incapable of helping those who need it. House Majority Leader Eric Cantor (R-VA) voted for over \$120 billion in construction and repair for schools, bridges, roads and other infrastructure; funding not "paid for", but financed through deficit spending.

That \$120 billion, however, was for Iraq and Afghanistan. Rep. Cantor opposes President Obama's proposal in his jobs bill to spend \$30 billion rebuilding schools here at home, creating an estimated 300,000 new jobs - with funding that's paid for.

Gov. Perry is not totally averse to investment in worthy projects. In answering a question at Monday's debate, he expressed the need to "continue to help them build the infrastructure that they need, whether it's schools for young women like yourself, or otherwise." That was for Afghanistan. Gov. Perry condemned President Obama's proposals to invest in similar projects and put people to work here in America.

On the day Republicans on stage stood silently as their audience shouted approval for letting Wolf Blitzer's hypothetical American die, Republicans in the Senate used their minority filibuster to block \$7 billion in aid from going to those victimized by Hurricane Irene, flooding along the Mississippi and Missouri rivers, and last Spring's tornados in Joplin and elsewhere in the South and Midwest.

Pitting Americans against each other, rather than working together to solve problems, is not just a diversionary tactic; maintaining frustration and misery is an end in itself. Opposition to President Obama's jobs bill is not based on doubts that it would work, but on fears that it will. As a senior House Republican aide was quoted in Politico, "Obama is on the ropes; why do we appear ready to hand him a win?" The goal remains as Senate Republican Leader Mitch McConnell (R-KY) put it a year ago, "The single most important thing we want to achieve is for President Obama to be a one-term president."

Two years ago, former Rep. Alan Grayson (R-FL) was chastised for declaring on the House floor, "The Republicans want you to die quickly if you get sick." When asked if the audience at Monday's debate validated his remark, Grayson observed, "It's the same impulse that led people in the Coliseum to cheer when the lions ate the Christians. And that seems to be where we are heading -- bread and circuses, without the bread. The world that Hobbes wrote about -- 'the war of all against all'."

Republicans will fight to kill President Obama's jobs bill over threats to allowable depreciation on corporate jets. The rest of us will be encouraged to fight amongst ourselves over remaining scraps of healthcare, disaster relief and help for the neediest among us. And those who shout most loudly for death from a Tea Party audience will be most likely to go out and proclaim us a "Christian Nation".

GREG Welborn

JOBS, JOBS AND FEWER JOBS



The President is stumping the country to build support for yet another "jobs programs", trying to position it as a new and brilliant solution to the unemployment problem. Unfortunately for him, there's not much new, or even brilliant, in this program. The federal government has a long and storied history with various jobs programs, and that history is one of almost universal failure.

On the surface, it might seem like a good idea for the government to generate jobs for people and to train them to take on better jobs. So ingrained is this belief that it still has some traction after 50+ years of failure. In 1962, Congress passed the Manpower Development and Training Act. Its goal was to train those who had lost their jobs. After 10 years, the Government Accounting Office audit of the program indicated that it failed to teach meaningful job skills or place people in private jobs. The program was primarily run as a means of manipulating the unemployment statistics at the time.

Congress came back in 1973 with the Comprehensive Employment and Training Act. This program focused on putting people to work in whatever convoluted way possible, again just to get them off the unemployment lines. Huge amounts of money were spent "employing people" to go door to door recruiting families to join the food stamp program or to take art "retraining" classes to learn how to paint nudes. An investigation of the program in 1979 found it to be "almost worthless in terms of learning what works".

Never to be discouraged by failure, Congress created yet another jobs program: the 1982 Job Training Partnership Act. This one really succeeded in failing. The Department of Labor's Inspector General found that participants in this program were twice as likely to rely on food stamps after being in the program than they were before. The primary reason for this was that much of the training was on how to apply for government benefits, rather than on how to keep a job. Another review of the program in 1993 showed that participation in the program "actually reduced the earnings of male out-of-school youths". Participants earned on average 10% less than similar aged non-participants.

Once again, Congress tried to tweak a losing formula to find some glimmer of justification for the billions it was spending. In 1998, they delivered to the nation The Workforce Investment Act. This time, Congress mandated an evaluation of the program's success be conducted by no later than 2005 in order to determine what corrective actions might be needed to insure the attainment of the program's long term goals. The Labor Department informed Congress that it wouldn't be able to complete such an evaluation until 2015, and nobody in Congress seemed to object.

As we can see, government attempts to employ and train the unemployed have rarely succeeded over what amounts to an extended history of efforts to work such magic. The reasons for the consistent failure aren't that hard to fathom. In fact, the Government Accounting Office issued a warning way back in 1969 telling Congress and the

nation that participants in these programs often "regressed in their conception of what should reasonably be required in return for wages paid". Ten years later, the GAO added the observation that most participants were "exposed to a worksite where good work habits were not learned or reinforced".

All of these programs are at their heart political creations. Those who are charged with their implementation and management are focused more on impacting the unemployment numbers of the day than on really helping people train for, land and retain a job. Add to this the typical Liberal obsession with "rights" instead of "responsibilities" and you have a perfect formula for failure. As a result, any job or training class is seen as an improvement, even if it's training people ineffectively or for jobs that aren't really in large supply. The basic problem is that the incentives in a government program can never be the same as they are in a private program. Government programs always have a politically motivated goal: get the statistical measure of unemployment down. It doesn't matter to them whether or not someone is in a long-term or high-value job - just that they are no longer part of the measured unemployed.

Private training programs, which are either managed by employers or by other vendors who have to meet employers' needs or go out of business themselves - have direct and uncompromising incentives to succeed. If the Acme Manufacturing Company is going to spend money in a training program, you can be sure that it will train people for real, full-time job openings it has and that the program is successful in actually training people for those jobs. If not, the program is terminated in a matter of months, as opposed to the decades that unsuccessful government programs continue to function. The same holds true for training programs run by private vendors. If they can't deliver a successfully trained person for a real job need in industry, then they don't get paid. The operators of these programs don't continue losing programs for long either.

Once again, President Obama is turning to government to solve a problem that can't be successfully addressed by anyone other than private employers. He seems oblivious to the fact that what he calls "new" has a long history of failure. Hopefully, this time, Congress will resist the urge to pile failure upon failure and instead will actually address the key tax and regulatory hurdles which are really stifling employment and growth in this country.

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 Arcadia with his wife and 3 children and is active in the community. He can be reached at gregwelborn@earthlink.net.

RICH Johnson



Before I get to the list of quality books, I want to promote my 1960s- 1970s rock and roll band, JJ Jukebox. We have added a Saturday, October 1st, to

perform a dinner show at Corfu Restaurant. The time is 6:30 - 9:00. We perform music by the Beatles, Van Morrison, Roy Orbison and more. We're even adding Jefferson Airplane and Nicolette Larson tunes thanks to our guest vocalist Amy Kafkaloff. So call Corfu at (626) 355-5993 and make reservations. The Friday night show is sold out and Saturday night just might sell out too. So, come join us for great Mediterranean food and fun music. (There is no cover charge. The great folks at Corfu only ask you spend at least \$10 per person on food, drinks, or dessert.)

Now the greatest (and shortest) books ever written. There were so many to choose from. I'll give you my personal favorites:

A Millennium of German Humor
A Collection of Sonatas for Banjo
A Foreigner's Guide to Camping in Florida
The Amish Phone Book
Career Opportunities for History Majors
Al Gore: The Wild Years
An Engineer's Guide to Fashion
French Hospitality
How Paperclips Work
Scotch Tape for Dummies
Mike Tyson's Guide to Dating Etiquette
Different Ways to Spell Bob
Train Your Cat
My Years in Baseball, by Michael Jordan
The Complete Cookbook of Toast
Scuba Divers of Tibet
Gourmet British Restaurants

Shortest Books Ever Written

The "Gourmet British Restaurants" reminds me of another fun fictional fact. What's the difference between heaven and hell (If you are familiar with the particular peculiarities of European countries you will appreciate this):

In Heaven:
The Germans organized it
The Swiss run it
The French cook for it
The British are the police
And the Italians are the lovers

In Hell:
The French organized it
The Italians run it
The British cook for it
The Germans are the police
And the Swiss are the lovers.

Finally, if you haven't come to the Sierra Madre Playhouse on a Saturday morning at 11:00 am to see "The Sorcerer's Apprentice", you are missing two great shows. First, these Fairy Tale Theatre productions are designed for kids, and I find watching the young kids enjoying the hour long production to be very heartwarming entertainment. Second, the show itself is great fun. Derek Coleman, who plays the Sorcerer's Apprentice, is a talented actor AND magician. The other actors are superb: Helen Frederick as the Hare, Lynda Rohrbacher as the Good Witch, Joyce Sindel as the Bad Witch, Ron Johnston as the Dragon, Barry Schwam as the Sly Fox, and Lindsay Hopper as the Damsel in Distress. FINAL PERFORMANCE is Saturday, September 24 at 11:00 at the Sierra Madre Playhouse. Call 355-4318 for reservations.

LETTER TO THE EDITOR

Re: Green, Green Grass of Joblessness
August 27, 2011

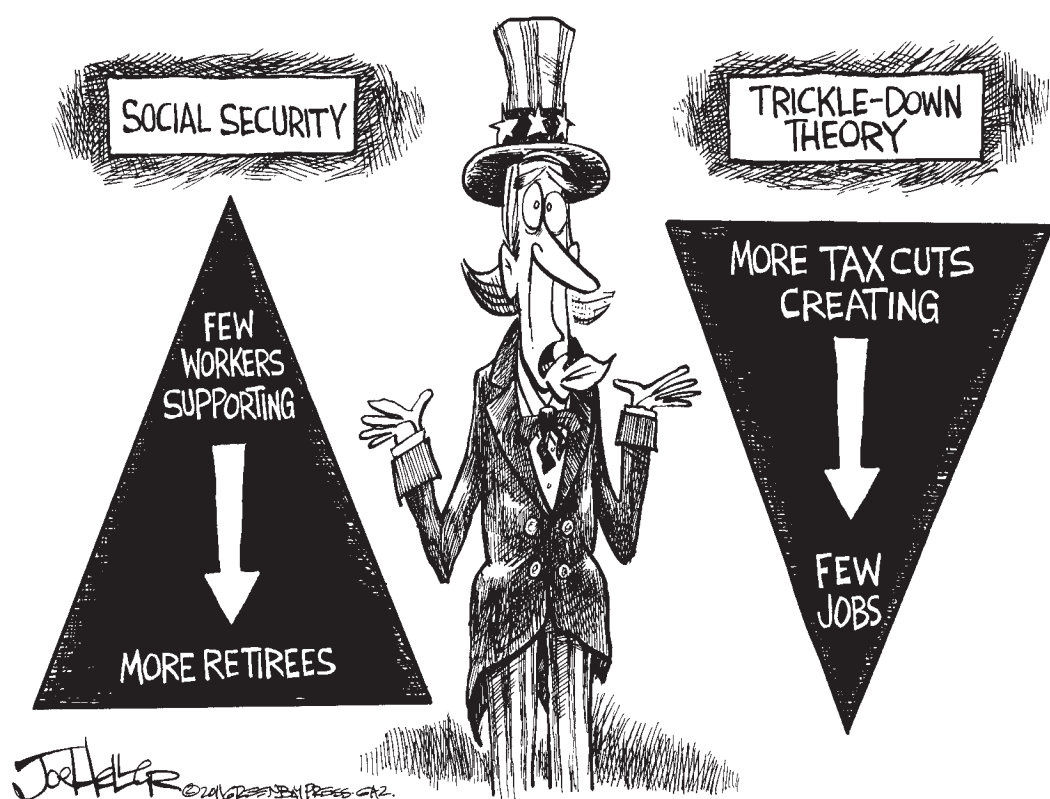
Is Greg Welborn Kidding? The worst jobless years were under President Reagan. It used to be that facts were facts and opinions were how facts were interpreted. Apparently facts don't matter anymore. Below are the Bureau of Labor Statistics unemployment rates for September 1982 through June 1983. Pass these FACTS along to Greg with a message from me.

FACTS DO MATTER!

1982-09-01 10.1
1982-10-01 10.4
1982-11-01 10.8
1982-12-01 10.8
1983-01-01 10.4
1983-02-01 10.4
1983-03-01 10.3
1983-04-01 10.2
1983-05-01 10.1
1983-06-01 10.1

Signed, HH Sierra Madre

"I'M CONFUSED... WHAT'S A PONZI SCHEME AGAIN?"



We'd like to hear from you!
What's on YOUR Mind?

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Mountain Views News Mission Statement

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

HAIL Hamilton

My Turn

9/11 AND THE GLOBAL WAR ON TERROR



“Exaggerating, manipulating and exploiting the Terrorist threat for profit and power has been the biggest scam of the decade; only Wall Street’s ability to make the Government prop it up and profit from the crisis it created at the expense of everyone else can compete for that title. Nothing has altered the mindset of the American citizenry more than a decade’s worth of fear-mongering So compelling is fear-based propaganda, so beholden are our government institutions to these private Security State factions, and so unaccountable is the power bestowed by these programs, that even a full decade after the only Terrorist attacks on U.S. soil, its growth continues more or less unabated.”
--Glenn Greenwald, Salon.com

Last Sunday was the 10th anniversary of 9/11, and it came and went without so much as a whisper of the many questions that remain unanswered about who, how and why the attacks happened. However, it made me think about the decade-long Global War on Terror, and what appears to be our permanent reliance on military might rather than of diplomacy as the favored means of solving international disputes. It also made me think about the enormous growth of our national security apparatus and its impact on our traditional freedoms at home. War is not a border-skirmish or a confrontation between drunken sailors. There is nothing heroic about war. War involves the killing and maiming of thousands or millions of people, including many innocent bystanders. War is not about heroes and glorious death. War is nothing but blood and gore. War shreds people into bloody little pieces, it tears them limb from limb, or it burns them alive. War is the ultimate horror that man inflicts upon man. Wars are armed conflicts between countries or states. Wars are not conflicts between the individual people of warring countries. Wars are conflicts between the governments of countries. All wars are instigated by power hungry megalomaniacs, the politicians; are managed by professional killers, the military; and are fought by the brainwashed members of their respective populations, the canon-fodder. Politicians wearing top hats and striped pants no longer formally declare wars. Any big bully,

who feels confident that he can win the war, can start a war at any time. Euphemistic expressions have replaced the word war. Politicians now euphemistically refer to wars as police actions, or border alignments, or expeditions, or air campaigns. The current euphemism is the reference to a regime change. This is the real justification for the wars in Iraq and Afghanistan. It is the reason we’re flying sorties over Libya. In other words, the United States determines to liberate a country from its leaders. If the euphemism doesn’t wash, our politicians simply declare that the war is morally just and necessary to straighten out morally inferior miscreants. George W. Bush probably provided the least imaginative reason for starting a war when he did away with euphemistic niceties altogether. He could not think of a reasonable subterfuge and simply waged war for what he called preemptive reasons. Likewise, Barak Obama has been unable to provide a good reason for our continued deployment in Iraq or the war still being fought in Afghanistan. No matter what excuse politicians dream up for waging war, however, the underlying cause of all wars is economic in nature. Wars are good for the economy -- at least temporarily. They are good for arms makers and defense contractors. And if you’re the biggest bully on the block, they are good for getting your way or taking something that isn’t yours. I’m not surprised to find that the wars are more costly than first predicted! I am shocked at the lack of outrage. When will the young people march on Washington to protest these wars? Don’t they know the wars are bankrupting our economy? The young people who supported Obama should now protest these wars, loud and clear. It is they who will pay for them, after all. If Obama can’t make the decision to pull out of Afghanistan, he should at least set a cap on the expense. If that forces him to only protect the areas around Kabul so be it. Our elected officials are afraid to stop these wars. Too much is at stake. War is about making money. The bottom line isn’t about defending freedom and liberty--it’s about profits and power. It’s also about getting reelected. And that means contributions from war profiteers. One thing is certain about the post-9/11 decade and the Global War on Terror: Never have Americans paid so much for so little!

OUT TO PASTOR

A Weekly Religion Column



I'M NOT BROKE, I'M JUST FINANCIALLY CHALLENGED

As I was listening to the president give his speech on the country’s economy last week I was simultaneously trying to balance my checkbook. Math was never my strong suit. In fact, when it comes to math, I do not wear a suit at all. I would wear my birthday suit but it is too wrinkled and believe me, spandex is stretching it too much. Oddly enough, my checkbook balance is never the same as the balance on the statement from the bank. My bank’s haughty assumption is that they are right and I am wrong. The thing that gripes me is, as much money as I am paying my bank through all of the miscellaneous fees, I should not have to balance my checkbook. That should be a service gladly rendered by my financial institution.

The last time I was in my bank, I coyly suggested this to the teller and she looked at me, laughed as though I was telling her a joke and then handed me a lollipop. Believe me; balancing my checkbook is no joking matter.

As I was working over my checkbook, I was groaning, moaning and sighing rather deeply. Enough so, that it disturbed my residential companion. Finally, she said to me in that sarcastic tone of voice reserved just for me, “What’s got you so disturbed tonight?”

At first, I did not want to tell her. After all, it is my responsibility to balance the checkbook. We have a wonderful give-and-take relationship. My responsibility is to deposit money into the checkbook while her responsibility is to make sure the checks fly out of our checkbook as quickly and smoothly as possible. Then, somebody at our financial institution came up with the brilliant idea of the check card. Now the money flies out faster than it ever did before.

Our money flies faster than the speed of sound, but occasionally my groans do catch-up, and tonight was one such night.

I looked at my wife, swallowed several times, and then blurted out, “I think we’re broke.”

After I said that, I did feel a little bit relieved. However, it did not last long.

“What do you mean ‘we’re broke?’”
The way she emphasized the word “we’re” caused me a little bit of uneasiness.

“I mean,” I tried to explain; “we have run out of money.”

“Why should that get you all riled up,” she said with a little bit of chipper in her voice. Just a little more than I was comfortable with under our present circumstances. “The president’s on television right now telling us that the country’s broke. So I guess that means were all in the same boat.”

Both of us were quiet as we listened to the president continue his speech on the

economy. Actually, I was a wee bit more concerned about the economical condition of my checkbook then the country’s economy.

I’m broke simply because I have more bills than I have money.

The country is broke because it spends money on things other than bills. And, when the government runs out of money all it has to do is to print more money. The thing that really aggravates me is that if I would treat my checkbook like the government treats its checkbook the government would have me arrested and thrown in jail for the rest of my life. Which, upon further thought, maybe a plan out of my desperate economic disposition. For in jail, the government would pay all my bills.

In jail, I would not have a grocery bill. All of my medical needs would be taken care of by good ole Uncle Sam. I certainly would not have to save money for a rainy day.

Further consideration brought me to the conclusion that I may not like some of the people in prison. After all, there may be former politicians who are locked up for some scandalous activity they were caught at. Who wants to spend their time with that crowd?

Just as I was sinking deeper into the slough of despondency, my wife, as usual, came to my rescue. If I gave her a nickel for every bright idea she has come up with in our married life I would be broke. Which, by the way, maybe why I am broke now.

Her amazing solution was simply this, “We’re not broke, we’re just financially challenged.”

Why do I never come up with all of these brilliant ideas? Being broke is one thing but being financially challenged is something altogether different. I do not want to be broke. Now, thanks to my wife, I am no longer broke I am simply financially challenged.

That sounds so much better. I worried my heart sick thinking I was broke when in reality I was merely financially challenged. I wonder if I could somehow get this message to our dear president. If I can get him a message I would simply say this, “Mr. President, our country is not broke as you are insinuating. We are simply financially challenged.”

Everybody has his or her own solution to problems. Especially if it is a political problem. I like how the Bible puts it. “There is a way which seemeth right unto a man, but the end thereof are the ways of death” (Proverbs 14:12 KJV).

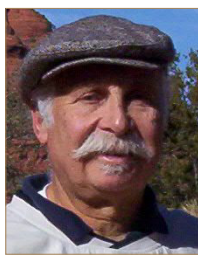
Someone said it like this, “a rose by any other name is still a rose.”

The Rev. James L. Snyder is pastor of the Family of God Fellowship, PO Box 831313, Ocala, FL 34483. He lives with his wife, Martha, in Silver Springs Shores. Call him at 352-687-4240 or e-mail jamesnyder2@att.net. The church web site is www.whatafellowship.com.

STUART Tolchin.....

On LIFE

EVERY DAY IS A SURPRISE



This is an article I never thought I would write. In fact, it is the kind of article that I probably would never even begin to read, as I am so very fond of writing and proclaiming I am a life-long atheist—or almost life-long. The story that I like to tell people is that when I was three or four, somebody told me about God as being this force that controlled everything and one of the things this force did was to make sure that women could not get pregnant until God saw the wedding ring on their hand and knew that they were married and then and, only then, God would let a baby grow inside the woman’s stomach.

As simplistic as that sounds, it’s a pretty accurate description of how I thought when I was six and how I still think sixty years later. When I saw a movie that contained homes for unwed mothers, I realized that I had been lied to and perhaps I learned not to believe everything that people told me. I now was convinced that there was no God and that all religious creation stories were just made-up to keep kids ignorant. I still think that the positions people take on most issues are based, not on personal knowledge or from deep consideration of any question. Instead, positions and attitudes come from a variety of other needs - like the desire to conform and be part of a community or the need to honor and respect positions taken by parents or a desire to identify with people of one kind or another or from unexamined prejudices. To combat these often woefully ignorant positions, Human beings must have the time and will to contemplate. Alas, in the modern world there is no place to do it. What I call contemplation is probably very close to what has traditionally been called prayer and it is my present belief that many current problems stem from (I can’t believe I’m saying this) the fact that THERE IS NO TIME OR PLACE FOR PRAYER IN THE SCHOOLS or probably in the homes.

What am I saying? What I am not saying is that religion should be taught in the schools or even at home. Give me a chance to explain. This morning, probably because tennis was not yet on, I started watching the 9/11 stuff which was pretty fascinating. The memorial with its running water and survival tree and overall feeling of life going on and honoring the dead seemed pretty powerful. I began to listen to President Obama’s speech and for the first time in my life heard the line:

BE STILL AND KNOW THAT I AM GOD

This simple line has stayed with me all day. It’s now after midnight and I’m still thinking about it. I have googled the line and learned that it is a part of Psalm 46.10. I have read many translations of the Psalm and kind of understand for the first time that religion is not just about spinning a bunch of fairy tales and giving people a bunch of rules to follow and making silly predictions about the after-life or just plain telling people how they should live. What religion should really be about, I now understand, is giving individual people the space to experience themselves; to try and express and make sense of their almost inexpressible feelings that haunt them and haunt their dreams.

People, all people, have these highly developed brains that reflect upon themselves. There is a common experience, a yearning, to know their own purpose, to know if there is a meaning behind the ongoing struggle to survive. I think this feeling, this yearning, predates language. In fact language probably gets in the way as our senses pull the perceptions of the outer world into our inner selves and leave us with the need to make sense of it all. The message in the President’s speech tells us to shut up, to be quiet, to stop resisting and to just listen to our inner selves. Connected to this silence and to the temporary willing loss of our usual mundane concerns is a pretty universal experience. What it is I really can’t describe, but calling it God is as close a description as anything else. The experience involves forgetting ourselves as individuals and feeling our connection to a world that exists beyond and around and before and after us.

I think there must be time and support given to every individual to experience this exploration of individuality and universal connection. If we are not given this space we are incomplete and lost and dissatisfied and continue to reach out and look for someone else or the achievement of meaningless goals to give our pointless lives meaning. (Did you happen to see the movie Up In The Air?)

Fish gotta swim, Birds gotta fly, Man gotta ask, Why, why, why
----Kurt Vonnegut

CURBING BAD BEHAVIOR



Ron Carter

THE RIGHT CHOICE CONNECTING NORTH AND SOUTH

Even though there is resistance to California High Speed Rail (CHSR) project, my belief is we will witness the unfolding of this rail system sometime in the near future. Some naysayers of CHSR are very reluctant to change their behavior to consider a viable alternative to their “iconic” cars, so the debate continues. Since leaving Brooklyn, New York to live in Los Angeles, California, I never thought that riding a rail system had the potential of again becoming a necessity in my mobility. But, recently after a trip from Pasadena to West Lake Village took over two (2) hours, a mass transit system doesn’t seemed that bad. California has 37 million plus residents and with all the chatter of the state being in depression, we are still the most populous state in America. Those of us who live in California love this state even with its current depressed economy.

CHSR and its potential to connect to local mass transit systems have been touted to bring communities all around the state together. It’s reported CHSR is an expensive project, but proponents remarked it’s one that is needed. If the Interstate Highway Act which reshaped the American landscape and way of life was delayed by President Dwight D. Eisenhower, in 1956, we would not have had 47,000 miles of remarkably uniform roads that revitalized Americans and the country. Historians have said it was President Eisenhower’s greatest accomplishment of his two terms. We became connected city-to-city, town-to-town, family to family, as we had never been before. They argued the same can be true connecting Northern and Southern California. CHSR will open up commerce like never before, bringing new opportunities for small businesses. Farmers, who are mostly against CHSR, will be able to get their crops to market faster and cheaper due to the reduction in cars on the highways. Trucks will be able to move quicker through the accident prone California Grapevine (California residents are aware of this stretch of the US Highway 5). Businesses will spring up along the high-speed rail system route creating jobs for California residents. These are some of the positive platforms. On the contrary, farmers and the agricultural industry complained of losing farmlands to the high-speed rail tracks.

Launching high-speed rail in California will certainly change our attitudes, values and behavior. The question is how much the community, labor unions, environmental groups, businesses, media, the agricultural industry and politicians are willing to spend to create and build this massive and expensive transit systems?

BYAMBAJAV This statement was filed with the County Clerk of Los Angeles County on 08/24/11. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)Publish: Mountain Views News
Dates Pub: Aug 27, Sept 03, 10, 17, 2011

FICTITIOUS BUSINESS NAME STATEMENT
File No. 11-086080
The following person(s) is (are) doing business as: CALVA TRUCKING, 11911 167th ST., ARTESIA, CA 90701. Full name of registrant(s) is (are) DAISY VALERIE HERNANDEZ, 11911 167th ST., ARTESIA, CA 90701. This Business is conducted by: AN INDIVIDUAL. Signed: DAISY VALERIE HERNANDEZ. This statement was filed with the County Clerk of Los Angeles County on 08/22/11. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)Publish: Mountain Views News
Dates Pub: Aug 27, Sept 03, 10, 17, 2011

FICTITIOUS BUSINESS NAME STATEMENT
File No. 11-087470
The following person(s) is (are) doing business as: CARL ANDERSON HANDYMAN SERVICE, 25610 NARBONNE AVE. #D, LOMITA, CA 90717. Full name of registrant(s) is (are) CARL ANDERSON, 25610 NARBONNE AVE. #D, LOMITA, CA 90717. This Business is conducted by: AN INDIVIDUAL. Signed: CARL ANDERSON. This statement was filed with the County Clerk of Los Angeles County on 08/24/11. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)Publish: Mountain Views News
Dates Pub: Aug 27, Sept 03, 10, 17, 2011

FICTITIOUS BUSINESS NAME STATEMENT
File No. 11-086123
The following person(s) is (are) doing business as: COMME DES FILLES, 2665 ABERDEEN AVE., L.A., CA 90027. Full name of registrant(s) is (are) YILIE LIN, 3430 WHISTLER AVE., EL MONTE, CA 91732. CINDY GUNADI, 2665 ABERDEEN AVE., L.A., CA 90027. This Business is conducted by: A GENERAL PARTNERSHIP. Signed: YILIE LIN. This statement was filed with the County Clerk of Los Angeles County on 08/22/11. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)Publish: Mountain Views News
Dates Pub: Aug 27, Sept 03, 10, 17, 2011

FICTITIOUS BUSINESS NAME STATEMENT
File No. 11-086876
The following person(s) is (are) doing business as: DESIGN HERCULES, BRODETTES PINCHY CRABS, VIA ORGANIC, 7200 VIA REDONDO, BURBANK, CA 91501. Full name of registrant(s) is (are) MARK A. BELLO, 10610 N. LAKESIDE DR., GARDEN GROVE, CA 92840. This Business is conducted by: AN INDIVIDUAL. Signed: MARK A. BELLO. This statement was filed with the County Clerk of Los Angeles County on 08/23/11. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)Publish: Mountain Views News
Dates Pub: Aug 27, Sept 03, 10, 17, 2011

FICTITIOUS BUSINESS NAME STATEMENT
File No. 11-087644
The following person(s) is (are) doing business as: LA GLORIA DE DIOS EN ACCION, 744 N. AZUSA AVE. #120, WEST COVINA, CA 91791. Full name of registrant(s) is (are) MINISTERIOS ABRIENDO LOS CIELOS, INC., 5300 MONTE VISTA ST., L.A., CA 90042. This Business is conducted by: A CORPORATION. Signed: AURA RODRIGUEZ. This statement was filed with the County Clerk of Los Angeles County on 08/24/11. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)Publish: Mountain Views News
Dates Pub: Aug 27, Sept 03, 10, 17, 2011

FICTITIOUS BUSINESS NAME STATEMENT
File No. 11-087039
The following person(s) is (are) doing business as: NATURAL BEAUTY SPA, 1600 E. HOLT AVE. #E3, POMONA, CA 91767. Full name of registrant(s) is (are) ANA CHAVEZ, 515 N. FIRST AVE., COVINA, CA 91723. This Business is conducted by: AN INDIVIDUAL. Signed: ANA CHAVEZ. This statement was filed with the County Clerk of Los Angeles County on 08/23/11. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)Publish: Mountain Views News
Dates Pub: Aug 27, Sept 03, 10, 17, 2011

FICTITIOUS BUSINESS NAME STATEMENT
File No. 11-085992
The following person(s) is (are) doing business as: PACIFIC INTERNATIONAL ELITE SCHOOL, INC., 1508 LOGANRITA AVE., ARCADIA, CA 91006. Full name of registrant(s) is (are)

PACIFIC INTERNATIONAL ELITE SCHOOLS, INC., 1508 LOGANRITA AVE., ARCADIA, CA 91006. This Business is conducted by: A CORPORATION. Signed: LARRY BECK. This statement was filed with the County Clerk of Los Angeles County on 08/22/11. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: Mountain Views News
Dates Pub: Aug 27, Sept 03, 10, 17, 2011

FICTITIOUS BUSINESS NAME STATEMENT
File No. 11-080476
The following person(s) is (are) doing business as: PANADERIA SAN AGUSTIN, 416 E. COMPTON BLVD., COMPTON, CA 90221. Full name of registrant(s) is (are) FERNANDO M. HERNANDEZ, 16307 ALLEN AVE., PARAMOUNT, CA 90723. This Business is conducted by: AN INDIVIDUAL. Signed: FERNANDO M. HERNANDEZ. This statement was filed with the County Clerk of Los Angeles County on 08/11/11. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 08/02/11. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)Publish: Mountain Views News
Dates Pub: Aug 27, Sept 03, 10, 17, 2011

FICTITIOUS BUSINESS NAME STATEMENT
File No. 11-087337
The following person(s) is (are) doing business as: WANG XING JI, 140 W. VALLEY BLVD. #211, SAN GABRIEL, CA 91776. Full name of registrant(s) is (are) RUN TONG, INC., 140 W. VALLEY BLVD. #211, SAN GABRIEL, CA 91776. This Business is conducted by: A CORPORATION. Signed: WANG XING JI. This statement was filed with the County Clerk of Los Angeles County on 08/24/11. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)Publish: Mountain Views News
Dates Pub: Aug 27, Sept 03, 10, 17, 2011

FICTITIOUS BUSINESS NAME STATEMENT
File No. 11-086709
The following person(s) is (are) doing business as: ALL PRECIOUS ANGELS HOME CARE SERVICES, 2710 DAWN RIDGE PL. WEST COVINA, CA 91792. Full name of registrant(s) is (are) RIZA DE VERA, 2710 DAWN RIDGE PL., WEST COVINA, CA 91792. This Business is conducted by: AN INDIVIDUAL. Signed: RIZA DE VERA. This statement was filed with the County Clerk of Los Angeles County on 08/23/11. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)Publish: Mountain Views News
Dates Pub: Aug 27, Sept 03, 10, 17, 2011

FICTITIOUS BUSINESS NAME STATEMENT
File No. 11-085554
The following person(s) is (are) doing business as: COMMERCIAL MEDIA SOLUTIONS, 13601 CHARLEMAGNE AVE., BELLFLOWER, CA 90706. Full name of registrant(s) is (are) ALFREDO LOPEZ, 13601 CHARLEMAGNE AVE., BELLFLOWER, CA 90706. This Business is conducted by: AN INDIVIDUAL. Signed: ALFREDO LOPEZ. This statement was filed with the County Clerk of Los Angeles County on 08/19/11. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)Publish: Mountain Views News
Dates Pub: Aug 27, Sept 03, 10, 17, 2011

FICTITIOUS BUSINESS NAME STATEMENT
File No. 11-087600
The following person(s) is (are) doing business as: GORILLA DREAMZ PUBLISHING: GORILLA DREAMZ, 3579 FOOTHILL BLVD. #593, PASADENA, CA 91107. Full name of registrant(s) is (are) GORILLA DREAMZ, LLC, 3579 E. FOOTHILL BLVD. #593, PASADENA, CA 91107. This Business is conducted by: A LIMITED LIABILITY COMPANY. Signed: VIKTORIYA STINSON. This statement was filed with the County Clerk of Los Angeles County on 08/24/11. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 01/01/2006. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)Publish: Mountain Views News
Dates Pub: Aug 27, Sept 03, 10, 17, 2011

FICTITIOUS BUSINESS NAME STATEMENT
File No. 11-086096
The following person(s) is (are) doing business as: HEALTHY PASTA PEOPLE: HEALTHY PASTA PEOPLE, 1223 WILSHIRE BLVD. #573, SANTA MONICA, CA 90403. Full name of registrant(s) is (are) WEFOOD.IT LLC, 1223 WILSHIRE BLVD. #573, SANTA MONICA, CA 90403. This Business is conducted by: A LIMITED LIABILITY COMPANY. Signed: CLEMENTE IMPERIALI. This statement was filed with the County Clerk of Los Angeles County on 08/22/11. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: Mountain Views News
Dates Pub: Aug 27, Sept 03, 10, 17, 2011

FICTITIOUS BUSINESS NAME STATEMENT
File No. 11-088424
The following person(s) is (are) doing business as: JW WIRELESS, 2547 STROZIER AVE., SO. EL MONTE, CA 91733. Full name of registrant(s) is (are) STELLAR CONNECTIONS, INC., 2547 STROZIER AVE., SO. EL MONTE, CA 91733. This Business is conducted by: A CORPORATION. Signed: LEA YOUNG LEE. This statement was filed with the County Clerk of Los Angeles County on 08/25/11. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: Mountain Views News
Dates Pub: Aug 27, Sept 03, 10, 17, 2011

FICTITIOUS BUSINESS NAME STATEMENT
File No. 11-087353
The following person(s) is (are) doing business as: LE MESA ENTERPRISES, 2857 E. GAGE AVE., HUNTINGTON PARK, CA 90255. Full name of registrant(s) is (are) SANTANA HERAS, 7825 DANBY AVE., WHITTIER, CA 90606. This Business is conducted by: AN INDIVIDUAL. Signed: SANTANA HERAS. This statement was filed with the County Clerk of Los Angeles County on 08/24/11. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 06/24/11. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)Publish: Mountain Views News
Dates Pub: Aug 27, Sept 03, 10, 17, 2011

FICTITIOUS BUSINESS NAME STATEMENT
File No. 11-084009
The following person(s) is (are) doing business as: LEBICION BICICLES, 2112 SANTA ANITA AVE., SO. EL MONTE, CA 91733. Full name of registrant(s) is (are) FABRIZIO ARENAS, 2112 SANTA ANITA AVE., SO. EL MONTE, CA 91733. This Business is conducted by: AN INDIVIDUAL. Signed: FABRIZIO ARENAS. This statement was filed with the County Clerk of Los Angeles County on 08/18/11. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: Mountain Views News
Dates Pub: Aug 27, Sept 03, 10, 17, 2011

FICTITIOUS BUSINESS NAME STATEMENT
File No. 11-087036
The following person(s) is (are) doing business as: PREMIER DESIGN STUDIO, 13005 LANTERN LN., LA MIRADA, CA 90638. Full name of registrant(s) is (are) LOUIS JASON CABOT, 13005 LANTERN LN., LA MIRADA, CA 90638. This Business is conducted by: AN INDIVIDUAL. Signed: LOUIE JASON CABOT. This statement was filed with the County Clerk of Los Angeles County on 08/23/11. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 01/01/2011. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)Publish: Mountain Views News
Dates Pub: Aug 27, Sept 03, 10, 17, 2011

FICTITIOUS BUSINESS NAME STATEMENT
File No. 11-085600
The following person(s) is (are) doing business as: SBA RECYCLING, 210 W. SLAUSON AVE., L.A., CA 90003. Full name of registrant(s) is (are) SARKIS BAYAMDZHYAN, 2243 CHEVY ALFREDO LOPEZ, 13601 CHARLEMAGNE AVE., BELLFLOWER, CA 90706. This Business is conducted by: AN INDIVIDUAL. Signed: SARKIS BAYAMDZHYAN. This statement was filed with the County Clerk of Los Angeles County on 08/19/11. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: Mountain Views News
Dates Pub: Aug 27, Sept 03, 10, 17, 2011

FICTITIOUS BUSINESS NAME STATEMENT
File No. 11-087076
The following person(s) is (are) doing business as: VICTORYS LTD, 2514 W. 54th ST., L.A., CA 90043. Full name of registrant(s) is (are) JULIAN RENDEROS, 2514 W. 54th ST., L.A., CA 90043. This Business is conducted by: AN INDIVIDUAL. Signed: JULIAN RENDEROS. This statement was filed with the County Clerk of Los Angeles County on 08/24/11. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: Mountain Views News
Dates Pub: Aug 27, Sept 03, 10, 17, 2011

FICTITIOUS BUSINESS NAME STATEMENT
File No. 2011-086895
The following person(s) is (are) doing business as: MEDIC-1 AMBULANCE, 5462 IRWINDALE AVENUE, SUITE B, IRWINDALE, CA. 91706. Full name of registrant(s) is (are) RESCUE SERVICES INTERNATIONAL, LTD. 5462 IRWINDALE AVENUE, SUITE B, IRWINDALE, CA. 91706. This Business is conducted by: A CORPORATION. Signed: RESCUE SERVICES, INTERNATIONAL, LTD. This statement was filed with the County Clerk of Los Angeles County on 08/23/11. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)Publish: Mountain Views News
Dates Pub: Sept 03, 10, 17, 24, 2011

City of Sierra Madre

PUBLIC HEARING NOTICE

To: Citywide
From: The City of Sierra Madre
Subject: CONGESTION MANAGEMENT PROGRAM (CMP)
Applicant: City of Sierra Madre
Project Location: Citywide

The City of Sierra Madre gives notice, pursuant to State of California law, that the City Council will conduct a public hearing to review the City's compliance with the Los Angeles County Metropolitan Transportation Authority's Congestion Management Program (CMP) pursuant to California Government Code Section 65089.

DATE AND TIME OF HEARING
City of Sierra Madre
City Council meeting
Tuesday, September 27, 2011
(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.

PROJECT LOCATION: City-wide

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

City of Sierra Madre

PUBLIC HEARING NOTICE

From: The City of Sierra Madre
Subject: Bridge Weight Limit Restrictions
Applicant: City of Sierra Madre
Project Location: Citywide; in 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 in cooperation with the California Department of Transportation, on September 27, 2011 for first reading of Ordinance 1321, adopting weight limit restrictions on five roadway bridges within the City:

Bridge No. 53C1033 Camillo Street at Sierra Madre Wash - 21 Tons
Bridge No. 53C1034 Woodland Drive at Sierra Madre Wash (Lower) - 22 Tons
Bridge No. 53C1036 Acacia Street at Sierra Madre Wash - 23 Tons
Bridge No. 53C1037 Las Rocas Drive at Sierra Madre Wash - 23 Tons
Bridge No. 53C1038 Sycamore Place@ Sierra Madre Wash - 23 Tons

A hearing will be held on an engineering investigation of these structures looking toward the establishment of load limits, and other evidence will be heard that may be offered to determine and declare the maximum load limits for these bridges.

DATE AND TIME OF HEARING
City of Sierra Madre
City Council meeting
Tuesday, September 27, 2011
(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 91024

All interested persons may attend this meeting and the City Council will hear them with respect thereto. For further information on this subject, please contact Public Works at (626) 355-7135.

If you cannot attend the PUBLIC HEARING, you may submit written comments by 5 p.m. on September 27, 2011 to the City of Sierra Madre at 232 West Sierra Madre Boulevard, Sierra Madre, CA, 91024

By Order of the City Council

Bruce Inman, Public Works Director

City of Sierra Madre

PUBLIC HEARING NOTICE

To: Citywide
From: The City of Sierra Madre
Subject: Consideration of a Resolution adopting a Revised Fee Schedule regarding the Plan Check and Permit Fees associated with the installation of Commercial Solar (Photovoltaic) Systems.
Project Location: Commercial Properties within 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 resolution adopting a revised fee schedule regarding the plan check and permit fees associated with commercial solar (photovoltaic) systems. The revised fee schedule would use a fee calculator based on the size (kilowatt) of the commercial solar system and the process review time.

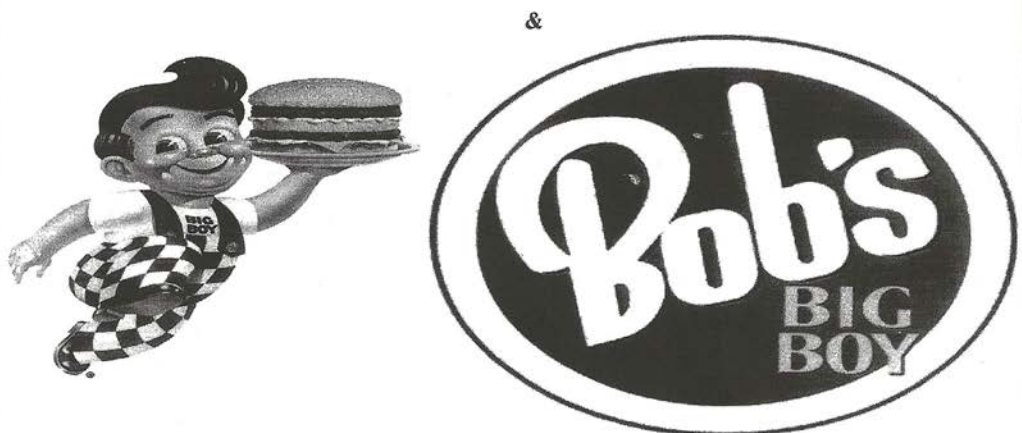
DATE AND TIME OF HEARING
City of Sierra Madre
City Council meeting
Tuesday, September 27, 2011
(Hearing begins at 6:30 p.m.)

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. For further information on this subject, please contact the Development Services Department at (626) 355-7138.

Danny Castro, Director of Development Services

Pasadena High School - Instrumental Music



FUND RAISER

Earn dollars for: P.H.S. I.M.C.

Get together with family and friends from our local Community on the night and time listed below and **BOB'S BIG BOY® will donate 15% of sales**
Enjoy great Bob's Big Boy® food, while benefiting Our Organization

DINE IN OR TAKE OUT

Organization: P.H.S. I.M.C.

Date: 9-20-2011 (TUESDAY)

Time: 12-9 p.m.

Where: 899 E. Del Mar Blvd.
Pasadena Ca, 91106
(626) 793-2627

Important! Bring this flyer to the event and present when PAYING CHECK

JOIN WOMEN AT WORK AND MEET POTENTIAL EMPLOYERS

Women At Work presents our most popular event, the *Employer Forum* on Wednesday, September 21 from 3:00 pm to 5:00 pm. We have invited local businesses, large and small, to participate by sharing about their company and job openings. Attendees will have the opportunity to meet face-to-face with representatives from businesses such as Caltech, Kaiser Permanente, VONS/Safeway, LAPD, Pasadena Unified School District, Staples and more to hear about job opportunities and current openings. Attendees should bring resumes and come dressed for interviews. There is a \$5.00 fee for this event.

Women At Work is a nonprofit career center offering career counseling, computer access and job seeking skills. The organization provides numerous workshops as well as classes in computer programs in both English and Spanish, in a small environment. The Employer Forum will be held at: Women At Work, 3871 E. Colorado Blvd., Pasadena, CA 91107.

Check out our website: www.womenatwork.org

What's On YOUR Mind? What Do YOU Think?

We'd like to hear from you!
Contact us at: editor@mntviewsnews.com or
www.facebook.com/mountainviewsnews



Looking Up

with Bob Eklund



“STAR WARS” PLANET DISCOVERED ORBITING TWO STARS

The existence of a world with a double sunset, as portrayed in the film Star Wars more than 30 years ago, is now scientific fact. NASA's Kepler mission has made the first unambiguous detection of a circumbinary planet—a planet orbiting two stars—200 light-years from Earth in the constellation Cygnus the Swan. The findings are described in a new study published Sept. 16 in the journal Science.

Unlike Star Wars' Tatooine, this planet is cold, gaseous and not thought to harbor life, but its discovery demonstrates the diversity of planets in our galaxy. Previous research has hinted at the existence of circumbinary planets, but clear confirmation proved elusive. Kepler detected such a planet, known as Kepler-16b, by observing transits, where the brightness of a parent star dims because of a planet crossing directly in front of it.

A research team led by Laurance Doyle of the SETI Institute in Mountain View, Calif., used data from the Kepler space telescope, which measures dips in the brightness of more than 150,000 stars, to search for transiting planets.

"This system is so fascinating since it is viewed edge-on, and all three bodies—the two stars and the planet—are all eclipsing each other," said

Doyle, who is lead author of the Science paper.

When the smaller star partially blocks the larger star, a primary eclipse occurs, and a secondary eclipse occurs when the smaller star is occulted (completely blocked) by the larger star.

Astronomers further observed that the brightness of the system dipped even when the stars were not eclipsing one another, hinting at a third body. The additional brightness-dimming events, called tertiary and quaternary eclipses, reappeared at irregular intervals of time, indicating that the stars were in different positions in their orbit each time the third body passed. This showed that the third body was circling not just one, but both stars, in a wide circumbinary orbit.

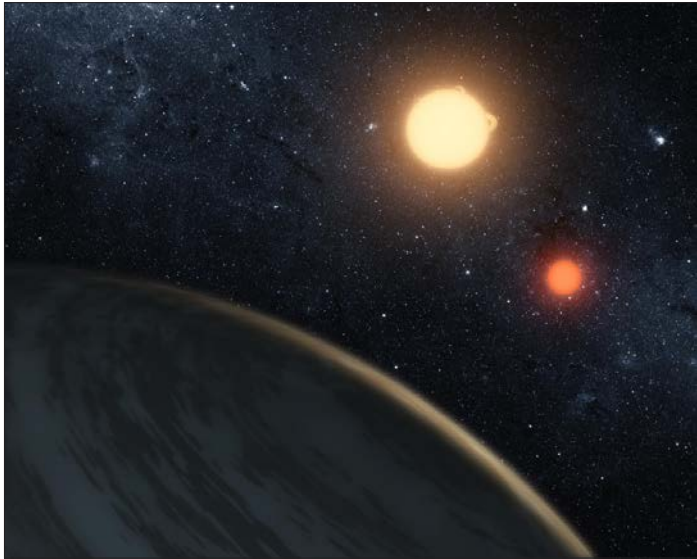
The gravitational tug on the stars, measured by changes in their eclipse times, was a good indicator of the mass of the third body. Only a very slight gravitational pull was detected, one that only could be caused by a small mass.

"Most of what we know about the sizes of stars comes from such eclipsing binary systems, and most of what we know about the size of planets comes from transits," said Doyle. "Kepler-16

combines the best of both worlds, with stellar eclipses and planetary transits in one system."

Kepler-16b is an inhospitable, cold world about the size of Saturn and thought to be made up of about half rock and half gas. The parent stars are smaller than our Sun. One is 69 percent the mass of the Sun and the other only 20 percent. Kepler-16b orbits around both stars every 229 days.

"Working in film, we often are tasked with creating something never before seen," said visual effects supervisor John Knoll of Industrial Light & Magic, a division of Lucasfilm Ltd., which created the Star Wars films. "However, more often than not, scientific discoveries prove to be more spectacular than anything we dare imagine. There is no doubt these discoveries influence and inspire storytellers. Their very existence serves as cause to dream bigger and open our minds to new possibilities beyond what we think we 'know.'"



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



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 past 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 your questions, but I will be totally honest. My objective is to help you achieve your employment goal.

I recently graduated with a M.B.A. with no experience as a supervisor or manager. I expected that I would find employment in management since I have a M.B.A. But, I am being told by employers that I have no supervisory experience. So how do I get management experience if no one will hire me? Aspiring Manager

Dear Aspiring Manager:

Most companies will not hire you, even with a Masters Degree, directly into a management position if you have not supervised or managed a staff. I would suggest that you apply for Management Trainee or Junior Management positions. You will find these positions posted with major corporations in various industries. These positions are fantastic, because the company will train new graduates in their corporate culture, sales, marketing and management style. As a trainee this will give you time to learn about the company and them about you. When companies hire you into a management trainee position, you are consider a corporate investment and will be assigned a mentor to insure your success. The Trainee or Junior Management position is a great track to management level positions and typically very short, between 1-2 years after your start date. To apply for a Management Trainee or Junior Management position you should decide on what your professional category is (i.e., accounting, marketing, computer, etc.) and industry (i.e., medical, public relations, technology, education, etc.). Write a dynamic cover letter that clearly states: why you are writing to the company, your field of expertise, reason for choosing the industry, your goal and that your career path is senior management. Be sure to include what valuable skills and experience you would bring to their company. Next, write a great resume to include any accomplishments that exemplify any of your leadership or supervisor qualities. This can include any volunteer or community activities, part-time or internship experience. Starting salary ranges for Management Trainee positions are not going to be what you expect, but future advancement or promotions will eventually result in financial reward.

I am trying to get a part-time job at a large retail store to supplement my income. Do I have to disclose that I have a Masters Degree? Need Extra Income

Dear Need Extra Income:

Yes. Retail stores usually will require you to complete and answer all questions on an application form. At the bottom of the Application form you will be ask to sign a statement and agreement that everything that you have written on the application form and the resume you have submitted is true to the best of your ability and that if anything is discover to be untrue that the company has the right to terminate your employment. Do not risk termination. I would suggest that you enclose or attach a cover letter explaining why you are seeking a part-time position with the retail store. Do not disclose in the cover letter any personal reasons or details for seeking employment. Be sure to include the skill sets that you have to do the job.

Everything you ever wanted to know about how to get a job but did not know who to ask. ASK jai. Send your questions to: jai@resumeandcareerservices.com.

Happy Tails

by Chris Leclerc.

Canyon Canine Dog
Walking & Pet Sitting Services



Cognitive Capacity of the Canine

It is no secret that the average domestic dog is capable of learning and responding to a wide variety of verbal commands. Particularly common to most pets are the single-consonant terms typically used in basic obedience training, such as "fetch", "sit" or "stay". In fact, as a dog walker and pet sitter with several clients in tow, I have yet to meet a pet owner who has not taken the time to teach their dog at least one or two commands, to help keep some semblance of order and prevent chaos in the household.

Historically, the general consensus regarding a canine's capability of learning, responding to and obeying verbal commands, has been based more on the dog's parsimonious survival instincts, than on intelligence or cognitive capacity. However, recent scientific studies indicate that there may be a lot more to a dog's ability to learn, than what we might think. New findings show that most dogs apply previous learning to new situations, perform selective imitation, and understand human gestures and new words. Results of many recent studies indicate that the dog's capacity for communicating with, learning from and relating to humans, is more cognitive than survival-driven instinct.

While many mammalian species are apparently capable of learning and responding to the verbal commands and physical gestures of

the human being, the cooperative nature of the canine is what sets it apart from most other mammals.

The difference lies in the fact that the domestic dog harbors a certain loyalty toward his human master, that most other mammals do not possess. This is likely related to the fact that the dog depends on the human for it's day-to-day needs, nourishment and safety more than any other mammalian sub-species. Another unique factor is that the dog tends to thrive on pleasing his human friend and genuinely enjoys the company. Take "Chaser", for example. Chaser is a six-year-old Border Collie, trained to understand and comprehend more than 1,000 English spoken words. He even comprehends the words when they are used in a combination of simple sentences. Chaser responds correctly when told to either retrieve and deliver, nose, toe or hide a given object; and we are talking about a collection of 1,000 items, each of which he remembers the given name! Border Collies are more attentive and trainable than most dog breeds, that I admit, and they are considered to be more intelligent than most other breeds but still, it is amazing that any dog can perform a task involving such complex memory and problem-solving combinations, some of which even I might not be able to successfully perform.

Another example of the remarkable cognitive capability of the canine is shown in the results of a study at the University of Vienna in Austria where numerous dogs

were prompted to select particular photos on a touch computer screen. The point of the study was to show that the subject canines could categorize the graphic matter in the photos per command, based on visual familiarity and memory. When shown different sets of dog and landscape photos, the tested canines consistently selected the appropriate photo per command, demonstrating that they could apply their own understanding and previous learning to a new situation un-related to previous experiences.

Researchers further tested their four-legged subjects by showing pictures of an empty landscapes along with others of similar landscapes including a dog. Most subjects selected the pictures with the dog in the landscape. I find these test results remarkable myself. Although, honestly, it doesn't matter to me whether my dog could select the correct picture in an experiment, or remember every command I hoped to instill in her, just knowing that dogs in general, are capable of consistently understanding, comprehending and responding to basic human verbal and body language to the extent that they can, is quite remarkable and it inspires me to continue research on the cognitive capability of the canine.

It also lends credence to the particular behavior of my own dog and helps me understand why she behaves the way she does.

On Line By PJ Carpenter STILL THE CHAMP

Microsoft debuted its newest OS, Windows 8 Live, this week at BUILD conference and so far the reviews have been pretty positive. That's saying a lot considering the jaded audience that normally attends these types of conferences, and it also hints loudly that Microsoft may have gotten things right with this new release and it is ready for prime-time very early on this time around. Windows 8 Live is being marketed primarily as a tablet OS, intended to compete with the iPad and other big players in the mobile computing market, and it appears to be making positive waves from the start. Windows Live 8 will also function effectively as a PC/Desktop OS which ensures that the existing Windows customer install-base will be able to take advantage of the new features as well.

In short, it appears that Microsoft will more than likely hold onto its dominant position in the marketplace. Today's computer user has many alternatives to Microsoft offerings for most situations, from the personal to the professional and everything in between. Both Apple and various versions of Linux have proven themselves to be stable (and popular) computing platforms but to date neither has made much dent in Microsoft's significant market share. It is estimated that nearly 90% of the computers in the world have some version of a Windows Operating System and it's been that way for a very long time. There are many reasons why this state of affairs persists and here are just a few:

1. "The Enterprise" wants it that way – Big Business buys lots of computers and they tend to buy the same types of computers when they work. So if Small Business wants to do business with Big Business, their computers had better be able to communicate and compute on the same level.
2. Install-Base Inertia – It would take something fairly significant for 90% of the computer users of the world to switch to another OS and apparently, that significant event hasn't happened yet.
3. Windows "works" – All kidding and opinions aside, Windows is the most usable and capable OS on the market today and none of the other contenders come close. Yet.

Yeah...I can hear Mac fans already calling 'BS' already but in reality you don't have the numbers on your side. That's what the 'Yet' is for.

KATIE Tse.....This and That Surprise Ingredients!



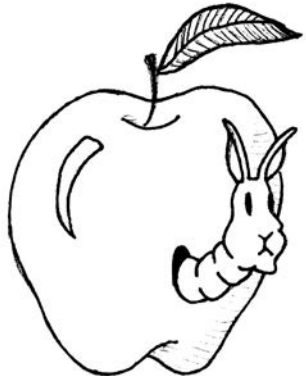
It will probably not come as a shock to you, but it isn't always easy coming up with "this and that" to write about each week. (Actually, it is, but I couldn't submit those stories.) This was one of those weeks. Sure, I could've written about "Back to School," but I did that last year, and my thoughts on the subject haven't changed much since then. (If you want to relive the magic of that article you can find it archived online from last September.)

So... "What to write about?" I wondered. As if in answer to my thought, I received a text from my mom titled "You'll never believe what I almost ate!" (For all you weak-stomached readers out there, this is your cue to skip to another section of the paper. Come back next week and I'll have something that won't ruin your appetite.) We've all come across things in our food that shouldn't be there. Sometimes they're animal, sometimes human. They can be whole, or they can be partial. Hopefully they're not still living! Everyone has experienced this in some degree of grossness. If you think you haven't, it's just because you've never looked hard enough.

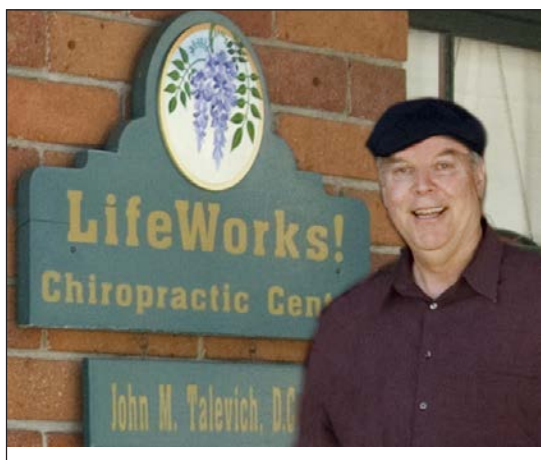
I'm reminded of a time when I almost scooped up a segmented worm with its bed of spinach in a NEWLY delivered tray at a buffet. Granted, buffets aren't your safest bet for uncontaminated food due to their communal nature (see my buffet article in the January archives). On the human side, one of my friends took me to her favorite burger joint. Everything was hunky dory until I found a hair (thick) AT THE BOTTOM of a plastic container of salsa. I was just thankful my eyes found it before my tongue did! Needless to say, that is no longer my friend's favorite burger destination. Hair in food is always nasty, but my husband and his friend have what I consider to be one of the nastiest hair encounters. They ordered a sushi roll and there was a hair --in the first, second, and no doubt all each eight pieces! Somehow that just seems planned.

On the animal side, I ordered a scone that came with a fish bone. This was interesting because there wasn't any fish on the menu. Maybe it was a free range scone. I once got a salad to go from a popular eatery in Eagle Rock, only to find an unidentified green bug scurrying across the Romaine. Hey, at least it was fresh! Which brings up the question --just how nasty does the food infraction have to be for you to reject the whole dish? I'm not one of those people who has the guts to call their waiter over and demand a redo (besides, I think that probably increases your chances of having something unwanted land in your plate).

Obviously, cost, logistics, and fault factor in. Regarding cost, I wouldn't feel too cheated if I had to toss a wormy fundraiser candy bar. But if a \$40 steak from an expensive restaurant had an eyelash on the outer rim, I think I could live with just brushing it off. (I'm making this up because I don't frequent those places. Visit Peter Dills' column for a more accurate analysis.) Regarding logistics, sometimes it just isn't practical or possible to return your order. In my bug situation, I had already driven home with the thing, and the establishment was closed by that time anyway. (They were probably saving their buggy salads for the last-minute diners.) Fault can also influence one's feelings about infested food. If my scone has a small femur, that's not my fault. But if I discover a long forgotten canister of Quaker Oats that has by now housed several generations of kitchen moths, that's my fault, so I can't complain. At the end of the day, all I can recommend is to steer clear of places you know have dealt unwanted animal or human elements. And sometimes it's better to be blissfully ignorant.



YOUR HEALTH MATTERS

Today's Subject:
STRESS REVISITED

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

In his seminal work, The Stress of Life, Dr. Hans Selye laid the groundwork for modern stress research. His model, termed "the general adaptation syndrome," is as helpful today as it was in the 1940's when it was first developed. His findings pointed out three major stages of response to threats: alarm, adaptation, and exhaustion. To understand how this works, let me offer this example:

One of my first cars was a 1956 Pontiac. Aside from the fact that it was a gas guzzler (12-13 mpg), it had a problem with the idle. Every time I would pull up at a stop sign, it would stall. I

developed a way of coasting up to the stop, putting it in neutral, and while applying the brake, I would rev up the engine. Voila! No stalling. After a time, I realized that it would be effective to simply adjust the idle high enough to avoid stalling in the first place. As you can well imagine, the increased engine activity soon caused the brakes to fade, the trans to slip, and the radiator to boil over. I've always felt this was a great example of the alarm, adaptation, and exhaustion model (or GAS).

The principle hormone involved in stress is cortisol and, like my Pontiac's idle, its presence in the system causes increased activity. In the long run, negative changes result, which ultimately lead to disease. Cortisol can continue to rise even after the initial stress is resolved. Soon, the body becomes used to functioning this way and automatically defaults to cortisol-based activity.

In Closing

We must be careful in our understanding of how the body works. By using Selye's model, it is easier to see that disease develops over time. Because of this progressive adaptation, it is entirely possible to reverse some of the effects of stress. Being open to this idea allows us to take control of the process and contribute to our healing.

Have a healthy week!
Dr. John

John M. Talevich, D.C.
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HOW TO HELP FUND YOUR GRANDKIDS RETIREMENT

Dear Savvy Senior:

Is there a way that we can put some money in a Roth IRA account for our young grandkids to use for retirement? Curious Granddad

Dear Curious:

There sure is! Funding Roth IRAs for your grandkids when they're young is a smart move and an incredible gift to their financial future. And you don't have to be rich to do it, either. Here's what you should know.

Roth Rules The Roth IRA is a fabulous savings tool for your grandkids. A Roth can literally turn a few hundred dollars a year now, into tens of thousands of tax-free dollars for your grandkids when they retire by using the powerful combination of time and compounding.

But in order for you to open and fund a Roth IRA for a grandchild, one primary requirement will need to be met. The child will need to have earned income from some type of work – allowances don't count. So, if your grandkid made a few bucks this year mowing lawns, babysitting, delivering newspapers or working an after-school or weekend job, he or she qualifies. Just be sure you keep good records including a log of the dates and hours worked and amounts paid, as well as any W-2 forms from employers or 1099s.

If your grandkids meet the earned income requirement, there's nothing in the rules that says the child's own money has to go into the Roth. It's perfectly legal if your grandkids keep the money they earned and you make the contributions for them. The key is that you can't contribute more than your grandchild earned in any given tax year, up to the limit of \$5,000.

And to give you an idea of how these early contributions can add up, consider this. Let's say, for example, that you contribute \$500 a year to your grandchild's Roth for nine years from the ages of 10 to 18 (a total of \$4,500). If that money grew an annual rate of 7 percent, that \$4,500 would accumulate to around \$144,000 by the time he or she reaches age 65. And with a Roth IRA, the full amount will be tax-free when it's withdrawn in retirement.

It's also doubtful that your grandkids would be on the hook for income taxes. Children who work as employees generally don't need to file a tax return unless their income exceeds the standard deduction amount, which was \$5,700 for the 2010 tax year. They should, however, file if they're due a refund for any withholdings. But a



child who has net earnings of \$400 or more from self-employment is required to file. For information on IRS filing requirements for children, visit www.irs.gov and search for the page titled "Taxable Income for Students."

Flexibility You also need to know that opening a Roth for your grandkids doesn't automatically lock up the money for decades. Like it or not, your grandkids, at age 18, can withdraw the principle contributions (but not earnings) any time, tax free and penalty free.

Roth IRAs also offer special withdrawal rules for higher education expenses. So if your grandkid needs money for college, contributions can be withdrawn tax and penalty free, while the earnings can also be dipped into without penalty, but they will owe taxes on it. And when it comes time to buy a first home, your grandson or granddaughter can withdraw up to \$10,000 (contributions and earnings) tax and penalty free.

Savvy Tip: For more information on Roth IRAs, see IRS Publication 590 at www.irs.gov/pub/irs-pdf/p590.pdf, or call 800-829-3676 and ask them to mail you a free copy.

Send your senior questions to: Savvy Senior, P.O. Box 5443, Norman, OK 73070, or visit SavvySenior.org. Jim Miller is a contributor to the NBC Today show and author of "The Savvy Senior" book.

SENIOR HAPPENINGS

SEPTEMBER IS SENIOR CENTER MONTH

NCOA's National Institute of Senior Centers has designated September as Senior Center Month

"It Happens at My Senior Center"

Even though the Hart Park House Senior Center is under renovation, things are still "happening" at the center's temporary home in the Community Recreation Center (611 E. Sierra Madre Blvd.) so please join us:

September 2nd - The Senior Lunch Café is serving a special menu of Cheese Burgers with all the fixings & apple pie for dessert in celebration of Labor Day; Noon . \$2 donation- advance reservations required by calling 355-0256.

September 7th - Community meeting regarding the proposed assisted living facility being built in Sierra Madre. Come to the Recreation Center at 6:30 pm to hear more or to ask questions.

September 15th - Senior Excursion to the Historic Graber Olive House (see below for more details).

September 21st - Lunch & Learn; 12:20 pm. Join us for this special presentation by Lending a Paw, Therapy Dogs & meet some of their certified dogs. A special dry dog food collection will take place so please bring a bag to donate to families facing financial difficulties (donation not required to attend).

September 24th - Wellness in the Park; 9 am to 12 noon in Memorial Park. Free information including hearing & osteoporosis screenings and flu shots (Medicare participants - \$25 for others) plus the Senior Commission will be handing out the File of Life medical information packet to residents. Come early and enjoy the Kiwanis Pancake Breakfast 7 am to 11 am at \$5 per person

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

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

EXCURSIONS

THURSDAY, SEPTEMBER 15th - Historic Graber Olive House in Ontario. Participants will get a short tour & history of the Graber Olive as well as learn more about how they are harvested. After the tour you will venture to a local restaurant to have lunch before heading back to Sierra Madre.

The bus will leave the Community Recreation Center at 10 am and return around 2 pm. Cost is \$8 per person (transportation & tour only) so please bring additional money for lunch.

SAVE THE DATES

SATURDAY, OCTOBER 22ND - Big Bear Oktoberfest ; \$36 per person. Registration begins September 7th online or in person.

*THURSDAY, NOVEMBER 17TH - Historic Castle Tour & Lunch at the Mission Inn, Riverside.

*THURSDAY, DECEMBER 15TH - Candlelight Pavilion Christmas Show in Claremont. Reservation for this excursion will start on September 26th either by visiting the Recreation Center in person or going online at www.cityofsierramadre.com/online/registration

DIAL - A - RIDE TICKETS

Tickets can now be purchased at:
Sierra Madre City Hall
Sierra Madre Recreation Center
Sierra Madre Library



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 at the Sierra Madre Recreation Center while the Hart Park House is under remodeling. 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

RECIPES OF THE WEEK

QUICK AND EASY CHICKEN AND SAUSAGE GUMBO

INGREDIENTS:

1/2 lb light smoked sausage, cut into 1/2 inch thick slices

1 -3 tablespoon vegetable oil
5 tablespoons all-purpose flour
1 cup coarsely chopped onion
1 cup chopped celery
2 garlic cloves, pressed
1 medium green bell pepper, chopped
2 cups chicken broth
1 (28 ounce) can diced tomatoes
1 -2 teaspoon creole seasoning
4 cups chopped cooked chicken
hot cooked rice

DIRECTIONS:

Cook sausage over high heat in Dutch oven 5 minutes, stirring often.

Remove sausage with a slotted spoon.

Drain on paper towels.

Add enough oil to drippings in Dutch oven to equal 3 tablespoons, and whisk in flour; cook over medium-high heat, whisking constantly, 5 minutes.

Add onion and next 3 ingredients; cook 5 minutes, stirring often.

Stir in broth and next 2 ingredients.

Bring to a boil; cover, reduce heat, and simmer 5 minutes.

Add sausage and chicken; simmer, covered, 5 minutes.

Serve over rice.

Read more: <http://www.food.com/recipe/quick-easy-chicken-sausage-gumbo-109348#ixzz1Y9Me1OzI>

September Birthdays



Yvonne Osti, Edwina Garcia, Donna Anderson, Teresa Chaure, Cathy Gunther, Esther Macias, Sheila Pierce, Nancy Shollenberger



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.)

Meals are delivered to the home-bound seniors by drivers through the YWCA Interval Lunch Program M-F (with frozen meals for the weekend.)

Call the YWCA at (626) 214-9460 for more information.



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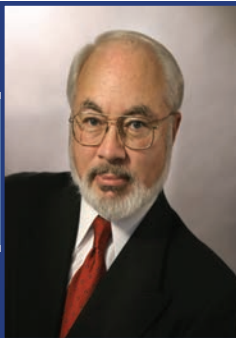
LUNCH & LEARN

Join the Senior
Community Commission
at the
Sierra Madre Recreation
Center
for a FREE presentation.
Lunch is available for a
\$2 donation
Call (626) 355-0256 by
12 noon the day before.

It's about

YOU

not the insurance company



"As an independent insurance broker, I have a fiduciary responsibility to act in my client's best interest, not the interests of the insurance industry or the medical community. My mission is to find the best available coverage for You at the most affordable price."

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"Bread From Above"



San Marino Community Church welcomes you to worship on "Back to Church Sunday". Pastor, Rev. Jeffrey V. O'Grady preaches at both the 9:15 traditional service and "The Gathering" which returns this week at 11:15 am.

Also this week, the Chancel Choir and ELEMENT, SMCC's student worship, both return at 9:15 am. Discover

the work of the Lake Avenue Community Foundation or participate in a Bible Study exploring *God's Wisdom* at the 10:30 adult spiritual formation hour.

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
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One Of A Kind: *Featuring unique homes and gardens and the people whoe create them.* Story by Chris Bertrand and Photos Garret Baquet



Early this spring, Steve Tobia, publisher of THE Pasadena Foothills Magazine, and dynamic, civic minded friends, Sandy Valentine of Glendora's Fortune Escrow and Doug Sanicola of La Verne's Outdoor Elegance Patio Design Center tossed around new ideas on how to give back to the community.

The trio hit upon a home tour benefitting Tobia's favorite local charity, the Pasadena chapter of the American Red Cross. "Home tours have become a part of the fundraising fabric of our communities. Residents especially love to see the big estates," commented Justin Kibbe, Managing Editor of the publication. Says Tobia, "The local American Red Cross is one of my primary charities because it serves all people, families and businesses across the Pasadena Foothills Region, as well as across the nation and world. The three of us brainstormed how we could raise funds with a new, unique event. Our decision: THE Estates Tour, featuring local estates' gardens and kitchens from La Canada to Glendora."



New outdoor kitchen at the historic, 25,000 s.f. Craven Estate, Red Cross Headquarters in Pasadena

Both Valentine and Sanicola jumped in to make the event happen, in just a few months, which in the timing framework of event planning is merely the blink of an eye. Valentine agreed to feature Vista Manor, her twelve acre mountain top estate above Glendora. As one drives northbound on the 57 approaching the 210, her estate is quite visible from the freeway in the foothills above Glendora. Valentine then put out her powerful feelers to other local estate owners, inviting them to join the fundraising efforts. "Valentine is a tremendous donor and philanthropist in the community, and was a significant force to help make this event happen," according to Kibbe.

Sanicola's company, Outdoor Elegance, is donating time and services to help the estate owners prepare their properties, particularly the gardens and outdoor living areas for the tour, leading the way for the cooperative effort from THE Magazine's advertisers to sponsor this event. "It's always a challenge," says Kibbe. "The owners are

still living in the properties, but they need to be prepared for large crowds of visitors."

The Red Cross headquarters, located at the historic Craven Estate off Orange Grove in Pasadena, has been included in the tour. This historical architectural masterpiece was completely updated in 2010 as the Pasadena Showcase House of Design. The original property extended from Orange Grove Boulevard to the Arroyo, and today the outside gardens surrounding the estate have been restored to modern elegance for entertaining and availability for event rental. The outdoor kitchen, added in last year's project, was designed by Jan Ledgard of Yorkshire Kitchens. This is a rare opportunity to tour the entire 25,000 square foot mansion if you missed the Showcase Tour last year.

Mike Kobeissi, owner of Kobeissi Properties of La Canada, will also open his spectacular hilltop estate home in the prestigious La Canada Country Club, where unobstructed panoramic views reach from downtown Los Angeles to the Westside and the ocean. The Mediterranean estate's back yard was meticulously designed with extensive tropical plants and designs typically found at the world's most luxurious tropical resorts. Outside entertaining areas were designed to accommodate both intimate family gatherings and larger gatherings for social and charity events.

A custom Italian Tuscany style home is located high in the foothills in the guard-gated Gordon Highlands estate community of Glendora. With sweeping views of the San Gabriel Valley and foothills, this entire community truly evokes the magical experience of being in the Tuscany area of Italy with magnificent winery estates and vineyards. The estate owner's personal vineyard and wine tasting cellar which produced two award winning wines for this year's LA County Fair will be open for viewing, and will include a tasting of their local vintage.

These four properties are just the beginning, as several more will be on the tour. "Initially, we asked that the gardens and kitchens of each estate be open for viewing by the public," said Kibbe, "then left it up to the homeowner to decide how much more of their estates would be open. Most of the homes have decided to open more of their homes for the public, for which we're very grateful."

Shuttle busses will pick up ticket holders in central locations of La Canada, Pasadena, Sierra Madre, San Marino and Glendora, then will ferry visitors to and from the estates on the day of the tour.

Tickets to THE Estates Tour on Sunday, September 25 from 11-4 are \$50 online at www.THEMagazine.biz by clicking on events, then THE Estates Tour. \$40 tickets can be purchased in person at Pasadena European Kitchen Design Center in Sierra Madre,



Doug Sanicola and Sandy Valentine toast THE Estates tour at Valentine's home which will be on the tour September 25.



Gordon Highland estate with vineyard in the foothills above Glendora

Custom Comfort, George's Plumbing as well as Art &Antiques in Pasadena, Kobeissi Properties in La Canada and Pacific Outdoor Living in La Crescenta and Outdoor Elegance Patio Design Center in La Verne. 100% of the value of these nonrefundable tickets will be donated to the Red Cross, as all of the event's expenses have been donated.



Tips of the Trade: Real Estate Revealed

by Luther Tsinoglou

START AT THE BEGINNING

What's the first question you ask yourself when you're ready to buy a home? It should be, "How much can I afford?" Without that crucial piece of information, you can't even begin your search. Figure your monthly income and debt payments, order your credit reports, and determine how much you can put down.

Now, apply for pre-approval from a number of lenders, to shop for the best interest rate and terms. You can choose fixed or adjustable rate, and a conventional or government or jumbo loan, among the most common types of mortgages.

Now, what do you want out of your new home? Want a location within the city, right downtown, in the suburbs, or a rural setting?

How many bedrooms and bathrooms, in a single family home or townhouse or condo?

Now that you've figured out what you're looking for and what you can afford, locate the neighborhoods that satisfy your requirements. An area real estate agent can give you information about schools, your work commute, and proximity to shopping and recreation. Find your agent through referrals and interviews to get the right "chemistry."

You can browse listings online, but the agent should be able to provide a list of suitable properties right away. Make appointments for tours and attend open houses if available. My upcoming column will guide you through the next steps!



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LATE SEASON GARDENING SIX THINGS TO DO NOW FOR A BETTER GARDEN

Next Yearby Melinda Myers, gardening expert, TV & radio host, author and columnistAs the summer garden season nears an end, don't let your guard down. Keeping up with a few basic chores can improve your landscape's beauty and reduce your workload next season.

Continue weeding. Removing weeds now before they go to seed will eliminate hundreds of weeds next season. Destroy invasive weeds, those that have gone to seed and perennials that may root in the compost pile. And mulch the soil if you haven't already done so.

Keep watering new plantings, stressed and young plants, evergreens, and moisture loving plants as needed throughout the fall. Water thoroughly and whenever the top few inches are crumbly and slightly moist. Check my plant guide for more specifics on your plants watering needs. Properly watered plants are better able to survive the rigors of winter.

Reduce future workloads and improve your garden's health and beauty. A layer of shredded leaves, evergreen needles or woodchips will help suppress weeds, conserve moisture, moderate soil temperatures, and improve the soil as they decompose.

Replace faded annuals with cool season annuals, mums, and other fall plants, decorative squash and pumpkins. And add a few fall containers to your front entrance, patio or deck. It adds color and a feeling of freshness to the garden.

Monitor and manage pests as needed. Keeping plants healthy throughout the growing season increases your overwintering success. Hand pick small populations of insects, rake and destroy



disease infested leaves, and always use the most eco-friendly products when greater intervention is needed.

Keep applying animal repellents. Use a long lasting all natural product like Bobbex. Keeping hungry animals away from your landscape will help reduce the future risk of critters moving in and dining on your landscape.

Nationally known gardening expert, TV/radio host, author & columnist Melinda Myers has 30 years of horticulture experience and has written over 20 gardening books, including Can't Miss Small Space Gardening and The Garden Book for Wisconsin. She hosts the nationally syndicated Melinda's Garden Moment segments which air on 89 TV and radio stations throughout the U.S. She is a columnist and contributing editor for Birds & Blooms magazine, hosted "The Plant Doctor" radio program for over 20 years as well as Great Lakes Gardener on PBS. Melinda has a master's degree in horticulture, is a certified arborist and was a horticulture instructor with tenure. Myers' web site is www.melindamyers.com.

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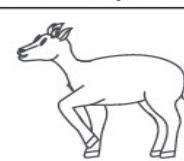


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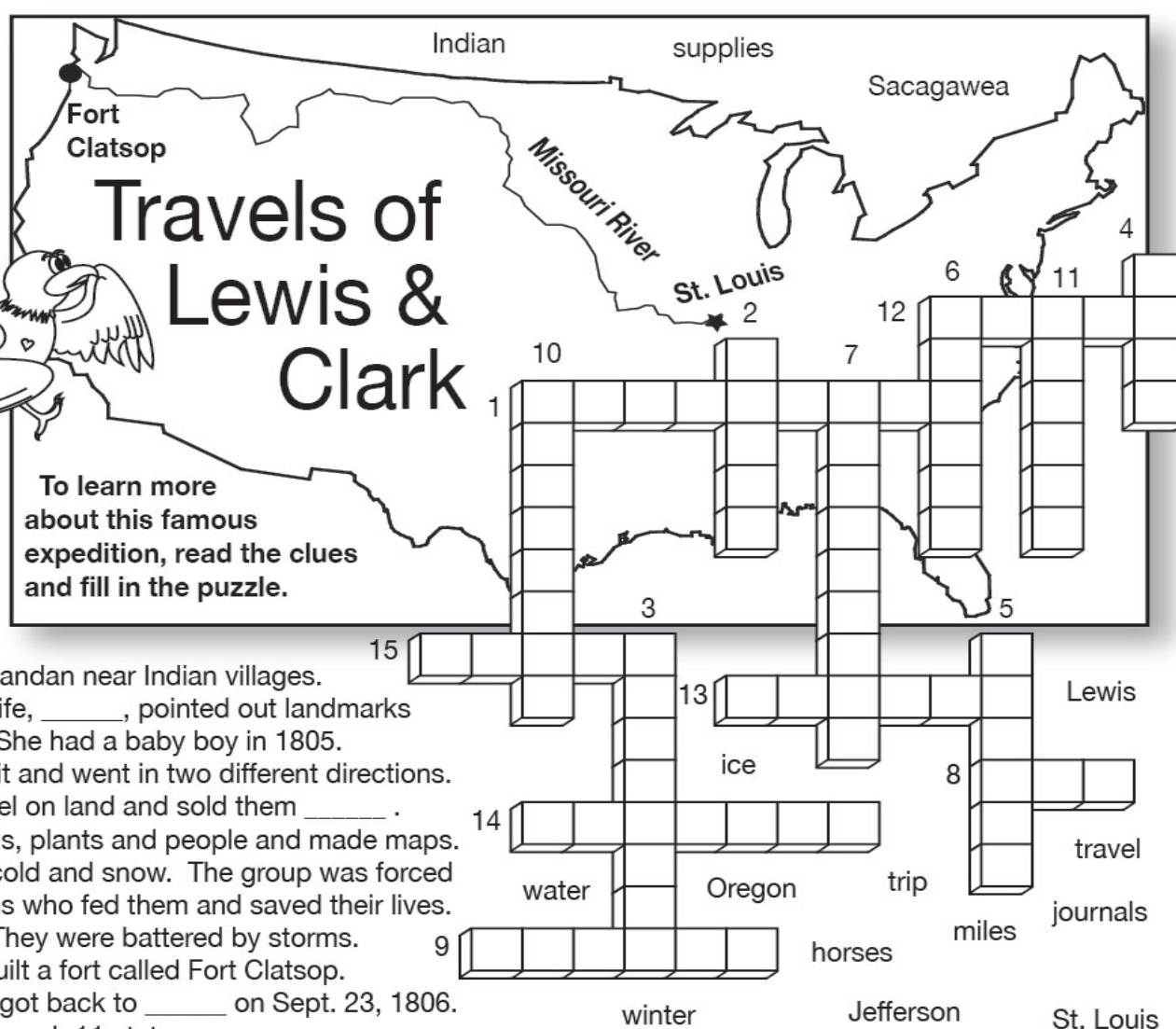
In 1803, President Thomas Jefferson and Congress wanted to learn about the western part of the country. They gave money to Captain Meriwether Lewis and Second Lieutenant William Clark to lead an expedition to:

- find a water route to the Pacific Ocean for trading
- map the "new" territory
- learn about the Native Americans living on the route
- study plants and animals along the way

1. President Thomas _____, our 3rd President, wanted a group to travel and map the route.
2. _____ and Clark became co-commanders of the "Lewis and Clark Expedition."
3. The men prepared for the trip by doing research, buying _____ and having a keelboat built.
4. In May 1804 they began their _____ in a keelboat and two pirogues (flat-bottomed rowboats.)
5. The group traveled about 15-20 miles a day. They met fur traders and peaceful _____ tribes.
6. In the fall of 1804, to get ready for _____, they built Fort Mandan near Indian villages.
7. They added a trapper to be an interpreter. His Shoshone wife, _____, pointed out landmarks and helped them talk with the Native Americans they met. She had a baby boy in 1805.
8. In March, when the _____ on the river broke, the group split and went in two different directions.
9. The group met the Shoshone people, who told them to travel on land and sold them _____.
10. As they traveled, the group kept _____, logs of the animals, plants and people and made maps.
11. _____ became very hard through thick woods and bitter cold and snow. The group was forced to eat three of their horses. They met the Nez Perce Indians who fed them and saved their lives.
12. They traveled on the _____, again finding it very rough. They were battered by storms.
13. The group soon settled in for the winter in _____. They built a fort called Fort Clatsop.
14. During the winter, they prepared for their return trip. They got back to _____ on Sept. 23, 1806.
15. The group had traveled over 8,000 _____ in 28 months through 11 states.

Travels of Lewis & Clark

To learn more about this famous expedition, read the clues and fill in the puzzle.



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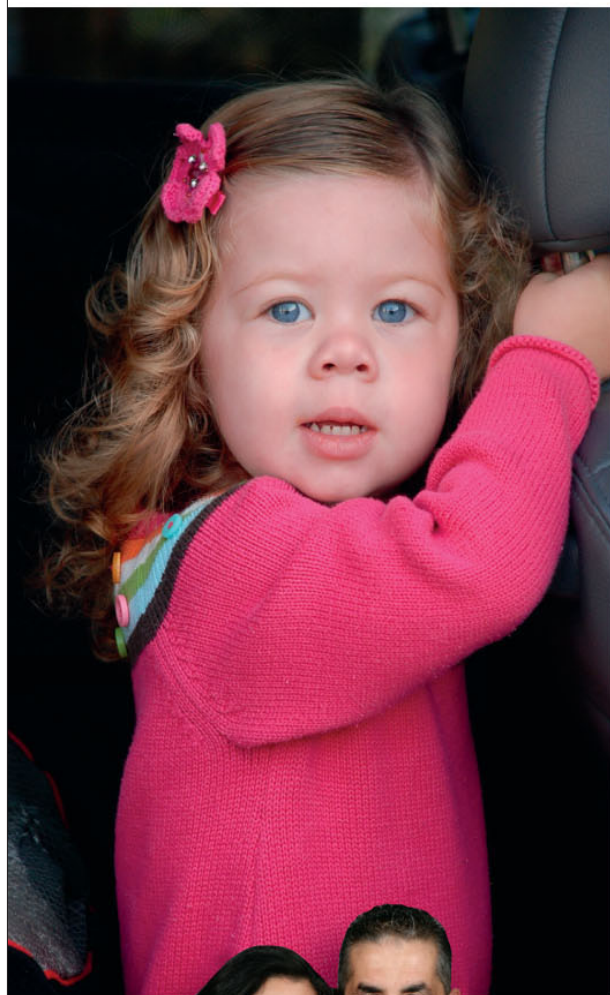
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