



HALLOWEEN HAPPENINGS INSIDE

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SATURDAY, OCTOBER 22, 2011

VOLUME 5 NO. 43

THE 2012 SIERRA MADRE ROSE FLOAT PRINCESSES



The Sierra Madre Rose Float Association announced their 2012 Rose Float Princesses on Sunday at a reception at "The Lodge" on Sierra Madre Blvd. The four princesses were selected from twelve applicants, all of whom were in attendance and were introduced prior to the naming of the young ladies selected to ride on the SMRFA 2012 Tournament of Roses parade entry "Colorful Imagination" on January 1st.

SMRFA President Robert Young spoke for a few minutes about the success of the last few years, noting that in the eighty years that Sierra Madre has had a float, only a dozen or so have won awards, including the last six consecutive floats. Young then introduced the twelve young ladies that had applied and been interviewed by three judges. Each of the applicants was presented with a beautiful red rose by the 2011 Princesses, Yasmine Ibramin and Madeline Pirrone, in their final official acts as Princesses. SMRFA Princess Coordinator Donna Sutcliffe then asked each of the outgoing Princesses to speak briefly about their year of service.

Then it was time for the introductions of the 2012 court. Named to represent SMRFA next year were Julianna Gough, as senior at South Hills High School, Kacey Benson, a sophomore at Flintridge Sacred Heart, Tracey Janzen, a junior at Alverno High School, and Alisa Unell, a senior at Alverno. Each of the four received a bouquet of roses from Leonora Moss and a tiara.

In addition to riding in the Tournament of Roses Parade, during the next year the Princesses will make public appearances before the City Council and local service organizations, serve as Santa's Helpers at Dickens Village on November 26th, and ride in the Fourth of July parade, among other things.

Photo courtesy Bill Coburn

2011 OKTOBERFEST GOLF AND TENNIS TOURNAMENT WINNERS

The Sierra Madre Oktoberfest Golf and Tennis Tournament was held this past Saturday, October 15, 2011. Between the golf and tennis tournaments and luncheon approximately \$4,000 was raised for Sierra Madre Youth Programs.

The winning golf tournament team scored a 7 under par through nine holes at the Eaton Canyon Golf Course.

Golf Tournament Winning Team: (GEM Plumbing)
Marc Van Cleave, Gary Cox, Joe Wuence, Marty Martinez

Our additional golf contest winners were:

- Putting Contest – Marc Van Cleave
- Closest to the Pin – John Werthwein
- Longest Drive – Joe Wuence

The tennis tournament had 18 participants and was held at the Orange Grove Tennis Courts and featured a mixed-doubles, round robin format.

Tennis Winners:

- 1st – Mario Torrez
- 2nd – Nita Sample
- 3rd – (tie)
Steve Stapenhorst and Miriam Trogdon

In Addition, for the 3rd consecutive year, GEM Plumbing has won the match against The Mountain Views News. The loser of that challenge will purchase the pumpkins the children will carve for the city's Halloween festivities in the name of the Sierra Madre Kiwanis Club.

The Community and Personnel Services Department would like to thank all Oktoberfest sponsors, participants and volunteers. The City of Sierra Madre would especially like to recognize committee members Andreas Weyerman, Mark Kennedy, Rachelle Pastor-Arizmendi, and Susan Henderson and thank everyone for their support and looking forward to Oktoberfest 2012!

COUNCIL PREPARES FOR LENGTHY AND POSSIBLY CONTENTIOUS MEETING

On Tuesday, Mayor John Buchanan and members of the Sierra Madre City Council may be in for a long evening. The agenda for the meeting includes several 'hot topics' and it is anticipated that members of the community will be

on hand to share their thoughts.

One of the most controversial items, the General Plan Committee's "Vision and Guiding Principles Report" will be discussed on the heels of Councilwoman Nancy Walsh's sharp chastising of

the committee at the last council meeting. At that time, Walsh asked for the resignation of the committee chair and the council liaison.

In addition to the General Plan Report, there will be a review of an exten-

sion of the Utility Users Tax Increase and discussion on how the council will fill the seat being vacated by Former Mayor Joe Mosca.

The council meeting begins at 6:30 p.m. at City Hall.

THE WAY WE WERE

Sierra Madre Historical Preservation Society Turns Back The Hands Of Time



Adorned in their vintage clothing are: left to right are as follows: Arturo, Andre, Doug, Gloria, Barry Ziff, Clem Bartolai, Gurdon Miller, Dane Lenton, Joanne Williams, Leslie Ziff, Terry Terrell, Dick Johnson

On October 15th, the Sierra Madre Historical Preservation Society turned back the hands of time to the early 20th Century and raised more than \$4,000 to support their charitable efforts.

More than 100 guests were on hand for a delightful Victorian Tea and Fashion Show that costume designer Shon Le Blanc of Valentino's Costumes presented. Having furnished costumes for many plays, movies and television shows, as well as the Sierra Madre Rose Float in 2008, Le Blanc narrated the show's different eras, as he described costume details.

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

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

The event was 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

For more information on the Society or to purchase a copy of "Southern California Story: Seeking the Better Life in Sierra Madre", go to: www.smhps.org.

GETTING READY FOR THE HAUNTED WEEKEND



Students from Sierra Madre School brought their paint and brushes to Downtown Sierra Madre on Friday hoping to win the Window Decorating Contest that is sponsored by the city. Photo by D. Lee



COACH HARVEY HYDE -
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and
IN THE KITCHEN -
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Weather Wise

5-Day Forecast

Sierra Madre, Ca.

Mon:	Sunny	Hi 80s	Lows 50s
Tues:	Sunny	Hi 80s	Lows 50s
Wed:	Sunny	Hi 80s	Lows 60s
Thur:	Sunny	Hi 70s	Lows 50s
Fri:	Sunny	Hi 70s	Lows 50s

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

CITY COUNCIL MEETING
TUESDAY, OCTOBER 11, 2011
6:30 pm

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.

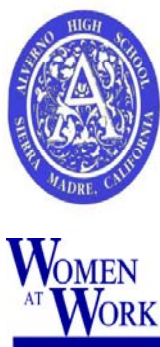
In a nutshell, your event must:

- 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.



You Are Invited!

Alverno High School and Women At Work Present

Women's Networking Evening!

Wednesday ~ November 2, 2011

6:00 - 8:00pm at the Villa Del Sol d'Oro

200 N. Michillinda Avenue

Sierra Madre, CA 91024

~

Enjoy a buffet and drinks while learning about new jobs available in the area.

Share career and business information with others.

Bring your business card to network with other professionals in your industry.

Enter to win fun raffle prizes including:

\$100 "Dining Dough" gift certificate, an Avon gift basket, a *Women at Work* gift basket,
an Alverno High School gift basket, and Jon Donaire Cheesecakes

Bring a friend and get a free raffle ticket!

\$5.00 per person

Register at www.myalverno.org and click on "Alumnae Events" from the
"Alumnae" drop-down menu at the top.
Please RSVP by October 25th!



**Wild or Mild –
This Is Not Your
Grandmother's
BINGO!**

What's the Name of the Game?

Saturday, October 22nd, 2011

Doors open at 6:30 - Bingo starts at 7:30

Legendary Bingo
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Sierra Madre Blvd.

Between Baldwin and Santa Anita Ave.

OCTOBER BARGAIN BOOK SALE AT THE
LIBRARY

The Friends of the Sierra Madre Library will be holding a Bargain Book Table Sale at the Library, Monday, October 17, through Saturday, October 22, during the Library's open hours. This month's featured topics will include Cookbooks, Photography and Photo Essays, Fiction, Thrillers, Audio Books (tapes and CDs), and books for Children and Young Adults. Books are replenished daily, and are only \$1.00 each.

The Friends welcome print and audio 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 take-away section. For more information, please call the number below.

The 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.

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 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 session will begin 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.

"FILL THE BOOT" ~
SATURDAY, OCTOBER 29TH

Fill the Boot" event scheduled for Saturday, October 29th to raise funds for MDA. The event itself will take place between 9:00 am and 1:00 pm at the intersection of Baldwin Av. & Sierra Madre Bl. and will likely include Kersting Ct. Despite significant rain, last years event was a HUGE success as we collected just over \$4800.00 in 5 hours. Come show your support.

Kiwanis Club 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 are being sold in downtown Sierra Madre at Podley Real Estate, 30 N. Baldwin Ave. They're priced at \$20 for 50 bags or \$35 for 100 bags.

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.



Contact:
Hank Landsberg

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"SPIDER WRANGLER" AT KIWANIS MEETING

The Sierra Madre Kiwanis Club will present a special Halloween program by Steven Kutcher, an entertainment industry "Spider Wrangler" and master of "bug art".

As a Spider Wrangler, Mr. Kutcher fills a unique niche in the motion picture industry, providing bugs, spiders, and other insects for movie and TV show production. His presentation will include a DVD with examples of his insects performing in movies and TV shows.

His other expertise is creating art with these creatures, loading their legs with paint, then letting them crawl around on a blank canvass. The result is "bug art", and he'll demonstrate it at this fascinating meeting.

The meeting will be Tuesday, October 25 at noon at The Lodge (formerly Masonic Temple), 33 E. Sierra Madre Blvd. The public is invited and lunch will be served. The lunch cost is \$11 per person; reservations and exact change are required. For reservations, please contact Pat Birdsall at 355-7290 no later than noon the preceding Monday.

Visitors may come for the program only (no charge, without lunch), which will begin promptly at 12:30. Guests who have difficulty hearing the PA system should bring a portable radio with headphones, and tune to 104.7-FM to hear the PA sound.

WOMAN'S CLUB HALLOWEEN BRIDGE AND GAMES TEA THIS SATURDAY

By Phyllis Chapman

The Sierra Madre Woman's Club celebrates Halloween by hosting their annual Bridge and Games Tea on Saturday, October 29, from 1 to 4pm at Essick House, their historic clubhouse, 550 W. Sierra Madre Blvd. in Sierra Madre. Play bridge or a game of our choice accompanied by a fabulous tea buffet.

Cost is \$15 per person. For reservations, call 355-6935. Good spirits abound over this party as proceeds support club charities. You are invited to gather friends to come and play, or come alone and join a group.

The club is well known for its lavish tea refreshments. Players are invited to savor "treats" all during the afternoon.

ELECTRIC LAWN MOWER EXCHANGE PROGRAM

The South Coast Air Quality Management District invites you to participate in its Electric Lawn Mower exchange program, coming to West Covina on Saturday October 29th. You can trade-in your old gas-powered mower for a non-polluting electric model and save money while helping clean the air. Purchase a rechargeable, cordless electric mower for as low as \$100, with the trade-in of a working gas mower.

This year, AQMD has five different models to choose from. Exchange your mower in less than 10 minutes with drive-through convenience when the program comes to Faith Community Church on East Badillo Street in West Covina. Pre-registration is required. For details and to register for AQMD's lawn mower exchange program go to www.aqmd.gov and click on the lawn mower program banner or call 1-888-425-6247 (Tuesday-Friday from 8 a.m. to 5 p.m.).

COMMISSION SEEKS TO FILL VACANCIES ON THE SMTV3 PROGRAMMING COMMITTEE

The City of Sierra Madre's Community Services Commission is looking for two motivated, enthusiastic, creative, and friendly volunteers to serve on the City's SMTV3 Community Cable Television Programming Committee. The City welcomes any interested residents to apply.

The SMTV3 Community Cable Television Programming Committee is an eight (8) member committee comprised of a member from the Community Services Commission, Senior Community Commission and six community members at large. The committee is subject to the Brown Act and therefore must meet in a public place with posted agendas. A member of the Community & Personnel Services Department staff will be the liaison to the committee.

The Committee meets regularly at 7:30 a.m. on the first Wednesday of every other month. The Committee has the option of not meeting in January and September of each year. The primary purpose of the committee is to gather information, weigh public opinion and examine issues in depth in order to render a recommendation to the Community Services Commission regarding the programming on the City's government-education cable access channels. Most often the committee reviews matters such as equipment, productions and events to be covered by Community Mountains of the Foothills.

The Community Services Commission plans to appoint the community members at large at their regularly scheduled Community Services Commission Meeting on December 19, 2011.

Applications for the December appointments are due by 5:00 p.m. on Thursday, December 8, 2011. Applications received after this date will be kept on file until there is another appointment date. Submit applications to the Community & Personnel Service Department at the Community Recreation Center, 611 E. Sierra Madre Boulevard. For an application, please visit www.cityofsierramadre.com look for commission/committee applications. For more information please call (626) 355-5278.

Sierra Madre Police Blotter

During the week of Sunday, October 9th, to Saturday October 15th, the Sierra Madre Police Department responded to approximately 243 calls for service. See crimereports.com for updated information.

Sunday, October 9th:

4:43 AM- Unlawful Display Evidence Of Registration, Baldwin Blvd and Orange Grove St. An officer stopped a 58-year old Sierra Madre motorist for a Vehicle Code violation. Further investigation revealed that the driver had false registration tabs on the car, no car insurance and a suspended/revoked driver's license. The driver was arrested and released on a written promise to appear.

2:18 PM- Possession of Marijuana/1oz or less, Carter Ave and Lima St. This case involved three male juveniles who were in possession of marijuana and a camel metallic canister with green leafy substance. One of the three juveniles was arrested and released on a written promise to appear.

Monday, October 10th:

5:06 PM- Courtesy Report, 700 blk. W. Sierra Madre Blvd. This case involved a victim whose brother forged her signature to obtain 50% ownership of a residence in Sierra Madre.

Thursday, October 13th:

6:49 AM- Allegation of Child Abuse/Neglect, 400 blk. Fairview Ave. This case involved information forwarded to the Department of Family Services by a mandated reporter. DCFS and Sierra Madre officers conducted an investigation and found the case to be unfounded.

11:38 AM- Use of Another's Personal Identification to Obtain Credit/Etc. This case involved the use of a victim's card number by an unknown suspect(s).

5:04 PM- Assist to Other Agency, 100 blk. Carter Ave. This case involved SMPD officers assisting Los Angeles County Psychiatric team with a mentally ill man.

Friday, October 14th:

10:44 AM- Unlawful Display Evidence of Registration, 100 blk. W. Highland Ave. This case involved an illegally parked car. Further investigation revealed that the driver had false registration tabs on the car. The officer removed the plates from the car and cited the driver.

1:51 PM- Use of Another's Personal Identification to Obtain Credit/Etc. This case took place in the city of Lakewood, CA where a victim's card was used to withdraw \$72.35 from his checking account by an unknown suspect(s).

Saturday, October 15th:

2:31 AM- DUI/Alcohol Drugs, Baldwin Ave and Foothill Blvd. An officer stopped a 35-year old West Covina motorist for a Vehicle Code violation and determined that the driver was under the influence of alcohol and marijuana. The driver was arrested and taken to the Pasadena Police Department for booking.

1:45 PM- Tampering/Injuring Vehicle or Contents, 100 blk. San Gabriel Ct. This case involved a victim's car being vandalized with a white spray while parked in the victim's driveway.

7:25 PM- Suspended/Revoked Driver's License, Foothill Ave and Baldwin Ave. An officer stopped a 24-year old West Covina motorist for a Vehicle Code violation. Further investigation revealed that the driver had an outstanding warrant. The female was transported to Pasadena Police Department Jail for booking.

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LOCAL STARTUP UBERMEDIA LAUNCHES SOCIAL MEDIA PLATFORM

By Dean Lee

Lifelong Pasadena based entrepreneur and internet guru Bill Gross launched a new social media startup this week Chime.in. Gross said the service, similar to Twitter and Facebook, will help users focus on topics and interests cutting down on what he called the signal-to-noise problem with social media.

Gross made the announcement Tuesday at the Web 2.0 conference in San Francisco. The site launched under UberMedia, a company Gross founded in 2010 as part of Idealab headquartered on Union Street in Old Pasadena.

Like Twitter, Chime.in uses a fundamental unit of conversation something Gross said the network calls a "chime." Unlike Twitter a chime is 250 characters and an image, a message on Twitter is limited to 40 characters. He said the service also uses a "chime-line" to sort and filter information allowing relevant information to float to the top. There is no good way to filter information on Twitter he told reporters.

Gross said the service would also provide devoted content to entertainment and television companies.

Launch Partners, he said, Include E!, Entertainment, Universal Pictures, Walt Disney Studios, Bravo and Redfin, as well as Strategic Funding Partner Comcast Ventures.

"Social media is the future of all electronic content and transactions," Gross said in a statement. "It will be everywhere, just like oxygen. However, now that a billion people are using social media, it's easy to get lost in a sea of content that's irrelevant to you. Chime.in, by focusing on your interests, and not just people, makes it much more relevant and engaging."

Gross said Chime.in also allows users to make money through e-commerce and advertising on the site. He explained the application programming interface (API) allows developers to extend the capabilities of the platform such as the ability to run auctions inside a chime. He also said all the ad real estate on a user's page belongs to them with 100 percent of the ad sales going to them.

Gross also founded Overture, famed for creating paid search. The company was sold in 2003 to Yahoo for \$1.6 billion and later became Google Ad Words.

Chime.in is available as a browser-based desktop application and mobile for iPhone, Android and Blackberry. Registration for the beta version is available on a first-come, first-serve basis he said.

Pet of the Week



Enzo has such a heart-warming personality. He's a three-year-old Boston Terrier mix. He's looking for a compassionate and loving home.

Enzo's adoption fee is \$120. His fee 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 A296807, 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.



2012 Rose Queen Announced

The Pasadena Tournament of Roses named Drew Helen Washington as the 94th Rose Queen Tuesday. This announcement concludes a month-long process that began with approximately 1,000 Pasadena-area young women who participated in the Tournament of Roses Royal Court tryouts. Queen Drew was selected from the recently appointed seven-member Royal Court. The Rose Queen and Royal Court will reign over the 2012 Tournament of Roses festivities, culminating in the 123rd Rose Parade presented by Honda and themed Just Imagine... and the 98th Rose Bowl Game presented by VIZIO.

"2012 Rose Queen Drew Washington and our six princesses are perfect ambassadors for the Tournament of Roses and the city of Pasadena," said Tournament of Roses 2012 President Rick Jackson. "They are talented, graceful and stellar role models who will inspire many young girls. We are delighted to have Queen Drew lead our court and reign over the 123rd Rose Parade and 98th Rose Bowl Game."

Washington, 16, lives in Pasadena and attends Flintridge Sacred Heart Academy. She is captain of her school's varsity volleyball and varsity track and field teams. She is active

in the Student Ambassador Club, SADD (Students Against Destructive Decisions), the Multi-cultural Club and the Latin Club. Drew is a member of her school's National Honor Society, the California Scholarship Federation and Mu Alpha Theta, the honors math club. Over the summer she served as a camp volleyball coach. She plans to pursue a career in marketing or public relations. In her free time, she enjoys going to the movies, running, playing volleyball and spending time with her friends. Her parents are Craig and Lorie Washington.

Traffic Study to Look at NFL Team Use of the Rose Bowl



City manager Michael Beck confirmed Friday that the city is in fact looking at the possibility of allowing the Rose Bowl to be used as a temporary home for the NFL if the opportunity should arise.

"At this point, are just conducting a traffic study that will identify possible traffic impacts of NFL games," Beck said in an email.

The study will look at traffic congestion around the Rose Bowl during a four day period next week that includes Saturday Oct 29 when UCLA plays their next home game at the stadium.

According to ESPN on Friday, Rose Bowl General Manager Darryl Dunn said the study is expected to be released in December. An NFL team could move to the area as soon as next season although it would be up to the team's owner where that team played.

Pasadena Mayor Bill Bogaard said last week that the city was in no talks with any NFL team. He said any negotiations would be tricky because the Los Angeles Memorial Coliseum could also serve as a temporary home to an NFL team. Bogaard said the city was looking at a number of options to make up a \$16.5 million shortfall in renovation costs, to the Rose Bowl, as part of a \$152 million three phase project expected to be completed by August 2013. Any decision about an NFL team would be made by the city council and with public input from neighbors he said.

He stressed that any use of the Rose Bowl by a pro football team would be temporary while a permanent stadium is being built either, Farmers Field in Downtown LA or a new stadium in the City of Industry.

Reports suggest the Minnesota Viking may be one team looking to move to L.A.

Supervisors Seek Changes in Time Deputies Work in Jail

Dickran Tervizian appointed to "Citizens' Commission on Jail Violence"

Along with a unanimous vote to establish a "Citizens' Commission on Jail Violence," the Board of Supervisors also approved a series of recommendations for the Sheriff's implementation and consideration. One of the recommendations submitted by Mayor Antonovich was to reduce the time newly-sworn deputies are required to serve in the jails before being assigned to patrol. Currently, they serve between three and five years before being assigned to patrol.

Antonovich has also appointed retired Judge

Dickran Tervizian, a Pasadena resident who served on the Los Angeles Municipal Court from 1972 to 1978 and served on the California Superior Court in Los Angeles from 1978 to 1982, to the Citizens' Commission. Nominated by President Ronald Reagan, he was confirmed to a new seat on the United States District Court for the Central District of California on December 16, 1985. Tervizian assumed senior status on August 5, 2005, before retiring in 2007.

"Through his unique experience and keen judgment, Judge Tervizian has demonstrated his solid credibility and integrity as a jurist and as a public servant," said Antonovich. "He will be a valuable asset to this commission."

Madison to Hold Town Hall Meeting

Councilman Steve Madison will host a District 6 town hall meeting on the topic of public safety in Tuesday, Oct. 25, from 7 to 8:30 p.m. at the Maranatha High School Student Center, 169 St. John Ave.

Guests will include Pasadena City Manager Michael Beck, Police Chief Phillip Sanchez, and Acting Fire Chief Calvin Wells.

Light refreshments will be available at 6:30 p.m. Parking is available at the school's parking structure on St. John Avenue.

For more information, contact District 6 Field Representative Takako Suzuki at tsuzuki@cityofpasadena.net or (626) 744-4739.

Symphony Opens 2011-12 Season

One of the nation's foremost and acclaimed Maestras, Mei-Ann Chen will lead the Pasadena Symphony on Saturday October 29, 2011 at the acoustically exquisite Ambassador Auditorium in a triumphant evening featuring Huang's celebratory Saibei Dance and Tchaikovsky's stirring Symphony No. 5. Violinist James Ehnes, hailed as "the Jascha Heifetz of our day" will perform Hollywood's own Korngold Violin Concerto, a work which garnered him Grammy, Juno and Western Canadian Music Awards.

The 2011-12 classics series marks the Pasadena Symphony's 2nd season as the resident professional orchestra of the Ambassador Auditorium offering same day matinee and evening performances at 2pm and 8pm. Ticket prices begin at \$35 and may be purchased online at www.PasadenaSymphony-Pops.org, by phone at 626.793.7172 or in person at 117 E. Colorado Blvd. Suite 200, Pasadena CA.

Water Treatment Plant Goes Online

City officials, including Mayor Bill Bogaard and Pasadena Water and Power General Manager Phyllis Currie, gave a toast Thursday celebrating the opening of the \$8.5 million NASA funded Monk Hill Water Treatment Plant— they all raised a glass drinking water right from the Windsor Reservoir

Four wells owned by the city of Pasadena were closed years ago due to the detection of perchlorate and volatile organic compounds (VOC)s in the groundwater basin near the Jet Propulsion Laboratory. With oversight from the U.S. Environmental Protection Agency, NASA funded the 10 year aggressive cleanup project and construction of a state-of-the-art water treatment facility, which is now in service and owned/operated by Pasadena Water and Power. A coalition of federal, state, regional and local agencies will come together tomorrow to celebrate the opening of the Monk Hill Water Treatment Plant and the revitalization of a local

groundwater source.

Perchlorate is a salt used as an oxidizer in rocket propellants. VOCs were used decades ago as industrial cleaning solvents. The treatment plant, provided by the Calgon Carbon Corporation, removes perchlorate through an ion exchange process and VOCs with granular activated carbon.

The city of Pasadena brought two of the wells back into service in July and October 2011 and is in the process of bringing the two other wells back online. This project is a partnership between the city of Pasadena and NASA with cooperation from adjacent residential neighborhoods, the EPA, California Department of Toxic Substances Control, California Department of Health Services and Los Angeles Regional Water Quality Board. Currently about a third of Pasadena's water supply comes from natural groundwater resources, and about two-thirds is purchased from the Metropolitan Water District of Southern California.



Mayor Bill Bogaard

New Exhibition; a History of The Pasadena Art Museum

Pacific Asia Museum announces a new exhibition, 46 N. Los Robles: A History of the Pasadena Art Museum, on view beginning November 18, 2011 through April 8, 2012. This exhibition explores the history of the Pasadena Art Museum during a time when America's cultural life was changing dramatically.

During this period, the Pasadena Art Museum pioneered groundbreaking exhibitions of modern and contemporary art, much of which has not been seen in Southern California since. Artists featured in this exhibition include Paul Klee, Marcel Duchamp, Joseph Cornell, Larry Bell, Ed Moses, Claes Oldenburg, Kurt Schwitters, Hans Burkhardt, Andy Warhol, Richard Diebenkorn and Edward Ruscha among others. 46 N. Los Robles: A History of the Pasadena Art Museum is guest-curated by Jay Belloli, who served as Director of Armory Arts Programs at the Armory Center for the

Arts in Pasadena from 1990 to 2010. This exhibition is part of Pacific Standard Time: Art in L.A. 1945 - 1980, an unprecedented collaboration bringing together more than sixty cultural institutions from across Southern California to tell the story of the birth of the L.A. art scene.

Pacific Asia Museum's exhibition will present more than 40 important modern and contemporary works shown at the Pasadena Art Museum including paintings, sculpture, prints, drawings, and documentation of performances. It will also feature audio and video interviews in which artists, museum directors, curators and board members look back at this extraordinary institution and time. 46 N. Los Robles: A History of the Pasadena Art Museum illuminates the vibrancy of the Pasadena Art Museum, and reinforces that this organization was a leading international institution of contemporary art.

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

'City Beat' Topics Include NFL Team Use of the Rose Bowl, Ban on Plastic Bags

The renovation and future use of the Rose Bowl Stadium and the ordinance prohibiting single-use plastic bags in Pasadena are among the topics on the latest edition of "City Beat" on KPAS and the Internet.

Moderator Barry Gordon is joined by Pasadena Mayor Bill Bogaard, Pasadena Weekly deputy editor André Coleman and Mountain Views News city editor Dean Lee.

"City Beat" replays Mondays at 2 and 6 p.m., Tuesdays at

7:30 p.m., Wednesdays at 8:30 a.m., Thursdays at 7 p.m., Fridays at 8:30 p.m., Saturdays at 5:30 p.m. and Sundays at 8:30 a.m.

KPAS is on channel 3 on the Charter Communications cable system in Pasadena and channel 99 on AT&T U-Verse. Streaming video of all KPAS programming can be accessed in real time at www.cityofpasadena.net/publicaffairs and clicking on the KPAS icon.

For more information about the program call (626) 744-4755.

PORTANTINO AND PRO TEM STEINBERG NAMED TOP TWO DEMOCRATS BY CAPITOL INSIDERS



the Year.

In the category, Assembly Democrat, Portantino was judged the top by capitol insiders who cited the following:

- "He fought the man and won."
- "For calling a spade a spade when combatting overly zealous party discipline, and calling for greater transparency in Assembly budget matters."
- "Independent."

Portantino said he was thrilled to be chosen and promises to continue the fight to open up the State Assembly budget records for public review.

"From the back bench, it feels pretty good to know that folks inside the capitol know that sunshine is just

around the corner. I'm honored that this little fight has garnered independent support and verification. Rumor has it that the Speaker has increased Assembly budgets by \$20, excluding mine of course, so that members can buy sunscreen in the wake of the Times and Bee court date. In a belt tightening exercise, I heard it was announced that there is only enough money in the kitty to pay the lawyers so Assembly staff will have to fend for themselves and purchase their own sunscreen. Seriously, this is a pretty cool thing to have happened, thanks from me, my staff and the good residents of the 44th AD."

Check out the final results at: www.aroundthecapitol.com/nooner/2011-10-19.html

Pet Of The Week

Tony: Animal ID # A4344937

Meet the sweetest snuggle buddy at the shelter, Tony (A4344937). Tony is a tremendous two-year-old tricolor male mutt who was found as a stray and brought to the Baldwin Park shelter on September 26th.



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 Tony, please reference his animal ID number: A4344937. 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 Tony or the

To meet Tony, please see him

UNDERSHERIFF LARRY WALDIE'S RETIREMENT PARTY: A CELEBRATION AND A REUNION

By Joan Schmidt

Recently, I attended the Retirement Party for former Undersheriff Larry Waldie. What a celebration that was! Over 750 came to honor a man who gave 44+ years to the Los Angeles County Sheriff's Department and what a career that was! Larry began in the Custody Division in 1967. Through the years, besides custody, he worked at the Transportation Bureau, Research and Development Bureau, and Custody Administration. Station Assignments included Firestone, Norwalk, Lennox, and Walnut, as a Captain. His final assignments included Commander of Custody Administration-1997, Chief (one day!)-1999, Assistant Sheriff from '99-2005, and Undersheriff from 05-09.

The reception was held at the lavish Crown Plaza Hotel. The social hour lasted from 5:30-7:00, either outside on the breezy terrace or inside, enjoying music by a Mariachi band. During this time, I saw many old friends. Retirees included Sheriff Photographer Buddy Fowler and wife Brenda, Commanders Bob Binkley, Ken Brazille, Richard and Lynda Castro. Past Temple Station personnel included Captain Dave Silver-sparre and Lieutenants, Minh Dinh, Val Rosario and Dominic Valencia. Then a sumptuous dinner followed, including American, Mexican or Chinese cuisine, and ending with a dessert bar. During dinner, we enjoyed listening to Oldies, loud enough to enjoy, but not deafening where you can't

hear each other's conversation!

That 750+ people came to Larry's retirement party illustrates how much he is loved, admired and appreciated. THREE retired Undersheriffs attended: Jerry Harper, Bill Stonich with wife Barbara and Paul Myron-who traveled from Henderson, NV although Paul's beloved wife Brenda recently passed away. Of course Sheriff Lee and Carol Baca, current Undersheriff Paul and Valerie Tanaka and Assistant Sheriff Cecil Rhambo were present. All the Department Chiefs attended: Region I- Chief Neal Tyler, Region II- Chief and Mrs. James Lopez, Region III- Chief Tom and Janice Laing, Leadership and Training Division-Chief Rober-ta Abner, Technical Services Division Chief David and Sheryl Betkey, Court Services Division Chief Rich and Nora Barrantes, Detective Division Chief William Mc Sweeney, Custody Operations Division Chief Dennis Burns, and Correctional Services Division Chief Alex Yim.

Retired Undersheriff Bill Stonich was Master of Ceremony. After dinner, he has everyone in stitches with his humor as he traced Larry's life from birth to his outstanding



career at the Sheriff's Department. (Larry also served as Mayor of Walnut a few years.) Larry in turn was choked up by the number of attendees. He thanked his wife Charlotte for all of her support throughout his career. Larry introduced his son Larry & wife Margo, daughter Lauren, his brother Fr. Paul, a Catholic priest and his sisters.

On the Display Tables were several awards and plaques. Special presentations were made by Sheriff Lee Baca and Undersheriff Paul Tanaka.

What a wonderful tribute to an outstanding man. Everyone who came shared in his joy. Thank you, Larry for 44+ dedicated years in the Sheriff's Department. Enjoy spending more time with the family and more golf!



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NATURE AND THE ENVIRONMENT

EXPLORING OUR HALLOWE'EN ROOTS

by Christopher Nyerges

[Nyerges is the author of *Enter the Forest, How to Survive Anywhere, and other books. His weekly podcast can be heard on-line at Preparedness Radio Network. He can be reached at Box 41834, Eagle Rock, CA 90041, or www.ChristopherNyerges.com.]*

Halloween is coming. But what's it all about? Today in Sierra Madre, when most people think of Halloween, they think of children - and adults - getting excited about a costume they're going to wear, and all the food and candy. But still, why do we celebrate this holiday? Is it simply a night of "fun"? How did this get started?

Historically, Halloween had to do with the dead, with ghosts, with spirits. Let's turn back the clock a bit to explore the roots of this All Hallow's Eve.

To the ancient Celts, there were six significant fire ceremonies during the year. The greatest of these were Beltane, the first of May, and Samhain, the last day in October. (Originally, Samhain was celebrated from October 31 through November 2). The Feast of Samhain (meaning "summer's end"), marked both their Feast of the Dead and the Celtic New Year. This time of the year, more or less half way between the autumnal equinox and the winter solstice, was a time of decay and death on the earth. This was especially apparent in Western Europe, when the temperatures dropped and the rains fell.

Throughout much of Europe in past centuries, country people (nearly everyone) lived simple lives, and their Old Religion was based on the seasons, and on the recognition of the reality of the spirit world. They relied on their Old Religion with its ritualistic ceremonies for help and for guidance. They believed that on the Feast of Samhain, the spirits of their ancestors could and would rise from the cold barren fields to dwell in the warm cottages. There they must be greeted with food, decoration, and festivity if they were to protect the household.

Thus, in its origin, the Feast of Samhain was a rite designed to protect humans from the activities of the dis-incarnate. It was a bargain with the dead (and other spirits) so they'd stay away and cause no trouble during the next year.

In the 700s, the Roman Catholic Church authorities accepted the fact that they had

failed in their attempts to eliminate the "pagan" Samhain observances within the now-Christianized world. Thus, as has often occurred when New Religion clashed with Old Religion, the names of the holy days were simply changed. By changing the name from Samhain to Hallowed Eve, the Old Religion practice could continue, now as a Christian holiday. Everyone was happy, and things went on as usual.

The original custom of giving to the spirits spread through all cultures and lands with many variations. Today, the custom manifests by giving candy to the proxies of the spirits, the children who dress up like goblins and witches -- as well as whatever politician's masks are popular.

To see another way to observe this event, you should visit downtown L.A.'s Olvera Street sometime between October 31 and November 2, to see how "The Feast of the Dead" is commemorated in Mexico. You will not see an intent to keep the spirits away. Rather, via shrines, songs, and even painting the faces like skulls, the deceased spirits are invited back to be honored and remembered.

Unlike some religious groups who advocate complete abstinence from any so-called "pagan" Halloween celebrations, my posture is not to turn a blind eye to what society is doing, but to find a way to elevate the day to one of personal growth and insight.

So what are some practical lessons we might learn from Halloween?

In past years, my associates have gathered to view the classic "vampire" movie "Nosferatu," both the original and the 1978 Klaus Kinski version. We gathered with large bowls of popcorn, and other refreshments, and explored the nature of fear. We remained focused on finding the science within that movie as to how to deal with our own inner fears. Additionally, "Nosferatu" provides a pictorial view of how each of us succumb to our weaknesses, and how we "become someone else." [See our Schedule at www.wtinc.info.]

Another way to elevate our use of this Halloween time is to re-consider our use of costumes. Do we not invoke the presence of those persons we choose to masquerade as? Rather than invoke the presence of dark entities, why not dress up as our role models, or Heroes, and Saints. Children -- and especially adults -- can use this time to invoke the presence of such historical great figures such as Florence Nightingale, Gandhi, Sequoia, Sitting Bull, Geronimo, or Abraham Lincoln.

By utilizing the ancient Holy Day of Samhain in this manner, we can rise out of the darkness of our own ignorance. By such practice, we can return to the roots of this ancient commemoration which we today call Halloween.

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Procession in Arcadia

By Joan Schmidt

In conjunction with the Feast of Our Lady of the Rosary, Catholics throughout the United States had processions carrying a statue of the Blessed Mother and praying the Rosary. This feast was begun by Pope Pius V in 1571 to commemorate the victory at the Battle of Lepanto, where the Holy League held back Muslim forces from overrunning Western Europe. Today people pray the Rosary to end all wars and the suffering and death they cause. Annunciation Church, Arcadia follows this tradition. Their procession began with a banner commemorating the feast day, followed by the Knights of Columbus carrying the statue with participants of all ages in spite of the heat! Along their route, up Peck Road, east on Camino Real and south on Primrose, the Rosary was recited and many residents joined! Father Michael Callanan began the rosary and



the procession ended back at the Church where a light reception was held. Special thanks to Kathy Mars and the Parish Council for coordinating this event and also to Deputy April Nelsen and Alan Klinski for their escort along the way.

Arcadia Police Blotter

For the period of Sunday, October 9, through Saturday, October 15, the Police Department responded to 947 calls for service of which 133 required formal investigations. The following is a summary report of the major incidents handled by the Department during this period.

Sunday, October 9:

1. Shortly after 2:00 p.m., loss prevention personnel from Sephora at the Westfield Santa Anita Mall, 400 South Baldwin Avenue, detained a juvenile female for theft. The suspect hid merchandise in her purse and left the store without making payment. The 15-year-old White female was placed under arrest for commercial burglary after it was determined she had come into the store with the intent to steal.

2. At about 9:18 p.m., officers responded to Arcadia County Park, 405 South Santa Anita Avenue, regarding an attempted suicide. A 28-year-old female of unknown race had cut her wrists and was bleeding. The Arcadia Fire Department Paramedics treated the female at the scene and transported her to a nearby hospital for treatment and a psychological evaluation.

Monday, October 10:

3. Between 1:00 p.m. and 5:20 p.m., an auto theft occurred at the Santa Anita Race Track, 285 West Huntington Drive. Suspect(s) stole a red, 1989 Nissan pick-up truck, parked at the location.

4. Between 11:40 p.m. and 11:45 p.m., an auto burglary occurred in the 00 block of Bonita Street. Suspect(s) entered the vehicle by smashing the front passenger side window. Once inside, the suspect(s) stole a GPS unit.

Tuesday, October 11:

5. Shortly after midnight, a resident in the 700 block of Southview Road heard a loud noise like "breaking glass", and looked out her window. The resident saw a male running from the parking lot to a red SUV that fled the location. An investigation revealed that two vehicles had been burglarized in the 700-800 blocks of Hungate Lane. The suspect(s) shattered a window on each car and stole an iPod from each car, respectively. Based on the items stolen, method of entry, and location, it appears these crimes were committed by the same suspect(s).

6. At about 10:00 p.m., loss prevention personnel from Macy's at the Westfield Santa Anita Mall, 400 South Baldwin Avenue, detained a juvenile female for theft. The suspect picked up merchandise and left the store without making payment. Additional items from Gill Hicks, Sephora, Hot Topic, Sidecca, and Charlotte Russe were also recovered. The 16-year-old Hispanic female was arrested for commercial burglary.

Wednesday, October 12:

7. At about 1:29 p.m., officers responded to the 1100 block of West Duarte Road regarding a report of vandalism. Sometime between October 11th at 6:30 p.m., and October 12th at 1:00 p.m., suspect(s) used orange spray paint to write on the east block wall of the location.

8. Two vehicles parked next to each other in the 1100 block of Fairview Avenue were burglarized sometime between October 11th at 7:00

p.m., and October 12th at 7:40 a.m. Suspect(s) shattered a passenger side window on each car and stole electronics, a backpack, and a garage remote.

Thursday, October 13:

9. At approximately 5:03 p.m., officers responded to Pacific Clinic, 800 South Santa Anita Avenue, regarding a possible trespassing. A 53-year-old Hispanic male was located and contacted. Through a records check, it was learned that the suspect had a no bail felony warrant for which he was arrested.

10. Between October 11th at 9:00 a.m., and October 13th at 6:00 p.m., a residential burglary occurred in the 200 block of East Sycamore Avenue. Suspect(s) entered the residence through unknown means. Once inside, the suspect(s) ransacked an upstairs bedroom and stole electronics and other miscellaneous items.

Friday, October 14:

11. At approximately 2:02 a.m., a traffic stop was conducted on a vehicle, on Peck Road at Foothill Transit Way, for driving slower than the posted speed limit and a broken tail light. Through investigation, the officer determined that the driver, a 24-year-old Hispanic male, was driving under the influence of alcohol and marijuana. The male was booked at the Arcadia City Jail for DUI and a warrant.

12. Around 2:25 p.m., loss prevention personnel from H&M at the Westfield Santa Anita Mall, 400 South Baldwin Avenue, advised they had detained an adult for theft. The suspect concealed merchandise in a used H&M shopping bag inside of a baby stroller, and left the store without making payment. A private person's arrest was made, and the 21-year-old Black female was taken into custody for petty theft.

Saturday, October 15:

13. At about 3:32 a.m., an officer responded to the area of Golden West Avenue and Arcadia Avenue regarding a welfare check on an individual slumped over in his vehicle while stopped in the middle of the intersection. The officer found a male subject asleep in the driver's seat, with the vehicle in drive and his foot on the brake. An investigation revealed the driver was under the influence and unable to care for himself. The 20-year-old Hispanic male was transported to the Arcadia City Jail for blood testing, and was later booked for DUI.

14. Around 3:50 p.m., the victim of a theft came to the Arcadia Police Department front counter to report her credit cards stolen by a student, whom she tutors at the Arcadia Public Library, 20 West Duarte Road. The victim advised that she met with the student for his weekly tutoring lesson on Friday, October 14, and left her purse with the student momentarily while she retrieved a book to read. The victim returned home after the lesson and was later contacted by Bank of America, who informed her of suspicious charges. The victim found 2 of her credit cards missing from her wallet and suspected her student had taken them. The student's mother later confirmed that her son had taken the cards. The 13-year-old Black male was arrested for possession of stolen access cards.

bread	moldy cheese
crackers	wine (cork too)
pasta	paper towels & napkins
cooked rice	jack-o-lanterns
herbs	toilet paper rolls
spices	cotton balls
lint from dryer	melted ice cream
contents of vacuum bag	hair from hairbrush
moldy cheese	
egg shells (rinsed)	
ashes from fireplace	jams & preserves
grass clippings	fruit & vegetable waste
leaves	tea grounds
coffee grounds	clean, non-treated paper, shredded
packaging materials	sawdust
Worm Composting	

Worm composting is the easiest method for turning food scraps into nutrient-rich compost. All you need is a bin with airholes and a tight-fitting lid, some shredded newspaper and about a half to one pound of red worms. Keep the bin warm but out of the direct sun. Remember to "feed" the worms with food scraps, and in two weeks you can harvest your compost.

The City of Arcadia offers a 3 x 2 foot compost bin for the low... low price of \$30.00. Compost bins with worms can also be purchased for \$65.00. Call Public Works Services Department at 256-6554 to reserve your bin and get started today.

Reprinted from ArcadiasBest.com

JON HAMM A MAD MAN AT ROD'S

Jon Hamm was hanging out for hours at Rod's Grill on Huntington Drive till late into the evening last week.



– By Scott Hettrick

A location scout for the Emmy Award-winning AMC series on which Hamm stars, "Mad Men," came to the Arcadia Chamber of Commerce a couple months ago saying they wanted to record the outside of the iconic Chamber building at night, and asked about other buildings in town that fit the early 1960s setting of the series. The scout was directed to Rod's, and they showed up this week to shoot an entire scene in the diner that has also been used in the past year as a location for the upcoming HBO series "Luck."

"Mad Men" crews decorated the interior of "Rod's" this week to look like a Howard Johnson's restaurant of half-a-century ago, with the orange and aqua colors and signage, as well as counter displays of the era.

A false cinder block wall was also built and painted outside the front door of Rod's to be seen only in the background of certain shots filmed indoors. The wall was actually made of styrofoam.

False wall of styrofoam propped up outside front door of Rod's Grill.

Although shooting took place only on Tuesday, Rod's was closed Monday for set-up, and Wednesday for take-down as the crew moved to another shooting location in Baldwin Park.

Production crew said they loved shooting in Arcadia — that everyone was terrific and easy to work with — and they wish they were not leaving



and hope to return. Crew members guessed that this scene may show up in an episode in February. *Editor's Note: "Hettrick's writing for ArcadiasBest.com is not related to his role as Executive Director of the Arcadia Chamber of Commerce."*

"What's Going On?" News and Views from Joan Schmidt



A DAY AT SANTA ANITA: MORE THAN RACING: FUN ON JACOB'S 4th BIRTHDAY

By Joan Schmidt

This past Sunday, my family and I attended the annual **ROAD KINGS BURBANK ANNUAL CAR SHOW** at Santa Anita Park. When I found out about this event, I knew we **HAD** to attend! There was going to be Live Music by **Captain Cardiac and the Coronaries!** About five years ago, during the summer, we attended weekly festivals in Alhambra. The streets were blocked off and there were three stage areas! Entertainment one year included **KC and the Sunshine Band**. An Alhambra native, **Kenny Loggins**, came another year! But our FAVORITE performers were **Captain Cardiac and the Coronaries!** They really are awesome! Each year, a darling Mexican senior, wearing a beautiful lace blouse and colorful skirt, attended. Although she had a walker, she got up and danced when **Captain Cardiac and the Coronaries** performed. We loved them and watching her!

This year, at the car show, **Captain Cardiac and his Coronaries** were just as awesome and lively as ever! The heat didn't get them down. Several people came over and began to dance, even a couple in their 80's who attend the event each year. Everyone LOVED their rendition of "La Bamba". They put sombreros on and came down from the stage, and everyone followed them in their dance! What fun!

Although the Road Show had opened at 10:30, we didn't arrive till after 12:30. We



Each event cost ONE ticket priced at \$2. You sure couldn't beat that price. I also noticed 2 games cost one ticket. This day, there weren't games, but I plan on bringing the children back to the next family event. I should point out that admission was \$5 only; children 17 and under free with a parent. Parking was \$4. That's a far cry from what most events charge for parking!

My son did place a few bets, which one could also do. When races were going to begin, Captain Cardiac and the Coronaries took a break, so there was ample time to bet. At different intervals, we could see the horses take off and follow the race on a big screen! That was exciting to my grandkids! Some bettors REALLY got into the races-cheering their horses on!

This event ended up being more than we expected, so we plan on attending next year! Meanwhile, we will watch for upcoming family events at Santa Anita Park! We all had a great time and it didn't break the bank!

MONROVIA - DUARTE

Sierra Madre

Arcadia

Pasadena

Altadena

Monrovia

Monrovia City Council Meeting: *Special Presentation by Police Chief Jim Hunt*

Once again, Mayor Mary Ann Lutz showed why she was the perfect choice for the citizens of the City of Monrovia. At the October 18th meeting, there was much information given and special presentations.

The Mayor asked Monrovia Police Chief for a report on the current transfer from state prisons to jails and being released. Because of overcrowded California state prisons, (178% as opposed to national rate of 110% of prisons around the country which I reported a previous column) , the state is sending prisoners to county jails. (Felons with short sentences and who have not committed serious crimes) There are parolees being released. Chief Hunt said the Monrovia Police Department is preparing for the release of 20 state prison inmates back into the community over the next 12 months. Hunt said, "This provides some serious concerns at the local level" However, he pointed out that, "We have a number of resources that are available here to try and help folks as they try to come out and get them not to re-offend."

Monrovia also has a county probation officer with an office in town who

will be keeping an eye on the released offenders, which is I believe a great help. Monrovia residents should feel somewhat reassured because their Police Department is a fine one with many community-involved programs available and their Department always responds when situations arise like the Grand Avenue Park with reports of vandalism. A community meeting was immediately called and residents were advised what was going on and for Neighborhood Watch to be on the alert.

Lance Mungia, Executive Director of Community Media of the Foothills also gave a special presentation. He spoke of how many residents utilize KGEM TV (almost half) and the company has spoken to Temple City, Sierra Madre and Baldwin Park. They will be televising Temple City Council Meetings. In the audience were Lance's wife and young daughter, who wanted to see her daddy's presentation.

Residents' discussion included complaints about an ice cream truck operating with no license, making a lot of noise and causing traffic problems.

Several local businessmen complained about

the filming on Myrtle. There has NOT been enough warning that they were coming. They took away a lot of parking spots and that causes loss of business patrons.

There was discussion on "Historical" houses in Monrovia and a BIG complaint about 222 North Myrtle. (I plan to drive up there today and see myself!) Apparently the original structure was a small Victorian Cottage and they added "ATROCIOUS-TOO LARGE" dormers. There was mention of city planning and issuing of permits. Can it be required that the AGE of a house is looked at BEFORE permits are issued?

Everyone's favorite historian, Steve Baker also spoke about "Adopt a School"- his is Plymouth. He also mentioned the grant Plymouth received. It was one of 80 who participated and their school had done the MOST hours of physical activity. Way to Go, dragons!

What an enjoyable, informative meeting! The Monrovia City Council meets every 1st and 3rd Tuesdays, 7:30 P.M. at City Chambers.

J. Schmidt/MVNews

Monrovia Police Blotter

Neighborhood Watch Report

Beginning November 1, the Monrovia Police Department's Neighborhood Watch Report will be available on the City of Monrovia website, www.cityofmonrovia.org, under the Police Department section.

Highlighted Incidents

During the last seven-day period, the Police Department handled 534 service events, resulting in 111 investigations. Following are the last week's highlighted events:

Theft / Receiving Stolen Property - Suspect Arrested
On October 6 at 11:39 a.m., an officer was dispatched to a business in the 2000 block of South Myrtle regarding the theft of an iron grate from a sewer drain at the location. The officer went to the recycling center in the 100 block of West Duarte to see if anyone had tried to get money for the grate, but did not find the grate there. While walking back to his patrol unit, he observed a male subject pushing a cart with an iron grate on it. The grate weighed 125 pounds. During the investigation, the suspect admitted to stealing the grate. He was arrested and brought to the police station for booking.

Warrant Arrest - Suspect Arrested

On October 6 at 9:09 p.m., officers noticed a suspicious subject trying to hide from them as they were driving their patrol unit in the area of Alta Vista and Maple. The subject was contacted, identified, and found to have an outstanding narcotics warrant. He was arrested and taken into custody.

Driving Under the Influence - Suspect Arrested
On October 6 at 10:08 p.m., officers responded to a gas station in the 800 block of East Huntington on the report of a male subject sleeping in his car. The officers arrived and found the vehicle sitting at one of the gas station pumps. The subject was passed out behind the wheel and the engine of his vehicle was running. The officers could smell the strong odor of alcohol emitting from the subject's breath. The suspect was determined to be under the influence and was arrested.

Shots Fired

On October 8 at 1:30 a.m., an officer reported hearing several shots fired east of his location at Ivy and Chestnut. He started in that direction immediately. Calls came in from the area of 200 East Colorado reporting shots fired, but no victim or suspect information was given. Officers were in the area very fast and the Foothill Air Support Team airship arrived quickly and began checking the area. No victims or suspects were located and no bullet impacts could be found. Area hospitals were also checked, but no victims had reported for treatment.

Weapons Offense - Suspect Arrested

On October 8 at 9:46 p.m., Special Enforcement Team officers were working an area regarding gang enforcement when they observed several subjects who appeared to be gang members walking in the area of the Monrovia/Duarte border, at California and Euclid. They turned their police unit around to contact the subjects, and as they did, they observed a white Chevy Lumina occupied by four young male subjects and people in the area were running away. Because of the suspicious circumstances, they decided to stop the car and investigate. Upon contact, the occupants acted very strangely. They were nervous and making statements about a friend who was stabbed at a location on California Avenue. During a pat-down search of one of the occupants, the officer located a loaded revolver. The suspect was arrested for possessing a concealed weapon and was taken into custody. The gun was determined to have belonged to a deceased person. The suspect was later transported to Eastlake Juvenile Hall. Monrovia police were informed shortly after the stop that the Los Angeles County Sheriff's Department was investigating the stabbing of a young male subject by several other males at a party in the 2100 block of South California.

Strong-Arm Robbery

On October 8 at 7:17 p.m., an employee of a business in the 400 block of West Huntington was leaving for a break when a male subject grabbed her purse and pushed her to the ground, causing minor injury to her elbow. The suspect is described as a male Hispanic, wearing blue jeans, a dark hat, a Pendleton-type shirt, and white shoes. The victim did not require medical attention. Officers responded and made an area check, but were unable to locate the suspect or the stolen purse. Investigation continuing.

Vandalism

On October 9 at 1:56 p.m., officers located several locations in the City of Monrovia that had been vandalized with graffiti. Maroon, black, and green paint was found at each location. At the end of shift that same day, several other locations were discovered. Investigation continuing.

Assault with a Deadly Weapon

On October 9 at 11:55 p.m., an officer responded to Arcadia Methodist Hospital regarding a victim who checked himself in with a stab wound to his right thigh. An officer contacted the victim, who stated that he was standing in front of his house in the 200 block of West Cypress at about 11 p.m. and was drinking a beer. He was approached by two male subjects. One of the subjects asked the victim to share his beer. When the victim refused, one subject punched him in the face and the other stabbed the victim in his right thigh with an unknown sharp object. Both suspects ran westbound on Cypress. The victim reported that he does not know the suspects. They are described as two male blacks in their 20s; one suspect was wearing a dark baseball cap with the letter "D" on it and the other was wearing a dark hooded sweatshirt. The victim's injury was minor and he was treated and released from the hospital.

Assault With a Deadly Weapon - Suspect Arrested

On October 10 at 7:58 p.m., police received a call from Arcadia Methodist Hospital. They had a stabbing victim in the emergency room. The victim said he was drinking and playing cards with family members at a residence in the 800 block of West Olive. He began to argue with his cousin/suspect, which escalated into a physical fight. Family members broke up the fight and they separated. A short time later, the suspect returned and began threatening everyone by brandishing a knife. The victim and suspect became involved in another physical altercation, after which, the victim noticed a deep laceration on his left wrist. The suspect's brother also suffered a cut on his finger as a result of his efforts to break up the fight. Officers went to the location and arrested the suspect without incident.

Theft

On October 10 at 8:16 p.m., police received a call reporting a victim chasing a suspect on foot in the area of Primrose and Lemon. The victim exited a building and saw the suspect stripping parts from his bicycle, which was locked in a bicycle rack. The suspect stole the front wheel, forks, handle bars, and seat. He ran southbound through a park and out of sight. He was described as a male white, 20 years old, 6'4", thin build, dark curly hair, wearing a gray beanie, dark blue windbreaker, dark shorts, and he had a black backpack. Officers responded, but the suspect was not located.

Grand Theft

On October 11 at 9:13 a.m., a victim reported the theft of a water-tank trailer from a construction site at the corner of Magnolia and Chestnut. The reporting party told the officer the trailer was stolen from the location during the night.

Suspicious Circumstances / HazMat Incident

On October 11 at 6:27 p.m., a caller reported a release of some type of chemical at a market located in the 300 block of West Huntington. The Monrovia Fire Department responded and advised they would be handling the incident as a bomb threat/HazMat incident. When officers arrived, they learned a male suspect, for unknown reasons, ran into the store and discharged a dry-chemical fire extinguisher. The building was evacuated. None of the occupants became ill or showed any sign of exposure to anything dangerous. The suspect was described as a male white, 25 years old, 5'10", with a thin build. He drove away in a peach colored, two-door vehicle. The HazMat unit from the Los Angeles County Fire Department responded and determined the substance was non-toxic and the scene was cleared. Investigation continuing.

Possession of a Controlled Substance / Possession of Drug Paraphernalia / Warrant - Suspect Arrested

On October 12 at 8:14 a.m., an officer was dispatched to a residence in the 300 block of West Colorado regarding suspicious subjects living in a shed. The officer arrived and contacted the subjects. He conducted a computer check on them and found the female subject had a warrant for possession of a controlled substance. A search of her property revealed she had a baggie of methamphetamine and a drug smoking pipe in a small pouch. She was arrested for the above listed charges.

Residential Burglary

On October 12 at 10:22 a.m., a resident in the 400 block of North Encinitas was called by his alarm company to report an alarm activation at his home. He responded to his home and saw the garage door and the rear door of his home were open. He then called police. Officers arrived, cleared the house and did not find anyone inside. The victim did a walk through with the officers, but could only determine an iPad and a watch missing at this time.

FOOTHILL UNITY CENTER FRIEND AND FRUIT SUPPLIER ZACH SELBY, 17, HONORED AS ONE OF 2011 UNSUNG HEROES OF LOS ANGELES

Zach Selby, a local high school student whose grassroots efforts to deliver backyard fruit to feed the hungry grew into the community-wide program Fruit for All, has been honored with the 2011 Unsung Heroes of Los Angeles award. The award was presented on October 12 in a special ceremony at the Los Angeles County Museum of Art. Individuals honored in this biennial awards program of the California Community Foundation (CCF) are nominated by members of the public and selected by a committee of community leaders and CCF board members.

Fruit for All was born in 2010 when Zach and three family members began harvesting fresh fruit from neighbors' backyard trees to donate to local nonprofits and food banks. What began as a modest and heartfelt effort grew into a community-wide program staffed by three dozen regular volunteers. To date, they have picked and donated nearly 35,000 pounds of fresh fruit to feed the hungry all over Los Angeles County, including clients of Foothill Unity Center.

In the September 20 meeting of the Arcadia city council, Arcadia mayor Gary Kovacic honored Zach, his brother Jackson, and the volunteers of Fruit for All as part of the city's "Believe in Arcadia ... Volunteer!" initiative.

For more on Fruit for All call 626-359-6666, email fruitforallkids@gmail.com, or visit fruitforallkids.com.

About the California Community Foundation

CCF is a nonprofit organization dedicated to strengthening Los Angeles County through effective philanthropy and civic engagement. Established in 1915, it serves many roles in the community, including steward of charitable funds and legacies, manager of scholarship funds and



fellowships, grantmaker to nonprofits, convener of thought leaders and decision-makers, and advocate for the needs of vulnerable populations in Los Angeles County.

About Foothill Unity Center

Foothill Unity Center, Inc., has been serving low-income families and those in crisis for over 30 years. Founded in 1980 in a church closet to provide food to a few hungry families, the Center has become the major source of food, health services and crisis assistance for over 4,000 low-income families in its service area: Pasadena, Altadena, South Pasadena, Arcadia, Sierra Madre, Monrovia, Duarte, Azusa, Baldwin Park and Irwindale. In 1991, the organization was incorporated. In 2008, it was federally designated the Community Action Agency for the Foothill Area.

Everyday is an open house:

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

Find lost pets quickly and easily! Free Microchip implantation (with purchase of Home Again registration membership). With or without office exam/surgical procedure/boarding.

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SURGERY:
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•Laser Surgery •General and Advanced Surgery

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Gary R White, DVM

DUARTE ELKS LODGE AND MOUNT OLIVE HIGH SCHOOL: *What Could They Have in Common?*

By Joan Schmidt

Last Tuesday, I attended a Duarte City Council Meeting and listened to a presentation by Gerald Delker, from the Duarte Elks Lodge. Mr. Delker spoke of their "Bikes for Kids" Program, provided by an Impact Grant of \$5,400 designed for Elks to collect, repair and donate bikes to needy students. In addition to the 60 bicycles, 200 helmets and 146 bike locks have also been distributed. The Bikes' Project collaborates with Mt. Olive High School Volunteer, Sandi Patterson, and her students assisting with bike repair. As a result of this effort, the Santa Anita YMCA decided to develop a bike lending program to get more people onto bikes!

Mt. Olive High School in Duarte is a Model Continuation High School with a fully accredited program for students requiring an alternative approach to traditional education. Principal Kevin Moriss states, "Mount Olive is committed to providing a quality education to our learning community. We take personal responsibility for our role in promoting academic achievement and professional growth. Our learning environment encourages respect, fosters a commitment to education and helps prepare our students to meet life challenges." The wonderful bicycle program is proof of their vision.

About five years ago, Mt. Olive partnered with Triple 7 Bikes, then located in Duarte. Students walked by the shop,

looked at bikes and were invited to observe work on the bikes. (Harvey and wife, Mt. Olive volunteer, Sandi Patterson own and operate Triple 7 Bikes.) Recently an electric bike made from scratch by Mt. Olive students won FIRST PLACE in the county fair! The tires and motor had been donated. This bike program between Mt. Olive and Bike 7 has really ballooned, and funding by the Elks has helped a great deal. Students have learned how to repair bikes. In the beginning, it was simple tasks like fixing chains. Mt. Olive students went to Maxwell and Andre Duarte Elementary Schools and repaired bikes. On weekends, Mt. Olive students have worked either at the school campus or at the Patterson's home. The Patterson's son Shawn has also helped. Because of the Pattersons, students' skills have expanded to electric and gas. There is a bike storage shed at Mt. Olive, thanks to the Elks' generosity! This is where bikes and parts are stored. In addition to the Elks, other companies have donated motors, tires and parts. Where do the bikes come from? The Elks donated 60 bikes, but citizens like Mayor Pro tem, Lois Gaston, donated 3 bikes! Anyone who has a bike/ bikes no longer in use, please call Mt. Olive H.S. to donate it! (626) 599-5902.

Beside their Bike Program, Elks participate in MANY volunteer programs and projects to help those in need. One example is Delilah

Hernandez, born premature and at 3 months diagnosed with cerebral palsy. In 2010, at two years old, Delilah began physical therapy with the Elks Major Project, receiving weekly therapy visits. From day one, there has been progress. On the first visit, she was able to roll from stomach to back and back to stomach. After many therapy sessions, in her pink wheelchair, she is learning to maneuver and go where she wants! She's learning to use arms functionally in fine-motor skills and spoon feeding. Delilah is a bright and persistent girl. She continues to improve and, because of the Elks and so many generous donations, she will continue to succeed. Thank you, Elks!

Other charitable Elks projects include College Scholarships, Disaster Relief, Preschool Vision Screening, Occupational Therapy-, Physical Therapy, and Speech-Language Therapy.

The Duarte Elks Lodge serves the communities of Duarte, Monrovia, Irwindale, Azusa, Glendora, San Dimas, Laverne and Pomona. If you're interested in a fun place to spend time with family while helping with charitable projects, the Duarte Elks Lodge is the place to be. The public is welcome for Sunday Breakfast Buffet or Monday nights for food and fun. Location: 2436 E. Huntington Drive, Duarte or call (626) 357-6771 for more info.

ALVERNO CELEBRATES THE GIFTS OF BOTH ITS FOUNDERS



The Family of Ms. Primero-Solano

Alverno High School is fortunate to have its roots with both the Sisters of St. Francis and the Immaculate Heart Community, and the October 4 Founders' Day celebration blended their traditions and the year's school theme with great success.

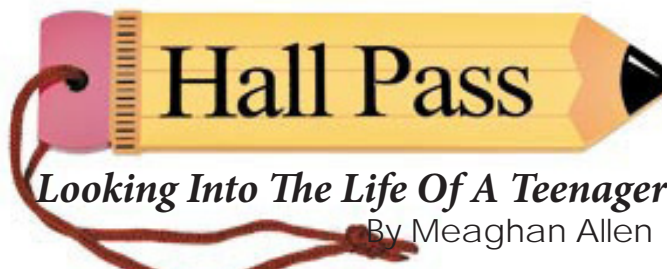
"Beyond Borders" is this year's theme at Alverno. Students were matched into "families" of mixed grade levels. The families discussed how their real families' life journeys had taken them beyond borders, and how looking at things in new ways could lead to a richer life experience. In these groups the girls

watched and discussed the video "The Girl Effect" which covers the positive impact that educating and empowering girls can have on a community in the developing world.

In the spirit of the Immaculate Heart Community's quest for social justice, each family created its own "Alverno Effect," with its own philosophy, mission statement, flag, and video.

The potluck lunch shared among the families was followed by a mass lead by Fr. Richard Krekelberger of nearby St. Rita Parish, and ended with a Blessing of the Animals in honor of St. Francis.

The Alverno mission: to empower each young woman to be exactly the person she wants to be. Alverno High School is the independent, Catholic college-prep high school for girls in Sierra Madre. Its college-prep curriculum and emphasis on leadership attracts students from public and private schools throughout the San Gabriel Valley. Join us for our Open House on November 20 from 1-3:30pm!



Cool Hand Luke

In my AP English class, we are currently learning about existentialism – the belief that the world is absurd and there is nothing that is guaranteed except death. This may sound extremely depressing, but it is also enlightening and revealing about our society and culture today. We discuss what the ideas and traditions our society is built on mean; questions like 'what is marriage' and 'is there a true "self", a personal identity that is all your own'. Besides our class discussions, we have read Albert Camus' 'The Stranger' and just finished Samuel Becket's 'Waiting for Godot', a theatre of the absurd play about nothing, but it is that nothingness that is the meaning. For a lot of my fellow classmates, this philosophy is not their cup of tea because of the extremity of the nothing and the absurdity of existentialist thinking. I, however, find this completely fascinating. Knowing this about my classmates and to further help us understand, our teacher gave the class a chance to enjoy existentialism through watching a classic movie: Cool Hand Luke.

A classic and a known part of our culture (at least in name), with none other than the iconic Paul Newman, Cool Hand Luke was a film I would never have thought would have existentialist undertones. Yet, when we began to watch the film, it immediately became clear that Luke was an existentialist, or at least seemed to be one. Again, for myself, I found this to be extremely interesting – the idea that this idea has been in front of my face and others for years, but I am only now realizing and understanding it.

This made me realize that there are always going to be things, ideas and events going on that we do not even realize, but when made aware, it opens our eyes, and we see the world in new light.

PUSD WEEKLY NEWSFLASH

- Marshall Fundamental Secondary School student Marilyn Travis was surprised in her classroom last week with a \$10,000 college scholarship from the Nordstrom College Scholarship Program.
- Pasadena High School student Hanan Bulto Worku has been named a member of the 2012 Tournament of Roses Royal Court. She is active on the school's tennis team, in student leadership, the school newspaper and science club and is a National Honor Society Member.
- The PUSD Districting Task Force has entered into the second phase of its charge of determining determine what changes are necessary to forward to the voters and, through the use of 2010 Census data and community input, to also determine the geographic regions for the seven PUSD Board of Education seats, ensuring compliance with State and Federal Voting Rights Act provisions. To learn more, visit www.districting-task-force.pasadenausd.org

The Week Ahead
Saturday, October 22

9:30 a.m. – 5:30 p.m. PUSD students and families are invited to the Kidspac Children's Museum 17th annual Pumpkin Festival, held at Brookside Park near the Rose Bowl. Admission to the festival and to live music/performances is free. www.kidspacmuseum.org

Tuesday, October 25
6:30 p.m. The Board of Education will meet in public session. Translation provided. Board Room, 351 Hudson Ave., Pasadena.

Thursday, October 27
6:30 p.m. PUSD's Dual Language Immersion Programs host a screening of the documentary Speaking in Tongues at Field Elementary School. Contact Kristin Tang kristintang9@gmail.com for more details.

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@bcsllions.org

Carden of the Foothills School

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

The Gooden School

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

High Point Academy

1720 Kinneloa Canyon Road
Pasadena, Ca. 91107 626-798-8989
website: www.highpointacademy.org

LaSalle High School

3880 E. Sierra Madre Blvd. Pasadena, Ca.
(626) 351-8951
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: Gilbert Barraza, Jr.
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
Phone: (626) 396-5890 - Fax: (626) 355-0388
Principal: Esther Salinas

Sierra Madre Middle School

160 N. Canon Sierra Madre, Ca. 91024
Phone: (626) 396-5910 - Fax: (626) 836-2964
Principal: Garrett Newsom

Walden School

74 S San Gabriel Blvd
Pasadena, CA 91107 (626) 792-6166
www.waldenschool.net

Weizmann Day School

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

Wilson Middle School

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

www.mtniewnews.com


Mindspring Education Center Presents:

"The Writing Process"

A Writing Workshop for Kids

Does your child need help writing book reports or essays? Does he write a first draft, but fail to edit? Does your daughter have great ideas but a difficult time expressing them? "The Writing Process" workshop will help your child maximize his or her writing potential.

- Designed for students in grades 4th - 5th, and 6th-8th
- Limited to 5 students per group
- Topics include: Pre-writing, Drafting, Revising, Editing, Post-writing, Publishing
- Format: Expository (reports, essays, etc.)
- 3-Part Series, held on consecutive Saturdays in November 2011

When: Nov. 5, Nov. 12, Nov. 19: 9 - 10:30 a.m. (4th-5th)
Nov. 5, Nov. 12, Nov. 19: 11 a.m. - 12:30 p.m. (6th-8th)

Where: Mindspring Education Center (Sally Morrison, Owner)
37 Auburn Ave. Suite 7A • Sierra Madre, CA 91204
www.mindspringedc.com • (626) 355-1972

Cost: \$120 for new students; \$105 for current Mindspring students (cost is for all 3 days combined)

Instructor: Phoebe Conn is a CA credentialed teacher who has taught for more than 25 years. In addition to her vast teaching experience, she is the bestselling author of more than 30 published novels. She holds a BA in Art and an MA in Education.

RSVP to reserve your space; deposit required



Help Hillside's Youth Moving On Win \$25,000 with Facebook Votes

(PASADENA, CA)— Hillside's Youth Moving On video has been selected as semi-finalist of Mercedes-Benz Community Stars Dealers Give Back Facebook Contest for a chance to win \$25,000. In celebration of its 125th anniversary, Mercedes-Benz will be donating \$125,000 to charities; five beneficiaries will receive \$25,000 each.

"Elizabeth Rusnak of Rusnak Auto Group asked us if we would like to participate in the Mercedes-Benz Community Stars Dealers Give Back program for a chance to win \$25,000," said Joe Costa, Hillside's chief executive officer. "With help from Stephen McDonald, our board member, and his colleagues, we produced a sixty-second pitch that we submitted."

The children's charity chose to address youth empowerment through Hillside's Youth Moving On. When foster youth turn 18 they emancipate from foster care. With little to no support, 40% of former foster youth end up homeless within 18 months after leaving care. There is little support for transitioning successfully into adulthood. As a result, Hillside's, a charity creating safe places for vulnerable children and families, established Youth Moving On in Los Angeles.

"We did this to combat the daunting statistics that will eventually affect 500,000 children in foster care today," said Costa. "We did this to create hope and help those vulnerable youth who want to receive help and have no where or no one to turn to."

Over the course of several hours, five Hillside's YMO residents participated in the

filming along with Thomas Lee, Hillside's YMO director. The opportunity to participate in the contest is not just beneficial for us, but for the youth to know they can make a difference in the direction of their lives and others who need help and want it, added Costa. "We should all feel proud of the work they did to make the video a compelling pitch."

Alongside 14 other deserving submissions on the Mercedes-Benz Community Stars Facebook page (<http://on.fb.me/qRkvWN>), Hillside's can win \$25,000 based purely by the number of votes they receive from the general public.

The children's charity is asking the general public to help them by making an announcement to your Facebook wall asking supporters, friends and family to vote for Hillside's Youth Moving On on the Mercedes-Benz Community Stars page using the link, <http://on.fb.me/qRkvWN>.

If you have a Twitter feed, or use other social networks, post the following: Vote for @Hillside's children's charity to win \$25,000 in the Mercedes-Benz Community Stars Contest: <http://on.fb.me/qRkvWN>.

"Please let your family and friends know about this contest so they, too, can help us win \$25,000," said Costa. "I hope you find this a worthwhile cause to spread awareness of this video and for sharing your votes with us."

To learn more about the children's charity and how you can help, visit www.Hillside.org and www.YouthMovingOn.org or call 323-254-2274.

Halloween Haunts & Things



SIERRA MADRE HALLOWEEN HAPPENINGS

The Community and Personnel Services Department, in conjunction with the Sierra Madre Kiwanis Club and Sierra Madre Chamber of Commerce presents Halloween Happenings. Halloween activities include: trick-o-treating, costume parade along Sierra Madre Blvd., and a costume contest in Memorial Park.

Monday, October 31, 2011

3:30-5:00pm: *Downtown Sierra Madre Trick-o-Treating*
Sierra Madre businesses are handing out candy in and around Kersting Court. Participating businesses will have a trick-o-treating sign posted in their window. This portion of Halloween Happenings is arranged by the Sierra Madre Chamber of Commerce.

4:00-5:00pm *Costume Contest Sign-Up*

The Costume Contest is sponsored by the Sierra Madre Kiwanis Club. Registration may only be done in Kersting Court prior to the start of the costume parade.

5:00pm

Costume Parade

Everyone is invited to participate in the Sierra Madre Costume Parade, no registration is required! The start of the parade begins in Kersting Court. The Sierra Madre Fire Department is once again leading the parade down Sierra Madre Blvd. to the finish at Memorial Park.

5:30pm *Costume Contest*

Once parade participants arrive at Memorial Park, the Costume Contest begins shortly at the Bandshell. Participants will be judged in the following age categories: walking-2 years, 3-4 years, 5-7 years, 8-10 years, and 11 and up. Awards for the top three contestants will be presented immediately following the judging of each age category. Remember youth must pre-register in Kersting Court to be eligible.

ARCADIA Halloween Happenings

Monday, October 31, 2011



The Arcadia Recreation and Community Services Department is hosting the Annual Haunted Halloween Happenings Event! Elementary school students can roam the haunted hallways of the Community Center and enjoy activities like the Eewey Goopy Room, Scary Crafts, Trick-or-Treating and Goblin Games. Undercover Costume Judges will roam the event and award prizes, so be sure to wear your Halloween Best! This event is from 4:30-6:30pm, free of charge and open to the public.

For more information, please call 626.574.5113.

Want to see a fun Sierra Madre Halloween video? Go to YOUTUBE.COM and search Sierra Madre Halloween Creatures!

HALLOWEEN TO BECOME A "FALL FESTIVAL EXTRAVAGANZA" AT PASADENA CONVENTION CENTER

This year, all the fun of Halloween, from costumes and pumpkins to ghosts and games, can be found at one free event for all ages: the Fall Festival Extravaganza at the Pasadena Convention Center, Monday, Oct. 31.

Everyone is invited to celebrate Halloween in a safe, fun environment featuring a haunted house (from 4-8 p.m.), pumpkin decoration, face painting, live performances, games, a moon bounce, and a costume contest open to all ages.

The Fall Festival Extravaganza, co-sponsored by the City of Pasadena, The Daniel Foundation, and Paseo Colorado, runs on Halloween, Oct. 31, from 2-8 p.m. at the Pasadena Convention Center, 300 East Green Street, Exhibit Hall A. Parking is available at Paseo Colorado or the Convention Center. The first 200 cars to enter Paseo Colorado may receive free parking validation. All-day parking is just \$9.00. ARTS bus tickets are also available on a first-come basis.

Special note: the costume contest for all ages starts at 7 p.m.! For more information about this scary good time for the whole family, please call Dolores Mendoza at (626) 744-7507.

Kiwanis Club 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 are being sold in downtown Sierra Madre at Podley Real Estate, 30 N. Baldwin Ave. They're priced at \$20 for 50 bags or \$35 for 100 bags.

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.

Contact:
Hank Landsberg
(626) 355-3656



ARCADIA'S

Haunted Halloween Happenings

The City of Arcadia Recreation and Community Services Department is excited to announce the eighth annual Haunted Halloween event at the Arcadia Community Center, 365 Campus Drive, Arcadia, CA 91007! On Monday, October 31st, elementary school students can roam the haunted hallways of the Community Center and enjoy activities like the Ewey Gewey Room and Scary Crafts. Come dressed in your best costume to enjoy Trick or Treating, Goblin Games and outdoor activities. This event is free of charge and open to the public. The festivities run from 4:30-6:30pm. For more information please call 626.574.5113.



HALLOWEEN SAFETY TIPS FROM PASADENA FIRE DEPARTMENT

Many hallmarks of Halloween – lit Jack o' Lanterns, candle decorations and billowing costumes – pose fire hazards. Halloween is one of the top five days of the year when candles are used, and according to the National Fire Protection Association, candles are the cause of about 15,000 house fires each year, more than 1,200 serious injuries, close to 200 deaths, and \$450 million in property damage.

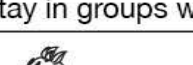
As children and families select costumes and decorate their homes for Halloween this year, the Pasadena Fire Department encourages everyone to take these simple safety precautions to keep things fun and safe:

- When choosing a costume, stay away from billowing or long, trailing fabric. If you are making your own costume, choose material that won't ignite easily if it comes into contact with heat or flame. If your children are wearing masks, make sure the eye holes are large enough so they can see out.
- Provide children with flashlights or glow sticks to carry as part of their costumes.
- Dried flowers, cornstalks and crepe paper are highly flammable. Keep these and other decorations well away from open flames and heat sources, including light bulbs and heaters.
- It is safest to use flashlights or battery-operated candles in Jack o' Lanterns. If you use real candles, use extreme caution. Make sure children are watched at all times when candles are lit. When lighting candles inside Jack o' Lanterns, use long, fireplace-style matches or utility lighters. Be sure to place lit pumpkins well away from anything that can burn, and far enough out of the way of trick-or-treaters, doorsteps, walkways and yards.
- If you choose to use candle decorations, be sure to keep them well attended at all times.
- Remember to keep exits clear of decorations so nothing blocks escape routes.
- Remind children to stay away from open flames. Be sure they know how to stop, drop and roll if their clothing catches fire. (Have them practice stopping immediately, dropping to the ground, covering their faces with their hands, and rolling over and over to put out the flames.)
- Use flashlights as alternatives to candles and torch lights when decorating walkways and yards. They are much safer for trick-or-treaters whose costumes may brush against the lighting.
- If your children are going to Halloween parties at others' homes, have them look for ways out of the home and plan how they would get out in an emergency.
- Make sure children go trick-or-treating with responsible adults.
- Remind children to stay together as a group and walk from house to house.
- Review how to cross a street with your children. Look left, right, and left again to be sure no cars are approaching before crossing the street.
- Make a rule that children will not eat any treat until it has been brought home and examined by an adult.

For more information, call the Pasadena Fire Department at (626) 744-7177.



Dress in light-colored clothing...



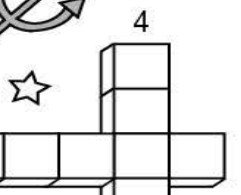
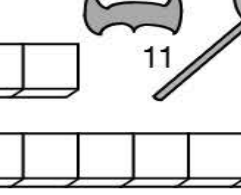
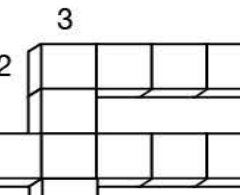
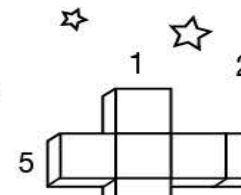
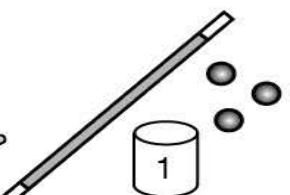
...and stay in groups with your friends.

Newspaper Fun!

www.readingclubfun.com

Animills LLC © 2011 V8-N43

Halloween is here and **you** need a costume! Such fun - and **work** - to create. First you have to choose what or who you wish to pretend to be. Can you study the picture clues to find out what my friends pretended to be? **Fill in my puzzle!**

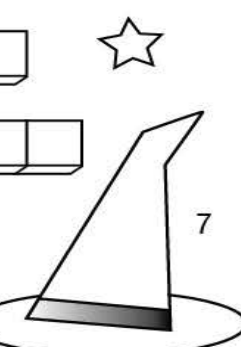
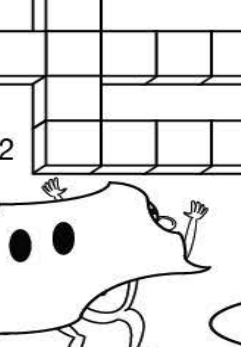
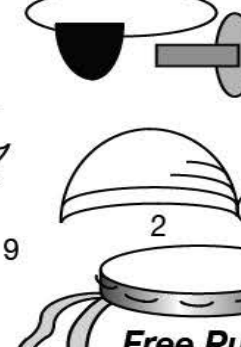
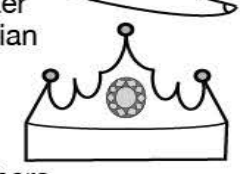
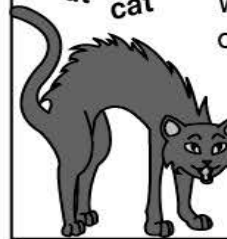


What will you be?

ghost
skeleton
gypsy
monster
magician
pirate
witch
devil
superhero
skunk
cartoon character
princess

Trick or Treat

It's time to dress for Trick or _____. We'll ring the doorbells on our _____. I am a pumpkin, My friend is a _____. We don't scare the neighbors, but we **freak out** the _____!



Free Puzzles!

Visit our website to print out some new puzzles: **Kooky, Spooky Rhymes, Explorers, Fall Family Activities**, Don't forget reading logs too: www.readingclubfun.com

NATIONAL SANDWICH DAY

The Grinder, The Po Boy, The Ruben, The Peanut Butter and (banana – Elvis fans) Jelly, The Tuna Fish, and of course The Philly Cheese Steak Sandwich. Did I miss any? You bet I did. Don't worry though this is the first part of a two week story in celebration of National Sandwich Day, which takes place on November 3. So, where was the sandwich invented? This story resonates with me fully.

Acknowledging the fact that combinations of bread/pastry filled with meat or cheese and dressed with condiments have been enjoyed since ancient times. Food historians typically

TABLE FOR TWO by Peter Dills
thechefknows@yahoo.com

attribute the creation of the sandwich, as it is recognized today, to John Montagu, 4th Earl of Sandwich. This Englishman was said to have been fond of gambling. As the story goes, in 1762, during a 24 hour gambling streak he instructed a cook to prepare his food in such a way that it would not interfere with his game. The cook presented him with sliced meat between two pieces of toast. Perfect! This meal required no utensils and could be eaten with one hand, leaving the other free to continue the game. Sadly, the name of real inventor of the sandwich (be it inventive cook or the creative consumer) was not recorded for posterity. It makes perfect sense to me. There are many places in the area to secure an above average sandwich.

One that might have fallen off your radar is Connal's on E. Washington. It has been making burgers, subs and grinders since the late 50's. I was in the mood for a sandwich and I hadn't been here for years, and knowing that National Sandwich Day was fast approaching, I headed up for lunch. To my surprise, the long lines that I remember from my days at PCC were no longer there. Has the sandwich lost it's popularity? Had Connal's cut back on the portions? I was determined to chew upon the answer. Nope,



no cutbacks, no small portions, they still have a very good sandwich, ooops, I mean Grinder. It's in the (\$6) range and worth every penny, so what exactly is a grinder. The bread is a sub roll, with turkey, shredded lettuce, oil and vinegar, provolone cheese and thin slices of tomato. You can get the grinder with any meat.

Speaking of months. It's National Chili Month, Connal's has chili with beans or without. I'd suggest the bean-less experience. Connal's also makes burgers, hot dogs and pastrami. I recently checked out Jersey Mike's, a growing sub chain and for me and I think you'll agree Connal's is a cut above the rest.

Open for Breakfast, lunch and dinner. Log onto their website www.connal.com for updated prices and hours. Note Walk up window for ordering, limited seating inside with side patio available. Join me every Sunday Night KBC Radio at 7:30 PM. Next week Part 2.



Connal's 1505 E. Washington Blvd. Pasadena (626) 794-5018 email me at thechefknows@yahoo.com

IN THE KITCHEN

Our Favorite Recipe of the week

Halloween Spice Cake Recipe
courtesy
Giada De Laurentiis

INGREDIENTS

Butter
1 1/2 cups all-purpose flour, plus more for pan
1 teaspoon baking powder
1/2 teaspoon fine sea salt
1 tablespoon unsweetened cocoa powder
1 tablespoon ground cinnamon
2 teaspoons ground ginger
1/2 teaspoon ground nutmeg
1/4 teaspoon ground allspice
1 cup sugar
1/4 cup packed light brown sugar
2/3 cup vegetable oil
1/3 cup unsweetened applesauce
2 eggs
1 teaspoon pure vanilla extract
Powdered sugar, for dusting

DIRECTIONS

For the cake: Place an oven rack in the center of the oven. Preheat the oven to 350 degrees F. Butter and flour a 9 by 5-inch loaf pan. Set aside.

In a medium bowl, combine the flour, baking powder, salt, cocoa powder, cinnamon, ginger, nutmeg, and allspice.

In a large bowl, beat the sugars, oil, applesauce, eggs, and vanilla extract to blend. Add the dry ingredients and stir until just blended. Pour the batter into the prepared pan and smooth the top with a spatula. Bake for 40 to 45 minutes or until a toothpick inserted into the center of the cake comes out clean. Cool the cake for 10 minutes. Unmold the cake and place on a wire rack to cool completely. Dust with powdered sugar and cut into slices for serving.

SIDE NOTES:

Be Creative, use a decorative pan for the season. Right now you can buy pumpkin shaped baking pans at your local grocery store.

This is also a great cupcake recipe!

You can always put the icing on the cake (butter cream or cream cheese frosting would be great and are available at your local grocers).

HEART-HAPPY NEWS ABOUT GOOD-FOR-YOU FOOD

(NAPSI)—The 10,000 baby boomers turning 65 each day—and their families—may be better able to keep active and strong with an oil change: a cooking oil change, that is.

Many choose canola oil because it's a good source of omega-3 and monounsaturated fats but has zero cholesterol and trans fat.

The American Heart Association recommends monounsaturated and polyunsaturated fats as your primary source of dietary fat. Using canola oil can help prevent heart disease by reducing its risk factors.

Unlike trans fats and saturated fats, canola oil won't increase your risk of developing atherosclerosis, or hardening of the arteries. In

fact, it may help reduce your cholesterol levels. A study in the journal Nutrition, Metabolism and Cardiovascular Diseases showed that canola oil improved cholesterol profiles by lowering the amount of LDL, or "bad," cholesterol.

Canola oil's omega-3 fatty acids may benefit your brain and nervous system. The UCLA Brain Research Institute and Brain Injury Research Center found omega-3 fatty acids improved nervous-system activity, which translated into memory improvements and better academic performance in children.

Canola's light taste makes it easy to use in many ways—as a spread, for sauteing, in salad dressings and in most recipes that call for oil.



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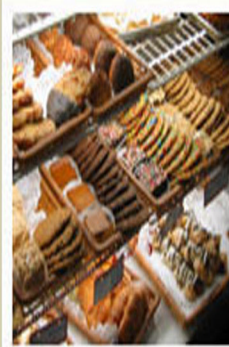
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To Kill a Mockingbird



A Review by Despina Tsiknas-Arzuoman
To Kill a Mockingbird, the play, was written by Christopher Sergel and based on the novel by Harper Lee. It is Directed by Michael Cooper and currently playing at the Sierra Madre Playhouse.

This story is, perhaps, one of the best portrayals of the trial of real morality vs. racial prejudice. It is the story of Atticus Finch (played by actor extraordinaire, Christian Lebano), a lawyer called upon to defend a Black field worker falsely accused of rape. Taking place in a small town in Alabama in 1935, Atticus is faced with defending an innocent man, even knowing he has little chance of a favorable outcome. And, though also has to face and ward-off an armed and angry lynch mob who are determined to see the young Tom Robinson (played by Robert Manning) swing from a rope, Atticus is able to do it.

Though the evidence to acquit Tom was clearly demonstrated in court, the nature-based reactivity of the townspeople, coupled with their lack of moral integrity, illustrated how crippling such ignorance can be, and so caused the jury's total lack of ableness to see or think. Reactiveness and moral ignorance creates a false identification of one's true self, and therefor blinding to see and respect other selfs. It is stated that Harper Lee described this as "a love story, pure and simple." And that it is because it clearly depicts how a father's love for his children, and his sense of rightness is what is Real (Universal) Love. What would life on earth be like if not for the Atticus Finches of the world. One man amongst many who chooses to rise up to uphold higher principles. And, while it ap-

pears he has failed (i.e. lost the case), Atticus has --as do his son and daughter in whom he instills his own values of decency and right conduct-- in fact, gained a deeper level of integrity based upon the choice of how to think and follow through with taking right action. If we think into it, what is the point of living if not to uplift the hearts and minds of everyone, beginning with our self. [Aside: one of the ancient meanings of the name Atticus is "raised place."]

The opening night performance for this play is one of the best I've seen. Everyone was relaxed, and it didn't seem like anyone was "over acting" or speaking louder than need be. The supporting roles of the children (played by Brighid Fleming, Michael Andrew Stock, and Patrick Fitzsimmons) carried the play beautifully in its entirety. Diane Kelber's narration (who played Maudie Atkinson) was clear and honest. The stage setting was perfectly constructed to suggest everything necessary to content and context of the story. And while I can't mention everyone's name individually here, I will say that together the entire cast created one integrated "whole" of a life paradigm worthy of depicting (and repeating) -- maybe until we all can be an Atticus.

To Kill a Mockingbird, the play, is playing at the Sierra Madre Playhouse now through November 12, 2011. Performances are on Fridays and Saturdays at 8:00pm, Sunday at 2:30pm. General Admission is \$25; seniors (65+) and students (13-17) \$22; children 12 and under \$15. For reservations call (626) 355-4318, or for online ticking go to www.sierramadrepplayhouse.org.

Pasadena UN Day FILM FESTIVAL

DATE: Monday October 24th, 2011

TIME: 6:30 til' closing

LOCATION: Pasadena Laemmle Theaters

VIP Party at El Portal from 5 to 6:30 with filmmakers!

Features Include:

Educated Minds

Sun City Picture House

Positive to Positive

The Lucky Girls

Freedom

Decorum

Where are the Men?

Amandla!: A Revolution in Four Part Harmony

Synopses of the Films and Ticket Purchase at www.unapasadena.org!

This is our biggest event of the year-come out to support your local chapter and celebrate UN Day!

United Nations Association Pasadena/Foothills Chapter

75 S. Grand Ave.

Pasadena, California 91105

Crown City Symphony Sponsored by The Tuesday Musicale of Pasadena

Crown City Symphony, founded in 2002, will open their 11th season with two concerts featuring Los Angeles Philharmonic violinist, Larry Sonderling. The concerts are Saturday, November 12th 2:00 pm, at the Pasadena Christian Church, 789 N. Altadena Dr., and 2:00 pm, Sunday, November 13, at the First Baptist Church, 75 N. Marengo, Pasadena. Mr. Sonderling will be performing the Mendelssohn Violin Concert in e minor. Also on the program is the "Overture to the Girl in Algiers" by Rossini, and Symphony # 25 by Mozart

Both concerts are free.

Crown City Symphony, under the direction of Marvin Neumann, is an outstanding local symphony with a growing reputation in the community for presenting fine soloists and familiar standards as well as new music.

We will be premiering a new work composed by our clarinetist, Jim Stanley, on our third concert, and last season we premiered a work by our conductor Marvin Neumann.

The soloists for the rest of the season are violinist Lindsay Deutsch, March 17 & 18, and Laszlo Meza, cellist, May 19 & 20. Crown City Symphony has been fortunate to receive grants from Showcase House for the Arts, Pasadena Tournament of Roses Foundation, City of Pasadena, Los Angeles Breakfast Club, and Pasadena Arts League. It

is an all volunteer orchestra and depends on donations for all its expenses. It was originally sponsored by the Pasadena Senior Center, but is now under the sponsorship of The Tuesday Musicale of Pasadena.

Larry Sonderling has been a member of the Los Angeles Philharmonic for 33 years.

He has performed with many local orchestras including Los Angeles Chamber Orchestra, California Chamber Symphony, Santa Monica Symphony, and the

Ventura and South Coast Symphonies. He is on the faculty of Occidental College as an instructor of violin, and has taught for several years at local string workshops including the Los Angeles Philharmonic Institute. The Long Beach Press-Telegram has said of him, "Violinist Lawrence Sonderling set the tone of the performance—big ripe and sweet," and the Los Angeles Times has called his playing "genuinely brilliant and gutsy... with polish and energy."

The orchestra has about 55 members and meets Saturday afternoons from 2—4:30pm. Interested musicians may contact manager Roberta Wilcox at (626) 797-1994. The orchestra website is crowncitysymphony.org. Roberta Wilcox, manager (626) 797-1994

SOLOIST SUZANNA GUZMAN PERFORMNING AT PASADENA' FIRST CHURCH OF THE NAZARENE

On Friday, November 4, at 8 p.m., in the sanctuary of First Church of the Nazarene, Pasadena (PazNaz), Suzanna Guzman will be the featured soloist with Pasadena Community Orchestra, performing Gustav Mahler's Songs of a Wayfarer (1897). This song cycle is one of the late Romantic Austrian composer's most well known pieces from his early period. Inspired by the conclusion of an unhappy love affair, the songs present the contrasting moods of life's struggles and delights. Also featured on the program will be Vaughn Williams' Norfolk Rhapsody, Bartok's Rumanian Folk Dances, and Prokofiev's Lieutenant Kije. A reception will follow the concert, at which audience members will have the opportunity to meet the artist and the musicians. The church is located at 3700 E. Sierra Madre Blvd., Pasadena, just west of Michillinda Avenue, and there is plenty of parking. For further information, please call 626.445.6708 or visit us at www.pcomusic.org.



SEAN'S SHAMELESS REVIEWS: FUTURE ISLANDS

It was only a year and half ago when Baltimore natives, Future Islands released their sophomore album (first from independent record label Thrill Jockey), "In Evening Air". Heavy on synths with a dash of dreamy and pop, Future Islands' promising reintroduction earned them the much-deserved attention from critics and pending fans. There was something inconceivable about "In Evening Air" that somehow revealed Future Islands as a band hopefully pioneering the future of modern rock music. It was a scary notion to begin with, but after listening to "In Evening Air" everything pointed in that direction. As heartbreaking as it was earnest, the music that was being created simply had meaning. To those who listened and found higher purpose, I can tell you that it wasn't a fluke because Future Islands are the real deal. Let me proudly introduce to you, "On The Water", the successor to "In Evening Air" and one of the more inspiring albums of 2011.

Future Islands return with their third LP, "On The Water", a carefully crafted and slow burning album that exudes love, lost, and life. Exploring these common themes may evidently be cliché in rock music, however make no mistake, Future Islands are everything, but ordinary. There is something mythical ingrained on this compilation. "On The Water" probes for the wonders of life's mysteries by beginning with the past and looking into the future. There is so much beauty to be found if you let the album seep inside of you. It will carry you to another time and place, but remind you that the only way of moving forward is looking onward. Granted, while nostalgia has become a repetitious subject explored in today's indie rock music, Future Islands still find a way to tug at your heart. You

may have to warm up a bit to Samuel T. Herring's crooning, Dracula type vocals. In time, I'm sure you will and when that happens, you'll see the light. This is the same light that will guide you on your path of dreams, hopes, and desires. "On The Water", "The Great Fire", "Where I Found You" and "Give Us The Wind" drive the album into masterpiece territory. Dreamy, passionate, and perceptive, these songs will pull you in and frankly, never let you go. A rare and majestic feeling that shouldn't be missed by anyone that's a fan of this music persuasion.

There's little not to admire about this stellar

FUTURE ISLANDS

Album: On The Water

Label: Thrill Jockey

Release Date: October 11, 2011

Grade: 9 out of 10

and grandiose effort Future Islands have pulled off. It's shocking and truly not fair that a band of this magnitude will go undetected to the masses. The embracing of "On The Water" feels like a spiritual awakening in the process. It's a deeply satisfying experience that will affect you as if you were starting all over. The album carries its heart on its sleeve and this heart is warm, compassionate and giving. The conquest over both life and love bleed through the veins of "On The Water". Instead of saying life is merely nothing, it reminds you that life is something after all. It's simply how you accept it that makes all the difference in the end. Deeply personal and heavily emotional, "On The Water" reminds us just how powerful music can be. While it will impact any listener in numerously different ways, one thing is for certain, you'll be surprised of how deep it sinks into your mind, body, and most of all, soul. Future Islands also proves that mind, body, and soul are all super-connected. If you think otherwise, you haven't listened to "On The Water".

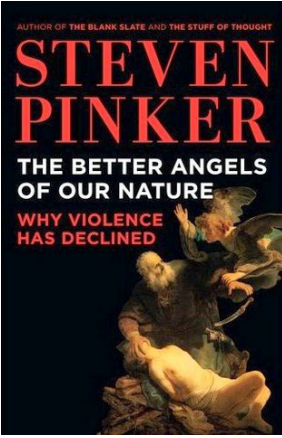
Jeff's Pics

The Book Report

by Jeff Brown

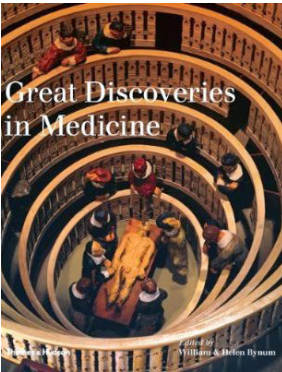
The Better Angels of Our Nature: Why Violence Has Declined by Steven Pinker

Faced with the ceaseless stream of news about war, crime, and terrorism, one could easily think we live in the most violent age ever seen. Yet as New York Times bestselling author Steven Pinker shows in this startling and engaging new work, just the opposite is true: violence has been diminishing for millennia and we may be living in the most peaceful time in our species's existence. For most of history, war, slavery, infanticide, child abuse, assassinations, pogroms, gruesome punishments, deadly quarrels, and genocide were ordinary features of life. But today, Pinker shows (with the help of more than a hundred graphs and maps) all these forms of violence have dwindled and are widely condemned. How has this happened? This groundbreaking book continues Pinker's exploration of the essence of human nature, mixing psychology and history to provide a remarkable picture of an increasingly nonviolent world. The key, he explains, is to understand our intrinsic motives- the inner demons that incline us toward violence and the better angels that steer us away-and how changing circumstances have allowed our better angels to prevail. Exploding fatalist myths about humankind's inherent violence and the curse of modernity, this ambitious and provocative book is sure to be hotly debated in living rooms and the Pentagon alike, and will challenge and change the way we think about our society.



Great Discoveries in Medicine by William Bynum & Helen Bynum

This is an account of the evolution of medical knowledge and practice from ancient Egypt, India, and China to the latest technology. Sickness and health, birth and death, disease and cure: medicine and our understanding of the workings of our bodies and minds are an inextricable part of how we know who we are. Distinguished experts from around the world explain medicine's turning points and conceptual changes, and answer a series of key questions: How did the Plague influence the course of human history? What should complementary medicine's role be? How did an audacious self experiment lead to a cure for stomach ulcers and a Nobel Prize? The book is magnificently illustrated with a unique array of pictures, from beautiful Renaissance anatomical drawings to the very latest computer generated images of viruses and photographs that reveal the hidden world within our bodies. Filled with 346 color and 36 black and white illustrations. William Bynum is Professor Emeritus of the History of Medicine at University College London. Helen Bynum lectured in medical history at the University of Liverpool. She is coeditor with William Bynum of the award winning Dictionary of Medical Biography.



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HOWARD Hays As I See It



"There's something happening here
What it is ain't exactly clear"

Buffalo Springfield - 1967

"They're complaining that Wall Street wrecked the economy three years ago and nobody's held responsible for that. Not a single person's been indicted or convicted for destroying twenty percent of our national net worth accumulated over two centuries. They're upset about the fact that Wall Street has iron control over the economic policies of this country, and that one party is a wholly owned subsidiary of Wall Street, and the other party caters to them as well. . . .

" . . . people who think that we should not have 24 million people in this country who can't find a full time job, that we should not have 50 million people in this country who can't see a doctor when they're sick, that we shouldn't have 47 million people in this country who need government help to feed themselves, and we shouldn't have 15 million families who owe more on their mortgage than the value of their home . . . "

Former Rep. Alan Grayson (D-FL) - 2011

"Rise like Lions after slumber
In unvanquishable number -
Shake your chains to earth like dew
Which in sleep had fallen on you -
Ye are many - they are few."

Percy Bysshe Shelley - 1819

Having already been dinged with significant airline cancellation fees, I decided to attend to some date-uncertain business in Seattle by driving up the coast.

I tuned in to local talk-radio along the way, so from Santa Barbara to Santa Cruz, San Francisco to Medford, Portland to Seattle, I heard local versions of that "something happening here". The coverage extended to some 600 "Occupy Wall Street" protests throughout the country, and some 900 throughout the world - London and Barcelona, Athens and Tokyo. There were the tens of thousands in Times Square, and that solitary woman with her two dogs in Alaska holding the sign, "Occupy the Tundra".

Observers of a half-century of protests commented on having crossed a "barrier"; with participants remaining, and growing past a two-week news cycle: this one was not going away. They spoke of pundits on Sunday talk-shows who didn't "get it"; who, without some celebrity spokesperson or party bigwig to focus on, were reduced to baseless speculation and Heritage Foundation talking points.

My sister and I encountered participants in downtown Seattle. I couldn't help reverting to my identity of forty years ago, so raised my fist and declared, "Right on!" I then became the old guy offering unsolicited recollections of my youth, and explained how our anti-Vietnam War protests transformed once we rejected the "hard-hats vs. hippies" narrative and began carrying the American flag, arguing our country's actions violated the sacred principles upon which our nation was founded.

One of the ladies we spoke with offered in rebuttal that such displays of "nationalism"

wouldn't be appropriate, since this is truly an international phenomena. I understood her point; those supporting further concentration of wealth in the oligarchy no longer bother with evocations of "patriotism" or "American values". Inconvenient notions such as love of country and reverence towards the aspirations of our founders have vanished from the discourse.

Accusations of "class warfare" are incompatible with the concept of "We the People".

A decade ago, people asked why our invasion of Iraq didn't bring out the massive protests of the Vietnam era. The premise of the question was wrong; tens of thousands did in fact hit the streets in Los Angeles, New York, Washington D.C. and throughout the land. Like the old conundrum about whether a tree falling in the forest makes a sound if nobody's around to hear, the corporate media reasoned they could pretend events didn't happen by simply ignoring them.

Fifty years ago, by contrast, news organizations felt a responsibility to deliver the news. Recently, thousands protesting the destruction of public-sector unions couldn't get the coverage of a handful of tea-baggers shouting down a congressman addressing healthcare reform.

They tried the same hope-it-just-goes-away approach with Occupy Wall Street, that is until video circulated of women, encircled by orange plastic barriers, attacked with pepper spray by the NYPD. Then there was the former Marine sergeant scolding the cops, "It doesn't make you tough to hurt these people! There is no honor in that." Hundreds in Manhattan became hundreds of thousands throughout the world, and it could no longer be ignored.

Some have traced origins back to the demonstrations in Madison, Wisconsin early this year, or to the "Arab Spring". (Leading Egyptian activist Ahmer Ahmed flew to Washington to lend support). Other voices evoked struggles of generations past.

At the dedication ceremony for the monument to her father, Rev. Bernice King reflected, "I hear my father saying what we are seeing now all across the streets of America and the world is a freedom explosion."

Former Polish President Lech Walesa, whose Solidarity movement challenged the Soviet empire, observed, "The thousands of people gathered near Wall Street are worried about the fate of their future, the fate of their country. This is something I understand."

House Majority Leader Eric Cantor (R-VA) argues we must rely on the wealthy to address income disparity. The Bush tax cuts for the upper 1% have cost over \$700 billion (and counting). GOP front-runner Herman Cain proposes a "9-9-9" tax plan that, according to Citizens for Tax Justice, would result in an additional \$210,000 tax cut for the upper 1%, and an average \$2,000 tax hike for the bottom 60%. Senate Republicans vow to filibuster President Obama's plan to create 2 million new jobs (and cut taxes for small businesses).

The National Journal reports 59% of Americans support the Occupy Wall Street movement, with 68% backing a surtax on millionaires.

I raised my fist and declared, "Right on!" Then I added, "Power to the People!" It was a phrase heard often forty years ago, but never has it seemed more apt.

Letter to the Editor

At the October 11th Sierra Madre City Council Meeting, Councilmember Walsh blasted the General Plan Update Committee, specifically Chair Denise Delmar for wanting to hold secret meetings, for wanting to violate the Brown Act and for not being transparent in the Committee's business. Walsh, in her rant also urged Councilmember MacGillivray to step down as liaison because MacGillivray perpetrated the notion that the General Plan was a document of the people rather than the responsibility of the City Council.

In her "Lookie here" moment, as she describes it in her written statement, Walsh said, "folks in the audience can continue to come to the microphone and repeat the plan is the people's plan and not the City Council's as you have many times, and you will continue to be wrong. And after tonight you will just look foolish."

Contrary to that assertion, the State of California's General Plan Guidelines are very extensive as to the broad issues that are to be covered in a General Plan. Amongst them is Chapter 8: Public Participation which quite clearly demands a broad involvement of the public in the process. It is also made quite clear that the General Plan is not the product of a single governing body. i.e. a city council

It is the duty as an elected representative to listen to the citizens of Sierra Madre. It is also incumbent to be respectful and courteous to the public as they express their opinions. The disdain in calling the citizens foolish for expressing their opinions at a City Council Meeting or any public meeting is not only arrogant and disrespectful, but a slap in the face to all who wish to become involved in their City's government.

The accusations made of the GPUC of not being transparent

and of wanting to conduct "secret meetings" is blatantly false. But, Lookie here - all meetings of the GPUC are open to the public. These meetings are advertised and posted. No action is taken by any group outside of the GPUC meetings. These meetings have input from committee members as well as the general public. A concerted effort has been made to encourage participation by all the public. General public members are encouraged to speak on items on the agenda and otherwise bring up items of their concern. This is indeed a people's document in every sense of the word. This document is not the City Council's document - the Council will read, discuss, and take additional input from the public at a public hearing after approval of the Planning Commission. Then and only then can the Council vote to approve.

When the GPUC was first appointed there was frustration on the parts of both the Committee and the City Staff because there were not enough hours or days available by staff to schedule regular meetings in which the staff could attend. Chair Delmar explored a way to meet without staff and without violating the Brown Act. Legal Council ruled against those options. However it was determined that sub-committees could be formed to study and make recommendations to the Committee as a whole. Their out-put is discussed thoroughly at a regular GPUC meeting. This has helped speed up the process immeasurably.

The Committee was also concerned as how to adequately plan for community involvement including community meetings and not take valuable time away from working on the actual plan and without violating the Brown Act. With the blessing of the

Sierra Madre Legal Council, a citizen's volunteer group (not committee) was formed to assist the Committee.

A meeting of this group of volunteers was first held in a private home, with attendant publicity appearing in the Mt. Views News and on the SierraMadreNews.Net, in addition to reminders at City Council Meetings and at the GPUC. This was not a secret meeting -- it was well publicized

Thirty-two people attended that meeting and participated in a lively, open discussion. That meeting was attended by a wide spectrum of citizens including then-Mayor Joe Mosca, Bill Coburn and citizens from all walks of Sierra Madre. Susan Henderson (publisher of the Mountain Views News) expressed her regrets but indicated she intended to be involved. Subsequent volunteer group meetings assisted the GPUC in planning their two Community Forums and these volunteers also assisted in widely disseminating literature, questionnaires, posters, flyers and yard signs. None of this could have been done by the nine member committee alone, nor could staff.

The hard work by each and every Committee Member, the volunteers and all of the citizens expressing their opinions through the questionnaires, meetings, forums and public hearings will make the General Plan Update a robust document that broadly represents all the interests of the community, indeed, a People's Document, and we, the people, are not foolish nor are we wrong for our participation.

Pat Alcorn, Sierra Madre

OCCUPY WALL STREET AND THE TEA PARTY

President Obama recently compared the Occupy Wall Street crowd with the Tea Party. In doing so, he meant to lend some of the Tea Parties growing credibility to the unbelievably naïve and incoherent Occupy Wall Street Crowd. Interestingly enough, both groups do share a common legitimate gripe, but that's all they share. Beyond their joint frustration with the problems we face, they are as different as right and wrong.

The frustration is one we can all share. A relatively strong economy crashed, seemingly over night, the unemployment rate is at least 9% (more if you include those who've stopped looking for work), the great, transformative leader doesn't seem to have a clue about how to fix the economy, and massive deficit spending appears to have burdened this generation and the next. Where the OCVers attribute blame, however, is where they part company with the Tea Party and where they show their hopeless naivety.

The OCVers have put their faith in a very false narrative which is meant to deflect blame away from those who really brought the system down. This fable, which has gained so much traction through media repetition, is that greedy private financial interests (banks) forced people to borrow money they shouldn't have and then crashed the system when repayment became problematic. The truth is lies elsewhere.

Beginning in the early 1990s, the federal government directed Fannie Mae and Freddie Mac to make sure that a certain percentage of loans were made to people below the median income level in order to help make housing "affordable". At first they required 30%, but this was later raised to 50% and then further in 2007 to 55%. Following on that regulated banks were directed to make a certain number of loans to people who were below 80% of the median income level. By 2008, one half of all mortgages were subprime - in other words, weak. The government had required that loans be made to people who couldn't be reasonably expected to pay them back. The financial institutions in the private sector simply complied with this requirement.

When the bubble burst in mid-2008, the government played favorites by saving one institution and not another, and passed rules which severely handicapped the remaining banks' capital base. Banks reacted as naturally to this as you and I would, by hoarding cash to make sure their balance sheets would be "strong enough". As a result, lending between banks and to otherwise credit-worthy corporations and individuals dried up. Without credit, companies started scaling back. Unemployment rose, and tax revenues fell.

The transformative president's response was to begin a campaign of publicly castigating banks, Wall Street, and millionaires, and to impose a greater burden on them by his repeated calls for more taxes and regulation. You and I, and most Americans, have reacted just as naturally to

this as the banks, Wall Street and millionaires have. We've all begun to reduce our debt loads, store up cash, and postpone major purchases. To blame Wall Street, banks and millionaires for the natural response we've all taken is the height of hypocrisy, but it does serve to advance a political agenda.

The OCVers are being used. Encouraging them, as this president and many in the Democratic Party are doing, deflects the righteous anger and blame away from the political Dons who created this problem. First among equals here are Barney Frank and Chris Dodd, the primary architects of all those devastating regulations. The fact that they were then given the job of writing the new law which is supposed to fix the problem they created simply epitomizes the arrogance and corruption in Washington.

There is one other group of culprits who so far is escaping blame: those who run and teach in our "great" universities. With some notable exceptions, the vast majority of professors and administrators have developed a system which delivers a substandard education at a wildly inflated price. Our young people were told they had to get a college degree before pursuing a job, but that college degree is too often in subject areas which are totally irrelevant to the working world. The cost for getting that degree has risen at a multiple of the general inflation rate, and most grads now come out with a mountain load of debt. Again, I'd be angry too if I followed directions which resulted in a poor education, lots of debt and no job. I'd be livid when I also realized that the federal government had decided to bail out the politically connected but leave me to suffer under the full burden of my debt.

To all this, however, the Occupy Wall Street crowd suggests the wrong solution - one that will exasperate the problem. Increasing the power of government will only distort our economy further. Giving more power to politicians will only force lobbyists to work harder to influence legislators to exempt their clients from the punishing burden. The real solution is to limit and decrease the power the government has to interfere in our private lives, to pick winners and losers, and to punish some while exempting others.

Cleaning up the mess that is Washington is a cause we all can champion, so OCVers and Tea Partiers share a legitimate complaint. But details and truth matter. Giving more power to those who caused the problems is ludicrous. Tea Partiers are on the right side of this issue. The OCVers are just being used.

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.

BUSINESS TODAY

The latest on Business News, Trends and Techniques

MANAGEMENT PRACTICES: WORKPLACE BULLIES

By La Quetta M. Shamblee, MBA

There seems to be news report most every week about a child being bullied at school somewhere. Fortunately, this top has gained more attention and school administrators across the country are finally starting to revisit their responsibility to make sure that bullies aren't allowed to run rampant to intimidate and terrorize their peers. The growing sentiment is there should be a zero tolerance for this type of behavior in American schools. Unfortunately, similar behavior by adults in the workplace goes unchecked. Most often it is a boss, someone in a position of power or authority who feels empowered to act out in ways that would cause a child with the same behavior to be reprimanded.

During my undergraduate studies in business during the late 70's, I was introduced to the "Theory X" and "Theory Y" approaches created by Douglas McGregor at the MIT Sloan School of Management in the 1960's. They describe contrasting models of motivation for employees. Theory X assumes that employees are inherently lazy and will avoid work if they can, so managers closely supervise and control when and how employees complete their work. They routinely use threats and coercion to get employees to comply, which creates a work environment that is punitive, hostile and emotionally toxic. In contrast, Theory Y managers believe that employees will learn to seek out and accept responsibility and exercise self-control and self-direction in the successful completion of their work. They are more likely than Theory X managers to develop the climate of trust with employees needed for optimum human resource development.

Adult bullying in the workplace by persons in supervision or management clearly fall into the Theory X column and I have personal knowledge of examples too

numerous to contain in this article. In recent weeks, one of my colleagues shared that one of the top executives at their company has a reputation for screaming at employees in meetings. I asked, "How do the employees deal with this?" Apparently, they do what the overwhelming majority of employees do - like passive sheep they simply tolerate it. Surprisingly, the level of professional status, education or compensation doesn't change this type of collective, passive dynamic of employees working under Theory X conditions.

Another example involves an employer who terminated a newly-promoted manager because she was persistent in asking for the raise of less than \$2 an hour that she had been promised, yet hadn't received after several months in her new position. Of course, this sent a very clear message to everyone else that it's probably best to simply "march to the beat of management" even when it's unjust. Doing otherwise could mean losing your job.

These examples don't begin to scratch the surface of how routine, widespread and pervasive bad behavior is among "leaders" in the workplace. It seems to be getting even worse during the current economic downturn with layoffs and downsizings since so many are fearful of losing their jobs. Adults of working age spend the overwhelming majority of their waking hours at their place of employment, and too many workplaces have fallen victim to management and leadership practices that are routinely inconsiderate, disrespectful and demoralizing to staff. In the same manner that the issue of school bullies is finally being addressed, it's time to start the conversation about what can be done to hold employers accountable for many parallel behaviors in the workplace.

We'd like to hear from you!

What's on YOUR Mind?



Contact us at: editor@mtnewsnews.com or
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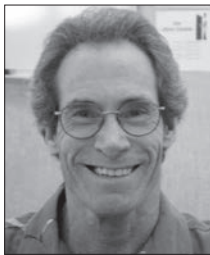
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Mountain Views News Mission Statement

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

HAIL Hamilton My Turn



Wanting America to be a Christian nation doesn't make it so!

What annoys the hell out of me is when I hear the phrase America is a "Christian nation." And I am not just referencing this to America since I am equally miffed by statements about any nation being a one-religion nation--or be it a Muslim, Jewish, Hindu, or Buddhist nation.

Religious zealots love to trot out the 'Christian Nation' line. They use the expression to try and prop up support for their lame ideas, and they try to imply that being a supposedly Christian nation gives them justification for imposing chaplains upon school kids, funding catholic youth day etc. To me it is a meaningless concept and not only meaningless but also demonstrably untrue. So I would like to give an analogy to show why I think it is a silly idea:

Suppose I have a box of fruit. Most of the contents is apples, but there are a reasonable number of oranges, and some pears etc. It would clearly be incorrect to describe this as a box of apples. I could describe it as a box which consists predominantly of apples. Or even more accurately as a box consisting of a mixture of apples, oranges and pears. But under no circumstances would it be correct to simply refer to it as a box of apples.

So why do Christians think it is acceptable to label a country consisting of many different religions, and of course atheists, as a Christian nation? To label America as a Christian nation when most probably 40% or more are not Christian is inappropriate.

Christians may defend such a statement by saying it refers to a country founded on Christian values (conveniently putting aside such notions as stoning to death for cursing your parents). Admittedly America does have a significant Christian background. Historically Christianity has been the dominant religion, and in times gone by the church had far more power than it has today.

OUT TO PASTOR A Weekly Religion Column



Cultivating the fine art of casual loafing

Storm clouds were brewing like fresh morning coffee in the normally placid parsonage this past week. I will not say that things got out of hand, which is not to say they did not. I just will not say.

I sensed a growing controversy between my wife and myself. Its genesis came about because of some silly mix-up, I assure you. Usually, mix-ups come about because of some misunderstanding and boy, do I sure miss my understanding. I have misplaced mine for so long I honestly cannot remember when I had it last.

If my memory serves me, and it has not to date, the last time I had a glimpse of my understanding, I was standing at some altar repeating the words, "I do." After that, life has been a glorious blur.

The faux pas between us simply was a matter of attitude. My better half took the high road and I, per usual, took the low road. The reason I take the low road is simply that when I fall, and falling for me is inevitable, I do not have far to plummet.

Regrettably, this past week we experienced a clash of attitudes.

I can sum up my attitude in life quite nicely: Never do today what can be put off until tomorrow. Who knows? I may forget the whole thing by then, something I am renowned for around the parsonage, if you know what I mean.

On the other hand, my life's companion firmly believes in doing things ahead of time. For instance, by the end of August all her Christmas shopping is finished, wrapped and stored in the garage waiting for the Christmas tree.

She has a wonderful knack for planning. What I want to know is how does she know if I am going to be naughty or nice?

Usually, I give in to my better half. After all, that is what a great marriage is all about; give and take. As a dutiful husband, I take everything she gives me.

This time, however, an important principle was at stake. Some things in life are worth fighting for and this represented one of those times.

For years, I have suffered from a condition known as Afternoon Siesta Syndrome. Each afternoon I stretch out for an hour of rest. In that hour, I meditate on some of the more important issues of life.

I cannot tell you how many significant problems I have resolved during my daily afternoon forty winks. I say I can't tell you not because I don't want to, but when aroused from my snooze I can't remember the solution.

All I know is that somewhere in the recesses of my mind are wonderful resolutions to some of the most intricate problems facing our world today. In this regard, I do not know how often my wife has said to me, "You need to see a psychiatrist."

Had another religion dominated then America would most likely have a somewhat different culture, for example, sharia law may be present in this country if Islam was the dominant religion historically. So it would be silly to deny a Christian influence, but such an influence has waned and is no longer relevant in our modern society.

With only 23% going to church regularly we can see that the influence of Christianity is becoming a thing of the past, except in the eyes of the devout Christians and some American politicians pandering to the Christian Right.

Let me make another analogy to illustrate another of my objections to the "Christian nation" concept.

America is a white dominated country, but obviously there are many people of different races living here. Most people would regard it as racially offensive to label Australia as a "white nation".

So if it is offensive to label Americans as a "white nation" because it ignores the significant presence of various other races then why is it regarded as acceptable to label America as a "Christian nation" and offend atheists and other religious groups? And it makes no more sense to call Americans a Christian nation than it would to call us a "heterosexual nation" just because there are fewer homosexuals.

A country is a collection of individuals, and while a country may have characteristics (such as 'sport loving') trying to lump us all into a single category is crazy. Even saying America is a country which is predominantly Christian (according to the last census) would be to miss the point that religion is NOT a dominant force in the lives of the majority of Americans.

So to any Christians out there I say: wanting America to be a Christian nation doesn't make it so. So stop labeling all Americans as part of your deluded belief system and accept that you no longer have things your own way.

STUART Tolchin.....On LIFE



SURVIVAL OF THE FITTEST

One term that seems to be constantly misunderstood is the evolutionary concept of "survival of the fittest". Although the term conjures up a vision of animals fighting with tooth and claw with only the winner going on to produce more babies, this is not the process being described. What the term means is that those individuals who will live to produce more offspring are those whose traits are best adapted to the specific environment in which they live. For example, individuals like me, who are very efficient at storing part of their food intake as fat, are highly suited to survive in geographical areas where there are frequent droughts or food shortages. Unfortunately this same trait works against survival when an individual inhabits an area in which there is continual abundance.

Granted this is a very simplified explanation, but I think you get the idea. Contained within our genetic pre-determinations are specific metabolic behaviors that determine the way we function in our own specific ecological niche. I furthermore believe that these similarly exists within human beings a specific genetic sensitivity to fairness and honesty. Simply put, when we perceive that we are surrounded by lies and dishonesty we do not function well, as we are not genetically adapted to accept that kind of circumstance. Through this prism, let us examine the present dissatisfaction with the overall state of the economy.

In my years on the planet there has been tremendous technological advancement. The advent of heating and air conditioning and improved sanitation and medical practices has immeasurably improved all of our lives. When I grew up in Chicago, we regularly sweltered and froze in the different seasons and everybody walked to School. Even after we moved to California, every summer we were frightened to go to public pools because of the deadly polio epidemic. Has everybody forgotten? Life was really hard! Being a kid was really different. No kid had his own television or computer. There were no fast-food places around where you could buy Big Macs and fries. Get this - the whole family had to eat together, watch television together; there was only one phone in the family house. What house? In Chicago, everyone lived in apartments with neighbors walking around like steers on our ceilings and banging with brooms on our floors telling us to be quiet. Add to this the fact that we thought bombs were going to fall on us at any minute and our moms and often our grandmothers were always home scrutinizing

us - watching to make sure we weren't having any fun. Besides that there were no drugs available and the only birth control available was really hit or miss. For me this wasn't much of a problem because, when I grew up, girls had this burden of virtue that they had to carry and finding someone to sleep with in High School was next to impossible. (Alright, at least it was for me.) Alright, given all this -guess what? We weren't unhappy. As I recall, everyone had hopes and dreams and worked hard and did pretty well. We didn't get unhappy until the Viet Nam War when we were being drafted into what seemed a senseless conflict, and that's my point.

I think there exists within human beings a specific fairness gene. No matter the external situation, human beings are constructed to function happily and well as long as they believe that they are being treated fairly and honestly. We need to believe that we are being told the truth and that the differences between rich and poor are within reasonable limits separated by a strong middle class. The solution to the problem is simple. Create a fair and equitable system. No one can reasonably argue that what we have now is a free market economy that works to the benefit of the society. It is the emphasis of the whole system that needs changing and the changes must be in accord with our basic need for fairness rather than in accord with some misguided sense that Man adapts to a winner-take all world.

How can this change take place? Perhaps you are familiar with the Malcolm Gladwell book, The Tipping Point. The way change often takes place is described by Gladwell as being gradual until it reaches a certain threshold and then boom; a threshold is reached and everything is different. We have already witnessed great changes in the last few years. We have a Black President. The Republican front-runner for the Presidential nomination is Black. A likely candidate for the Office of the Mayor of New York is gay. A look at the front page of today's Los Angeles Times displays the following headlines:

DOCTOR GROUP WANTS POT LEGAL

HOW TO TEACH GAY ISSUES IN 1st GRADE

SHERIFF ADMITS HE WAS OUT OF TOUCH

VENTING FRUSTRATION AROUND THE GLOBE

Yes, a short time ago all of these headlines were unthinkable. Prepare yourself; Soon we may see the following completely unforeseen headline:

SANITY PREVAILS and WORLD IS SAVED

RICH Johnson



Pinky and the Brain

No, I'm not referring to the wonderful cartoon series that aired on the WB Television Network from 1995 to 1998. In that marvelous bit of animation, Pinky, the dimwitted mouse, would start each episode asking the same question to the Brain, his brilliant co-star: "Gee Brain, what do you want to do tonight?"

To which The Brain (obviously the smarter of the two) would respond, "The same thing we do every night, Pinky - try to take over the world."

The Pinky and the Brain I am referring to is myself (as Pinky) and my new friend Chuck (as the brain). Actually I have befriended two Chucks, who are equally brilliant in their own rights. The former Chuck S., using his left brain, is a graduate of one vocational school (MIT) and professor of another vocational school (CalTech). The latter Chuck B., using the right side of his brain, is a veteran of the film and TV industry, having produced and/or directed films and television programs over the last 30+ years. I, on the other hand, use the third half of my brain.

Anyway, back to Chuck S. (the Cal Tech professor). I (aka Pinky) have been fortunate enough to teach Chuck (aka the Brain) how to play that card game that utilizes the little pegs called cribbage. Considering our two skill sets, his - the analytical mind, and mine - the never mind, I feel somewhat like Obi-Won-Kenobi teaching the force to young Anakin Skywalker (aka Darth Vader). At some point in the near future the young cribbage padawan will transform into an unstoppable killing machine...at cribbage that is. I'll get back to you with his progress. If I go missing you'll know why: He's sold out to the dark side.

I simply can't leave you without some funny stuff. So here is something another cribbage buddy of mine just sent. It's about a little boy named Larry.

A new teacher was trying to make use of her psychology courses. She started her class by saying, 'Everyone who thinks they're stupid, stand up!' After a few seconds, Little Larry stood up. The teacher said, 'Do you think you're stupid, Larry?' 'No, ma'am, but I hate to see you standing there all by yourself!'

Larry watched, fascinated, as his mother smoothed cold cream on her face. 'Why do you do that, mommy?' he asked. 'To make myself beautiful,' said his mother, who then began removing the cream with a tissue. 'What's the matter, asked Larry 'Giving up?'

And let me play the Frog Prince. Go see it if you can and bring small children. Saturday mornings, 11:00 am at the Sierra Madre Playhouse. Call 355-4318 for details. The Frog Prince plays through November 12th.



FICTITIOUS BUSINESS NAME STATEMENT

File No. 11-106584
The following person(s) is (are) doing business as: CELL TOWN #627 E. FIRESTON BLVD, DOWNEY, CA 90241. Full name of registrant(s) is (are) CHANG JIN LEE, 8950 DIAMOND CT., CYPRESS, CA 90630. This Business is conducted by: AN INDIVIDUAL. Signed: CHANG JIN LEE. This statement was filed with the County Clerk of Los Angeles County on 09/27/11. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 09/27/2011. 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: Oct 01, 08, 15, 22, 2011

FICTITIOUS BUSINESS NAME STATEMENT

File No. 11-107320
The following person(s) is (are) doing business as: DIAH MISMEH ENT., 611 W. POMONA BLVD, #D, MONTEREY PARK, CA 91754. Full name of registrant(s) is (are) JARETT JONES, 611 W. POMONA BLVD #D, MONTEREY PARK, CA 91754. This Business is conducted by: AN INDIVIDUAL. Signed: JARETT JONES. This statement was filed with the County Clerk of Los Angeles County on 09/28/11. 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: Oct 01, 08, 15, 22, 2011

FICTITIOUS BUSINESS NAME STATEMENT

File No. 11-105087
The following person(s) is (are) doing business as: EUROPEAN VEHICLE GRUPPE, 360 OBISPO AVE. #2, LONG BEACH, CA 90814. Full name of registrant(s) is (are) EDGAR E. VALVERSE GUERRERO, 360 OBISPO AVE., #2, LONG BEACH, CA 90814. This Business is conducted by: AN INDIVIDUAL. Signed: EDGAR E. VALVERDE GUERRERO. This statement was filed with the County Clerk of Los Angeles County on 09/25/11. 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: Oct 01, 08, 15, 22, 2011

FICTITIOUS BUSINESS NAME STATEMENT

File No. 11-104977
The following person(s) is (are) doing business as: HOLLYWOOD PRODUCTION SOUND, 1275 W. SUNSET BLVD, #34 E. FOURTH ST, UNIT G, LONG BEACH, CA 90802. Full name of registrant(s) is (are) FRIED LAWRENCE, 1275 W. SUNSET BLVD, L.A. CA 90026. This Business is conducted by: AN INDIVIDUAL. Signed: FRIED LAWRENCE. This statement was filed with the County Clerk of Los Angeles County on 09/23/11. 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: Oct 01, 08, 15, 22, 2011

FICTITIOUS BUSINESS NAME STATEMENT

File No. 11-105091
The following person(s) is (are) doing business as: JMS REAL ESTATE, JMS RED, JMS REAL ESTATE DEVELOPMENT, 834 E. FOURTH ST, UNIT G, LONG BEACH, CA 90802. Full name of registrant(s) is (are) JMS RE CA LLC, 834 E. FOURTH ST, UNIT G, LONG BEACH, CA 90802. This Business is conducted by: A LIMITED LIABILITY COMPANY. Signed: MATTHEW FIRTH. This statement was filed with the County Clerk of Los Angeles County on 09/23/11. 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: Oct 01, 08, 15, 22, 2011

FICTITIOUS BUSINESS NAME STATEMENT

File No. 11-106854
The following person(s) is (are) doing business as: JUNIOR'S 99 CENTS DISCOUNT STORE, 5960 FLORENCE AVE. STE B, BELL GARDENS, CA 90201. Full name of registrant(s) is (are) YESENIA FUENTES, INES SANCHEZ, 5130 LIVE OAK ST, CUDAHY, CA 90201. This Business is conducted by: A GENERAL PARTNERSHIP. Signed: INES SANCHEZ. This statement was filed with the County Clerk of Los Angeles County on 09/28/11. 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: Oct 01, 08, 15, 22, 2011

FICTITIOUS BUSINESS NAME STATEMENT

File No. 11-106942
The following person(s) is (are) doing business as: KOOLSOCKS, 4035 COUNTRY CLUB DR., LONG BEACH, CA 90801. Full name of registrant(s) is (are) JAMES CHOW, 4035 COUNTRY CLUB DR., LONG BEACH, CA 90807. This Business is conducted by: AN INDIVIDUAL. Signed: JAMES CHOW. This statement was filed with the County Clerk of Los Angeles County on 09/28/11. 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: Oct 01, 08, 15, 22, 2011

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: Oct 01, 08, 15, 22, 2011

FICTITIOUS BUSINESS NAME STATEMENT

File No. 11-106158
The following person(s) is (are) doing business as: M and S HANDBAG, 120 E. 11th ST., L.A., CA 90015. Full name of registrant(s) is (are) JAMEELA, INC., 12436 BENEDICT AVE., DOWNEY, CA 90242. This Business is conducted by: A CORPORATION. Signed: ZAKIR HOSSAIN. This statement was filed with the County Clerk of Los Angeles County on 09/27/11. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 12/21/2009. 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: Oct 01, 08, 15, 22, 2011

FICTITIOUS BUSINESS NAME STATEMENT

File No. 11-100844
The following person(s) is (are) doing business as: P.V. NAILS SALON, 28629 S. WESTERN AVE., RANCHO PALOS VERDES, CA 90275. Full name of registrant(s) is (are) KIM TUYET THI NGUYEN, 1857 FELTIS PKWY, FORT MILL, SC, 29715. This Business is conducted by: AN INDIVIDUAL. Signed: KIM TUYET NGUYEN. This statement was filed with the County Clerk of Los Angeles County on 09/16/11. 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: Oct 01, 08, 15, 22, 2011

FICTITIOUS BUSINESS NAME STATEMENT

File No. 11-105665
The following person(s) is (are) doing business as: PARI CHICKY, 955 E. CARVEY AVE., EL MONTE, CA 91733. Full name of registrant(s) is (are) FRACHEUR FRANCE, INC., 12321 SUNGROVE AVE., GARDEN GROVE, CA 92840. This Business is conducted by: A CORPORATION. Signed: CASSIME M. MOUGAMADOU. This statement was filed with the County Clerk of Los Angeles County on 09/26/11. 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: Oct 01, 08, 15, 22, 2011

FICTITIOUS BUSINESS NAME STATEMENT

File No. 11-106553
The following person(s) is (are) doing business as: PEPPE'S CARBONICS, 4819 BRESLEE AVE., BALDWIN PARK, CA 91706. Full name of registrant(s) is (are) JOSE LUIS FERNANDEZ, 4819 BRPSEY AVE., BALDWIN PARK, CA 91706. This Business is conducted by: AN INDIVIDUAL. Signed: JOSE LUIS FERNANDEZ. This statement was filed with the County Clerk of Los Angeles County on 09/27/11. 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: Oct 01, 08, 15, 22, 2011

FICTITIOUS BUSINESS NAME STATEMENT

File No. 11-105976
The following person(s) is (are) doing business as: PHORECYTE RECORDS, 722 E. CARSON ST. #6, LONG BEACH, CA 90807. Full name of registrant(s) is (are) DRANTHONY HICKS, 722 E. CARSON ST. #6, LONG BEACH, CA 90807. This Business is conducted by: CO-PARTNERS. Signed: TRACY HICKS. This statement was filed with the County Clerk of Los Angeles County on 09/26/11. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 10/26/2009. 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: Oct 01, 08, 15, 22, 2011

FICTITIOUS BUSINESS NAME STATEMENT

File No. 11-108245
The following person(s) is (are) doing business as: PROSPECT CLOTHING COMPANY, 886 S. GOLDEN PRADOS DR., DIAMOND BAR, CA 91765. Full name of registrant(s) is (are) ANTHONY PASCUA, 686 S. GOLDEN PRADOS DR., DIAMOND BAR, CA 91765, CHRISTOPHER JOHN BINNEY, 760 GOLDEN PRADOS DR., DIAMOND BAR, CA 91765. This Business is conducted by: A GENERAL PARTNERSHIP. Signed: ANTHONY PASCUA. This statement was filed with the County Clerk of Los Angeles County on 09/29/11. 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: Oct 01, 08, 15, 22, 2011

FICTITIOUS BUSINESS NAME STATEMENT

File No. 11-107952
The following person(s) is (are) doing business as: PURE ELEGANCE UNIVERSAL WEAVES AND BRAIDERY, 7706 S. VERMONT AVE., L.A., CA 90044. Full name of registrant(s) is (are) VALERIE CASTILLE, 7706 S. VERMONT AVE.,

L.A., CA 90044. This Business is conducted by: AN INDIVIDUAL. Signed: VALERIE CASTILLE. This statement was filed with the County Clerk of Los Angeles County on 09/29/11. 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: Oct 01, 08, 15, 22, 2011

FICTITIOUS BUSINESS NAME STATEMENT

File No. 11-107754
The following person(s) is (are) doing business as: SANDY'S FITNESS & PILATES, 1164 169th ST., ARTESIA, CA 90701. Full name of registrant(s) is (are) SANDRA DE LA TRINIDAD. This Business is conducted by: AN INDIVIDUAL. Signed: SANDRA DE LA TRINIDAD. This statement was filed with the County Clerk of Los Angeles County on 09/29/11. 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: Oct 01, 08, 15, 22, 2011

FICTITIOUS BUSINESS NAME STATEMENT

File No. 11-106005
The following person(s) is (are) doing business as: SUNNYS HAIR AND NAILS, 15851 E. IMPERIAL HWY., LA MIRADA, CA 90638. Full name of registrant(s) is (are) MINH DUNG THI THAI, 14652 DONEGAL DR., GARDEN GROVE, CA 92844. This Business is conducted by: AN INDIVIDUAL. Signed: MINH DUNG THI THAI. This statement was filed with the County Clerk of Los Angeles County on 09/26/11. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 09/10/2011. 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: Oct 01, 08, 15, 22, 2011

FICTITIOUS BUSINESS NAME STATEMENT

File No. 11-106487
The following person(s) is (are) doing business as: TIM JOHNSON POOL, SEPT 1338 BENDER AVE., COVINA, CA 91724. Full name of registrant(s) is (are) TIM JOHNSON, 1338 BENDER AVE., COVINA, CA 91724. This Business is conducted by: AN INDIVIDUAL. Signed: TIM JOHNSON. This statement was filed with the County Clerk of Los Angeles County on 09/27/11. 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: Oct 01, 08, 15, 22, 2011

FICTITIOUS BUSINESS NAME STATEMENT

File No. 11-107895
The following person(s) is (are) doing business as: TONGUE CLOTHES, 10825 S. CENTRAL AVE., L.A., CA 90053. Full name of registrant(s) is (are) EDWIN CORDERO, 5451 11th AVE., L.A., CA 90043. This Business is conducted by: AN INDIVIDUAL. Signed: EDWIN CORDERO. This statement was filed with the County Clerk of Los Angeles County on 09/29/11. 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: Oct 01, 08, 15, 22, 2011

FICTITIOUS BUSINESS NAME STATEMENT

File No. 2011-110929
The following person(s) is (are) doing business as: SUDZ MOBILE AUTO SPA 1384 N. CHESTER AVE., PASADENA, CA. 91104. Full name of registrant(s) is (are) RICHARD AMBROZE, 1384 N. CHESTER AVE., PASADENA, CA. 91104. This Business is conducted by: A GENERAL PARTNERSHIP. Signed: RICHARD AMBROZE. This statement was filed with the County Clerk of Los Angeles County on 10/05/2011. 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: Oct 08, 15, 22, and 29, 2011

FICTITIOUS BUSINESS NAME STATEMENT

File No. 2011-110930
The following person(s) is (are) doing business as: TONGUE CLOTHES, 10825 S. CENTRAL AVE., PALOMA STREET, PASADENA, CA. 91104. Full name of registrant(s) is (are) SUSAN NIX, 1429 PALOMA STREET, PASADENA, CA. 91104. This Business is conducted by: AN INDIVIDUAL. Signed: SUSAN NIX. This statement was filed with the County Clerk of Los Angeles County on 10/05/11. 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: Oct 08, 15, 22, and 29, 2011

ORDINANCE NO. 1321

AN ORDINANCE OF THE CITY OF SIERRA MADRE, CALIFORNIA AMENDING CHAPTERS 10.32 AND 10.36 OF THE SIERRA MADRE MUNICIPAL CODE REGARDING MAXIMUM WEIGHT LIMITS ON CERTAIN BRIDGES IN SIERRA MADRE

WHEREAS, the City owns several roadway bridges spanning the Sierra Madre Wash;

WHEREAS, the bridges are inspected annually by the Los Angeles County Department of Public Works;

WHEREAS, the City has received notice from Los Angeles County Department of Public Works that certain bridges do not meet engineering criteria enabling them to bear standard maximum vehicle weights;

WHEREAS, in order to enable local enforcement of maximum vehicle weight restrictions on bridges, California Vehicle Code Sections 35750-35755 provide a means for the City to set maximum vehicle weights;

WHEREAS, under California Vehicle Code Section 17302 the City may recover costs associated with bridge repairs from vehicle owners and/or operators if a bridge is damaged by operating an over-weight vehicle on it;

WHEREAS, a full and fair public hearing was held on September 27, 2011, at which all interested persons were permitted to present oral and written testimony with respect to the proposed weight limits;

WHEREAS, the City Council of the City of Sierra Madre has the authority to prohibit the operation of vehicles or impose limitations as to the weight thereof on designated roadways or roadway structures under their jurisdiction.

THE CITY COUNCIL OF THE CITY OF SIERRA MADRE, CALIFORNIA DOES HEREBY ORDAIN AND RESOLVE AS FOLLOWS:
Section 1. Section 10.32.090 is hereby added to read as follows:

"10.32.090 Weight Restrictions on Bridges
No person shall operate a vehicle exceeding the stated weight limits (including any load) on the following bridges:

County Bridge No.	State Bridge No.	Location (Crossing Sierra Madre Wash)	Weight Limit
2704	53C1033	Camillo Street	(Tons) 21
2705	53C1034	Woodland Drive (Adjacent to City Parking Lot)	22
2707	53C1036	Acacia Street	23
2708	53C1037	Las Rocas Drive	23
2709	53C1038	Sycamore Place	23

Section 2. Section 10.36.030 is hereby added to read as follows:

No person shall operate a vehicle exceeding the stated weight limits (including any load) on the following bridges:

County Bridge No.	State Bridge No.	Location (Crossing Sierra Madre Wash)	Weight Limit
2704	53C1033	Camillo Street	(Tons) 21
2705	53C1034	Woodland Drive (Adjacent to City Parking Lot)	22
2707	53C1036	Acacia Street	23
2708	53C1037	Las Rocas Drive	23
2709	53C1038	Sycamore Place	23

Section 3. If any section, subsection, subdivision, paragraph, sentence, clause, or phrase of this Ordinance is for any reason held to be invalid or unenforceable, such invalidity or unenforceability shall not affect the validity or enforceability of the remaining sections, subsections, subdivisions, paragraphs, sentences, clauses or phrases of this Ordinance. The City Council of the City of Sierra Madre hereby declares that it would have adopted each section, subsection, subdivision, paragraph, sentence, clause, or phrase hereof, irrespective of the fact that any one or more other sections, subsections, subdivisions, paragraphs, sentences, clauses, or phrases hereof be declared invalid or unenforceable. To the extent the provisions of the Sierra Madre Municipal Code as amended by this Ordinance are substantially the same as the provisions of that Code as they read immediately prior to the adoption of this Ordinance, then those provisions shall be construed as continuations of the earlier provisions and not as new enactments.

Section 4. This Ordinance shall take effect thirty days after its passage and adoption pursuant to California Government Code Section 36937.

Section 5. The City Clerk shall certify to the passage and adoption of this Ordinance and shall cause the same to be published according to law.

PASSED, APPROVED AND ADOPTED this 11th day of October, 2011.

AYES: Buchanan, Moran, MacGillivray, Mosca, Walsh NOES: None

PART-TIME PARISH ADMINISTRATOR WANTED POSITION AVAILABLE NOW

Job Summary: The Parish Administrator has responsibility for all office functions, records retention, publications, telephones, coordinating and managing office volunteers, and all bookkeeping and financial reporting tasks.

Compensation: The position is part-time (20 – 25) hours per week(Monday-Friday) with an opportunity for health and pension benefits. The compensation range is \$14.50 to \$17.00 per hour depending on experience and salary history. Vacation, sick pay, and holiday pay are also included.

Requirements: People, computer, and organizational skills are a must; and familiarity with church operations is a plus. Knowledge of basic bookkeeping procedures is required. A minimum of two years office experience is required. The Parish Administrator must not be a member of the congregation.

For more information and application materials, please contact the Parish Office at (626) 355-1133 or email or mail resume to:

Episcopal Church of the Ascension
Parish Administrator Position
25 E. Laurel Avenue
Sierra Madre, CA 91024
mab@ascension-sierramadre.com

Parish Administrator

Under the direction of the Rector, or the Rector's designee, the Parish Administrator performs a variety of clerical and bookkeeping work of average difficulty involving the following standardized procedures; has general contact with a variety of staff members, parish members, and volunteers; and performs related work as required.

Duties

The Parish Administrator performs a wide variety of work related to assigned functions: Generates memos, reports, correspondence, and other brief items

Answers questions and gives out information in regards to procedures, general policies, and church activities;

Assists the Rector in organizing functions and church activities;

Maintains the church master calendar;

Distributes, opens and answers mail/email as needed;

Maintains parish records and files;

Verifies and checks information

Produces the weekly church bulletin and monthly newsletter;

Maintains the parish website; answers the phone, takes messages, and transmits information to others as needed

Operates standard office machines and maintains and orders office supplies

Keeps fiscal records;

Prepares account payables checks and records deposits;

Prepares monthly, quarterly, and year-end financial reports in conjunction with the Parish Treasurer

Types a minimum of 45 words per minute

Is proficient in operating Microsoft Office Suite and other church related software products

Possesses knowledge of modern office, bookkeeping, and secretarial practices

Files and indexes accurately

Performs a variety of clerical work accurately

Is able to spell correctly and use standard English grammar and punctuation;

Answers the telephone intelligibly and gives information either over the telephone or in person in such a way as to be understood

Is able to learn, apply and explain regulations, policies, and general rules

Must be able to establish and maintain effective working relationships with other staff members, church leaders, parishioners, and the general public

Is able to follow written and oral directions. maintains a neat and tidy desk and inviting office atmosphere

Dresses neatly and professionally

Additional Characteristics

Instructions or guidelines are fairly specific; however, when the employee has learned the process, supervision may be more general and infrequent. The Parish Administrator works within a well-defined framework of procedures but is expected to use good judgment in planning work to meet deadlines and in determining what information he/she may give out and what decisions can be made without checking with the supervisor. The administrator meets and deals with volunteers, church members, and other employees in situations which require tact, discretion, and courtesy. The employee must be able to keep information confidential.



Los Angeles County Mayor Michael D. Antonovich, today dedicated a new 9.2 Mega Watt Clean Energy Facility at the Santa Clarita Valley's Chiquita Canyon Landfill, converting methane gas from the landfill into energy.

“This successful public/private partnership generates electricity from the methane gas being produced from the natural process of decomposition and uses two M50 turbines to transfer clean energy to the cities of Burbank and Pasadena through a 20-year power purchase agreement,” said Antonovich.

Looking Up

with Bob Eklund

Wet & Mild: Caltech Researchers Take Mars Past Temperature



Researchers at Caltech have directly determined the surface temperature of early Mars for the first time, providing evidence of a warmer and wetter Martian past.

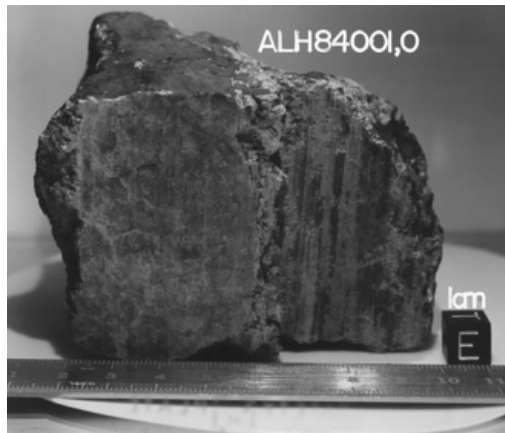
By analyzing carbonate minerals in a four-billion-year-old meteorite that originated near the surface of Mars, the scientists determined that the minerals formed at about 18 degrees Celsius (64 degrees Fahrenheit). “The thing that’s really cool is that 18 degrees is not particularly cold nor particularly hot,” says Woody Fischer, assistant professor of geobiology and coauthor of a paper published online in the Proceedings of the National Academy of Sciences (PNAS) on October 3. “It’s kind of a remarkable result.”

The finding in the Martian meteorite is just one data point—but it’s the first and only one to date. “It’s proof that early in the history of Mars, at least one place on the planet was capable of keeping an Earthlike climate for at least a few hours to a few days,” says John Eiler, the Robert P. Sharp Professor of Geology and professor of geochemistry, and a coauthor of the paper.

To make their measurement, the researchers analyzed one of the oldest known rocks in the world: ALH84001, a Martian meteorite discovered in 1984 in the Allan Hills of Antarctica. The meteorite likely started out tens of meters below the Martian surface and was blown off when another meteorite struck the area, blasting the piece of Mars toward Earth. The potato-shaped rock made headlines in 1996 when scientists discovered tiny globules in it that looked like fossilized bacteria. But the claim that it was extraterrestrial life didn’t hold up upon closer scrutiny. The origin of the globules, which contain carbonate minerals, remained a mystery.

“It’s been devilishly difficult to work out the process that generated the carbonate minerals in the first place,” Eiler says. There have been countless hypotheses, he adds, and they all depend on the temperature in which the carbonates formed.

Finding the temperature through independent means would therefore help narrow down just how the carbonate might have been formed.



The researchers turned to clumped-isotope thermometry, a technique developed by Eiler and his colleagues.

In this case, the team measured concentrations of the rare isotopes oxygen-18 and carbon-13 contained in the carbonate samples. Carbonate is made out of carbon and oxygen, and as it forms, the two rare isotopes may bond to each other—

clumping together, as Eiler calls it. The lower the temperature, the more the isotopes tend to clump. As a result, determining the amount of clumping allows for a direct measurement of temperature.

The temperature the researchers measured, 18 ± 4 degrees Celsius, rules out many carbonate-formation hypotheses. “A lot of ideas that were out there are gone,” Eiler says. For one, the mild temperature means that the carbonate must have formed in liquid water. “You can’t grow carbonate minerals at 18 degrees other than from an aqueous solution,” he explains.

Could this wet and warm environment have been a habitat for life? Most likely not, the researchers say. These conditions wouldn’t have existed long enough for life to grow or evolve—it would have taken only hours or days for the water to dry up. Still, these results are proof that an Earthlike environment once existed in one particular spot on Mars, at least for a short time.

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.

Is it important to include my computer skills on my resume? I am a computer professional and feel that employers should know that I am expert in my field? What other skills should I list on my resume? Kenny

Dear Kenny:

Yes, it is very important for you to list your computer skills on your resume. Employers do not have the time to contact you and find out if you have specific skills. Employers use keywords and criteria when searching for candidates in resume databases. 99.9% of employers will use applicant screening software to identify candidates. Having the correct skill set keywords included in your resume is mandatory in order for an employer to find you. If you do not include skill sets on your resume, an employer might assume that you do not feel that the skills are important enough to performing the position or worse yet not important to you at all. Not including skill sets on your resume or application could result in you being screened out of consideration for a position. I know candidates who were not hired because they did not include Microsoft Word and Excel on their resume. The employer just assumed they were just not computer savvy. As a high tech or computer professional you should definitely include your technical and professional skills. These include skills performed in a job, task, or class, acquired by reading, training, or education. Create a Computer Skills section with sub-headings on your resume. I suggest that you place this section at the beginning of your resume and include any operating systems, hardware, software and programming skills that you have experience using over the past 5 years. It would be to your advantage to list all your computer skills rather than lose a job opportunity, because you were too selective. Do not just list “Microsoft Office”, list each individual software program (i.e., Microsoft Word, Excel, Power Point, etc.). Add any proprietary software programs that you learned at a former company. Listing proprietary software programs will reveal to the employer that you can adapt to any computer system. Include any foreign languages that you may speak or write in a Language Skills section. I know job seekers who were interviewed and hired based solely on their foreign language skills. Technical Skills and Equipment Skills are great sections to add to your resume as long as they are relevant to the position you are seeking. Any special projects that you have participated in or managed can be included in an Occupational Skills section. The Work Experience and Education Section of your resume should support your skills sections. These two sections should explain how you acquired the knowledge, where you used the skills and your accomplishments.



UNCONDITIONAL CARE FOR CATS & CANINES

Nothing touches my heart in a more positive way than the random kindness of those who are willing to nurture the needs of homeless pets, particularly when it involves elderly or ill animals that require special attention. Providing constant & consistent convalescent care to those cats and canines who may be considered “less-desirable” or “less-adoptable” is an admirable act of compassion and a true labor of love. I must admit that at times I can get a bit down on humans who apparently do not care much about the health and welfare of animals, (as any reader who follows my column well knows), but fortunately (for both the reader and myself) this week’s “Happy Tail” is on the up!

The happy side of this animal tale can be attributed to a fabulous network of heroic helpful human beings whom I happened to come in contact with this past week. They are people who dedicate their time, energy and resources to making the lives of numerous needy, four-legged furry friends comfortable and worth living for the entire duration of their existence. I am talking about a remarkable group of down-to-earth, hard-working animal-loving individuals who joined together as a team with the common interest of helping homeless animals live a fulfilling life and helping them find permanent homes. Founded in 1992, “C.A.R.E.” is a non-profit animal welfare organization that maintains a cage-free, no-kill sanctuary for orphaned animals regardless of health status, age or adoptability. They are well known for their willingness to rescue at-risk special needs pets who may otherwise be abandoned or euthanized.

C.A.R.E. is actually an acronym for “Cat and Canine Referral and Education”, which is the full title of this awesome organization. The name tells it all with regard to their mission, and they truly do live up to their name. Although there are numerous other animal shelter facilities throughout Southern California, most are funded by state or local government agencies and are managed and manned by employees who may or may not have the kind of heart-felt compassion for animals as the volunteers at a non-profit facility have. I am sure that most shelters for homeless pets do their best to place the animals they receive in proper homes, and I’d like to think they employ humane practices in working with the animals while they are in their care. However,

unfortunately the majority of the government funded animal shelter facilities in Southern California are run on a very low budget, and are forced to maintain a policy of euthanasia as a means of population and cost control. For example, an animal that is not adopted from an SPCA facility within a very short period of time after intake, is inevitably “put to sleep” regardless of how young or healthy it may be.

This never happens at C.A.R.E. because they make it their mission to love and nurture each and every animal for the rest of their life, regardless of age, health or adoptability. Of course the people at C.A.R.E. recognize that there are times when an elderly or ill animal must be euthanized as an act of compassion, because prolonging their life in pain and suffering would be inhumane. But they never put an animal to sleep simply because they could not find a home for it within a given period of time. Many of the animals nurtured by the loving folks at C.A.R.E. require daily medications and/or special living conditions. Many have diseases that must be treated, some have suffered physical abuse or psychological trauma, some have lost limbs and many of the elderly have age-related problems that must be tended to with patience and tender-loving-care. Remarkably, this organization’s facility maintains and cares for an average population of somewhere between 150 to 200 animals at any given time. Many of the animals they house are considered to be un-adoptable, while others hold more hope for finding a permanent home with loving, responsible owners. Either way, they are all welcome to stay as long as it takes, even if it means living out the rest of their life being loved and nurtured at the C.A.R.E. sanctuary. For more information about C.A.R.E., and to find out how you can help support their efforts or adopt a pet of your own, visit their website at: www.care4pets.org. There, you can watch a very informative video about their beautiful animal sanctuary located in Antelope Valley, and meet several of the precious pets who live there. If you like me, after getting to know this organization and seeing all the great things they do for needy animals, you will not be able to resist supporting such a worthy cause. Thank you for being there and loving animals in need, C.A.R.E.! You truly warm my heart with your random acts of kindness!

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

We’d like to hear from you!

Contact us at: editor@mtnewsnews.com or www.facebook.com/mountainviewsnews



Blackberry service was restored early Thursday morning, after what the brand is calling its worst service interruption ever. A hardware outage and a flawed backup system is reported to be the cause of the outage which began in Europe, the Middle East and Africa. From there it soon spread to South America and from there began to affect service in the United States and Canada.

The outage primarily affected the texting and Internet functions for user of Blackberry products and for the most part left phone operations working normally. A cursory review of service performance shows that the popular smartphone maker has experienced a serious service interruption every year going back as far as 2006. Although a record like this might doom a lesser company to certain second-tier status, the Blackberry brand still remains a strong performer in the marketplace.

The reason the Blackberry device remains popular is that it works the way its users like it to work. I’m a Blackberry user and although I was irked by the events of last week, I was pretty much over my frustration as soon as my service returned to normal. As a matter of fact, while I was researching the source material for this article, I found it hard to believe that the Blackberry service had experienced a major outage for so many years in a row. I had a difficult time remembering the last outage, except for the fact that I reported on that outage 2 years ago in this column (“Blackberry and the 5 9’s”). It was a big deal at the time, as was the latest outage, soon followed by no memory of the outage in the first place.

It’s been a week since the last big deal, and other than the millions of words devoted to the analysis of Blackberry and its future, not much has happened with the company. Undoubtedly since the outage there has been a flurry of activity internal to Blackberry, devoted to shoring up the technical underpinnings of the popular service. A kickback to the customer base would definitely be nice but I’m sure that idea will be kyboshed by the financial honchos at Blackberry, most probably because there’s no need for a kickback. The sales numbers for Blackberry remained strong after every other outage over the last several years and, during all that time, the much-feared exodus of disgruntled users never materialized; it probably won’t happen this time, either. I know I’m not ready to turn in my Blackberry just yet and I’m pretty sure that I’m not alone in feeling this way.

KATIE Tse.....This and That



MORE Professional Development!

In case you missed last week’s article, or repressed it from your memory, we left off with our protagonist (me) attending a professional development workshop delivered by one of my company’s victims - I mean “employees.” Susan, our presenter, finally divulged the meeting’s previously confidential topic, “Problem Solving!”, and instructed us to open our packets (a hallmark of workshops). In it we found a line drawing of a totem pole. “You’ll see there are six animals on your ‘collaboration pole,’” Susan noted. “Now I want you to get up and find six people -who aren’t at your table- and write their names on the figures.” We rose in an early morning stupor and stumbled around writing down the names of our colleagues on various beavers and salmon. Thank goodness this meeting only included people from my department, otherwise I would’ve been hard pressed to approach six strangers.

“Does everyone have six names?” Yup. “These are going to be your partners for different activities throughout the day. I’m not going to stand up here and do all the talking!” she said with a little laugh. I inwardly groaned, as I suspected my coworkers did as well.

“So, what is ‘problem solving?’” Susan posed. Solving of problems, I mentally answered. My vocal peers called out, “Critical thinking,” “Inference,” and “Thinking outside the box.” Whoa, Charlie! I thought. Don’t spend all your buzz words in the morning; you’ll need plenty more later on.

And I was so right. Our first task was to discuss the inherent qualities of a problem solver with our “totem frog” collaboration partner, and report our finding to Susan. “One who thinks critically. One who infers, and thinks outside the box. One who analyzes...” Darn! Groups 2 and 3 already took our problem-solving qualities! When they came to me and Leslie, my petal partner, we shot our wad and called out “Abstraction.” A collective “Ooh!” rose from the group, apparently they hadn’t happened upon that one yet.

“Great! Really insightful,” Susan beamed. “Now go back to home base” (the table where we left our coffees). She then directed us to a page in our packet containing a collection of crude icons, including a sun with emanating rays, and addition and subtraction signs separated by a forward slash. These were “smart icons,” Susan explained. Some of the audience agreed with an understanding. “Uh huh!” They had already attended the “Smart Icons” professional development workshop. These visual paradigms can be used to illustrate and enhance any concept! You see, the sun and rays represented the main idea and details (wow, there’s a new one!). And the plus and minus signs stood for the cutting edge technique of - wait for it - “compare and contrast.” The icons are essential because, if left to your own devices, would you come up with the main idea and contrasting details all by your problem-solving self?

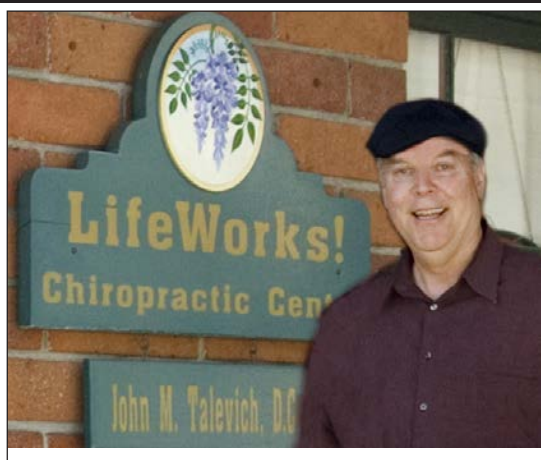
With the aide of innumerable power point slides, Susan managed to cram many additional group activities involving oversized chart paper, scribes, and spokespeople into the day. Just when the prisoners - “team members” - grew restless to the brink of mutiny, our boss broke out the Halloween chocolate. The staff attacked it like Siberian wolves ripping through Bambi’s mother. It was only this serotonin-boosting chocolate and our camaraderie that saw us through those remaining hours. The problem of making the meeting end faster was never solved, but we all escaped. And I think Susan was gladder than I!



YOUR HEALTH MATTERS

Today's Subject:

Sit, Stand, but Don't Wobble



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.

Recently, there has been a movement by some chiropractors to include the prescribing of drugs in our scope of practice. The idea is that we can serve the best interest of the general public by doing so. I believe this offers a teachable moment.

Imagine you are going shopping for your weekly groceries. As you plan your outing, you include the supermarket down the street, the local big box store, and a trip to Trader Joe's. You include TJ's because it stands for something. Sure, you can get laundry soap there, even toothpaste, but it's their unique line of products that makes it appealing to you.

In a similar fashion, chiropractic stands for something ~ a solution to, or an alternative to,

many high tech, invasive approaches to health issues. Some of my colleagues might say we need to update our image, that we have become old-fashioned. I believe it is our basic identity that is in question here. Are we Trader Joe's or Vons? Chiropractors adjust the spine manually and with instruments to normalize the flow of nerve impulses throughout the body. An unencumbered system is able to more fully orchestrate deep healing.

This is what makes us unique. This is our identity. This is our training. And this is our experience ~ we observe the way the body works, how it responds to our approach. You can't miss it.

In Closing

Chiropractic offers a powerful, sane option to the overuse of drugs and surgery. I believe it is in the best interest of the public to foster and preserve this legacy. While drugs can be valuable and necessary, they are also dangerous. The study, prescription and management of these pharmaceuticals are better left to those whose philosophy supports their use.

While some chiropractors believe that our future lies in the use of prescription drugs, I do not. My belief, my stand is quite the opposite. The words of Thomas Edison reflect this:

"The doctor of the future will give no medicine, but will instruct his patient in the care of the human frame, in diet and in the cause and prevention of disease."

Have a healthy week!
Dr. John

John M. Talevich, D.C.
CHIROPRACTIC: Simple, Elegant, Effective
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626-355-4710

BEST FOODS FOR OLDER DIABETICS

Dear Savvy Senior,

My 62-year-old husband was just diagnosed with type 2 diabetes. As the cook in the family, I'm interested in finding out the best diabetic foods that he should now be eating, and where I can put my hands on some good diabetic cookbooks. What can you tell me?

Diabetic Caretaker

Dear Caretaker,

Eating healthy is important for everyone, but it's even more important for the nearly 26 million Americans who have diabetes – half of whom are over the age of 60. Here's what you and your husband should know.

Diabetic Super Foods

A healthy diet, coupled with regular exercise and medication (if needed) are the keys to keeping your husband's blood sugar under control. To help meet your husband's new dietary needs, the American Diabetes Association (ADA) offers a list of top 10 super foods for type 1 and type 2 diabetics.

These are foods that contain nutrients that are vitally important to people with diabetes, such as calcium, potassium, magnesium and vitamins A, C and E. They're also high in fiber which will help your husband feel full longer and keep his glycemic index low so his blood sugar won't spike. And, they'll help keep his blood pressure and cholesterol in check, which are also critical for diabetics. Here's what they recommend he eat plenty of.

Beans: Kidney, pinto, navy, black and other types of beans are rich in nutrients and high in soluble fiber, which will keep his blood sugar steady and can help lower his cholesterol.

Dark green leafy vegetables: Spinach, collard greens, mustard greens, kale and other dark, leafy green veggies are nutrient-dense, low in calories and carbohydrates. Your husband can't eat too much of these.

Citrus fruits: Grapefruit, oranges and other citrus fruits are rich in vitamin C, which helps heart health. Stick to whole fruits instead of juice. Fiber in whole fruit slows sugar absorption so your husband will get the citrus fruit nutrients without sending his blood sugar soaring.

Sweet potatoes: High in vitamin A and fiber and low in glycemic index, sweet potatoes won't raise your husband's blood sugar at the same level as a regular potato.

Berries: Whole, unsweetened blueberries, strawberries and other berries are full of antioxidants, vitamins and fiber. Choose fresh or frozen berries for salads, smoothies or cereal.

Tomatoes: Raw or cooked, this low-calorie



super food offers vital nutrients like vitamin C, iron and vitamin E. Serve sliced, steamed, broiled or stewed, as a side dish, in salads, soups, casseroles or other dishes.

Fish with omega-3 fatty acids: Salmon, mackerel, herring, lake trout, sardines and albacore tuna are high in omega 3 fatty acids that help both heart health and diabetes. But stay away from the breaded and deep fat fried variety.

Whole grains: Pearled barley, oatmeal, breads and other whole-grain foods are high in fiber and contain nutrients such as magnesium, chromium, folate and omega 3 fatty acids.

Nuts: An ounce of nuts can go a long way in providing your husband important "healthy fats" along with hunger management. They're also contain a nice dose of magnesium and fiber, but don't overdue it. Nuts are high in calories so a small handful each day is enough.

Fat-free milk and yogurt: These dairy foods provide the calcium and vitamin D your husband needs, and they'll also help curb cravings and between-meal snacks.

More Information

For additional information on healthy food choices for diabetics, including hundreds of free recipes, visit the ADA Web site at diabetes.org – click on "Food & Fitness," or call 800-342-2383 (press option #4) and ask them to mail you a copy of their free booklet "What Can I Eat?" The ADA also offers a wide variety of diabetic cookbooks that you can purchase through their online store at shopdiabetes.org or 800-232-6455.

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

OCTOBER ACTIVITIES

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:

Monday: *City Hall Closed October 11th*
• 12 noon: Intervale Lunch Café: Come enjoy a hot meal with others. Donation for seniors (60+) of \$2.00; visitors \$3.75. Please call 355-0256 to make your daily reservation.
• 1:00 pm to 1:45 pm: Strength training with Lisa Brandley. FREE class of stretching with light hand weights while you sit.

Tuesday:
• No FREE blood pressure checks by Methodist Hospital this month; join us October 11th at 11 am
• 12 noon: Intervale Lunch Café; daily reservations needed 355-0256
• 1:30 pm to 3:30 pm: BINGO; cards are only 25 cents each so stop by & play
• 5:15 pm to 6:45 pm: Yoga; \$6.00 - 50 & over. Please call 355-5278 for more information

Wednesday:
• 11 -11:45 am: Balance Class with Teryl. FREE class designed to improve balance & refresh the joints
• 12 noon: Intervale Lunch Café; daily reservations needed 355-0256
• 2nd Wednesday of the month: FREE Legal Consultations: 10-11:30 am. Appointments call 355-7394
• Will Wednesday - 1:00 pm or call the senior desk at 355-7394 to arrange another time & day to learn how to play. No previous experience or skills required and it is great exercise.

EXCURSIONS

SATURDAY, OCTOBER 22ND - Big Bear Oktoberfest . Join us for a deluxe coach ride to Big Bear to enjoy a traditional German lunch and lots of Oktoberfest music. Cost per person is \$36 and includes transportation, lunch & tip. Tickets are limited so please register now. Bus leaves the Recreation Center at 9 am and returns approximately 6:30 pm.

SAVE THE DATES REGISTRATION IS NOW OPEN

New date: FRIDAY, NOVEMBER 18TH - Historic Castillo Isabella Castle Tour & Lunch at the Mission Inn, Riverside. You will travel by deluxe coach to Riverside to tour the medieval-Spanish style castle and then enjoy a buffet lunch at the Riverside Inn. Cost per person is \$34 for both the tour & lunch. The bus will leave at 9 am and return at 3 pm.

THURSDAY, DECEMBER 15TH - Candlelight Pavilion Christmas Show in Claremont. Cost is \$59 per person for the lunch & the show. TICKETS ARE VERY LIMITED so register early. Departure time is 10:30 am and the bus will return around 4 pm. Registration can be done either by coming to the Community Recreation Office, 611 E. Sierra Madre Blvd. in person (M-TH 8:30 am to 6:30 pm) or online at www.cityofsierramadre.com/online/registration

October Birthdays



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



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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Computer Services
20+ years in Sierra Madre
PC Computer Repairs
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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.

DIAL - A - RIDE TICKETS

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

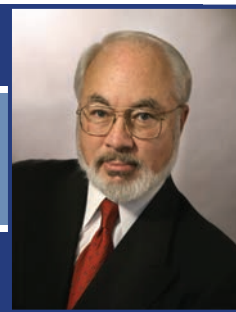


Pasadena Highlands, an independent and assisted living community, is proud to provide a special gift basket on the first Tuesday of each month. Accredited In-Home nursing care will provide a special prize on the 4th Tuesday of each month. Bingo takes place every Tuesday at 1:30 pm at the Sierra Madre 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

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Senior Driving

Safety Tips, Warning Signs, and Knowing When to Stop Part A of a Two Part Series

As we age, it's normal for our driving abilities to change. Aging doesn't automatically mean we need to stop driving, of course. However, to drive safely, it does mean that we have to pay attention to any warning signs that age is interfering with our driving safety and make appropriate adjustments. By reducing risk factors and incorporating safe driving practices, many of us can continue driving safely long into our senior years.

Even if you find that you need to reduce your driving or eventually give up the keys, though, it doesn't mean the end of your independence. Seeking alternative methods of transportation can offer many other health and social benefits, as well as a welcome change of pace to life.

Senior driving tip#1: Understand how aging affects driving

Everyone ages differently, so there is no arbitrary cutoff as to when someone should stop driving. However, older adults are more likely to receive traffic citations and get into accidents than younger drivers. In fact, fatal crash rates rise sharply after a driver has reached the age of 70. What causes this increase? As we age, factors such as decreased vision, impaired hearing, or slowed motor reflexes may become a problem. You may have a chronic condition that gradually worsens with time, or you may have to adjust to a sudden change, such as a stroke.

Aging tends to result in a reduction of strength, coordination, and flexibility, which can have a major impact on your ability to safely control a car. For example:

Pain or stiffness in your neck can make it harder to look over your shoulder to change lanes or look left and right at intersections to check for other traffic or pedestrians.

Leg pain can make it difficult to move your foot from the gas to the brake pedal.

Diminished arm strength can make it hard to turn the steering wheel quickly and effectively.

As reaction times also slow down with age, you may be slower to spot vehicles emerging from side streets and driveways, or to realize that the vehicle ahead of you has slowed or stopped.

Keeping track of so many road signs, signals, and markings, as well as all the other traffic and pedestrians, can also become more difficult as we lose the ability to effectively divide our attention between multiple activities.

You may have driven your entire life, and take great pride in your safety record. But as you age, it is critical that you realize your driving ability can change. The keys to driving safely are to recognize that changes can happen, get help when they do, and be willing to listen if others voice concerns.

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



UNEXPECTED IN SIERRA MADRE CANYON

A hairbreadth into Sierra Madre's Canyon, you'll find a very unexpected single family home. One driveway before Woodland Drive and Mary's Market, the only business establishment in the neighborhood known simply as "The Canyon", you'll find a property different than almost all the residences in the neighborhood. "The Canyon" is an enclave of summer cottages, mostly built nearly a century ago for city folk taking the Red Car from LA for a vacation in the foothills.

If you're having a coffee in front of Mary's, you can just make out the three story, aquamarine façade up the stone steps through the green, leafy canopy, for which "The Canyon" is famous.

Built in 1993 by the former owner of Mary's Market, on the site of an "old shack" according to listing agent Judy Webb-Martin, the home has 1100 square feet of living space. Just its "young" age of just twenty years makes it atypical.

Inside the three level home, you'll find a light and airy, open great room with vaulted ceilings and sliding glass doors opening to the generous deck, a modern kitchen with serving bar open to the great room, an inside laundry area and a bath on each living level.

With all the blinds open, the feeling is of an aerie, a treehouse with benefits... like indoor

plumbing, gas stove and dishwasher, modern windows, etc. Again, quite unexpected for "The Canyon."

Upstairs, the top floor is dedicated to the bedroom suite, with space generous enough to divide into two bedrooms, if the buyer desires.

The price is unexpected, too, at \$399,000, basically the entry level price for single family homes in Sierra Madre. Certainly, it takes the right kind of buyer to want a one bedroom home, two bath home, but I can think of quite a few people who would love 1100 square feet of condo style living, with no lawn to mow, and without the homeowner's fees that come with a condominium.

On the ground level, the most unexpected for Sierra Madre and especially the Canyon is the three plus... car... garage!

Imagine a Saturday morning with a cup of Mary's Market coffee (or Starbucks or Bean Town from nearby downtown Sierra Madre) at your rocking chair outside on the deck. Take in the gentle rustle of the leaves in the trees and the sound of the creek below, just a few hundred feet away. Now that's living!

529 Brookside Lane, Sierra Madre, is listed at \$399,000 by Judy Webb-Martin and Katie Orth of Podley Properties. Contact them at 626-507-3034 or KatieO@Podley.com

Know of an interesting home, garden or person who helps create them? Maybe our readers would like to read about it! Send the contact details to C.Bertrand@MtnViewsNews.com





Tips of the Trade: Real Estate Revealed

by Luther Tsinoglou

DON'T CHASE THE MARKET

Buyer's market or seller's market - the simple fact is that your home is worth only what a buyer will pay for it. The simple law of supply and demand usually determines the final sale price. If there are fewer homes for sale in your area, then buyers must compete for those listings, making it a seller's market.

However, when there is a glut of homes for sale, buyers have more choice and more power to dictate price and terms, creating a buyer's market. Many communities are seeing large inventories of homes for sale, due to economic conditions and defaults.

So if your home is to get attention in those conditions, you've got to price aggressively

against your competition. Do not overprice your home, because you may end up making even less money than if you had priced properly from the start. Why? Because sellers who overprice have to keep chasing the market down by reducing their price.

While setting a price is ultimately your decision and your decision alone, do some research and educate yourself first. Order an appraisal and consult with a real estate professional to get a realistic figure for your home's value. If you choose not to comply with current market value, then you won't be a seller, you'll just be an owner with a For Sale sign in the yard.

Second Annual California Friendly Garden Contest Under-Way

Foothill Municipal Water District (FMWD) is sponsoring its second annual California Friendly Garden Contest (Sowing and Growing). Three prizes will be awarded to the winning customers in Foothill's service area. First place is \$500, second place is \$250 and third place is \$100. Judges will consider overall attractiveness, appropriate plant selection, design, appropriate maintenance and efficient methods of irrigation when evaluating the gardens.

"The aim of this contest is to encourage residents to change out water thirsty turf to less thirsty California friendly plants. Hand-in-hand with this contest is Foothill's ongoing rebate to customers for removing their turf and planting California Friendly plants and/or installing pervious materials," said General Manager Nina Jazmadarian.

Customers of Foothill Municipal Water District's retail agencies can participate. Although applications are due no later than April 13, 2012, now is the time to plant most California native and friendly vegetation. Judging will take place May 5, 2012 or soon thereafter in case of inclement weather. Rules and an entry application can be found on the District's website at www.fmwd.com.

Foothill Municipal Water District provides imported water to Crescenta Valley Water District, La Cañada Irrigation District, Mesa Crest Water Company, Valley Water Company, Lincoln Avenue Water Company, Las Flores Water Company and Rubio Cañon Land & Water Association. Kinneloa Irrigation District, another retail agency, takes no water from Foothill.

Get Rid Of Household Hazards

(NAPSI)--Make safety a priority in your home when you clean. Here are tips to help:

Living Room/Dining Room

- Secure all bookcases, shelving and heavy furniture. Place heavier items on lower shelves and in bottom drawers.
- Many houseplants are poisonous and pots are heavy, so keep them out of reach of little hands.
- Use plug protectors for all unused wall outlets.

Bathroom

- To prevent bathwater scalds, set the thermostat of your hot water heater no higher than 120 degrees F. It takes just three seconds for a child to sustain a third degree burn at 140 degrees F.
- Always request child-resistant packaging for medicine, but go a step further by making sure medicine cabinets are locked at all times. Even items that may seem harmless can be dangerous to a child.

Kitchen

- Keep sharp knives and other utensils well

out of reach and make sure that knife blades are pointing down when placed in a dishwasher's cutlery basket.

- When cooking, always use the back burners, turn pot handles toward the back of the stove and keep hot foods and liquids away from young children.
- And make sure microwaves are out of reach of children as well; the vast majority of microwave burns among children are serious scald burns.

Bedroom

- Make sure cribs are properly assembled and meet current safety standards, and that crib mattresses fit snugly.
- According to the U.S. Consumer Product Safety Commission, infants and young children can die from accidentally strangling in window cords. The Window Covering Safety Council reminds parents and caregivers of potential window-cord dangers and urges them to make the right choice and use only cordless window products in homes with young children. Owners and renters should replace all corded window coverings made before 2001 with today's safer products. Visit www.windowcoverings.org for a free retrofit kit or call (800) 506-4636.



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LA SALLE VOLLEYBALL WINS TWO CONSECUTIVE TOURNAMENTS

Varsity remains undefeated in Del Rey Play

Pasadena, CA – On the heels of two consecutive weekend tournament victories, coupled with solid play throughout their league and non-league schedule, the La Salle Lancers are looking to meet, or improve upon, their impressive Final Four finish in last year’s CIF-Southern Section 2AA playoffs. Winning the Hilltop High Invitational in San Diego October 8, besting 26 teams from Southern California proved to the Lancers that they were improving and benefiting from a rigorous early season schedule that had them facing perennial powers, Lakewood, Notre Dame Academy and St. Lucy’s.

They duplicated their fantastic finish in San Diego County by winning the 29th Annual Marlborough Classic this past Saturday, October 15 in Hancock Park, defeating host Marlborough in the Finals. “These in-season tournaments are different than league play matches,” stated first year head coach Tiare Tuitama. “But getting to play another 12 matches in two days over the two weekends allows us to continue to develop our continuity and experience of playing together. Ultimately, it is about more game situations for our team, and our girls have really excelled in doing well in these formats.”

The Lancers have also done well throughout league play, currently sitting at 4-0 after a thrilling 5-set win on the road at Bishop Montgomery on Thursday, October 13. Trailing by two sets, the Lancers rallied to win the last three, overcoming a strong Knights team that was also undefeated in league play entering the match. The two teams will meet again at La Salle in the Duffy Lewis Gymnasium on Monday, October 31 at 6:00pm, in a match that could decide the 2011 Del Rey

League Championship.

“It has been an absolute delight coaching this group of girls. They are an extremely fun, talented and flexible collection of athletes,” stated Coach Tuitama. “They are resilient and have demonstrated time and time again their fortitude and commitment to the team. We look forward to representing La Salle throughout the balance of our league play, as well as continue the momentum into CIF, Division 2 AA playoffs. This team has all of the needed components to be a championship caliber team.”

La Salle, a co-ed Catholic college preparatory high school of 750 students, located on the border of Pasadena and Sierra Madre, competes in 22 sports. The girls’ volleyball program, a rising star in the sport over the past several years, is now vying to be considered the strongest program in the San Gabriel Valley, and continues to benefit from talented players that appreciate the school’s significant educational opportunities, commitment to service and strong overall athletics program.

La Salle is back in action this week on Thursday, October 20, when the team travels to Bishop Amat to take on a strong Bishop Amat Lancers program. La Salle will be looking to remain undefeated in League play, as well as undefeated in October, having gone 15-0-1 this month.

For further information about the La Salle Lancers Girls Volleyball Team, please contact Anthony Harris at 626.696.4427 or log onto www.lasallelancers.org

DUARTE BOXERS SCORE VICTORIES AT MANUEL TORRES BOXING CLASSIC IN TULARE

DUARTE, CA, OCTOBER 19, 2011 – The Duarte Boxing Club tested its strength against some of central and northern California’s most elite boxing teams and brought home the Team Trophy and four individual wins from the Manuel Torres Boxing Classic in Tulare. The amateur boxing tournament sanctioned by U.S.A. Boxing Federation featured 59 contests over two days on Oct. 15-16.

Duarte Boxing Club beat out Bakersfield by two points for the team trophy through the success of heavyweight Joseph Martinez, 21, who stopped his opponent, Joshua Tovar of San Francisco in the 3rd round of the three round bout; Jesus Gomez, 16, 125 pounds, won by decision over Matthew Guerrero of Tulare; Hector Valdez, 14, 119 pounds, won by decision against Jose Salinas of Fresno; and Andrew Sanchez, 17, 152 pounds, triumphed in his bout over 33 year-old Javier Cecilio of Fresno in a first round knockout.

“They trained hard and their hard work paid off,” said Duarte head trainer, Victor Valenzuela. “Ours is still a very young boxing team which makes me all the more proud of these kids and their tremendous accomplishments.”

Two other members of the Duarte Boxing Team were outmatched in their competitions. Yanelly Serrano, 14, 100 pounds, was bested by Carol Lang Rios from Fresno. Victor Barajas, 17, weighed in two pounds over his 154 pound weight class and was overpowered by 165 pound David Lopez, 27, of Monterey.

Currently more than 60 Duarte youth, boys and girls 8 years old and up are active at the Duarte Boxing Club, a City of Duarte Parks and Recreation program operating out of the Duarte Teen Center. Assisting Valenzuela are coaches Louie Valenzuela, Eric Campugan, Joe Llamas, and Tim Rhambo.

On Nov. 19, Duarte boxers will travel to Las Vegas for a dual tournament against Las Vegas at Barry’s Gym.



Alverno’s Hamilton Leads State in Volleyball Kills

Max Preps has named Alverno High School junior Jessica Hamilton number one in the state of California with 264 kills in games so far this year. Jessica only began playing volleyball in 7th grade and says she really took to it. Freshman year she was on the Varsity team and has never looked back.

Jessica credits her growth to working with Dickey McGraw, the top outside hitter at UCLA, who coached her Formula I club team last year. “We focused on hits,” she says, “And worked a lot on placement. It was great.”

The Alverno Jaguars’ Varsity volleyball team has a history of being a strong competitor at CIF every year. This year is off to a strong start with an overall record of 13-1-0.

With Coach Brent Fabbri, the Jaguars are 11-1-0 this season. Go, Jaguars!

The Alverno mission: to empower each young woman to be exactly the person she wants to be. Alverno High School is the independent, Catholic college-prep high school for girls in Sierra Madre. Its college-prep curriculum and emphasis on leadership attracts students from public and private schools throughout the San Gabriel Valley.



By Harvey Hyde

By now you’ve probably heard (over and over) about the exchange between NFL coaches Jim Harbaugh and Jim Schwartz following the San Francisco 49ers’ last-minute 25-19 victory over the Detroit Lions last Sunday. Was the 49ers’ Harbaugh too exuberant when he aggressively shook hands with the Lions’ Schwartz and slapped him on the back? Maybe. Was Schwartz out of line by chasing Harbaugh down and trying to confront him, requiring the two to be separated. Maybe.

As a former head football coach, let me tell you emotions are running very high in those kinds of situations. These coaches have spent days, nights, staff meetings, video and film analysis setting up game plans and strategies for these 60 minutes of game time on Sunday. Each game represents potential for business: dollars, bonuses, contracts, hiring, firing, extensions on contracts -- and recognition: playoffs, victories, and bowl games. Of course coaches are emotional and invested, upset or excited about the outcome.

I’ve experienced winning on the last play and losing on the last play. There is an incredible emotional high in winning that way and an incredible emotional low in losing a game you think you’ve won. At those times, it truly is difficult to control those emotions.

In a perfect world, at the end each game, a coach walks over to the other, shakes hands, says congratulations or good game. That’s an ideal

perfect world. But sometimes things become personal. Did I love every coach I played against? Heck no. And certainly not every coach loved me. Were we always friendly? Not always. At these moments, coaches and players may feel it is more important to be sharing that time -- good or bad -- with team or staff.

This was a highly emotional game at the outset. Both teams had made amazing strides in their play, and of course coaches had something to prove. Certain coaches are famously low key. Should we ask them to be more demonstrative? Others are notoriously outspoken and excitable. Should we ask them to tone it down? For the cameras?

Neither Schwartz nor Harbaugh were punished or fined because of their behavior, and they shouldn’t have been. In my mind, they deserve a pay raise for turning two losing teams into winning ones.

Schwartz now has some ammunition if the Lions end up facing the 49ers in the playoffs. He can use Harbaugh’s actions to fire up his team.

TV cameras caught a real moment for two coaches not acting for the media but from the emotions of a hard week of work and planning and a game of great highs and lows. All the hype and media, TV, newspaper, blogs and commentators have created an issue that is not worth the ink or commercial time. Those who wish can turn it into a teaching moment for good or bad. For sportsmanship or gamesmanship. It’s the nature of the game, of the individuals involved, and magnified way beyond its real significance.

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Date: Day: Time: 11/28-12/19; Monday, 4-5pm

For more information, please contact the Par-3 Golf Course at 626.443.9357 or the City of Arcadia Recreation and Community Services Department at 626.574.5113.

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Employee 2	\$30,000.00	\$7,500.00	10.00%	Employee 2	\$2,500.00	2.27%
Total	\$300,000.00	\$75,000.00	100.00%		\$110,000.00	100.00%

Participant	Compensation	SEP Contribution	Percent of Total Contribution	Participant	Qualified Retirement Plan Contribution	Percent of Total Contribution
Owner & Spouse	\$100,000.00	\$25,000.00	64.52%	Owner & Spouse	\$76,500.00	92.45%
Employee 1	\$25,000.00	\$6,250.00	16.13%	Employee 1	\$3,125.00	3.78%
Employee 2	\$30,000.00	\$7,500.00	19.35%	Employee 2	\$3,125.00	3.78%
Total	\$155,000.00	\$38,750.00	100.00%		\$82,750.00	100.00%

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