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HOST OF VILLAGE VINE’S CAM I AM  
SHOW PASSES UNEXPECTEDLY



Camella Diane (Palumbo) Hopkins, known affectionately to her friends as CAM, died suddenly on Sunday at the age of 51. She had become a familiar face in Sierra Madre, frequenting the local shops and restaurants. In fact, she was making plans to come to town and see on of her favorite shows, ‘The Fantastics’ at the Sierra Madre Playhouse at the time of her death.

Cam was the host of “The Cam I Am” show on Village Vine internet radio. Her voice permeated the airwaves with wit and charm and each new show brought engaging conversations with performers from a broad spectrum of the entertainment world. Her desire to create a warm and comfortable environment for her guests was felt through her voice and in the hearts of the many performers who graced the studio.

A professional comedian, she was truly a laugh a minute, always willing to volunteer when needed or lend a hand to anyone in need. For the last three years, she volunteered during the Wistaria Festival as the greeter for those taking the tour bus up to the Vine. Earlier this year, her ImprovCity comedy group performed for the local Kiwanis Club. She was a person so full of life, that word of her sudden passing left those who knew her numb.

Born on September 2, 1961, to Angelo & Therese Palumbo in Lynwood, California. She married her beloved husband Craig in 1981. Her beloved son Ryan was born in 1982.

Camella enjoyed a 25 year career in education and speech pathology and touched many young lives with her devoted work. Additionally, Camella devoted herself to the love and care of her family and home. Her love and joy always touched the lives of her dear family.

Camella touched many additional lives through her work on stage, screen and radio. As an accomplished performer and actress, she graced many audiences and stages with her wit, charm, humor, energy and joy. She performed all over Southern California with various improv groups, including Just Us, Just One and ImprovCity. Stand up comedy, dramatic and comedic stage performances and commercial acting were included in her repertoire.

A rich Native American heritage was celebrated through learning, creating and collecting jewelry and artifacts. Her Italian heritage was ever present in her life, her humor and her kitchen. She also embraced her husband’s heritage, learning the traditions and dishes of the Germanic peoples.

Services were held on Thursday at Rose Hill Memorial Park. You can hear a special Memorial recap of Cam’s interviews and shows at [www.villagevine.org](http://www.villagevine.org).

COUNCIL EASES WATER  
CONSUMPTION RESTRICTIONS  
*Mandatory Water Conservation Update*

At Tuesday’s Sierra Madre City Council meeting, the following changes were made to the Mandatory Water Conservation Program that was established earlier this year:

- The penalty section of the conservation ordinance was modified to eliminate the flow restrictor.
- The base period designation was modified to provide each water customer with a summer water conservation target and a separate winter conservation target. Letters with the new conservation targets will be mailed to all water customers next week.
- For water customer accounts billed for multiple dwellings on a single meter, the number of dwelling units will be divided into the bi-monthly consumption to determine the conservation target.

The City will be sending out an updated letter to all water customers the week of July 15th explaining the changes and specifying each customers’ revised conservation targets.

These changes were the result of the expressed concerns of residents especially with the initial date for implementation was during one of the hottest summers on record.

It was noted, however, that most residents did immediately start conserving water, as Public Works Director Inman noted a significant decrease in water use since the restrictions were put in place.

On another water related matter, this paper spoke with Director Inman late last week regarding a frequently asked question about how and where the city captures water run off on city streets. Several residents expressed concern that under such tight water conservation measures, the city was not taking advantage of capturing run-off from lawn irrigation, etc.

In answer to this inquiry, Inman indicated that the city does in fact collect water run off that is above Grand View and flows east. That water is collected in the debris basin on Grand View. He noted however, water run off below Grand View heading toward the ocean is not captured, as the city currently does not have the ability to do so. When asked what it would cost the city to install a system to capture water flowing in that direction, Inman indicated that it would be expensive, in the millions of dollars.

S. Henderson/MVNews

JOIN THE CELEBRATION – LIZZIE’S TRAIL  
INN DINNER IN THE PARK JULY 20<sup>TH</sup>

Join the celebration! The Sierra Madre Historical Preservation Society (SMHPS) will be celebrating Lizzie Stoppel and her Trail Inn Restaurant with dinner in the park featuring the famous Fried Chicken and Ravioli dinner, live music provided by Joe Tortomasi and his ukulele featuring popular tunes from the 30’s and 40’s, museum and garden tours, and the long anticipated silent auction of vintage items from the Museum’s collection.

Be the first to learn about our new electronic storyboard, where the past and present merge for an unforgettable interactive view of local history. And you can meet the legendary Lizzie in person; a colorful entrepreneur who was not opposed to occasionally bending the law a bit when it suited her purposes. She’s a character you won’t soon forget.

With restoration work about to begin on Richardson House, SMHPS needs to make some room, so they’re clearing out the store room with a silent auction. Items in the auction include furniture, trunks, clothing, collectibles, tools, kitchenware, picture frames and more. There’s something for everyone!

Join your friends and neighbors for a fun evening on Saturday, July 20th, from 5-8 P.M at the Mt. Wilson Trail Park, 189 E. Mira Monte Ave. Tickets are limited and must be purchased in advance. *There will be no ticket sales the day of the dinner.* Tickets are \$25.00 and are available at Mary’s Market, Arnold’s Hardware, Savor the Flavor, the Library, and at Lizzie’s Trail Inn (Saturdays, 10 – Noon). For more information, email [SMHPS@outlook.com](mailto:SMHPS@outlook.com).

Submitted by Chris Bachwansky

Seeking Nominations  
for the 2013 Honors Awards

Sierra Madre Honors Awards is the City of Sierra Madre's opportunity to recognize and honor the true treasures of Sierra Madre, its volunteers, City Commissioners, and employees.

Send in your nomination by 5:00 pm, Thursday August 1, 2013.

George Mauer Lifetime Achievement Award

PAST WINNERS: Marilyn McKernan | Gordon Coldwell | George Eneyedi

Awarded to a person / entity whose lifetime of service embodies the spirit of volunteerism

Wistaria Award

PAST WINNERS: MWTR Committee | Friends of the Library | Sierra Madre Little League

Recognizes a City / Community partnership that assists with providing community-wide programs and services

Police Chief's Special Award

PAST WINNERS: Patricia Gonzalez | Jeannette Dabney | Carroll Eugene Gray

Presented for outstanding service and duty to the community

Public Safety Award

PAST WINNERS: Todd Conrad | Casey Morrissey | Hank Landsberg

Awarded to an employee/individual for protecting and maintaining safety in the community

Public Service Award

PAST WINNERS: Miguel Hernandez, James Carlson | Toni Buckner | Debbie Henderson

The Employee of the Year award for the remarkable public and customer service

Community Youth Service Award

PAST WINNERS: Aliyah Crochetiere | Lydia Kerns | Brittany Dashek

Presented to a youth (under 18) for outstanding service and dedication to the community

To Nominate: Simply e-mail or drop off a short letter at City Hall listing qualifications of your nominee by 5:00 pm, Thursday August 1, 2013.

DCostello@cityofsierramadre.com 626-355-7135

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## Weather Wise

## 5-Day Forecast

## Sierra Madre, Ca.

<b>Mon:</b>	Sunny	Hi 80s	Lows 60s
<b>Tues:</b>	Sunny	Hi 80s	Lows 60s
<b>Wed:</b>	Sunny	Hi 80s	Lows 60s
<b>Thur:</b>	Sunny	Hi 80s	Lows 60s
<b>Fri:</b>	Sunny	Hi 80s	Lows 60s

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. 626-355-7135

NEXT CITY COUNCIL MEETING:  
Tuesday, July 23, 2013  
6:30 pm

ROTARY OF  
SIERRA MADRE PRESENTS

**Harry Shahoian as Elvis**  
**July 21, 2013 6-8 pm**  
**Sierra Madre Bandstand**  
**Rounds Premium Burger Truck**  
**Ice Cream Princess**  
**Serving from 5pm**



Suzanne Kustner, Artist &amp; Enameling Instructor

## Faculty Show

In conjunction with SMART Walk

August 2, 2013, 7-9pm

Creative Arts Group

108 N. Baldwin Ave. Sierra Madre, CA 91024  
626-355-8350 www.creativeartsgroup.orgLOOKING FOR FREE, FUN &  
EDUCATIONAL ACTIVITIES THIS  
SUMMER?

Then look no further than the City of Sierra Madre's Summer Fun in the Park. The program includes interactive presentations provided by local organizations and fitness activities. It is targeted for children 3-10 years of age but all ages are welcome to enjoy. The program occurs Tuesday and Thursday mornings from 9:30-10:30 am in Memorial Park, 222 W. Sierra Madre Blvd.

For more info call Community Services t at 626-355-5728.

Tuesday Educational Program runs June 18 through August 13  
2013 Community Services Department Newsletter | www.cityof-sierramadre.com/online-registration

July 16 – SkyWatchers: Telescopes and the Solar System  
July 23 – Social Edison: Electrical Safety/Hazard Hamlet  
July 30 – LA County Arboretum: Planting, Insects, and Reptiles

August 6 – Los Angeles Zoo: Wildlife  
August 13 – Police Department: Safety First  
Thursday Fitness Program runs June 20 through August 15 (No class July 4)  
Get Active with CATZ (Competitive Athletic Training Zone) Sports fitness program that includes capture the flag, relay races, and various games of tag. Don't forget to bring your sneakers, shorts, t-shirts and water bottle!

1630 AM EMERGENCY RADIO &  
Free on-air publicity for local events

Sierra Madre's EMERGENCY 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*. The station covers the city of Sierra Madre, plus surrounding areas of Pasadena, Arcadia, and Monrovia. 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](mailto:radio@cityofsierramadre.com).

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## THE SIERRA MADRE KIWANIS CLUB

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THAT'S 85 YEARS OF COMMUNITY SERVICE!  
WE MEET WEEKLY AT THE LODGE (FORMERLY THE MASONIC TEMPLE) AT 33 E. SIERRA MADRE BLVD.  
MEETINGS ARE EACH TUESDAY AT NOON,  
EXCEPT FOR THE 2ND TUESDAY OF EACH MONTH,  
WHEN WE MEET AT 7:45AM. VISITORS ARE ALWAYS WELCOME!  
JOIN US, MEET YOUR NEIGHBORS, HELP YOUR COMMUNITY,  
AND HAVE SOME FUN!

## FAMILY MOVIE FRIDAYS SERIES

The Family Movie Friday series is back for 2013 thanks to the generous support of the Sierra Madre Issei Memorial Foundation, Sierra Madre Volunteer Firefighters Associations, and Mother Moo Creamery! Also, a special thank you to Sierra Madre Kiwanis Club for their donation towards a new movie screen.

All movies are shown in Kersting Court and are absolutely free for everyone. Movies begin at 8:00pm and families can purchase food and drinks from the local merchants or bring their own! Patrons are encouraged to bring seating and blankets for the event.

Family Movie Fridays Line-U

- July 19, 2013 – Soul Surfer

For more information on the Family Movie Series please contact the Community Services Department at 626.355.5278.

**SIERRA MADRE WOMAN'S CLUB**  
**WISTARIA THRIFT SHOP**  
Donations of clean and usable goods to the closed Wistaria Thrift Shop are welcome daytime Mondays - Fridays throughout the summer months.  
Our dedicated WTS summer prep crew is working to prepare them for our **Grand Re-Opening**  
**Thursday, September 5th at 10 am.**  
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Internet Radio for Sierra Madre and the San Gabriel Valley

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THIS WEEK

MONDAY - 10 - 11 am Barry, Rich & Lisa Show  
Trivia and Humor at it's finest. Just try to keep up with their wit!  
JOIN THE FUN!!!  
Plus: Onomatopoeia: A program of Audio Graffiti with Barry Schwam - "Poetry in its Raw State"

TUESDAYS - Noon In Honor of Cam I Am -  
A special look back at the life and laughs of Camilla Hopkins

THURSDAYS - Noon Catherine Adde's  
OUR TRAVEL AFFAIR

FRIDAY - Noon Gene Goss'  
VILLAGE INTERSECTIONS

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# SIERRA MADRE

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Monrovia

## REMEMBRANCE

### MARY ELLEN MCCOY

Mary Ellen McCoy, born January 25, 1925 in Oak Park, Illinois, passed away at home surrounded by her family on July 3, 2013.

After earning her Bachelor's Degree in English Literature from Western College in Ohio, she married Jim McCoy in 1948, moved to California, and raised four children, Craig, Lise, Jamie, and Matthew. A longtime resident of Sierra Madre, Mel enjoyed the small town atmosphere that fostered friendships of all kinds. She was an avid reader, actively supporting the Sierra Madre Library. As a volunteer at their used book sales, she usually brought home more books than she sold. She loved all kinds of writing from the classics to British mysteries. Always a fan of the stage, she was cast in several plays in the "theater in the round" in Hollywood which fed her passion for acting and led her to become a founding member of Sierra Madre's Studio Players.



Fascinated by politics, Mel followed Senate hearings and political commentaries from Washington's pundits. She claimed that the greatest day of her life was the day Barack Obama was elected. She had no patience for those who did not see voting as a sacred right. The recent Supreme Court decision to rescind parts of the 1964 Civil Rights Act brought her to tears. She thoroughly believed in equality for everyone in all areas including voting, marriage, race, religion, and sexual orientation.

At the age of 56, she returned to college and earned her master's degree in marriage and family counseling. This became her career path for the remainder of her life. Years later, for the sheer love of learning, she attended a summer school course in philosophy at the University of Oxford in England.

Mel loved to travel and to see and meet new people in many places. She was thrilled to visit Tahiti, Australia, New Zealand and Turkey. The beauty of the world, whether man-made or natural, always inspired her.

Mel had a large circle of friends whom she treated with love and honesty without judgment or bias. For many she was a role model and a true mentor. She used her own experiences along with her studies to reach out and help many find their path to a more positive life. Above all she made them laugh.

Mel is survived by her daughters Lise and Jamie, and her son Matt. She leaves four grandchildren and one great-granddaughter.

### THE SPERO FOUNDATION SUPPORTS SIERRA MADRE'S SUMMER CONCERT IN THE PARK SERIES

Join The Spero Foundation on Sunday, July 14<sup>th</sup> at Memorial Park Bandshell in Sierra Madre as they sponsor the "Decades of Rock." This amazing, local band will begin performing at 6 pm and take the audience on a 2 hour tour of over a decade of great rock 'n' roll music. Bring your lawn chair or blanket along with your appetite and enjoy delicious beef, chicken & pork tacos and burritos prepared onsite by Juan's Taco Catering. Both food & drinks will be sold starting at 5:30 pm – so come early!

The Spero Foundation (a 501(c) 3 non-profit organization) represents the volunteer spirit of our community, and is a vehicle for those in need. The Spero Foundation's capabilities include Fund Raising (single source events for specified recipients); Guidance (for the family or organization in need- such as resource material and outsourcing services); and Consulting (assistance to organizations and groups for their fund raising efforts).

The profits from this evening in the park will help fund our Family Food Baskets; a tradition of Spero's which provides both Thanksgiving & Christmas dinners to needy families in the area.

For more information about The Spero Foundation contact us at PO Box 1295, Sierra Madre, CA 91025 or (626) 355-HOPE.

## SIERRA MADRE POLICE BLOTTER

*For the Period July 1-7, 2013*

**Wednesday July 3, 2013**

At 2pm, a resident in the 300 block of Adams Avenue returned home and observed that her front door was open. She immediately notified police. The investigation revealed that between the hours of 11am and 2pm, an unknown suspect entered the residence by smashing a rear french door window. The suspect(s) went through several rooms and thoroughly ransacked one of the bedrooms. The victim was able to determine that jewelry, watches an iPad and an iPod were removed from the residence.

**Thursday July 4, 2013**

Overnight, an unknown suspect removed a guitar and amplifier from a vehicle parked in a driveway in the 300 block of Sierra Madre Boulevard. The owner of the vehicle believed he had locked the vehicle, but there was no evidence of forced entry.

At 10pm, a major traffic collision took place at Santa Anita Avenue and Oakwood Avenue. A red Jeep travelling south in the northbound lanes of Santa Anita Avenue collided with a vehicle turning left onto Oakwood from southbound Santa Anita Avenue. The impact caused the Jeep to flip over on its side and slide several yards further south on Santa Anita Avenue. When emergency units arrived the driver of the Jeep was unconscious and trapped inside. Emergency crews required 45 minutes to extract him from the vehicle. He was transported to Huntington Memorial Hospital for treatment. Two occupants of the other vehicle were seriously injured but a passenger in the rear seat survived without injury. Shortly before the collision, a witness observed the Jeep travelling north on Santa Anita Avenue at a high rate of speed and passing vehicles on the right. The investigation is continuing.

**Friday July 5, 2013**

A resident in the 00 block of Auburn Avenue returned home from vacation and found damage to the rear door of the house. There was evidence that an intruder had entered the residence by prying the door with a tool, but the victim did not detect that any property was removed. The observations of a witness indicate that crime may have occurred during the evening of June 26, 2013.

**Saturday July 6, 2013**

At 6:45pm, an altercation took place inside the Mountain View Sushi Restaurant at 24 West Sierra Madre Boulevard. A dispute between a patron and an employee took place which escalated into a physical fight. The parties sustained minor injuries and a window was broken during the short fight. Both parties requested a private person's arrest against the other and they were processed on the charge of Battery.

### NEW CITY HALL PUBLIC HOURS BEGAN JULY 1<sup>ST</sup>

Beginning July 1, 2013 the offices at City Hall and the Community Recreation centers will be open Monday - Thursday 11:00am - 5:30pm.

The Council implemented the new open hours at City Hall and Community Recreation offices to offset for the reduced staffing levels implemented over the last five years. The adopted FY 2013-2015 budget also includes additional consolidated job responsibilities as well as technology enhancements to continue to improve work efficiencies and effectiveness, in order to serve Sierra Madre citizens.

### PLANNING COMMISSION VACANCIES

*Application deadline is July 25, 2013*


The commission meets the 1st and 3rd Thursday at 7:00 p.m., in the City Hall Council Chamber

Staff Liaison: Danny Castro / City Council Liaison: Council Member Chris Koerber

Number of Vacancies: Two Terms available starting July 1, 2013

Current Planning Commission Applicants:  
Buckles, DeMarzo, Diedrich, Frierman-Hunt, Stafford

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**Community Emergency Response Team Training**  
**Sierra Madre Fire Department**



**CLASSES BEGIN**  
**August 17, 2013**



**Learn from the experts how you can take care of your family and neighbors during an earthquake or other emergency. Instructors will teach residents how to prepare and respond in the event of a major disaster.**

*Following a major disaster, police, fire and medical professionals may not be able to meet the demand for emergency medical attention. Residents and neighbors may need to rely upon one-another to help with immediate life saving needs.*

*The County of Los Angeles Fire Department Community Emergency Response Team (CERT) training protocols have been adopted nationally by FEMA to provide civilians with basic fire safety and life saving skills they will need in disaster situations.*

**The Course Curriculum Covers the Following**

• Disaster Preparedness	• CERT Organization
• Fire Safety	• Disaster Psychology
• Emergency Medical Operations-One victim	• Terrorism
• Emergency Medical Operations-Triage	• Fire Extinguisher Training
• Light Search and Rescue Operations	• Course Review and Disaster Exercise

**Class Location**

**Sierra Madre Youth Activity Center**  
(upstairs)  
611 E. Sierra Madre Blvd.  
Sierra Madre, CA 91024

**Class Schedule**

Sat, Aug. 17 8:00A-5:30P  
Tue, Aug. 20 6:30P-9:30P  
Wed, Aug. 21 6:30P-9:30P  
Thu, Aug. 22 6:30P-9:30P  
Sat, Aug. 24 8:00A-5:00P

**There is NO CHARGE for CERT classes.**  
Please note: Plan to bring a lunch or to eat out for Saturday sessions.  
You must attend all five (5) sessions to receive a certificate of completion.

**TO REGISTER FOR CERT CLASS**  
[info@SierraMadreCERT.org](mailto:info@SierraMadreCERT.org) – [www.SierraMadreCERT.org](http://www.SierraMadreCERT.org)  
*You must be registered to attend – Class space is limited*





## Altadena Man Arrested Suspected of Kidnapping and Assault

Altadena Sheriff's arrested a local resident Thursday suspected of kidnapping and assaulting his girlfriend from San Gabriel. Police said they responded to the call around 12:30 a.m. July 4.

According to police, the suspect, a male 20 years old, arrived at the victim's home to speak with her about their daughter. The conversation became argumentative and the suspect allegedly pushed her to the ground and forced her into his vehicle. The suspect drove her around for approximately three hours and finally released her.

Deputies from Temple station had initiated a crime broadcast with information provided by witnesses that she was taken against her will. Deputies from the Altadena station, using the information provided in the crime broadcast, went to the suspect's last known residence in Altadena and discovered his car in the drive way. The suspect voluntarily surrendered himself to deputies and was placed under arrest for Kidnapping and Assault. He was booked at Temple Sheriff's Station where Temple station detectives are handling the investigation.

## Officers Roundup Rabbits Left at Rose Bowl

Pasadena animal control officers rounded up nine rabbits near the Rose Bowl after two jogged witnessed the animals being dumped late Wednesday night.

Two women said they saw someone in a truck leave the rabbits about 10 p.m. in a wooded area. The rabbits were scattered around as an animal control catches the young bunnies, a video posted by NBC news shows.

All the rabbits were flushed out and placed in cages. According to Pasadena Humane Society officials, all the animals will receive health checkups and will most likely be up for adoption.

## Pet of the Week



Blue is a year-and-a-half-old brindle mastiff/pit bull mix. He's a staff and volunteer favorite! Blue has been out on our Mobile Unit several times and charms everyone he meets. Blue's adoption fee is \$125, which includes his neuter surgery, a microchip, the first set of vaccinations, as well as a free follow-up health check at a participating vet. New adopters will receive complimentary health and wellness exam from VCA Animal Hospitals, as well as a goody bag filled with information on how to care for your pet. Ask an adoptions counselor for more information during your visit.

Call the Pasadena Humane Society & SPCA at 626.792.7151 to ask about A968929, or visit at 361 S. Raymond Ave. in Pasadena. Adoption hours are 11-4 Sunday, 9-5 Tuesday – Friday, 9-4 Saturday. Pets may not be available for adoption and cannot be held for potential adopters from phone calls or email. Directions and photos of all pets can be found at [www.pasadenahumane.org](http://www.pasadenahumane.org).



## City Oks Helicopter Repair Contract

*Local residents turn out for Police Air Operations Open House.*

By Dean Lee

Just a week after hundreds of people enjoyed the annual Air Operations Open House, the city council approved Monday night a \$200,000 purchase order to overhaul a turbine engine on one of its helicopters.

Police Chief Philip Sanchez said in a report that the repairs to the city's Bell Jet Ranger helicopter are needed to ensure safety and comply with Federal Aviation

Administration regulations. The helicopter engine overhaul will take place next year.

According to Sanchez, the contractor, Helicopter Engine Repair and Overhaul Services, Incorporated (HEROS) is within driving distance of the police heliport saving the city money.

HEROS is a vendor for helicopter turbine engine repair and overhaul for other government entities the cities of Burbank and Glendale.

Pasadena Police Air Operations Section showed off all six of the department's

helicopters during this year's annual open house at the Benedict Heliport in Altadena June 29. One of the helicopter pilots said the department serves 12 nearby communities including Pasadena. The air show also featured demonstrations of the department's SWAT, K9 and motorcycle teams.

The department created the helicopter section in 1969.

## Central Library Tales and Tunes

Professional storytellers and musicians will provide free, fun and entertaining shows for children 6 and up Thursday mornings in July and August at Pasadena's Central Library followed by a repeat afternoon performance at a branch library site.

Gifted storyteller and writer, Antonio Sacre will share delightful folktales and stories based on proverbs from his childhood on Thursday, July 18 at 10 a.m. in Central Library's Donald R. Wright Auditorium, 285 E. Walnut St. and 1:30 p.m. at La Pintoresca Branch Library, 1355 N. Raymond Ave.

Well-known teacher and percussionist, Cory Hills will use bells and drums to tell stories in new and amazing ways on Thursday, July 25 at 10 a.m. in Central Library's Donald R. Wright Auditorium, 285 E. Walnut St. and 2 p.m. at Hastings Branch Library, 3325 E. Orange Grove Blvd.

Illusionist Arty Loon will perform magic, crazy antics, and more on Thursday, August 1 at Central Library's Donald R. Wright Auditorium, 1 p.m. at Hill Avenue Branch Library, 55 S. Hill Ave., and 3 p.m. at San Rafael Branch Library, 1240 Nithsdale Rd. For more information on these programs and the library's Summer Reading Club call (626) 744-4045 or go to [www.PasadenaPublicLibrary.net/librarykids](http://www.PasadenaPublicLibrary.net/librarykids).

## Speaking Of; Shirley Jahad

Pasadena Public Library's Allendale Branch's fourth in a series of quarterly programs which explore the lives and creative journeys of Pasadena's most enduring artistic and cultural figures – people who have left an indelible impression on the artistic and cultural landscape of Pasadena and beyond will be held on Saturday, July 27 at 2 p.m. at Allendale Branch Library, 1130 S. Marengo Ave. The event will feature a discussion with award-winning journalist, radio correspondent, and news anchor, Shirley Jahad.

Jahad has been honored by the Los Angeles Press Club for her work as local host of "Weekend Edition" for 89.3 KPCC-FM, the National Public Radio affiliate in Pasadena.

The discussion will be moderated by Fred Glienna. For more information on the program, contact Shauna Redmond at (626) 744-7260 or [sredmond@cityofpasadena.net](mailto:sredmond@cityofpasadena.net).

## Carport Fire Causes \$500K In Damages

An early morning structure fire in the 100 block of Chester Avenue near Union Street Tuesday caused hundreds of thousands of dollars in damages, leaving a parking garage and adjacent building unusable. Smoke could be seen from several miles away.

It took 33 fire personnel on-scene comprised of two trucks, one rescue ambulance and five engines to knock down the fire reported at 5:30 a.m. Officials said the fire was out in about 20 minutes.

"The carport was totaled and the attached back house is uninhabitable," Pasadena Fire Spokeswoman Lisa Derderian said. "One adult male was

displaced from the back house and an adult couple in the front house escaped without injury."

Four cars were damaged, two under the carport sustained heavy damage and two in a nearby apartment were damaged by radiant heat according to Derderian. She also said several windows were broken in the nearby apartment from the heat.

One man living in a backhouse on the property told reporters, he lost his car, and other belongings. Another tenant said the fire may have started in the garage.

Derderian estimated \$400,000 in damage to the structure and another \$100,000 in content.



## Domestic Violence Shelter Bill Passes Senate

Assemblymember Chris Holden's AB 139 to strengthen penalties that abusers are required to pay to ensure more funding for Domestic Violence Shelters, passed the Senate today on a unanimous vote.

"The nation's first modern, women's shelter opened in my district in Pasadena, in 1964. Forty-nine years later, Haven House continues to provide a refuge for women and children who have been physically and emotionally abused," said Assemblymember Holden (D-Pasadena). "That's why I believe this bill is so important - fully funding of domestic violence shelters is critical and provides a safety net for those who live in fear."

AB 139 clears up a technicality in order to provide more funds for local domestic violence shelters. The bill stipulates that those convicted of domestic violence must pay a minimum \$500 fee – not a fine – after they are granted probation. This clarification is important because it would clear up confusion over the \$500 payment and ensure funding

for local domestic violence programs.

The bill derived from a 2012 State Audit conducted over four years that analyzed the distribution of payments used to support domestic violence shelters. The report revealed that many counties left a significant portion of payments uncollected due to the confusion about whether the payments were classified as fees or fines.

California Partnership to End Domestic Violence worked closely with Holden's office on this legislation: "We are delighted with the unanimous Senate passage of AB 139," said California Partnership interim executive director Kathy Moore. "This bill will ensure that the Legislature's intent to use these fees to support domestic violence agencies is carried out. We are very grateful to Assemblymember Holden for his leadership on this important issue."

AB 139 goes back to the Assembly floor in August for concurrence on minor changes in language.

## Fun Food Festival

The Pasadena Public Library will host a Fun Food Festival, as part of this year's Summer Reading Club theme, Reading is so delicious. Just as food nourishes our bodies so reading stimulates our brains.

**Frightening Fear Factor for Foody Fun-actics**

Eat and compete your way to the top to be our "Foody Fear Factor Champ" on Tuesday, July 16, 2 p.m. at Hastings Branch Library, 3325 E. Orange Grove Blvd. For ages 7 – 12. To sign up call (626) 744-7262.\*

\* Children with food allergies and families of contestants are welcome to join the audience in cheering on the contestants.

**Fortune Cookies Don't Lie**  
Learn how fortune cookies are made, enjoy a story, then create your very own paper fortune cookies with fun messages inside on Tuesday, July 16, 3:30 p.m. at Hill Avenue Branch Library, 55 S. Hill Ave. Materials provided. To sign up call (626) 744-7264.

**Pizza Party**

Love Pizza? Join us for games, stories, and a slice of pizza while enjoying Italian music on Tuesday, July 16, 3:30 p.m. at San Rafael Branch Library, 1240 Nithsdale Rd. For ages 5 – 12. To sign up call (626) 744-7270.

**S'mores**

Join us as we read our favorite kids camping stories then learn how to make a S'more treat on Wednesday, July 17, 3 p.m. at Villa Parke Branch Library, 363 E. Villa St. To sign up call (626) 744-6510.

**Bookalicious**

Stir up your imagination with delightful stories and creative snacks on Wednesday, July 17, 3:30 p.m. at La Pintoresca Branch Library, 1355 N. Raymond Ave. To sign up call (626) 744-7268.

**¡Papel Picado!**

Learn how to make beautiful papel picado art from tissue paper – then feast on nachos deliciosos on Wednesday, July 17, 3:30 p.m. at Santa Catalina Branch Library, 999 E. Washington Blvd. To sign up call (626) 744-7272.

**Yummy Greens!!**

Join us for a fun, yummy "green" storyline on Thursday, July 18, 11 a.m. at Linda Vista Branch Library, 1281 Bryant St. To sign up call (626) 744-7278.

**Awesome Apples!**

Enjoy popular children's stories followed by activities and yummy snacks centered around apples on Thursday, July 18, 3:30 p.m. at Lamanda Park Branch Library, 140 S. Altadena Dr. Call (626) 744-7266 for more information.

**Loading Around**

Celebrate bread around the world on Saturday, July 20 at 10 a.m. in Central Library's Children's Room, 285 E. Walnut St. Sample tasty morsels, make butter and share stories! To sign up call (626) 744-4066, option 4.

**Spaghetti Structures**

Children will use their imagination to create spaghetti structures out of marshmallows and various types of pasta, then test them for earthquake resistance and judge them based on creativity on Thursday, July 25, 3 p.m. at Villa Parke Branch Library, 363 E. Villa St. and Tuesday, July 30, 3:30 p.m. at La Pintoresca Branch Library, 1355 N. Raymond Ave. To sign up for the Villa Parke program call (626) 744-6510. To sign up for the La Pintoresca program call (626) 744-7268.

For more information on these programs and the library's Summer Reading Club call (626) 744-4045 or go to [www.PasadenaPublicLibrary.net/librarykids](http://www.PasadenaPublicLibrary.net/librarykids).



The Altadena Sheriff's Station would like to invite families and friends to the Altadena Sheriff's Station Open House on Sunday, July 14th. The Altadena Sheriff's Station has been providing law enforcement services to the community since 1927...86 years of service. We will be opening the station to the public from 1200PM - 4:00PM

Come out and meet Captain John Benedict, the deputies, and staff of YOUR Sheriff's Station. Take a tour of the station, have your picture taken with a deputy. Also scheduled to be there are the Sheriff's SWAT and K-9 team, Altadena Posse (Horses), Altadena Mountain Search & Rescue Team, Sheriff Explorers, Altadena Sheriff's Volunteers, Official Sheriff's

## Police Conduct Motorcycle Enforcement Operation

*Careless motorists as well as riders get special scrutiny*

The Pasadena Police Department will be conducting a specialized Motorcycle Safety Enforcement Operation Sunday, in an effort to lower deaths and injuries.

Extra officers will be on duty patrolling areas frequented by motorcyclists and where motorcycle crashes occur. Officers will be looking for violations made by drivers and riders alike that can lead to motorcycle crashes. They will be cracking down on both those operating regular vehicles and motorcycles who are under the influence of drugs or alcohol, speeding, making illegal turns, or any other dangerous violation.

California collision data reveals that primary causes of motorcycle-involved crashes include speeding, unsafe turning and impairment due to alcohol and other drugs. The Pasadena Police Department is also reminding all motorists to always be alert and watch out for motorcycles, especially



when turning and changing lanes.

As the economy turns upward, there will likely be more miles driven by all vehicles, plus more novice motorcycle riders who are untrained and unable to handle the power of today's motorcycles.

Information and training locations are available at [www.CAmsp.org](http://www.CAmsp.org) or 1-877 RIDE 411 or 1-877-743-3411. Funding for this program is provided by a grant from the California Office of Traffic Safety through the National Highway Traffic Safety Administration.



**"What's Going On?"**

News and Views from Joan Schmidt



The price of gasoline and the bad economy doesn't have to put a damper on fun this summer. There are two great avenues of entertainment that are close by and free! One involves musical entertainment and the other, our great public libraries.

Duarte's **Pamela Park** has a **GREAT Thursday evening concert series**: July 18- *Blues Band*, July 23- *Life Church Gospel Band*, August 1- *Mariachi Divas*, August 8- *Edgar and Lucy (Salsa, Cumbia)*, and August 15- *Pure Performance-R&B/ Jazz*. The *Latin Misfits* will perform on Saturday, August 17. All concerts are from 6:00-8:00pm. Bring a blanket, chairs and picnic fare for a great evening. Pamela Park has the best, safest playground equipment for all age kids!

**THERE'S MUSIC IN THE AIR IN DUARTE, NEIGHBORING AREAS AND MORE!**

Mayor Pro Tem Liz Reilly assists volunteers

Up in the **City of Duarte**, there are three remaining **6:30-8:30 pm Wednesday concerts**: July 17- *Centerfold Hits of the 80's*, July 24- *Jumpin Joz Band-Swing* and July 31- *Los Mineros De Durango & Mariachi Relampago*. Great food booths open at 6:00 pm. The Parade Committee will have a raffle and *Friends of the Duarte Library* will be handing out free books to the children. (Concerts are at Duarte Park, 1344 Bloomdale Street)

**Monrovia** has its great **7:00- 8:30 pm Sunday concerts**: July 21- *Gem City Jazz Cats-Jazz*, July 28- *The Answer-Classic Rock*, August 4- *Mariachi Divas-Mariachis*, August 11- *Blackstar-Country* and August 18- *Delgado Brothers-Roots, Rock, Latin Blues*. Concerts are free. Bring a picnic basket, blanket, chairs and be ready for a great family evening. Food booths are available and there's a great playground for kids! (Concerts are held at Library Park)

**Arcadia's** concert series are on the City Hall Lawn, **Thursdays evenings, 6:30-8:00 pm**. July 18- *Sharon & the Cevells (1950's)*, July 25- *Chris Lozano Band (Country)*, August 1- *Upstream (Caribbean Music & Steel Drums)*, August 8- *Cold Duck-1970's top-40's*- **National Night Out-Arcadia's 110th Birthday**, August 15- *The Answer-Classic Rock*, August 22- *Cash Up Front-Tribute to Johnny Cash*. Arcadia will have a Kids Fun Zone with games, crafts and activities.

I live in the County Area and have utilized Live Oak Library for twenty years. I have also gone to Duarte Library on several occasions, so the info I will provide pertains to these two great county libraries.

Since our grandkids will be here for FIVE weeks, I went on line and learned both libraries have SEVERAL great activities planned. **Duarte Library** will feature a great Art Day, July 16, from 3-4pm, ages 4-12. On Thursday, July 18, from 3:30-4:30, bring your child to meet Kim Brown, sister and inspiration of author Marc Brown ("Arthur Books"). The kids will be taught how to draw the "Arthur" character! Then on July 23, **Ronald McDonald** is coming to the Duarte Library from 3:00-4:00 pm! **Toddler Storytime** is 10:15am, and **Storytime for Preschoolers** and early elementary is at 11:15. Every Saturday at 2pm, during the summer, there's been adult fun-last week, making recipe scrapbook; this Saturday, decorate aprons and next week, decorate useable grocery bags! Visit [www.duartelibrary.com](http://www.duartelibrary.com) to see its great programs. (It is located at 1301 Buena Vista Street, Duarte, and the phone number is (626) 358-1865.

At **Live Oak Library**, Monday evenings have special teen activities like *Teen Game Night*, 5:30pm, July 22. **Monday, July 22, My First Book Club** at 3:30, for grades K-2. **Rising Readers Book Club** is for Grades 2-4 and meets Thursdays, 3:30-4:30. Usually Monday mornings at 10:30 is the toddler Storytime. **After School Adventures** is Tuesdays at 4:30 and includes astounding adventures, sublime rhymes and awesome art activities. Live Oak Library is at 4153 E. Live Oak Ave., Arcadia. Phone is (626) 446-8803. Visit [www.liveoaklibrary.com](http://www.liveoaklibrary.com) for more info.

**THE SELF-SUFFICIENT HOME:****Going Green and Saving Money**

By Christopher Nyerges

[Nyerges is the author of "Enter the Forest," "Self-Sufficient Home," and other books. He teaches regular self-reliance classes and does a weekly podcast on Preparedness Radio Network. He can be reached at School of Self-Reliance, Box 41834, Eagle Rock, CA 90041, or [www.ChristopherNyerges.com](http://www.ChristopherNyerges.com).]

Way back in 2000, my wife Dolores and I wrote a book called

"Extreme Simplicity: Homesteading in the City," where we detailed how we grew food, raised animals, generated power, and more, in our average home in the hilly outback of Los Angeles.

The "Self-Sufficient Home" book is a continuation of that work, but in this case, we didn't strictly write about what we did in our own home. Rather, I interviewed at least two dozen other home-owners and experimenters to discover the ways in which they were practicing urban self-reliance.

The book begins with the story of Dude McLean, former Marine who was heavily involved in self-reliance, and his experience during the 1971 Sylmar earthquake. McLean and family survived well when much of their neighborhood was in ruins because they gardened, stored food and water, and had sufficient camping supplies and the know-how to live in the backyard. Whenever I teach a class about urban preparedness, I begin by reading that chapter and the very real lessons learned by McLean and family.

"Self-Sufficient Home" includes an interview with Altadena architect Steve Lamb, who shares all the ways in which homes should be built to take advantage of natural principles such as sunlight, wind patterns, shade, and other site-specific issues. Lamb points out that white roofs, and large overhangs helps keep houses naturally cooler. During the course of writing the book, Lamb took me to a few of the places he's worked on to show me how it's also possible to retrofit an "average" house to take advantage of these principles.

The book shares the specific ways in which various local people, with no government aid and with no whining, went about producing their own electricity, and their own solar-heated water. The reader is guided through the steps of making an electrical use assessment before going out to purchase any solar devices or components. It's important to do that as-

essment if you're going to be your own power producer, so you build a system that is suitable to your situation.

There are interviews with people who collect rain water, with everything from low-tech to high-tech methods. In fact, this is now so "mainstream" that all of the building supply companies routinely sell you all the hardware needed to turn a bucket into a rain water catchment system.

The many alternatives to the conventional flush toilet are discussed, from the expensive high-tech to the very simple low-tech methods that have been practiced for millennia.

The book also addresses all the ways in which the average urban back yard can be utilized for food and medicine production. This begins with an assessment of the resources already on the property, coupled with a list of your specific needs and wants. Where to get your seeds, how to produce plants from cuttings, and ways to create your own backyard fertilizers are all included.

I interviewed a La Crescenta resident who makes his own biodiesel fuel from used vegetable oil, and ran his VW diesel rabbit on his own fuel for months. There are enough details in the book for the reader to follow in this man's footsteps.

And lastly, there are several interviews with individuals whose lifestyles are laudable - a man who bicycles every day, a permaculture practitioner, a woman who lives in a tipi, and more.

"Self-Sufficient Home" can be obtained via Kindle, and hard-copies are available wherever quality books are sold, or on-line. This is a wonderful book and everyone should have a copy.

[More information about Nyerges' classes and books is available at [www.ChristopherNyerges.com](http://www.ChristopherNyerges.com), or via School of Self-reliance, Box 41834, Eagle Rock, CA 90041]

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*"Where there is no struggle, there is no merit."*

**WEATHER HAS BECOME A TABOO TOPIC**

By: Cynthia Kurtz, San Gabriel Valley Economic Development Partnership

There was a time when the weather was considered a neutral topic for polite conversation. You could always bring up the weather. Not anymore. Start talking about the weather and pretty soon you are talking about global warming, climate change, AB 32, and green power. These are definitely not neutral topics!

Pepperdine University recently surveyed California voters on their opinions about the environment and energy. While the majority of voters believe climate change is a moderate or serious threat, Californians don't agree on what to do about them and who should pay for the solutions.

Let's start with climate change - 38 percent of those surveyed say it is a serious threat, 33 percent a moderate threat and 20 percent say it is no threat or not real. Clearly, a majority believe that climate change is some level of threat.

One would then assume that there would be support for public policies that will address this threat. Don't jump to that conclusion too quickly. California has adopted the most advanced public policy on climate change,

the Global Warming Solutions Act, also known as AB 32. Ask those same people if they think that AB 32 is having a negative or positive effect and 32 percent say positive, 30 percent say negative, and 29 percent say neither.

We know that climate change is strongly linked to power generation and policy leaders are adopting regulations intended to increase the use of "green power." There are conflicting theories attempting to convince Californians that these policies are creating jobs or driving companies to other states taking the jobs with them. Neither side is winning that battle - 52 percent of voters say they can't tell how jobs are being impacted while 21 percent say jobs are being created and 27 percent say jobs are being lost.

Cost and jobs are very important to these respondents. When asked if they would be willing to ease environmental regulations on oil extraction and refining if they reduce the price of gasoline and increased the number of jobs in California, 51 percent said yes to just 28 percent responding no.

When it comes to paying for

these policies, the message is not surprising. Asked if they would be willing to pay more for gas, electricity, food and other consumers to increase the use of green energy and help the environment, 53 percent said no - 30 percent said yes.

There are clear winners and losers when it comes to support for future sources of energy: 77 percent support increasing the use of solar; 70 percent support increasing the use of wind; 70 percent support increasing the use of water; 51 percent support increasing the use of liquid natural gas. Only 23 percent support increasing the use of coal.

Support for increasing nuclear power is split with 35 percent supporting and 30 percent not supporting it. You may be interested in knowing that this survey was taken after there were known problems at San Onofre Nuclear Power Plant but before Edison's announcement that they would close the plant.

So now that we can't use the weather as a "go to" topic, how should one start a new conversation? "How about them Dodgers?"

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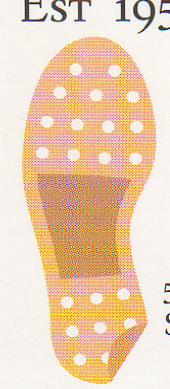
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# ARCADIA

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From Arcadia's Best

## DR. RICHARD CORDANO HONORED

A room in the new Arcadia Performing Arts Center has been dedicated in the name of former long-time Arcadia High School principal Dr. Richard Cordano.



Former and current AHS principals Dr. Joel Shawn (l) and Dr. Richard Cordano flank the new plaque behind them.

Almost 75 family, friends and supporters came together to celebrate the dedication of the "Cordano Room" at the Arcadia Performing Arts Center on Sunday, June 30, honoring AHS's beloved principal from 1963 to 1985. The dedication included a beautiful bronze plaque featuring a photo of Dr. Cordano.

This honor was made possible by donations from more than 89 individuals, many retired AUSD employees who donated from \$10 to \$1,000 each. Past AHS Teacher, Jean Voznick and her committee hand-wrote notes to hundreds of AHS teachers who served under Dr. Cordano to ask for their support. The resounding response inspired the Arcadia Performing Arts Center to organize a reception to dedicate the newly-named room.

The festive celebration featured a slide show of Dr. Cordano's years as the AHS Principal with entertaining speeches by Voznick as well as Gary Kovacic, President of Arcadia Performing Arts Foundation and Arcadia City Council Member; Dr. Joel Shawn, Superintendent of the Arcadia Unified School District; current AHS Principal Dr. Brent Foresee; and amusing anecdotes by Dr. Cordano from his years as Principal of AHS.

In attendance were such dignitaries as Michael Driebe, President of the Arcadia Methodist Hospital Foundation, City Council Member Bob Harbicht, Arcadia Performing Arts Center Foundation Board Member David Lee, and former Arcadia Mayor Mary Young.

Sue Cook, Executive Director of the Arcadia Performing Arts Foundation, emceed the event and led an informative tour of the facility, pointing out the Naming Opportunities currently available for those who are interested in supporting the arts in education and the community. The goal of the Foundation is to create an endowment that will enrich the arts programs in the schools and community and maintain the Performing Arts Center as a nucleus for the arts, education and engagement for years to come. The naming opportunities are a wonderful vehicle to achieving that goal.

The dedication of the Cordano Room is a perfect example of how these naming opportunities can both create a legacy and support the arts in the Arcadia schools and community. It's a wonderful way to celebrate all that Dr. Richard Cordano did for Arcadia High School in his 23 years as Principal.

## Arcadia Police Blotter

For the period of Sunday, June 30th, through Saturday, July 6th, the Police Department responded to 930 calls for service of which 129 required formal investigations. The following is a summary report of the major incidents handled by the Department during this period.

Sunday, June 30:

1. Around 1:43 a.m., an officer conducted a traffic stop on a vehicle for a warrant attached to the license plate, in the area of Live Oak Avenue and Mayflower Avenue. The officer discovered the 22-year-old Hispanic male driver was never issued a license. He was cited, released in the field, and his vehicle was left legally parked.
2. At about 8:52 p.m., an officer was dispatched to the "Oak" parking structure at the Santa Anita Mall, 400 South Baldwin Avenue, in regards to a solo traffic collision. As the driver headed down the ramp from the second to the first level, she struck a curb and ultimately collided into a wall. The driver was treated for a neck injury on scene by the Arcadia Fire Department. Her vehicle was disabled.

Monday, July 1:

3. Just after 1:25 a.m., an officer conducted a traffic stop on a vehicle for making an illegal U-turn in the area of Peck Road and Foothill Transit. An investigation revealed the driver had an outstanding misdemeanor warrant, and was in possession of methamphetamine and drug paraphernalia. The 39-year-old Hispanic male was arrested and transported to the Arcadia City Jail for booking.
4. At approximately 8:30 p.m., an officer conducted a traffic stop on a vehicle for failing to make a complete stop on 6th Avenue, at Duarte Road. The officer discovered the driver was under the influence of a controlled substance. The 59-year-old White female was arrested and transported to the Arcadia City Jail for booking.

Tuesday, July 2:

5. Around 4:06 p.m., an officer responded to Nordstrom at the Santa Anita Mall, 400 South Baldwin Avenue, in regards to a fraud incident that just occurred. The suspect purchased clothing using someone else's Nordstrom credit card account. The 34-year-old Black male was arrested and transported to the Arcadia City Jail for booking.
6. At about 4:57 p.m., officers were dispatched to Motel 6, 225 Colorado Place, in regards to a domestic dispute. The suspect punched the female victim twice in the face, causing visible injuries. The suspect resisted arrest and led officers on a short foot pursuit during which two officers sustained minor injuries. The 34-year-old Black male suspect was arrested and transported to the Arcadia City Jail for booking. A records check revealed he had an outstanding misdemeanor warrant in the amount of \$50,000 for domestic violence.

Wednesday, July 3:

7. At approximately 10:23 a.m., an officer responded to Motel 6, 225 Colorado Place, in regards to a suspicious subject. The officer made contact with the subject and discovered he was under the influence of a controlled substance. The 24-year-old Hispanic male was arrested and transported to the Arcadia City Jail for booking.
8. Around 6:57 p.m., an officer was dispatched to Nordstrom at the Santa Anita Mall, 400 South Baldwin Avenue, in regards to an embezzlement investigation. An excessive refunds report revealed to loss prevention that an employee had processed approximately \$7,000 in fraudulent returns. An investigation revealed she had credited the returns to her sister's Nordstrom credit card account. The 54-year-old Asian female was arrested and transported to the Arcadia City Jail for booking.

Thursday, July 4:

9. Shortly after 00:30 a.m., an officer conducted a traffic stop on a vehicle for speeding on Colorado Boulevard, east of Michillinda Avenue. Upon contact with the driver, the officer detected an odor of alcohol emitting from inside the vehicle. A vehicle search revealed the 27-year-old White male driver was in possession of marijuana and he refused to take any sobriety tests. He was arrested and transported to the Arcadia City Jail for booking.
10. At about 4:00 a.m., officers were dispatched to a residence in the 000 block of West Forest Avenue in regards to a report of female screams at the location. While making contact with a male and female subject inside the residence, the officer detected an odor of burnt marijuana, and observed cocaine and illegal fireworks in plain view. Further investigation revealed the 28-year-old White male was under the influence of a controlled substance and in possession of controlled substances for sales. He was arrested and transported to the Arcadia City Jail for booking.

Friday, July 5:

11. Around 8:02 a.m., an officer responded to the Arcadia Police Department front counter in regards to a theft from a residence in the 800 block of Fairview Avenue. The victim explained unknown suspect(s) entered her open garage, took her bicycle, and left a different bicycle in its place. No one reported seeing or hearing anything suspicious.
12. Just after 8:30 p.m., an officer was dispatched to Sephora at the Santa Anita Mall, 400 South Baldwin Avenue, in regards to a female being detained for theft. The suspect concealed a tester bottle of perfume inside a used shopping bag and exited the store without making payment. The suspect provided a false name; however, after learning her true identity, the officer discovered she had three prior convictions for theft. The 41-year-old Black female was arrested and transported to the Arcadia City Jail for booking.

Saturday, July 6:

13. At approximately 3:36 a.m., an officer conducted a traffic stop on a vehicle containing three subjects for expired registration, in the area of Holly Avenue and Huntington Drive. Upon contact with the driver and front passenger, both 18-year-old Hispanic females, the officer noticed the ignition had been tampered with using a metal object. A screwdriver was located inside the front passenger's purse. The rear passenger, a 16-year-old White female, revealed she saw the tool inside the ignition. All three suspects were arrested and transported to the Arcadia City Jail for booking. The juvenile was later released to her father.
- While listening to the jail voice recordings, the officer discovered the adult passenger stated she had inserted a methamphetamine pipe inside her vagina. She was transported to the Arcadia Methodist Hospital so it could be removed. She was also charged with Bringing Drug Paraphernalia into a City Jail.
14. Around 8:27 a.m., an officer was dispatched to Macy's at the Santa Anita Mall, 400 South Baldwin Avenue, in regards to a theft report. The suspect asked to see a Gucci watch valued at approximately \$4,500. After examining the watch, he grabbed it and ran out of the store without making payment. The suspect is described as a White male of unknown age, approximately 6' tall, 150 lbs., wearing a gray beanie, black shirt, and gray shorts.

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**6:00pm to closing**

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## ARCADIA RECREATION AND COMMUNITY SERVICES DEPARTMENT SPORTS CAMP

Sports Camp is held at Dana Middle School and offers three weeks starting August 5 to August 23. Weeks one and three are for youth ages 11-15 and are still available. Week two is for youth ages 6-10 and is full but we are taking a wait list.

This camp utilizes the Dana Gym and features a variety of fun sports activities for youth including swimming, flag football, basketball, softball, soccer, volleyball and other fun group games.

Each week there is an excursion and three swim days.

Sports camp is \$110 per week. Residents can register on line by going to the city's website at [www.ci.arcadia.ca.us](http://www.ci.arcadia.ca.us). Walk-in, fax-in or mail-in registration for everyone is underway and ongoing. Our office is located at 375 Campus Drive. For more questions, please contact the Recreation Department at 626.574.5113.

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# MONROVIA - DUARTE

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## THE 26<sup>TH</sup> ANNUAL HOMEGROWN MAYFLOWER VILLAGE PARADE

By Joan Schmidt

Our Annual Mayflower Village Parade may not be the largest or most spectacular. But it has a unique history which began in 1987 when Liz Alonso decided, "I want my children to grow up without an attitude, without saying things like parades are dumb, without the cynicism. I want them to grow up to be better people."

On that Independence Day, Liz dressed up 2-year-old Eric and 3-year-old Karen in paper hats, gave them flags to wave and walked them around the block. Since then the community's homegrown expression of love of country has blossomed into an annual event.

Back in the 90's, when I served on the Town Council, it seemed like EVERYONE in the neighborhood participated. Not only did children decorate their bikes, and parents decorate strollers or wagons for the little ones, but even the family pet was decorated! There were tee shirts designed and signed by the neighborhood kids like the Vallejo's and Randal's; these were sold to raise money for the red, white and blue popsicles handed out after the parade. Lois, the puppeteer did a show. (Long-time residents may remember her Honey Bee Beauty Salon in the old Mayflower Market Complex). There even was a great talent show.

Life goes on. People move on. After Liz stepped down, her sister Kathy Robbins oversaw the parade for a while. Then Kathy moved out of state. Currently it is Carrie De Ritter in charge and the parade is great as ever! Carrie and a friend held the banner at the beginning of the parade. Hubby Terry and children, Baily, Shelby and "Tato" (Makenzey) also participated. This year I once again had my young grandchildren, Jennifer and Jacob, so we drove down Camino Real, parked, and enjoyed the Parade.

This year was the 26<sup>th</sup> year for the parade, and it was spectacular as always. Little Karen is all grown-up and lives in South Arcadia. But she came with her husband and represented the family who began it all. I also saw Teri and Joe Maltese, parents of my former student, Andrew and Mrs. Valiquette with Tiffany and Jack, also former students and all grown up. They had their dog in a decorated stroller. Carrie's sister, Keely was on hand with her hubby and darling children. It was so heartwarming to see my former students and their great families. Thank you Carrie, for a job well done, and thanks to your Dad, Mr. Baggett for directing traffic! Thanks to the many volunteers and participants who made this such a unique parade! All who came out had a great time!



**Carol McKibben**  
Book Signing  
July 16  
7:00 pm-8:30 pm

**Polly Frost's**  
One Woman  
Play "Bad Role  
Models and  
What I  
Learned  
From Them"  
July 21st  
5:00 pm  
\$15.00 per  
performance

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## MONROVIA CLASSES FOR SENIORS

### AARP 55 – Alive Mature Driving Course

Thursday, July 11 and Friday, July 12, from 9 a.m. to 1 p.m. at the Community Center. The two-day course will focus on current driving laws and provide participants with helpful hints to improve their driving skills. FEE: \$12 for an AARP member and \$14 for a non-member; payable by check only to AARP. Reservations must be made in advance, please contact (626) 256-8246.

### Weekly senior stretching and exercise class.

NEW TIME every Monday at 2 p.m. at the Community Center. The fee for the approximately one hour class is \$2, and includes stretching techniques geared toward seniors over 50.

### Active Adults Stretching & Walking Class

Every Friday at 9 a.m., at the Community Center, \$2 per class. The class meets for approximately one hour and begins with stretching followed by a walk around Old Town Monrovia. Participants are encouraged to wear comfortable clothing, and bring a towel and bottle of water.

### Monthly Blood Pressure Screening, 50 years +

The free program is hosted by Methodist Hospital, and is offered on the second Tuesday of the month, from 9:15 a.m. to 10:15 a.m., at the Community Center.

### Weekly Social Crafter's Class, 50 years +

The program is free and is held every Wednesday, from 12 p.m. to 3 p.m., at the Community Center. This program is designed to provide social opportunities while crocheting or knitting.

### Monthly Afternoon Movies and Munchies at the Library

Last Friday of each month at 12 p.m. in the Library's Community Room. This month's movie will be screened on Friday, June 28, featuring a British comedy-drama film about a home for retired musicians that is soon to play host to a new resident, an eternal diva and the former wife of one of the residents; starring Maggie Smith, Tom Courtenay and Billy Connolly. Can you guess the movie? This program is free and open to Monrovia seniors 50 years and older.

## FRIENDS OF THE MONROVIA PUBLIC LIBRARY MONTHLY HALF-PRICE BOOK SALE

Friends of the Monrovia Public Library will hold their monthly Half-Price BookSale in the Friends Store throughout the month of July. This month, adult books and media with a blue dot on the spine are half-price. While some items are individually priced, regular prices range from \$0.25 to \$2.00 Visit the Friends Store (Monrovia's only Bookstore!) early for best selection.

The Friends Store is located inside the Monrovia Public Library. Store hours are Monday-Wednesday, 10 a.m. -5 p.m. and Thursday-Saturday, noon -5 p.m.

The Friends of the Monrovia Public Library promote the Library by encouraging a greater use and appreciation of the literary, educational, and cultural advantages the library offers to the community.

## Monrovia Police Blotter

### Highlighted Activity for the Weekdays of July 8-10, 2013

During the last seven-day period, the Police Department handled 571 service events, resulting in 82 investigations. To see a complete listing of crimes reported, go to <http://www.crimemapping.com/map/ca/monrovia> for crime mapping. For Police Department news and information, visit our website and follow us on Twitter for police notifications.

### Theft From Vehicles

July 9, four thefts from vehicles were reported throughout the day to police. The thefts occurred overnight and were not discovered by the victims until the morning hours. The thefts occurred in the 600 block of West Foothill, 700 block of Oakglade, 900 block of West Hillcrest and 800 block of Ridgeside. In three of the incidents, the vehicles were left unlocked and items left in the vehicles were taken. The investigation is continuing.

### Family Dispute / Grand Theft Auto - Suspect Arrested

July 9 at 10:52 p.m., officers were dispatched to the 1100 block of East Royal Oaks regarding a family dispute at a residence. The suspect was angry and he was yelling at his family members. He asked family members to give him a gun. He took his sister's purse from her bedroom, which had her car keys inside, and then took her car and drove to a convenience store in Duarte to meet his fiancé to talk.

Officers went to the location and found the suspect with three other male subjects, who were friends of his fiancé. The subjects appeared to be in fighting stance; all four subjects were detained. The three subjects are witnesses to a criminal threats incident involving the suspect that is being investigated by the Los Angeles Sheriff's Department. The suspect was arrested for grand theft auto and the victim desires prosecution.

### Commercial Burglary - Suspects Arrested

June 10 at 5:00 p.m., two male subjects entered a business in 1600 block of South Mountain, took over 600 dollars worth of electrical breakers and then ran out of the store. They were apprehended by the store's loss prevention and the police were called. The subjects had no means on their person to pay for the items. They were arrested and charged with burglary.

## TIP OF THE WEEK

### DON'T FILL YOUR VEHICLE WITH GIFTS FOR THIEVES!

Don't Be a Victim!

Auto-burglary prevention starts by limiting the criminal's opportunity to commit the crime and can be accomplished with very little time and effort. Criminals are looking for something to steal - don't supply the valuables. Leaving your valuables in your vehicle instantly makes your car a target for thieves.

It only takes a few seconds for thieves to break into your vehicle and steal your valuables.

It only takes a few seconds to remove your valuables and secure your vehicle.

Take a few seconds to prevent auto-burglary!

The University of Oklahoma Police Department offers great auto-burglary prevention tips. Click on The Police Notebook to visit their website.

## MAP NEIGHBORHOOD CONFERENCE IV

### Partnering People for a Stronger Monrovia

Monrovia's Neighborhood Services Division invites you to the 4th Annual MAP Neighborhood Conference!

Sponsored by Wells Fargo Bank, the MAP Neighborhood Conference is a free; all day event that is open to the public and will be held on **Saturday, August 10 at Monrovia High School from 9:30 a.m. – 3 p.m.** The Conference will host 23 exciting workshop options educating participants on all kinds of topics like:

- Bully & Cyber Bully Prevention
- Emergency Preparedness
- Environmental Services
- Community Event Planning
- Gang Prevention & Intervention
- Communication & Leadership Training

...and will even offer a bus tour of Monrovia facilitated by Mayor Lutz. Throughout the day, participants will enjoy free food, entertainment, workshops and small group discussions with other residents, community leaders, city staff and local officials. This event is free, fun and a great way to be part of Team Monrovia!

While the MAP Neighborhood Conference is being offered **free of charge**, pre-registration is required and can be found online at [cityofmonrovia.org](http://cityofmonrovia.org), at the front counter of City Hall, Community Center or the Monrovia Public Library or by calling Neighborhood Services Staff at (626) 932-5525.

This event only comes once a year and it's not to be missed. Be sure to save your spot by registering early and tell your friends to do the same.

## MONROVIA SUNDAY MORNING FARMERS' MARKET

That's right- it's back! From 10am - 2pm on Myrtle Avenue, shop for fresh produce at the Sunday morning Farmers' Market in Old Town Monrovia.

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



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## REGIONAL CHAMPS: SIERRA MADRE PONY 13 YEAR OLD ALLSTARS

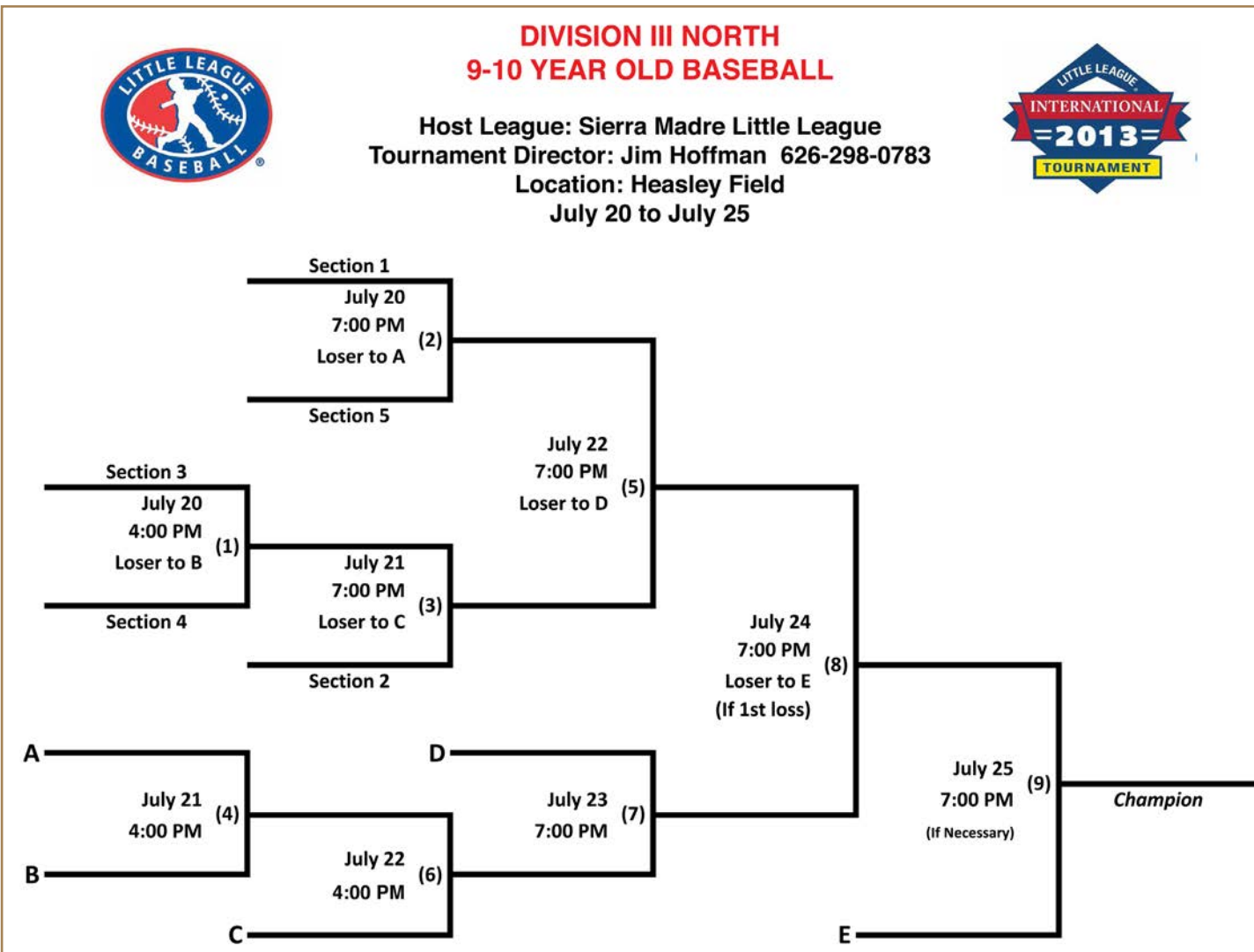


Back row: Manager Al Gills, Jacob Romo, Nick Ybanez, Matt Loomis, Angel Guzman, Andy Garriola, Coach Mike Guzman, Jesse Anderson-Ramirez, Josh Hedgpeth, Dante Campione, and Coach Lance West. Front row: Victor Scalzo, Garett West, Jacob Bechtold, Nick Zuniga, and Grady Gills. Photo courtesy Jeff Dapper

After hard-fought wins against teams from West Covina, Covina and Diamond Bar, in a grueling double-header on July 8th, the Sierra Madre Pony Baseball 13 year old All Stars again defeated the power-house team from West Covina to become Regional Champions for the first time in more than twenty years. According to Sierra Madre Pony League President Jeff Dapper, "Winning Regionals is a very big deal for our small town and we are all extremely proud of these young men and what they've accomplished so far. This is not a team that relies on the talent of a few exceptional players but rather a tight group of solid ballplayers who win by simply wearing the other team down because they never let up, from the first pitch to the last out." Sierra Madre now advances to the Pony Super Region Tournament in Whittier and we wish them the best of luck.

## SIERRA MADRE TO HOST 9-10 YEAR OLD LITTLE LEAGUE CHAMPIONSHIPS

## Games To Be Broadcast Live on Village Vine



Village Vine, Sierra Madre's Internet Radio Station will broadcast live the entire series of games from July 20th through July 25th. The games will all be played at Heasley Field, and should you be unable to attend, just go to [www.villagevine.org](http://www.villagevine.org). Some of the games will also have live video feed and can also be accessed through the station's website.

For more information on the Championship, or to listen and/or view previous Little League games this season, just go to [www.villagevine.org](http://www.villagevine.org) and click on 'sports'.

SUMMER TERM IN FULL SWING AT MT. SIERRA COLLEGE.  
NEW STUDENTS AND GRADUATES EXPERIENCE NEW BEGINNINGS.

MONROVIA, CA – The Mt. Sierra College Summer Quarter officially kicked off on Monday July 8, 2013. The student population for the Summer Quarter is a combination of new and continuing students. The new student population includes graduates from local high schools as well as students with a few years of community college experience. Some of the local high schools represented in the incoming class are Monrovia, Baldwin Park, Covina, Herbert Hoover, and John Burroughs high schools. The new student population also includes working adults who are interested in growing in their current careers or have planned to make a career change based in a Mt. Sierra College degree.

Mt. Sierra College offers four starts during the academic year to facilitate timely graduation. Students can graduate in 3 years or less depending on their number of credits transferred in from a community college and their quarter unit load. Class schedules are flexible and available year-around to support degree completion and entry into the job market.

On June 27, 2013, the New Student Orientation welcomed the incoming class for Summer 2013. The event was held in the Mt. Sierra College Auditorium where Kristen Stabb, College Director, and Justin Phillips, Director of Academic Advisement, presented a roadmap for new students to successfully complete their respective bachelor's degrees. The speakers highlighted some of the key services such as free tutoring and the "The First Year Experience" available to students through Student Services, Financial Aid, Academic Affairs and Career Services. Mt. Sierra College students are assigned an advisor from each department



throughout their degree program while Career Services continues to work with graduates to assist with employment in their respective fields of study.

While new students were at the starting line of their journey toward graduation, 53 Mt. Sierra College students were getting ready for the 21st Commencement Ceremony. Mt. Sierra College's 21st Commencement Ceremony was held on June 29, 2013 at the First Church of Nazarene in Pasadena, California. This year's commencement featured former California Assemblymember Anthony Portantino as keynote speaker. Other speakers were John Davis, Vice President and CFO, on behalf of the Board of Directors; Kristen Stabb, College Director; Tim Botengan, Associate Dean of Academic Affairs; Robert Allen, Game Arts & Design graduate with Cum Laude; Robert A. Maltz, Business Administration graduate; and

Rachel Simanjuntak, Graphic Design graduate.

In her speech Simanjuntak thanked the faculty, administrators and fellow students for making her journey to graduation not only rewarding but also challenging and unique. She said: "Mt. Sierra College has been so much more than an educational institution for me. It has been a place of growth." Simanjuntak continued: "I have been transformed so quickly into so much more of a stronger person and for that, I am forever in their debt."

In closing Simanjuntak stated: "To my fellow graduates, we owe each other a debt of gratitude as well. We have inspired, pushed, and carried each other along this path. And I for one consider myself lucky to be counted among you today. While Commencement marked the end of an important chapter in the lives of graduates, it also symbolized a beginning for their post-graduate journey and search for career success.

## SCHOOL DIRECTORY

**Alverno High School**

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

**Arcadia High School**

180 Campus Drive Arcadia, CA 91007  
Phone: (626) 821-8370, Principal: Brent Forsee  
bforsee@ausd.net

**Arroyo Pacific Academy**

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

**Barnhart School**

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

**Bethany Christian School**

93 N. Baldwin Ave. Sierra Madre, Ca. 91024  
(626) 355-3527 Principal: James Lugenbuehl  
E-mail address: [jml@bcsilions.org](mailto:jml@bcsilions.org)  
website: [www.bcsilions.org](http://www.bcsilions.org)

**Clairbourn School**

8400 Huntington Drive  
San Gabriel, CA 91775  
Phone: 626-286-3108 ext. 172  
FAX: 626-286-1528  
E-mail: [jhawes@clairbourn.org](mailto:jhawes@clairbourn.org)

**Foothill Oaks Academy**

822 Bradbourne Ave., Duarte, CA 91010  
(626) 301-9809

Co-Principals Nancy Lopez and Diane Kieffaber  
[info@foothilloaksacademy.org](mailto:info@foothilloaksacademy.org)  
[preschool@foothilloaksacademy.org](mailto:preschool@foothilloaksacademy.org)

**The Gooden School**

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

**High Point Academy**

1720 Kinneloa Canyon Road Pasadena, Ca. 91107  
Headmaster John Higgins  
626-798-8989  
website: [www.highpointacademy.org](http://www.highpointacademy.org)

**LaSalle High School**

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

**Monrovia High School**

325 East Huntington Drive, Monrovia, CA 91016  
(626) 471-2800 Principal Darvin Jackson  
Email: [schools@monrovia.k12.ca.us](mailto:schools@monrovia.k12.ca.us)

**Odyssey Charter School**

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

**Pasadena High School**

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

**St. Rita Catholic School**

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

**Sierra Madre Elementary School**

141 W. Highland Ave, Sierra Madre, Ca. 91024  
(626) 355-1428 Principal: Esther Salinas  
E-mail address: [salinas.esther@pusd.us](mailto:salinas.esther@pusd.us)

**Sierra Madre Middle School**

160 N. Canon Sierra Madre, Ca. 91024  
(626) 836-2947 Principal: Garrett Newsom  
E-mail address: [newsom.garrett@pusd.us](mailto:newsom.garrett@pusd.us)

**Walden School**

74 S San Gabriel Blvd  
Pasadena, CA 91107 (626) 792-6166  
[www.waldenschool.net](http://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](mailto:resseln@pusd.us)

**PASADENA UNIFIED SCHOOL DISTRICT**

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

**ARCADIA UNIFIED SCHOOL DISTRICT**

234 Campus Dr., Arcadia, Ca. 91007  
(626) 821-8300 Website: [www.ausd.net](http://www.ausd.net)

**MONROVIA UNIFIED SCHOOL DISTRICT**

325 E. Huntington Dr., Monrovia, Ca. 91016  
(626) 471-2000 Website: [www.monroviashools.net](http://www.monroviashools.net)

**DUARTE UNIFIED SCHOOL DISTRICT**

1620 Huntington Dr., Duarte, Ca. 91010  
(626) 599-5000 Website: [www.duarte.k12.ca.us](http://www.duarte.k12.ca.us)

THE REEL DEAL: by Ben Show  
WHITE HOUSE DOWN

I chose not to see 'Olympus Has Fallen' earlier this year and for a moment regretted my decision. However, my patience was rewarded with the more interesting looking and better written 'White House Down'. I've been a fan of Emmerich ever since seeing 'Independence Day' and I have to say, he's delivered another great action movie.

Cale (Channing Tatum), a down on his luck man, has booked an interview at the White House to become a member of the Secret Service. He brings his young daughter, Emily (Joey King), along

hoping to impress her. While he fails the interview, he and his daughter soon find themselves in the middle of the most dangerous coups of the 21st century.

While at first looking like just another summer blockbuster, 'White House Down' rose above the rest with not only its surprisingly well written screenplay but its perfect pairing of Tatum and Foxx, who are very convincing in their roles as an action hero and as President.



## Happy Tails

by Chris Leclerc



## CANINES, CATS AND CONS HEART-TO-HEART 'HEELING' HAPPENING BEHIND BARS

It never ceases to amaze me what a positive impact animals have on human beings. I am convinced that God allowed the animals He created to become domesticated for a very specific purpose - to help us along in this life on earth. While humans like to consider themselves the superior species in the animal kingdom, I believe that we should be very careful in assuming we're "top dog" among all living things. I guess it depends upon how you define "superior", and upon what criteria you base the honor of that particularly important position.

These are just a few of the emotionally charged thoughts that came rushing like a tidal wave into my mind last week, while viewing a documentary about a prison dog program at Dixon Correctional Institute in Jackson, Louisiana. This dog rescue & training / prisoner rehabilitation program was born out of necessity when thousands of pets were inadvertently released or evacuated during the wake of hurricane Katrina. The story was so touching, I was compelled to seek out similar articles to feed my need to know more about how convicts are learning to 'love and let live' through intimate interaction with canines & cats in need. What I found was quite astounding, in terms of the positive results of inmates coming together with pets in prison. There are numerous such programs throughout the US, and in most cases statistics show that released prisoners who participated have gone on to live more productive lives than those who did not.

What enralls me most about the concept of having pet shelters in prisons, is that it demonstrates the universal structure and balance of symbiotic relationships between various species, and the important part those relationships play in forming a better future for all involved. The idea of prisoners caring for dogs and cats, who would otherwise be euthanized, makes total sense to me. Needy animals are getting the attention and, believe or not, even the training they desperately need, while inmates gain increased self-esteem by having the responsibility of caring for another being. Participating prisoners become very attached to the animals for which they are responsible, and upon release from prison many choose to pursue certifications required for gainful employment where they are able to help care for and train sheltered animals in preparation for placement in permanent homes.

Participation in prison animal shelter programs is a privilege limited strictly to inmates who prove themselves trustworthy enough to safely handle and care for the animals, and are willing to

show them due respect. The program presents a strong incentive for prisoners to work hard at maintaining a record of good behavior, which helps with the rehabilitation of those who may otherwise become frustrated or angry and cause disruption. The inmates who benefit most from the program are those who truly wish to move onward and upward in life, rather than allowing themselves to become perpetual victims of the system, and in my opinion, that is indeed the epitome of a "win/win" situation!

The other beneficial side of the "cooperative canine, cat and con" coin, is the fact that the homeless animals that are placed in prison shelters typically receive excellent, closely monitored care and even obedience training that may or may not be granted in public animal shelters. While the SPCA, the Humane Society and several other animal rescue agencies work very hard to provide optimal treatment & sufficient time for placement, they are limited to minimal tax-paid and donated funding to carry out the task. In the case of most prison shelters, the inmates build and maintain the actual structures themselves, and in some cases the inmates are expected to cover part of the cost associated with owning a pet.

Dixon Correctional Institute is one of many prisons that have established pet shelter programs. Another one I was impressed with is called Operation Second Chance, sponsored by a partnership between the Gwinnett County Sheriff's Dept. and The Society of Humane Friends of Georgia. This program, which involves inmates working one on one with the animals and some becoming certified trainers, is made possible by volunteer efforts and pro-bono services provided by animal-loving pet professionals who believe in the idea of positive results coming from symbiotic relationships between inmates and animals.

Probably most unique among the prison pet programs I learned about is one in Alabama involving convicts who have been allowed to adopt the feral cats that were found roaming the premises, causing chaos for security officers around the perimeter of the prison. In that particular case, hand-picked trustworthy inmates, including some on death row, are allowed to keep cats in their cells, under the condition that they will accept responsibility for the cost to spay or neuter, and that they will feed and care for them. Remarkably, most of the inmates who have qualified for the program have followed through with their responsibilities as promised, and have become much more compliant with daily prison activities and have fostered a huge amount of affection for their pet, not to mention making it a well-known fact that you do not mess with another prisoner's cat!

## PET OF THE WEEK

PRIA: #A4600408



Meet a very lovely dog, Pria (A4600408). Pria is a well-behaved two year old gray and black female Wire Haired Dachshund/Terrier mix who was found in La Puente on July 1st and brought to the Baldwin Park Shelter. Weighing seven and one half pounds, Pria walks well on the leash, loves to be held, and seems to be housebroken. She likes other dogs her own size and we think she will be a wonderful companion for children. Pria is a fabulous dog who will make an outstanding best friend and indoor pet for anyone in any living situation. To watch a video of Pria please visit the following link: [www.youtube.com/watch?v=tSsqBHKKYAo](http://www.youtube.com/watch?v=tSsqBHKKYAo)

To meet Pria in person, please see her at the Baldwin Park Shelter, located at 4275 N. Elton, Baldwin Park, CA 91706 (Phone: 626-430-2378 or 626-962-3577). She is currently available now. For any inquiries about Pria, please reference her animal ID number: A4600408. 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 Pria or the adoption process, contact United Hope for Animals Volunteer Adoption Coordinator Samantha at [Samantha@hope4animals.org](mailto:Samantha@hope4animals.org). To learn more about United Hope for Animals' partnership with the Baldwin Park Shelter through its Shelter Support Program, as well as the many dogs of all breeds, ages, and sizes available for adoption in local shelters, visit <http://www.unitedhope4animals.org/about-us/shelter-support-program/>.

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## Animals Dig It!

I dig to bury bones. I have plenty of food, but I think it's still a way for dogs to keep other dogs from taking their food. Have **you** ever watched animals to see what they do? Have you noticed a squirrel digging to stash acorns? Or a bird pecking the ground, pulling out a worm and carrying it away to a nest to feed baby birds? **Animals dig to:**

- find food
- make a shelter
- hibernate or sleep during the cold months
- hide from other animals
- travel
- hide food to keep for later
- have their young

**Read the clues to fill in the puzzle with names of animals that dig:**

1. have long slinky bodies, dig burrows for homes
2. scaled reptiles, burrow underground for shelter, dig to hibernate
3. mammals, dig with feet, claws, go underground to get roots, plants
4. related to kangaroos, slightly larger than mice, dig for food
5. mammals, leathery armored shells, dig to uncover grubs
6. spineless animals, live underground, come out when it rains because it is hard to breathe
7. have shells with hinges, burrow into the sand to keep from being eaten
8. found in deserts in Africa, 20-30 live in large underground networks
9. mammals that tunnel, making bumps in the soil (hills named after them)
10. mammals with long snouts, dig up insects to eat, especially ants
11. dig holes for shelter (hole that soldiers dig for protection is named after this)
12. very large mammals, dig dens and drag in leaves and branches for bedding
13. toothy mammals, dig shelters, called lodges, that are partly underwater
14. like small squirrels, stripes on backs, burrow to hibernate and store nuts, seeds
15. insects, dig lots of connecting pathways underground to join nests into colony

Can we dig it now? Can we? Huh? Huh?

Stop badgering me.

Check for our Wednesday surprises each Wednesday during July!

**Free Puzzles**

Print out new puzzles: **Travel Fun, Enjoy the Seashore and Money, Money, Money!** Don't forget the latest reading log and certificate set @ [www.readingclubfun.com](http://www.readingclubfun.com)

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foxes  
chipmunks  
bears  
clams  
moles  
gophers  
ants  
beavers  
weasels  
earthworms  
armadillos  
aardvarks  
bilbies

Meerkats stand watch. We bark a warning if we see danger and others run to hide in one of many holes we have dug.



CONSUMER BEWARE

I have done it, and I'm sure you may have or the person picking up the bill on any recent night on the town someone has - just popping down the credit card without checking the bill. I did it recently, and it wasn't till it was time to sign the credit card slip for lunch that the bill seemed a bit high. I asked the waiter for a copy of the bill/statement, and it included a pork cutlet for \$17. Wrong. We had pasta. The waiter gladly took it the manager who had to approve the void the item on the check. Hey, times are tough so I decided that I better keep my eyes open a little better. Sure enough the next night I ordered two beers and was charged for three. I brought this to the attention of the bartender, and without hesitation I was rebilled for the correct amount. My daughter is now past the age limit for ordering from the kids menus, but many restaurants are now offering free meals for kids

TABLE FOR TWO by Peter Dills  
thechefknows@yahoo.com

with purchase of an adult entrée - a perfect way for the server to forget that once-a-week special. I am not accusing anyone of padding the bill, but where on earth did the pork cutlet come from? Did you know that most restaurants automatically add the gratuity to your bill when the party has more than six people? Yes, 18% is typically added to your bill with parties that large. My sources and informal survey suggest that servers often don't volunteer that they have already added the tip. I agree with the policy of adding the tip, but the server should mention to you that the tip is already included, or it should be printed on the menu.

Reservations? Sure, restaurants have plenty of rules about reservations. Some restaurants won't accept reservations for small parties. One common restaurant trick is that they will take half reservations and half walk-ins; if it's a popular restaurant they are saving tables for the walk in crowd. I like that. Even with a reservation I strongly recommend that before you get into your car to call the restaurant to confirm and let them know you are on the way. Have special needs? Birthday, food allergies, kids, or elderly folks? Let the restaurant know in advance. Always keep your time on time -- if you have made reservations for 2 PM and have 16 guests, be aware that the restaurant might require that all guests be present before seating you. I know this one is hard to swallow, but often they will only allow 20 minutes to hold your table and give it away.

Hope all of this helps!!! If you have any tips, grapes or gripes please let me know.  
Contact me at [thechefknows@yahoo.com](mailto:thechefknows@yahoo.com)  
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Description: Over 40 restaurants wineries, breweries, this year business expo too!



SIERRA MADRE FARMERS MARKET

The Sierra Madre Farmer's Market hours have changed to 3:00pm through 8:00pm every Wednesday in fall and winter. Vendors include Dry Dock which has fresh and wild caught fish, Rustic Loaf with artisan breads, Cutie Pie with fresh pies and much more!

For those interested in being a vendor contact Melissa Farwell with Raw Inspirations at 818-591-8161 ext. 806.

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INGREDIENTS:

4 skinless, boneless chicken breasts  
salt and pepper to taste  
3/4 pound fresh mushrooms, sliced  
2 tablespoons all-purpose flour  
2 tablespoons olive oil  
6 cloves garlic

1/4 cup balsamic vinegar  
3/4 cup chicken broth  
1 bay leaf  
1/4 teaspoon dried thyme  
1 tablespoon butter

DIRECTIONS:

- Season the chicken with salt and pepper. Rinse the mushrooms and pat dry. Season the flour with salt and pepper and dredge the chicken breasts in the flour mixture. Heat oil in a skillet over medium high heat and saute the chicken until it is nicely browned on one side (about 3 minutes).
- Add the garlic. Turn the chicken breasts and scatter the mushrooms over them. Continue frying, shaking the skillet and stirring the mushrooms. Cook for about 3 minutes, then add the vinegar, broth, bay leaf and thyme. Cover tightly and simmer over medium low heat for 10 minutes, turning occasionally.
- Transfer the chicken to a warm serving platter and cover with foil. Set aside. Continue simmering the sauce, uncovered, over medium high heat for about 7 minutes. Swirl in the butter or margarine and discard the bay leaf. Pour this mushroom sauce mixture over the chicken and serve.

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**SIERRA MADRE HISTORICAL PRESERVATION SOCIETY**  
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Mary's Market ≈ Lizzie's Trail Inn (10am-Noon on Saturdays)



SUMMERTIME HEAT POSES SPECIAL RISKS TO SENIORS

Dear Savvy Senior:  
Can you write a column alerting seniors to the dangers of summertime heat? I manage a number of urgent care clinics, and last summer we had more than 200 cases of heat-related illnesses, most of who were seniors. I would like to reduce that this year.  
Concerned Citizen



Dear Concerned:  
I certainly can. Most people don't realize that extreme summer heat causes thousands of heat-related illnesses in the U.S. each year, and kills more people than hurricanes, lightning, tornadoes, floods and earthquakes combined, and seniors are among the most vulnerable.

The reasons behind this are because of the body's ability to regulate temperature through blood circulation and sweat glands tends to decline with age. Bodies of older adults also contain far less water than a younger person, and older brains don't recognize thirst as easily, making them more likely to get dehydrated.

- In addition, many seniors have certain health problems that can increase their risk of hyperthermia (when the body overheats). These include:
- Underlying diseases like congestive heart failure, diabetes and chronic obstructive pulmonary disease or COPD.
  - Trouble walking or moving around.
  - Being overweight.
  - Having dementia or other problems with thinking skills.

Medications that some seniors take, like diuretics and other high blood pressure drugs, can also cause dehydration or affect the ability of their heart, blood vessels or sweat glands to respond to the heat.

Signs of Danger  
Heat stroke is the most serious heat-related illness. The signs to watch for include a body temperature above 103 degrees Fahrenheit, a rapid pulse rate, throbbing headache, dizziness, nausea, confusion, and hot, dry skin with the absence of sweating. If you, or someone you know is experiencing these symptoms, call 911 immediately because heat stroke is a medical emergency.

Heat exhaustion is milder and can develop after several days of exposure to high temperatures. The warning signs are heavy sweating, paleness, muscle cramps, tiredness, weakness, fainting, dizziness, headache, and nausea or vomiting.

What to Do  
If you think you may be suffering from a heat-related condition, cool yourself down by going indoors into air conditioning, remove or loosen any tight-fitting or heavy clothing, drink plenty of water (but avoid alcohol and caffeine), take a cool bath or shower, or apply cold water, ice packs or cold compresses to your skin.

And when you do go out in the heat, be sure to dress in lightweight, light-colored, loose-fitting clothing, avoid extended periods of sun exposure and drink plenty of water even if you don't feel thirsty.

Seniors who live without air conditioning should go to public places that have it like shopping malls, senior centers or public libraries. Your local health department can also refer you to an air-conditioned shelter in your area.

For those who can't afford to run their air conditioning at home, there's the federal Low-Income Home Energy Assistance Program (LIHEAP), along with many utility companies and charitable organizations that may be able to help you with your utility costs. To find out about the programs available to you, along with their eligibility requirements and how to apply, call the National Energy Assistance Referral project at 866-674-6327 or visit [energynew.org](http://energynew.org).

For more extreme heat-related safety tips, visit the Center for Disease Control and Prevention website at [cdc.gov/extremeheat](http://cdc.gov/extremeheat).

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

KATIE Tse .....*This and That*  
MY BATHROOM, MY KITCHEN



Okay, more specifically: my *parent's* bathroom, *their* kitchen. Finally in their retirement years, my parents have been blessed with the opportunity to do some major home improvements. Their house was built in 1950, and, other than paint and new linoleum here and there, nothing's been done to it in the way of renovation. So, you can imagine their excitement as they planned a second story addition with a loft!

My parents are blessed with an excellent contractor (Chuck Schutz, "Quiet Valley Building Co.," highly recommended!). Some contractors have earned the dubious reputation of being unpunctual, unreliable, and generally flaky. Chuck is refreshingly 180 degrees opposite this norm. However, despite having the best contractor, we all know that remodeling comes with unexpected problems and delays; it's just the nature of the beast. All you have to do is watch 15 minutes of reality shows like "Extreme Makeover: Home" or "Flip This House" to know that construction is spelled "D-R-A-M-A!"

Considering that my parents haven't had a TV since the 1970's (and therefore haven't been exposed to reality TV), you can forgive them for a bit of home remodeling naïveté. Their project has shrunk from a second story to a one-story addition (a blessing in disguise, we all agree!) and stretched a bit beyond the projected six months. I try to empathize and remind them that this is a character-building experience. And one area in which they've built remarkable character is in condensing their activity to four small rooms; a living room, two bedrooms, and the bathroom.

But wait! There's more! Not only is one bedroom a place for sleeping, it also stores their clothes, cooking utensils, packaged food, exercise equipment, arts and craft materials, and a small library of books. The other bedroom serves as an office, computer lab, dining room, fiber arts project center, silkworm hatchery, aviary, and entertainment den. (As if enough entertainment wasn't provided by the preceding!) The living room doubles as an appliance warehouse and is where my parents meet with Chuck and the other professionals working on the project. (My parents are scared to show them the other rooms, for fear they'll think they're eccentric. Why would anyone think that?) And then there's the bathroom, the only room with accessible outlets and running water. My parent's ability to turn out semi-homemade food from a hot plate, food processor, Vitamix, microwave (in the computer room), and about two square feet of counter space amazes me!



There's a constant rotation of cooking appliances being moved to and from the limited usable surfaces. If you want to use the hot plate, you've got to first remove the small coffee maker and find a place for it on the floor by the toilet. If you want to make more than four cups of coffee, you'll need to get the big coffee maker. But you can't leave the big coffee maker on the counter after you're done with it because it's an inch taller than the bottom of the medicine cabinet, which is constantly being opened. So, you pour a few cups and the rest goes into a thermos that stays on the floor until anyone wants a refill.

It took a while to get used to this back-and-forth movement, but now we do it automatically. My parents claim they even have a system for washing the dishes in the bathtub. I've never witnessed this, but the clean dishes are proof. Just the fact that they haven't resorted to TV dinners and paper plates is commendable!

Well, according to the latest calculations, my parents have about 130 more days of pioneer living. At least they're still able to wash and dry their clothes in the machines in the garage. Doing laundry in the bathtub would be the final frontier. I'm sure they could manage, but I hope they won't have to!

SENIOR HAPPENINGS

By Pat Birdsall

FYI - SUMMER HEALTH RISKS FOR SENIOR CITIZENS

**Overheated Home**-Many seniors are unprepared to deal with hot weather because they lack a working air conditioner or cannot afford the electricity required to adequately cool their home. Places like libraries, shopping malls and movie theaters offer a climate controlled place to escape the heat. **Heat Stroke**-Temperatures can quickly rise and take a toll on the body. The elderly should stay indoors during the hottest part of the day.

**West Nile Virus**-West Nile Virus, transmitted to humans by bites from infected mosquitos, is now a common summer occurrence. The elderly are especially susceptible to West Nile Virus. Eliminate standing water which serves as a mosquito breeding ground. Use Commercial repellants or natural repellants to avoid mosquito bites. **Food Poisoning**- Summer celebrations mean picnics, parties and potlucks;This creates the opportunity for improperly stored foods. Avoid food poisoning by keeping foods piping hot or well chilled. **Dehydration**- Seniors can avoid dehydration by sipping cool beverages throughout the day. **Sunburn**-Using sunscreen and protective garments, such as a wide-brimmed hat, will help prevent sunburn. **Neglect**- Make sure elderly relatives are cared for and have necessary medications and groceries before you leave on vacation. Also, stay in touch with neighbors who can look in on your relative. **Overexertion**-Hot weather can sap your energy faster than normal.

Limit physical activity during hot weather and schedule activities to avoid being outdoors during the hottest part of the day. **Allergies**-Summer greenery means more allergens in the air. The telltale symptoms are itchy, red, watery eyes and sneezing. Do not take any over the counter medication before you're sure they are safe and compatible with any existing drug regimen or health conditions. <http://voices.yahoo.com>

**HELPFUL HINT:** To dust a delicate pleated lamp shade, simply stroke it from top to bottom with a clean dry paintbrush.

FOR YOUR FUNNY BONE

A guy was sitting quietly reading his newspaper when his wife walked up behind him and whacked him on the head with a magazine. "What was that for?" he asked. "That was for the piece of paper in your pants pocket with the name Laura Lou written on it," she replied. "Two weeks ago when I went to the races, Laura Lou was the name of one of the horses I bet on," he explained. "Oh, honey, I'm sorry," she said. "I should have known there was a good explanation." Three days later he was watching a ballgame on TV when she walked up and hit him in the head again, this time with the iron skillet, which knocked him out cold. When he came to, he asked, "What the heck was that for?" She replied, "Your horse called."

HAPPY BIRTHDAY! ... July Birthdays



Nina Bartolai, Mary Lou Caldwell, Louise Neiby, Eunice Banis, Betty Hansen, Christine Durfort, Shahrzad Azrani, Betty Barlow, Cindy Barnard, Jeanne Borgedahl, Janet Cox, Dorothy Montgomery, Bess Pancoska,Janice Swanson, Linda Thunes, Barbara Watson, Pat Alcorn, Karma Bell, Alice Clark, Dorothy Jerneycic, and Betty DosRemedios.

\* To add your name to this distinguished list, please call the paper at 626.355.2737. YEAR of birth not required.

**Quote of the Week:** "People don't notice whether it's winter or summer when they're happy."  
~Anton Chekov



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

YMCA San Gabriel Valley Intervale Senior Café: Monday-Friday at 12:00 Noon (Participants are urged to arrive no later than 11:45 A.M.) All seniors 60 and up can take part in the lunch program. There is a suggested donation of \$2.00 for those 60 and over and \$3.75 for non-senior guests. Daily reservations are necessary as space is limited. Please call 24 hours in advance...626.355.0256

**Free Balance Class:** Every 3rd Monday for 11:00 am to 11:45 am with Shannon Vandevelde. A variety of balance exercises are practiced; all ability levels are encouraged and welcomed.

**Free Blood Pressure Testing:** On the 2<sup>nd</sup> Tuesday of the month 11:00 am-12:00 pm: A nurse from Methodist Hospital, Arcadia volunteers to do the readings. No appointment necessary.

**Bingo: Every Tuesday** afternoon from 1:00 pm- 3:00 pm Cards are only .25c each!

**Free Chair Yoga: New Hours: 11:00 to 11:45** Every Wednesday morning. Join Paul Hagen for this free class that focuses on senior yoga techniques. No reservation is necessary!

**Free Legal Consultation:** Pasadena attorney Geoffrey Chin volunteers on the 2<sup>nd</sup> Wednesday of the month. He focuses on estate planning, trusts, wills, probate, conservatorships and business law. **\*Appointments are a must!** Please call: 626.355.7394 to make yours\* *Conflicting court schedules can occasionally cause cancellations.*

**Lunch and Learn:** Wednesday, June 26th, 12:15 to 1:00 pm Come listen to the great services offered by Humana, a widely known company throughout our community and the country. Their motto entails: "Healthy People, Healthy Planet, Healthy Performance." They promote seniors and their well-being.

**Birthday Celebrations:** The 2<sup>nd</sup> Thursday of the month the Senior Center celebrates the birthdays of our patrons at 12:30 pm. Please join us for free cake and ice cream and "celebration." (The cakes are provided due to a generous donation from the Sierra Madre Civic Club.)

**Game Day: Every Thursday** at 1:00pm. Poker is usually the game of choice, or should I say chance? Board games and other card games are also available. Outside, on the patio, a beautiful, one-of-a-kind chess table is anxious for players.

**Free Strength Training Class: Every Friday** from 1:00 pm -1:45 pm Conducted by long-time volunteer, Lisa Brandley. The class utilizes light weights for low-impact resistance training. Weights are provided by the Sierra Madre Senior Center. It's a great way to stay in shape and to socialize with your peers.

**Senior Citizens Club:** Every Saturday at the Hart Park House (Senior Center). Brown bag lunch at 11:30am; Club meeting at Noon; Bingo 12:30- 3:30 pm. Only .25c per card... For more information call Pat Birdsall at 626.355.7290.



UPCOMING EXCURSIONS:

Save the Dates!

Friday, August 16, 2013- USS Iowa (San Pedro)

Registration can be done in person at the Hart Park House Senior Center & Community Recreation Center or online at [www.cityofsierramadre.com](http://www.cityofsierramadre.com) Cash, checks and credit cards are accepted. Make checks payable to "City of Sierra Madre." Payment must be made at the time of registration.

Senior Movie Program:

FREE movies are chosen by the seniors themselves and shown on the 1<sup>st</sup> and 3<sup>rd</sup> Wednesdays of the month in Sierra Madre's City Council Chambers, 232 W. Sierra Madre Blvd., Sierra Madre. ~ Start time is 1:00pm ~

July 17 : West Side Story (1961)

West Side Story is an American musical directed by Robert Wise and Jerome Robbins. The film is an adaptation of the 1957 Broadway musical of the same name, which was in turn inspired by William Shakespeare's play *Romeo and Juliet*. It's a musical about two youngsters from rival NYC gangs who fall in love. Starring: Natalie Wood, Richard Beymer, Rita Moreno, Russ Tamblyn and George Chakiris. Not rated. Start time: 1:00 PM (run time is 152 minutes)

The story of Beatrix Potter, the author of the beloved and best-selling children's book, "The Tale of Peter Rabbit," and her struggle for love, happiness and success. Rated PG Start Time: 1:00 pm (run time is 92 minutes)

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## Tips of the Trade: Real Estate Revealed

by Luther Tsinoglou

### TOO GOOD TO BE TRUE

Many homeowners are still facing mortgage default, and while the best bet is to contact your lender directly, there are tempting advertisements out there for companies that claim they can solve your financial crisis. Fraud is rampant, so look out for the following warning signs.

First, don't believe the hype when you hear, "We'll stop the auction!" or, "Debt eliminated, guaranteed!" If it sounds too good to be true, it is!

You should be suspicious of any company that tries to gain your trust by imitating a government agency. They may (illegally) publish government logos and names, or even copy the look of an official website, so pay attention to the details.

Back out of any deal that requires you to pay any fees upfront. There is no need to pay anyone to modify your mortgage terms, because your lender, and only your lender, can do that. Most importantly, do not make mortgage payments to anyone but your lender. If a person or company presents you with an official looking statement that indicates payments should now be made to them, don't walk – run for the door, and call the Better Business Bureau. By working directly with your lender, you may be able to modify your loan terms, or agree to a pay-off through a "short sale" listing. Please heed this advice from an experienced professional.



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## HOW TO SET UP A FACEBOOK PAGE FOR YOUR BUSINESS

There are many benefits to having a Facebook page for your business. If you keep it active and feed it with good content, it will start to show up in the search engines, even to people who are not on Facebook.

I was recently asked to review the process of setting up a Facebook page. Here are the steps to get started:

1. Launch the business page from your main Facebook account. **You only need one account and login information on Facebook.** Each account can have a personal timeline and manage multiple Business Pages.
2. After you login to your main Facebook account, go to: [www.facebook.com/pages](http://www.facebook.com/pages) and select "Create Page"
3. Select the type of page you are creating (company, product, artist, band, cause etc.) Know that you can always change the categories later.
4. Facebook will walk you through a step-by-step process. Be prepared to have a square version of your logo for the profile image as well as a nice cover image (think in the shape of a billboard).
5. Fill in all the page information details. Make sure you fill in the short description and the overview section with good key words as this helps the search engines find your page. Pay close attention to the page address. You will be able to set up a unique url just for your page ([www.facebook.com/yourbusinessname](http://www.facebook.com/yourbusinessname)).
6. Populate your page with photos and at least four to five posts before promoting your page and inviting your friends to "Like" your page.

*About MJ:* MJ and her brother David own HUTdogs, a creative services business that specializes in Internet Marketing strategies. They are known for providing valuable information at their Social Media and Email Marketing classes. "Like" them on Facebook for trending news in social media, internet marketing and other helpful tips, [www.facebook.com/hutdogs](http://www.facebook.com/hutdogs).

Sign up for their upcoming classes and presentations at: [www.hutdogs.com/workshops/schedule](http://www.hutdogs.com/workshops/schedule)

### Create a Page

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Brand or Product



Artist, Band or Public Figure



Entertainment



Cause or Community

## BUSINESS TODAY

*The latest on Business News, Trends and Techniques*

By La Quetta M. Shamblee, MBA



### FOCUS ON PERSONAL GROWTH FOR AUTOMATIC GOALS

In a recent interview with leadership expert, John Maxwell captured on CD by Success Magazine, he spoke about the correlation between the focus on personal growth and the achievement of goals. For decades, setting goals has been heralded as the focus of honing one's progress and success. Mr. Maxwell shares a simple, yet profound perspective based on more than 40 years as someone who has taught and coached thousands of individuals who have gone on to achieve phenomenal success.

He alluded to the notion of goal setting during a period in his life as well. At some point, he discovered that a commitment to personal growth on an ongoing basis leads to attainment of, and often the surpassing of milestones that he would have previously identified as goals. The basic tenant – if you want to reach your goals, just make a commitment to personal growth.

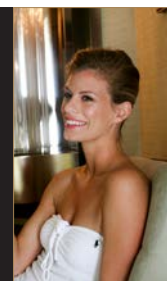
Being disciplined is one of the personal traits that he addressed, showing the contrast in relation to simply being motivated. The tradition of setting New Year's resolutions to lose weight was presented as an example of how motivation without discipline is useless. Stating a goal and having the initial motivation to lose weight has to move beyond making a pronouncement and spending money on a gym membership, new exercise equipment or weight loss program. If the motivation to exercise beyond a brief period of excitement during the month of January is not evidenced by discipline to continue the new routine in February, March and beyond, setting a goal followed by an initial surge in motivation is for naught.

Every achievement, large or small, is built on a foundation of discipline applied with consistency to the development and growth of a talent or skill. Talented musicians, master carpenters, professional athletes and successful entrepreneurs have something in common. All of them have attained their distinctions as a result of a sustained process of disciplined effort applied over a period of time with consistency.

Focusing on personal growth in one or more areas of one's life on a daily basis will propel a person to great achievements. The world's top athletes still maintain regimens of practice and conditioning. These individuals recognize the importance on ongoing personal improvement in every area to optimize their performances. Their achievements, successes and status as champions are indelibly linked to a pattern of discipline and consistency. This powerful combination provides the magic formula for personal growth to create the magic that will have you looking at your goals in the rear view mirror as you are propelled far beyond your initial expectations.

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## HOW CAN YOGA HELP YOGA MAKES US HAPPY

Just yesterday, a man walked up to a desk where I was working, saw my “Yoga Makes Me Smile” water bottle. He asked, “So, yoga makes you happy? How?” At the time, I had a 300-page book open on my lap, highlighting and notating answers to that very question. I laughed a little, thinking, “Man, you need to read this book!” The only answer I could give to this incredibly complex question was, “It’s kind of like how the sun makes you happy. There are a lot of detailed reasons, but in the end you just know sunshine is happy. Yoga is happy, too.”

Talk to anyone who does yoga, and they’ll tell you it makes them feel calmer, less stressed, and overall happier – at least I hope so! This is not just yoga-speak from people who have drunk the punch, studies show there are actual neurological reasons why yoga makes us happy. As early as 1937, yogi and Yale psychology grad Koor T. Behanan published a book showing a phenomenon commonly called “yoga brain” is a hard truth. After yoga, according to this study, we experience a slowing of mental functions Behanan described as “an extremely pleasant feeling of quietude.”

We now know this is thanks to increased production of a neurotransmitter called gamma-Aminobutyric acid, or GABA. GABA slows the firing of the neurons in our brains, ultimately calming the mind. Because of yoga’s mental calming effect, it has proven extremely effective in reducing stress, aiding in recovery from trauma, treating addiction, and a host of other mental applications. Unfortunately, we are actually worse at complex mental functions like math or puzzles after yoga. Luckily, though, most of us don’t need to go take math tests right after savasana, the final yoga pose of relaxation. So the next time you forget to put your shoes back on after yoga, give it a smile, blame it on yoga brain, and know you’ve done something good for the quietude of your mind.

Bethany Eanes, Teacher at Yoga Madre

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## Living TRU

by Lori Koop, Right Brain Business Coach



“Living TRU” involves being The Real You in everything you do, including business. Especially in business! Every business coach will tell you the key to entrepreneurial success is sales. And the key to sales? Differentiation. Your ability to stand out in a crowd.

So, how the heck do you “differentiate?” You BE YOUrself!

**If you are always trying to be normal, you will never know how amazing you can be.** ~ Maya Angelou

...Nor will your customers. You are what you bring to the table.

To be a successful entrepreneur, you must find what makes you distinctive and special. Then, use these things to set you apart from the rest of the bunch. You are the only YOU there is -- that will make your business unique. There really *is* no competition. The problem is that many business owners do not recognize their TRU advantage, or understand how to use it.

TRU marketing allows the truth of who you are and what you believe to guide the conversation with your target audience, without fear of criticism. If you're naturally bold, be bold in your marketing. If you're silly, be silly. Even if you're shy, be shy. We connect with people who are real. In that human place, we see we're more alike than different. And trust results. When we trust people, we buy from them.

The other day a fellow BNI member shared with the group about his rebellious years. As I listened, my heart opened. He was himself fully, even in the face of judgment. He stood truthful, unapologetically. And there was instant compassion. Instant connection. Instant trust.

This is a new kind of marketing. It is far from being slick -- it is about being human. And letting others into the intimate space that is YOU. It says I am willing to be myself first, and invites the other to be him/her self too. It's risky putting your true self out there. It's uncommon... maybe because it's not as “professional.” But it's real, and I believe it's the way of the future. Because it creates connection.

It happens when we align with our values. When we are transparent. When we dare to be all of who we were created to be. *We don't need more normal. We need YOU!*

**Lori Koop**, The Right Brain Business Coach

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## JASMINE'S CORNER

Book Reviews by Jasmine Kelsey Williams



## FRIENDKEEPING: A FIELD GUIDE TO THE PEOPLE YOU LOVE, HATE, AND CAN'T LIVE WITHOUT

By Julie Klam

As you continue with your summer reading, you will sometimes come across selections that will pique your interest as well present another opportunity to learn a valuable lesson, and this choice by Julie Klam should do just that. "Friendkeeping: A Field Guide to the People You Love, Hate, and Can't Live Without" is a mouthful, but one that will definitely provide insight when take a closer look at its contents. Julie Klam presents and explains not just the defining root of friendships, but how friendship can define ourselves and affect others around us, but also how the course of friendships start and change from various places in our lives (such as work, school, attending college, etc.).

Recalling her own experiences with warmth, humor, and a hint of fun, Klam recounts various tales of friendship, from the early childhood to modern day, and even explaining why real life friendship could be considered much more critical and necessary than say, having hundreds of Facebook friends. From any walk of life, Julie Klam lays out the detail in "Friendkeeping" of every facet of friendship; keeping and letting go, how to find support with friends in tough circumstances, and even the aspects of giving and taking. Although I have reviewed previous books that cover the topic of friendships and social interaction, each author who has done so always provides a unique twist and new information that explains different details of friendships that one may not have initially picked up on. With Julie Klam's lovely words, "Friendkeeping" is provided not just as a good read, but also as a sort of guide to building and lasting friendships that stand strong.

Copyrighted in 2012, and receiving praise from The Washington Post, The Huffington Post, People, and Kirkus reviews, "Friendkeeping" will provide you with another great read that will not just warm your heart, but maybe might remind you to keep a little TLC for your friends as well.

## Authors Tour USA

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## AUTHORS TOUR USA – MEMBER SPOTLIGHT: CAROL MCKIBBEN

by La Quetta M. Shamblee

With almost 40 positive reviews on Amazon.com for her first published novel, "Luke's Tale," Authors Tour USA member Carol McKibben has reason to be excited with an average 4.8 rating out of a possible 5. A recent five-day promotion to download a free Kindle version resulted in almost 9,000 downloads. She credits her daughter Stephanie with the marketing and promotional know-how that propelled the Kindle version into the coveted #1 Ranking spot with the world's largest book seller in two categories, Love & Romance, as well as Family. The book ascended to capture the 49th position in the very crowded print category as well.

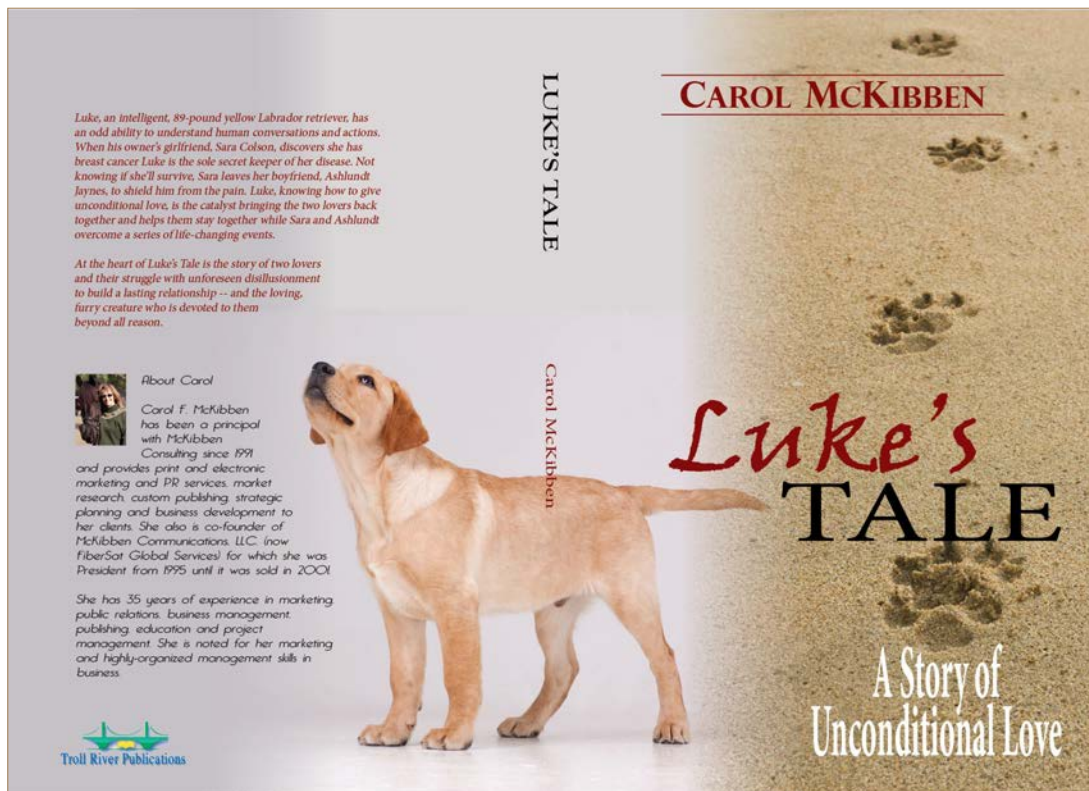
A former school teacher, Carol made an unexpected transition into a new career after taking a summer job in Westwood at a publishing house know as "The 8th largest west of the Mississippi." Her journalism degree and love for writing was put to good use as she gained hands on experience with many facets of the publishing industry. Carol's next step was to take the entrepreneurial leap and launch her own writing and editing company to work with authors to complete their books, including ghostwriting. She casts a wide net with her copywriting talents, able to handle virtually any writing need for a client. This Savannah, GA native has kept pace with changes in the publishing industry, mastering everything from blogs to social media.

Self-published in 2012, Luke's Tale is Carol's third time at this rodeo. Her first book, The Dictionary of Event Management, was co written with Dr. Joe Goldblatt and published by Van Nostrand Rienhold in 1996. Self-published in 2007, book number two, Riding Through It, is a memoir in which she shares her life's journey from victim to victor as she found redemption and conditional love enroute to taking control of her life. This liberating exercise paved the way for an exciting wave of new projects by this author.

Luke's Tale is her first published fictional novel. The story is about the search for unconditional love between a young couple, as told through the eyes of a blind dog, Luke. This loveable canine has the uncanny ability to understand human conversations and actions. A review posted on July 8th speaks to the positive impact of this story, with one reader sharing, "This book gave me more insight than 15 years of therapy."

When asked what inspires her as an author, Carol says, "I really love to write fiction." It is no surprise that book number four is underway and it's fiction – an intriguing concept entitled, The Snow Blood Series. McKibben says, "It's a story about vampires, demons and all kinds of goodies, told through the eyes of a dog." She describes this book as an episodic series that will initially be released online, one episode per week. The ultimate plan is to publish the entire series in book form. If Luke's Tale is any indication, get ready for another great read through the eyes of a dog, from a masterful writer.

Meet Carol McKibben at her next book signing for Luke's Tale on Tuesday, July 16th from 7:00 pm to 8:30 pm at Webster's Fine Stationers at 2450 N. Lake Avenue in Altadena, CA 91001. Learn more about Carol McKibben at [www.AuthorsTourUSA.com](http://www.AuthorsTourUSA.com).



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## SEAN'S SHAMELESS REVIEWS:

## SMITH WESTERNS

by: Sean Kayden



Chicago based garage-glam band Smith Westerns return with their third record, "Soft Will." This time around, the young men weave down the road of nostalgia and most of themes that usually goes hand in hand with reflecting back on good times and bad. This album, unlike the previous two, has a more mature sound. Perhaps that's a sign that the boys are growing up even if the transition isn't entirely the smoothest. While their previous records, "Smith Westerns" and "Dye It Blonde" boasted a vintage power-pop sound, their latest endeavor takes a more relaxed approach. The passion of their earlier material may appear to be missing, but don't be alarmed. In replace of the fervor is the attempt at becoming better songwriters by creating more pop-oriented songs. Their earnest attempt actually pays off in a bigger way than I first imagined. Devoted followers of the group may be turned off as the abundance in enthusiasm greatly found on their first two albums seems to be absent. However, if you can respect the band for trying something new then "Soft Will" may surprise you for what it both is and isn't.

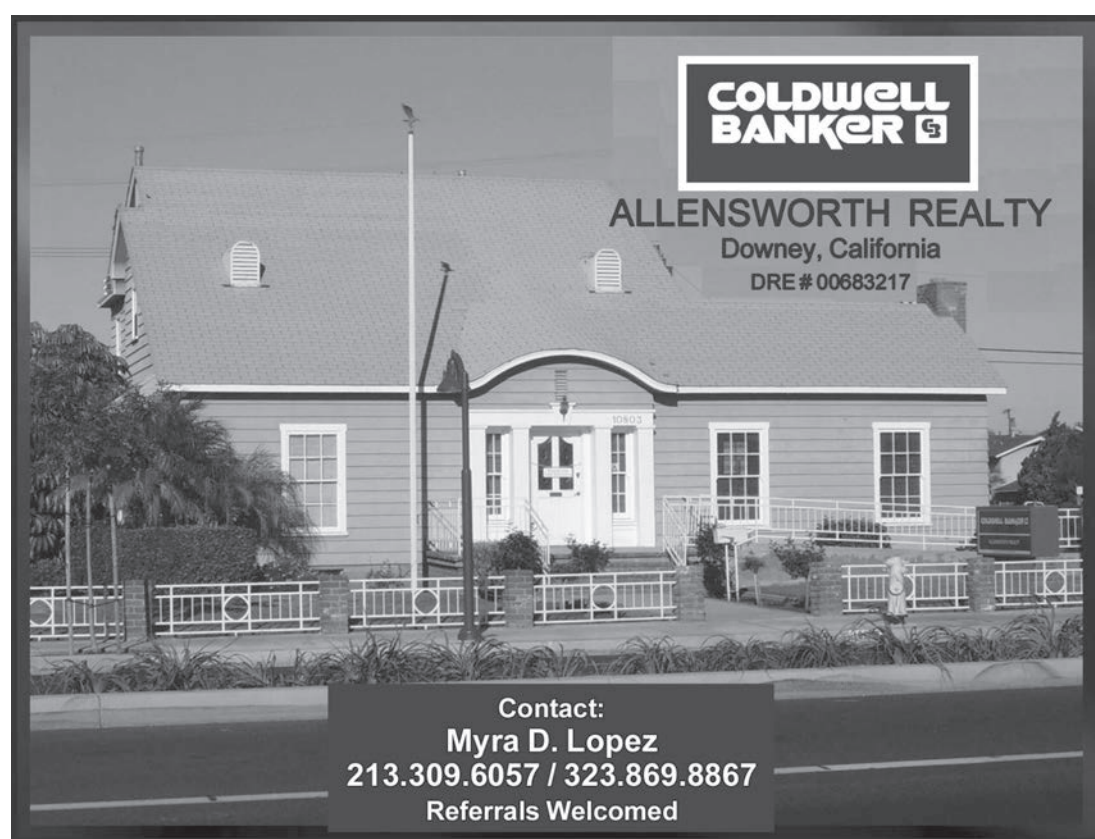
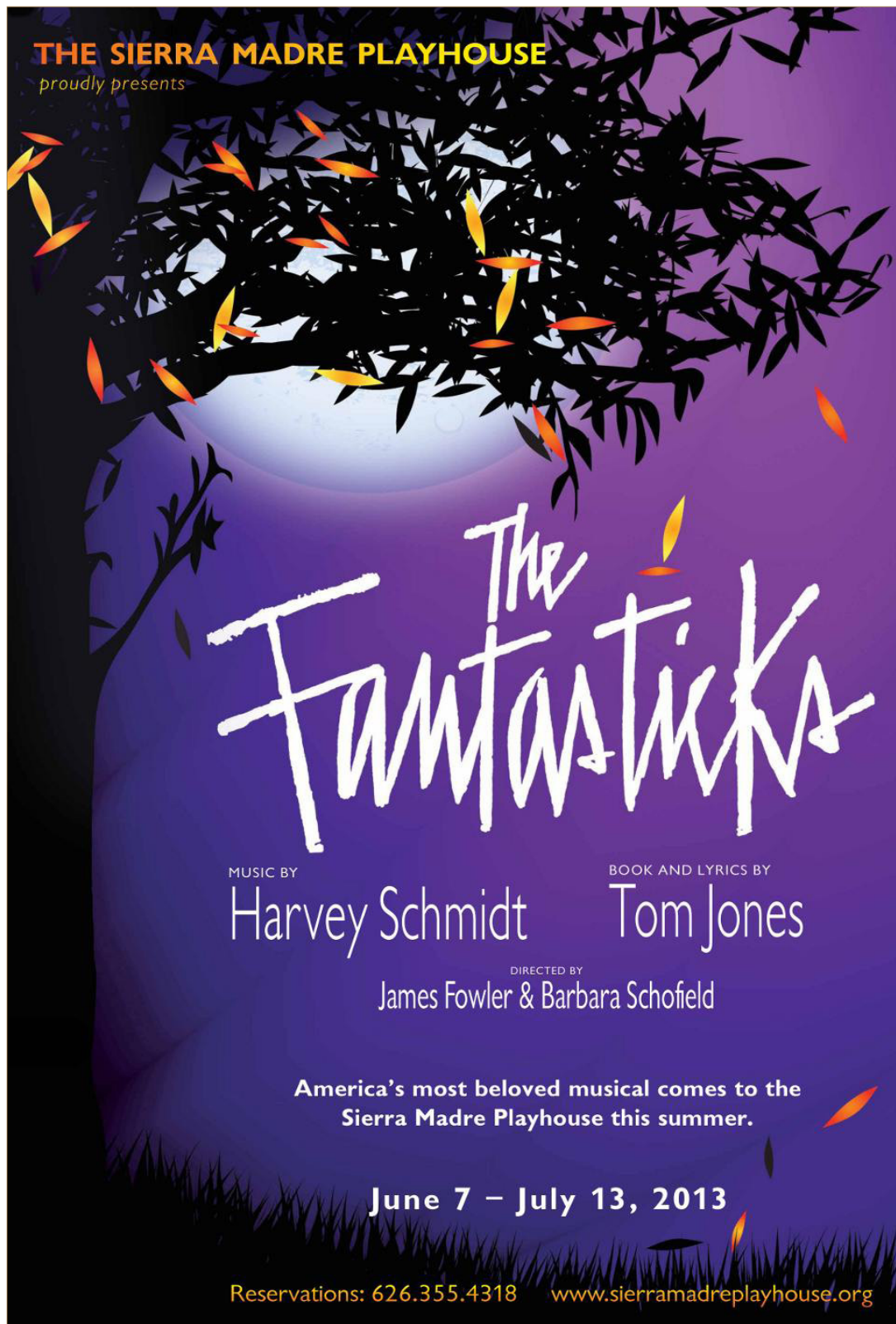
"Soft Will" is a very subtle experience. I never became entirely enamored with the ten tracks. I did, however, find small things I enjoyed while traveling down this road. In the forty minutes of music that Smith Westerns will guide you on, the songs, like previous ones, still have big hooks. However, the material is a lot calmer while basking in the mid-tempo range. The lo-fi garage pop that occupied the first two albums has been substituted for shimmering, dreamy-guitar laden riffs that make up a more expansive sound than ever before. A number of the tracks including "Fool Proof" and "White Oath" have guitar solos in them. Both are solid tracks off the record that are more structured than anything on "Dye It Blonde." Smith Westerns definitely went for a more traditional way of approaching their new record and the result is more or less a winning one.

Artist:	Smith Westerns
Album:	Soft Will
Label:	Mom + Pop
Release Date:	June 25th, 2013

The track that really slows things down in not such a good way is the completely instrumental tune, "XXIII." It probably would have benefited more with lyrics in the forefront alas leaving the listener without much to grasp onto otherwise. "Cheer Up" reminds me of 50s bubble gum pop played at a high school dance. It's the only track less than three minutes long, but never less satisfying. "Varsity" closes the album with a nostalgic vibe as it opens up with dreamy guitars. The closer includes a wordless chorus, which a few other songs seem to do as well here. One of the best tracks is the slow-burning pop track, "Best Friend." It's a beautifully constructed and utterly romantic track. Additionally, it benefits from terrific, memorable guitar solo. Clearly Smith Westerns have a knack for creating indelible pop songs. At first listen, I wasn't exactly sure how I felt about "Soft Will." After repeatedly listens, the record definitely grows on you in such a way that's difficult to shake loose. "Soft Will" may not be completely captivating as a whole, but with a number of terrific tracks, an altered approach to their trademark sound, and a resonance that can be listened in any season of the year, the album almost touches greatness. Strangely enough I seem to find the listening experience becoming more and more memorable with each and every listen. For the time being, Smith Westerns is the unexpected sound carrying me through the summer.

Grade: 7.5 out of 10

Key Tracks: "Idol," "Fool Proof," "Best Friend," "Varsity"







HOWARD Hays As I See It

*"We should be taxing polluters and not taxing students. The GOP has it backwards because its patrons want it that way."*  
- Robert Reich

I had a great time on the Fourth – saying hi to friends and neighbors along the parade route, taking the opportunity to shamelessly plug my column, and enjoying that annual summer highlight for Mitsuko and me – the BBQ at Susan's.

As a parade participant myself, I didn't have much chance to greet other participants, as I would've liked to have welcomed our new representatives – Assemblyman Chris Holden and Congresswoman Judy Chu.

With Asm. Holden, he's fortunate to be serving when Republicans are no longer able to block progress and stifle good ideas in Sacramento - like Holden's own bill that recently sailed through the Senate to help fund shelters for victims of domestic violence by upping the fines on abusers. My greeting for him would be one of congratulatory optimism.

With Rep. Chu it would be more like, "How the heck do you manage to deal with it?" Earlier this year, the approval rating for our state Legislature was pegged at 41%. Nothing to brag about, unless compared to the 9% it stood at three years ago before Democrats won super-majorities and Jerry Brown returned as governor. For Congress, in August 2011, after eight months of Republican control over the House, approval dropped to 12% - the lowest ever. Last month, only 10% of Americans had "confidence" in Congress. According to Gallup, "This is the lowest level of confidence Gallup has found, not only for Congress, but for any institution on record."

Congress has hit new lows in productivity. Two years ago by this time they'd sent 23 bills to President Obama – the lowest number since the 1940s. This year it's down to 15. During the Reagan years, it was about 60 bills produced during the first six months of a new Congress – then as today, with Congresses partially controlled by the other party. No-brainers like renewal of the Violence Against Women Act and help for victims of Hurricane Sandy passed only after heated partisan debate (with a majority of Republicans opposing renewal of the VAWA).

House Republicans are doing so little because they're told to by those calling the shots – and I don't mean voters back home. A letter last May to House Speaker John Boehner and Majority Leader Eric Cantor from Koch brothers' front group Heritage Action for America, sent at a time when a third of all House committees were investigating President Obama, expressed appreciation that "the activities of the Obama administration are receiving a sustained public vetting", then adds, "but it would be imprudent to do anything that shifts the focus from the Obama administration to the ideological differences within the House Republican Conference".

The letter mentions internet taxation and the farm bill, but is meant to warn against tackling anything, from immigration reform to background checks on gun buyers, that might expose "differences" between Republicans who take governing seriously

and the tea-baggers. Legislating might divert attention from the scandal committees. Time is found for certain pressing issues, though. When the Heritage letter was sent, of the 281 days the current congress had held votes, 43 days were spent voting on repeal of the Affordable Care Act – 37 failed attempts at repeal so far, and counting.

As to how it got this way, a decade ago the GOP's corporate masters put up \$40 million to establish the Republican State Leadership Committee, determined to seat state legislators who'd dutifully gerrymandered districts following the 2010 census in time for the 2012 elections. Karl Rove explained it in a 2010 Wall Street Journal editorial; "Republican strategists are focused on 107 seats in 16 states. Winning these seats would give them control of drawing district lines for nearly 190 congressional seats". The result was Republicans achieving a 234 to 201 House majority in an election where Democratic candidates got 1.4 million more votes.

It's also resulted in Republican primaries where moderation is an automatic disqualifier. As Thomas Mann and Norman Ornstein characterized the House majority in a Washington Post editorial, "It is ideologically extreme; scornful of compromise; unmoved by conventional understanding of facts, evidence and science; and dismissive of the legitimacy of its political opposition."

It doesn't look like the rest of us, either. 63% of us are white. Among House Republicans, it's 96%. Women comprise 51% of the nation, but 8% of House Republicans. There are 41 black, 10 Asian American, and 7 openly gay members of the House – all Democrats. There are 7 Latino members among House Republicans, and 27 with the Democrats.

We've learned that the cure for budget deficits is not higher taxes and/or lower spending, but a rebounding economy – which we have, and the deficits have accordingly become a non-issue. Not for House Republicans, though. In 2011 they played with the "full faith and credit" of the United States, reportedly at the cost of a million jobs and, according to the Bipartisan Policy Center, nearly \$19 billion over ten years in additional interest payments resulting from their treating our debt ceiling as a bluff in a game of chicken.

Now, they're announcing they'll do it again – threatening to renege on our nation's obligations unless Democrats agree to cut food stamps and Social Security eligibility, and privatize Medicare.

Last week, Robert Reich illustrated the position of House Republicans by citing two separate issues: one would revise the formula for calculating interest on student loans, resulting in \$3.7 billion in increased revenue. The other is the entire House Republican leadership's signing onto a Koch-backed pledge to "oppose any legislation relating to climate change that includes a net increase in government revenue".

Burdens are to fall on families struggling to send kids to college. Corporate polluters are to be protected.

For Assemblyman Holden, I know he'll do well. For Congresswoman Chu, I promise to spend the next fifteen months reminding my friends and neighbors that mid-term elections do indeed matter.

RACISM IN AMERICA, THE GUILTY VERDICT

GREG Welborn



like he was on drugs.

From this point, the pressure becomes more blatant while at the same time appearing more innocent. The Obama administration sends "community organizers" down to Sanford, Florida to help orchestrate rallies against Mr. Zimmerman and build pressure for an indictment. Eric Holder meets with the Congressional Black Caucus and Reverend Al Sharpton, who then heads down to Florida to hold a rally in which he yells, "we came for permanent justice. Arrest Zimmerman now". The New Black Panthers offer a bounty on Mr. Zimmerman and threaten his family. They are not investigated or arrested for inciting violence. Think what the administration would have done had the KKK done a similar thing targeting a black suspect in an on-going investigation.

The last, and perhaps most damning, piece of evidence showing the political roots of this trial is the fact that the judge has just made a highly controversial ruling at the last minute to allow Mr. Zimmerman to be charged with manslaughter in addition to murder. The defense rightly objected to the lack of time permitted to counter the second charge but were dismissed out of hand. While it is not unusual for defendants to be accused of lesser crimes along with a major crime, it is highly unusual to allow the charge to be made late in the trial when the defense is obviously unprepared to affectively deal with the new allegation.

At one level, it is simply disappointing to learn that the presidential candidate who promised to bind racial tensions has turned out to be one of the most race-obsessed presidents in recent history. But at a deeper and more significant level, the racial politicization of the judicial process jeopardizes all our freedoms and strikes at the core of the principles we all hold dear. If the system can be used today by a liberal administration to manipulate the arrest of a member of an unpopular group, the system can be used tomorrow by a conservative administration to arrest a member of some other unpopular group. If justice isn't blind and fair for everyone, then everyone is in danger.

About the author: Gregory J. Welborn is a freelance writer and has spoken to several civic and religious organizations on cultural and moral issues. He lives in the Los Angeles area with his wife and 3 children and is active in the community. He can be reached [gregwelborn2@gmail.com](mailto:gregwelborn2@gmail.com)

THE WORLD AROUND US

Looking Up

with Bob Eklund



UK LAUNCHES RESEARCH NETWORK

Looking For ExtraTerrestrial Intelligence

A network has been launched to promote academic research in the UK relating to the Search for ExtraTerrestrial Intelligence (SETI). The UK SETI Research Network (UKSRN) brings together academics from 11 institutions across the country. The network's Patron is the Astronomer Royal, Professor Martin Rees. UKSRN presented its current activities and future strategy in a session and panel discussion July 5, during the UK National Astronomy Meeting (NAM) at 600-year-old St. Andrews University in Scotland.

UKSRN (<http://www.seti.ac.uk>) covers a broad spectrum of research topics, including potential methods for detecting signals, the linguistic challenge of deciphering messages, the probability of an extraterrestrial civilization interacting with Earth, and the longevity of civilizations.

Dr. Alan Penny, the coordinator of UKSRN said, "We hope that the existence of the network will excite interest from people in the UK astronomical community that have been thinking about SETI, and encourage them to contribute their work."

Dr. Tim O'Brien from The University of Manchester's Jodrell Bank Observatory described the capability of the UK's recently commissioned e-MERLIN array of seven radio telescopes for SETI projects.

"The first proposal to search for radio signals from extraterrestrial civilizations was actually inspired by the construction of the Lovell Telescope at Jodrell Bank," said O'Brien. "We went on to take part in the SETI Institute's Project Phoenix from 1998 to 2003, searching for signals from about a thousand nearby stars. At that time the equipment required to sift through the data was expensive and unusual, but our modern telescopes are potentially capable of conducting these types of observations as a matter of course."

The e-MERLIN array, which includes the Lovell Telescope, is connected by optical fibers and spread over 134 miles from Jodrell Bank to Cambridge. This multi-telescope approach offers potential for distinguishing true extraterrestrial signals from interference generated here on Earth, a key problem for all radio SETI projects.

Dr. John Elliott of Leeds Metropolitan University



The Lovell Telescope at Jodrell Bank inspired the first proposals to search for radio signals from extraterrestrial civilizations. Credit: Anthony Holloway, University of Manchester

is a researcher on the nature of communication: how language structure can be identified, and methods for subsequent decipherment and dissemination. He has analyzed over 60 human languages, which cover all the different types of systems, as well as non-human communication, such as robots and dolphins. Elliott believes that by understanding our analytical capabilities for communication, we can develop strategies for extra-terrestrial message discovery and understanding.

"Suppose SETI succeeds and we detect a technological beacon. Any message is unlikely to be written in Martian English, so standard decipherment/decryption techniques used by the military and security agencies are not going to help much. To put the challenge into context, we still have scripts from antiquity that have remained undeciphered over hundreds of years,

despite many serious attempts," said Elliott.

Elliott's research focuses on whether there is something unique to communication phenomena, irrespective of the source, that makes them distinguishable from other signals in the universe. "By looking beneath the surface veneer of the arbitrary sounds and symbols used, we can 'see' the language machine itself: its mechanisms, constraints, and evolutionary forces of efficiency and compromise that shape it," he said. "By understanding these structures, it should be possible to glean information on the intelligence of the message author."

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

ScienceNews

by J. Brown



America's ecosystem is under attack as the "Crazy Ant" invades the south and displaces other species: They're called crazy because of their unpredictable movements and swarming populations. The insects nest anywhere and are easily

transported. So far they've spread to 24 counties in Texas, 20 in Florida and a few in Mississippi and Louisiana after being inadvertently transported from South America. They cause millions in electrical damage a year. They are hard to kill with no permanent solution yet.

Storing wind energy underground: Wind power is one of the great forms of energy, though not reliable. Scientists have developed a new energy storage method using compressed air underground that could revolutionize the industry.

Inventors design lamp powered entirely by gravity: Two U.K.-based designers created a lamp that uses gravity to generate power for the light. Fantastic for off grid third world areas or any place other power source is not available.

Scientists create human liver from stem cells: Scientists have for the first time created a functional human liver from stem cells derived from skin and blood and say this points to a future where transplant organs could be made in a laboratory. It's still years away from application but this is very promising.

Storm warning: Climate change to spawn more hurricanes: The world could see as many as 20 additional hurricanes and tropical storms each year by the end of the century because of climate change. The study was published by top climate researcher Kerry Emanuel of M.I.T.

Groundbreaking surgery for girl born without windpipe dies. In April using plastic fibers and human cells, doctors built and implanted a windpipe in a 2 ½-year-old girl, the youngest person ever to receive a bioengineered organ. It was only the sixth surgery of its kind. Because the windpipe uses only the child's own cells, there was no need for drugs to suppress the immune system to avoid rejection. The new trachea was never a problem. It was her native tissue that was very fragile.



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### Mountain Views News Mission Statement

The traditions of community newspapers 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.

## SUSAN HENDERSON

### OH, BUT RACE AND GUNS ARE THE ISSUE!

*(This column is in response to the commentary of Greg Wellborn on the previous page.)*



as well as Mr. Holder? Has it not been the practice of every administration since Eisenhower to step in when the outcome of a heinous act causes the public to be on the brink of civil unrest?

Were you aware that Trayvon Martin is not on trial? Did you forget that this is about the death of a teenager, who wasn't even old enough to join the military or vote. A teenager - 16 years and 21 days old, who was walking home to his Dad's house from the store? Aren't you big on citizen's rights? Did Trayvon not have rights? He wasn't committing a crime. He didn't have a criminal record. Zimmerman knew nothing about him. He singled him out because of the color of his skin. That's a fact. And that was the first thing that Zimmerman did wrong.

Your assessment of the facts leading to trial in an effort to justify Zimmerman and condemn those who abhor his actions, overlook a lot of critical information. You have recited facts that are just not true. Trayvon Martin, according to the coroner's report, had a *trace* amount of THC in his system (marijuana) and the ingestion of marijuana has never been known to make a person combative.... it's effects are quite the opposite. The amount was so minute that Zimmerman's defense attorney who asked that the results be entered into evidence, never brought it up to the jury.

You question why civil rights leaders became involved. The reason is because the police should have taken Zimmerman into custody on the spot as there was a dead human being that he admitted shooting. The procedure is to take the person into custody, question and make a determination as to what charges should be filed, if any. You seem to suggest that it is okay to shoot someone and then wait for the police, admit that you shot them, and then go home. That's why people (and not just minorities) are upset. What the police did was outrageous.

Even if Zimmerman had been a police officer that had shot an unarmed teen, that officer would have been put on leave immediately until an investigation was held. Peace officers are afforded that luxury because they are paid to serve and protect. Zimmerman had no such authority and should not have been allowed to take one step away from that crime scene without being in police custody.

Are you advocating that armed citizens are now free to walk around and shoot teenagers just because of how the teen looks? Are you saying that the United States has regressed back to the days when blacks could not walk the streets after dark? By ignoring the obvious facts in this case it appears to me that you are.

And what about two other important facts. One, the police told Zimmerman NOT to follow Trayvon but he did anyway. Secondly, Zimmerman grew up in a household where his father was a Magistrate for the Supreme Court of Virginia. He grew up under the direction of an officer of the court, and it is hard to believe that Zimmerman did not clearly understand what he was doing. Further, Zimmerman had previous scrapes with the law (2005 he was arrested for assaulting a police officer which makes Trayvon's suspension from school several times for smoking marijuana

pale in comparison). So the notion that he was afraid of a barely 17 year old boy at age 28 but held no such fear when he assaulted a cop at age 20 is really a stretch.

Zimmerman's actions were absolutely unjustified. Even if Trayvon had turned and confronted Zimmerman for stalking him, it did not warrant shooting that young man to death. And, if as his defense team claimed, Zimmerman was afraid, then why didn't he stay in his car? He had already called the police and reported Trayvon as suspicious, so why stalk and shoot him?

Zimmerman wasn't fearful for his life. How could he be? He had the gun. He was acting out what he believed to be his civic duty, getting rid of 'them'. Watch his Sean Hammit interview, he wasn't remorseful. At the time he thought his actions would be embraced and he would finally be a hero. Being a media darling was his goal, as is his father's who has already written a book about the shooting before the blood on the sidewalk is dry.

This tragedy is about race but it is also about who has access to guns and what authority they feel that gives them. If Zimmerman did not have a gun, this man who is clearly somewhat mentally unstable, may have called the police but he definitely would not have shot and killed an innocent, unarmed teen.

My partner and I raised a foster child in Sierra Madre from the time he was 10, when he was cute and adorable, to the time he was a 6'2" tall 18 year old, when perhaps in some people's eyes when he wore a hoodie he appeared to be a threat. He is African American and he lived, worked and played in Sierra Madre, a town with less than a 2% African American population. He worked in Kersting Court and often walked home, in a hoodie, at night and never was followed or accosted by an out of control 'wanna be' law enforcement officer. He wasn't harassed by anyone when he walked the streets just because he was black and I am certain there may have been many people who saw him and didn't know he lived here. When Treavor started driving, he was never pulled over by the SMPD because he looked suspicious. He drove his own car, not one that anyone would associate with our household. He had friends in the Canyon, on the other side of town, and he enjoyed his life as a teen in a community that was safe. And, Sierra Madre had and has too many burglaries, some no doubt committed by people of all races, but that didn't make my son a target. **NO ONE, ESPECIALLY A CHILD SHOULD DIE BECAUSE OF SOMEONE ELSE'S STEREOTYPING, PREJUDICES OR FEARS. And no one should overlook the fact that Trayvon was still a child.**

Mr. Welborn, to try to blame President Obama for the anger that some harbor over the handling of this incident is absolutely outrageous. Are you so ashamed of Zimmerman's behavior that you feel the need to make excuses for him?

By the way, just how many burglars do you know that walk to their crime scene with an Arizona Iced Tea and bag of Skittles. Not exactly burglary tools in the thieves handbook.

The jury hasn't delivered their verdict but regardless of what it is, we need to seriously ask ourselves, "Is this what we want our country to become? Have we gone back to being judge, jury and executioner based upon a person's ethnicity? Is America now a place where someone can take your life because they have a gun and they want to?"

Is it?

## OUT TO PASTOR

*A Weekly Religion Column by Rev. James Snyder*

### TRYING TO KEEP MY SANITY IN A POLITICALLY CORRECT WORLD



All through my life, I have been awkward when talking

to someone of the opposite gender. I had thought by the time I got to this stage of life, post-young, I would have left a lot of this behind. Just when I think I have a good handle on this situation, something happens setting me back at least two generations.

I was doing fine until I heard a news report giving information that the word "freshman" was no longer a politically correct word to use when speaking of college students. They are now referred to as "First-Year Students." According to this report, the word freshman is offensive to women.

How and why it is offensive, they never did say but being in a politically correct world this word may no longer be used. This is where my confusion comes in. Where are these individuals offended by the word "freshman?" I wish they would come and explain to me how this word offends them. This word has been used for generation after generation and this is the first time it is hurting certain individuals.

I brought this to the attention of the Gracious Mistress of the Parsonage to see if maybe she could shed a little bit of light on the situation. Unfortunately, she was as much in the dark about this as I was.

I try to keep up with the latest trends and I must say that I am around 18 years behind my schedule.

So, I am trying to retain a wee bit of sanity in this politically correct world around me. Frankly, I do not know why anybody wants to be politically correct. Being the sensitive kind of person that I am, I am going to give it the old college try.

I sat down with my wife and we began to figure out how that I, a very sensitive and politically correct person, could address somebody of the opposite gender.

"I guess I can still call them women," I said with a degree of certainty in my voice.

My wife looked at me and slowly shook her head. "I'm afraid that the word 'women,' is offensive to some of these politically correct individuals because the word ends in 'men,' which is a masculine gender."

I looked at her and scratched my head vigorously.

"It also applies," she continued, "with the word 'woman' because it also ends with the masculine 'man.'"

I never really gave this much thought before. It never occurred to me that the last three letters of a word could be offensive to someone to the point that they are offended by that word.

"So," I said rather thoughtfully rubbing my chin, "I will have to begin calling those individuals females." I smiled and thought I had come up with a solution. I looked at my wife to get her approval.

Shaking her head, she said, "That word is not acceptable anymore, either. If you look at the word, you will find that it ends in the word 'male,' and as you know that is masculine."

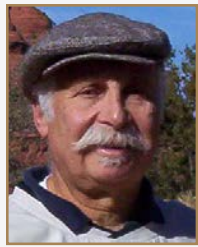
I am really getting bogged down with all of this political correctness nonsense. How people can be so sensitive to be upset by a word. My father used to say, "Sticks and stones may break my bones (but words will never hurt me)."

"Well," I said in a little bit of desperation, "I guess I'll just have to call them lady."

"Not so fast," she said looking at me. "How do you spell lady? The first three letters spell the word 'lad,' and everybody knows a lad is a boy."

It has been a long time since I have been

## STUART Tolchin..... On LIFE THERE IS HOPE FOR THE WORLD



Sometimes I feel like I'm nothing more than some sort of giant voyeur that does nothing but watch other people do things. The main thing I do is watch sports (baseball, professional Basketball, and professional tennis) on television. During the College Football Season, for the past fifteen years I attended UCLA football games at the Rose Bowl. This represents almost my total active participation in getting out of the house on weekends to do something other than going to the movies or going out to eat. So my active participation in life during the weekend is to watch other people play games, eat food that other people have prepared, and watch movies created by other people.

The past two weeks my body has awakened at 5:a.m. to watch the Wimbledon Tennis matches. Now Wimbledon is completed and I had nothing particular to do this morning but think and, as usual, my thoughts centered on the plight of the world. I thought about the increasing problems related to demands for clean water and rising global temperatures. Today is a ridiculously hot day and I went out to breakfast and felt myself over-privileged as I started my meal with unlimited amounts of clean, cool water and followed that up with a delicious quiche and fresh fruit. I had decided upon fruit rather than potatoes but even I realized that, as usual, I was doing nothing to improve the world's situation or even my own. Breakfast tasted good and I almost felt like hitting some golf balls but it was too hot and so I used some fossil fuel and drove home ready to watch more television.

As I entered the house, my wife was watching some news program that mentioned that Marion Bartoli, the women's champion at Wimbledon had been described by some commentator as being brutally ugly. My wife asked if she was brutally ugly and I said no she was just kind of different looking. She had no waist and she wasn't a 6 foot tall blonde and she moved in an inelegant way using two hands on every stroke. When she drank a sip of something during the break she used two hands to hold the bottle and just looked very weird.

If she's so weird and unathletic how did she win, was my wife's next reasonable question. Well, I said, she's not fast or quick, she's not strong, she doesn't dive for balls, and she doesn't have a particularly strong serve. So, how did she win? I answered; I don't even know if this is relevant but she was tested as a little kid and found to have an I.Q. of 175. You know Einstein and Stephen Hawking have I.Q's of 160 and the average person with a College Graduate Degree has an I.Q. of about 130.

My wife asked, "So how does her I.Q. help her?" I have no idea-my I.Q. is not that high. But suddenly the idea hit me and I raced upstairs and tried to put this article together. There are in this overly-populated world a certain number of spectacularly-able people. These people are often socially challenged and have difficulty ever fitting into society. They have these great intellectual gifts but often are unable to find the proper place to apply these gifts. I think of Einstein and his future physicist wife having to give up their first child for adoption because no one would even hire Einstein for a future teaching job. I think of the brilliant but not particularly disciplined young Stephen Hawking depressed as he learns that he has an incurable debilitating disease and deciding just for the hell of it to think about something important to keep his mind off his own problems. He thought about the formation of the universe and the big bang theory was the result.

There are quite a number of "geniuses" but few leave their mark on the world. Marion Bartoli, through the help of her physician-father, has been able to focus her genius on something concrete like tennis. Notwithstanding her other limitations, this focus and twenty years of perseverance were enough to create her own Big Bang in tennis, the Wimbledon Championship.

I think, at least for this moment, there is hope for the world. All that need be done, globally, is to identify these geniuses as early as possible and put them into a position to come up with solutions to the global problems related to our deteriorating planet and our increased population. They need the kind of support that Marie Bartoli's father gave to her and in a certain way we and our children and grandchildren are all part of the support team. As Hilary Clinton said, "It takes a village." That's all we have to do and it can be done. The rest of us need to learn how to support these geniuses and how to make our own personal adaptations so that we become part of the solution rather than part of the problem. Really we, and me too, are not just voyeurs; we can and must be participants in new ways of being that will meet the needs of the future. Thank you Marion ... Oops, it's now time for the Dodger game. They have a new weird "genius" playing. Let's see if he gets screwed up.

this frustrated. For the life of me I do not intend to offend anybody if it all possible. I am just getting to the point where I am not sure it is going to be possible not to offend persons of the opposite gender.

I finally came up with the word I thought would solve all my political correctness dilemma. And I threw it at her. "I will just call them a person." I was proud of my accomplishment.

Someone, no names will be mentioned, laughed hysterically at me while shaking her head.

"Buster," she said, "you still don't get it, do you? The word person ends with the word 'son' and everybody knows a son is a male child."

I cannot call them women or woman or female or lady or person because somewhere in those words someone sees something masculine.

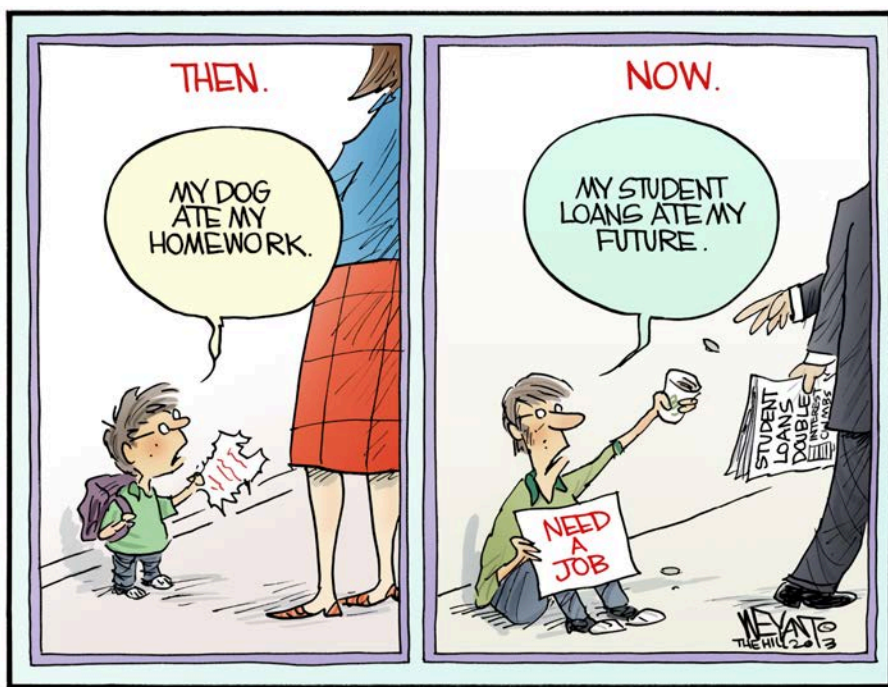
"I know what I'll do," I said to my wife with a smile dancing across my face, "whenever I see someone of the opposite gender I will shout out loud and clear 'Hey, you.'"

"I think you're getting worse as you go along here," she said. "You do know what the word 'hey' begins with?"

I thought for a moment, sadly shaking my head, I looked at her and said, "He?"

I will never arrive at any degree of political correctness, at least during my lifetime. And, I will never understand any one of the opposite gender, whatever you call them. I do take a little consolation in God's Word. "Thy word have I hid in mine heart, that I might not sin against thee" (Psalm 119:11 KJV).

I do not have to be politically correct when I come to God because His Word is final.





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No Tickets Required • Open Seating • Freewill Offering  
Ice Cream Sundae Reception To Follow

Free Childcare for Birth - 4-year-olds  
Contact Leslie Cheng for more information at [lcheng@paznaz.org](mailto:lcheng@paznaz.org) or 626.351.2433.

First Church of the Nazarene of Pasadena  
3700 East Sierra Madre Boulevard | Pasadena, California 91107 | 626.351.9631 | [www.paznaz.org](http://www.paznaz.org)

**New Listing!**



**675 Woodland, Sierra Madre**  
**\$729,000**

Charming 3 bedroom, 2 bath home in the Sierra Madre canyon. Open beam ceilings - Fireplace - 2 Car Garage  
Flat 10,000 sq. ft. lot

**Podley THE WEBB-MARTIN GROUP**



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