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COMMUNITY EMERGENCY RESPONSE TEAM (CERT) RECEIVES A GIFT

Local government prepares for everyday emergencies. However, during a disaster, the number and scope of incidents can overwhelm conventional emergency services. The Sierra Madre Community Emergency Response Team (CERT) helps in those situations in three main ways. First, there is an education program in which the public is made aware of how to prepare for emergencies and be self-sufficient. Secondly, CERT conducts a FEMA recognized all-risks and all-hazards training program designed to help a person protect themselves, their family and their neighbors in an emergency situation. And lastly, Sierra Madre CERT, under the sponsorship and direction of the Sierra Madre Fire Department, directly supports the first responders when they are in need of further assistance.

To help accomplish this mission, Gary Hood has generously donated a support trailer to the Sierra Madre CERT. Perhaps you saw it at the Fourth of July parade. The trailer will be furnished with an assortment of equipment, emergency supplies and also serve as an operational facility.

To further educate the community the Sierra Madre CERT conducts monthly meetings is which there is a CERT training session. This is on the fourth Thursday at 0700PM at the Hart Park House. All are welcome.

Also the Sierra Madre CERT is conducting a basic CERT class. The class starts August 17 and is open to all.

The class covers:

- Disaster Preparedness
- Fire Safety



Sierra Madre Resident and retired Firefighter Gary Hood (Center) gives the keys to the trailer to CERT President DeAlcorn. Photo by Dave Felt

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

For more information see the flyer elsewhere in today's MVN or go to www.SierraMadreCERT.org or info@SierraMadreCERT.org.

Sierra Madre Search and Rescue Log

The Sierra Madre Search and Rescue (SMSR) Team responded to eighteen individual calls for assistance in June with operations taking place not only in the local Sierra Madre area, but including the high Sierra and Thousand Palms.

Injured Hiker, First Water Trail, Chantry Flat: On June 13th at 3:15 p.m., SMSR was paged for a cliff rescue at Chantry Flat. The team was joined by the Sierra Madre Fire Department and Los Angeles County Fire to rescue a hiker who had fallen off the trail and was stranded in steep terrain above the canyon bottom. SMSR personnel quickly established a high angle rope rescue system and sent rescuers approximately 120' over the side to access the hiker. After determining that his injuries were minor, rescuers used the rope rescue system to lower the hiker and rescuers the remaining (approx.) 150' feet to the canyon bottom. The rescue was completed at 5:40 p.m.

Search, Thousand Palms, Riverside County: SMSR was requested at 9 p.m. on June 29th by the California Office of Emergency Services (OES) for a mutual aid call in Riverside County to assist in the search for a missing hiker. Daytime temperatures in the area were 120 degrees and officials planned to run search operations through the night. SMSR personnel responded and were deployed on initial search assignments by 11:30 p.m. Field crews worked throughout the night looking for the missing 71 year old hiker. The man was located mid-morning on the 30th, but unfortunately had not survived the conditions. The team expresses our condolences to his family and friends.

Multiple Calls, Chantry Flat, Mount Wilson Trail and Eaton Canyon: June 30th would turn out to be a busy day for SMSR with a series of operations taking place throughout the day. The first call for the day came at 11:30 a.m. with reports of a hiker stranded over the side of the trail below Chantry Flat. A high angle rescue was executed to get the uninjured hiker back to the trail. As the rescue was concluding, SMSR received a request from Altadena Mountain Rescue (AMRT) to assist them in the search for two

hikers who were lost in the Mount Wilson area and reportedly suffering from dehydration and exhaustion. Due to limited information about the specific location of the hikers, search crews were dispatched to multiple locations to hike the trails and locate the subjects. Los Angeles County Sheriff's deputies were able to locate the hiker's car near the trailhead at Cobb Estates and teams began to focus their efforts in that area. While search crews were redeploying, a rescue call in Eaton Canyon was dispatched and 7 personnel from SMSR responded to Eaton Canyon to assist in the rescue of 3 hikers stranded near the 2nd waterfall. SMSR joined LA County Fire and LASD's Air Rescue 5 on the incident. Two of the subjects were hoisted from their location by Air 5 and the third subject was lowered by rope rescue system to the canyon bottom by SMSR. The subjects were uninjured and escorted out of the canyon. During the Eaton Canyon rescue the missing Mt. Wilson hikers were successfully located. One of the hikers was transported to the hospital for treatment. The operations were secured by 4:30 p.m.

Combined with the search in Riverside County, SMSR was in continuous operation for 17 hours on the 29th and 30th.

Missing Hiker, Inyo County: SMSR assisted with the continued search for a hiker missing since October 2012 in the Sierra near Independence. The hiker's camp was located along with evidence that he died nearby during the fierce winter storm that trapped him 7 miles from his car.

For over 60 years the all-volunteer Sierra Madre Search and Rescue team has been responding to calls for help in the local mountains and beyond. Funded entirely by private donations, SMSR provides a range of public programs on wilderness safety in addition to its search and rescue activities. The Team never charges for any of its services.

For more information, including how to arrange a wilderness safety demonstration for your school or group, visit www.smsr.org.

THE KING WAS HERE!

The "King", aka Elvis, aka Harry Shahoian impersonating the original, left his throne in Las Vegas and, under the auspices of the Sierra Madre Rotary Club, performed at last week's Concert In The Park. As always, he had the packed house rocking! Sierra Madre's Concerts in the Park is sponsored this year by The Kensington - the assisted living facility being built on Sierra Madre Blvd. and local service organizations who sponsor the music. This week's concert will feature Jane Fuller and company performing Pop Across the Decades, and is sponsored by Friends of the Library and The Sierra Madre Kiwanis Club.

Photo by Fred Thomas/MVNews



SIERRA MADRE TEENS AND TREASURES – Teen History Docents

Sierra Madre local history will get a big boost with a new grant just received by the Sierra Madre Public Library. The grant of \$7,500 will enable the Library to train teen volunteers as history docents using new Digital Storyboard technology at the Library's Local History Room and at the Richardson House museum. Recruiting and training of teens will begin in September.

The California State Library awarded funding of the grant titled "Sierra Madre, Teens and Treasures – Teen History Docents." The grant will expand the Library's summer teen volunteer program into a year-round program by training teens as docents. First step will be to hire a part-time

coordinator who will recruit and train the teens. The volunteer docents will give "tours" of local history using the new Digital Storyboards.

Five teens at a time will train and give tours during a five-week period. A total of 25 teens will be part of the program during the grant period, then the library will continue the program after the grant period ends.

Library Director Carolyn Thomas said, "We are delighted to share our city's rich local history collection with more people through the Digital Storyboards and are pleased that we can expand our summer volunteer program throughout the year. It's a great combination of resources."

SATURDAY AFTERNOON CAFE SOUNDS

Picture a lazy summer afternoon with a cool comfortable spot, soft music, a little poetry, and a good book. Then picture yourself relaxing this Saturday, July 27 in the Sierra Madre Public Library

with Saturday Afternoon Café Sounds at 4:00 p.m. Chill to light acoustic music with the Summer Reading Program theme of **Reading is So Delicious!** The programs will feature a spoken word artist

traci kato-kiriyama and musician Liane Tominaga. The Sierra Madre Public Library is located at 440 W. Sierra Madre Blvd. in the city of Sierra Madre, 91024, (626) 355-7186, www.cityofsierramadre.com.



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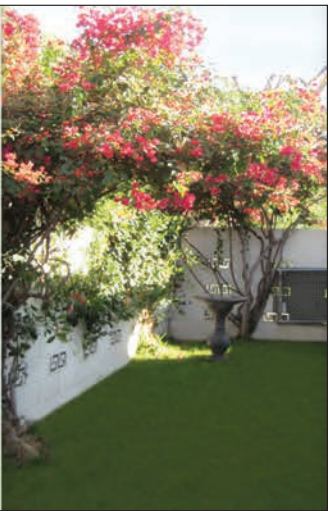
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Weather Wise

5-Day Forecast

Sierra Madre, Ca.

Mon:	Sunny	Hi 80s	Lows 60s
Tues:	Sunny	Hi 80s	Lows 60s
Wed:	Sunny	Hi 80s	Lows 60s
Thur:	Sunny	Hi 80s	Lows 60s
Fri:	Sunny	Hi 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, September 10, 2013
6:30 pm

CALENDAR

July 25	Sierra Madre CERT - Training
July 28	City of Sierra Madre - Concert in the Park
August 02	Creative Arts Group - Faculty Show
August 02	Sierra Madre Art Walk
August 04	City of Sierra Madre - Concert in the Park
August 6	National Night Out
August 15	Foothill Unity Center - Back To School Event at the Santa Anita Race Track

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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.

VILLAGE VINE ONLINE
(FORMERLY RADIO FISHBOWL)
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

NEW: TINA TIME WITH
COUSIN MATTHEW

SATURDAY
MORNINGS
D. J. Boddington
AKA James Faulkner re-
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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!

KIWANIS THIS WEEK:

SIERRA MADRE'S WATER CRISIS

Tuesday, July 23, 2013 12:00 noon
33 E. Sierra Madre Blvd. , Sierra Madre
Program is Free - Lunch \$10

Call 626-355-0728 For Reservations

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.

Call us: 626-355-7739
SierraMadreWomansClub

Rotary of Sierra Madre

Join us for Breakfast on Tuesdays mornings at 7 to hear some or all of our wonderful speakers listed below. Please be our guest at the Hart Park House, 222 W. Sierra Madre Bl. Sierra Madre, CA 91024

- July 23rd Chuck Stoughton-Sierra Madre Search and Rescue
- July 30th Mayor Nancy Walsh-Water
- August 6th Carolyn Thomas-Director of Library Services- "Stories and Treasures"
- Aug 13th Kristy Peters-Huntington Library
- Aug 20th Craft Talk-Carola Mendez, SM Rotarian
- Aug 27th Robert Haw-Scientist at JPL- "Extreme Weather and Climate Change"

For more info please call Peggy 626-355-7635 or email Peggybeau@gmail.com

LOOKING 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

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

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!

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SIERRA MADRE HONORS AWARDS

**Nominations Due
August 1, 2013**

Time is running out! The Sierra Madre Honors Awards Dinner is the way of honoring the true treasures of Sierra Madre. To Nominate: Simply e-mail Dorothy Costello or drop off a short letter at City Hall listing qualifications of your nominee by 5:00 pm, Thursday August 1, 2013.

The award categories are:

George Mauer Lifetime Achievement Award - Awarded to a person / entity whose lifetime of service embodies the spirit of volunteerism

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

Police Chief's Special Award - Presented for outstanding service and duty to the community

Public Safety Award - Awarded for protecting and maintaining safety in the community

Public Service Award - The Employee of the Year award

Community Youth Service Award - Presented to a youth (under 18) for outstanding service

NEW CITY HALL PUBLIC HOURS BEGAN JULY 1ST

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.

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LIZZIE'S DINNER STILL A HIT! by Christine Bachwansky



SMHPS President Amy Putnam addresses diners in the park.

Members of the community enjoyed dinner al fresco in the Mt. Wilson Trail Park on Mira Monte Ave. The fried chicken and ravioli dinner made famous by Lizzie Stoppie was a hit. The restaurant, Lizzie's Trail Inn, is now one of Sierra Madre's two history museums which are adjacent to the park. Lizzie (portrayed by SMHPS V.P. Leslie Ziff) was in attendance and mingled with the crowd to answer questions about her personal history and greet diners.

The chicken dinner was catered by The Fresh Gourmet and the Ravioli was prepared by Carolyn Dapper of Mary's Market. A beautiful basket of jams was generously donated by E. Waldo Ward & Son as the door prize.

Joe Tortomasi entertained everyone with tunes on his ukulele from the 30's and 40's before dinner, much to the enjoyment of the crowd.

Diners could also tour the new garden, and some tried their skill on the popular vintage pinball machine in Lizzie's Trail inn. In addition to the museums, the tack shed was also open, showcasing the pack trains that were so important to our area.

Another popular spot was the silent auction of vintage items at Richardson House. The sale was organized by Heather Sheets and Pat Krok, who donated their expertise to help with the fund raiser. Proceeds from the auction will benefit the ongoing work at the museum.

After dinner, SMHPS President Amy Putnam gave a review of the accomplishments of the SMHPS during the last year, highlighting the improved and expanded newsletter, the growth in membership, and the many programs that have been offered to the public. Christine

Bachwansky spoke about improvements and changes taking place at the museums, including the upcoming restoration work at Richardson House. She also spoke about the partnership of the SMHPS and the Sierra Madre Garden Club that made the remaking of the museum grounds into a drought tolerant native plant garden a big success. Meegan Tosh, Acting Library Services Manager gave a presentation of the new digital storyboards being installed at the Library and at Richardson House in August.

Photos of the event are posted on the Society's Facebook page: SMHPS. The Society is dark in August, but beginning in September the SMHPS Board meets at the Hart Park House on the third Thursday of the month at 7:00 PM. The public is always welcome to attend. Email address: SMHPS@outlook.com.

SIERRA MADRE CONCERTS IN THE PARK PRESENTS: JANE FULLER - Pop Across The Decades



**Sunday,
July 28, 2013
6:00 - 8:00 pm**

CORFU Food Booth
Healthy Mediterranean Food

Sierra Madre Memorial Park, 222 W Sierra Madre Blvd., Sierra Madre, CA 91024

Enjoy my "Pop Across the Decades." Plus, our group will play "Name That TV Show Theme Song." Just watch out when "Girl Sinatra" shows up! (FYI: the city does not allow alcoholic beverages in the park.)

This show is sponsored by the Kiwanis Club of Sierra Madre and Sierra Madre Friends of the Library, in conjunction with Sierra Madre Parks and Recreation.

Special thanks to Kiwanis for supporting children's activities, senior programs, and a variety of other worthwhile causes in our local community!



Visit the Kiwanis Club of Sierra Madre!



Become a Friend of the Library!

Also thanks to the Friends of the Sierra Madre Library.

This award-winning group contributes many volunteer hours, materials, and money to strengthen library programs and services.

AUGUST 2 FRIDAY 5-9:00PM

Upcoming SMArt Walks: Oct 4 & Dec 6

SIERRA MADRE ArtWalk 2013

Purchase Original Artwork, Ceramics, Handmade Items, Photography, Jewelry, Sculptures, and much more

Meet Local Artists, Enjoy Live Music, & Eat at Sierra Madre's Favorite Restaurants

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Creative Arts Group
The Center for Wellbeing
Sierra Fitness
The Shabby Dog
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Ixora Floral Studio
Sierra Juice Company
The Village of Eastwicke
Belle's Nest

Savor the Flavor
Leonora Moss
Renaissance Fine Art Classes
Sierra Madre Independent Honda Service
Les Champs Elysees
John Wallis and Associates
Woodhill Designs
Sierra Briganti
Casa Del Rey
Zugos Café
The Peppertree Restaurant
Yellow Bus Gift Shop
Creative Framing
Prudential California Realty

For Maps & Featured Artists Visit SierraMadreArtWalk.com

A special thank you goes out to the following:

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Put together by the
Sierra Madre Art Walk Committee



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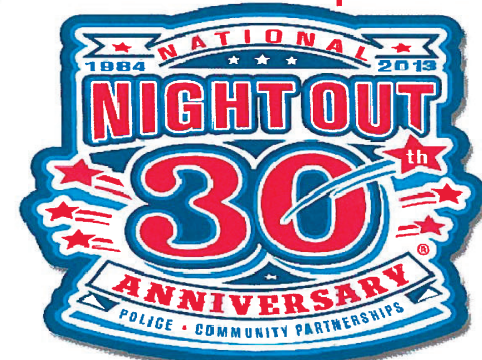
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The Sierra Madre Police Department Presents



Memorial Park

Tuesday, August 6th

5pm—8pm

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626-355-1414



Pasadena Altadena

News From Your Community For Your Community

Longtime Local Reporter Found Dead



Pasadena Star News reporter Janette Williams was found dead, by a neighbor, at her Monrovia home over the weekend. The cause of death was not immediately known although it appeared not to be foul play.

According to the Star News website, Williams worked for the paper 22 years. She was 68.

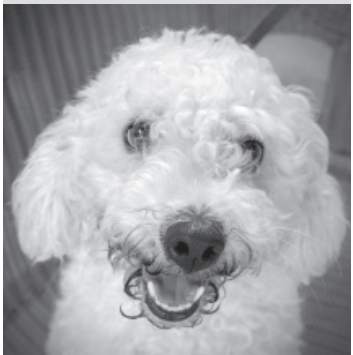
Williams was best known for her in depth reporting on Pasadena's historical places including, saving the Greene and Greene-designed Herkimer Arms apartment building. She was also known as an expert on the history of the Tournament of Roses. Her last story, published July 20, dealt with the Ambassador Gardens development on former Worldwide Church of God's Ambassador College campus.

As a tribute to her, many of her coworkers posted short videos on pasadenastarnews.com saying what a joy it was to work with her. Pasadena Star News Editor Frank Girardot said the news of her sudden death devastated the newsroom.

Williams, a native of Scotland, moved to the United States in the 1980s.

Two weeks ago Williams said she was semi-retired working at the paper just a few days a week.

Pet of the Week



Scooter is a three-year-old Poodle mix. He's very friendly and loves sitting in laps. He's been out on our Mobile Unit and did very well.

Scooter'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 A331846, 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.



Gold Line Celebrates 10 Years

Ten years ago Friday the first Metro Gold Line light rail full of passengers made its way from Pasadena to Union Station in downtown Los Angeles. To mark the occasion the Metro Gold Line Foothill Extension Construction Authority held an anniversary event at the Del Mar Station Plaza complete with a cake cutting by Pasadena Mayor Bill Bogaard.

"This project has been such a significant factor in the modern development of the city of Pasadena," Bogaard said. "We celebrate a very successful first decade of Gold Line passenger service between Pasadena and

downtown Los Angeles.

He went on to say the Gold Line has radically changed how many of the local residents, workers and visitors travel every day. "This is just the beginning of a long term evolution that occurs following such a significant transit investment."

Other speakers included, Assemblymember Chris Holden, LA County Supervisor Michael Antonovich, Congresswoman Judy Chu, among others. Congressman Adam Schiff's field representative Teresa Lamb-Simpson also spoke on Schiff's behalf.

During his tenure in the

California Senate, Schiff authored Senate Bill 1847. Signed into law in 1998, this paved the way creating the Gold Line.

College Newspaper Wins General Excellence

Pasadena City College officials announce that the student-run weekly newspaper The Courier has been awarded the prestigious General Excellence awards at the Journalism Association of Community Colleges' (JACC) State Convention held in Sacramento, Calif.

Awards were presented for student work in the 2012-2013 academic year. Publications, were judged based on a criteria that included writing, photography, design and editing.

Joseph Futtner, interim dean of the Visual Arts and Media Studies division said, "I am not at all surprised; I know from numerous occasions talking to The Courier staff just how hard these guys work, including the time and effort put in by past editor Nicholas Saul and current editor Christine Michaels, as well as advisors Rachel Fermi and Mikki Bolliger."

In addition, individual awards were presented to Courier staffers in the categories of news writing, copyediting, feature writing and photography.

Monopoly Tournament to Be Held

Pasadena Public Library's annual Monopoly Tournament for teens will be held on Thursday at 10:30 a.m. in Central Library's Teen Patio, 285 E. Walnut St. To participate, register by calling (626) 744-4766.

Refreshments will be served at 10:30 a.m. Game preparations begin at 10:50 a.m. The tournament starts at 11 a.m. sharp. Two 90-minute rounds will be played, with lunch provided between rounds. Official monopoly rules will be followed. The teen librarian will be the official tournament judge.

For more information, contact Veronica Fuentes at (626) 744-4766 or vfuentes@cityofpasadena.net.

Fear Factor Food Challenge

Join the Pasadena Public Library's for its first Fear Factor Food Challenge for teens on Wednesday, August 7 at 2 p.m. in Central Library's Teen Patio, 285 E. Walnut St.

Those that think they have a strong stomach can join in the Fear Factor Food Challenge. The teen who is able to eat the grossest of foods wins! First, second and third prizes will be awarded.

Registration and a signed parental waiver are required. To register call (626) 744-4766. For more information, contact Veronica Fuentes at (626) 744-4766 or vfuentes@cityofpasadena.net.

Annual Wiggle Waggle Walk Coming September

The fundraiser for the Pasadena Humane Society sets \$400,000 goal

Animal lovers are invited to put their best feet forward at the Pasadena Humane Society & SPCA's 15th annual Wiggle Waggle Walk – a community fundraiser for animals – at Brookside Park adjacent to the Rose Bowl. Organizers hope to raise \$400,000 through the event, which will provide food, shelter and medical care to homeless animals, nearly 12,000 of which are taken in by the humane society every year. The walk will start at 9 a.m. on Sunday, September 29.

Thousands of people and their dogs are expected to take part in the walk, which begins at 9 a.m. Walkers and their dogs can choose either a one-mile or three-mile route around the outside of the Rose Bowl stadium before enjoying a free Pet Expo at the park. Participants do not need a dog to join the fun—just a desire to help animals—and they can walk individually or form teams.

"The Wiggle Waggle Walk is a fun event that brings

everyone together to help animals in need," says Steve McNall, president and CEO of the Pasadena Humane Society & SPCA. "This is our biggest fundraiser of the year. We would not be able to provide the level of care to all the animals without the community's support."

Participants are encouraged to fundraise for the animals by creating personal web pages through the Wiggle Waggle Walk website and asking family, friends and co-workers for donations. Non-walkers, and those unable to attend the event, can also create fundraising web pages through this site. Entrants who raise \$50 will receive an official Wiggle Waggle Walk T-shirt. Registration is free.

Check-in starts at 8 a.m. at the entrance to Brookside Park. The walk will begin at 9:00 a.m. and the Pet Expo will take place immediately after the walk until 1 p.m. The Pet Expo will feature K9 demonstrations by the Pasadena Police Department, a variety of pet product booths, paw-tapping music and fun dog contests. This year's sponsors include Wells Fargo, VCA Animal Hospitals, and Community Bank. For more information, visit www.wigglegagglewalk.org.



Events for the Pasadena Convention Center

August 23-25

PRO PHOTO EXPO 2013

Professional Photographers of California presents the year's biggest photo trade show during its 60th Western States Convention. Learn about the latest in equipment, computer software, albums, frames, backdrops, labs and so much more.

Friday & Saturday noon – 5 p.m., Sunday 11:30 a.m. – 4 p.m. Three-day show pass \$10 at ppconline.com

August 30 – Sept 1
THE INTERNATIONAL GEM & JEWELRY SHOW

Industry professionals and the general public enjoy a large selection of jewelry at deep discounts. The show features top-quality diamonds, silver, gold, opals, rubies, watches, earrings, necklaces, rings, settings, onsite sizing and repairs, and onsite jewelry cleaning at affordable prices. Friday noon – 6 p.m., Saturday 10 a.m. – 6 p.m., Sunday 11 a.m.

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4:41 PM – An assault with a deadly weapon occurred in the 2200-bldk of Oakwood St. Suspect was taken into custody.

Between 10:00 PM and 6:30 AM (Tuesday) – A petty theft from an unlocked vehicle occurred in the 1400-bldk of N. Grand Oaks Av. Loss: black wallet, cellphone.

Wednesday, July 17th
Between 2:00 AM and 7:45 AM – A vehicle burglary occurred in the 1600-bldk of Grand Oaks Av. Loss: diaper bag.

Between 11:45 AM and 2:50 PM – A residential burglary occurred in the 2300-bldk N. Allen Av. Loss: coffee & tea set, two purses.

1:39 PM – A petty theft occurred at Ralph's, 2270 N. Lake Av. Suspect described as a male, Black, 25-30, 511-602, 210-245 lbs. Loss: security device.

10:05 PM – Suspect O'Neal Hamilton, 34 yrs, of Altadena was arrested for possession of a controlled substance.

Thursday, July 18th

– 5 p.m.

Admission \$8 good for all three days; discount tickets available at ticketderby.com

Children 8 and under not permitted.

August 31- Sept 1
2013 LA OPEN JOOLA TABLE TENNIS TOURNAMENT

This USTTA-sanctioned, 4-star event features some of the world's top-ranked players, including 2004 Olympic Men's Singles gold medal winner Ryu Seung-Min and 2012 Olympic Men's Singles bronze medal winner Dimitrij Ovtcharov. All skill levels and all age groups are represented. Winners share \$36,000 in prizes, including \$10,000 for the open singles winner.

Games start at 8:30 a.m. and finish when scheduled games are completed.

Saturday \$20, Sunday \$30, two-day pass \$40, VIP ticket \$200

Pasadena Convention Center, 300 E. Green St. laopentt.com

ALTADENA SHERIFF CRIME BLOTTER

Monday, July 15th

10:00 AM – A residential burglary occurred in the 900-bldk of E. Mariposa St. Loss: gold necklace, currency.

10:35 AM – A vehicle was reported stolen from the 400-bldk of Figueroa Dr. ***Vehicle was recovered on 7/23 by Pasadena PD***

4:41 PM – An assault with a deadly weapon occurred in the 2200-bldk of Oakwood St. Suspect was taken into custody.

Between 10:00 PM and 6:30 AM (Tuesday) – A petty theft from an unlocked vehicle occurred in the 1400-bldk of N. Grand Oaks Av. Loss: black wallet, cellphone.

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10:05 PM – Suspect O'Neal Hamilton, 34 yrs, of Altadena was arrested for possession of a controlled substance.

Thursday, July 18th

Between 12:30 AM and 5:00 AM – A vehicle vandalism occurred in the 700-bldk of Royce St.

7:50 AM – An arrest for possession of a firearm occurred in the area of Allen Av. & Washington Blvd. The following suspects were arrested: Wash Dorsey, 63 yrs., of Pasadena, Anthony Anderson, 21 yrs. of Altadena, Pedro Mraz, 23 yrs., of Los Angeles, and Calvin Cadle, 19 yrs., of Altadena.

Between 9:00 PM and 6:30 AM (Friday) – A petty theft from an unlocked vehicle occurred in the 1500-bldk of N. Altadena Dr. Loss: Avon products.

Between 11:00 PM and 6:00 AM (Friday) – A vehicle burglary occurred in the 2000-bldk of E. Jefferson Av. Suspect(s) entered the vehicle via unknown means. Loss: black iPod.

Between 11:00 PM and 6:45 AM (Friday) – A vehicle burglary occurred in the 2300-bldk of Glenrose Ave. Loss: iPhone car charger.

Friday, July 19th
Between 5:00 AM and 8:00 AM – A petty theft occurred in the 2200-bldk of Navarro Av. Loss: sign.

Between July 14th and July 20th there were 12 runaway juveniles reported to the Altadena Sheriff Station.

"What's Going On?"

News and Views from Joan Schmidt



This past Saturday I attended an awesome but very heart wrenching event—the first unsolved Homicide Summit at

Sheriff's Headquarters. Two groups, *Justice for Homicide Victims* and *Justice for Murdered Children*, sponsored this summit to facilitate communication between various law enforcement/county agencies and the victims' families.

Representatives from two groups were there: Those whose family members' murderers have been convicted and are serving time in jail and those who are awaiting justice. When I arrived, I met Jeanette Chavez, mother of Samantha Salas, who was shot at Riviera Apartments on Peck Road in Monrovia. The crime has been solved, but Jeanette's life will never be the same—no parent ever gets over the loss of a child.

Justice for Homicide Victims was founded in 1984 by the late Ellen Griffin Dunne (daughter Dominique murdered at age 27) and the late Robert W. Leach (Husband of Marcella Leach, Marsy's mom.) Today, Marcella, William and Jane Bouffard, Thomas Vardon, LaWanda Hawkins, Jeanette Chavez and Cythia Bejar continue the battle for justice.

Justice for Murdered Children was founded in 1996 by LaWanda Hawkins ((Her only child Reggie was murdered) LaWanda, and other parents who had lost children to homicide discovered their cases were going unsolved and that they had been left out of the criminal justice process.

The Summit began with a welcomed by La Wanda Hawkins and Jane Bouffard. LaWanda spoke of losing her only child Reggie, while Jane told us about her parents', Gladys and Elmer Benson's murder—Samuel Zamudo was tried, found guilty in 1997, and his death sentence upheld in 2008.

We learned of Marsy Nicholas' murder by her ex-boyfriend. One week later, her mom Marcella walked into a store and was confronted by the accused murderer. She had no idea he had been released on bail. But the passage of Marsy's Law in 2008 changed all that in California. (Please go on line to www.marsylawforall.org . There are SIX pages of the RIGHTS of victims' families!)

Another speaker was Colleen Campbell, sister of the late Mickey Thompson who with his wife Trudy was murdered in Bradbury. It took NINETEEN years for justice to be served. Michael Goodwin was convicted and sentenced to two consecutive life terms. However, Colleen told us of the harassment and threats by Goodwin during those nineteen years; it was unbelievable.

Sheriff Baca told us that it takes "extraordinary strength" to deal with the murder of a family member. "The nature of the suffering never goes away; it only gets managed." When the Sheriff left, a distraught mother ran after him clutching her daughter's picture and a reward poster. It's been twenty years, but the case remains unsolved. The Sheriff hugged her, and said, "Let's try to get another effort going."

FIRST UNSOLVED HOMICIDE SUMMIT AT SHERIFF'S HEADQUARTERS

During the program, there were two panels of Speakers, both moderated by Retired Judge, Honorable Michael Latin. The first panel included Long Beach Police Commander Donald Wood, Inglewood Police Captain Marie Di Beranando, Pasadena Police Commander John Perez, LACDA Major Crimes Division John Lewin, LASD Homicide Bureau Captain Duane Harris, LASD Director of Bureau Operations, Dr. Steven Sultan, LAPD Captain Thomas McMullen and LACDA Forensic Science Section, Marguerite Rizzo.

On the second panel, were Homicide LAPD Detective Tracy McClanahan; LASD Unsolved Homicide Bureau Sgt. Delores Scott; Pasadena Star News Editor Frank Girardot; Dr. Danielle Dirks, Occidental College, Dept. of Sociology; LAPD Coordinator Regional Crime Stoppers, Officer Do; and FBI Victim Specialist Carmen de Arce.

The Panelists introduced themselves, told exactly what their work involved and gave hope to the attendees. For instance, Forensic Specialist Rizzo spoke of the advances in DNA testing which has been instrumental in proving cases.

Prior to the program, attendees filled out cards with questions. Judge Latin read the question and different panel members answered.

One man, Sault Zavala said after his daughter and niece were murdered, the killer fled to Mexico. Although US prosecutors agreed to remove the death penalty, the Mexican government would NOT extradite him to the US. The killer stood trial, was convicted and sentenced to 60 years in a Mexican jail, but Zavala doesn't trust the system in Mexico. After Zavala spoke to FBI Agent Robert Clark, he had new hope.

Please go on line to www.justiceforhomicidevictims.com and www.jfmc.org. Both groups are nonprofit and provide services to families.

CHILDHOOD'S END

By Christopher Nyerges



[Nyerges is the author of several books, including "Enter the Forest" and "How to Survive Anywhere." Information about his books and classes is available from School of Self-reliance, Box 41834, Eagle Rock, CA 90041, or www.ChristopherNyerges.com.]

I hadn't been able to sleep much the night before having been involved in a deep introspection of my life.

It was one of those introspections where I concluded my life was all chaos and disorder. Still, Phoenix-like, I arose very early the next day.

It was Saturday, and the sun had not begun to rise over the hills to the east. It was very quiet, and I could actually feel the collective heave and sigh of relief as the city took a break from the madness of racing around day after day so you can afford to do whatever it is that you believe you'd rather be doing than racing around every day making money.

The streets were still dark, and cool, and devoid of people. I began to bicycle through the city streets, first working my way through the downtown apartment areas, and then gradually north where there were more trees and bigger yards. The mountains were glowing with the rising sun, and by now the sky was light and birds were chirping everywhere. A few cars were now on the road, and an occasional jogger wished by on the sidewalk.

The city was magical when everyone slept. Oh, I knew that there was some chance of encountering no-good criminals who would try to accost or rob me -- that's part of the tightness of the city. But everyone seemed to be asleep, even the muggers. I didn't even see homeless, for they too were tucked away in whatever spots they'd found for staying warm.

The sun took its time in rising and the sky was overcast and cloudy on this early Saturday morning. A cool breeze blew down the city streets as a mountain breeze might blow down a canyon. Where you'd expect to see hawks perched high in the tallest mountain trees, I saw pigeons perched on the edges of the tall buildings. No matter what man does, nature usually adapts, and ultimately overcomes.

I began to bicycle to the north, towards the mountains. What had been a truly casual and leisurely ride was now becoming a bit of work as I went uphill closer to the foothills of the San Gabriel range. I slowly rode to the very base of the mountains and watched a group of Boy Scouts unloading from the family vans and station wagons and loading on their backpacks for a day or weekend of adventure. I could see the excitement in their faces and hear it in their voices. For most of them, this would be a first adventure in campcraft.

I turned my bicycle around and began to coast back down the hill, and after a few miles, I turned down a street where a family I knew lived. I slowly bicycled by and saw that only Jim, the young six-year-old, was out in the yard playing. I said hello, and he recognized me and said hello. He asked me if I wanted to see the dirt people. I got off my bike, and got down on my hands and knees, and he showed me the little tunnels and

trails of the dirt people, and he showed me where they lived, and how they drove around on little pebbles. He pushed a pebble with a long stick, and made a sound like an automobile engine.

"See how they go?" he said, excited. "Make yours go," he commanded, and so I began to push a little pebble around with a stick. I had to make sounds like a car when the dirt people wanted to turn quick or stop suddenly, and I had to keep the pebble on the roads that Jim had built. Jim told me about the monsters that come out sometimes and the dirt people have to run and hide, because the monsters are so powerful.

He pointed to a little ant that had come out of a hole, and Jim gave voice to the monster-ant: a slow, deep growl as it walked along the dirt people's road. I was informed that the monster always takes the easy path along the dirt people's road, because the monster was lazy. That was its weakness, and the dirt people could use that fact to their advantage when they wage a war against the monsters.

Each pebble, each leaf, each stick, each undulation of the ground had a name and a meaning in Jim's world into which I had entered. I was lying there in the dirt with him, pushing a pebble, making sounds, and truly enjoying myself when his mother came out.

"What are you guys doing?" she asked. "The dirt people are all getting together because the monsters are getting ready to invade. We watched the monsters begin the war, and the dirt people are now all trying to defend themselves, right?" he looks at me.

His mother looks at me sideways, noting that I am covered in dirt as is Jim. She smiles, and says only "Oh." She just stands there and looks, and I know that it means nothing to Jim, but I feel the censure of an adult in the adult world, and I realize that I should feel embarrassment. When I think about it, I realize that I did feel a little embarrassed, but mainly because somehow I've been taught that some things are for children and some things are for adults. Adults are not allowed entry into the make-believe world of children, at least not by other adults.

So after a while, I got up, and shook off the dust. I told Jim's mother that I was just passing by, and I said goodbye to Jim. I rode on, and eventually headed back home.

I had truly enjoyed myself lying there in the dirt, without video games or electronic entertainers. We were enjoying a simple pleasure of life that required nothing but an active imagination and the ability to believe. And that's what's wrong with adults. Our bodies got older and we allowed our minds to ossify. We put aside imagination for pragmatism, and we gave up the ability to believe for hard-earned cynicism.

That morning, I realized that childhood ends when you can no longer lie in the dirt and imagine.

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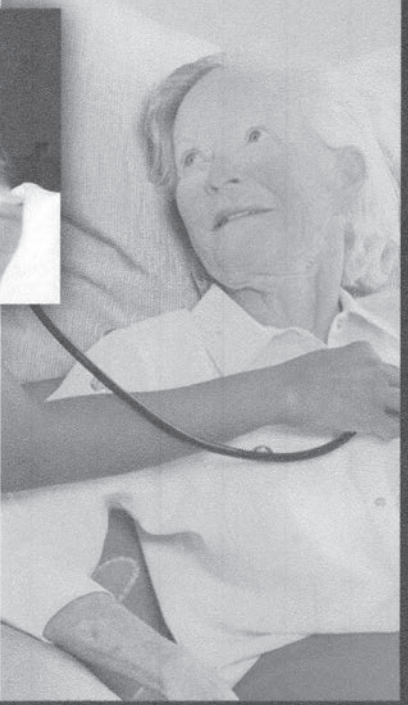
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CHAU TO SPEAK AT ARCADIA CHAMBER

Ed Chau, Assemblymember of the 49th District, is the guest speaker at 8am Thursday, August 1, at the Arcadia Chamber of Commerce Government Affairs Forum, 388 W. Huntington Drive. Assemblymember Chau will speak regarding AB477 and to answer any questions the community may have.

A discussion of pending legislation and other updates will be provided by representatives from City, County, and State government offices, the Metro Gold Line Foothill Extension and the Monrovia-Arcadia-Duarte Town Council.

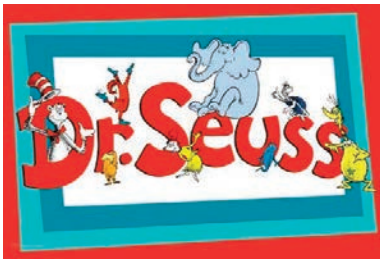
The public is invited on the first Thursday of each month to hear informative presentations at the monthly Government Affairs Forums led by Chairman Jack Orswell and co-chairs Pete Ulrich, former Arcadia City Councilman, and Mary Dougherty, former President of the Arcadia School District Board of Education. RSVPs to the Chamber of Commerce office are appreciated - (626) 447-2159 or info@ArcadiaCaChamber.org.

ANNUAL END OF SUMMER CARNIVAL Wednesday, August 14 – 10am-2pm



Oh, the places you will go! Come down to the Wacky Wednesday Summer Carnival because “if you never did, you should, these things are fun and fun is good.” - Dr. Seuss. The Recreation and Community Services Department will be celebrating the end of summer with our annual carnival on Wednesday, August 14th from 10am-2pm at Eisenhower Memorial Park, located on the corner of 2nd and Colorado in Arcadia.

This year's theme is a tribute to Dr. Seuss. Come spend a day with family and friends while enjoying music, raffles throughout the day, a costume contest, and a caricature artist. Carnival games are available for a nominal fee and offer kid-friendly prizes, so make sure to bring lots of change! Bring a picnic lunch or enjoy a delicious snack from the Green Eggs and Ham Snack Bar. “Why fit in when you are born to stand out?” So come to the carnival in your favorite Dr. Seuss themed outfit. Judges will be searching high and low and here and there, to find the wackiest costumes around.



For more information please contact the Recreation Office at 626.574.5113.

ARCADIA SUMMER CONCERT SERIES AUGUST 1, 2013—UPSTREAM



Join us this summer at Arcadia's annual Summer Concerts in the Park series presented by Target. The seven-week entertainment series showcases a wide variety of musical performances. Bring a blanket or lawn chair for seating on the grass and enjoy a picnic dinner during the show. Kids of all ages will be entertained in our FREE kids' fun zone area with many games and crafts each week.

Become a part of the Arcadia tradition, gather your family and friends and enjoy the sights and sounds of this year's concert series. Whether you attend one or all seven, we are sure you will have a great time! As always, admission and parking are free (additional parking held at Santa Anita Race Track, Gate 5). Concerts take place on Thursday evenings from 6:30-8pm on the beautiful City Hall West Lawn located at 240 West Huntington Drive. In addition, the City is pleased to announce the Dogtown Dogs Gourmet Food Truck at all of the 2013 Summer Concert Series! A portion of the proceeds will be given to the Recreation and Community Services Department!

The band Upstream, whose members include the two sons of the venerable inventor of Soca music, the late Ras Shorty I, was formed in the republic of Trinidad & Tobago in 1989. They relocated to Southern California in the early nineties and made a name for themselves performing in numerous venues, events and festivals, throughout California and Western States for over 15 years. Their energetic eclectic style of Reggae and Soca has earned them a formidable appellation in the music industry world. Upstream's talent, creativity and vision are astounding! All of the musician's are brilliant, quite unique and bring various seasonings to the pot! The band plays an indescribably fascinating blend of Reggae, Calypso, Soca and Steelpan Music.

For additional information, contact the Recreation and Community Services Department at 626.574.5113.

Arcadia Police Blotter

For the period of Sunday, July 14th, through Saturday, July 20th, the Police Department responded to 897 calls for service of which 105 required formal investigations. The following is a summary report of the major incidents handled by the Department during this period.

Sunday, July 14:

- Just after 12:00 a.m., officers responded to the 100 block of West Huntington Drive in regards to a traffic collision between two vehicles. An investigation revealed one of the drivers was under the influence of alcohol and had a suspended license. The 43-year-old Hispanic female was arrested and transported to the Arcadia City Jail for booking.
- At about 1:57 p.m., an officer responded to Sephora at the Santa Anita Mall, 400 South Baldwin Avenue, in regards to a theft report. The suspect concealed his wife's favorite perfume inside his pants and exited the store without making payment. The 54-year-old White male was arrested and transported to the Arcadia City Jail for booking.

Monday, July 15:

- At approximately 10:41 a.m., officers responded to the 1300 block of Standish Place regarding a sounding burglary alarm. Witnesses observed a dark skinned male suspect of unknown race flee the residence. The suspect is described as early twenties with short black hair, wearing a black shirt, black baggy shorts, and a dirty white backpack. Officers conducted an area check, but were unable to locate the suspect. An investigation revealed the suspect forced entry into the residence through a side window; however, no property was reported missing.
- Just after 8:46 p.m., officers were dispatched to the parking lot at Marie Callender's, 820 South Baldwin Avenue, in reference to a possible vehicle burglary in progress. Officers located the suspect and discovered he was under the influence of alcohol. A records check revealed the 46-year-old White male had an outstanding misdemeanor warrant. He was arrested and transported to the Arcadia City Jail for booking. No vehicles were damaged or burglarized.

Tuesday, July 16:

- At about 00:19 a.m., an officer responded to the 800 block of Arcadia Avenue in regards to a robbery that just occurred. The victim was walking away from her vehicle when she was hit on the side of her head with an unknown object, causing her to fall to the ground. She looked up and saw two male subjects running away with her purse. The area was too dark for the victim to make out suspect descriptions. An area check was conducted, but no suspects were located.
- Around 11:11 p.m., officers responded to Motel 6, 225 Colorado Place, in regards to a disturbance between two males. An investigation revealed an argument between the couple resulted in a physical altercation. A records check revealed one of the subjects, a 25-year-old Hispanic male, had an outstanding misdemeanor warrant. He was arrested and transported to the Arcadia City Jail for booking.

Wednesday, July 17:

- Around 1:39 a.m., an officer conducted a traffic stop on a vehicle for making an unsafe turn on Lovell Avenue, at Naomi Avenue. The officer discovered the 34-year-old Black male had a suspended license. He was arrested, transported to the Arcadia City Jail for booking, and his vehicle was impounded for 30 days.
- At approximately 7:03 p.m., an officer was dispatched to H&M at the Santa Anita Mall, 400 South Baldwin Avenue, in regards to a theft report. Three Asian juveniles, 16 to 17-years-old, concealed merchandise inside a backpack and used shopping bags, and exited the store without making payment. They were arrested, transported to the Arcadia City Jail for booking, and later released to their parents.

Thursday, July 18:

- Shortly after 5:40 p.m., an officer responded to JCPenney at the Santa Anita Mall, 400 South Baldwin Avenue, in regards to a theft report. A female suspect entered a bathroom stall where she concealed merchandise inside a used shopping bag and exited the store without making payment. She was observed fleeing the parking lot in a black Honda. The suspect is described as Hispanic, approximately 5'10" tall, 220 lbs., wearing a pink shirt and dark colored pants.
- At about 8:00 p.m., an officer was dispatched to the 700 block of South Second Avenue in regards to a sound of a woman screaming. Upon arrival, the officer observed two male subjects fighting on the sidewalk and ordered them to stop. An investigation revealed an argument between the 44-year-old Hispanic male and his 18-year-old son escalated quickly. Both suspects declined prosecution and required no medical attention.

Friday, July 19:

- Around 10:43 a.m., an officer responded to Motel 6, 225 Colorado Place, in reference to counterfeit money found in a trash can. Housekeeping staff discovered forty-six counterfeit \$20 bills inside a common area trash can. No suspect information was located.
- Just before 11:00 p.m., an officer conducted a traffic stop on a vehicle for a broken tail light and expired registration in the area of Las Tunas Drive and Baldwin Avenue. An investigation revealed the driver had a suspended license and was in possession of methamphetamine. The 46-year-old Hispanic female was arrested and transported to the Arcadia City Jail for booking.

Saturday, July 20:

- At approximately 8:40 a.m., an officer was dispatched to a residence in the 700 block of West Longden Avenue in regards to a grand theft report. The victim parked her vehicle, a 2007 white Hummer, in the driveway the night before and discovered it missing when she woke up. No evidence was located and the victim had no idea who took her vehicle.
- Just after 8:45 p.m., an officer conducted a traffic stop on a vehicle for expired registration on Jeffries Avenue, at Tenth Avenue. The passenger provided false identification because he thought he had a warrant out for his arrest. He was arrested for Providing False Information to a Peace Officer and transported to the Arcadia City Jail for booking. A records check revealed he had no outstanding warrants.

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CITY OF ARCADIA 2013 SUMMER SWIM PROGRAM

Get out of the heat and into the pool! The Recreation and Community Services Summer Swimming Program is now open for lessons and open swim at the Arcadia High School Pool, 180 Campus Drive in Arcadia. For open swim the pool will open Monday through Friday from 12pm-3pm, Saturday and Sunday from 1-5pm and Tuesday and Thursday Nights from 6:30-8:30pm. Online registration for Session 3 (July 15-26) begins Friday, July 5 for residents only by logging onto the City of Arcadia website at www.ci.arcadia.ca.us. Walk-in and fax-in registration begins July 8 for everyone.

Swim Session 4 (July 29-August 9) online registration for Arcadia residents begins July 19. Walk-in and fax-in registration for everyone begins July 22 at the Recreation Department located at 375 Campus Drive. For more information regarding swim classes and the online and walk-in registration dates for Sessions 5, please call 626.574.5113.

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LOST WORLD WAR I MEDALS REUNITED WITH RECIPIENT'S FAMILY

While working in the Monrovia Police Department Property and Evidence Room, Property Officer Tom Carroll came across a box of unclaimed property from years past, containing amongst other personal possessions, military medals from the United States Army, including a "Purple Heart" from World War I. The Purple Heart had been awarded retroactively in 1935 to Frank Q. Newton, who had been injured in 1919 while serving on the front lines, nearly 100 years ago.



The Purple Heart is the oldest military award still given to members of the United States Military and is awarded to those who have been wounded or killed while serving. Property Officer Tom Carroll, a United States Army veteran and recipient of the Purple Heart himself, immediately recognized the box that contained the medal and felt the importance of reuniting this military decoration with the family of the recipient.

Initially, he contacted the Purple Heart Foundation, the repository for information on Purple Heart recipients. Unfortunately, this attempt met with no success, as the foundation has only been in existence for just over fifty years. Tom then began searching law enforcement databases, but again, was unsuccessful. He then sought assistance from the Police Department's Technology Bureau Supervisor, Jim Emmett, who began searching through public genealogical databases for information. He entered the name and army unit of Frank Q. Newton, searching his military records, and eventually was able to positively identify him, which ultimately led to identifying his living relatives. Subsequent searches in law enforcement databases and contacting two other outside agencies finally revealed the recipient's family currently resides in Northern California.

The family knew the story of their father receiving the Purple Heart, but had no idea his medals still existed, and they were amazed and grateful when they learned the medals would be returned to them. Property Officer Tom Carroll had the medals mounted in a shadow box for the family, and the medals were hand delivered to the family at the Los Angeles International Airport on July 23, 2013.

Frank Q. Newton served as a frontline Ambulance Wagoner in the European Theater during the First World War. He was severely injured from exposure to mustard gas while serving on the front lines for the United States Army. He died in 1975 in San Diego, California. - Story and Photos courtesy City of Monrovia

RESIDENTS TO CELEBRATE DUARTE'S 30TH ANNUAL NATIONAL NIGHT OUT

DUARTE, CA., July 22, 2013 — Imbibing in ice cream sodas, hot dogs and pie may not appear like an effective way of fighting crime but that's exactly what residents will be doing when they gather in neighborhoods throughout Duarte to celebrate the City's 30th annual National Night Out Against Crime on Tuesday, Aug. 6.

Hundreds of Duarte residents are expected to participate in the citywide "going away party" for crime at block parties, cookouts and ice cream socials. Duarte will join citizens, law enforcement agencies, civic groups, businesses, neighborhood organizations and local officials from over 10,000 communities across the nation in participating in National Night Out, sponsored by the National Association of Town Watch. The crime, drug and violence prevention program is designed to send a message to criminals that neighborhoods are organized against crime and fighting back.

Neighborhood Watch area coordinators and block captains, with the support of Duarte Public Safety and Duarte Sheriffs, are helping to coordinate the activities. Residents can contact the Public Safety Office to gather ideas, event flyers, and to schedule a Deputy to visit their block party. Duarte deputies, firefighters, and city officials will visit each gathering to pass out emergency preparedness information, coloring books to kids, and other goodies provided by official local sponsor, Target.

One hard-working Duarte Neighborhood Watch area will be celebrating its block party in style as winners of a Neighborhood Watch Block Captain Recruitment contest. The Duarte Public Safety Commission launched the competition among Block Captains earlier this year to help expand the Neighborhood Watch program. The Beardslee Neighborhood in Area 4 won a \$500 block party courtesy of Burrtec Waste Industries, the City's contracted waste hauler

for recruiting the most new Neighborhood Watch captains.

"Neighborhood Watch is one of the most effective and least costly ways to prevent crime and reduce fear because it fights the isolation that crime both creates and feeds upon. It forges bonds among area residents, helps reduce burglaries and robberies, and improves relations between law enforcement and the communities they serve," said Duarte Public Safety Director, Brian Villalobos.

Residents are invited to bring donations of canned goods to the neighborhood gatherings. Members of the Duarte Community Service Council and Duarte Public Safety Department will stop by to collect the donations that will benefit the community's needy.

For more information on how to host a National Night Out gathering, contact the Duarte Public Safety Department, call Aida Torres at Duarte Public Safety (626) 359-5671, ext. 316, or visit www.accessduarte.com/publicsafety

at Beardslee Elementary School Cafeteria, 1212 E. Kelwill Way.

Neighborhood meetings offer a close-to-home opportunity for residents meet with City Council members and discuss issues of importance to the community.

Topics of discussion will include the City budget, development update, community outreach, public safety, and Gold Line construction.

"As a public servant charged with improving the quality of life in the City of Duarte, I want

to make sure that we are spending the people's money as efficiently and effectively as possible. Receiving input from the citizens in locations around the city that encourage participation, is a positive approach to responsible stewardship in our community," said Mayor Margaret Finlay.

For more information, call Duarte City Hall, City Clerk's Office at (626) 357-7931, ext. 219.

PUT IT IN THE CAN

A Campaign to Keep Monrovia Beautiful

In a seven block radius of Old Town Monrovia you will find 72 trash cans. They are conveniently located on each corner, in mid-blocks, at every entry and exit to the public parking lots, behind businesses and next to homes.

Yet, somehow, every day, some trash never makes it the last fifteen feet to these containers.

Here's why it's so important to find the trash can:

- All of the trash bins in Old Town are sorted for recycling. By just making it to the trash can, you ensure that your soda can or plastic bag make it back into the economy, not the landfill.
- It costs money to pick it up. The more time City Staff spends picking up trash, the less time they spend on parks and potholes.
- Trash on the street is ugly. Monrovia is a proud and beautiful community- let's not trash it.

"I take great pride in our Old Town area and all of Monrovia. I will gladly pick up trash when I see it, but lately the amount of trash I am seeing is overwhelming," says Mayor Pro Tem Becky Shevlin. "I am asking people to join with me in keeping Monrovia beautiful!"

As economic development picks up and Monrovia becomes an even more popular destination, we will have more traffic and consequently, more trash.

How can you help reverse this new trashy trend?

1. Start by making sure all of your trash makes it into the can.
2. If you see trash in the street, pick it up.
3. Lastly, tell a friend.

Let us know how you did! Tag us with #CANit @MonroviaCA.

Below is a photo taken by Mayor Pro Tem Shevlin in one parking lot in Old Town. Remember - Put it in the Can.



Monrovia Police Blotter

Highlighted Activity for the Weekdays of July 22-24, 2013

During the last seven-day period, the Police Department handled 480 service events, resulting in 84 investigations. To see a complete listing of crimes reported, go to <http://www.crimemap-ping.com/map/ca/monrovia> for crime mapping. For Police Department news and information, visit our website and follow us on Twitter for police notifications.

Commercial Burglary / Robbery - Suspect Arrested

July 22 at 3:30 p.m., a male adult entered a business in the 1600 block of South Mountain and selected a power tool, placing it into a backpack. Loss prevention personnel observed him and followed him as he left the store without paying for the item. The loss prevention officer identified himself and the suspect swung at him, striking him in the face. He then attempted to flee, but was restrained by assisting loss prevention personnel; they detained him until officers arrived. He was arrested and taken into custody without further incident.

Residential Burglary

July 22 at 6:41 p.m., a burglary was reported in the 300 block of Prospect Avenue. The victim left for work at 5:00 a.m. and returned home at 5:00 p.m. When she returned home, she noticed the garage door was open. She called her husband and asked if he was home; he was not. She went into the house through the garage and the house looked normal. She searched her dresser and noticed her rings were gone. Several other items were taken. The investigation is continuing.

Residential Burglary

July 23 at 6:49 a.m., police responded to the report of a burglary at a residence in the 1200 block of South Alta Vista. The suspect(s) entered an open living room window. The screen was closed, but the suspects cut and removed it to enter. This incident occurred sometime during the night. The residents were home asleep, but did not hear anything. When they awoke in the morning, they discovered the burglary. A 20-inch flat screen television and a silver watch were taken.

Wanted Parolee at Large - Suspect Arrested

July 24 at 8:01 a.m., an officer on patrol saw a bicyclist commit a vehicle code violation in the 2200 block of South Myrtle. He contacted the subject and a computer check revealed the subject was a wanted parolee at large. The subject was arrested and taken into custody.

Trespassing - Suspect Arrested

July 24 at 3:21 p.m., an officer was dispatched to a motel in the 1100 block of East Huntington regarding a guest who was refusing to leave his unpaid room. The officer and the motel owner asked the patron to leave; however, he refused. He was arrested for trespassing and later released on citation to appear in court.

Battery / Drunk in Public - Suspect Arrested
July 25 at 2:17 a.m., police were dispatched to the 500 block of King Street regarding a male subject who was causing a disturbance. When officers arrived, they found an intoxicated male subject. He had punched the side of a car and then hit the driver. He was arrested and charged with battery and being drunk in public.

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 Book-store!) 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.

RESIDENTS INVITED TO MEET WITH COUNCIL AT NEIGHBORHOOD COMMUNITY MEETINGS

Duarte City Council members will hold the second in a series of neighborhood community meetings on Tuesday, July 30, at 7 p.m. The meeting will be held

at Beardslee Elementary School Cafeteria, 1212 E. Kelwill Way.

Neighborhood meetings offer a close-to-home opportunity for residents meet with City Council members and discuss issues of importance to the community.

Topics of discussion will include the City budget, development update, community outreach, public safety, and Gold Line construction.

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LOCAL GIRLS “CAMPED IN” AT WHITTIER COLLEGE

They didn't camp out in tents, but they did “camp in” at Whittier College in comfortable dorms, just like college students. That was the situation for thirteen local middle-school girls who spent the end of June at Tech Trek Math /Science Camp. The thirteen girls had been selected by the Arcadia Branch of the American Association of University Women (AAUW) to attend Tech Trek Camp, a summer program for eighth-grade girls sponsored by AAUW-California. The goal of Tech Trek Camp is to help young women entering eighth grade in the fall to develop interest, excitement, and self-confidence in the fields of math, science, and technology.

Representing Arcadia were Stephanie Yen from Dana Middle School, as well as Natalie Chen and Stella Cho from First Avenue Middle School. El Monte City School District was represented by Alicia Bueno and Bethany Hernandez, Durfee School; Toni Gonzalez, Gidley School; Lizet Castillo and Dayanne Jimenez, Portrero School; Haily Torres, Rio Hondo School; Chabelli Garcia, Wright School; and Madeline Peralta, Columbia School. Monrovia's Santa Fe School sent Lily Pierce, and Oak Avenue Intermediate School, Temple City, sent Charlie Dodge.

These young women got a preview of college life while learning that math and science can be fun. They lived in dorms on the Whittier College campus for the entire week. They attended classes taught by credentialed middle-school teachers in which hands-on experiments were emphasized and enjoyed. Women professionals in the fields of math, science, and technology were guest presenters. Highlighting the activities were field trips to Jet Propulsion Lab, forensics labs, water reclamation plants, and other related science and technology centers. AAUW volunteers served as camp directors, nurses, and chaperones.

Each year students are nominated by teachers to attend the science, math, and technology camp. The local branch of AAUW that provides the funding for the students to attend makes the final selection of “campers.” The AAUW-Arcadia Branch supported this endeavor, along with contributions from community donors. Major donors were the Arcadia Chinese Association, Hakka Foundation, El Monte City School District Student Support



Service, El Monte Education Center, Lexus Pursuit of Potential (Toyota), and Soroptimists of Altadena-Pasadena.

Tech Trek had its beginnings at Stanford University in 1998, with initial funding from the AAUW Educational Foundation. This year there were ten camps: CSU-Fresno, Sonoma State University, Stanford University (two weeks), UC-Davis, UC-Irvine, UC-San Diego, UC-Santa Barbara (two weeks), and Whittier College. Tech Trek is continuing proof that AAUW puts its mission—to support equity and education for all women and girls—into action.

To support programs like Tech Trek or to learn more about the American Association of University Women, please contact Tech Trek Coordinator Phyllis Howard at (626) 359-3525.

Photo Caption for “Local Girls Camped In at Whittier College”

This summer, Arcadia AAUW sent 13 local middle-school girls to Tech Trek Math/Science Camp on the Whittier College campus. First row (seated l-r) Stephanie Yen, Natalie Chen, and Stella Cho, Arcadia; Charlie Dodge, Temple City. Back row (standing l-r) Bethany Hernandez, Toni Gonzalez, Lizet Castillo, Dayanne Jimenez, Haily Torres, Chabelli Garcia, and Madeline Peralta, all from El Monte City Schools. Looking on with pleasure is Tech Trek Coordinator Mrs. Phyllis Howard.

Not pictured: Alicia Bueno, El Monte; and Lily Pierce, Monrovia.



LILY PARIS OF MONROVIA HIGH WINS SILVER MEDAL; NAOMI BERTHANE, FLINTRIDGE PREP, SCORES BRONZE AT NATIONAL NAACP ACT-SO COMPETITION IN ORLANDO

Two local high school students have returned home medalists from the NAACP national (ACT-SO) Afro-Academic Cultural, Technical, and Scientific Olympics in Orlando, Florida.

Lily Paris, a student at Monrovia High School, won a Silver Medal in photography. Naomi Berthane, who attends Flintridge Prep School, scored a Bronze Medal in mathematics at the competition held in conjunction with the 104th NAACP Annual Convention.

Paris, a Duarte resident, and Berthane, along with five other students, including three from Duarte High School, advanced to the national competition hosted by the City of Duarte in April. They are: Ariana Seymore, Chino Hills High School; Tamera Barron, Duarte High School; Tylen Kelly, Duarte High School; Tyree McLemore, Bonanza High School, NV, formerly of Duarte; and William Glover, Duarte High School.

ACT-SO, founded in 1978 by renowned author and journalist Vernon Jarrett, is an enrichment program designed to recruit, stimulate, improve and encourage high academic and cultural achievement. The program targets African-American high school students. There are 25 categories of competition in the sciences, humanities, performing and visual arts.

Duarte Teen Center Director, Marilyn Mays served as chair of the Pasadena NAACP's ACT-SO competition. Duarte Deputy City Manager, Karen Herrera, Duarte Public Safety Crime Prevention Specialist, Aida Torres and former Duarte Mayor, Lois Gaston served as co-chairs.

The ACT-SO program is intended to be a learning experience. The focus is on enrichment and mentorship. Students work with ACT-SO volunteer mentors who are professionals in their field who serve as coaches in promoting academic and artistic excellence among underserved youth. High school students who self-identify as African American, are citizens of the United States, enrolled in grades 9-12, and are amateurs in the categories of competition are invited to participate.

Famous ACT-SO alumni in the performing arts include John Singleton, Kanye West, Jada Pinkett-Smith, Roy Hargrove, Michael Bard, and Anthony Anderson. Submitted by Mary Barrow



DISNEY COMING TO MT. SIERRA COLLEGE

MONROVIA, CA – Directors Chris Takami and Joe Vance of Disney Mobile Games will be guest speakers at an exclusive Mt. Sierra College campus event on Thursday, August 15, 2013 from 6 to 8pm. Students, alumni and administrators will get first-hand exposure to life as an art director at Disney. Takami and Vance will cover topics ranging from necessary industry skills, networking, and portfolio preparation to knowing and excelling the competition. The speakers will also provide valuable information and forecasting of mobile game development and the interactive media industry.

Disney Mobile, a division of Disney Interactive and a subsidiary of The Walt Disney Company, designs mobile applications, content and service. Launched September 22, 2011, *Where's My Water?*, a Disney Mobile Game, starring Swampy the alligator, rivaled *Angry Birds* even becoming the top mobile game on the iTunes' bestseller charts for a short time.

Where's My Mickey? is one of the latest Disney Mobile Game productions. The game introduces a brand new world of life-like gameplay with stimulating weather and humorous animations. Gamers watch funny episodes while solving challenging puzzles.

The August 15th event is a product of Mt. Sierra College's long-standing relationship with Disney. In recent years, Mt. Sierra College Career Services has assisted Visual Effects and Digital Video, Graphic Design, and Games Arts students with employment at Disney through interviewing techniques, portfolio and resume preparation.

Mt. Sierra College bachelor's degree programs prepare graduates with practical, industry-driven, hands-on skills and knowledge to succeed in a rapidly changing global marketplace. Student can complete their degrees in 4 years with seasonal starts in Fall, Winter, Spring and Summer. Above, Joe Vance with the “Art Team” of *Where's My Mickey?*

SCHOOL DIRECTORY

Alverno High School

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

Arcadia High School

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

Barnhart School

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

Bethany Christian School

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

Foothill Oaks Academy

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

Co-Principals Nancy Lopez and Diane Kieffaber
info@foothilloaksacademy.org
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

High Point Academy

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

LaSalle High School

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

Monrovia High School

325 East Huntington Drive, Monrovia, CA 91016
(626) 471-2800 Principal Darwin Jackson
Email: 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

Pasadena High School

2925 E. Sierra Madre Blvd. Pasadena, Ca.
(626) 798-8901 Principal: Gilbert Barraza
website: 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

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

Sierra Madre Middle School

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

Walden School

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

Weizmann Day School

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

Wilson Middle School

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

PASADENA UNIFIED SCHOOL DISTRICT

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

ARCADIA UNIFIED SCHOOL DISTRICT

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

MONROVIA UNIFIED SCHOOL DISTRICT

325 E. Huntington Dr., Monrovia, Ca. 91016
(626) 471-2000 Website: www.monroviaschools.net

DUARTE UNIFIED SCHOOL DISTRICT

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

THE REEL DEAL: by Ben Show

PACIFIC RIM



While not having seen many Guillermo del Toro movies prior to this one, I really didn't know what to expect. People had told me that his films are very artistic and that he has a very recognizable style. Yet the trailers made 'Pacific Rim' just look like any other summer blockbuster. However, it is nothing like the mindless action sequences that are the cliché summer movie. It is much, much more than that.

In the near future, humanity is threatened by evil aliens that enter our world through a portal deep in the Pacific Ocean. We soon learn that these creatures are coming more frequently... and becoming stronger. The Jaeger program, which uses giant robots to kill the beasts, is in the midst of being shut down as humanity turns to a “safer” option: building a large wall to seal off the beasts. However, when the wall gets broken through and a major city is attacked, the world turns to the dying Jaeger program to save them from the never-ending onslaught of giant aliens.

What first appears as a story-less mash of CGI turned out to be an artistic take on the crazy world of Kaiju beasts. 'Pacific Rim' hooks you with its unique look and keeps you interested with its multi-layered story. This movie takes beauty, combines it with amazingly shot action sequences, and gives you the perfect movie. 'Pacific Rim' is definitely a must see and has made me a big del Toro fan.

CELESTINO'S, AND THE NEW ITALIAN KID ON THE BLOCK

Just this past week I visited an old friend, *Celestino's*, on South Lake. It's right there for the entire world to see, but for some reason I continue to pass by on a daily basis. Thankfully my assignment for the week was to find the best of the best of the Italian family restaurants in the Pasadena area. I found it in Celestino's. Truly a gem in Pasadena. Where do I start, food or service?

Let's start with the service. I was just a bit early for my lunch companion, and I thought I was in a day spa. I wasn't sure who the servers or the busboys were, but the attention was superb. Water? Ice tea? Glass of wine? I wasn't like I was the only one in the restaurant. The restaurant has a covered front patio, a main dining room, and two areas that can be used for private parties and overflow, plus a covered patio area in the back. For lunch, this place was busy -- I think my trend of fancy lunches instead of dinner is catching on. Right off the bat I will tell you that Celestino's looks (and you know I was looking around) to be a business type of lunch spot, not to say I didn't notice two local real estate agents having martinis, I imagine either celebrating or drowning their sorrows. The restaurant itself is pure Italian. There is a service bar big enough to have a drink at while you are waiting for your table, and throughout the restaurant the walls are covered in paintings all representing the Italian Coast, and of course, white linen tables cloth and flowers.

Chef and partner Calogero Drago has set up the menu for that Italian countryside feeling. Keep in mind this was lunch, but Chef Drago did sneak in a few dinner specials. After we started with some very warm and crusty sourdough bread with olive oil, we had Insalata Frutti Di Mare -- for you English-only readers that is a mixed seafood salad with plenty of mussels, clams, calamari rings and fish. Next was Calamari Fritti (which, if you have been following my column, you know I have to order every time). Celestino's serves them with both the rings and the tentacles - yummy! Now, on to our great entrees: whenever I see gnocchi on the menu I order it, and if the first twenty minutes of our visit were any indication on how the meal was going to be, I knew the gnocchi was going to be great. Layered with a lobster sauce and peppers this was the beginning of a beautiful relationship... and the start of a lot more. I had asked the Chef for half portions, and I was beginning to think he didn't believe me, as next up was the Pappardelle con Mezzenzane e Scamorza Affumicate. Translation: Fettuccini with eggplant and smoked mozzarella. For those of you who are calling Celestino's right now for a reservation, I don't blame you, but there is more. Our server, Mario, brought us out Mushroom Soufflé with Fontana cheese and black truffles from the dinner menu, and then the Rack of Lamb on fresh mint. Then, my head spun around as my server forced us to try the Cannoli for dessert -- that was terrific. Don't let the menu translation scare you, Celestino's with the service and the food is arguably the best that I have had in some time.

Lunch and dinner prices reasonable; if you have a little extra dough to spend, there are over 200 wines by the bottle, many of them familiar names. For business or catching up with a friend I recommend lunch, for a night on the town or a romantic dinner I recommend dinner.

The New Kid

My first impression of the new *Sierra Briganti in Sierra Madre* was favorable. *Catherine Adde* the internet sensation and host of Travel Talk took me here for a perfect lunch. The food is Italian themed, so we shared a Caprese (\$11) which was quite tasty! For my entrée, I had the Spaghetti Bolognese (\$12.50) and Catherine enjoyed a lovely Angel Hair pasta dish with a tasty, slightly creamy tomato garlic sauce with sautéed julienned asparagus and medium shrimps. Fresh Parmesan and pepper completed this. Bread was just baked as well - service was very good.. They aren't re inventing the wheel here but I give it two thumbs up, and I will return! (See ad on right!)

Sierra Briganti 120 W. Sierra Madre Blvd., Sierra Madre (626) 355-3709,

Save the Date !! **Taste of Arcadia tickets are at a reduced price but you must act now.**

MONDAY SEPTEMBER 23rd, 2013!

Location: LA County Arboretum, Arcadia, CA

Start Time: 5:30 pm

Tickets: General admission \$50; Door: \$60

Contact number: (626) 447-2159

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Jamie Lubin, Huffington Post

Jonathan Vos Post



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Sunday, August 4, 11, 18,
and 25, 2013 at 5:00 p.m.

Each show is limited to 40 people. Reserve your tickets before they're gone by calling 626-797-1135 or e-mail (lorinascott_1@msn.com). Tickets (\$15.00) can also be purchased in-store. First come, first reserved. Adults Only.

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**KID'S STATE DINNER**

Some of America's most creative junior chefs put their talents to the test and whipped up over 1,300 delicious lunchtime recipes as part of the second annual Healthy Lunchtime Challenge. The competition was steep, but a panel of judges selected one winning recipe from each U.S. state and three U.S. territories. On July 9th, these fifty-four budding chefs will travel with their parents to the White House for the second annual Kids' "State Dinner."

The winning recipes were chosen based on guidance that supports USDA's MyPlate to ensure that meals were affordable, original, healthy, and yummy.

To view the actual recipes go to: www.letsmove.gov/kids-state-dinner-winners

**2013 Kids' State Dinner Winners:**

Kindall Sewell-Murphy, age 10, Alabama:
Rowan Bean, age 9, Alaska:
Alexandra Nickle, age 10, Arizona:
Emma-Kate Schaefer, age 8, Arkansas:
Rose Scott, age 12, California:
Nicholas Hornbostel, age 8, Colorado:
John Breittfelder, age 9, Connecticut:
Braeden Mannering, age 9, Delaware:
Ingrid Lambert, age 9, District of Columbia:
Nicole Medina, age 10, Florida:
Regan Matthews, age 12, Georgia:
Eleanor Cowell, age 8, Hawaii:
Adam Wirth, age 8, Idaho:
Taddy Pettit, age 10, Illinois:
Lydia Finkbeiner, age 9, Indiana:
Corrine VanderGaast, age 9, Iowa:
Olivia Neely, age 10, Kansas:
Regan Strehl, age 11, Kentucky:
Brynna Robert, age 12, Louisiana:
Noah Koch, age 9, Maine:
Emma Scielzo, age 10, Maryland:
Shefali Singh, age 12, Massachusetts:
Jacob Hirsch, age 8, Michigan:
Kaitlyn Kirchner, age 9, Minnesota:
Reed Lindsey, age 10, Mississippi:
Henry Oates, age 8, Missouri:
Joshua Garrigues, age 8, Montana:
Bence Brown, age 9, Nebraska:
Isabella Gross, age 11, Nevada:
Olivia Beauchese, age 12, New Hampshire:
Goldie Siegel, age 8, New Jersey:
Louis Teich, age 10, New Mexico:
Peter Murphy, age 8, New York:
Vijay Dey, age 12, North Carolina:
Charli McQuillan, age 8, North Dakota:
Genzo Gonzales, age 11, Northern Mariana Islands:
Anisha Patel, age 11, Ohio:
Ogden Johnson, age 10, Oklahoma:
Audrey Russell, age 10, Oregon:
Ganesh Selvakumar, age 9, Pennsylvania:
Aliana Arzola-Piñero, age 9, Puerto Rico:
Samantha Mastrati, age 12, Rhode Island:
Corbin Jackson, age 9, South Carolina:
Owen Kerkvliet, age 9, South Dakota:
Makenna Hurd, age 9, Tennessee:
Devanshi Udeshi, age 12, Texas:
Cecily Asplund, age 10, Utah:
Colin Hurliman, age 9, Vermont:
Sakari Clendinen, age 8, Virgin Islands:
Campbell Kiel, age 8, Virginia:
Amber Kelley, age 10, Washington:
Jessica Wolfe, age 9, West Virginia:
Liam Kivirist, age 11, Wisconsin:
Breeze Petty, age 11, Wyoming:

"Kale Broccoli Chicken and Apple Salad"
"Alaskan Ceviche with Mango"
"Banana's Black Bean Burritos"
"Confetti Spring Rolls with Orange-Cilantro Sauce"
"Pork and Tofu Lettuce Cups"
"Sushi Salad"
"Quinoa 'Risotto' with Shrimp and Kale"
"Tortilla Bowl Deluxe"
"Inga Binga's Salmon Salad"
"Summer Salmon"
"Sweet Potato Turkey Sliders"
"Curried Chicken Salad & TasteTropics Fruit Bowl"
"Veggie Barley Salad w/Orange Honey Vinaigrette"
"Black Bean Wrap with Jicama - Grilled Corn Salsa"
"Sneaky Chili Surprise"
"Stone Curry with Brown Rice"
"Fun Mini Pizzas w/Veggies & Cauliflower Crust"
"Raisin Bran Muffins"
"Sweet and Spicy Stir Fry"
"Vegan Powerhouse Pesto Pasta"
"Chicken Masala Wrap"
"Shefali's Scrumptious Spring Rolls"
"Picky Eater Pita Pizza Pockets"
"Garden Stir-Fry"
"Pan Seared Mississippi Catfish on River Rice"
"Confetti Peanut Ginger Party Pasta"
"Healthy Vegetable Fried Quinoa"
"Terrific Tuna Casserole"
"Chex Chicken and Bellaberry Smoothie"
"Liv's Curry Chicken Salad Sandwich"
"Hawaiian Turkey Sliders-Mango-Pineapple Salsa"
"Spinach Frittata"
"Super Rescue Soup"
"Spring Rolls"
"Asian Fajitas"
"Kangkung Pomegranate Salad"
"Kickin, Colorful, Bell Peppers with Quinoa"
"Taco De Camaron"
"Salmon Fried Rice"
"Lentil Spinach Soup and Mint Chutney"
"Yummy Eggplant Lasagna Rolls"
"Italian Garden Salsa w/ Crunchy Chicken Tenders"
"Bring it On Brussels Sprout Wrap!"
"Hidden Veggie Lasagna"
"Makenna's Bodacious Banana Muffins"
"Slam Dunk Veggie Burger"
"Lucky Lettuce Cups"
"Champ's Maple BBQ Turkey Burgers"
"Zucchini Pancakes-Passion Fruit Banana Smoothie"
"Orange Chicken Lettuce Wraps"
"Nummy No-Noodle Lasagna"
"Spicy Tofu Lettuce Cups"
"Wisconsin Solar Oven-Simmered Chili"
"Scrumptious Chili with Zucchini Cornbread"



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16U SIERRA MADRE COLT ALL STARS GO UNDEFEATED AND BECOME SO CAL SUPER REGION CHAMPIONS - *Now It's Off To San Jose To Represent Southern California in the Western Region Finals*

The past two weeks have been very good to the Sierra Madre Colt baseball team. Last week, Sierra Madre Colt won it's first regional championship ever. This week, the 16u Colt All Star team continued on it's hot streak, winning 4 straight games and dominating their opponents winning the Colt Super Regional tournament in Glendora.

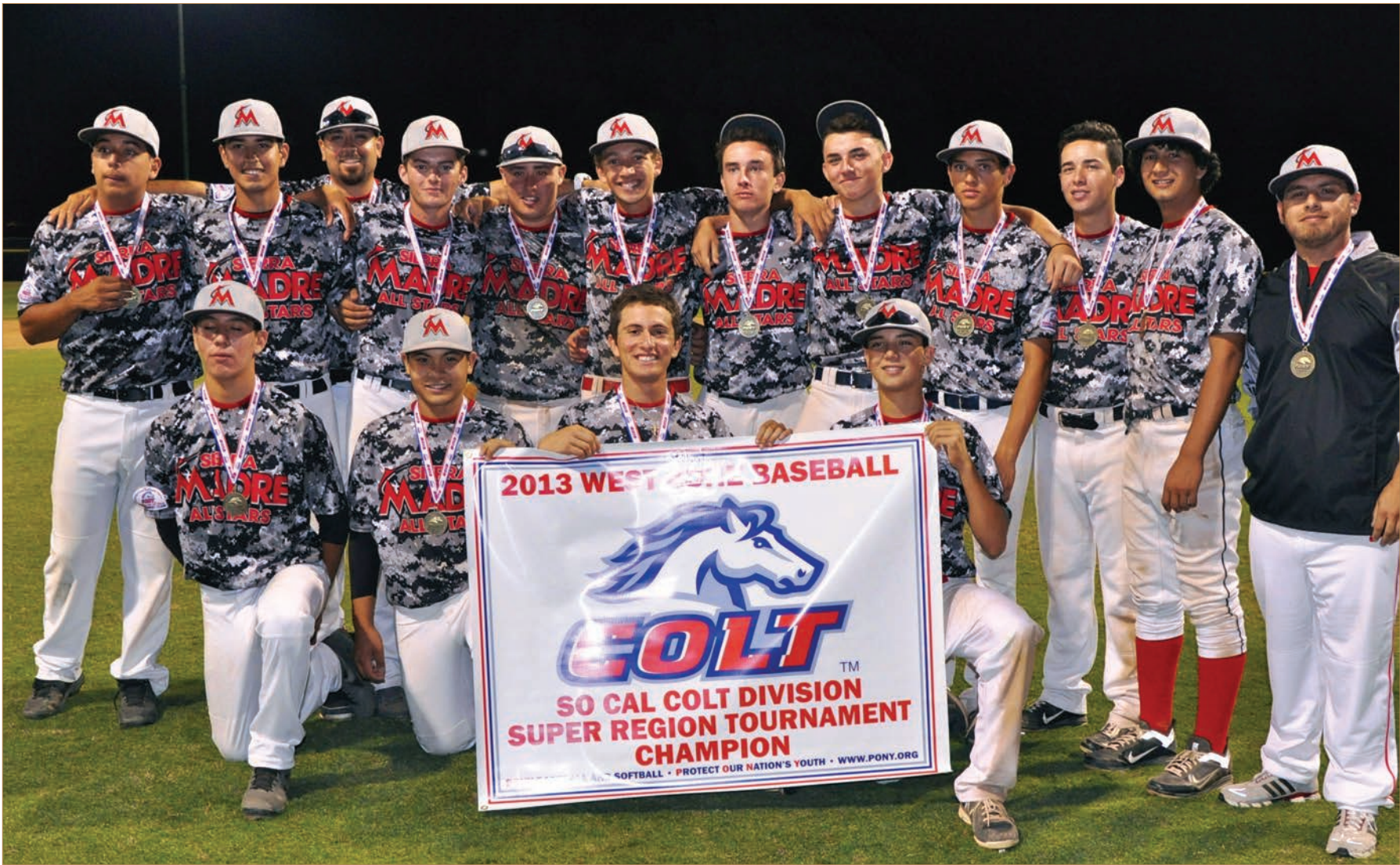
In the Super Regional, Jordan Rodgers and Daniel Rosas pitched complete game shut outs, Brenden McKiernan/ Christian Mendez pitched a combined no hitter against Palmdale, and Angel Lerma allowed only 1 earned run in the 13-2 championship game, blow out of host Glendora.

The Sierra Madre defense has been nothing short of stellar, turning several double plays, pulling off spectacular diving plays in the infield and outfield, and making some great throws. Since it's only tournament loss to Diamond Bar, the stingy Sierra Madre defense has only allowed 10 runs in 7 games. Anthony Khraich and Daniel Hernandez have both been excellent behind the plate for the Colt All Stars.

The bats have been equally impressive for Sierra Madre Colt. Daniel Casillas had 2 homers, while Jon Mendoza and Jordan Rodgers had a home run each in the Championship game. Frank Garriola, Daniel Casillas, John Mendoza, Jordan Rodgers, Ryan Garcia, and Brenden McKiernan, led the hit parade in the finale. Sumner Smith, Cole Pilar, Kyle Cuellar all contributed by getting on base. Frank Garriola and Danny Casillas have showed big power, hitting 5 and 3 home runs (respectively) in the two tournaments. The Sierra Madre sluggers have been so dominant, that two different opponents filed unsuccessful protests contending the team uses illegal bats! In fact, Sierra Madre possesses a beautiful compliment of speed and power, which causes havoc for opponents. They outscored their opponents 30-3 during the championship run.

Sierra Madre Colt is now 9-1 in tournament play and on it's way to San Jose. Manager Edgar Garcia, and coaches Alfred Rosas and George Moran have done an excellent job turning the boys into a cohesive team that plays together like seasoned pros.

Picture provided by: Lisha Garriola
Writer: Tim McKiernan



Smll Back Row: Danny Casillas, Daniel Hernandez, Manager Edgar Garcia, Brenden McKiernan, John Mendoza, Sumner Smith, Jordan Rodgers, Frankie Garriola, Kyle Cuellar, Christian Mendez, Adrian Rodriguez, Coach George Moran. Front Row: Angel Lerma, Cole Pilar, Anthony Khraich, Ryan Garcia Not Pictured: Coach Alfred Rosas, Daniel Rosas

Final Scores:

Sierra Madre 11	vs	Palmdale 1	Sierra Madre 2	vs	Glendora 0
Sierra Madre 4	vs	Quartz Hill 0	Sierra Madre 13	vs	Glendora 2

Dear Sierra Madre Pony Colt Baseball Fan:

The Sierra Madre Colt (16 and under) Baseball team just made History! After coming from behind to win the Regionals, Sierra Madre swept the Super Regionals and will be the #1 seeded So. Cal team in the Western Regionals held in San Jose, CA. No Pony/Colt team from Sierra Madre has ever won the Regionals (this year, we had 2 teams win it!), let alone advanced to the Western Regional! It's an amazing accomplishment for the boys, and a point of pride for our beloved town.

There are a lot of expenses getting 16 boys up to San Jose, and housing them for nearly a week. Pony/Colt contributes a small amount, but nothing close to what we need to cover basic expenses. We are asking local businesses, charities and residents to show their support for the Sierra Madre Colt team with a donation of any amount.

The boys have been working hard and want to bring the COLT National Champion trophy to Sierra Madre.

Contact Edgar Garcia: stuff4edgar@msn.com

THE WORLD AROUND US

Looking Up
with Bob Eklund

EARTH'S PHOTO TAKEN FROM 900 MILLION MILES

Our home planet and its Moon appear as a mere dots—the Earth a pale blue and the Moon a stark white—in new color images taken from nearly 900 million miles away by the cameras on NASA's Cassini spacecraft. The images were taken on July 19, 2013, during an event that was observed and celebrated worldwide.

The July 19 Earth-imaging event marked the first time Earthlings had advance notice that their portrait was being taken from interplanetary distances. It was the also the first time Cassini's highest resolution camera captured the Earth and its Moon as two distinct objects. NASA invited the public to acknowledge the occasion by either finding Saturn in their part of the sky and waving, or simply smiling and celebrating. At least 20,000 people around the world participated.

"We may not be able to see individual continents or people in this portrait of Earth, but this pale blue dot is a succinct summary of who we were on July 19," said Linda Spilker, Cassini project scientist, based at NASA's Jet Propulsion Laboratory. "Cassini's picture reminds us how tiny our home planet is in the vastness of space, but also testifies to the ingenuity of the citizens of this tiny planet to be able to send a robotic spacecraft so far away from home to take a picture of Earth and study a distant world like Saturn."

Pictures of Earth from the outer solar system are rare because, from that distance, Earth is very close to the bright Sun. Just as a human being can damage his or her retina by looking directly at the Sun, a camera's sensitive detectors can be damaged by looking directly at the Sun. Cassini was able to take these images because the Sun had moved behind the planet Saturn from the spacecraft's point of view, blocking out most of the light.

The Earth and the Moon can be seen in both narrow-angle and wide-angle images. In both cases, the illuminated portions are smaller than the smallest resolvable objects the cameras can see from the distance of Saturn.

At the time of this picture, the Earth and Moon shone through a gap between the thin G ring, just outside Saturn's main rings, and the brightest portion of the diffuse E ring created from the spray of geysers from the moon Enceladus.

"It thrills me to no end that people all over the world took a break from their normal activities to go outside and celebrate the interplanetary salute between robot and maker that these images represent," said Carolyn Porco, the Cassini imaging team lead, based at the Space Science Institute, Boulder, Colo. "The whole event underscores for me our 'coming of age' as planetary explorers."

The wide-angle image is part of a larger mosaic—or multi-image portrait—that imaging scientists are putting together of the entire Saturn system. The lighting conditions allow for special views of faint, dusty rings that are usually difficult to see from other angles or from ground-based telescopes on Earth. It will likely take another several weeks for the full mosaic to be completed.

Cassini's image carries on a NASA legacy of images of our fragile home from space, including the 1968 "Earthrise" image taken by the Apollo 8 Moon mission from about 240,000 miles away and the 1990 "Pale Blue Dot" image taken by Voyager 1 from about 4 billion miles away.

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

ScienceNews

by JEFF



Swedish machine turns sweat into drinking water: The device spins and heats the sweat laden clothes to remove the sweat, and then passes the vapor through a special membrane designed to only let water molecules get through. Since its

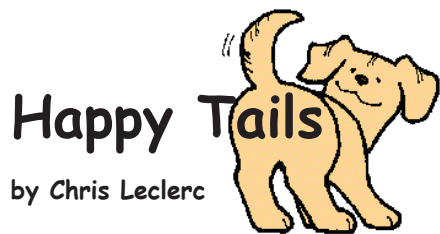
launch, more than 1,000 people have "drunk other's sweat." The liquid is cleaner than local tap water. The device was built for the United Nation's charity Unicef highlighting the fact that 780 million people in the world lack access to clean water. With all the exercising and drought in Sierra Madre this could be a good thing here. Very funny!

Late nights and lax bedtime routines can blunt young children's minds: The findings on sleep patterns and brain power come from a UK study of more than 11,000 seven year olds. Youngsters who had no regular bedtime or who went to bed later than 9:00 P.M had lower scores for reading and math. Lack of sleep may disrupt natural body rhythms and impair how well the brain learns .Establishing a good bedtime routine early in childhood is probably best, but it's never too late.

Couples who meet online have fine marriages: Reported in the Proceedings of the National Academy of Sciences, relationship satisfaction for Internet daters is similar to that of people who find potential partners in more traditional ways. A new survey of nearly 20,000 people who married between 2005 and 2012 finds that regardless of how they met, couples report similar levels of satisfaction with their marriage.

Smoking increases susceptibility to alcohol abuse: A new study from Baylor College of Medicine has shown how smoking increases a person's vulnerability to alcohol abuse. Smoking is a well known risk factor for subsequent alcohol abuse, but the mechanisms underlying this link are unknown. The study conducted in rats showed that even a single exposure to nicotine temporarily changes how the brain's reward system responds to alcohol and increases the reinforcing properties of alcohol via stress hormones.

The headphones that charge your phone or tablet using solar power: OnBeat headphones are fitted with a solar panel across the headband. The panel captures energy from the Sun and stores it in built in batteries. Designer audio engineer Andrew Anderson plans to sell each pair of headphones for around \$180 next year.



Happy Tails

by Chris Leclerc

ANIMAL MOON MADNESS - TRUTH OR URBAN MYTH?

We've all heard the word "lunatic" often used to describe one who acts in an eccentric, reckless or insane manner. The term itself was first recorded as part of the vernacular in the 13th century AD, defined: "affected with periodic insanity, dependant on the changes of the moon." Do the phases of the moon really have an affect on human and animal behavior, or is this nothing more than just a myth made up to explain otherwise unexplainable occasional abnormal behavior?

Many people do believe that animals (and humans) are indeed affected by the position of the moon, but other more skeptical thinkers would beg to differ. Me? Well, I tend to go by apparent changes I have experienced within myself and those I have observed in my pets, and based on my own experiences and observations, I believe we are affected by the various lunar positions that occur throughout the calendar year.

If you ask Astrologer Dana Haynes about her opinion on the subject, she'll tell you that lunar phases most definitely affect the way we and our pets feel and behave, without a doubt. Haynes has studied animal behavior as it is impacted by the moon's positions for many years, and she came up with a very specific list of the ways each lunar phase affects animals both domestic and wild, as well as how they affect humans. Here is what she has to say about this rather controversial issue: (Source - Article by Dana Haynes, *How Does the Moon Affect Your Pet: Lunar Phases & Animals*, www.petplace.com). I find it very interesting, and I hope you do to.

- **FULL MOON** - The Full Moon influences the psyche of animals with noticeable intensity. It has been said to increase chaos and even cause the Earth to shake. Veterinary staff and Animal Control keep very busy during this phase. When an animal is upset during the full moon, they tend to be restless. Dogs and wolves are known to howl during the Full Moon phase, while birds become agitated and disoriented. Cats hide. The Full Moon tends to rattle both humans' and our pets' emotions.
- **NEW MOON** - For a sensitive animal, the New Moon, not unlike the Full Moon, supports intention and therefore it is a time to change old habits which block awareness. It is a time to tune into nature's vibrations-which many cats, dogs, other domestic animals and wild animals may do. Animals seem to naturally tune into the New Moon phase, understanding it is a time to chill even though this can be a challenge. The animal's senses are heightened and sensitivity will be seen in each New Moon phase.
- **SUPER MOON** - Unlike a Full Moon or New Moon, this phase is when an alignment of the Sun, Moon and the Earth called perigee-syzygy occurs when the Moon is at its closest to Earth (perigee). Animals tend to be ultra sensitive during this time of a very big full moon. Like humans, the power of the electromagnetic fields during a Full Moon phase interacts with our own magnetic field increasing the ability to sense of feel the stress around us. Animals tend to notice the interaction quicker, as it is part of their survival instincts to stay away from danger or snuggle with a caregiver.
- **WANING MOON** - Waning Moon is a time when sensitive animals will tune into their sixth sense and know it is time to hunt, gather food, and build their homes in order to protect their family and be prepared for the future. The Waning Moon, unlike Full, New and Super Moons acts like a brake. For an animal, domestic or wild, it is a time to put natural instincts and the nesting mode into action for self preservation.

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• **BLUE MOON** - The Blue Moon occurs when there are two Full Moons in one month. In other words, the lunar phase is much like the Full Moon and repeats its patterns. The difference between the two Full Moons comes from the astrological sign the moon is passing through, therefore the intensity of one Full Moon would affect an animal's psyche in one area of life and the second one in another area of life. It is like our companion animals and wild animals get a double dose of the Full Moon and its intense vibrations on Earth. But note, emotions are no more on edge than at any other Full Moon.

PET OF THE WEEK

ANDY: #A4603904



Andy: Animal ID #A4603904

Meet a cute and happy dog, Andy (A4603904). Andy is an even-keeled six year old white neutered male Poodle who was found covered in foxtails and in extremely matted condition in La Puente on July 9th and brought to the Baldwin Park Shelter. Weighing fifteen pounds, this medium energy dog has been shaved down so he could be comfortable. He walks beautifully on leash, and is well socialized. Good with other dogs, we think he will enjoy the company of children. Andy will make a remarkable indoor lapdog and companion for anyone in any living situation. To watch a video of Andy please visit the following link: www.youtube.com/watch?v=5LF0lqqWRdo

To meet Andy in person, please see him at the Baldwin Park Shelter, located at 4275 N. Elton, Baldwin Park, CA 91706 (Phone: 626-430-2378 or 626-962-3577). He is currently available now. For any inquiries about Andy, please reference his animal ID number: A4603904. 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 Andy or the adoption process, please contact United Hope for Animals Volunteer Adoption Coordinator Samantha at 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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What do you think we learn about there?



Summer Slump?

Is summer starting to feel too long? Are your friends all on vacation and are you feeling a bit of a slide into a summer slump? Well, here's a whole page of places to go and fun things to do. You'll be busy and having fun in no time!

Are you looking for a break? Head to the city or country for fun things to **drive** summertime blues away! **Where will you be visiting when you are...**

1. finding a favorite painting or sculpture, trying a science experiment or asking a scientist about his display?
2. enjoying plays, movies or magic acts?
3. watching sea creatures, and touching and holding small sea animals?
4. riding rides, eating cotton candy and screaming in the fun house?
5. cheering ball players and eating hot dogs?
6. swinging on swings, playing tennis on courts or picnicking?
7. swimming, digging in the sand or sunning?
8. reading up a storm or learning new computer programs?
9. "seeing" the past by visiting homes once owned by famous Americans?
10. learning about plants and animals in their surroundings; hiking in woods?



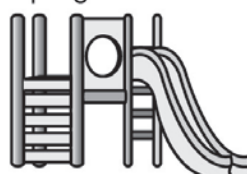
parks

lakes



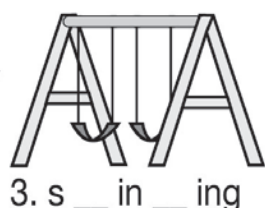
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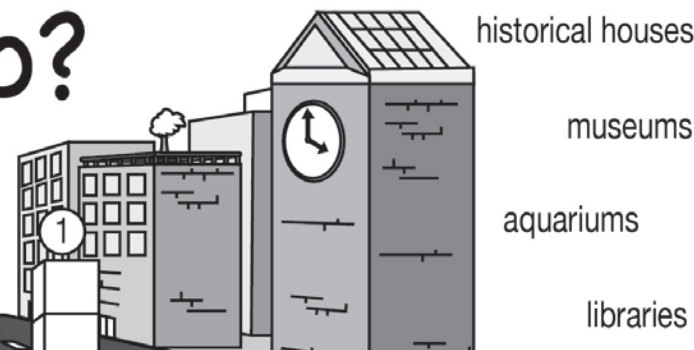
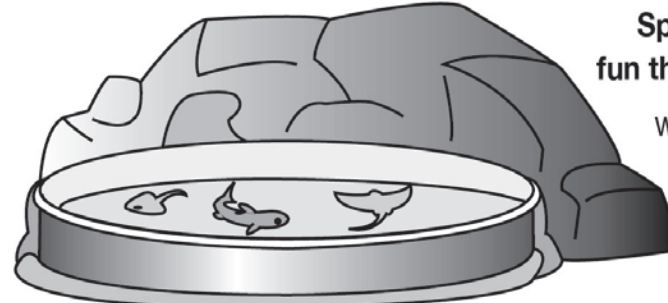


Spring into action. Fill in these fun things to do at a playground:

w d g



3. s _ _ in _ _ ing



historical houses

museums

aquariums

libraries

1

2

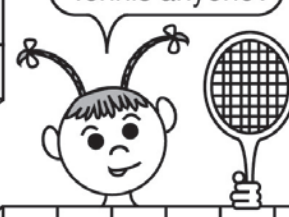
3

4



theaters

Tennis anyone?



I love aquariums!
Wow! Look at that baby shark!

7

amusement parks

8

sports stadiums

Find and circle 15 words that start with the letter "s."



nature centers

Check for Wednesday surprises each Wednesday during July!

Free
Puzzles

Print out new puzzles: Summer Action, Checking Out Caves and Travel Adventure @ www.readingclubfun.com

HOW TO HELP SENIORS EXTEND THEIR DRIVING YEARS

Dear Savvy Senior:

What tips or resources can you recommend to help seniors with their driving skills? My 84-year-old mother is still a capable driver, but she has declined a little in recent years and could definitely use some help. Concerned Daughter



Dear Concerned:

With more and more Americans driving well into their 70s, 80s and beyond, there are lots of tips, tools and programs available today to help elderly seniors drive safer and longer. Here are several that may help.

Schedule an eye exam: Because about 90 percent of the information necessary to drive is received through our eyes, this is a good first step in ensuring your mom's driving safety. So get your mom's eyes checked every year to be sure her vision is up to par.

Check her meds: Does your mom take any medicine or combination of medicines that could impair her driving? A new resource that can help with this is Roadwise Rx, an online assessment tool at roadwiserrx.com that provides personalized feedback on how the medications your mom is taking can impact her safety behind the wheel.

Evaluate her driving: A do-it-yourself driving assessment is a simple way to help your mom get a handle on her driving abilities and vulnerabilities. The AAA Foundation for Traffic Safety has some great resources on their website to help with this. Just go to seniordriving.aaa.com, click on "Evaluate Your Driving Ability" then on "Self-Rating Tool" and have her take the Drivers 65-Plus self-rating exercise. Then, click on "Interactive Driving Evaluation" and download the AAA Roadwise Review. This is a free confidential online screening tool that will test her vision and reaction time, which are very important for safe driving.

Take a refresher course: AARP and AAA both have older driver refresher courses that can help your mom brush up her driving skills, and learn how to manage and accommodate common age-related changes in vision, hearing and reaction time. Taking a class may also earn her a discount on her auto insurance. To locate a class contact your local AAA (aaa.com) or AARP (aarp.org/drive, 888-227-7669). Most courses cost under \$20 and can be taken in the classroom or online.

Another good resource to look into is CarFit. This is a free assessment program that will help your mom adjust her vehicle for a better fit, making it easier and safer to drive. CarFit events are held around the country in select locations. See car-fit.org to look for one near you.

Get a professional assessment: If your mom needs some extra help, consider getting a professional assessment done by a driver rehabilitation specialist. They will evaluate her driving ability and test for things like reaction time, decision-making skills, as well as how well she and her car fit together, pinpointing trouble areas and offering solutions. This type of assessment can cost several hundred dollars. To locate a professional, contact the Association of Driver Rehabilitation Specialists (drivered.org, 866-672-9466) or the American Occupational Therapy Association (www.aota.org).

Make some adjustments: Recognizing vulnerabilities and adapting her driving habits to compensate for them can go a long way in helping keep your mom safe and driving longer. Some simple adjustments include not driving after dark or during rush hour traffic, avoiding major highways or other busy roads, and not driving in poor weather conditions.

It's also good to know if there are any older driver's license renewal provisions in your mom's state, which you can get by calling her nearby driver's license office or at ihs.org/laws/olderdrivers.aspx.

When to quit: If it gets to the point that your mom's driving isn't safe anymore and she needs to quit, The Hartford Financial Services Group and MIT AgeLab provides online resources and free publications like "We Need to Talk: Family Conversations with Older Drivers" that you can access at safedrivingforalifetime.com.

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

KATIE TseThis and That YAY!



Woo Hoo!! I'm so thankful to God that I can RUN again! In February I wrote an article chronicling (what I perceived to be) the decline of my health and overall well being. My 30th birthday was marked by the injuring of my ankle, an eye infection, and a seasonal illness. I was a real sight at work, limping around with a black brace engulfing my ankle and a bloody eye caused by a burst blood vessel.

Not being endowed with great coordination or athletic skill, running and walking were my only forms of exercise. Maintaining balance on a bike, throwing, hitting, or kicking balls were beyond me. Forget organized sports! Putting one foot in front of the other in the same direction --that's something I could do.

For months I moped about and felt sorry for myself (I'm ashamed to say). However, despite the injury I had many things to thank God for! I was ambulatory, my ankle never swelled up or turned black. And I had a job, health insurance, a wonderful doctor, and a wonderful pastor who is also a doctor! At their suggestion, I started physical therapy at Catz in Pasadena and have been ecstatic with the results!

I must admit feeling a little self-conscious walking into Catz on the first day. There were a lot of fashionable high school-aged girls and boys running, swinging dumbbells around, and generally exuding perfect health. Thirty years felt like 100 at that moment. My therapist introduced himself and began instructing me in some beginning exercises. Until that time I had no idea how weakened I'd become! Attempting simple balance exercises made my knees wobble like a land lubber on the high seas! Thank God that most of the Catz exercises can be duplicated at home with little to no special equipment!

After a few weeks of physical therapy my therapist allowed me to attempt a little running. It was baby steps at first. For now I still take down hill portions of my run in mincing steps. I probably look silly but I don't care, as long as I don't reinjure myself!

While I'm not 100% back to my old self, I am very thankful to be able to complete my old route in one piece. Of course I wish my injury never happened, but I am thankful to God for bringing me through it. I've always thanked God for the ability and opportunity to run, and now I am doubly thankful!



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SENIOR HAPPENINGS

By Pat Birdsall

FYI - IMPROPER USE OF MEDICATIONS

Taking a prescription medication as directed by a doctor is generally safe and effective. But lately, there has been a rise in the number of older adults who are using their medicines improperly and suffering the consequences. Recent reports show increased hospitalizations and visits to the emergency rooms by older people due to improper use of prescription and over-the-counter medications, as well as illicit drugs. **Painkillers, Depressants, and Stimulants:** These types of prescription medications are most commonly abused by people of any age. Hospital admissions for older adults however, were mostly linked to overdoses from pain medications and withdrawal symptoms from other addictive drugs such as sleeping pills.

Unintentional Abuse: Some people accidentally take medications incorrectly, often without knowing it or without intending to. They may forget to take their medication, take it too often or take the wrong amount. As people get older, trouble with vision or memory can make it hard to use medications correctly. Taking lots of medications at different times of the day can be confusing. Another common problem is having more than one doctor who prescribes medicines, but no single doctor who monitors them and checks for any interactions. **Intentional Abuse:** When a person knowingly uses prescription medicines the wrong way, takes medications not prescribed for them, or combines them with alcohol or illicit drugs it is defined as *intended abuse*. People may do this to feel good, feel better, or to calm down. Sometimes a big change, such as retirement, the death of a loved one, or failing health, can lead to loneliness, boredom, anxiety or depression. That can prompt a person to begin, continue, or increase the abuse of medicines or other or other drugs. **Risk for Older**

Adults: Older adults suffer serious consequences from even moderate drug abuse because of several risk factors. As the body ages, it cannot absorb and break down medications and drugs as easily as it used to. As a result, even when an older adult takes a medication properly, it may remain in the body longer than it would in a younger person. Aging brains are also different than young ones and may be at greater risk for harmful drug effects (on memory and coordination, for example). Having other medical conditions (such as heart disease) and taking medications to treat them while abusing prescriptions drugs at the same time also presents unique risks for older people. Be aware...take stock of your situation. *Nihseniorhealth.gov*

HELPFUL HINT: When reheating leftover rice in the microwave, put an ice cube on top of the rice and it will melt as the rice reheats, giving it much-needed moisture.

FOR YOUR FUNNY BONE - A man stepped onto the overnight train and told the conductor, "I need you to wake me up in Philadelphia. I'm a deep sleeper and can be ornery when I get up, but no matter what, I want you to help me make that stop. Here's \$100.00 to make sure." The conductor agreed. The man fell asleep, and when he awoke he heard the announcement that the train was approaching New York. Furious, he collared the conductor. "I gave you \$100.00 to make sure I got off in Philadelphia, you worthless fool!" "Wow," another passenger said to his traveling companion. "Is that guy ever mad!" "Yeah," his companion replied. "But not half as mad as that guy they forced off the train in Philadelphia."



HAPPY BIRTHDAY! ... July Birthdays

Nina Bartolai, Mary Lou Caldwell, Louise Neiby, Eunice Banis, Betty Hansen, Christine Durfort, Shahrzad Azrani, Jeanne Borgedahl, Janet Cox, Dorothy Montgomery, Bess Pancoska, Janet 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: "Pick battles big enough to matter, small enough to win."
~Jonathan Kozel

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 Vandeveld. A variety of balance exercises are practiced; all ability levels are encouraged and welcomed.

Free Blood Pressure Testing: On the 2nd 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 2nd 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 2nd 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 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 1st and 3rd Wednesdays of the month in Sierra Madre's City Council Chambers, 232 W. Sierra Madre Blvd., Sierra Madre. ~ Start time is 1:00pm ~

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Tips of the Trade: Real Estate Revealed

by Luther Tsinoglou

A "203" FOR TLC

You find a neat "fixer-upper," then learn that banks won't lend until the repairs are done, but the repairs can't be completed until the house is purchased! This Catch-22 scenario can be solved by HUD's FHA-backed 203(k) "rehab loan," growing in popularity because so many foreclosure purchases are in dire need of repairs.

This loan covers the cost of the home, plus money for repairs up to a maximum of \$35,000! To get the ball rolling, you'll need funds for the 3.5% required downpayment, and then to find a suitable property. Your real estate representative will prepare your offer, stating that you'll be seeking 203(k) financing.

Next you'll apply to an FHA-approved lender, including a sheet listing each repair and its cost. Finally, an appraisal is performed to determine the value of the home once the proposed repairs are complete. Upon approval, you'll have financed the home purchase plus all your proposed repairs (there's even a 10%-20% "contingency reserve" included to cover any unforeseen improvements). At closing, the seller receives the purchase price, and the remaining funds go into escrow, to be disbursed to the contractor as work is completed (within six months).

Real estate agents support this loan program because it expands homeownership and revitalizes neighborhoods, but all you need to know is that it will get you into a very affordable home right now.

BUSINESS TODAY

The latest on Business News, Trends and Techniques

By La Quetta M. Shamblee, MBA



ACCOUNTABILITY BEGINS & ENDS AT THE TOP

The phrase "being thrown under the bus" is associated with blame being assigned to someone who bears little to no responsibility for that which they are being accused. In other words, someone is being held responsible for another person's shortcomings or wrong doings. This situation is not uncommon in the work environment, and typically rears its head when someone has failed to make adequate progress or achieve a goal that was expected of them.

In an effort to cover one's butt, a co-worker or supervisor may exhibit signs of selective amnesia when faced with the reality that they have fallen short in performing their job responsibilities. It's bad enough when this dynamic is imposed staff-to-staff employed in the same classification, but it's truly deplorable when it is imposed by a manager, onto the staff they supervise.

Managers who engage in this type of disgraceful practice are usually the first ones to take the spotlight for accomplishments that belong to others. They are eager to take credit when things are favorable, but quick to step back while pointing the finger of blame when things don't go so well. Basically, they only want to lead when they can anticipate accolades so that they can

take credit for the success. This type of behavior is a disservice to the essence of management and leadership.

One of the hallmarks of great leadership is the willingness and ability to accept responsibility for everything and everyone within one's scope of authority, the good and the bad. Individuals with solid management and leadership skills embrace the reality that every comment, action and the demeanor of their delivery will have a direct impact on how well their staff will function as a team. These managers are also willing to take the hit, accept the blame when necessary and to be accountable. This approach builds trust and facilitates loyalty among the team.

Way too many work environments are filled with employees who feel a need to spend more time engaging in activities to cover their butts for fear of being held responsible for someone else's shortcomings. Bosses with big egos and huge doses of insecurity simply can't comprehend that that everyone on the team would do a much better job, which would make them look even better in the process, if they'd learn how to handle the management aspects of their jobs and terminate the practice of throwing staff under the bus.



TWO THINGS YOU CAN LEARN FROM TWO MOMS AT A SWIMMING POOL

While waiting for my daughter to finish her swim class, two of my mommy buddies were having an amusing exchange. One mom was helping the other use her smart phone to register her kids for a local summer bowling program. Here are three things I learned from these funny ladies:

One
If you are asking people to sign up for something on a smart phone, just ask them for the basics and keep it simple

"Why are they asking for all these things, they want my birthday, and my kids birthday, that's way too much information," says the mom registering. "This is the way you do it now, stop being so paranoid," jokes the mom walking her through the process. While listening to this, I was wondering if some of the information could be optional or not required at all. Some people are only willing to give an email and a name and sometimes they don't even want to do that!

Two

There are some people who look forward to email offers from their favorite businesses

The mom doing the coaching was excited to sign up and provide the details because she knew it meant she would receive special offers and updates on events. "Don't you want to receive good deals?" she asked the other mom. She was very convincing and her coaching, inspiring. The lesson here is that the people who like your business want to hear from you and expect to hear from you when they give you their email. Having an email marketing program for loyal fans gives them something to look forward to.

The bottom line

Most of consumers understand why a business wants to connect with them, but they just want to connect on their terms. Offering choices sends a message that you care about the customer, which is Customer Service 101.

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.

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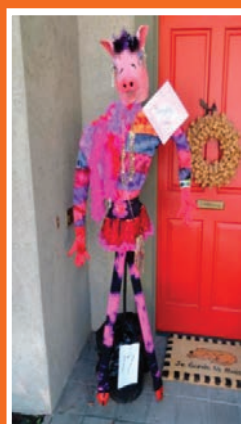


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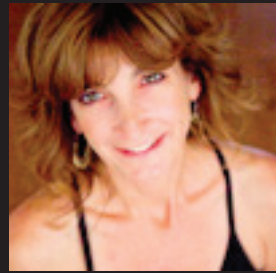
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HOW CAN YOGA HELP

THE SILENCE

People tell me all the time that they are not able to meditate. They have too much on their minds. What happens when you sit in silence? What do you hear? Do you hear the roaring of your thoughts? Is your mind jumping around like a monkey? Are you too fidgety? Some styles of meditation are to just sit there and watch as those thoughts jump around. Some styles are guided, so that you follow along and then have brief pauses. Some styles say “just clear your mind”. What is the right style for you? We are all very different. There are many, many styles. But here is what works for me, most of the time: I start by practicing yoga. You knew I was going to say that right? Well, yoga was designed as a back strengthener. Yoga was designed to help us learn to breathe better, to increase our capacity so we can sit in meditation and do pranayama (breath work). But honestly, I need to get the ya-yas out. I can’t just sit down and expect my mind to be quiet. I can’t just sit down and be still. I need to move and get the body calmed down first. The yogis knew this. In fact in Classical and Tantric yoga science it is the nervous system that we need to calm down before we can meditate. Unless we are in a constant state of the sympathetic nervous system then we are in fight or flight mode. That means we are waiting for the next thing to happen. How can we expect to meditate if we have just been driving our cars? Our brains are in Drive. So, we know that meditation is the number one thing to reduce anxiety, the number one stress reducer. But we can’t just go from stress to meditate in 2 seconds. Let’s do the yoga first. It really helps!!! Trust me, meditation is the balm/bomb, the best thing you can possibly do for yourself. And it’s been around for thousands of years for just that very reason.

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THE MYTH OF LIVING ALONE

by Douglas Edwards

America is beginning to wake up and take notice of an important change taking place across this broad land of ours; people are retiring in huge numbers and living much longer than ever before. We are turning 65 at the rate of 8,000 a day; a rate that is expected to continue through 2020. This is known by many names: “Age Wave, Silver Tsunami, or The Aging of America”. America, and many other countries, are experiencing the Baby Boomers retirement, and American business is changing to respond to this group’s interests and needs.

As Americans retire and live longer in this chapter than in any other chapter of life, where they live becomes increasingly important to quality and quantity of life. “Aging in place”, is now part of American vernacular which summarizes the hopes and dreams of most retirees. Living in the privacy of one’s home until death is driving the American business community. One of the big changes that has occurred is the privatization of services that traditionally were provided in a community setting. Now one can buy all the services needed to remain in your home. Everything under the sun can be delivered to your home.

The benefits to living in privacy are obvious: independence; the comfort of creating your own space and living with the familiar; living on your own terms; the security of knowing and being known by your neighbors and the ease of maintaining the routines of daily living.

The challenges of independent living become more apparent as one ages, something Americans are particularly averse to admitting. As we age it is more difficult to maintain the lifestyle that we created. When we lose a spouse or our children finally move out, we are alone; and our network of contacts with those around us changes. The neighbors we once knew have moved and the new owners keep to themselves and speak languages other than our own. Our homes which once gave us security and freedom are not always constructed to be friendly to the challenges of aging. The stairs become an exercise element at best, a risk at worse. Our home requires upkeep that becomes less interesting and more expensive as the plumber we knew has retired and the gardening which once gave us joy is now back breaking and a distraction away from activities in which we now have interest. Privacy begins to be a source of isolation, often leading people who live alone to experience two leading causes of death; declining health and depression.

Living alone is not all it is cracked up to be. For many it leads to poor health, a lower quality of life and in increasingly more people, early death. What else is there?

To be continued.....

You can reach Doug at
Doug.Edwards@thebegroup.org
or www.thebegroup.org

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Living TRU

by Lori Koop, Right Brain Business Coach



“The only pressure I’m under is the pressure I’ve put on myself.” - Mark Messier

A client arrive frazzled and confused. She had embarked an entrepreneurial adventure and received rave reviews. Many new ideas had surfaced in her client meeting, and she was excited. Things were moving forward, and *fast!*

After a few days, she felt overwhelmed and stuck. She couldn’t even focus enough to file. There was a tempest brewing, and it wasn’t outside. The fury was within. Wind howling. Thoughts flying about.

Nothing was grounded or certain. Fear. Yup, she was in “the storm.” This is when she came to see me.

We discussed what was going on. How the initial excitement had turned into pressure. Pressure to please the retail buyers. Pressure to create all these new things. Pressure to know things she didn’t know yet. Distracted by the whirlwind, she had stopped doing photography -- the part of her business she loved most.

We are funny creatures. We lift up pressure and put it on ourselves. Once we see what we are doing, we can remove it. That’s just what we did. She was invited to shift her thoughts to align with her TRU self; when she did, she immediately felt better. More peaceful. She planned to schedule regular photography sessions each week. From this place of passion and love, she would hear when her spirit suggested a new product. She would know *when* to expand, even *how* to expand, as she stayed connected.

Even bosses cannot stress us out unless we let them. It’s a matter of learning the tools that get us out from under the self-imposed weight. I teach these tools that work both in life and business. If you’re interested, book a complimentary session with me at The Center, 626-355-2443. I’m happy to share how you too can experience more peace.

Lori Koop, The Right Brain Business Coach

Get clear about The Real You and what’s TRU, for you and your business. Schedule a complimentary coaching session at The Center for Wellbeing, 626-355-2443. www.LORIKOOP.com

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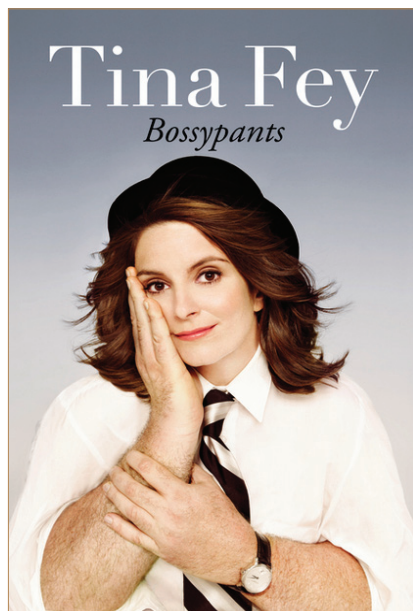
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JASMINE'S CORNER

Book Reviews by Jasmine Kelsey Williams



BOSSYPANTS

By Tina Fey

As we approach the end of July, our next selection features an author that is both familiar, funny, and provides her own unique spin on life and happiness. "Bossypants" by Tina Fey is a humorous memoir of how this actress and comedienne recounts the beginnings of her childhood to her quirky and rather charismatic adult life. Fey provides her own zest as she narrates her own tale: the tales of her childhood, her time spent with *Saturday Night Live*, her halfhearted pursuit of trying to attain physical beauty, her brief college romance, and even her life with motherhood. What appeals to many readers with "Bossypants" is not just Tina Fey herself, but also the tone with her book; Fey's tone is casual, but with added seriousness and detail that does not overwhelm the book itself or readers.

As early as the first chapter, Tina Fey's tone is casual, witty, and of course humorous, since she recalls her own life with each detail and facet with clarity, wisdom, and her internal thoughts on what she was going through. To add to this, Tina Fey has added in photos, personal opinions, dialogue of conversations, and footnotes to further provide readers the opportunity to better understand Tina Fey's perspective. When reading these

little snippets, readers can sometimes find a common link not just in one author's work, but in other books published by the same author, or even with other famous authors who have published their own stories (one example that I've reviewed is Ellen DeGeneres), and that readers may find connections on any subjects that those authors address (e.g. happiness, family, careers, etc.). Tina Fey provides wittiness, insight, and lovely charm to "Bossypants" that is sure to give readers a good laugh, and even a reason to see their own lives in a different light; one that is sure to give inspiration and sound advice.

Copyrighted in 2011, and receiving praise from various critics and readers, "Bossypants" is a wonderful read for anytime of the year, and is one that goes to show that you can enjoy the various learning experiences that come from any walk of life.

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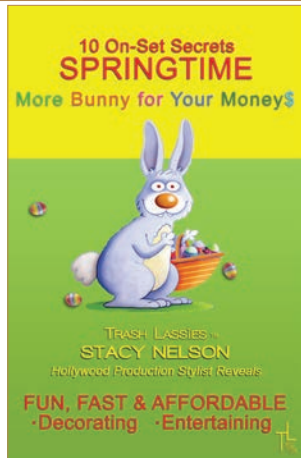
We consider Stacy Nelson our apparent resident party animal, a real media darling who has been already been featured at least twice this year on Southern Cali's most popular a.m. news show to share holiday decorating and party ideas. The Channel 5 KTLA Morning Show has featured Stacy weighing in with expertise on great party ideas for St. Patrick's Day and Memorial Day.

This multi-talented author is a Production Designer, Set Decorator and Budget Design Specialist for television, film, and special events. She is the author of 10 On-Set Secrets style guide series and has been known as the decorating TRASH LASSIE for over 18 years for her ability to deliver exceptional results using low cost materials. She runs www.trashlassies.com where she reveals fast, affordable solutions to decorating and entertaining.

Her media credits include more than 89 hours of primetime television credit, guest interviews on 26 radio programs, 12 morning shows and she was a recurring guest on Marie Osmond's show that was aired on the Hallmark Channel.

Her 10 On-Set Secrets style guide series are fun and informative books on how to present A-list style on low budget dollars. She reveals entertainment industry secrets on first class decorating and entertaining, in true Hollywood style. This book will show you how to host unforgettable parties for pennies on the dollar. You will save time and money using tips and tricks used behind the scenes to achieve professional results in record time with limited budgets. Discover television industry techniques to presenting the very best for less!

Learn more about Stacy Nelson and other members at www.AuthorsTourUSA.com



OUT TO PASTOR

A Weekly Religion Column by Rev. James Snyder

THE AGE LONG QUERY: WHO AM I?



Last week I was tootling a long without a care

in the world. Actually, I did have several cares but I was ignoring them as much as possible. My basic philosophy is this, the more you ignore something the less you have to deal with it. This, however, does not apply to the Gracious Mistress of the Parsonage.

Experience has taught me one lesson concerning women, especially wives. They will not stand to be ignored, particularly by their husbands. I have learned the less attention I pay to my wife the more I pay in other areas of life, if you know what I mean.

So, ignoring the cares I had last week, I was caught off guard when I received a letter from my credit card company. This was no friendly, "how are you," kind of a letter. Nor was it a cheery birthday greeting. I cannot tell you how many times I have reminded them of my birthday but to date they have not picked up on my hint.

The ominous letter I did receive informed me that along with millions of other customers my identity had been stolen. The letter went on to assure me I had nothing to worry about and they had the situation well in hand.

That is easy for them to say. They know who they are but what about me? When I got the letter I ran to my bathroom and looking into my mirror -- nothing! My identity was indeed gone.

I assure you I will worry until I get to the bottom of this. I will not rest until I know exactly who I am and my identity is fully restored. Of course, there is one problem here. What if when I do recover my

identity I don't like myself? Can I exchange it or get my money back?

For some reason the personal information of millions of people had been lost or stolen from the security of my credit card company, which begs the question, how secured is my personal information?

While I am in the begging mood, another question comes to mind. If someone has stolen my identity, who in the world am I? And, how do I reclaim my identity?

As a young person whenever my mother was upset with me about something I had done or did not do, she would always look at me and ask, "Who do you think you are?"

If anybody in the world should know who I am it would be my mother. And if she was wrestling with the same question I was wrestling with, how in the world could I ever come to grips with my personal identity?

It is hard enough discovering who you are without somebody casting dispersions upon that very thing. Perhaps my mother and I could work together in solving this problem. After all, two heads are better than one, unless one does not know who he is.

I have spent years trying to find myself. Once I thought I found myself but it turned out to be an old pair of socks I lost three years prior.

My problem is compounded by this one thing, I did not really know who I was before my identity was stolen. I had my suspicions, of course. However, somewhere in the back of my mind, I really could not come to grips with who I really was in this world.

In the course of time, (actually it was a four-course lunch) I have come to several conclusions.

First, I am a man. What kind

of a man, is anyone's guess this point. The truth is that at the root of everything I am, I am a man.

Second, I am a husband. This, of course, is the most baffling of my identity. What it means to be a husband differs from wife to wife. Fortunately, for me, I have only one wife, but even her idea of a husband changes from one moment to the next. I am never sure what she expects of me as a husband. Once I thought I had it all figured out but someone, I am not mentioning any names, changed the rules.

Third, I am a father. As a father, my role consists of bankrolling the childhood adventures of my children; financing their higher education career, hoping they get married before my money runs out. To this day, I am not sure if I made it or not.

Fourth, I am a grandfather. This is the most well defined role I have. The great thing about being a grandfather is, nobody expects much from us. Our role is covertly to help our grandchildren make the lives of their parents as tempestuous as possible. Revenge is sweet when laced with jellybeans. Sugar highs are a grandfather's best retaliation.

The most important thing about my identity quest is, I am a Christian. This undergirds everything else I may or may not be. My Christianity is the foundation upon which everything else is built.

I take comfort in the Bible; "These things have I written unto you that believe on the name of the Son of God; that ye may know that ye have eternal life, and that ye may believe on the name of the Son of God." (1 John 5:13 KJV).

When my identity is rooted in believing in Jesus Christ, everything else in my life falls into place.

SEAN'S SHAMELESS REVIEWS:

By Sean Kayden



HEBRONIX

Hebronix is the latest project from Daniel Blumberg. He recently departed from his critically acclaimed band Yuck (who are continuing without him) to pursue his solo endeavor. "Unreal" marks Blumberg's fourth debut

record under different names/bands. He was the singer/songwriter for Yuck, had a solo side project in 2011 under the moniker, Oupa and his first band was Cajun Dance Party several years before that. However, with Hebronix, Blumberg has the freedom to do whatever he wants and he surely does just that. With only six songs on the album, it spans over 45 minutes, while most songs averaging over seven minutes in length. For most of the duration something truly reflective and deeply heartfelt is present. With a sudden burst of guitars and keyboards come together for some of the songs, there's simply something utterly intoxicating and refreshing about Blumberg's style. The longer song structure and more complex arrangements is a big difference than Yuck's debut album. With Hebronix, Blumberg is distancing himself from the 90s alternative sound and delving into something more unique, more his own.

Artist:	Hebronix
Album:	Unreal
Label:	ATP Recordings
Release Date:	July 9th, 2013

No doubt about it, Blumberg has grown as both a songwriter and composer. He's experimental with much a deeper soundscape that touches upon sounds that are very moving and melodic. Many of the songs here have a rise-and-fall type of sound. There's a lot dynamic throughout the album that sadly only reaches six tracks. "Viral" one of the singles starts off very slow before it explodes in this swirling yet utterly soothing piece of music. The songs here put you in a dream state, which I'd recommend listening to this lying on your bed. It gets you thinking as it opens up your mind and soul. Often beautiful, if not repetitive, Hebronix almost connects with each and every song. The one I just didn't care for was the title track, "Unreal." It kind of reminded me of Yuck or at least one of their weaker tracks that is. Something about "Unreal" didn't resonate with me. It merely had me zoning out rather than be entirely engaged by it. As for the rest of the songs, they're all incredible. With the combination of guitars, pianos, synths, flutes and string instruments, makes for some dreamy, warm, and sleepy music.

The closing track, "The Plan," wanders on for a little too long. It feels like a song written to say goodbye to Yuck. The line, "I can't just sit around and hold your little hand... I've got some things to do." Indeed Blumberg definitely has things to do and his ideas simply don't mesh with the direction Yuck was apparently heading. I must admit, I was disappointed to see him depart, but once I heard this album, I'm more than okay with it now. "Unreal" minus the title track is a tender, dream-induced record that will get inside your head. The multifaceted arrangements along with the sheer beauty encompassing these songs are more than I ever imagined. This may be Blumberg's best debut record from any band he's been involved with, but I hope he's just getting started with Hebronix. I definitely like the direction he's heading and perhaps his fourth debut album, he's finally found his own way. One could only hope, this marks the last debut for Blumberg.

Key Tracks: "Unliving," "Viral," "Garden"

Grade: 8.5 out of 10



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Pat Birdsall

SALES
Patricia Colonello
626-355-2737
626-818-2698

WEBMASTER
John Avery

CONTRIBUTORS

Chris Leclerc
Bob Eklund
Howard Hays
Paul Carpenter
Stuart Tolchin
Kim Clymer-Kelley
Christopher Nyerges
Peter Dills
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Letters to the editor and correspondence should be sent to:

Mountain Views News
80 W. Sierra Madre Bl.
#327
Sierra Madre, Ca.
91024

Phone: 626-355-2737
Fax: 626-609-3285
email:
mtnviewsnews@aol.com

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HOWARD Hays As I See It



"Those who imagine that a politician would make a better figurehead than a hereditary monarch might perhaps make the acquaintance of more politicians." - Margaret Thatcher

It was hard to miss the royal news last week. Yes, after twenty years on the throne, Belgian King Albert II abdicated, citing ill health, with his son Philippe taking over. An Oxford-trained fighter pilot, the new king got his MA in Political Science at Stanford.

Okay, there's that other royal news. Queen Beatrix of the Netherlands turned the throne over to her son Willem-Alexander, a Dutch Navy vet who's into water management issues. He's also into doing "normal" stuff without the attendant publicity, as he recently ran the NYC Marathon under a pseudonym.

Over here, the President and Attorney General of the United States, and tens of thousands of citizens, have publicly cited their own personal experiences as evidence that racism is alive, festering and stoked in our country; while Fox News assures us they're wrong. Republicans in Congress proclaim their determination to bring our government to a halt in order to rescind the Affordable Care Act and voucher-ize Medicare. The headline this past week, though, is the royal baby in London. To that, I can't add much beyond the comment on CNN that the Duchess Catherine had "really ticked the right boxes", and the network's "Royal Contributor" Victoria Arbiter's characterization of the Duchess' having given birth to a boy as "brilliant".

We have a bemused fascination with royalty as quaint anachronism – entertaining yet distinctly at odds with our national DNA. At his first inauguration, President Washington was addressed as "His High Mightiness, the President of the United States and Protector of their Liberties". He agreed with James Madison and Congress, though, that it smacked of monarchy – and had it shortened to "Mr. President". Washington declined to run for a third term not because of doubts of being re-elected, but for fear of establishing something akin to royal perpetual rule.

We've prided ourselves as a nation devoid of the class systems characteristic of monarchies; with ambition, ability and hard work counting for more than the station into which one is born. Recent studies, however, show we lag behind other countries in opportunities for upward mobility – including those maintaining traditions of royalty.

A 2006 Swedish study showed that in Great Britain, 30% of men born into the bottom fifth of household incomes will stay there. In Denmark, it's only 25%. In the U.S., it's 42%. As for getting rich, 12% of British men born into the bottom fifth managed to rise to the top fifth in income. In Denmark, it's 14%. In the U.S., it's only 8%. Research from the Pew Trusts shows that for men and women in the U.S. born into either the bottom fifth or top fifth in household income, nearly two-thirds will stay where they started out.

A joint Harvard / UC Berkeley study released earlier this month shows pronounced differences in upward mobility not among countries, but among different regions in our own. If you're born into affluence, chances are you'll stay there no matter where you live. The difference is with those coming from poverty or the middle-class – for whom chances of bettering themselves depend on where they come from.

Chances of being able to provide your kids a higher standard of living than what you'd had growing up are slimmest in the Southeast and Industrial Midwest. They're highest in the Northeast, Great Plains and the West. It's not just a matter of coming from a rich or poor city. Seattle and Atlanta have similar average incomes, yet a poor kid from Seattle has as much chance of growing up to do well financially as does a middle-class kid from Atlanta.

The researchers identified four factors which make a difference: one is the prevalence of mixed-income neighborhoods, where low-income households aren't isolated in separate enclaves of their own. Segregated communities are one reason Atlanta lags behind the national norm. Another factor is two-parent households. There's the importance of quality elementary and high schools. Fourth is the degree of community involvement in civic affairs.

Common characteristics of nations offering the greatest opportunity for upward mobility are mirrored by those in regions of our own country where there's the greatest likelihood of getting ahead. There's the recognition of a quality education being a public investment in the future, rather than something reserved for the affluent. There's universal access to healthcare, including family planning. Unions are strong and workers' rights are protected. The emphasis is on keeping kids out of the justice system, rather than increasing rates of incarceration. As to that most basic "involvement in civic affairs", voting is encouraged, rather than suppressed.

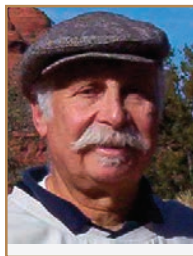
The recent study, though, shows that as a nation we still have a long way to go. A third of those born into the wealthiest 1% were pulling in \$100,000 incomes by the age of thirty. For those from the bottom half, it's 1 in 25.

Thoughts of monarchies of old conjure up images of privileged elites bestowing favors among themselves, at the expense of their subjects. Five years ago, Congress readily approved \$700 billion to bail out the financial behemoths that tanked our economy. Today, \$18.5 billion to rescue Detroit is unthinkable. Retirement funds and healthcare for thousands of Detroit workers and their families must be sacrificed to satisfy Wall Street bondholders.

Our own royal elite, those Fortune 500 CEOs, according to Bloomberg are now making 204 times the pay of the average worker; up from 120-to-1 in 2000, 42-to-1 in 1980 and 20-to-1 in 1950. The CIA Factbook shows income inequality in the U.S. to be on a par with that in Uganda and the Ivory Coast; worse than in Pakistan and Ethiopia.

European nations have retained the remnants of royalty while evolving into egalitarian, progressive societies. We've gone in the other direction; founded on the rejection of royalty, but we seem to have forgotten why.

STUART Tolchin.....On LIFE



CAN WE MAKE SOMETHING GO AWAY BY NOT TALKING ABOUT IT?

Well, I'm back from a week vacation staying with my wife's friends in Cape Cod. It was quite a trip and it allowed me to see a whole segment of undiversified White People escaping record heats by immersing themselves in the lakes, ponds and bay of Cape Cod. I tried to do the same but somehow became repeatedly bitten by some green-headed mosquitoes that sucked blood.

Already in this first paragraph I have mentioned things that could easily be omitted. First let's talk about the undiversified White People. Why do I have to make a big deal about this? Probably Sierra Madre has about the same percentage of White People as Cape Cod so why bother talking about it? One reason, I guess, is the beauty and the large expanse of Cape Cod. It was so hot and yet all these White People looked so happy and prosperous that it just didn't seem fair. There they were, three and four generations of them, frolicking in the water and speaking with their weird accents and acting as if they owned the world; maybe they still do?

If my wife reads this (she just walked behind me) she would say—Mr. Provocative—you always have to poke, poke, poke. (In fact she just said it.) Why can't I just leave well enough alone and enjoy what I can enjoy and shut up about what I don't enjoy? I had the experience of talking to someone while in the water, probably out of earshot of my wife, and still hearing what I imagined to be her thoughts in my head. Why can't you keep your opinions to yourself, which leads to the question if whether or not I should keep my opinions to myself?

Let me give you an example. My wife's friend's daughter has an internship at one of the local Courthouses and my wife, her friend, and I wandered over to the historic main Courtroom to watch the proceedings. Contrary to my experience in Los Angeles County, almost every person in the Courtroom seemed to be Caucasian. The male lawyers were exquisitely dressed with well-manicured beards while the female lawyers were generally younger and less carefully dressed. (Later it was explained to me by our friend's daughter that the males were generally quasi-retired, living on Cape Cod and picking up Court Appointments whenever they could, while the females were generally recent graduates starting out with a completely different mentality. (Note: observation plus information can lead to possible understanding.) Anyway, one of the Defendants was a well-dressed, light-skinned, Dominican man. The Judge addressed him by commenting on his appearance and ethnicity and then said, "I'm sure you want to make a good appearance before the Court, Mr.----, but I don't think standing there chewing your cud is the best way to do it." The Defendant didn't understand the term "cud" and the Judge clarified by saying "chewing your cud LIKE A COW in front of this Court. You're not a cow, are you?"

Leaving the Courtroom my wife and her friend remarked upon how stupid the Defendant was chewing gum when he went before the Court. "How could anyone be so inappropriate?" For some reason their remarks really got under my skin. I maintained that the Judge, a red-faced old Irishman, simply took that opportunity to humiliate a defenseless Defendant just for the fun of it. I have seen Judges do this kind of thing for years. Maybe it's a way of keeping control, or setting some sort of example, or maybe the Judges are just trying to keep themselves awake. The thing that I hate, I guess, is that most people automatically side with the person in authority - you know the old "might makes right". I think it's important for people to think about who they see as the good guy and who they see as the bad guy. In fact, one of my very favorite things is to discuss and try to analyze interactions like this. I don't do it, at least I don't think I do it, just to argue and cause trouble. I do it because I think it is connected to something big and important - something like right and wrong or good and evil. I believe there is a great decline in the amount of respect that people give to one another. Increasingly we have become disinterested in discussing our positions. Instead we generally find ourselves in one camp or another and generally keep our opinions to ourselves and maintain our private fantasies about what the world is like.

I completely applaud President Obama's recent speech wherein he confided to the world that, even in 2013, it ain't easy to be a Black Man and, contrary to what people would like to believe, racism still exists. If America is going maintain its position in the world we have to objectively face our problems regarding racism, income distribution, education, and the overall misuse of resources. Another thing that must change is the habitual holding on of opinions and attitudes that are no longer "appropriate" in today's world. We all need to evolve.

GREG WELBORN

LIGHT AT THE END OF THE DETROIT TUNNEL



Detroit's bankruptcy filing is perhaps the most important fiscal event in the last several years. It isn't just a local or Michigan issue, and it isn't just another city – like San Bernardino, Stockton. Detroit is the largest city to ever declare bankruptcy. How it emerges from that bankruptcy will greatly affect Americans from east to west and north to south.

Now, at the same time so much national attention is being focused on Detroit, there is still a lot of confusion about exactly what happened in this once Emerald City. Detroit, after all, represented the automotive age, America's industrial might and burgeoning middle class economic growth. Detroit was Motor City and the home of much of the industrial strength that allowed us to win WWII. How could such a city fall so far from its perch?

Very bad political management is the easy answer, but the more detailed and important answer is a case study in the vicious cycle that grips many American cities today. Detroit is only a few months ahead of Chicago, Philadelphia, Oakland and our own Los Angeles. It's important that we understand what happened.

Detroit, like many other cities, maintained a pension plan for public workers. The political leaders engaged in a long pattern of granting increases in pension benefits to public workers in return for substantial political contributions from the unions representing those same public workers. It was, and is, a classic case of conflict of interest, but unlike contributions from corporate sources, the mainstream press didn't raise any eyebrows, let alone any alarms about the arrangement. Compounding the problem is the fact that granting an increase in pension benefits didn't immediately hit the city's budget. You see, a pension benefit is a promise to pay a future benefit. Sometimes that promise doesn't have to be honored for 20 years or more.

Consider the case of a young 30-something public worker. If his pension benefit is increased by 10%, his salary does not go up today by 10%. The city's budget is not impacted today. But when that worker retires in 30 years or so, the amount of money the city has to pay him has been increased by 10% for every year of his retirement. The average American lives 20 years after his or her retirement date, so a 10% increase represents a substantial amount of money. But – and politicians figured this out pretty quickly – taxes don't need to be raised to meet that new, larger obligation when the increase is granted. No, the increase in taxes will occur way down the line – on someone else's watch. The amount of the obligation owed to public workers is calculated each year, and the closer the city gets to retirement age, the more the city has to contribute into the pension plan in order to meet the obligation.

To meet these rising contribution requirements, Detroit has for years been gutting basic services and increasing taxes. Almost 70% of the city's parks have been closed since 2008. Almost 50% of the street lights don't work. The police force has been reduced by 40% over the last ten years. At the same time, residents have seen their tax burden increase markedly. They pay the highest income and property taxes in the state. Business taxes were doubled not too long ago.

Not surprisingly – at least not if you understand basic economics – the residents and the businesses that could afford to leave the city have done so. Those that can afford to leave are typically the ones who pay the highest taxes. As rates have gone up, population and business count have gone down, as have tax revenues. The problem of unrealistic public employee pension benefits was magnified.

Today, the problem has come to a head. There aren't enough remaining services to be cut and there aren't enough people and businesses left who could be taxed enough to meet the obligations of the pension promises made. Bankruptcy was the only answer. Bankruptcy allows a city (the borrower) to renegotiate all debt obligations, including pension obligations. Public employee unions are challenging the constitutionality of municipal bankruptcy because they know that Chicago, Philadelphia, Oakland and Los Angeles are collectively next in line. Public employee unions are also arguing for a federal bailout, but all that would do is force others to pay for the profligacy of Detroit's managers. If a bailout were granted, it would represent the 21st Century version of taxation without representation. Neither you nor I were allowed to vote in Detroit elections, and yet, if a federal bailout is granted, then our taxes would go up without us ever having had the opportunity to vote on the issue.

If a bailout is allowed, the day of reckoning will only be postponed a little longer, but it will be spread to affect more Americans. Many of the cities mentioned above have approached their public union leaders to negotiate reasonable reductions in the unsustainable benefits which have been promised. So long as there is a chance the Feds might come to the rescue, there is no incentive for any union leader to negotiate. Only the reality that this charade cannot be perpetuated any longer will force real change in a corrupt system. This has been a long time coming, and many economists have warned of its inevitability. As hard as it will be, bankruptcy and renegotiation will be the best thing for Detroit and the rest of the nation. Clearing out this fiscal mess and ridding the system of conflicts of interest represent a bright light in an otherwise long dark tunnel.



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The following person(s) is (are) doing business as: SAND PIPER MOTEL, 4112 S. CENTRAL AVE., L.A., CA 90011. Full name of registrant(s) is (are) VIPL, INC., 4112 S. CENTRAL AVE., L.A., CA 90011. This Business is conducted by: A CORPORATION. Signed: LATA MODI. This statement was filed with the County Clerk of Los Angeles County on 06/28/2013. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code/Publish: Mountain Views News Dates Pub: July 06, 13, 20, 27, 2013

FICTITIOUS BUSINESS NAME STATEMENT
File No. 2013-134020
The following person(s) is (are) doing business as: SO CAL PARTY BUS AND LIMO BUS, TORTILLA LAYS, CATERING, 1417 SHERIDA BLVD. #330, TARZANA, CA 91357. Full name of registrant(s) is (are) LSA ENTERPRISES, INC., 405 E. COLLINS ST., OXNARD, CA 93036. This Business is conducted by: A CORPORATION. Signed: JACKIE ALARCON. This statement was filed with the County Clerk of Los Angeles County on 06/27/2013. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code/Publish: Mountain Views News Dates Pub: July 06, 13, 20, 27, 2013

self authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code/Publish: Mountain Views News Dates Pub: July 06, 13, 20, 27, 2013

FICTITIOUS BUSINESS NAME STATEMENT
File No. 2013-136507
The following person(s) is (are) doing business as: STACO COMPANY, 23891 MINNEQUA DR., L.A., CA 91765. Full name of registrant(s) is (are) LIN MA, 23891 MINNEQUA DR., DIAMOND BAR, CA 91765. This Business is conducted by: AN INDIVIDUAL. Signed: LIN MA. This statement was filed with the County Clerk of Los Angeles County on 07/01/2013. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code/Publish: Mountain Views News Dates Pub: July 06, 13, 20, 27, 2013

FICTITIOUS BUSINESS NAME STATEMENT
File No. 2013-160908
The following person(s) is (are) doing business as: SUPER 98 CENT STORE, 8048 ATLANTIC AVE., CUDAHY, CA 90201. Full name of registrant(s) is (are) VANARA ELIZABETH PINEDA, ADAN CASTILLO POSADA, 6475 POLYNESIAN DR. #891, LONG BEACH, CA 90805. This Business is conducted by: A MARRIED COUPLE. Signed: YANIRA ELIZABETH PINEDA. This statement was filed with the County Clerk of Los Angeles County on 07/01/2013. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code/Publish: Mountain Views News Dates Pub: July 06, 13, 20, 27, 2013

FICTITIOUS BUSINESS NAME STATEMENT
File No. 2013-132400
The following person(s) is (are) doing business as: SUPREME SECURITY, 12141 CENTRALIA ST. #315, LAKEWOOD, CA 90715. Full name of registrant(s) is (are) JEAN AKRE, 12141 CENTRALIA ST. #315, LAKEWOOD, CA 90715. This Business is conducted by: AN INDIVIDUAL. Signed: JEAN AKRE. This statement was filed with the County Clerk of Los Angeles County on 06/25/2013. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code/Publish: Mountain Views News Dates Pub: July 06, 13, 20, 27, 2013

FICTITIOUS BUSINESS NAME STATEMENT
File No. 2013-136297
The following person(s) is (are) doing business as: TELLO CONSTRUCTION, 14370 AGAVE ST., MORENO

VALLEY, CA 92553. Full name of registrant(s) is (are) VICTOR TELLO, 14370 AGAVE ST., MORENO VALLEY, CA 92553. This Business is conducted by: AN INDIVIDUAL. Signed: VICTOR TELLO. This statement was filed with the County Clerk of Los Angeles County on 07/01/2013. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 05/15/2006. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code/Publish: Mountain Views News Dates Pub: July 06, 13, 20, 27, 2013

FICTITIOUS BUSINESS NAME STATEMENT
File No. 2013-138008
The following person(s) is (are) doing business as: TRIMAX PALLIT, 1455 THIRSD ST., POMONA, CA 91766. Full name of registrant(s) is (are) CAROLINA PINEDO, 363 S. 3RD AVE., LA PUENTE, CA 91746. MARTIN HERNANDEZ BARRERA, 1779 N. VERDE AVE., RIALTO, CA 92376. FELIPE G. RUIZ, 363 S. 3RD AVE., LA PUENTE, CA 91746. ROGELIO ALMANZA, 1796 LARKSPUR AVE., POMONA, CA 91767. This Business is conducted by: A GENERAL PARTNERSHIP. Signed: CAROLINA PINEDO. This statement was filed with the County Clerk of Los Angeles County on 07/02/2013. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code/Publish: Mountain Views News Dates Pub: July 06, 13, 20, 27, 2013

FICTITIOUS BUSINESS NAME STATEMENT
File No. 2013-136810
The following person(s) is (are) doing business as: UNITED VAPERS, 24819 OAK ST., LOMITA, CA 90717. Full name of registrant(s) is (are) KAREN MARIE FRANCISCO, 24819 OAK ST., LOMITA, CA 90717. SILVESTRE T. JARAMILLO, 1508 238TH ST., HARBOR CITY, CA 90710. LEMEUL JOHN SILO, 10852 ADELGADO AVE., LAKELAND, CA 91534. JUAN DELA CRUZ, 1114 GREENHEDGE ST., TORRANCE, CA 90502. This Business is conducted by: A GENERAL PARTNERSHIP. Signed: KAREN FRANCISCO. This statement was filed with the County Clerk of Los Angeles County on 07/01/2013. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code/Publish: Mountain Views News Dates Pub: July 06, 13, 20, 27, 2013

FICTITIOUS BUSINESS NAME STATEMENT
File No. 2013-137770
The following person(s) is (are) doing business as: YESENIA'S LANDSCAPING, 12620 S. WILMINGTON AVE., COMPTON, CA 90222. Full name of registrant(s) is (are) YESENIA PEREZ, 12620 S. WILMINGTON AVE., COMPTON, CA 90222. This Business is conducted

by: AN INDIVIDUAL. Signed: YESENIA PEREZ. This statement was filed with the County Clerk of Los Angeles County on 07/02/2013. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code/Publish: Mountain Views News Dates Pub: July 06, 13, 20, 27, 2013

FICTITIOUS BUSINESS NAME STATEMENT
File No. 2013-137030
The following person(s) is (are) doing business as: YY ENTERPRISE CO., 4951 ROSEMEAD BLVD. #0, SAN GABRIEL, CA 91776. Full name of registrant(s) is (are) YAO YU, 4951 ROSEMEAD BLVD. #0, SAN GABRIEL, CA 91776. This Business is conducted by: AN INDIVIDUAL. Signed: YAO YU. This statement was filed with the County Clerk of Los Angeles County on 07/02/2013. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code/Publish: Mountain Views News Dates Pub: July 06, 13, 20, 27, 2013

FICTITIOUS BUSINESS NAME STATEMENT
File No. 2013-135575
The following person(s) is (are) doing business as: ZAMORA MINI MARKET, 2627 SATURN AVE., HUNTINGTON PARK, CA 90255. Full name of registrant(s) is (are) ROBERTO MENDEZ, 5111 SANTA ANA ST., CUDAHY, CA 90201. This Business is conducted by: AN INDIVIDUAL. Signed: ROBERTO MENDEZ. This statement was filed with the County Clerk of Los Angeles County on 06/28/2013. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code/Publish: Mountain Views News Dates Pub: July 06, 13, 20, 27, 2013

FILE NO. 2013-134183
STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME
The following person(s) has/have abandoned the use of the fictitious business name: ATLANTA CONSTRUCTION, 6122 SHELLY DR., HUNTINGTON BEACH, CA 92647. The fictitious business name referred to above was filed on 05/18/2009, in the county of Los Angeles. The original file number of 20090730558. The business was conducted by: AN INDIVIDUAL. This statement was filed with the County Clerk of Los Angeles on 06/27/2013. The business information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false, is guilty of a crime.) SIGNED: ZE QUAN SHEN/OWNER.
Publish: Mountain Views News
Dates Pub: July 06, 13, 20, 27, 2013

FILE NO. 2013-138901
STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME
The following person(s) has/have abandoned the use of the fictitious business name: AYUMU TEPPANYAKI (AKILL, 6424 SPRINGT L, LONG BEACH, CA 90815). The fictitious business name referred to above was filed on 02/22/2011, in the county of Los Angeles. The original file number of 2013138900. The business was conducted by: A CORPORATION. This statement was filed with the County Clerk of Los Angeles on 07/03/2013. The business information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false, is guilty of a crime.) SIGNED: PRES. Publish: Mountain Views News
Dates Pub: July 06, 13, 20, 27, 2013

FILE NO. 2013-135631
STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME
The following person(s) has/have abandoned the use of the fictitious business name: L AND S DISPOSAL, 1002 VRELAND AVE., WILMINGTON, CA 90744. The fictitious business name referred to above was filed on 01/14/2010, in the county of Los Angeles. The original file number of 2013135630. The business was conducted by: AN INDIVIDUAL. This statement was filed with the County Clerk of Los Angeles on 06/28/2013. The business information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false, is guilty of a crime.) SIGNED: ARIAS MARIA/OWNER.
Publish: Mountain Views News
Dates Pub: July 06, 13, 20, 27, 2013

FILE NO. 2013-128791
STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME
The following person(s) has/have abandoned the use of the fictitious business name: YOUR WISH IS YOUR COMMAND LA, SUCCESS SECRETS LA, 606 N. WRIGHTWOOD DR., ORANGE, CA 92669. The fictitious business name referred to above was filed on 03/04/2013, in the county of Los Angeles. The original file number of 2013042648. The business was conducted by: AN INDIVIDUAL. This statement was filed with the County Clerk of Los Angeles on 06/20/2013. The business information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false, is guilty of a crime.) SIGNED: MARK WILLISON/OWNER.
Publish: Mountain Views News
Dates Pub: July 06, 13, 20, 27, 2013

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City of Sierra Madre

ORDINANCE NO. 1335

AN ORDINANCE OF THE CITY COUNCIL OF THE CITY OF SIERRA MADRE AMENDING EXISTING MUNICIPAL CODE CHAPTER 5.56, CURRENTLY ENTITLED “BATHS AND MASSAGE ESTABLISHMENTS”

WHEREAS, the City of Sierra Madre currently regulates massage services pursuant to Chapter 5.56 of the Municipal Code through a city permit process;

WHEREAS, Division 2, Chapter 10.5 of the California Business & Professions Code, (“B&P Code”), as amended, requires that cities allow massage services to be provided without the need for City permits as long as the massage therapists and practitioners have acquired a state certification on a voluntary basis or that a massage business employs only state certified personnel to perform massage;

WHEREAS, the state created the California Massage Therapy Council (CAMTC) to regulate massage therapists and massage practitioners;

WHEREAS, the CAMTC has the goal of elevating the standing of massage practitioners and therapists in the community by enacting high standards for state certification thus distinguishing them from those businesses that serve as a front for prostitution and other illegal activities;

WHEREAS, the City seeks to conform its massage regulations to the requirements of B&P Code Chapter 10.5, as amended, and rather than establish a dual process for massage services permitted by the City and massage services permitted through state certification, the City will require all such persons and businesses providing massage services in Sierra Madre to obtain state certification;

WHEREAS, establishing one regulatory scheme for massage services will create a consistent and clear process for applicants and will enable consumers to identify legitimate massage workers, thus protecting the health, safety, and welfare of the City;

NOW, THEREFORE, BE IT ORDAINED by the City Council of the City of Sierra Madre as follows:

SECTION 1. Municipal Code Amendments. Existing Chapter 5.56 is revised to provide as shown on Exhibit A to this ordinance. New Chapter 5.56 shall be renamed: “Massage Therapy, Massage Business or Establishments.”

SECTION 2. Municipal Code Amendment.
The following section within Subsection C of Section 17.36.020 of the Municipal Code is revised as follows:

Service Establishments	
Day/Health spas	

The following subsection is hereby added to Subsection C of Section 17.36.020 of the Municipal Code.

Service Establishments	
Massage Therapy	P

SECTION 3. Severability. If any selection, subsection, subdivision, sentence, clause or phrase of this ordinance is for any reason held to be unconstitutional or otherwise invalid, such decision shall not affect the validity of the remaining portions of this ordinance. The City Council hereby declares that it would have passed this Ordinance and each section, subsection, subdivision, sentence, clause and phrase hereof, irrespective of the fact that any one or more sections, subsections, sentences, clauses or phrases be declared unconstitutional.
SECTION 4. CEQA. This ordinance is exempt from CEQA pursuant to CEQA Guidelines § 15061(b)(3), 15301 and 15303 for numerous reasons. First, only a limited number of massage therapist businesses have ever applied to do business in the city, and this is not expected to change. Thus, the impact of this ordinance will affect only a handful of parcels at most. Second, if any massage therapy uses are authorized, they would be for facilities that meet the requirements of 15301 or 15303, as such uses are typically small in size, and would be expected merely to update the interior of existing structures, or to build a very small new structure. Third, massage therapy uses are not significant to the city in that they create no significant impacts, such as noise, air quality, traffic, or safety, as nail salons, barber shops, and day/health spas (which already authorized accessory massage therapy uses), and such uses are already authorized via home occupation permits. Fourth, revising the procedures by which certification is issued to massage therapists does not affect traffic, noise, or have any other environmental impact.
SECTION 5. Certification. The City Clerk shall certify to the adoption of this ordinance and shall cause the same to be published or posted in the manner prescribed by law.

PASSED AND ADOPTED this ___th day of ____, 2013. YEAS: NOES: ABSENT: ABSTAIN: Nancy Walsh, Mayor

ATTEST: Nancy Shollenberger, City Clerk

EXHIBIT A.

5.56.010 State certification required—Deadline for compliance.

A. CAMTC certificate Required. Except where a specific exemption is applicable under this Section or Section 5.56.230, it is a violation of this chapter for any person to provide massages and a massage business or establishment to employ or retain such a person, unless such person first obtains and continues to maintain in full force and effect a valid CAMTC certificate.
B. Grandfathering Therapists. Any person holding a valid massage permit pursuant to prior Municipal Code Chapter 5.56 (“Prior Permit”) on the effective date of this Ordinance, and who has held such Prior Permit continually for five or more years as of the effective date of this Ordinance may continue to provide massages under that Prior Permit after the effective date of this Ordinance provided all of the following criteria are met: a) No complaints have been lodged with the City regarding the therapist under the Prior Permit, b) the Prior Permit remains in good standing on the effective date of this Ordinance, and c) the therapist renews and maintains the Prior Permit as required under the prior Municipal Code Chapter 5.56. All other provisions of this Chapter 5.56 shall be applicable to the grandfathered therapist except for the requirement to obtain the CAMTC certificate.
C. Grandfathering Businesses. Any massage business or establishment holding a valid massage business permit pursuant to prior Municipal Code Chapter 5.56 (“Prior Permit”) on the effective date of this Ordinance, and who has held such Prior Permit continually for five or more years as of the effective date of this Ordinance may continue to provide massages under that Prior Permit after the effective date of this Ordinance provided all of the following criteria are met: a) No complaints have been lodged with the City regarding the business or establishment under the Prior Permit, b) the Prior Permit remains in good standing on the effective date of this Ordinance, and c) their employees, agents, independent contractors or other representatives providing massage have a valid Prior Permit or CAMTC certificate; and d) the business or establishment renews and maintains the Prior Permit as required under the prior Municipal Code Chapter 5.56. All other provisions of this Chapter 5.56 shall be applicable to the grandfathered business except for the requirement to obtain the CAMTC certificate.

5.56.020 Definitions.

For the purpose of this chapter, the following words and phrases shall have the following meanings unless it is apparent from the context that a different meaning is intended.

“CAMTC certificate” means the certificate issued by the California Massage Therapy Council to massage therapists pursuant to subdivision (c) of Section 4601 of the California Business and Professions Code, and to massage practitioners pursuant to subdivision (b) of Section 4601 of the California Business and Professions Code or subdivision (a) of Section 4604 of the California Business and Professions Code.
“Certified massage practitioner” or “CMP” means any person to whom a CAMTC certificate has been issued pursuant to subdivision (b) of Section 4601 of the California Business and Professions Code, or subdivision (a) or (c) of Section 4604 of the California Business and Professions Code, and who is engaged in the practice of massage therapy for compensation. As used in this chapter, the terms “masseur” or “masseuse” or “independent massage therapist or practitioner” shall have the same meaning as “certified massage practitioner.”
“Certified massage therapist” or “CMT” means any person to whom a CAMTC certificate has been issued pursuant to subdivision (c) of Section 4601 of the California Business and Professions Code and who is engaged in the practice of massage therapy for compensation. As used in this chapter, the terms “Masseur” or “masseuse” or “independent massage therapist or practitioner” shall have the same meaning as “certified massage therapist.”
“Massage” means any rubbing, stroking, kneading, tapping, manipulation or use of friction or pressure, with the hand or any other part of the body or any instrument, upon the external parts of the body of another, whether or not accompanied by the use of heat, light, water, alcohol, oils, lotions, ointments or other chemicals or preparations, and whether or not accompanied by any sauna, tub, shower or cabinet bath, or hot or cold pack or any combination thereof, for any consideration whatsoever. Reflexology is not considered massage for purposes of this Chapter.
“Massage business or establishment” means any business or establishment having a fixed place of business or at a location designated by the patron where any person for any consideration whatsoever performs or engages in any act of massage as defined in this section, whether or not other facilities or services are offered.
“Masseur” or “masseuse” or “independent massage therapist or practitioner” means any person who, for any consideration whatsoever, performs or engages in any act of massage as defined in this section.
“Operator” means any person who supervises, manages, directs, organizes, controls or in any other way is responsible for or in charge of the overall operation, conduct or activities of a massage business or establishment.
“Owner” means any of the following persons:
1. The sole proprietor of a massage business or establishment. As used in this chapter, the term “sole proprietor” shall mean a massage business or establishment where the owner is the only person employed by that business or establishment to provide massages;
2. Any general partner of a partnership that owns and operates, a massage business or establishment.
3. Any person who has a 20 percent or greater ownership interest in a corporation that owns and operates a massage business or establishment.
“Person” means an individual, partnership, firm, association, joint stock company, corporation or combination of individuals as a business venture of whatever form or character.
“Reflexology” means a non-invasive complementary practice involving the use of alternating pressure applied to the reflexes within the reflex maps of the body located on the feet, hands and outer ears.

5.56.030 Zoning clearance required for establishment or service—Generally.
Zoning Clearance Required. No person may engage in, conduct or otherwise maintain in or upon any premises in the City the business of a massage establishment without a valid zoning clearance issued by the Development Services Director or designee, which determination may be appealed pursuant to the procedures of Chapter 17.66 (“Appeals and Calls for Review”).
B. Zoning Clearance. It shall be required for any independent massage therapist or practitioner to provide copies of or other evidence of CAMTC certification prior to obtaining a zoning clearance from the Sierra Madre Development Services Department pursuant to Business and Professions Code Section 4612(b)(2)(B). Furthermore, it shall be required for any massage establishment or business that employs or uses only persons certified pursuant to this chapter to provide massage services to provide evidence of CAMTC certification held by the persons who are providing massage services at the business prior to obtaining a zoning clearance.

5.56.040 Business tax certificate—Generally.

All massage establishments including independent massage therapist or practitioners shall obtain a business license pursuant to the provisions of Municipal Code Chapter 5.04.

5.56.050 CAMTC certificate—Masseur, masseuse, independent massage therapist or practitioner—Required.

Except as otherwise provided in Section 5.56.010, no person may perform or engage in the practice of massage within the City without a valid and unrevoked CAMTC certificate. The certificate required by this section shall be maintained in compliance with the provisions of California Business and Professions Code Section 4600 et seq.
5.56.060 CAMTC certificate—Operation without unlawful.
Except as otherwise provided in Section 5.56.010, no massage establishment or its owner, operator or agent may hire or employ any person for the purposes of performing massage services without requiring that person to obtain a CAMTC certificate pursuant to the provisions of this chapter.

A. Except as otherwise provided in Section 5.56.010, no owner or operator may allow an employee, who is not in possession of a valid, unrevoked, current CAMTC certificate to perform any massage services whatsoever.

5.56.100 Massage business or establishment—Suspension, revocation or restriction for cause.

After mailing the property owner written notice of the time and place of the public hearing at least five calendar days before the public hearing, the director of development services may conduct a public hearing at which the director of development services orders any zoning clearance required by this chapter to be suspended, revoked or restricted for any violation of this chapter or the provisions of Business and Professions Code Section 4600 et seq. that occurs on the massage business premises. Notwithstanding any other provision of this code to the contrary, the decision of the director of development services may be appealed consistent with the requirements of Chapter 17.66 (“Appeals and Calls for Review”).

5.56.110 Physical facility requirements.

The following physical facility requirements shall be applicable to all non-exempt massage businesses or establishments, and to all massage businesses or establishments described in paragraph (1) of subdivision (b) of Section 4612 of the California Business and Professions Code:

A. Except when there is no staff available to assure security for massage patrons and staff who are behind closed doors, no massage may occur behind locked closed doors.
B. In lieu of doors to dressing rooms, toilet rooms and massage rooms, curtains, drapes, or accordion-pleated closures are acceptable on the interior of the facility.
C. A massage table shall be used for all massages, with the exception of “Thai,” “Shiatsu,” and similar forms of massage, which may be provided on a padded mat on the floor, provided the patron is fully attired in loose clothing, pajamas, scrubs or similar style of garment. Beds, floor mattresses and waterbeds are not permitted on the premises of the business or establishment, except that for home occupations authorized under Chapter 17.85 may have beds, floor mattresses and waterbeds, provided they are not located in the same room where massage services are provided or in any room that clients are authorized to enter.
5.56.120 Health and safety requirements.
The following health and safety requirements shall be applicable to all non-exempt massage businesses or establishments, and to all massage businesses or establishments described in paragraph (1) of subdivision (b) of Section 4612 of the California Business and Professions Code:
A. The massage or business establishment shall at all times be equipped with an adequate supply of clean sanitary towels, coverings and linens, and all massage tables shall be covered with a clean sheet or other clean covering for each patron. After a towel covering or linen has once been used it shall be deposited in a closed receptacle and not used until properly laundered and sanitized. Clean towels, coverings and linens shall be stored in closed, clean cabinets when not in use.
B. All liquids, creams, or other preparations used on or made available to patrons shall be kept in clean and closed containers. All bottles and containers shall be distinctly and correctly labeled to disclose their contents. When only a portion of a liquid, cream or other preparation is to be used on or made available to a patron, it shall be removed from the container in such a way as not to contaminate the remaining portion.
C. All bathrobes, bathing suits and/or other garments that are provided for the use of patrons shall be either fully disposable and shall not be used by more than one patron, or shall be laundered after each use pursuant to subsection (A) of this section.
D. The patron’s genitals, pubic area, anus, and female patron’s breasts below a point immediately above the top of the areola must be fully draped at all times while any employee of the business or establishment is in the massage room or cubicle with the patron. No massage shall be provided to a patron that results in intentional contact, or occasional and repetitive contact, with the genitals, anus, or areola of a patron.

5.56.130 Attire and physical hygiene requirements.

The following attire and physical hygiene requirements shall be applicable to all massage therapists and practitioners who are employed or retained by non-exempt massage business or establishment, or by a massage business or establishment described in paragraph (1) of subdivision (b) of Section 4612 of the California Business and Professions Code:

A. All persons shall be clean and wear clean and sanitary outer garments at all times. All outer garments shall be of a fully opaque, nontransparent material and provide complete covering from at least the mid-thigh to two inches below the collarbone. The mid



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KATIE ORTH
C 626.688.0418 P 626.507.3034
katieo@podley.com
BRE #00942500

JUDY WEBB-MARTIN
C 626.688.2273 P 626.507.3028
judywm@podley.com
BRE #00541631

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