

SATURDAY, AUGUST 10, 2013

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SIERRA MADRE'S NIGHT OUT



Sierra Madre's National Night Out was once again, a very informative and fun evening for the entire family. Above, the SM Fire Department gives a demonstration on the proper way to extinguish a fire. In addition to the interactive demonstrations, there were booths with information on safety and security information, Neighborhood Watch Programs, Animal Information from Pasadena Humane Society, Sierra Madre Search and Rescue, Sierra Madre Fire Dept., Food Trucks, Raffles, and a free family movie in the park. Below, a possible future law enforcement officer tests the latest in police motorcycles. Photos by Dave Felt



Lizzie's Trail Inn/Richardson House Museums

Antique/Vintage Yard Sale!

Trunks, furniture, clothing, textiles, bottles, tools and hardware, picture frames, paintings, kitchenware and more!

Saturday, August 10th—8 AM to 2 PM

Richardson House Museum  
167 E. Mira Monte Ave., Sierra Madre CA  
All proceeds support the Museums!

VOLUME 7 NO. 32

ALERT NEIGHBOR THWARTS ANOTHER ATTEMPTED BURGLARY

Swift action had SMPD at the scene within minutes. One suspect arrested.

While Sierra Madre is not alone in the increase of residential burglaries of late, the town has been more successful than surrounding cities in having 'strangers' reported and the police taking swift action. In the last seven days, there have been eight known attempted burglaries and at least one other suspicious incident reported to police.

SMPD Chief Larry Gianonne said in an interview earlier this week that residential burglaries have become 'big business' within the criminal element largely due to the lack of fear of jail time and the ease at which some thieves can rid themselves of stolen jewelry, making prosecution difficult. In addition, with the jail overcrowding, there has been a significant increase in the number of convicts released that have changed their 'crime of choice' from drugs, etc., to residential burglaries, said another law enforcement source.

The last three suspects arrested in Sierra Madre and the suspects that the police are still looking for, all have lengthy criminal records and have been known to sometimes be armed. One of the persons arrested had a rap sheet 4 1/2 pages long.

Neighborhood Watch Does Work

Gianonne encourages residents to be observant and report any unusual activity to the police. In one of the incidents earlier this week, an alert neighbor noticed a strange car on the street in the early hours of the morning. When she saw the vehicle circle the street driving slowly for the second time, she called the police who were able to respond immediately and catchone of the thieves. He also encourages residents to know their neighbors and establish Neighborhood Watch Groups if none exists in your area. Sgt. Rueben Enriquez is available to help set up a Watch Program in your area. He can be reached at 626-355-1414.

Be Cautious - Be Careful - Be Wise

In another incident, two burglars approached a home and one knocked at the door while the other went to another part of the house to try to gain entry. In that instance, the husband answered, but did not open the door, while the wife was on the phone calling the police. The police were on the scene before the robbers could gain entry and made an arrest. One of the criminals was able to get away, however the police have learned his identity and have a warrant for his arrest. It was not known at press time whether or not he had been captured.

Giannone stressed again the need to be observant. When possible, the following information is helpful when calling the police:

*Description of the vehicle including color, make, model, license plate and any oddities. Also try to describe the suspect to the best of your ability including their race, height, sex, build, hair color and length, and clothing. It is also important to describe what they were doing. All of this information helps police apprehende the criminals and will assist in their prosecution.*

The Chief also asked that in the event there is police activity near you, please stay in the house. Do not call the police to inquire what is going on. "If you hear helicopters for more than five minutes, its not looking for a bear", said Gianonne.

Times have changed and residents have to keep their doors and windows locked at all times. Several burglars have been sucessful gaining entry into homes because of open windows and unlocked doors. But most important, be watchful and report all suspicious activity at once. S. Hendeson/MVNews



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## Weather Wise

## 5-Day Forecast

## Sierra Madre, Ca.

<b>Mon:</b>	Sunny	Hi	80s	Lows	60s
<b>Tues:</b>	Sunny	Hi	80s	Lows	60s
<b>Wed:</b>	Sunny	Hi	90s	Lows	60s
<b>Thur:</b>	Sunny	Hi	90s	Lows	60s
<b>Fri:</b>	Sunny	Hi	90s	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

August 15 Foothill Unity Center -  
Back To School Event at the Santa Anita  
Race Track

\*Senior Community Commission 1st Thursday 3:00  
\*Planning Commission 1st and 3rd Thursday 7:00  
\*Community Services Commission 3rd Monday 6:30  
\*Tree Advisory Commission 3rd Wednesday 7:00  
\*Library Trustees 4th Wednesday 7:00

\* = Meetings are held in City Council Chambers

We'd like to hear from you!

What's on YOUR Mind?



Contact us at: [editor@mtnewsnews.com](mailto:editor@mtnewsnews.com) or  
[www.facebook.com/mountainviewsnews](http://www.facebook.com/mountainviewsnews) AND  
Twitter: @mtnewsnews



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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](mailto:radio@cityofsierramadre.com).

Village Vine Online  
Internet Radio for Sierra Madre  
and the San Gabriel Valley

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



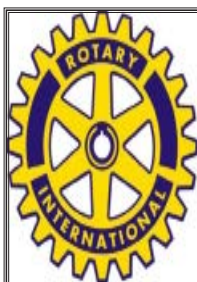
## SIERRA MADRE WOMAN'S CLUB

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

For more info please call Peggy 626-355-7635 or email [Peggybeau@gmail.com](mailto: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

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 sneak-  
ers, shorts, t-shirts and water bottle!

Your Ad Could Be  
Here!

Call Patricia at 626-818-2698 Today!

## KIWANIS THIS WEEK:

OUR YOUTH ARE OUR FUTURE  
AND WHAT HAPPENS TO THEM WILL  
IMPACT ALL OF US!!

Join us at our next meeting for a presentation by:

## DAY ONE

Day One, is a non-profit organization in Pasadena is a youth or-  
ganization that builds vibrant, healthy cities by advancing pub-  
lic health, empowering youth, and igniting change. Day One has  
been working with the Clean Air for Residential Environments  
(CARE) Sierra Madre coalition on smoke-free efforts in the com-  
munity and will be presenting information regarding the harm-  
ful effects of secondhand smoke, especially in multi-unit housing  
environments.

Tuesday, August 13, 2013 12:00 noon  
33 E. Sierra Madre Blvd. , Sierra Madre  
Program is Free - Lunch \$10

Call 626-355-0728 For Reservations



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Sierra Madre

Arcadia

Pasadena

Altadena

Monrovia

## LETTER TO THE EDITOR:

Dear Editor:

Your August 3 Article emphasizing the critical nature of our water situation was both timely and appropriate. The need for enhanced awareness and action to conserve water has never been more critical. However, as Sierra Madre's representative on the San Gabriel Valley Municipal Water District, I do feel it is important to understand that the original source of the supplemental water described in the article is the San Gabriel Valley Municipal Water District not the City of Arcadia or Metropolitan Water District of Southern California (MWD). Arcadia and MWD's infrastructure will be used only to transport water provided by SGVMWD to Sierra Madre.

The water conveyed through Arcadia's water system will be groundwater, previously stored in the San Gabriel Basin aquifer by the San Gabriel Valley Municipal Water District. Sierra Madre purchased some of this stored water a few years ago when the San Gabriel Valley Municipal Water District lowered the cost. This groundwater will be pumped from the San Gabriel Basin aquifer using Arcadia's wells and conveyed to Sierra Madre through their pipelines.

The water to be delivered through MWD's pipeline is possible through a cooperative water exchange agreement I negotiated with MWD a few years ago. This agreement allows San Gabriel Valley Municipal Water District water to be conveyed through MWD's pipelines and MWD's water to be conveyed through the San Gabriel Valley Municipal Water District pipeline (we operate a separate pipeline and like MWD, are a state water contractor which imports water from northern California) which is mutually beneficial to both entities. This agreement will have substantial benefits to Sierra Madre, not only from a water reliability perspective, but also from a water cost standpoint. This water, purchased from San Gabriel Valley Municipal Water District, will be up to 8 times less expensive than if purchased directly from MWD, saving the City, residents and businesses considerably.

I have worked very hard over the last decade, in my role on the Board of the San Gabriel Valley Municipal Water District, to enhance and improve the value to the City: From funding for necessary reservoir improvements (\$3 million in grant and loan funds); to implementing and funding several water conservation projects within the City. These improvements combined with the ability to access supplemental water have enhanced the water supply reliability. But remember, the least expensive water supply option is to eliminate wasteful use and to conserve.

Thomas Love, President  
San Gabriel Valley Municipal Water District

## CORRECTION TO SATURDAY AUGUST 3, 2013 EDITION OF THE MOUNTAIN VIEWS NEWS - WATER STORY

The paper inadvertently listed the purchase of 1,468 gallons of water. IT SHOULD READ 1,468 ACRE FEET OF WATER!

Purchased water is expensive, but not that expensive! We apologize for any anxiety this may have caused. Thanks for your patience.

## SIERRA MADRE POLICE BLOTTER

For the period July 29 – August 4, 2013  
Wednesday, July 31, 2013

At approximately 1:00 pm, Officers responded to the 300 block of Sierra Woods Dr. in reference to a suspicious vehicle. Upon arrival, officers found the vehicle, parked, unoccupied and with the engine still running. Shortly thereafter, Officer's observed a subject leaving a home that was just burglarized. Officers went in foot pursuit of the subject, who was later detained and ultimately arrested in the 100 block of S. Michillinda Ave. A second suspect was later located, arrested and transported to the SMPD jail. The first suspect was taken to Arcadia Methodist Hospital for treatment of injuries he had sustained from climbing over several fences. While at the hospital, the suspect assaulted the transporting officer and attempted to flee the emergency room. During his attempt to flee, the suspect attempted to carjack a passing motorist in the parking lot. This suspect was ultimately apprehended and arrested again a short time later. During this investigation, several items of evidence belonging to the victim were located. After processing some of these items for evidentiary value, they were returned to the victim.

Thursday, August 1, 2013

Around 1:00 pm, unknown suspect(s) entered an occupied residence in the 400 block of N. Michillinda Ave. through an open / unlocked window. The suspect(s) ransacked several bedrooms and exited the home through the same unlocked / open window. The total loss is unknown at this time; however, the victim has preliminarily estimated the loss at \$500.00.

Saturday, August 3, 2013

An unknown suspect sprayed water inside the victim's vehicle. The vehicle was parked in the 400 block of Grove Street. The amount of damage, if any from the water, was not known at the time of the report.

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## UPCOMING EXCURSIONS IN SIERRA MADRE

The City of Sierra Madre Community Services Department hosts a monthly excursion to various places in Southern California. Don't miss upcoming trips to Oak Glen, CA in September and Big Bear Lake Oktoberfest in October. For more information please contact the Community Services Department at 626-355-5278. Registration can be completed online at [www.cityofsierramadre.com/onlineeregistration](http://www.cityofsierramadre.com/onlineeregistration).

### RILEY'S APPLE FARM IN OAK GLEN, CA

On Friday, September 13, 2013, appreciate the scenic beauty and breathe in the crisp air while visiting Oak Glen, CA. The trip will include a visit to Riley's at Los

Rios Rancho, the oldest and largest ranch in Oak Glen, and a working apple farm. While at Riley's browse through the unique gift shop, take a walk through the beautiful apple orchards, or see a vintage 1932 cider press that produces 100 gallons of cider per hour. Following Riley's is a visit to Law's Complex which includes Law's Oak Glen Coffee Shop, where lunch will be enjoyed, Law's Cider Mill and Ranch, and Five Seasons Gifts. The cost of this trip is \$38.00; the bus departs from the Hart Park House senior Center at 9:00 a.m. and will return to Sierra Madre at 3:00 p.m.

### BIG BEAR OKTOBERFEST

On Saturday, October

12, 2013 join us for the biennial trip to Big Bear for Oktoberfest. Upon arrival the group will enjoy a narrated bus tour of Big Bear Lake featuring the history of Big Bear Lake, current issues facing their environment, and various stories and antics occurring at the Lake. A German style lunch including a variety of bratwursts, potato salad, sauerkraut, pretzel, and apple strudel will be served. During and after lunch enjoy German entertainment, learn traditional dances, and peruse vendor booths. The cost of this trip is \$89.00; the bus departs from the Hart Park House senior Center at 8:30 a.m. and will return to Sierra Madre at 4:30 p.m.

## "H2O Heroes"

Deanne Davis.....The Social Side

In honor of the new banners on Sierra Madre lampposts and our fantastic 18.6% less water consumption this year than the same period last year, a little rap poem seems in order.

We're H2O Heroes,  
Our water use is low.  
With our faucets turned off,  
Just how low can it go!

We're doin' all we can,  
To save a drop or two,  
H2O Heroes!  
That's me, that's you!

Our lawns are lookin' awful,  
But we're tryin' not to care.  
12.6 million gallons less,  
Victory all of us can share!

H2O Heroes oughta feel proud,  
Our meters show we're saving,  
We can celebrate it loud...

Sierra Madreans really are a water saving crowd!

Yep, we're doin' all we can,  
To save a drop or two,  
H2O Heroes!  
That's me, that's you!

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## Community Emergency Response Team Training

Sierra Madre Fire Department



CLASSES BEGIN  
August 17, 2013



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

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

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

### The Course Curriculum Covers the Following

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

Class Location	Class Schedule
Sierra Madre Youth Activity Center (upstairs) 611 E. Sierra Madre Blvd. Sierra Madre, CA 91024	Sat, Aug. 17 8:00A-5:30P Tue, Aug. 20 6:30P-9:30P Wed, Aug. 21 6:30P-9:30P Thu, Aug. 22 6:30P-9:30P Sat, Aug. 24 8:00A-5:00P

There is **NO CHARGE** for CERT classes.

Please note: Plan to bring a lunch or to eat out for Saturday sessions. You must attend all five (5) sessions to receive a certificate of completion.

### TO REGISTER FOR CERT CLASS

[info@SierraMadreCERT.org](mailto:info@SierraMadreCERT.org) – [www.SierraMadreCERT.org](http://www.SierraMadreCERT.org)

**You must be registered to attend – Class space is limited**





## Missing Woman Found Dead



By Dean Lee

A previously reported missing 75 year-old woman was found dead Saturday after police responded to a report of a single car collision above the Rose Bowl.

According to police, Pasadena resident, Gretchen Leonard's dark blue 2007 Lexus was found with her inside unresponsive. She was pronounced at the scene.

A witness spotted the car down an embankment in the 300 Block of Manford Way. Police said the car was not visible from the roadway.

Pasadena Traffic Collision Investigators and the Los Angeles County Coroner's Office responded to conduct the investigation. Police are not sure if she died from the crash or some medical condition.

Leonard's husband reported her missing after she failed to return home after the two were visiting friends in San Marino.

The crash was just blocks away from the couple's home.

The Pasadena Police Department initially issued an alert Saturday asking the community to help locate Leonard. In a statement, officers thanked those concerned members of the community who either phoned or emailed in response.

## Pet of the Week



Kelsey is a 10-year-old Finnish Spitz. She enjoys attention and loves treats. She's an older dog who would love to find a home. Kelsey qualifies for our Seniors for Seniors program in which her adoption fee is waived for adopters 60 years old and older.

Kelsey's regular adoption fee is \$125, which includes her spay 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.

Call the Pasadena Humane Society & SPCA at 626.792.7151 to ask about A333518, or visit at 361 S. Raymond Ave. in Pasadena. Adoption hours are 11-4 Sunday, 9-5 Tuesday – Friday, 9-4 Saturday. Pets may not be available for adoption and cannot be held for potential adopters from phone calls or email. Directions and photos of all pets can be found at [www.pasadenahumane.org](http://www.pasadenahumane.org).



## City Enters Contract for Glenarm Project

The city council recently approved unanimously a \$62,550,000 bid to design, furnish and deliver equipment for the aging Glenarm Power Plant. The council approved the contract with GE Packaged Power, Inc. at its July 29 meeting. "The major issue that I see why we are doing this is our commitment to backup power," Councilmember Margaret McAustin said. "We have made a commitment to ourselves and to our residents, that we are not going to be 100 percent reliant on outsiders for our power... this is basic municipal services that we are obligated to provide to our residents."

According to city staff, the new "fast-starting, combined-cycle natural gas-fired generating unit" will deliver reliable, environmentally responsible electricity through 2030. Known as, "Unit GT -5, to be located south of the existing Glenarm Building, will include a new gas turbine generator, steam turbine generator, once-through steam generator ("OTSG"), condenser, wet-type cooling tower, water storage

tanks, electric-powered fuel gas compressors, air compressors, inlet air chilling system, emissions monitoring and control equipment, generator step-up transformer and major pumps.

The new equipment is part of the city's Integrated Resource Plan. The Repowering Project will "maintain the City's ability to generate power locally when needed, to ensure sufficient power supply, and to make up for any shortfall due to import or distribution system constraints. Replace the 48-year old steam generating unit B3 that has exceeded its design life. Unit B3 is currently experiencing frequent tube ruptures, component failures and spare parts scarcity due to its age. Provide for mandated capacity (i.e., guarantee of availability) to generate power when required by the California Independent System Operator. Provide means to operate the electric grid efficiently and reliably by managing excessive generation and compensate for the intermittency of renewable resources. Balance reliable electricity service

and competitive and stable rates with consideration of environmental concerns and reduced dependence on coal power."

At an April 8 meeting, the City Council certified the final EIR for the total \$132 million Local Generation Repowering Project expected to be completed in 2016.

## Imposters Pose As Water & Power Employees

Pasadena Water and Power Department (PWP) cautions customers to beware of impostors posing as city utility employees requesting payment over the phone. The caller demands that customers pay their delinquent water or power account to avoid disconnection.

PWP will never call customers to request personal information or payment by gift card. Delinquent payments must be made in person at the City Hall Municipal Services counter, online via customer login, or by phone at (626) 744-4005. Beware of scammers who demand payment by any other means than these.

To report suspicious activity, call the Pasadena Police Department at (626) 744-4241. If you wish to verify the status of your account, you may call (626) 744-4005 during normal business hours. For more tips, visit [www.PWPweb.com/FraudProtection](http://www.PWPweb.com/FraudProtection)

The impostors are seeking to obtain money or gift cards by asking the customer to go to a nearby pharmacy; provide personal financial information, or by demanding that they pay their bill with a pre-paid cash card or credit card.

PWP customers have reported increasing incidents of this scam, in both Spanish and English, and the Department is working with Pasadena police officials.

Customers with delinquent accounts will receive a "Final Notice" from PWP by U.S. mail before any phone contact from PWP is made. The notice will list a final due date and payment methods.

## Say 'Aloha' To Summer

Everyone is invited to don their Hawaiian attire and bring friends and family to the Pasadena Senior Center, 85 E. Holly St., for a fun and festive Labor Day luau Monday, Sept. 2, at noon.

Kanes and wahinis will bid farewell to summer while enjoying a tasty Hawaiian menu, sipping island drinks and dancing to the rhythms of the Great American Swing Band.

All ages are welcome. The cost is only \$8 for Pasadena Senior Center members and \$10 for non-members. Reservations are required by Aug. 28; call (626) 795-4331.

Founded in 1959, the Pasadena Senior Center is an independent, nonprofit agency that offers recreational, educational, wellness and social services to people ages 50 and over in a friendly environment. Services are also provided for frail, low-income and homebound seniors.

## MARINE DIES AFTER OLD TOWN PASADENA ATTACK

An active Marine Reservist succumbed to injuries Tuesday reportedly sustained during a fight outside a popular restaurant in the 100 block of East Colorado Boulevard. The victim, 25 year-old Joshua Martinez, was stationed at Camp Pendleton.

Two suspects were later arrested after police were advised, by an El Monte area hospital, that two males had been admitted with stab wounds they reportedly suffered during a fight in Old Pasadena.

Suspects Jonas Ramos of San Gabriel and Angel Moroyoqui of El Monte were first arrested for attempted murder before Martinez died.

They were later each charged with assault with a deadly weapon. A third individual, Fernando Ramirez of El Monte was also arrested and charged with assault with a deadly weapon and involuntary manslaughter.

According to police, officers responded following 911 call of a combative subject inside a restaurant. Another caller reported around 12:50 a.m. that a male Hispanic was lying in the street injured. Paramedics transported



Joshua Martinez

Martinez to Huntington Hospital, where he was admitted with a critical head injury. He died at 1:20 a.m. from blunt force trauma to the head police later said.

According to reports, a heated argument earlier in the night between Martinez and a group of men at ix Tapa Cantina, led to them being asked to leave. Martinez was later found beaten outside Barney's Beanery.

Ramos and Moroyoqui are each being held on \$30,000.00 bail. Ramirez bail was set at \$60,000.00.

Pasadena Homicide Detectives said they are continuing to investigate. Anyone with information is asked to contact the Pasadena Police Department at (626) 744-4241.

## Library Holds Book Sale Today

The Friends of the Pasadena Public Library will host a monthly book sale Saturday at the Central Library, 285 E. Walnut St., in Pasadena. The sales are held on the east patio, near the bookstore.

The library sells donated books--some are brand new, and others are gently used or old or rare. The selection changes

every month, so there is always something to find. Prices range from 25-cents to \$5.00 per book but most are priced at 50-cents for paperbacks and \$2.00 for hardbacks.

Mark your calendars and come down to the Central Library on the 2nd Saturday of every month, rain or shine, from 9:00am to noon.

## Ten Thousand Villages to Host Trunk Fashion Show

Dozens of current styles from the Fair Trade fashion lines of Mata Traders and MarketPlace: Handwork of India will be available during a trunk show throughout the month of August at Ten Thousand Villages Pasadena. A full collection of clothing and accessories from the two Fair Trade retailers will be available in-store for this rare event.

"It's not every day that we are able to host a trunk show and have such a large selection of Fair Trade clothing available in the store at once," said Sam Bills, manager of Ten Thousand Villages Pasadena. "We're really looking forward to this event. The customers are going to love being able to handle the items,



try them on, and see how much diversity there is in Fair Trade styles."

The trend toward ethical, sustainable style advocated by celebrities like Emma Watson, Natalie Portman, and Colin and Livia Firth continues at Ten Thousand Villages Pasadena. For tastes from current to classic there is something for everyone, making it easy to incorporate Fair Trade into one's wardrobe.

## Rose Bowl Premium Seating now Available

Individual premium seating for 2013 UCLA home football games at the Rose Bowl Stadium are now available for purchase as a new era opens at college football's most prized and iconic venue.

With completion of the stadium's Pavilion, fans for the first time will have the opportunity to purchase premium seats on an individual basis. Most Luxury Suites, Loge Boxes and Club Seats are sold on a three-year season ticket basis, however limited individual game inventory has become available exclusively for this season.

"The Rose Bowl is an American treasure, and for fans to experience it and its rich history in a truly modern way is, frankly, a once-in-a-lifetime opportunity," said Rose Bowl General Manager Darryl Dunn. "So much has been put into the Stadium's renovation, and, particularly the Premium seating Pavilion, and we're delighted to offer this opportunity to fans."

The recently completed Pavilion is the centerpiece of the Rose Bowl Stadium's renovation, adding state-of-the-art amenities and enhancing the fan experience while preserving the 90-year-old stadium's legacy for generations to come. Home to UCLA football and

the granddaddy of all college football bowl games; the Rose Bowl Stadium has been the site of some of sports' all-time greatest moments.

Sales of individual premium seating comes as UCLA prepares its exciting follow-up to last year's breakout season.

Premium seating includes VIP parking, access to air conditioned lounges, outdoor cushioned seats in the shade of the Pavilion with more legroom and access to full bars prior to, during and after games.

The new four-person Loge Boxes are located at midfield and offer private tables with built-in 12-inch LED monitors, all-inclusive upscale food and beverages, direct cash bar access and use of the exclusive indoor Loge Box Lounge.

New Luxury Suites consist of 16- and 24-person private indoor spaces with upscale food and beverages, flat-screen TVs, air conditioning, outdoor cushioned seating with drink rails, and private entrances with elevators and escalators.

New Club Seats include cushioned outdoor seating and access to the 15,000-square-foot Club Lounge and four full direct cash bars.

Information, including pricing, is available by calling (626) 585-6800. Information also is available online at [rosebowlpremiumseating.com](http://rosebowlpremiumseating.com).

## Holden Throws Block Party



Chris Holden (pictured second from the right) D.Lee/MVNews

Newlyelected Assemblymember Chris Holden held his Annual Community Block Party and Resource Fair Saturday—although in its 14th year, this was the first block party since Holden took state office December 3.

Holden said more than 40, local and state agencies and organizations came out for the event. In years past, he hosted the block party as the district 3

councilmember for Pasadena.

"Here you have 11 other cities and communities, so it is larger" Holden said. "Obviously, with the city council you're dealing with your district and whoever comes in from the area."

Participants including JPL Mars Rover, Art Center, Metro Gold Line, Pasadena City College, Levitt Pavilion, Altadena Farmer's Market, Heal the Bay, MUSE/IQUE.

Free activities included live music, food, a classic cars and entertainment for the kids including a giant dragon slide and grilled hot dogs provided by the Pasadena Fire Fighters

Event goers also got to see a full sized mockup of the Mars Curiosity Rover. On Monday Curiosity celebrated its first year on Mars, complete by singing Happy Birthday to itself on the red planet.

Residents also shook, rattled and rolled in a simulated 3.5 earthquake as part of the Shakey-Quakey program. The trailer-mounted simulator is capable of reproducing temblors up to an 8.0 magnitude.

The party has been held each year in the 500 Block of Jackson Street Holden said.



A JPL representative shows off the actual wheels from various Mars rover projects illustrating the size differences in years past.

## JPL Events Calendar for Aug.

### AUGUST 12-13: PERSEID METEOR SHOWER

The Perseid meteor shower is typically one of the best of the year. A crescent moon will set shortly after midnight on Sunday, Aug. 11, leaving dark skies (and good viewing) from late night until dawn. The Perseids are typically fast, bright shooting stars that frequently leave trails across the sky. <http://www.jpl.nasa.gov/asteroidwatch/meteor.cfm>

### AUGUST 15-16: FREE LECTURE – CURIOSITY'S FIRST YEAR ON MARS

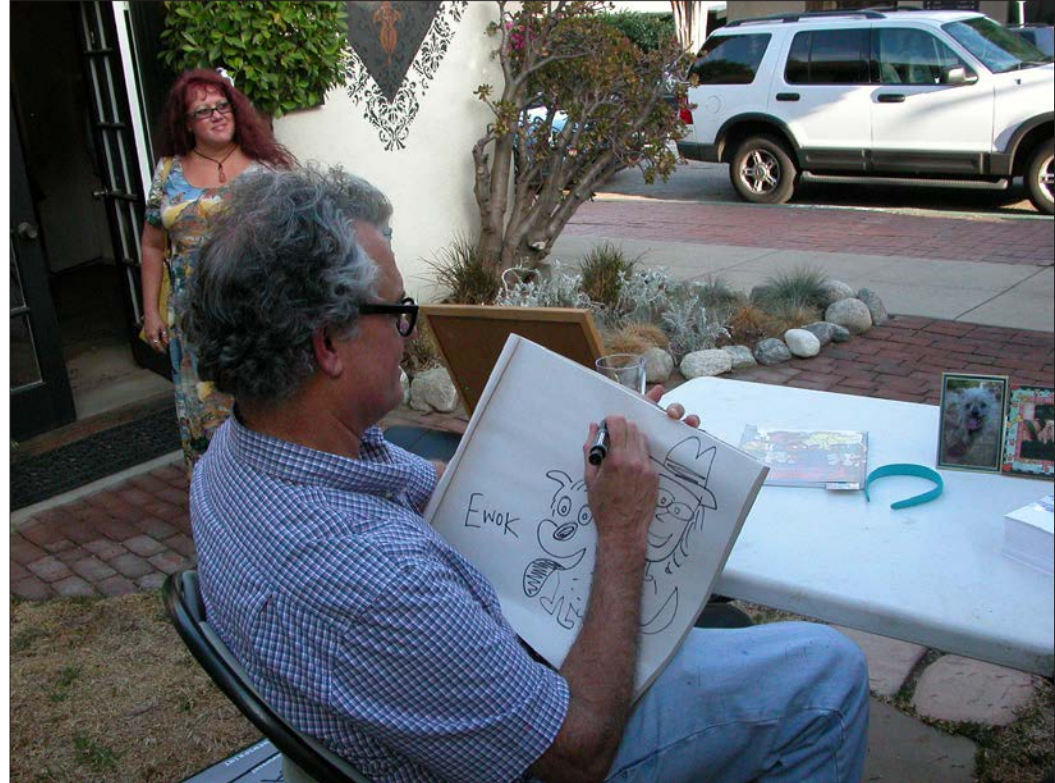
Curiosity's Deputy Project Scientist Ashwin Vasavada will revisit the successful landing and reveal some of the results from the last year of work on the surface of the Red Planet. Free lectures on Aug. 15 at JPL; Aug. 16 at Pasadena City College; both at 7 p.m.



Sierra Madre is becoming the “Place To Be” for those who still cherish good old fashioned activities and family fun. Last week, in a collaborative effort between the town’s Independent Artists and Musicians, The Friends of the Arts, The Creative Arts Group, Local Businesses and support from the Chamber of Commerce, the second Sierra Madre Art Walk took place. The event began as an effort to revive the city’s reputation as an artist’s hub and evolved into a committee that hosts an SMArt Walk the first Friday of every other month. “Through regular exhibitions in downtown Sierra Madre, the SMArt Walk’s mission is to increase community awareness and appreciation of the arts, and to encourage interaction between local artists and the public by providing artists with a supportive network that fosters the creative economy. SMArt Walk will take place four times in 2013, on the first Friday of the months of June, August, October and December,” according to their website at [www.sierramadreartwalk.com](http://www.sierramadreartwalk.com).

Original works of art (including paintings, drawings, photographs, fine art prints, floral design and sculptures) were on display along with many fine crafts including furniture, pottery, handmade cards, jewelry, woodcarvings, and textiles. Local musicians will add to the ambiance of the wonderful summer evening. And of course, local Sierra Madre restaurants will be serving up their usual terrific fare.

Photos below are from the August 2nd event. All photos by Dean Lee/MtnViews News



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



Monrovia and Duarte.

Last week I spoke of Assemblyman Roger Hernandez who represents the 48th Assembly District, which includes Azusa, Baldwin Park, Bradbury, City of Industry, Covina, Duarte, El Monte, Glendora, Irwindale, Monrovia, West Covina and the unincorporated areas of

ASSEMBLYMAN CHAU DISCUSSES  
AB 477 - A BILL TO PROTECT  
SENIOR CITIZENS

are well-positioned; to report concerns that there may be a risk of swift and devastating depletion of an elderly victim's lifetime savings, property or securities.

AB 477 reinforces an existing responsibility that banks and other institutions have to their customers - to report potentially fraudulent activities and serve in their customers' best interests. If the Notary notices any odd behavior, any potential fraud, he/she could stop the transaction, and must report the action to the court. Currently, social workers, home health



Assemblyman Chau and Wayne Williams

This week I would like to commend Assemblyman Ed Chau who represents the 49th District. His area includes the cities of Arcadia, Alhambra, San Marino, Monterey Park, Temple City, Rosemead, San Gabriel and portions of Montebello and South El Monte. Currently Assemblyman Chau serves as Chair of the Assembly Committee on Housing and Community Development which oversees issues pertaining to building standards, homeless programs, housing finance, land use planning and redevelopment among others. He also is a member of the Assembly Committees on Banking and Finance, Judiciary and Labor and Employment. Assemblyman Chau is Chair of the Assembly Select Committee on Privacy, which examines a number of privacy related issues.

We have been hearing so much bad news from AB 109 (Realignment of Prisoners) that it was a pleasure to meet Assemblyman Chau and learn about his Assembly Bill-AB 477 to protect Senior citizens. California is the most populous state in the nation with roughly 4.5 million people over the age of 65. The figure is projected to climb to about 6.2 million by 2020 and by 2035, 19.9% of the population will be 65+. As people's life spans increase, so does the risk of financial abuse. Senior abuse has been on the rise - a 30% increase in elderly abuse. Each year, thousands of elderly and dependent adults are targeted for financial exploitation because they are so socially isolated, dependent on others for assistance, or easily intimidated. Currently there are no laws to encourage people to report elder abuse. Notaries

care workers, various state employees, law enforcement, health care professionals, long-term care industry and nursing home workers, employees of financial institutions and clergy are required by law to report abuse. With AB 477, notaries would be required to report suspected dependent abuse, including financial abuse. This bill ensures that those who are likely to witness or suspect abuse in the course of their work such as the signing over of Power of Attorney or Grant deed title, will make reports to law enforcement or Adult Protective Services, who in turn are trained to investigate and convene as appropriate. After the report is made, authorities will take over to do an investigation. (A question was brought up about the “notary being sued if there wasn't abuse, but that will not be permitted.) On August 12th, this bill will go to the Senate Appropriation Committee. When this publication receives any more news of this bill, it will be reported to our readers.

Although I am not in his Assembly District, I really applaud Assemblyman Chau for this bill. So many times, an elderly person who has been maintaining a small home and doing well on his/her own begins to develop dementia. The family may be out of state, or many hours away in northern California, and the elderly person is “taken in” by an acquaintance who befriends him and begins by borrowing money for an emergency. As the elderly person deteriorates, the situations get worse. Thank you Assemblyman Chau for this great measure!

From The Office of Supervisor Antonovich

REPUBLICANS MOURN THE  
LOSS OF FORMER COUNTY  
PARTY CHAIR JANE BARNETT

LOS ANGELES COUNTY — “As a tireless volunteer, a professional staffer and party chairwoman, Jane was a strong and consistent force in the advancement of Republican values, causes and candidates for many years,” said Supervisor Michael D. Antonovich on the passing of Jane Barnett, Los Angeles County Republican Party Chair from 2009 to 2011. “Christine and I send our prayers and best wishes to Jane's husband, Lou, and her seven children.”

Barnett had also been a State Assembly candidate, chaired the 43rd Assembly District Republican Central Committee and was a member of the Glendale-Burbank Republican Club and several Republican Women Federated clubs. In addition to working for Assemblymen James Rogan and Pat Nolan and Senator Tim Leslie, she was a lecturer, event coordinator and fundraiser for numerous causes and organizations including Oliver North's Freedom Alliance, the Center for New Black Leadership and GOPAC.

She is survived by her husband, Lou, and seven children. Jane was a powerful presence in the Republican Party of L.A. County and will be dearly missed.



SGV Economic Development Partnership

HOW ARE JOBS, JOBLESS RATES CALCULATED?

By Cynthia Kurtz, Presodemt

On the first Friday of every month, information about the number of jobs created or lost in the prior month and the current unemployment rate is announced by the federal government. The numbers last week were disappointing - just 162,000 jobs were created in July far below the number anticipated or needed. The national unemployment rate still slipped slightly lower to 7.4 percent, probably because of more people leaving the workforce rather than finding work.

The health of our economy is tracked using these two figures. They drive public policy and consumer confidence. Where does this important data come from and how is it collected? It comes from surveys of households and businesses across the country, probably including a few in the San Gabriel Valley.

Unemployment rates are computed from the Current Population Survey of 60,000 households. The households are carefully chosen to represent the U.S. population based on geographic sampling and reflecting urban and rural areas.

Each month one-quarter of the sample households are removed from the interview list and not sampled again for eight months. After the second year of participating, a household is removed for good. Therefore, there is both continuity and change built into the sample. About 75 percent of the sample is the same from month to month and about 50 percent from year to year.

The U.S. Census Bureau has been conducting this survey every month since 1940. It takes 2,200 Census Bureau employees to gather the data each month.

Information about whether a person worked, searched for work, or was absent from work in the past week is collected about every sample household member over the age of 15. The survey gathers information on about 110,000 persons each month.

The data on jobs gained or lost is computed from the Current Employment Statistics Survey - a survey of 145,000 businesses and government agencies covering approximately 557,000 job sites.

The establishment survey counts paid employees whether they are full-time or part-time. The sample includes 900 industries, businesses from every state and from 400 metropolitan areas. About 40 percent of the sample comprises businesses with less than 20 employees. When compared with numbers from the previous month, the number of new jobs can be determined by industry type.

The survey is conducted by the Bureau of Labor Statistics. Data is collected through a variety of methods tailored to meet the needs of the surveyed establishment - telephone, touch-tone data entry, internet, fax and mail are used. Some months you might hear there is a revised “new jobs” number from a prior month. Revised data is released when additional surveys are received from sampled employers.

Both surveys have strengths and limitations, but together they give us a gauge to measure the nation's monthly economic changes. If you are ever asked to be a participant in either survey, say “yes.” It's important information for setting long-term economic policy and that is important for everyone.



TURNING NEWSPAPERS INTO “LOGS”

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](http://www.ChristopherNyerges.com).]

In the woods, firewood has never been a problem. It is everywhere, abundant. I am not referring to the camps where you drive in and you pay to park in your numbered spot. In those places, it would be somewhat normal to find no firewood because all the other campers have foraged around for whatever is available. I am referring to the actual wilderness where you have to walk in at least a mile or more. Wilderness.

However, in the event of a natural (or man-made) disaster, firewood may not be so abundant in the urban areas. I recall hearing stories of German people burning furniture during WWII because there was no other practical way to get heat.

In today's urban setting, there are many resources that are common, even abundant. One such resource that could be pressed into service is newspaper.

Newspaper, obviously, can be used for many things, such as wrapping, making pots for your garden, emergency insulation, and also for making logs for the fireplace.

When I say “logs,” I'm not referring to the old 1970s method of rolling some newspaper around a broom handle, tying it up, pulling out the handle, and then burning the “log” like a wooden log. Trouble is, these don't really burn all that well unless you already have a blazing fire going.

But there is an alternative. Put all your newspapers into a plastic bucket and add water. Soaking it for a few days is best. On occasion, when I have demonstrated this to children at camp, we simply shredded the newspaper, added water, and went to the next step, but soaking for a few days is ideal.

Next, you need to have a newspaper press, as pictured. I first purchased one around 1980, and though this model doesn't seem to be available anymore, there are similar ones today manufactured by someone else that seems to work just as well.



You put the wet newspaper into the rectangular box section of the press, add the top, and then push the handles down to press out the water. You then pop out the “brick” and let it dry for a few days (or longer). It then burns well in a fireplace or campfire. Granted, this is newspaper, so don't expect the same BTU of oak or other hard wood. But it does burn, and definitely better than the logs rolled around a broomstick. I've used them in backyard campfires and in woodstoves.

This device also presents the possibility for dealing with security documents. If you just toss your paper documents into the city trash can or the city recycling bin, you never really know what might happen. I used to just burn such documents on a grill in the back yard, but this is not always a possibility. The last time I had a full bag of documents to deal with - old bills, etc. - I shredded them and put them into a bucket with water. Since they are mostly bond paper, not newsprint, I allowed a week of soaking. After the week, I made some logs and dried them. Since you can no longer read anything on the bills and documents after this, there is no need to burn them right away. And since bills are typically bond paper, the logs seem to burn just a bit hotter and longer.

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LEGISLATURE APPROVES HOLDEN BILL TO HELP  
FUND DOMESTIC VIOLENCE SHELTERS

Sacramento – Assemblymember Chris Holden's AB 139 which strengthens penalties that abusers are required to pay to ensure more funding for Domestic Violence Shelters has been formally approved in the State Legislature following concurrence vote today in the Assembly. The measure now goes to the Governor for signature.

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

“Funding domestic violence shelters is critical. Clarifying the payment to be a fee would assist judges, collecting agencies and counties disburse the proper funding to the state and local shelters,” said Assemblymember Holden.

AB 139 unanimously passed both Houses and received support from domestic violence shelters throughout the state, as well as various women's organizations.

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

Governor Brown now has 30 days to sign or veto AB 139. If signed, AB 139 would go into effect January 1, 2014.

SANTA ANITA PARK TO PROVIDE MT. SIERRA COLLEGE STUDENTS  
HANDS-ON EXPERIENCE THROUGH PAID INTERNSHIPS

MONROVIA, CA – Mt. Sierra College Career Services department announced a new partnership with Santa Anita Park in Arcadia, California, where 16 Mt. Sierra College students will take up paid internship positions at the legendary racetrack in the areas of marketing, hospitality and event coordination. The internships begin in mid-September 2013 and will continue to the November of the same year. The students will have an opportunity to work directly with the Director of Interactive Media and gain first-hand work experience locally.

At the completion of the internship period, Santa Anita Park will vote as a company to award the top Mt. Sierra College intern an academic scholarship.

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# ARCADIA

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## HALE CORP. TO BREAK GROUND AUG. 13 ON MEDICAL BUILDING IN ARCADIA

*Four-story office and bridge in partnership with Stronach Group* By Scott Hettrick

A groundbreaking ceremony will be held at 4:30 p.m. Tuesday, Aug. 13, on a new four-story medical office center being built by The Hale Corporation in a joint-venture partnership with The Stronach Group, owner of Santa Anita Park horse race track.

The ceremony, coordinated in part by The Arcadia Chamber of Commerce, will take place at 289 W. Huntington Drive, directly across the street from Methodist Hospital. Food and refreshments by Congregation Ale House will be served immediately after the ceremony, and there will be give-aways. Please RSVP immediately to Richard Dale: Richard.Hale@TheHaleCorp.com or 626-358-4523.

The Hale Corporation, based in Monrovia, has developed and built many medical buildings, including the Children's Hospital on Santa Clara Avenue near Fifth Street in Arcadia, which opened in 2010.

The new Hale Medical Center is a state-of-the-art 74,360 square-foot facility slated to open in late spring of 2014. The center is already 35% occupied before going to the marketplace. A new bridge will be built across the westbound lanes of Huntington Drive to allow easy access from the building to the hospital, which recently added a new wing. The project will create several hundred well-paying local construction jobs as well as the permanent positions in the office when completed.

Information on the project can be obtained by calling 626 358 4523.

"I am very pleased and quite enthusiastic to begin this project with my new partner," said Dick Hale CEO of The Hale Corp. and a City Councilman in Bradbury. "With the recent multi-million dollar expansion of our local hospital, the need for additional facilities for doctors and other health care professionals is clear and the timing is right." Methodist Hospital was accredited as a stroke center last year and has attracted many notable physicians to its staff. "This addition will enable the hospital to continue attracting physicians to the campus, enabling continued growth of the hospital," said Methodist President and CEO Dan Ausman.



## Arcadia Police Blotter

For the period of Sunday, July 28<sup>th</sup>, through Saturday, August 3<sup>rd</sup>, the Police Department responded to 898 calls for service of which 110 required formal investigations. The following is a summary report of the major incidents handled by the Department during this period.

Sunday, July 28:

1. Around 11:15 a.m., officers responded to the Forest Lawn Kiosk at the Santa Anita Mall, 400 South Baldwin Avenue, in regards to a theft report. An unknown suspect(s) approached the kiosk and stole an employee's purse, which was sitting on a chair unattended. Video surveillance revealed the suspect was a Hispanic male, about 6' tall, 150 lbs., wearing a light colored t-shirt and dark shorts. An area check for the suspect proved negative.

2. Just after 9:00 p.m., officers were dispatched to Motel 6, 225 Colorado Place, in regards to a disturbance between multiple subjects. The officer discovered a 33-year-old Hispanic male subject was on probation and in possession of methamphetamine, marijuana, drug paraphernalia, and stolen property. Further investigation led to the arrest of another subject, a 44-year-old White male, who was a convicted felon in possession of ammunition. Both suspects were transported to the Arcadia City Jail for booking.

Monday, July 29:

3. At approximately 2:08 a.m., an officer conducted a traffic stop on a vehicle in the area of Las Tunas Drive and El Monte Avenue for driving with no lights. Upon contact with the driver, the officer detected an odor of alcohol emitting from inside the vehicle. An investigation revealed the 29-year-old Korean male driver was under the influence with a blood alcohol content greater than 0.08 percent. He was arrested and transported to the Arcadia City Jail for booking.

4. Around 7:45 p.m., officers were dispatched to the Santa Anita Race Track, 285 West Huntington Drive, in regards to a domestic dispute. An argument between a male subject and his girlfriend turned into a physical altercation. Witnesses saw the 26-year-old Hispanic male strike the victim in the face, causing visible injury, and carry her toward a vehicle against her will. He was arrested and transported to the Arcadia City Jail for booking.

Tuesday, July 30:

5. At about 5:14 a.m., an officer was dispatched to the parking lot of Coco's Restaurant, 1150 Colorado Boulevard, in regards to a driver possibly under the influence. The officer made contact with the subject and discovered he was under the influence of an Opiate. The 56-year-old White male was cited and transported to Arcadia Methodist Hospital for evaluation.

6. Around 7:30 p.m., an officer responded to a traffic accident on Duarte Road, west of First Avenue. As party-one was driving east on Duarte Road, her passenger side was struck by another vehicle who pulled out of a driveway without yielded to oncoming traffic. An investigation revealed the driver of the other vehicle had an outstanding misdemeanor warrant. The 26-year-old Chinese female was arrested and transported to the Arcadia City Jail for booking.

Wednesday, July 31:

7. At approximately 8:30 a.m., an officer was dispatched to Duarte Road and Golden West Avenue regarding a welfare check. The 28-year-old Hispanic male was determined to be under the influence of alcohol and unable to care for himself. He was arrested and transported to the Arcadia City Jail for booking.

8. Just after 7:30 p.m., an officer responded to the Arcadia Police Department front counter in regards to a fraud investigation. The victim discovered unknown suspect(s) made several unauthorized withdrawals from his business checking account at various Bank of America ATM locations, using his Visa debit card and pin number. The victim had no idea how his information was compromised since he was in possession of his debit card and never gave out his pin number.

Thursday, August 1:

9. At about 4:45 a.m., an officer responded to the Santa Anita Mall parking lot, 400 South Baldwin Avenue, in reference to a subject detained by mall security for forcing entry into multiple vehicles. The 21-year-old male of unknown race said he was looking for a joyride, but did not have the necessary tools to start any of the vehicles. He was arrested and transported to the Arcadia City Jail for booking.

10. At approximately 7:30 p.m., an officer was dispatched to H&M at the Santa Anita Mall, 400 South Baldwin Avenue, in regards to a theft report. Two suspects concealed clothing inside a used shopping bag and exited the store without making payment. As loss prevention attempted to detain the subjects, they broke free and fled

the location, leaving behind the stolen merchandise. Suspect one is described as a 16-year-old Hispanic female, 5'3" tall, 115 lbs., with brown eyes and long brown hair tied in a ponytail, wearing a white tank top, blue jeans, and black shoes. Suspect two is described as a 16-year-old Hispanic male, 5'7" tall, 130 lbs., with brown eyes and brown hair, wearing a dark colored button-up shirt, blue jeans, large white plug style earrings, and black framed eye glasses. Both suspects can be identified if seen again.

Friday, August 2:

11. Around 2:40 a.m., an officer conducted a traffic stop on a vehicle for making an unsafe turn and lane swerving on Baldwin Avenue at Olive Street. The officer discovered the 29-year-old Hispanic male driver was under the influence of alcohol. He was transported to Arcadia Methodist Hospital for medical clearance due to complaints of tightness in his chest. He was later transported to the Arcadia City Jail for booking.

12. At about 4:49 p.m., officers were dispatched to Macy's at the Santa Anita Mall, 400 South Baldwin Avenue, regarding a theft report. A 43-year-old Hispanic female was observed switching price tags between clearance and regular priced clothing. She tagged one item for \$31.49 when its original price was \$130. The suspect was arrested and transported to the Arcadia City Jail for booking.

Saturday, August 3:

13. Just before 9:00 p.m., an officer conducted a traffic stop on a vehicle in the area of Duarte Road and Holly Avenue for expired registration. An investigation revealed the driver had a suspended license and was in possession of ecstasy pills. The 23-year-old Hispanic male was arrested and transported to the Arcadia City Jail for booking.

14. At approximately 10:05 p.m., an officer conducted a traffic stop on a vehicle for a broke tail light on El Monte Avenue at Live Oak Avenue. A record check revealed the driver was never issued a license and during a search of the vehicle, the officer located a clear plastic baggie containing methamphetamine. The 45-year-old White male was arrested and transported to the Arcadia City Jail for booking.

1. Fraud Investigation (11-4274/4541)

In May of 2011, a victim purchased what he thought was a collectable Sandy Koufax baseball hat through a Craigslist.com ad. The hat arrived in the mail without an authenticity letter and was later discovered to be a fake. The victim contacted his credit card company and received a refund.

Since the date of the refund, the victim has been harassed by the seller of the fraudulent hat. First, a fictitious ad was posted on Craigslist.com listing the victim's car for sale. Then the victim received several harassing text messages, and several pizzas were ordered and sent to the victim's residence in Virginia. In addition, the victim's entire senior leadership team at work received an email from the suspect which claimed the victim was a thief and a bad employee.

Follow-up investigation and interviews by Detectives determined Richard Stanford, 46-years-old, of Arcadia, was responsible for the fraudulent transaction and the harassments. The Los Angeles District Attorney's Office filed one felony count of Forgery on Stanford and one misdemeanor count of Making Harassing Phone Calls.

The District Attorney's Office also filed one felony count of Fraud on Stanford for a separate case where he sold a used vehicle to a victim and signed over the car using

another person's name. The vehicle broke down within a few miles after it was purchased. An investigation revealed that Stanford had drained the oil from the engine and replaced it with Stop Leak to keep the oil from leaking in various places; and replaced all of the coolant in the vehicle with water.

On July 31, 2013, an Arcadia Detective testified in a preliminary hearing on both cases. Stanford was held to answer on all counts.

### 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.

**Creative Arts Group Presents**

**2<sup>nd</sup> Annual Scarecrow Festival**



Three ways to participate:

**Create a Scarecrow!**

Saturday, September 14, 2013  
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**FREE WORKSHOP**  
Limited Enrollment – Please register for time availability

**Scarecrow Contest**

Open to Sierra Madre Residents and Businesses.  
Call Creative Arts Group or come by for an application. Due 9/20/13

**Come See the Scarecrows and Vote for your favorite**

A list of locations & ballots will be available at Creative Arts Group and participating businesses September 30.

108 N. Baldwin Ave., Sierra Madre - 355-8350, [www.creativeartsgroup.org](http://www.creativeartsgroup.org)

**Sponsors of the Scarecrow Festival:**





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 • Sierra Madre Chamber of Commerce



## PUSD STAR TEST RESULTS RELEASED - *Sierra Madre School Tops The List*

Pasadena, CA --- Pasadena Unified School District (PUSD) test scores on the 2013 Standardized Testing and Reporting (STAR) exams mirrored statewide results and dipped slightly, according to results released August 8 by the California Department of Education (CDE). STAR tests are administered each spring to students in grades 2-11.

"The progress at most of our schools could be defined as steady," said PUSD Superintendent Jon R. Gundry. "The effects of the long-term school funding crisis are visible in this year's scores. With our limited resources the decision was made to focus on the future and prepare for the introduction of the new Common Core Standards and the transition to the next generation of assessments rather than intense preparation for a lame-duck assessment test.

PUSD has undergone a rigorous process of rewriting the district curriculum and planning professional development for educators in preparation for the transition to Common Core Standards and the next generation of curriculum and assessments. For more information of the transition to Com-

mon Core, please visit [www.cde.ca.gov/re/cc/](http://www.cde.ca.gov/re/cc/). 50 percent of PUSD students scored proficient or above in English Language Arts (ELA), down 2 percent from 2012 but an increase of 28 percent since 2003, the year the STAR tests became fully aligned with state standards. 45 percent of PUSD students scored proficient or above in math, a 1 percent decrease from 2012 and an 18 point jump from 2003 scores.

San Rafael Elementary led the district in overall improvement in ELA, rising 10 percent in one year and 21 percent over five years. San Rafael Elementary also led in overall math improvement, rising 12 percent in one year and 23 percent during the same period. Home to the district's dual language immersion program in Spanish, the school was also the pilot site for Artful Connections with Math, an innovative district program that uses standards-based visual arts lessons to target key math learning standards.

*Sierra Madre Elementary* once again topped the district in overall achievement

in ELA with 79 percent of students scoring proficient or above. Sierra Madre Elementary and Roosevelt Elementary led in math with 81 and 80 percent of students scoring proficient or above.

While not reflected on this round of data reporting, a serious testing irregularity occurred during the administration of the STAR tests last spring at Norma Coombs Alternative School. In one classroom students reported that they were encouraged to check their work during the test, a violation of test rules. When discovered, the district promptly reported the incident to CDE officials. Possible sanctions include the school not receiving an API score for 2013 and 2014.

Visit [cde.ca.gov](http://cde.ca.gov) for complete school, district and state data or visit [www.pusd.us](http://www.pusd.us) for more PUSD data and charts. Individual student test results will be mailed home within the next few weeks. Academic Performance Index (API) scores will be released by the state in September.

## 5 GERM-FIGHTING TIPS TO KEEP KIDS HEALTHY THIS SCHOOL YEAR

(StatePoint) School is a great place to learn, play and make friends. Unfortunately it's also a great place for germs to get very well acquainted....with your family! With 20 to 30 kids in a classroom and even more on the playground, it's hard to avoid the germs that cause such illnesses as colds, flus and more.

Three-time Gold Medalist, wife and busy mom of two, Christie Rampone knows the importance of good health. As captain of the U.S. Women's Soccer Team, she travels over two hundred days a year, often with her young children in tow. So stress, fatigue and staying healthy are daily battles. Since days off are not an option for Rampone, she is offering five "stay healthy" tips that parents can follow all school year long:

- Eat healthy: It's no secret, a balanced diet is key for a healthy immune system. By focusing on a variety of fruits and vegetables and avoiding processed foods and sugary snacks, your family will get the nutrition it needs to fight off germs during the school year.

"Some of my favorite healthy snacks are carrots, celery and apples. They are easy to pack and extremely nutritious," says Rampone. "The trick is to create variety, because kids tend to grow tired of the same things quickly."

- Get plenty of exercise: Frequent, moderate exercise is important for good health and strong immunity. On a daily basis, encourage kids to play sports, run, bike ride or dance, all to keep their bodies fit, hearts pumping strong and minds happy. Better yet, join in on the fun yourself!

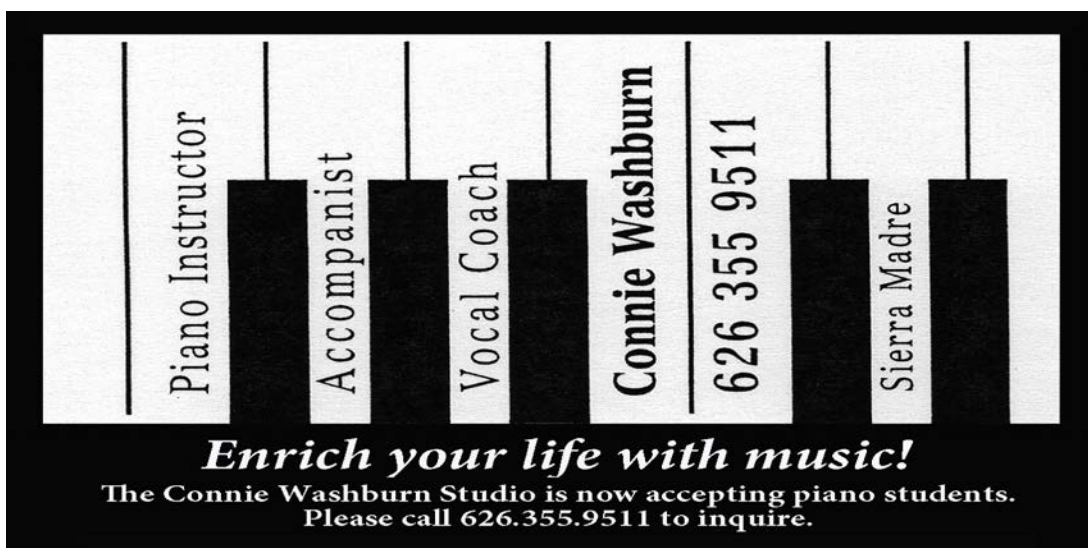
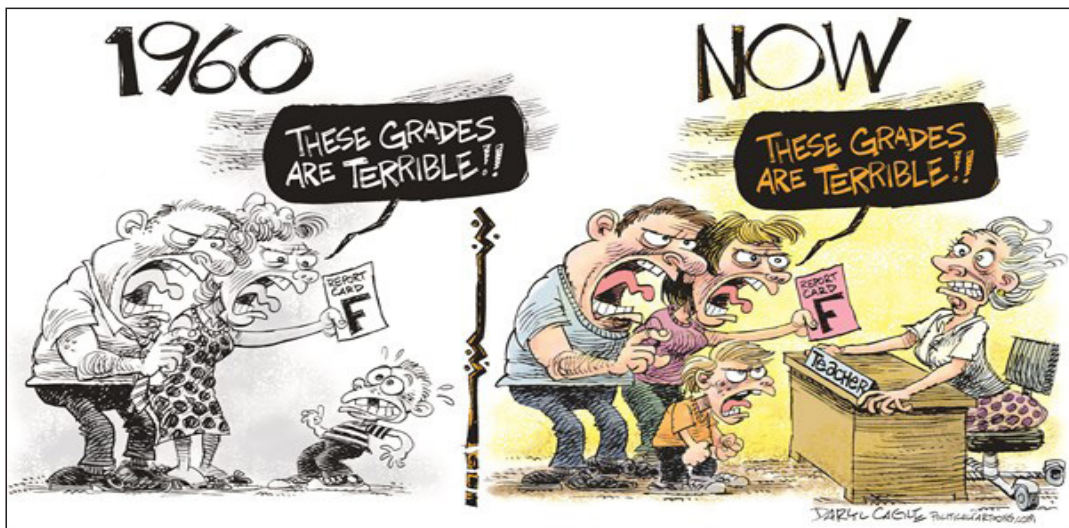
- Sleep at least seven hours a night: Sleep is crucial to good health, both mentally and physically. A recent study showed that when you get less than seven hours sleep at night, you're three times more likely to come down with a cold or flu.

- Take supplements as needed: Government recommendations call for five to eight servings of fruits and vegetables a day. But how many of us really get them? To help fill the gaps, look for nutritional supplements supported by published clinical research, like those containing EpiCor, an immune-strengthening ingredient found in many dietary supplement brands sold in stores and online. Rampone, who has battled Lyme disease, which wreaks havoc on the immune system, has been using such supplements for herself and her entire family.

- Don't forget about you: As a parent, your first priority is usually the kids. But you need to make sure that you also take care of yourself too, especially during the chaotic school and work week. Make sure that you drink enough water and get a few minutes each day to relax and recharge your immune battery.

More tips to keep kids healthy this school year can be found at [www.epicorimmune.com](http://www.epicorimmune.com).

*While you can't avoid germs, you can take steps to strengthen your family's immunity and overall health.*

## SIERRA MADRE FARMERS MARKET

The Sierra Madre Farmer's Market hours have changed to 3:00pm through 7:00pm every Wednesday in fall and winter. Vendors include Dry Dock which has fresh and wild caught fish, Rustic Loaf with artisan breads, Cutie Pie with fresh pies and much more!

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

## SCHOOL DIRECTORY

### Alverno High School

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

### Arcadia High School

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

### Arroyo Pacific Academy

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

### Barnhart School

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

### Bethany Christian School

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

### Clairbourn School

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

### Foothill Oaks Academy

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

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

### The Gooden School

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

### High Point Academy

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

### LaSalle High School

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

### Monrovia High School

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

### Odyssey Charter School

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

### Pasadena High School

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

### St. Rita Catholic School

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

### Sierra Madre Elementary School

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

### Sierra Madre Middle School

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

### Walden School

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

### Weizmann Day School

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

### Wilson Middle School

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

### PASADENA UNIFIED SCHOOL DISTRICT

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

### ARCADIA UNIFIED SCHOOL DISTRICT

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

### MONROVIA UNIFIED SCHOOL DISTRICT

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

### DUARTE UNIFIED SCHOOL DISTRICT

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

## THE REEL DEAL: by Ben Show THE WOLVERINE



Unlike many people I've talked to, I was not looking forward to this movie that much. While I have enjoyed the previous X-Men movies and Hugh Jackman has quite the amazing résumé, this movie did not seem as good as its predecessors.

After a traumatizing events have forced him to live a solitary life, the Wolverine (Hugh Jackman) is summoned back to Japan by a mysterious woman (Rila Fukushima). He discovers that an old friend is dying and wishes to offer Logan a special gift: the chance to live a normal, mortal life. However, after he accepts, he is challenged by the most dangerous foe he's ever faced.

This movie has two very large weak points. One, the plot very simple and predictable and, two, none of the action scenes use much CGI to make them look better. 'The Wolverine' is one of the weaker installments in the X-men/ Wolverine franchises.



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(626) 229-9750



Made possible with funding from the Centers for Disease Control and Prevention through the Los Angeles County Department of Public Health.



DOG DAYS, AND WE ARE HALFWAY THERE!!

Here are my favorite dining experiences so far for 2013. Look at this as an early report card to dining in the Pasadena area.

If you're looking for a steak, I recommend the Arroyo Chop House. In Pasadena, the steaks are above average and the Grand Marnier Soufflé for dessert is a must. I also recommend Taylor's Steak House in La Canada, an old-school steak house. It's a little less pricey then the aforementioned Chop House, and I love their Molly Salad, and although service can favor the regulars, it's one of my favorites.

TABLE FOR TWO by Peter Dills  
thechefknows@yahoo.com

Looking for ribs? There is only one place to go in the San Gabriel Valley -- Robin's Wood Fire Grill. Robin Salzar has been smoking the best beef and baby back ribs for years. Lunch? I have two places in mind. First is the Central Park Café; I always order the ahi tuna sandwich with the delicious broccoli salad on the side, and you can't go wrong with the short ribs. Also, I like Houston's. It's called a steak house, and but while I've been there twenty times in the past few years, I've never had ordered a steak (I'll bet its good, though!) I love the service and the non-chain attitude, the beef dip sandwich is my favorite, and the \$17 price is worth it.

A favorite of mine in Sierra Madre is Zugos, a little café on Sierra Madre Blvd., which features al fresco dining and wine and beer. Order the gnocchi -- I liked it and you will too. Pizza? I like several places, but the one out-of-towners must check out is Tarantino's on Green St. They are small and quaint, and only take cash, but the pizza is great -- you can get traditional style pepperoni or sausage. The lasagna is a hit as well, and they offer sandwiches, but stick with the pizza. Is Sushi your thing? Again, we have a few chains in the area, but for my money it's Japon Bistro on E. Colorado. They have a great selection of sake, plus the owner Clarence is always there to make everyone feel at home; it's little more pricey then the chains, but the few extra pennies are worth it.

Save September 23<sup>rd</sup> for Taste of Arcadia at the beautiful Arboretum on Baldwin! 5:30 to 9 PM (626) 447-2159. All you can eat and drink. Live Music and TV 's for Football viewing



INGREDIENTS

- 1 tablespoon minced ginger
- 3 cups chopped strawberries
- 2 cups chopped pineapple
- 1 1/2 cups chopped mango
- 2 pieces lemon peel
- 2 pieces lime peel
- 2 pieces orange peel
- 4 cups water
- 1 1/2 cups sugar
- 1/4 cup fresh orange juice
- 2 tablespoons fresh lemon juice
- 2 tablespoons fresh lime juice
- 1 cup blueberries
- Mint sprigs, for garnish

DIRECTIONS

Saute the ginger in a medium pot over medium-high heat until fragrant, about 2 minutes (no oil is necessary.) Add 2 cups strawberries, 1 cup pineapple, 3/4 cup mango and the lemon, lime and orange peels; cook for another 2 minutes. Add water, sugar and fruit juices and bring to a simmer, stirring occasionally. Simmer for 5 minutes and remove from the heat. Allow mixture to cool slightly and then transfer in batches to a blender or food processor. Puree and strain into a large bowl. Add remaining 1 cup strawberries, 1 cup pineapple, 3/4 cup mango and blueberries. Stir to combine, cover and refrigerate until well chilled. Serve with mint sprigs for garnish

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N	O	P	Q	R	S	T	U	V	W	X	Y	Z
14	15	16	17	18	19	20	21	22	23	24	25	26



## NORTH/SOUTH TOURNAMENT KEVYN NOJIMA AWARD WINNER

Nathan Chow, a senior at Loyola High School, was awarded the Kevyn Nojima Award on Sunday, August 4, 2013 during the North/South 20th Annual High School Invitational Tournament. The North/South Tournament is a showcase event for high school basketball athletes from the Asian community throughout Southern California. Teams are divided between Northern and Southern California boys and girls grouped by grade levels from 9th through 12th and they compete against each other in a 3 game tournament. The North/South Tournament has a great history of high level competition. Throughout the years many of the athletes have moved on to play at the college level and professionally around the world.

Nathan Chow is a varsity player at Loyola High and credits Loyola High Basketball Coach Jamal Adams for fostering his strength of character as a competitive player which defines the spirit of the Kevyn Nojima Award. Nathan is also a four time player of the South team.

Kevyn Nojima grew up playing for the Monterey Park Mustangs in the CYC organization where he honed his talents into a highly skilled point guard with great vision, handles, court sense, tenacity and a keen knowledge of the game. Kevyn made the roster of the Schurr High School team where he played with high energy and enthusiasm, displaying outstanding floor-leadership. Kevyn led his team to the Co-League Championship while earning his First Team All-League honors. Kevyn also played in the North/South Tournament for two years. In February 2001, Kevyn was diagnosed with Osteogenic Sarcoma (bone cancer). Despite almost two years of treatments and chemotherapy, Kevyn's arm and shoulder were amputated. Kevyn fought long and hard, always showing a strong will, courage and determination to face his serious condition head on. Unfor-



Left To Right: Nathan Chow, Judy S. Nojima, Ted Young

tunately, on the day after Thanksgiving in 2003 - at the young age of 22, almost three years after he was first diagnosed with his illness - Kevyn's body was no longer able to match the strength and courage he had in his heart.

Hence, the North/South Tournament Committee presents the Kevyn Nojima Courage Award to a North/South player who has demonstrated leadership ability, determination, strength of character, courage and a strong will to overcome any obstacles put forth before him. Kevyn's mother Judy Nojima was able to personally present the award in her son's name. The award is voted on by the North/South Committee and coaches. Nathan Chow, a resident of Sierra Madre, is grateful to God and humbled by such high honor. As quoted by a North/South Committee member, "Nathan exemplifies the exact qualities needed to be successful in life and on the court. We were proud to select him as this year's recipient".

The North/South Committee

## SPORTS

**'ZOMBIE BLOOD RUN': 5K EVENT TO BENEFIT AMERICAN RED CROSS & ST. BALDRICK'S FOUNDATION**



Santa Anita Park has announced that it will host its first-ever "Zombie Blood Run" 5k event on Saturday, Aug. 17, beginning at 9 a.m. Those who wish to participate can do so via three different categories: Runners can register for \$50.00. Those who wish to join the fray as Zombie Performers, may do so for \$30.00, and those wishing to observe the fun and frolic as Spectators, will be admitted for just \$5.00.

In addition to 5k participation, the American Red Cross and the St. Baldrick's Foundation (largest fundraiser for Children's Cancer Research in America) will conduct a special raffle, with 100 percent of the proceeds going to each charity. Tickets will be available for purchase for \$5.00 at the event. Contestants need not be present to win.

Raffle items will include unique autographed movie and horror memorabilia such as "Dawn of the Dead" posters, "Man of Steel" collectibles from blockbuster movie director Zack Snyder, and "Punisher War Zone" items from acclaimed director Lexi Alexander. Academy Award-winning Special Effects guru Robert Shore will also donate "Beetlejuice" collectibles and much more.

Runners will encounter an interactive zombie-themed obstacle course and they'll have flesh-eating ghouls to contend with as they pursue the runners en route to the safety of the finish line--as they attempt to survive what is being described as "the attack of the undead."

"Proceeds from this event will go to benefit two outstanding charities, the American Red Cross, San Gabriel Valley Chapter, and the St. Baldrick's Foundation," said Pete Siberell, Santa Anita Director of Community Services and Special Projects. "These Zombie Runs have become very popular and we're hoping to have a lot of fun with this and raise money for a pair of great causes."

Those interested in participating in the ZBR at Santa Anita are encouraged to sign in via Facebook, where they can see which of their friends have already signed up to participate.

Tickets are now available. For more information and to register as a ZBR participant, visit the **WHAT YOU GET** page at <http://zombiebloodrun.com/>, or call Timberwolf Productions, at (626) 823-2241.

## SAVE THE DATE!

### CITY OF SIERRA MADRE OKTOBERFEST GOLF AND TENNIS TOURNAMENT

**Saturday, October 19, 2013 - 8:00am**  
**Memorial and Sierra Vista Park Tennis Courts**  
**Eaton Canyon Golf Course**  
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**For more info or to support, call 626.355.5278 or email [kschnurr@cityofsierramadre.com](mailto:kschnurr@cityofsierramadre.com).**

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# THE WORLD AROUND US

## Looking Up

with Bob Eklund

## EXCELLENT PROSPECTS FOR AUGUST'S PERSEID METEORS

**PERSEUS**

**stardate.org**

**NE** **E**

The Perseid meteor shower, an annual celestial event beloved by millions of skywatchers around the world, returns to the night sky this week, peaking late-night on Aug. 11-12 and continuing for several days through mid-August. And because the Moon will be in its crescent phase and setting in early evening, no moonlight will hinder the viewing in the later evening hours.

Although an occasional Perseid meteor might catch your attention shortly after evening twilight ends, the prime viewing hours are from about 11 p.m. or midnight (local time) until the first light of dawn. This is when the shower's "radiant" (its perspective point of origin) is high up in your sky. The higher the radiant, the more meteors appear all over the sky.

To enjoy the Perseids, you need no equipment but your eyes. Find a dark spot with a wide-open view overhead. Bring a reclining lawn chair or a

ground cloth so you can lie back and watch the sky in comfort. Patience will be needed—in a dark sky, with little or no light pollution, you could see an average of about one meteor per minute.

Perseids can appear anywhere and everywhere in the sky. Faint Perseids appear as tiny, quick streaks. Occasional brighter ones might sail across the heavens for several seconds and leave a brief train of glowing smoke.

When you see a meteor, track its path backward. If you eventually come to the constellation Perseus—which climbs the northeastern sky as the night progresses—then a Perseid is what you've just witnessed.

Occasionally you might spot an interloper. The weaker Delta Aquarid and Kappa Cygnid showers are also active during Perseid season, and there are always a few random, "sporadic"

meteors. All of these track back to other parts of the sky.

Any light pollution will cut down the numbers visible. So will the radiant's lower altitude if you're viewing early in the night. But the brightest few meteors shine right through light pollution, and the few that happen when the radiant is low are especially long—skimming the upper atmosphere and flying far across the heavens.

Meteors are caused by tiny, sand- to pea-size bits of dusty debris streaking into the top of Earth's atmosphere about 80 miles up. Each Perseid particle zips in at 37 miles per second, creating a quick, white-hot streak of superheated air. The nuggets in Grape Nuts cereal are a close match to the estimated size, color, and texture of typical meteor-shower particles.

These particular bits were shed long ago by Comet Swift-Tuttle and are

distributed all along the comet's orbit around the Sun. Earth passes through this tenuous "river of rubble" every year in mid-August.

More about the Perseids and how to watch them appears in the August issue of Sky & Telescope magazine and at: <http://SkyandTelescope.com/Perseids>

INTERNATIONAL STARRY NIGHT EVENTS

Coinciding with the Perseid meteor shower, events are being held around the world to celebrate the first "International Starry Night, a Celebration of Starlight." Check them out at: [www.starry-night.org](http://www.starry-night.org)

[http://en.wikipedia.org/wiki/File:The\\_2010\\_Perseids\\_over\\_the\\_VLT.jpg](http://en.wikipedia.org/wiki/File:The_2010_Perseids_over_the_VLT.jpg)

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

Photo courtesy stardate.org

## Science/News



by JEFF

**Milkshake Like Cocaine For Overeaters:** A new study shows the powerful impact food has on the brain. Millions of overweight Americans consider food the enemy. And according to research, this enemy plays devious mind games. The same changes in brain chemistry that push drug users to take cocaine or heroin may also cause overeaters to consume more calories than they need. Gaining weight decreases the pleasure that we get from sugary and fatty foods. Eat a diet rich in these types of food, and one day you might need two pieces of cake to get the same enjoyment once provided by a single piece." Just as drug addicts use more to chase their original high, obese individuals may need to eat more food to compensate for these changes," said Cara Bohon, a post doc from U.C.L.A.

**Full moon may mean less sleep:** Slumber waxes and wanes along with lunar rhythm. A full moon deprives people of sleep even when they are shielded from moonlight in a windowless lab, a new study suggests. People sleep less deeply and fewer minutes around a full moon than during other parts of the lunar cycle, researchers report in Current Biology. They suggest that humans may have internal clocks that track the lunar cycle, much like circadian clocks that sync with the rise and fall of the sun. Christian Cajochen of the University of Basel and his colleagues also reanalyzed sleep data they had collected over several years.

**No Smoking in Casinos, Fewer Ambulance Calls:**Extension of smoke free laws to casinos led to decreases in ambulance calls to the gambling venues that were similar to what had been seen for other sites. Implementation of a smoke free law on July 1, 2006 led to a fall of 22.8% in calls for ambulances in one county in Colorado according to Stanton A. Glantz, PhD, of UC San Francisco, and Erin Gibbs of the Gilpin Ambulance Authority. Our results suggest that applying smoke free laws to casinos not only would prevent medical emergencies but also would reduce costs to the state, which may incentivize the passing of smoke free casino laws."

**Scientists issue call to change definition of cancer:**In response to increasing incidences of over diagnosis and over treatment in cancer patients, The National Cancer Institute has suggested redefining the term "cancer." Some cancers are life threatening, while others aren't, but frightened patients often choose the most aggressive treatment option available, despite the lethality of their condition. In some cases, this leads to unnecessary procedures that are often detrimental to the physical and emotional health of the patient.

**Global climate change really is our fault:**The American Geophysical Union, a body of more than 62,000 scientists, issued a statement." Humanity is the major influence on the global climate change observed over the last 50 years." "For anyone who might suggest natural causes the changes are inconsistent with explanations of climate change that rely on known natural influences." These observations show large scale increases in air and sea temperatures, sea level, and atmospheric water vapor; and decreases in mountain glaciers, snow cover, permafrost, and Arctic sea ice.





by Chris Leclerc

## THAT DEVILISH DENTLER!

PETA's Precarious Hilarious 'Wild Animal Agent'

If you're anything like me, more often than not after viewing an advertisement by an animal advocate group such as PETA (People for the Ethical Treatment of Animals) or an animal rescue organization such as The Humane Society or SPCA (Society for the Prevention of Cruelty to Animals), you end up in tears and unable to finish watching because it makes you so depressed. There are reasons why those organizations tend to make their ads so emotionally engaging, and I am one who will support such groups as much as I can, but I could do without the sad, tear-jerking graphics they display in their ads. I mean let's face it, anyone who has it in their heart to donate already knows about the horrific things that happen to animals at the hands of cruel humans, and those who are not inclined to donate most likely will not be prompted to do so by viewing grueling graphics of animal cruelty.

Fortunately, PETA has switched gears a bit in terms of how they solicit interest and support for their efforts from their viewers. Now, thanks to the creative cast & crew employed by PETA's promotional department, they are using ad campaigns that offer a good gut laugh rather than a tortured tear, leaving the viewer even more enthusiastic about supporting their efforts than if they had been forced to witness unspeakable behind scenes acts against the animals. A relatively recent PETA promotional ad campaign that pin-points inappropriate exploitation and neglectful treatment of wild animals on Hollywood movie sets features the unique technique of humor versus remorse, as a means of prompting a positive response from their audience.

Devon Dentler, a cute, crazy comic who just happens to reside just up the road from us in Glendale, has made it his mission to incite positive responses from the general public, all on behalf of wild animals who have way-too-long been exploited by the entertainment industry. Here's a guy who could get a good giggle out of the crustiest crowd that would otherwise rather frown and be down, and has chosen to focus his talents and time on helping prevent wild animal exploitation in Hollywood. His hilarious ad antics have recently become an icon among animal rights activists, including myself. When I first saw one of Devon's ads, I was enamored by his charming way of making an important point while making me laugh my 'you-know-what' off at the same time! It was so refreshing to see an animal rights promotional ad that succeeded in cutting to the chase without leaving me emotionally depleted. I have always thought that humor is an amazing medium that can be used to convey thoughts that are typically difficult to convey, and in my opinion, Devon (aka: "Wild Animal Agent") is the master of this rather new animal rights advertisement comedy genre.

If you've never caught one of PETA's ads featuring Devon Dentler, 'Wild Animal Agent', I highly recommend it. Even if you are not in a position to donate to the cause right now, you will definitely benefit from the laughter these ads will bring, and it can't hurt to be reminded of what goes on behind the scenes with animals in entertainment. There are at least 8 commercials in the PETA "Wild Animal Agent" campaign series that I know of, and each one is focused on a particular type of animal. There is one with a bear, one with an elephant, a couple featuring a lion, one with a gorilla and even one with a bat. These animal advocate ads make full fun of the 'average' Hollywood talent agent using simply side-splitting satire that is guaranteed to hit the nail on the head regarding the inappropriate use of wild animals in film. Of course, there are no wild animals in the PETA ads themselves, as that would be somewhat of a conflict of interest, so instead of including a real animal, they use sound effects, and panning techniques that turn the viewer into the animal. Brilliant stuff, I think!

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A few of Dentler's PETA ads can be viewed free at: <http://tennilleteague.com/PETA-Devon-Dentler>. Be sure and check it out! And, meanwhile don't forget that life is too short not to be kind...laugh, love and let live!

## PET OF THE WEEK

LANCELOT: #A4611236



Lancelot (A4611236) is as sweet as they come! Lancelot is a cuddly eight month old black and fawn male Spaniel/medium hair Chihuahua mix puppy who was dumped at the Baldwin Park Shelter on July 26th. Weighing twenty pounds, Lancelot does not walk on leash and insisted on being carried by his handler for his photo shoot. Mellow, content and with a charming disposition, he is good with other dogs and we think he will be okay with children. Lancelot is a wonderful pet for anyone in any living situation! Please check him out and fall in love with this puppy. To watch a video of Lancelot please visit: [www.youtube.com/watch?v=nNYTBSzkFrg](http://www.youtube.com/watch?v=nNYTBSzkFrg)

To meet Lancelot 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 Lancelot, please reference his animal ID number: A4611236. 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 Lancelot or the adoption process, please contact United Hope for Animals Volunteer Adoption Coordinator Samantha at [Samantha@hope4animals.org](mailto:Samantha@hope4animals.org). To learn more about United Hope for Animals' partnership with the Baldwin Park Shelter through its Shelter Support Program, as well as the many dogs of all breeds, ages, and sizes available for adoption in local shelters, visit <http://www.unitedhope4animals.org/about-us/shelter-support-program/>.

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By Pat Birdsall

FYI - DEPRESSION IN OLDER ADULTS AND THE ELDERLY- PART II

Self-Help for Depression

Overcoming depression often involves finding new things you enjoy, learning to adapt to change, staying physically and socially active and feeling connected to your community and loved ones. If you're depressed, you may not want to do anything or see anybody. But isolation and inactivity only make depression worse. The more active you are physically, mentally and socially, the better you'll feel. \*Exercise: Physical activity has powerful mood-boosting effects. In fact, research suggests it may be just as effective as antidepressants in relieving depression. The best part is that the benefits come without side effects. You don't have to hit the gym to reap the rewards. Look for small ways to you can add more movement to your day: park farther from the store, take the stairs, do light housework, or enjoy a short walk. Even if you're ill or frail or disabled, there are many safe exercises you can do to build your strength and boost your mood—even from a chair or wheelchair.\*Connect with others: Getting the support you need plays a big role in lifting the fog of depression and keeping it away. On your own, it can be difficult to maintain perspective and sustain the effort required to beat depression. You may not feel like reaching out, but make an effort to contact others and limit the time you're alone. If you can't get out to socialize, invite loved ones to visit you, or keep in touch over the phone or by email. \*Bring your life into balance: If you're feeling overwhelmed by stress and the pressure of daily life, it may be time to learn new emotional management and emotional intelligence skills.

Other self-help tips: (1) Get enough sleep (2) Maintain a healthy diet-- avoid eating too much sugar and junk food (3) Participate in activities and hobbies (4) Volunteer your time-- helping others is the best way to feel better about yourself (5) Take care of a pet--a pet can keep you company and in the case of dogs, walking them is great exercise for both you and the dog (6) Learn a new skill—Pick something you always wanted to learn or that sparks your imagination and creativity (7) Create opportunities to laugh—laughter provides a definite mood boost! [www.helpguide.org](http://www.helpguide.org)

**HELPFUL HINT:** Coffee filters work wonders with glass cleaner on windows without leaving streaks

**FOR YOUR FUNNY BONE** - Service in the restaurant was abysmally slow. My husband was starting to flip out, so I tried to distract him with small talk. "You know, I said, "our friend Christi should be having her baby anytime now." "Really?" my husband snapped. "She wasn't even pregnant when we walked in here."

HAPPY BIRTHDAY! ... August Birthdays



Karlene Englert, Juanita Fernandez, Jeanette Francis, Joseph Kiss, John Luke, Jacquie Pergola, Maury Whitaker, Pat Miranda, Phyllis Chapman, Jerry Burnett, Margaret Aroyan, Phyllis Burg, Beverly Clifton, Rosemary Marabito, Susan Poulsen, Dorothy Quentmeyer, Genevieve Stubbs, Miep Tulleners, Joy Barry, Ellie Baudino, Marcia Bent, Daryls Brechwald, Joan Spears, Ruth Torres, Jane Zamanzadeh and Harry Enmark.

\* 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:** "I still have a full deck; I just shuffle slower now."  
~ Author Unknown~



**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.

**NEW!** Get fit, Have Fun with Zumba Gold  
Zumba Gold is a low impact fitness class based on Latin and World Music. The upbeat music creates a fun atmosphere with easy to follow dance moves that will have you toning your body and improving your stamina and balance from your very first class. No dance experience is necessary and all fitness levels are welcome. Class is held Mondays from 11:00 am to 12:00 pm. Next session begins in September. \$30.00 class fee. For more information or to sign up call the Community Services Department at (626) 355-5278.

**Free Blood Pressure Testing: This month only!** Thursday, August 15th 11:00 am-12:00 pm: A nurse from Methodist Hospital, Arcadia volunteers to do the readings. No appointment necessary.

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

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

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

**Lunch and Learn:** Wednesday, August 28<sup>th</sup>. 12:15 to 1:00 PM  
"You Are What You Eat"- Hart Park House-Senior Center- Listen to Victoria Pacheco, a licensed Registered Dietician from Methodist Hospital, as she shares information on senior nutrition and brain health. For adults over 50, the benefits of healthy eating include increased mental acuteness, resistance to illness and disease, higher energy levels, faster recuperation times and better management of chronic health problems. As we age, eating well can also be the key to a positive outlook and staying emotionally balanced. But healthy eating doesn't have to be about dieting and sacrifice. Whatever your age, eating well should be about fresh, colorful food, creativity in the kitchen and eating with friends. If you would like to have lunch during the talk, please make a lunch reservation with the Senior Lunch Cafe at 626.355.0256 or bring your own.

**Birthday Celebrations:** The 2<sup>nd</sup> Thursday of the month the Senior Center celebrates the birthdays of our patrons at 12:30 pm 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:



**USS Iowa (San Pedro)** Date: Friday, August 16, 2013 Time: 9:30 am to 3:00 pm  
Meeting Location: Hart Park House Cost: \$32.00 (Does not include lunch)  
Don't miss the trip to the USS Iowa, designated as the "World's Greatest Naval Ship" due to her big guns, heavy armor, fast speed, longevity and modernization. Visitors will enjoy a comprehensive tour of the ship lead by an educated docent. In addition, several short films on the history of USS Iowa will be shown providing an abundance of information on this historical ship. Lunch will not be provided, but please bring \$15-\$29 for lunch at the Whale and Ale. Last day to register is Thursday, August 1<sup>st</sup>, but those interested can be added to the wait list. (Should someone cancel, the waitlist participants can fill the spot).

Save the Dates!

Friday, September 13, 2013- Riley's Farm (Oak Glen, Ca.)  
Saturday, October 12, 2013- Oktoberfest (Big Bear, Ca.)

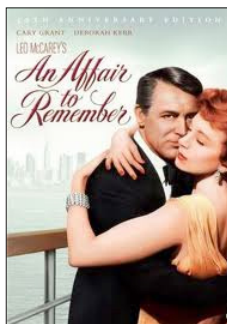
\*Registering for Excursions can be done in person at the Hart Park House Senior Center and the Community Recreation Center or online at [www.cityofsierramadre.com](http://www.cityofsierramadre.com) Cash, checks, and credit cards are accepted. Make checks payable "City of Sierra Madre". Payment must be made at the time of reservation. CALL (626) 355-7394

Senior Movie Program:

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

August 21<sup>st</sup>: An Affair to Remember (1957)

Starring, Cary Grant and Deborah Kerr High profile types both engaged to be married to other people meet and fall in love during an ocean voyage. To test the depth of their commitment to each other, Grant and Kerr promise that, if they're still in love at the end of six months, they will meet again at the top of the Empire State Building. (Not rated)... Bring Kleenex  
Start time: 1:00 pm (run time is 119 minutes)



MUSIC THERAPY FOR ALZHEIMER'S PATIENTS

Dear Savvy Senior:

What can you tell me about music therapy for Alzheimer's patients? I'm helping my dad take care of my 80-year-old mother who has mid-stage Alzheimer's disease and thought it might be something worth trying. How do we proceed? Unmusical Mary



Dear Mary:

Music has amazing power, especially for people with Alzheimer's disease. Studies have shown that listening to familiar music can significantly improve mood and alertness, reduce agitation, and can help with a number of behavioral issues that are common in the middle-stages of the disease. Even in the late-stages of Alzheimer's a person may be able to tap a beat or sing lyrics to a song from childhood.

Sitting and listening to music together can also provide a way for you and your dad to connect and bond with your mom, even after she stops recognizing your names and faces. Here are a few tips to help you create a music therapy program for your mom.

Create a Playlist

Your first step is to identify the music that's familiar and enjoyable to your mom. Does she like jazz, classical or Frank Sinatra? What songs make her want to get up and dance? Then go back to the era when she was a teenager through their early 20's. Research shows that music during this time period seems to get the best response and triggers the most memories.

If you need some help creating a playlist, the Institute for Music and Neurologic Function provides a suggested list of top songs by era and genre on its website at [musictherapy.imnf.org](http://musictherapy.imnf.org) - click on "Out-patient Services," then on "Top 10's For Memory."

The website [pandora.com](http://pandora.com) will also tailor a radio station to match your mom's musical taste when you select an artist, song or genre. And [musicandmemory.org](http://musicandmemory.org) offers a free guide to creating a personalized playlist.

You can also get help from a music therapist. The American Music Therapy Association offers a national directory of more than 6,000 therapists at [musictherapy.org](http://musictherapy.org) to help you find someone in your area.

To keep things fresh, it's best to create a diverse playlist of numerous artists, with no more than five to 10 songs per artist. It's also important to keep tweaking their playlist. Every week or so, ask your mom which songs she likes and which ones are just so-so. Remove the so-so ones, and build on the successful ones so you end up with 100 or 200 songs that all resonate.

Music Delivery

There are a number of ways you can deliver your mom's favorite music: a digital listening device, CD player, a computer or tablet, or even an old record player. If you don't have any music and are on a tight budget, check with your local public library. It may have CD selections you can check out.

Digital listening devices like an iPod or MP3 player are the most convenient and widely used options among music therapists for delivering music, because they're easy to add and remove songs from.

The \$49 Apple iPod Shuffle ([apple.com/ipod-shuffle](http://apple.com/ipod-shuffle)), and \$40 SanDisk Sansa Clip MP3 Player ([sandisk.com](http://sandisk.com)) that require headphones, and the \$60 Peabod SweetPea3 MP3 Player ([sweetpeatoyco.com](http://sweetpeatoyco.com)) which has an external speaker, are three excellent devices that are extremely simple to use and very affordable.

Another option to consider for listening to music together is through an Internet radio service like [spotify.com](http://spotify.com) and [rhapsody.com](http://rhapsody.com). These services will let you create a customized playlist (for free or a small monthly subscription fee) that your mom and you can listen to via computer, mobile device, home entertainment system, or a home Internet radio like the \$180 Logitech UE Smart Radio ([ue.logitech.com](http://ue.logitech.com)), which is a great alternative that's simple to use and compatible with most online radio services.

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

KATIE Tse .....This and That  
EMBRACE THE LOCK!



I have often observed an interesting variety of billboards while waiting through the red light at Huntington and Rosemead. For a while Trader Joe's had some cryptic picture message involving an eye hovering over a rope of licorice, a tomato on an old fashioned scale, and a group of people drinking wine/champagne. I had several theories (none of which made much sense): "I over scale 'Cheers!'," "Watch above tomato and enjoy responsibly," and "Overlook weight and have fun!" Shopping at Trader Joe's one day, I finally gave up and asked one of the checkers what it meant. I didn't commit the phrase to memory, because it was something unmemorable, like "Look, buy, celebrate!" They probably put up that ad around the time the movie "Eat, Love, Pray" came out, and haiku-ish phrases were "in."

But let's forget about the old billboards. Have you noticed the new one with a predatory-looking animal and the eerie question, "Did you remember to lock your door? You're next!" I have no idea what this movie's about; but I do have an opinion about locking your doors --do it!

When I was growing up my parents always locked the doors at night and whenever we left the house. They instilled this habit in me along with wearing a seat belt and looking both ways before I crossed the street. It wasn't as if my parents grew up in rough neighborhoods and developed paranoid door locking habits. It was just part of being safe.

So, you can imagine my surprise when I talk to people who purposefully leave their doors unlocked! I can't tell you what to do with your home, but I've got to ask these anti-locking people, "Why?" The usual response is something like, "Oh, this is a safe neighborhood!"

Yes, I agree that Sierra Madre is a "safe" neighborhood, and your neighbors might be the sweetest, most trustworthy people in the world. But it's not them you need to worry about. It's the nuts who make a practice of breaking and entering. Or, in the unlocked cases, simply entering.

It really doesn't take much imagination to consider the potential consequences of leaving your home, car, or any other valuable property unsecured. All you have to do is read the police blotter (you'll find several near the front pages of this newspaper). Even if you think there's nothing in your home worth stealing, do you really want a stranger rifling through your belongings?

When talking to people who leave their doors unlocked, it seems that the idea of locking them somehow sends an unspoken message to their neighbors that "I don't trust you!" There's also the connotation that locking your door implies you doubt mankind's essential goodness. "I believe you won't rob me, therefore I'll give you the benefit of the doubt by leaving my home freely accessible." Personally, I hold to the adage, "In God we trust, all others ring the doorbell."



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## Tips of the Trade: Real Estate Revealed

by Luther Tsinoglou

### DON'T CHASE THE MARKET

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

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

So if your home is to get attention in those conditions, you've got to price aggressively against your competition. Do not overprice your home, because you may end up making even less money than if you had priced properly from the start. Why? Because sellers who overprice have to keep chasing the market down by reducing their price.

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

## BUSINESS TODAY

### The latest on Business News, Trends and Techniques

By La Quetta M. Shamblee, MBA



## THE AFFORDABLE CARE ACT & SMALL BUSINESS

Starting in 2014, businesses in California with 1 to 50 employees will have access to affordable health care insurance for their employees through the state's health exchange known as "Covered California." No small business of this size is required to participate, nor are the owners required to provide insurance or contribute toward premiums for their employees. Businesses with fewer than 25 employees may qualify for a special tax credit that can be used to offset up to 50% of the cost of employer-paid premiums for employee health insurance benefits.

Known as SHOP (Small Business Health Options Program), the program provides access to a variety of health insurance plans designed to fit the needs and budget of employers and their employees. Employers have a choice four categories of health plans that have been classified as bronze, silver, gold and platinum. These categories make it easy to compare different plans. The percent of medical expenses that a health plan will cover increases in tandem with the increased value in its associated metal value. The lower the metal value, the lower the monthly premiums.

Basically, the bronze plan will have the lowest monthly premium, but it will also require a higher out-of-pocket expense for health services than a plan with a higher metal value. In contrast, the gold and platinum levels will cover the highest percentage of expenses for health services. Covered CA allows the employer to select the metal category that fits within their budget, which is based on a fixed amount or as a percent of total cost to their employees. Employees will get to select one of the participating insurance companies of their choice.

If an employer chooses not to participate, their employees will still be able to access the same coverage options by enrolling with Covered California to purchase health insurance as individuals. Sole proprietors that have at least one other employee paid under a W-2 also qualify for SHOP, however sole proprietors with no employees will be enroll as an individual to purchase insurance through Covered California.

For more information, visit the official consumer website at [www.CoveredCA.com](http://www.CoveredCA.com)  
NOTE: CoveredCalifornia.com is NOT affiliated with the insurance exchange set up by the State of California.



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## HOUSING INVESTORS FUEL THE MARKET RECOVERY, FAVORING BUY AND HOLD OVER FLIPPING, A.A.R. FINDS

ARCADIA (August 6) – Investors have played a key role in the California housing market recovery for the past four years. Low mortgage rates, attractive home prices, and low yields on alternative assets have fueled demand for investment properties, particularly where distressed homes have dominated sales. According to the Arcadia Association of REALTORS®, In keeping with common wisdom that today's real estate market is ideal for a long-term investment strategy, two-thirds (64 percent) of investors who worked with a REALTOR® indicated they are going to keep the property for more than a year, while about one-third (36 percent) of investors intend to flip the property within a year. This is based on information from the California Association of REALTORS® "2013 Investor Survey."

Additionally, three-fourths of investors are of the small mom-and-pop type, owning 1-10 other investment properties, with 15 percent owning just one property, 46 percent owning 2-5 properties, and 14 percent owning 6-10 properties, the investor survey found. Of the properties purchased by investors, single-family

homes were the preferred property type, with 78 percent of transactions involving single-family homes. Multifamily properties comprised 14 percent, 7 percent were other property types, and bulk sales made up only 1 percent. The median sales price of an investment property was \$272,500. More than eight out of every 10 investors made repairs to their investment properties, spending a median of \$10,000 – or 4 percent of the median sales price. Investors spent a greater percentage (4.2 percent) of the sales price rehabilitating properties costing \$250,000 or less than they did on properties costing \$500,000 or more (3.4 percent).

Among the reasons investors bought or sold now include profit potential (34 percent), good price (26 percent), low interest rates (10 percent), personal reasons (6 percent), and location (4 percent). Additional findings from C.A.R.'s "2013 Investor Survey" include:

- More than two-thirds (67 percent) of investor buyers paid cash.
- Twenty-seven percent of investors were foreign investors, with China, India, and Mexico being the top countries of

origin.

- The majority of investors (59 percent) found their property on the MLS.
- Three-fourths of buyers intend to keep the property for less than six years.
- More than two-thirds of the properties are managed by the owners, rather than professionally managed.
- The median rate of return on investment was 14 percent.

C.A.R.'s "2013 California Investor Survey" was conducted in April 2013 in an effort to learn more about the role of investors in the California housing market. The survey was emailed to a random sample of REALTORS® throughout California who had worked with investors within the 12 months prior to April 2013.

For the full survey report, visit [www.car.org/MarketData](http://www.car.org/MarketData). Representing local Realtors® in the San Gabriel Valley for 89 years, the ARCADIA ASSOCIATION OF REALTORS® ([www.TheAAR.com](http://www.TheAAR.com)) is one of the oldest trade organizations in CA. The AAR is dedicated to the advancement of professionalism in real estate and is an advocate for private property rights. A.A.R. is headquartered in Arcadia.



## Social Media

Tips & Tricks

By Merri Jill Finstrom



### WHY ISN'T MY FACEBOOK PAGE SHOWING UP IN GOOGLE?

One of the benefits of having a Facebook page for your business is that it will show up in search engines. Sometimes these pages don't show up and that can be very frustrating. It might take some time for Google to index your Facebook page but there might be some other reasons your page isn't showing up in the list:

Country and age restrictions

A common reason why a page will not show up in a search is because there is a restriction on age or country in the page settings. Make sure to select "Anyone(13+)" in the age restriction area and don't set any country restrictions. NOTE: there may be cases where you need to set the age and country restrictions based on the type of product or service you sell (i.e. alcohol) but know that this restriction will not allow your Facebook page to be indexable in the search engines.

There are no links to your page

It is important to promote your Facebook page and link to it from other areas of the web. Add links on your web site or blog, comment on other blogs with your Facebook link. These back links will let Google know your page exists.

Check your page settings for any restrictions

Edit Page

Build Audience

Update Page Info

Edit Settings

Manage Admin Roles

Use Activity Log

See Banned Users...

Age Restrictions

Anyone (13+)

Save Changes

Cancel

Country Restrictions

Enter country or countries

Only show this Page to viewers in these countries

Hide this Page from viewers in these countries

Save Changes

Cancel

Get a unique username at:

www.facebook.com/username

Each Page can have a username

Easily direct someone to your Page by setting a username for it. After you set your username, you may only change it once.

Page Name: --- Pages

Check Availability

Facebook Username

Creating a unique Facebook page username can help too. To set up your username, go to [www.facebook.com/username](http://www.facebook.com/username). Sometimes these usernames will show in a search result instead of the actual page name. NOTE: depending on the type of page you have, you may not be able to create a username until 25 people have "Liked" your page.

Key Words

Make sure the "About" section of your Facebook is filled with lots of good keywords that are relevant to your business. Think of words or phrases people would use to search for your product or service.

If you don't have any content in this area, the search engines have nothing to find.

Your page is neglected

Search engines like activity. If you are only posting to your page every once in a blue moon, you will find that your page will not show up in search. Keep feeding your page with good content and soon other people will engage with it. Pages with a lot of action get noticed in Google search.

Facebook pages can serve as a secondary, interactive web site for a lot of businesses. They help others to find your products and services more easily. You don't have to be a member of Facebook to see the content on these pages. An active page filled with keyword-rich content might even show up before a business's web site.

If you'd like to learn more about using Facebook for business, join HUTdogs for a hands-on Facebook BootCamp on September 7, 2013 (see schedule at: [www.hutdogs.com/workshops/schedule](http://www.hutdogs.com/workshops/schedule)).

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

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

# VOLUNTEERS NEEDED

## Are you interested in helping women with cancer?

City of Hope's Cancer and Aging Research Program is looking for female volunteers aged 60 or older with no past history of cancer to participate in a research study that compares women with cancer to women without cancer.

Participants may be asked to complete surveys, take memory tests or submit blood or saliva samples.

Please contact Caroline at 626-256-4673, extension 64887 for more information.



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*"All men should strive to learn before they die, what they are running from, and to, and why."* - James Thurber

Who am I? This is one of the most perplexing and mysterious questions you can ask yourself. It's my hunch most of us don't know the answer.... why? Too often we do not spend enough time getting to know ourselves.

When we want an intimate relationship, we spend lots of time with the other. We talk openly and share secrets; we reveal fears and disappointments, dreams and desires. We allow ourselves to be seen... the perfect and the imperfect. The same is true with getting to know ourselves.

It takes time. Regular talks. Honest exchanges of vulnerability and truth.

It's the journey that woos me every morning at 4:30. I sit at my window, light a candle, and begin writing. I ask anything. Then, write what I hear. After a while, I transition from my left brain to my right brain, and my spirit becomes clear. It's healing. It's clarifying. It's essential... if I want to find my answers. After all, the spirit knows everything about me! And yours knows everything about you. Aren't you curious?

The conversations are helpful, but not always easy. The spirit doesn't know "easy." It knows the truth. Sometimes it's a tough resolve. Other times, it's simple. No matter the content, it goes down on paper. The words flow from the pen, my hands transcribing my mind directly, one thought at a time. So I can understand it. Understand me.

If you want to know more about who you are and were created to become, I suggest you give journaling a try. Begin with a half a page every day. Start slow and form commitment. You will as you feel the difference. The process makes room, audio room, for you to stand in the open air with the still, small, faithful voice of your spirit.

For more detailed instructions on how to journal, download How To Journal. Here's the link: [www.LORIKOOP.com/downloads/howtojournal.pdf](http://www.LORIKOOP.com/downloads/howtojournal.pdf). Let me know how it goes. I'd love to hear: [Lori@LORIKOOP.com](mailto:Lori@LORIKOOP.com). -----  
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## HOW CAN YOGA HELP EXPECT THE BEST



I am always impressed how improves my view of the world. Just the act of taking care of myself and my body changes everything. Come to class, feel better. Repeat. Further, my general outlook begins to improve. And I'm able to be more active because my body feels better. Can you imagine the potential of summer time when your body is in shape and the mind is feeling good? Wow.

If only staying active and maintaining that good health were so easy. Life happens, right? It's during the busiest times that we need our yoga the most. Even during the best times as well as the worst. We can inspire others and stay well during the best. During the challenging times, we desperately need the love yoga gives our bodies and some "off" time for the mind.

Staying positive and keeping positive is a full time job. Yoga helps with that. Our problems literally seem to shrink in size as our overall well being improves. In treating ourselves with compassion, we treat others with compassion. The world can become a little softer. Really, it's you who's becoming softer. Cultivating that super sweet quality of taking it easy on people. Expecting the best. Expect the best in advance and let the goodness unfold.

Namaste and see you in class,

Keely Totten - Teacher at Yoga Madre

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## IS OUR FAVORITE SWEETNER POISONING US?

by Dr. Tina Paul

Obesity is a problem in all industrialized nations. In the United States obesity rates are among the highest in the world. Some time ago, it was concluded that eating fat makes us fat. Because of this fact, Americans eat less fat today than they did 20 years ago. So our obesity rates must be going down right? Unfortunately, that is not the case. The culprit is SUGAR. The single largest source of calories for Americans is sugar and it is taking a toll on our health.

Sugar provides us with empty calories which means we get no nutritional value from eating it. Some sugars have to be processed in the liver. When you eat foods with added sugar meaning, not naturally occurring sugar, the liver breaks down some of it and produces fat cells called triglycerides. As people continue to eat or drink processed foods containing sugar and their weight goes up, their triglycerides rise, eventually their blood pressure rises too. All of this can lead to type II diabetes.

The problem is sugar is addictive. Food manufacturers add it to virtually all processed and many canned foods to make the food taste better and to keep us buying them. Sugar is not simply something that is adding little value to your health; it is causing disease and shortening the chance to live to a vibrant and healthy old age. The solution is to stop eating sugar or at least drastically limit it.

There are some ways to easily cut back on sugar... Try using the herb stevia in place of sugar. Avoid soft drinks and energy drinks. Read canned and packaged food labels to watch out for hidden sugar. Better yet, rather than prepackaged foods eat the way mother nature intended, whole unprocessed foods!

Dr. Paul is a traditional naturopath and nutritionist at Vibrant Living Wellness Center

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## WOD GEAR CLOTHING TO DONATE A PORTION OF PROCEEDS TO CITY OF HOPE

July 26, 2013 - Pasadena, CA - WOD Gear Clothing Co. is pleased to announce City of Hope as the beneficiary for the WOD Gear Third Annual Team Series crossfit competition being held at Caltech in Pasadena, on August 17, 2013. City of Hope is a nationally ranked comprehensive research institution dedicated to the treatment and eradication of cancer and other life threatening diseases, including diabetes and HIV/AIDS. Known for its compassionate patient care, City of Hope has been serving Los Angeles County for 100 years. WOD Gear is honored to donate a portion of the event's proceeds to support such a worthy cause.

WOD Gear founder, Gabriel Pelino, says "We are so excited to have City of Hope come alongside for our competition. So many of us within the crossfit community have dealt with cancer, up close and personal, and we stand with City of Hope in its continuous fight to find a cure."

With 80 teams of 2 men and 2 women per team, for a total of 320 athletes, and a mini-triathlon being incorporated into the competition, this year's Team Series will be unlike previous years. The number of spectators to converge on the campus of Caltech is expected to reach 3,000, making Pasadena another mecca for crossfit enthusiasts and fans.

WHEN: Saturday, August 17, 2013, 7:00 am - 4:30pm.

WHERE: Caltech - 1200 East California Blvd., Pasadena, CA 91125

ONLINE: [www.wodgearclothing.com](http://www.wodgearclothing.com)

Facebook: [www.facebook.com/wodgear](http://www.facebook.com/wodgear)

Twitter: @WODGear

Instagram: [Instagram.com/wodgear](https://www.instagram.com/wodgear)

Hashtags: #wodgear, #WODGearTeamSeries

About City of Hope:

An independent biomedical research, treatment and education institution, City of Hope is a new model of cancer center, focused on rapidly transforming scientific discoveries into better treatments and better prevention strategies. Recognized worldwide for our compassionate patient care, City of Hope is a leader in the fight to conquer cancer, diabetes, HIV/AIDS and other life-threatening diseases. Its mission is to shorten the time from initial research idea to therapy.

City of Hope has been designated as a comprehensive cancer center, the highest recognition bestowed by the National Cancer Institute. It also is a founding member of the National Comprehensive Cancer Network, an alliance of 23 leading cancer centers created to improve the quality and effectiveness of cancer care.

City of Hope's main hospital is located in Duarte, Calif., just northeast of Los Angeles, with clinics in Antelope Valley and South Pasadena. It is ranked as one of "America's Best Hospitals" in cancer by U.S. News & World Report.

About WOD Gear Clothing:

WOD Gear Clothing is a fitness apparel brand with its roots in creating durable and fashionable workout wear for the crossfit community. WOD, which stands for "workout of the day" is a universal term for crossfitters, and embodies the strength, determination and stamina of its athletes, both in body and in mind. WOD Gear Clothing began as an online retailer, and quickly grew a huge customer and fan base. Now with a retail store in Pasadena, California, the WOD Gear brand and logo have become a globally-recognized fitness brand. Its product line includes tights, shorts, hoodies, socks and various fitness accessories for men and women, and all items are made in the U.S.A. To shop online or for store details, go to [www.wodgearclothing.com](http://www.wodgearclothing.com).

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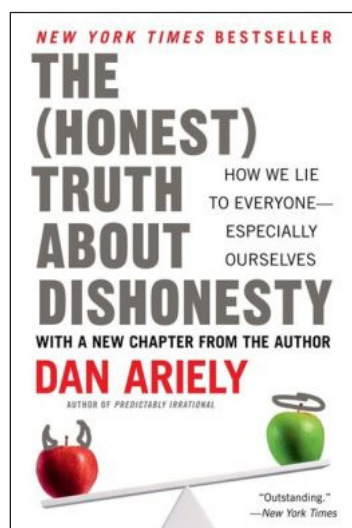
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## JASMINE'S CORNER

Book Reviews by Jasmine Kelsey Williams

## DAN ARIELY: THE (HONEST) TRUTH ABOUT DISHONESTY: HOW WE LIE TO EVERYONE-ESPECIALLY OURSELVES By Dan Ariely



This next book should be quite the eye-catcher with its bright red coloring and lengthy title, but the contents within will be enough to keep you. “The Honest Truth About Dishonesty: How We Lie to Everyone—Especially Ourselves” is yet another wordy title, but one that by its title alone is very informative. Ariely breaks down the down the essences of that one that one habit many of us individuals do: LYING. However, he just does not explain the concept of lying, but why we lie, and the various reactions or reasons of how we may feel when lying (or being lied to) to ourselves and others. Ariely continues by explaining that even though we may try to be honest, and even think ourselves honest people, we actually cheat, lie, and do deceptive deeds to achieve what we want or if we go as far to believe that we will not get caught. From the workplace to the classroom, even to home, unethical behavior can be found almost anywhere and when provided with certain circumstances how some things can be easier to lie about than others, as well the workplace, which can open up deceptive ways both intentionally and unintentionally.

Now dear readers, this does not mean that you should lie because you can get away with it (as well as possibly coming back to you later on), but should open your eyes to thinking differently about lying in general. Is it better to lie to save your skin and buy more time for what you need or to come out with the truth and exposing yourself in the process? Ariely answers these types of questions in “The (Honest) Truth about Dishonesty” but reassures us that all is not lost, as he can point out what keeps us honest, and pointing in the right direction to help us achieve higher ethics as unique individuals in everyday life. Copyrighted in 2012, and receiving praise from sources such as Washington Post, Time.com, Publishers Weekly, as well as various critics, “The (Honest) Truth About Dishonesty” is blunt, bold, and straightforward, making this read not just informative, but one that is perfectly honest in the message it conveys to readers.



## LOCAL ORGANIZATION HAS INTERNATIONAL REACH

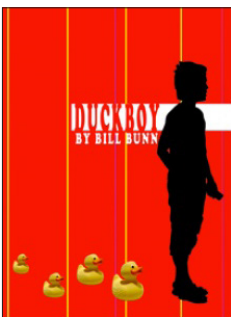
With a goal of 100 members by the end of 2013, Authors Tour USA has already attracted authors throughout the U.S. and abroad through word-of-mouth. This membership authors' organization was launched several months after The Artisan Faire held at Santa Race Track in November 2012. This free admission inaugural community event featured an “Authors Corner” section where 12 local authors had a special section for the displaying, selling and signing of their books. It also turned out to be a great networking opportunity for writers of different genres who reside throughout Southern California.

Authors Tour USA hosted its first booksigning to feature members in March of this year. Since that time, the organization has added members throughout the country and abroad. Two international members of note include a Canadian, beekeeping English Professor and a Puerto Rican, multi-award-winning author who wrote the first lesbian fictional work in her country. A synopsis of these talented writers provides a glimpse into the broad range of talent among our accomplished members.



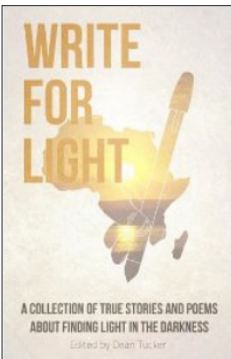
**Bill Bunn**  
English Professor and Beekeeper

Latest books: Duck Boy (2012) first young adult novel and Hymns of Home (2013) collection of essays and articles. In addition to an extensive list of scholarly and media publications, Bunn has published three books and several essays. He is an English professor at Mount Royal University in Calgary, Alberta, Canada and lives near Millarville with his wife in a lively home filled with three teenagers, several four-footed furry friends, and they watch over two hives of bees.



**Yolanda Arroyo-Pizarro**  
Multi-award-winning, Internationally-lauded writer and radio host  
Latest books: “Raceless” is Arroyo-Pizarro's contribution to “Write for Light”, an international compilation of true stories and poems (2013, Ghana & UK, edited by Dean Tucker) and Negras...Stories of Puerto Rican Slave Women (2012).

The writing talents of this Guaynabo, Puerto Rican resident have propelled her around the world. She spent time teaching and studying in the U.S. as the recipient of the 2011 Woman Latino Writer Award Residency from the National Hispanic Culture Center in Albuquerque. She has contributed to and participated in literary projects around the world, including South Africa, Japan and New York.



Just a peek of two of our members, among many to watch with writings worth the read.

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## SEAN'S SHAMELESS REVIEWS:

By Sean Kayden

## MINKS

Minks, which once started as an indie-synth pop band, is now a one-man act fronted by Shaun “Sonny” Kilfoyle. Debut album “By The Hedge” was a collection of dark-pop tracks that channeled new wave bands of the 80s. The vocals were indiscernible at times and the arrangements quite ethereal. With Minks' sophomore album delves into brighter pop territory. It may be running on “Tides End,” Minks' chart topping 80s fumes, but the record still has plenty of gas left over to burn. Regardless of the similarities, Minks second full-length endeavor sheds both beauty and nostalgia. It's not perfect, but “Tides End” evokes a summer feeling for those seemingly restless and searching for something not quite apparent.

**Artist:** Minks  
**Album:** Tides End  
**Label:** Captured Tracks  
**Release Date:** August 6, 2013

“Doomed and Cool,” while boasting some trite lyrics has New Order written all over it. It's a fine pop tune, but it's quite expendable. “Ark of Life,” one of the better tracks off the album is silky smooth. With the combination of jangly guitars, darkly romantic lyrics, and Kilfoyle's dreamy vocals, “Ark of Life” is superb. The closing title track, “Tides End,” is a breath of fresh air. It's the ideal song to conclude the record. It's as calm as ocean waters while carrying you away to nirvana. A definite highlight to a record filled with solid tracks. “Weekenders” starts off like a Radio Dept. song, but quickly finds it's own footing as a Minks' original. The track displays cool vibes, laidback arrangements, and simplistic lyrics. Perhaps the best song here is “Painted Indian,” the single released a few months ago. This effervescent tune is the most upbeat song on “Tides End.” It simply has this don't care disposition about it that makes it feel edgy and dangerous. It induces a sort of chaotic feeling that allows for the song to be both utterly addictive and fresh. Opening track “Romans” is almost too bright and cheery. If one track could be thrown out for me this would be it. It's unfortunate that it kicks off the album because if you get through this one, you're in for an excellent journey of 80s persuasion tunes.

“Tides End” may not have the sharpest or most thought-provoking lyrics. However, Kilfoyle's vocals are magic. He can turn an ordinary line (and there are quite a few here) into something memorable. While his music ventures into crowded terrain, his voice is one of the few that truly stands out from the rest. After two years and eight months, Minks' second album is a clear winner. They may be one of the lesser-known acts on the Captured Tracks (Wild Nothing, DIIV, Beach Fossils) label, but they are equally as good as any other band on their growing roster. “Tides End” exemplifies warm vibes, intoxicating beauty, and a feeling you rather not shake loose. With a well balance of fast and slow tempo songs, “Tides End” is one of the most complete records of the year. It may not hit the mark 100% of the time, but when it does, there's not a lot out there that can match up with it.

Grade: 8.5 out of 10

Key Tracks: “Margot,” Painted Indian,” “Ark of Life,” “Tides End”

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## Also Coming To The Playhouse.....

**MURDER IN DISGUISE,” ONE NIGHT ONLY, AUGUST 25 AT SIERRA MADRE PLAYHOUSE**

**WHAT:** “Murder In Disguise,” an interactive murder mystery.

**WHO:** Presented by San-Zman Productions Renaissance Murder Mystery Players.

**WHERE:** Sierra Madre Playhouse, 87 W. Sierra Madre Blvd., Sierra Madre, CA 91024.

**WHEN:** Sunday, August 25, 2013 at 7:00 p.m.

**ADMISSION:** All seats \$20.

When a distinguished judge is murdered, the evidence points to a prominent lawyer. Things look grim, and his only option is to conduct his own defense and uncover the real killer in this, the trial of his life. The tension mounts, the clues are elusive, but can he put it all together? You, the audience, are the jury, and must ultimately decide if he does.

**TAP CHICKS AT SIERRA MADRE PLAYHOUSE ON SEPTEMBER 8**

The Tap Chicks are seasoned tap dancers who dazzle with youthful energy. A favorite at the L.A. County Fair for many years, their previous performances at the Sierra Madre Playhouse have sold out.

The Tap Chicks were originally formed at Pasadena Senior Center. They are choreographed by Pam Kay, who also provides musical accompaniment, comedy and vocals.

The fully costumed act dances to music ranging from Broadway tunes to 40s favorites to contemporary songs. The dancers are mature in years (ranging in age from 50 to 84) but young at heart. It's a good idea to reserve tickets. Their last ten appearances have sold out.

There will also be a special guest vocalist, Franny McCartney.

Sunday, September 8, 2013 at 2:30 p.m. The Sierra Madre Playhouse is at 87 W. Sierra Madre Blvd., Sierra Madre, CA 91024. Tickets are \$20 general, \$17 for seniors (65+), \$12 for children under 12.

**“THE LION IN WINTER” OPENS SEPTEMBER 27 AT SIERRA MADRE PLAYHOUSE**

**WHAT:** “The Lion in Winter.” A play.  
**WHO:** Written by James Goldman. Directed by Michael Cooper. Presented by SMPH

**WHERE:** Sierra Madre Playhouse, 87 W. Sierra Madre Blvd., Sierra Madre, CA 91024. Ample free parking behind theatre.

**WHEN:** September 27- November 16, 2013. Fri. & Sat. at 8:00, Sun. at 2:30. A Champagne reception and buffet follows the Friday, September 27 opening night performance.

“The Lion in Winter,” a comedic drama, was originally produced on Broadway in 1966 and made into an Academy Award winning film in 1968. It is an enduringly popular stage comedy that combines keen historical insight with humor that bristles and burns.

The award-winning Michael Cooper directs. His long resume includes many shows including the acclaimed SMPH production of “To Kill A Mockingbird”; and “One for the Road” (partial listing).

RESERVATIONS: (626) 355-4318.

ONLINE TICKETING:

[www.sierramadreplayhouse.org](http://www.sierramadreplayhouse.org)



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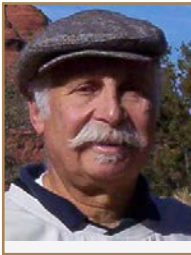
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### Mountain Views News Mission Statement

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

## STUART Tolchin.....On LIFE

### TWO MOVIES



During the past couple of days my wife and I saw two movies. The first was Fruitvale Station. The film deals with the real-life story of poor people struggling to survive in the Bay Area. The movie was almost documentary-like without being exploitive. The main character, who we know from the news and the beginning of the picture will be shot dead. The picture has been reviewed in many places and you don't need to hear the plot repeated again from me. What is different is the way in which the actual lives of people are displayed. For those of us

living in the rapidly disappearing middle class this film presents us with a picture of what it's like to be without a job, to be a single parent, to be unable to trust even the ones you love, to sometimes not even be able to trust oneself. Still, there is something noble to be seen on the screen. People are doing the best they can. There is truth beneath their lies. There is humanity and there is love and there is pain.

The next day at about the same time my wife and I attended the movie Blue Jasmine. This is a Woody Allen Movie that had received good reviews and I was very eager to see it. It had opened only in West Los Angeles which sort of made me hate it already. I know there is probably some reason to have these limited engagements before a movie opens city-wide but I hate reading about movies that traffic and wealth patterns prevent me from actually seeing. These days I only go to West LA for operations and to visit friends in hospitals.

Anyhow this Woody Allen movie is much like his other movies in that it displays a city beautifully. This movie, like Fruitvale Station, takes place in the Bay Area in and around San Francisco, but it is a different San Francisco. Although the plot of the story focuses on a woman who is married to great wealth she loses that wealth and is left almost homeless. Soon she finds someone else with great wealth and that wealth is displayed throughout the movie. The crucial incident in the film is a past event when she is notified that her husband has inadvertently left his Rolex at the Ritz Hotel in Rome. Aha; she knows now that she has been betrayed and learns from her friends that she is the last to know.

I quite enjoyed the film and highly recommend it but I admit that I was bothered by the fact that there were no characters in the film that I could respect. Everyone constantly lied to everyone else and pretended to be something they were not. The film sort of reminded me of my first impression of the TV Series Mad Men, which I disliked at first because all the characters seemed despicable. They remain despicable but after watching a few of the episodes I stopped caring about their ultimate character and just got absorbed into their adventures.

That avoiding the question of ultimate character didn't happen for me in Blue Jasmine and when I woke up this morning I remembered that somewhere along the way I had taped the Woody Allen Movie, Annie Hall. This film is one of my all-time Woody Allen favorites. So this Sunday morning, even before watching Meet The Press, I watched the beginning of Annie Hall. The thirty five year-old film start out with a monologue by the young Woody talking about his regrets for the way he treated his lost-lover Annie. Woody makes few excuses for himself and just sort of laments that people himself included, are sort of an unworthy lot. They are always lying and betraying and simply can't and shouldn't be trusted. I think this is his view of the world and I guess the message of his forty year totality of work is that although humans are scum they can build nice cities and prepare good meals and that fighting the depression inevitably associated with recognition of man's lowly nature is just part of the business of staying alive.

## JOE Gandleman...Independent's Eye



### BIPARTISAN RESPONSE TO TERRORISM THREAT: AMERICA'S (FLEETING) ARAB SPRING?

It's a classic case of déjà vu, and you get that sinking, ominous feeling.

And then a (momentarily) optimistic one.

The sinking feeling: reports about a new al-Qaeda terrorist threat that sounded alarmingly like reports published in the summer of 2011 about confident terrorist chatter picked up by intelligence services prefacing 9/11 -- a catastrophe shown by history to be the culmination of managerial negligence on the part of administrations of BOTH parties. The optimistic feeling: the Obama administration's efforts to protect form and prepare for a possible attack received widespread bipartisan support.

Who would have thought it's still possible in mega-polarized America? Over the past few years that has become a serious question.

If America was genuinely threatened by another 9/11 could partisans put down their increasingly tiresome political posturing, agendas and 24/7 efforts to score points for their parties long enough to unite to back checkmating it? And if there was another big, terrorist bloodbath, could Americans come together like they did after 9/11, or within days would that become yet one more finger-pointing partisan battle and ratings-bait booster fought out by the likes of the Martin Bashirs and Sean Hannitys, and breathtakingly predictable partisan websites on the left and right?

It's the agony -- a serious threat. And the ecstasy -- signs that there are still moments when America's political parties aren't entirely consumed by optics, cover-your-you-know-what actions, or "playing to the base" -- a phrase increasingly meaning playing to the basest of emotions and instincts of the left and the right. It's America's (fleeting) political Arab spring as political players focused on protection and prevention.

In this instance, it's as if both parties seemed to have heeded the words of President Rutherford Hayes in his 1877 inaugural address: "He serves his party best who serves his country best."

But it's not entirely surprising. You've heard of "fight or flight?" This choice was divide or survive.

The threat sparked the biggest closure ever of U.S. embassies and consulates

due to a terrorist threat: 21 were temporarily shuttered in North Africa and the Middle East. According to reports, electronic communications picked up between Osama bin Laden successor Ayman al-Zawahri and and Nasser al-Wuhayshi, head of al Qaeda in the Arabian Peninsula, indicated a specifically timed attack or attacks were slated. Some reports suggested fears of surgically implanted bombs that could easily thwart airport security.

Both parties have bungled on foreign policy over the years. Washington Post columnist Eugene Robinson writes: "The truth is that U.S. foreign policy helped create the new decentralized al-Qaeda, a branch of which is believed to be trying to launch some kind of strike." He points to George W. Bush's invasion of Iraq, Bush and Barack Obama's use of collateral-damage causing drones, and an "Arab spring" that bolstered jihadists.

Only a few in either party suggested this current threat wasn't serious. Texas's Republican Rep. Louie Gohmert said the administration was acting "like a bunch of cowards that go running away." Meanwhile, Guardian columnist Glenn Greenwald suggested that the problem was being exaggerated by the administration, and the embassies closed, to try and distract from revelations about how the National Security Agency collects data -- revelations reported on by Greenwald in his exclusive interview with Russia's newest and most famous refugee, Edward Snowden.

Greenwald's kind of response is not new. Partisans or those heavily invested in an issue will often assume that if t-h-e-i-r issue is not totally front-burner, then another action or focus by the government is aimed at "changing the subject" -- when it may be actually because it's wise to change the focus.

Fortunately, in this instance, concern for the country's national security united both parties. And again it seemed as if they had listened to the words of a President, this time Theodore Roosevelt, who said: "Nine-tenths of wisdom is being wise in time."

Joe Gandelman is a veteran journalist who wrote for newspapers overseas and in the United States. He has appeared on cable news show political panels and is Editor-in-Chief of The Moderate Voice, an Internet hub for independents, centrists and moderates. CNN's John Avlon named him as one of the top 25 Centrists Columnists and Commentators. He can be reached at jgandelman@themoderatevoice.com and can be booked to speak at your event at www.mavenproductions.com.



## OUT TO PASTOR

A Weekly Religion Column by Rev. James Snyder

### RUMORS OF BEING STRANDED IN THE PHILIPPINES ARE HIGHLY EXAGGERATED!

It was my birthday and I decided to celebrate it as low-key as possible. I am at that stage in life where I really do not need presents from anybody reminding me of how old I really am. I know every present represents an obligatory return on the gesture and at my age, I do not have the energy to return anything.

All I really need is just a friendly "Happy Birthday." I have developed a special rule along that line. For every "Happy Birthday" I receive, I am allowed one slice of birthday cake. So far I am on my 19th birthday cake and anticipating more.

The rule about saying "Happy Birthday" is that as long as there is a six-month period either way, it is still in play. I am looking forward to a lot more "Happy Birthday" greetings.

After all, what do you get a person who has had as many birthdays as I have had that would be original and surprising? Believe me, I have enough ties. Of course, cash is always in good taste.

Throughout the years I have been known to pull a few surprises on the Gracious Mistress of the Parsonage's birthday but nobody has been able to reciprocate.

That is, until recently. It was the day of my birthday when suddenly I began receiving emails and phone calls and they all had one theme. Not one of them was wishing me happy birthday but all were concerned about an email they allegedly received from me.

According to this email, I was in Manila, Philippines on some mission trip.

Actually that was not quite unusual because several years ago I did go on such a trip and most of my friends knew it. Now, according to this friendly email being sent to my friends, I was back in the Philippines on another mission trip.

According to this anonymous friend, I was stranded in the Philippines. I had been robbed, my passport had been confiscated, and I needed money to get out of the Philippines. No wonder I have been feeling tired lately!

Of all the birthday presents a person might receive this one really beats the birthday cake. I would not have thought of this in 1 million years.

My email account had been hacked into and all of my email contacts were sent what seemed to be an emergency email. Most of my friends were relieved to find out that I was not stranded in the Philippines.

My Korean publisher actually was willing to put up money to rescue me from my situation. Two other people were trying to find out how to get money to bail me out.

The thing that worries me along this line is of all of my friends only three were willing to bail me out financially. I must make a men-

## JOE GUZZARDO.....For The Right



### CALIFORNIA TO RELEASE CRIMINALS INTO OVERCROWDED LOCAL COMMUNITIES

Last week the Supreme Court refused to delay the release of thousands of inmates from California state prisons. Severe overcrowding in the prison system has, in the court's eyes, led to substandard medical and mental health treatment. Despite Governor Jerry Brown's argument that setting dangerous prisoners free would create mayhem and put residents at risk, 10,000 inmates must be released before December 31 as part of a longer term plan to reduce the prison population by 30,000. The Court rejected Brown's plea that California has already transferred thousands of low-level and nonviolent offenders to county jails. Unfortunately, local officials have freed some inmates early to ease their own overcrowding issues.

For Californians looking for the bright side, they can take cold comfort in knowing that they'll no longer have to foot the huge bill for housing thousands of illegal immigrants. The latest data from the California Department of Corrections and Rehabilitation (CDCR) and originally reported by Bakersfield Eyewitness News found that a staggering number of illegal immigrants are housed in California's prisons and jails with beleaguered taxpayers picking up the tab. According to CDCR's findings, there were 16,902 inmates on hold for Immigration and Customs Enforcement. Also 3,962 prisoners were listed as potential ICE holds.

The total, 20,864 illegal immigrant inmates, represents about 13 percent of California's prison count. Many come from nations known to sponsor terrorism like Afghanistan, Egypt and the Congo.

More silver lining, if you can call it that: at 13 percent, California's immigration prison population is lower than the nation's 20 percent average. But more realistic Californians think they've gotten the double whammy. They paid a King's ransom to house foreign-born criminal inmates who, once released, might victimize them again.

The CDCR estimates the per-inmate cost at nearly \$45,000 a year or an aggregate annual taxpayer expense of about \$1 billion. The \$1 billion is part of the overall cost of illegal immigration in California, estimated at \$22 billion by the Federation of American Immigration Reform. Of the immigrants in state prison, the

tal note of this and never get stranded in the Philippines.

My birthday hacking became a little more than I at first thought.

At first it was a little joke, ha ha ha, I am really not in the Philippines. A joke can only go so far. I thought it was the end of the joke, but boy, was I in for a wonderful birthday surprise.

My entire email account had been compromised and a new email address was inserted so all of the response would go to another person. I finally found out how he changed my account, changed it back and changed my password.

All of my emails for the past month, including important ones from my publisher and agent, were lost in the mysterious world of the Internet. Somewhere in that mystifying world, my emails are floating around not knowing whether to cometh or goeth.

Delving deeper into my birthday hacking present I discovered that although my email contacts were missing, where I once had over 600 email contacts, I now had exactly none. How do you deal with "none"?

I now do not know who my friends really are. Their addresses are gone. How do I contact them?

I am beginning to think this birthday hacking present is not all it is hacked up to be.

Now, my post birthday activity will be salvaging all of those email contacts. I suppose it is good every once in a while to start over again. I guess there is something good about getting a fresh start in life. I have often thought of it myself but never in this context.

I would like to know who my birthday benefactor really is. I would like the opportunity to properly and fully acknowledge and express to this person my true feelings about him face-to-face, and not on Facebook. After all, "thank you" does not always say it.

I think I now appreciate Joseph's feelings towards his brothers who caused him so much trouble.

"But as for you, ye thought evil against me; but God meant it unto good, to bring to pass, as it is this day, to save much people alive" (Genesis 50:20 KJV).

I am still looking for the good in this situation. For one, I am not stranded in the Philippines without any money. I am at home without money, but that is a different story. Although he hacked my email account, he did not touch my soul.

A rumor can never hurt you if you really know the truth.

Rev. James L. Snyder is pastor of the Family of God Fellowship, PO Box 831313, Ocala, FL 34483. He lives with his wife, Martha, in Silver Springs Shores. E-mail jameessnyder2@att.net. His web site is www.jameessnyderministries.com.

CDCR reports that most (15,985) are from Mexico with 14,037 illegally present but only 1,928 legal residents. More than 1,100 aliens have been convicted of first degree murder.

Potential solutions include sending the foreign nationals home to serve out their sentences. Under California law, the governor or his designee is authorized to approve foreign prisoner transfers as part of the Department of Justice's International Prisoner Transfer Program, a combination of treaties, conventions, federal and states' laws.

But the transfer program is rarely used. Created in 1977, only a handful of prisoners have been extradited. When extradition has been to Mexico, convicts frequently return and create a futile revolving door pattern.

The simplest and easiest resolution is vigorous border security that would help keep aliens out of California and thus, by extension, reduce the numbers of crimes they commit. Border security has been talked about and promised for years.

California Reps. Kevin McCarthy and Jim Costa agree that border protection is the key to keeping criminal aliens out of the state's penal system. But no matter how high illegal immigration's costs soar, little is ever done. In June, the Senate passed the Border Security, Economic Opportunity and Immigration Modernization Act, S. 744, that ironically subordinated secure borders to the instant legalization of illegal immigrants. The Senate made vague, down the line enforcement promises but in the end will rely on the Homeland Security Secretary's opinion to deem, without having to produce tangible evidence, that the border is secure.

The House refuses to take up S. 744 and promises instead to do immigration reform piecemeal with a special emphasis on border security. With Congress on its August recess, wary Americans don't know what might happen. No wonder they're leery. When it comes to protecting the border, empty promises have been the rule rather than the exception.

Joe Guzzardi is a Californians for Population Stabilization Senior Writing Fellow whose columns have been syndicated since 1986. For comments to Joe email joeguzzardi@capsweb.org.





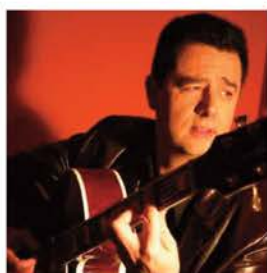


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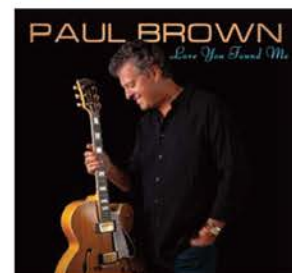
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