

Mountain Views News

Sierra Madre

Arcadia

Pasadena

Altadena

Duarte

Monrovia

SATURDAY, AUGUST 17, 2013

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VOLUME 7 NO. 33

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A REAL DREAM COME TRUE

Never give up on your dreams for they do come true. Just ask 90 year old WWII Veterab Ken Anhalt, who recently had one of his greatest wishes become a reality. Story By Susan Henderson/Photo by A.J. Johnson

Ken Anhalt is a very well known resident of Sierra Madre. Involved in a long list of civic activities, he is probably best known as one of our treasured veterans of World War II.

When I first met Ken, I was overwhelmed by his vitality. He's opinionated, compassionate, hard working and charming. He's a member of the VFW 3208, the Sierra Madre Kiwanis Club and the recipient of the Older American Of The Year Award in 2010. (Partial listing).

I will never forget that event. When Ken received the honor, one of the things that he shared with the audience was that he would not have been there had it not been for the Tuskegee Airmen who flew the Red Tail planes that escorted his aircraft during the War.

Anhalt, was a Staff Sargent gunner in the Air Force during World War II. He served in the 15th Air Force in Italy between the years of 1942-1945 in approximately 28 -- 30 missions. At one point during the war he experienced the life changing event of being saved by the very well-known Tuskegee Airmen. During his time serving he was given a mission to fly a four engine bomber over the Swiss Alps into Germany, attack, and then return back to Italy. After hitting their target successfully they were struck by a German attacker causing them to lose half of their engines. With a crippled plane and death seemingly eminent, the men felt like it was their last moments alive. Suddenly, off the tip of each wing, two "Red Tails" appeared on the horizon. The tails of all Tuskegee Airmen planes were painted in red so they were easy to identify. The bomber pilots were told via radio traffic that there were German fighters in the area, but they did not attack because the Red Tails escorted them back to the landing site. When bombers reached the target area, they were met with heavy fire from the Germans. The fighters escorts would leave the bombers and re-join them after they finished their bombing run. Mr. Anhalt said he was always impressed that the Red Tails did not leave the bombers when they reached their target area, like the other squadrons did. The Red Tails stayed with them the whole way.

In 2011, a friend, A. J. Johnson, was doing a documentary on the Airmen and I told him about Ken.



Left to right: Mr. Lumpkins grandson, Ted Lumpkin, Edward Anhalt (Ken's son) and Ken Anhalt.

We arranged for Ken to participate in the documentary which was also used to promote the film, "Red Tails". You can hear him speak of his experiences in his interview by going to www.youtube.com/watch?v=W-GxSmjd_kl.

One of the things that Ken has often repeated is that he always wanted the opportunity to meet one of the Tuskegee Airmen in person an thank them for saving his life. A.J. remembered this too, and two weeks ago Ken received a call from A.J. Says AJ, "Susan Henderson introduced me to Ken Anhalt in 2011 because I was producing a documentary that involved Tuskegee Airmen. Mr Anhalt was a tail gunner on a bomber, that was saved by two Tuskegee Airmen over the Swiss Alps. When I interviewed him, he told me his Captain would not allow him to go and thank the Red Tails. So for 70 years he wanted meet one. I was arranging a meet and greet with Amnon Band of Band Pro, to thank him for providing the equipment to shoot my documentary, so I invited Mr Anhalt to meet Tuske-

gee Airman Ted Lumpkin, one of 8 still living that saw combat in the war. This was there moment, I just let them sit down and talk about an hour, and stayed out of their way.

Mr Lumpkin brought his grandson, and Mr Anhalt brought his son. Special thanks to Amnon Band of <http://www.bandpro.com/> and Robin Petgrave of <http://www.tamuseum.org>.

You have to hear Ken in person speak of his experience. There are no words to completely describe it, you just have to hear it for yourself. So, if you notice that the sun seems to be shining a little brighter lately, that's just Ken who has been simply overjoyed since meeting Lumpkin.

We're happy to share this experience of Ken's and we want to thank him, Mr. Lumpkin and all of our veterans and current military members for their service. Without them, we would be here.

SIERRA MADRE CITY COUNCIL DISCUSSES PRESSING WATER AND SEWER ISSUES

By Marina Coco La Salle

Due to the increasing concern over the City's lack of water and the rising costs associated with the delivery of water to residents, a series of bimonthly meetings spanning from August to October, have just begun. The meetings will take place at City Hall and will inform the residents as to what is happening to the City's water, how it affects the community, and what people can do to aid in conservation attempts for the future. In this week's meeting, City Manager Elaine Aguilar, accompanied by Finance Director Karen Schnaider, and Public Works Director Bruce Inman, went over a general overview on the water and sewer budgets and their effect on finances. Since each of the future meetings will be on specific topics, the intention was to prepare people with important background first.

It was explained that the City's water system contains 4 vertical and 2 horizontal wells. Some wells need repair and currently one well has been turned off because water levels in the aquifer are too low. Until most recently, Sierra Madre has been able to stay self-contained in providing all the water for the community. Annually, the City's water utility provides 880 million gallons of drinkable water. The City has 40 miles of transmission mains and 8 reservoirs, two which were recently replaced, causing talk about debt and bonds. Schnaider reassured the attendees that, "These reservoirs have a useful lifespan of 75 years ... with the bond financing they are being financed for 30 years, so they are being financed for only half their useful life."

Regarding the running of Sierra Madre's Water Company, the present-

ers reminded everyone that it is "run like a business." In proper business fashion, revenue is collected for the services provided. The residents of Sierra Madre need to be billed for the water and sewer utility services and this system needs to be self-sustaining. "For many years, the fund has been using its own savings accounts to pay the bills, because the revenues it's collecting (the bills that you are paying) are not enough to pay for all the expenses that are incurred" said Schnaider.

The City is now in year three of the 4-year water rate increase that had been predicted in a previously conducted rate study. In 2003, a rate increase took place to pay for new bonds. In order to pay the bonds, the City had to pay certain rate increases, but was stopped when state laws changed the way that cities are allowed to increase water rates. Because of this hold on the rate increases, the revenue the City collected was more than 15% below what was estimated to be collected.

When the recession hit, many started to conserve their utilities in order to save money. Schnaider commented that the residents are the ones who have control over their consumption. For a two year period, beginning in 2008, consumption decreased by 20% due to the recession. Hence, revenue has decreased as well. Now that the weight of the recession has lifted off the shoulders of many, consumption has increased. Between April 2012 and 2013 consumption increased by 50%.

Expenditures for operations have only changed an average of 2% a year, for seven years. Schnaider explains, referring to the (continued on page 3)

SMPD HOST TOWN MEETING ON THE IMPACT OF AB109 AND RECENT CRIME SPREE

For just about two hours Friday evening, Sierra Madre Police Chief Larry Giannone, Lt. Len Hundshammer and Sgt. Ruben Enriquez captured the attention of an overflow crowd of Sierra Madre residents with information on the current wave of residential burglaries that the city has been hit with.

After the meeting, residents felt the meeting was informative and yet the information that was provided was unsettling. Key points of the meeting which was held as the paper went to press were:

AB109 HAS BROUGHT THOUSANDS OF CRIMINALS BACK ON THE STREETS

The primary cause of the increased activity is the thousands of prisoners that have been set free under the state's early release program. The state is under mandate to reduce jail overcrowding and as confirmed by the U.S. Supreme Court, must release another 10,000 by December 31, 2013. The releases began in 2011.

The end result has been a county wide crime spree. Residential burglaries have been the crime of choice primarily because the fall under the threshold that will return the burglars to prison.

SIERRA MADRE IS NOT THE ONLY CITY TO BE HIT.

Astonishing statistics were shared. Between January 1, 2013 and August 16, 2013 there have been (residential burglaries only):

79 Break Ins in Arcadia
70 in Monrovia
429 in Pasadena and
34 in Sierra Madre - 9 of which have occurred in the last 10 days.

THE CRIMES ARE COMMITTED DAY AND NIGHT.

The breakdown of when burglaries occur is evenly divided between daylight events and nighttime events. 100% of the crimes are committed by non-Sierra Madre residents. Of the last six arrests, five have been men, 1 woman, two African Americans,

two Hispanics and one caucasian.

WHAT RESIDENTS CAN DO:

The primary message that was stressed throughout the evening was, "IF YOU SEE SOMETHING, SAY SOMETHING!"

Alert residents have been responsible for assisting police in the capture of 5 of the last six arrests. Call the police when you notice strange cars or strangers, especially those who are acting peculiar.

LOCK YOUR DOORS AND WINDOWS! Many of the burglars have gained entry into the homes through unlocked doors and windows.

DON'T CALL IF YOU HEAR HELICOPTERS! Chief Giannone asked residents to refrain from calling when they hear helicopters noting that we have only one dispatcher and that person is also responsible for communications between other agencies and the officers in the field.

PARTICIPATE IN THE NEIGHBORHOOD WATCH PROGRAM. Contact Sgt. Enriquez at 355-1414 for information on how to start one.

A very productive Q&A followed the presentations. In response to one of the questions, Gianonne announced the development of a volunteer citizens patrol in September to help protect our city. He also confirmed that citizens do have the right to protect themselves in their homes if they fear that their lives or their family lives are in danger. He did, however, warn residents of the danger of the burglar getting the weapon from you, or discovering it before you discover them. The best thing, he said, is to get to a safe place in the home and call 911 on a landline.

When the presentation was done, the audience gave the police department a hearty round of applause for their efforts.

The entire presentation is available for viewing at www.mtnviewsnews.com and click of SMPD Presentation. MVNews



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Weather Wise

5-Day Forecast

Sierra Madre, Ca.

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

Forecasts courtesy of the National Weather Service

CITY OF SIERRA MADRE
CALENDAR OF EVENTS

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

NEXT CITY COUNCIL MEETING:
Tuesday, September 10, 2013
6:30 pm

CALENDAR

*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

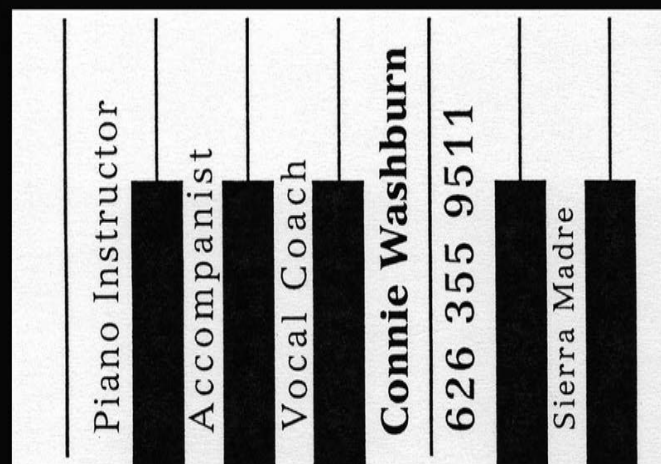
* = Meetings are held in City Council Chambers

We'd like to hear from you!



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1630 AM EMERGENCY RADIO &
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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.

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

THURSDAYS - Noon Catherine Adde's
OUR TRAVEL AFFAIR

FRIDAY - Noon Gene Goss'
VILLAGE INTERSECTIONS

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AND HAVE SOME FUN!



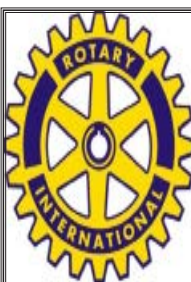
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Rotary of Sierra Madre

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

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

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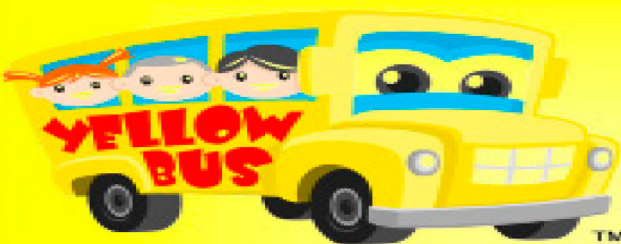
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REMEMBRANCE

ROBERTA ANN FOREST

Roberta Ann Forest was born on July 30, 1927 in a farm house near Grandin, ND, to Robert and Alice Black. Roberta, known to friends as Bobby, shared an idyllic childhood with her sister and two brothers on a farm with apple, cherry, and pear orchards in Naches, Washington.

Bobby earned a Bachelor's Degree from the University of Washington, Pullman. She married Robert B. Forest in 1949, and lived in Chicago during a dynamic cultural period, where she took advantage of opportunities to see performances of Billie Holliday, and A Streetcar Named Desire on the stage. An intellectual and curious person, Bobby attended mothers' discussion groups with Dr. Bruno Bettelheim.

Bobby later recalled what a change it was for her, a farm girl from Washington State, finding herself in the big city. «I heard words I'd never heard before.»

When Bobby and Bob moved to California, the truck containing all their belongings caught fire and burned, so they started out with few possessions.

After raising four children, Bobby was divorced and returned to school to earn a Teaching Credential at Pacific Oaks College. Bobby taught Special Education classes for many years at Roosevelt Elementary School in Pasadena, a career that brought her much joy.

She was an avid reader and supporter of the arts. She was Prop Master for the Pasadena Repertory during the 1970s, helped to found and maintain The Howard Whalen Sculpture Garden in Sierra Madre, and volunteered at the Sierra Madre Public Library.

Also an adventurous traveler, Bobby was thrilled to visit Manitoba, Canada, London, New York, and rode the legendary Orient express from Paris to Istanbul. After retiring in 2001, Bobby enjoyed working in her garden, doing crossword puzzles, and spending time with her grandchildren.

Quiet and unassuming, she also held strong convictions. She had an inner beauty and a natural elegance. She made others feel at home, and years after her children had left home, their friends would drop in to visit with Bobby when they came to town. Her annual Christmas party was an event that many friends looked forward to year after year.

Though she never complained, those closest to Bobby know that she survived many battles with cancer throughout her adult life with remarkable strength, grace, and resilience. She died after a long illness, at home on July 12, 2013 in Sierra Madre, California.

Bobby is survived by children Catherine, Julie, Andy, and Virginia, Son-in-law Fred, and grandchildren Daniel, James, Alison, Caitlin, Henry, and Ella.



SIERRA MADRE ROTARY PUTS SOME MUSCLE INTO SUPPORTING THE LIBRARY

On a lazy summer morning when most people were still sitting with their morning coffee, members of the Sierra Madre Rotary Club picked up their paint brushes and headed for the Library. Once there, they primed and painted the new Local History Room, getting it ready for the new Digital Storyboards which will feature stories about "Sierra Madre Stories & Treasures".

The library received a state grant of \$50,800 to upgrade historical collections and make them more available to the public. Staff and interns have been preparing materials for display in the space but it was Rotary that took the old space and made it into a lovely new space worthy of the name, Local History Room.

Seated (left to right): Kris Poulsen, Marilyn Diaz, Janice Kramer, Tom Brady, Peggy Beauregard, Voki Unell.

Standing (left to right): John Stubbs, Pete Siberell, Alan Unell



CREATIVE ARTS GROUP ANNUAL FLEA MARKET SATURDAY, SEPT. 7 2013 FROM 9AM TO 3PM

If it is September it is time for Creative Arts Groups Annual Flea Market.

We have two garages stuffed to the gills with important treasures, trivia and trash.

We hope you will join us on Saturday, Sept 7th to find out what actually is in all the boxes and bags. By then we will have unpacked the garages and displayed it all for you. Without a doubt we will have a little bit of everything;

Furniture, toys, books, crafts, electronics, clothes, tools, housewares, collectibles, antiques, art...just to list a few. And as an added bonus everything is cheap!

Creative Arts Group is a non profit art center that offers classes for adults and children, provides a free art experience to the students at Sierra Madre School, sponsors the Scarecrow Festival, has a gallery and gift shop, and provides a venue for local artists to display their work. The Flea Market is one of the ways we collect funds to support its programs.

Do come and shop! You never know what you are going to find.



WATER MEETING (continued from page 1)

city's obligations, "It's not debt that is changing year after year . . . it's not a debt issue, it's the result of capital needs." Because the capital expenditures are outpacing the estimates predicted in the rate study, the city cannot catch up. More work and projects needed to be done in order to maintain the various wells. Furthermore, the City is stuck in a revenue and expenditure dilemma which they cannot avoid. To remind everybody what is needed, Schnaider stated, "By 2016-17 we will have used up all of the water fund reserves, and will no longer have the financial resources to cover our ongoing maintenance and production needs."

The financial situation in the sewer fund is comparable to the water fund. From 2008 to 2012, an emphasis was placed on the water fund because the water fund had greater financial needs during that time. The sewer fund was not in as serious a financial condition as the water fund. However, it is now time to also address the sewer fund, because at its current rate, the sewer fund cannot meet the capital needed to operate. The sewer fund only has one long-term debt, a ten-year master lease for the purchase of a Vactor Truck for maintenance of the sewers. The sewer issue is very similar to the water issue, in that new revenue is needed. Sewer fees have remained the same for the past twelve years, but costs have increased. Similar to the water fund, the sewer fund will soon be using reserves to pay for current expenses.

If nothing is done to resolve these issues soon, the City will have to start dipping into reserve funds in both the water and the sewer fund. Regarding the water fund, Aguilar stated, "For every \$1, we're having to dip into reserves 21 cents right now." Over a period of time the reserve funds will be expended, and there will be inadequate funds to pay for ongoing expenses.

The meeting aroused fear and frustration, but was tempered by reassuring reports of water conservation attempts that many have already initiated. In fact, water conservation is already up by 27%, all thanks to the aware residents of Sierra Madre. Aguilar ended the meeting cautioning, "The further and further we fall behind, the more difficult it will be to catch up."

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For the period August 5-11, 2013

Monday August 5, 2013

At 10:30pm, residents in the 600 block of Manzanita Avenue woke to the sound of their doorbell. Moments later they heard noises on the side of the house and went outside to investigate. They discovered a window screen had been removed from a side window and noticed a nearby motion detector light had been activated. As they were examining the window, they heard the sound of a vehicle being driven away. Police were summoned to the scene.

As officers were investigating the Manzanita Avenue incident, three citizens reported seeing two suspicious individuals in the area of Sunnyside Avenue and Ramona Avenue. Both individuals were wearing dark colored Hoodies. When they discovered they were being watched, both individuals entered an older model Acura and drove away from the area. Police units began searching the area and at 11:05pm located a similarly described Acura parked at the curb in the 400 block of Ramona Avenue. The engine was still warm to the touch and a laptop computer was observed in plain sight on the rear seat.

Officers initiated a surveillance of the vehicle from a distance away. At 12:30am, they observe the lights of the Acura activate and the vehicle drove away. A traffic stop was initiated and officers detained the lone occupant for investigation. He was sweating profusely and had dirt and plant debris on his clothing. He was identified as Adan Bernal, 24years of age and it was determined that he was currently on parole for burglary. Bernal was very evasive in his responses to the officers and he denied being with another individual that evening.

As the officers were dealing with Bernal, a resident called to report noises outside her residence in the 400 block of Ramona Avenue. Units responded and with the assistance of Arcadia Police Department and the Pasadena Police Department Helicopter, an in-depth search of the area was conducted. No one was located but during this search, the laptop computer, previously seen in the Acura driven by Bernal was found at the curb where the vehicle was parked earlier. Bernal was arrested for burglary and his vehicle seized as evidence.

At 3:30am, another resident in the 400 block of Ramona Avenue was awakened by the sounds of all the police activity on her street. When she came downstairs to investigate, she discovered a curtain in the living room window partially open. Upon closer examination, she observed the window screen had been removed and the window lock damaged. Pry marks were evident on the window sill. The evidence suggested that no entry into the residence had been accomplished.

Tuesday August 6, 2013

Overnight, an unknown suspect entered an unlocked garage located in the 00 block of Bonita Avenue. New items, recently purchased for a construction project were taken. The crime was reported to the resident by a construction worker who arrived in the morning to install the items that were taken.

At 11:45am, residents in the 600 block of Edgeview Drive observed an unknown male walking in their backyard. As this individual walked by a kitchen window he made obvious attempts to conceal his identity by pulling up his shirt collar. As the resident exited the house, the individual climbed a fence and ran east. He was described as a male Hispanic 25-30 years old wearing a black baseball cap white shirt and grey shorts. A thorough search utilizing a K-9 and the police helicopter failed to locate this individual.

Two nights later, at 12:45am, units responded to the 600 block of Edgeview Drive to investigate a report of a suspicious vehicle parked on the street. The caller had observed two individuals exit this vehicle and walk to another residence a few doors away. As units arrived on scene, the vehicle was being driven away from the curb. The officers detained the vehicle and lone occupant (Jorge Linares 20 years of age). Linares denied being with anyone else and stated he was in the area looking for a girl he had met on Facebook.

While investigating the matter, the Department received a call from another resident on Edgeview Drive reporting that someone had just rung his doorbell and he saw a shadowy figure run past the front of the house. With the assistance of the Arcadia Police Department and the Pasadena Police Department Helicopter, another exhaustive search of the area was conducted. The second individual was not located.

It was discovered that Linares is currently on probation for robbery. He was arrested and booked for burglary.



Man Throws Himself in Front of Truck, Dies

A man who threw himself in front of an 18-wheeler last week—in what police are investigating as a suicide—died over the weekend according to reports.

The unidentified Glendale man jumped in front of a north bound truck Aug. 9 on Orange Grove Boulevard near Green Street. Police said the man died Sunday after being taken to Huntington Hospital.

Police still do not know why the man threw himself towards the truck but suspect suicide.

An investigation is ongoing.

Actor Michael York Comes to Pasadena

York to bring awareness to the disease that has affected him and a local family

Celebrating his 50th year as a professional actor, Michael York will visit Pasadena to discuss his recent fight with Amyloidosis, a rare and often misdiagnosed disease that connected him to the Fink family locally. This Tuesday, August 20th, 2013 at 4:00 p.m. at the US Court of Appeals (125 So. Grand Ave.) 91105, York will unite with the Fink family to bring greater awareness to this disease before attending a private screening of his critically acclaimed work, Cabaret, now celebrating its 40th anniversary.

It was fate that brought York and Meghan Fink together to bring awareness to this cause. York was finally diagnosed in 2011, after being misdiagnosed, and last year underwent a successful stem cell transplant at the Mayo

Pet of the Week



Trudy is an energetic nine-year-old Norfolk terrier mix. She loves to play with toys and absolutely loves to sit in laps. She qualifies for our Seniors for Seniors program in which her adoption fee is waived for adopters 60 years old and older.

Trudy'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. Ask an adoptions counselor for more information during your visit.

Call the Pasadena Humane Society & SPCA at 626.792.7151 to ask about A332974, 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.



Hugo Schwyzer, (pictured left) sits texting and listening to porn star James Dean

Porn Professor has Social Media Meltdown

Pasadena City College professor Hugo Schwyzer, who made headlines earlier this year after having two porn stars as guest speakers to his class, has now taken to Twitter and his own blog saying he will quit teaching the controversial class. Schwyzer also calls himself a fraud.

"I will never teach women's studies or gender studies again," Schwyzer posted on Twitter Aug. 9 "If I can get well and beat this, I will teach my Western Civ courses."

According to reports, Schwyzer also tried to commit suicide earlier this month by taking an entire bottle of the muscle relaxant drug Klonopin. Schwyzer was placed on a 72-hour psychiatric hold at a community hospital in Northern California according to the L.A. Weekly. He swallowed the drugs while visiting his mother Aug. 1.

Schwyzer also did an in-depth interview with thedailybeast.com Monday about his social

media breakdown. He posted over 100 messages on Twitter in an hour.

Schwyzer admitted to being an addict and to teaching feminism classes by pretending to have more credentials than he actually did. He said he had only taken two undergraduate courses on women's studies.

He said he took to Twitter as a way to have the truth to come out, "all the truth, so I can scorch the earth, so that if I do rebuild, I don't rebuild on any false foundation."

Schwyzer said he was not keeping his word and was having an affair with a 23-year-old "affiliated with the porn industry."

He confessed, "[I have] blown up my career and blown up my marriage."

Schwyzer also told the thedailybeast.com this was not the first breakdown and that prior to 1998 he had sex with two dozen of his female students. "When I got sober, I made amends to the college

and swore off sleeping with students," he said.

The last entry on his blog states, "My apologies to any students looking forward to my classes. I sincerely hope to be well enough to return to teaching in early 2014."

Schwyzer said he is staying offline and has given his laptop to a family member.

'Pasadena Idol' Teen Talent Competition

Contestants in this year's "Pasadena Idol" show will sing their hearts out Aug. 24 during one of the most anticipated teen talent competitions in the San Gabriel Valley. On-air personality Crisco Kidd from Q104.7 FM radio will serve as the celebrity host to the annual event sponsor by the City's Human Services and Recreation Department.

The free, family fun event begins at 6:00 p.m., Saturday, Aug. 24 on the stage at the Garfield Promenade of Paseo Colorado, 280 E. Colorado Blvd., between Colorado Boulevard and Green Street. The ever-popular "Red Carpet" walk for all 11 finalists runs from 5:00 p.m. to 5:50 p.m., with the first performance beginning at 6:00 p.m.

The winner of this year's Pasadena Idol competition will receive the "Idol Demo Pack" including studio time to produce a two-song demo; 100 compact discs; development of a music video; an article in Dena Magazine and a scholarship to the 2014 summer vocal camp at LAMA College for Music Professionals.

Tiffany Jackson, Pasadena Idol 2010 winner, said this year's winner is in for an amazing time. "Pasadena Idol is a great program. It provides so many opportunities. It helped me build confidence, friendships and get involved with the community. It has been a privilege to be a part of the Pasadena Idol experience," Jackson said.

The 11 finalists were selected after competing in a series of auditions. They have attended three workshops conducted by sponsors and the LAMA to help develop their performing skills, vocal techniques and improve their understanding of the music industry.

Co-sponsors for this popular event include Paseo Colorado; LAMA College for Music Professionals; and local production companies Swartz Section; S Claz Productions; Mike Towns Sounds; Young, Black and Gifted, and Dena Magazine.

For more information regarding this event, call Dolores Mendoza at (626) 744-7507.

Spanish Workshop

Links Between Diabetes, Hypertension and Dementia

Most people are not aware of the links between diabetes, hypertension and dementia and how our brains are affected by age, lifestyle and genetics. A special workshop in Spanish will cover these topics Tuesday, Aug. 20, from 10:30 to 11:30 a.m. at the Pasadena Senior Center, 85 E. Holly St. This event is free to anyone who would like to attend. Reservations are not required.

Avery Dennison to Move Headquarters to Glendale

Longtime Pasadena labeling and packaging materials company Avery Dennison announced earlier this month that they plan to move their headquarters to Glendale consolidating staff and downsizing operations.

A spokesperson for the company said the Pasadena location no longer meets their needs.

Avery Dennison plans to move from 150 N. Orange Grove Blvd. to 207 Goode Ave. in Glendale early next year. The company signed a seven year lease and plans to move all 150 employees now working at the Pasadena facility. Another 100

employees are also expected to move from other locations to the new Glendale location.

The new offices will have 54,000 square feet of space comprising two floors, as opposed to the 100,000-square-foot building in Pasadena.

Avery Dennison had sold the Pasadena property to Legacy Partners, earlier this year, and was renting back the space. Avery Dennison has been in Pasadena since 1982.

City Manager Michael Beck said Legacy Partners plans new a technology center at the Orange Grove location.



New Synchronized Traffic Signals for La Canada Area

The Board of Supervisors Tuesday approved \$23,000 in funding from its Aid-to-Cities program to synchronize traffic signals on Foothill Boulevard from Verdugo Boulevard to Commonwealth Avenue and on Angeles Crest Highway from Interstate 210 Freeway to Foothill Boulevard in the City of La

Canada Flintridge.

"This much-needed synchronized system will provide traffic safety benefits and improve quality of life for residents of La Canada Flintridge and nearby unincorporated communities who travel on Foothill Boulevard and Angeles Crest Highway," said Supervisor Antonovich.

Police to Ticket Distracted Drivers During Operation

Pasadena Police Department will be actively ticketing those texting or operating hand-held cell phones on Monday. Drivers who break the law and place themselves and others in danger will be cited. Cost for violating cell phone laws start at \$162 for the first offense and \$285 for subsequent offenses. Other violations for actions that can be classified as distracted driving can range even higher.

"We all know that talking on our cell phones while driving is distracting, but that doesn't stop some people from continuing to do it," said Pasadena Police Department's Chief, Phillip L. Sanchez "This effort is intended to educate our community about the dangers of cell phone use while driving. We hope people realize the danger involved and change their driving habits to help protect themselves, their families, and others on the road."



"We are very encouraged to see the usage figures decline, especially after the increase last year," said OTS Director Christopher J. Murphy. "But any number is too high, since any usage of cell phones while driving takes away too much of our brain's ability to react to what is happening on the road, not to mention when our hands or eyes are disengaged also."

Pasadena Enterprise Zone Program Ends Dec.

The Pasadena Enterprise Zone Program, like all such programs throughout California, will end December 31, due to State legislation recently signed by Gov. Jerry Brown. The State has created a new incentive program that begins January 1, 2014.

Pasadena businesses participating in the current Enterprise Zone Program must submit all required documents and forms to the City by 5:00 p.m., Nov. 20, 2013 in order for the City to issue appropriate vouchers by Dec. 31 for tax use by the participating businesses.

The City has organized three hour-long workshops to educate businesses on the end of the Enterprise Zone Program and the Hiring Credit submittal process. All workshops will be held from 8:30 a.m. to 9:30 a.m. on the following dates: August 29, September 19 and November 7 at the University Club of Pasadena, 175 North Oakland Ave. The events are held in partnership with the Foothill Workforce Investment Board and the state Employment Development Department.

The City currently is not authorized by the State to sign any Hiring Credit vouchers after 5:00 p.m. Dec. 31. The City will process all voucher forms submitted by Nov. 20, but cannot guarantee that forms received after Nov. 20 will be processed by Dec. 31.

"We are asking Pasadena businesses not to wait until the last minute as we cannot guarantee we will have adequate time to process last-minute submittals before Dec. 31," said Eric Duyshart, Director of the City's Economic Development Division. "Our deadline may change with any new legislation by the State, but until then businesses need to be prepared to submit by Nov. 20 for the Dec. 31 deadline."

The City has developed a "Frequently Asked Questions" list to help answer some questions about the end of the Pasadena Enterprise Zone program. The FAQ is found online at www.cityofpasadena.net/EconomicDevelopment/enterprise_zone/.

The Governor's Economic Development Initiative that replaces the Enterprise Zone Program includes three new incentives for California businesses. More information about the new program is available at www.business.ca.gov.

The City will continue to monitor the new program tools and how they may benefit Pasadena businesses. Information will be shared with the business community as quickly as possible.

Contact Melissa Alva, Enterprise Zone Manager, at (626) 744-7347.

Tours of Wrigley Mansion Tournament House to End



Free tours of Tournament House, part of the operating headquarters of the Pasadena Tournament of Roses Association, which oversees the annual Rose Parade and Rose Bowl Game, will conclude for the year at the end of this month. The last tours of the year will be offered, at no cost, on Aug. 22 and 29, at 2 p.m. and 3 p.m. Reservations are not required except for groups of 15 or more.

Located at 391 S. Orange Grove Blvd., the house was once the home of chewing gum magnate William Wrigley Jr. and his wife, Ada. After Ada's death in 1958, the Wrigley family presented the property to the city of Pasadena, with the request that it become the base of operations for the Tournament of Roses Association; the Wrigley family had long enjoyed the Rose Parade as it unfolded just beyond their front yard.

Guided tours allow visitors to see the 21-room Italian-Renaissance-style mansion designed and built by architect G. Lawrence Stimson and his

father George W. Stimson. Tournament volunteers from its Heritage Committee, well-versed in the organization's history as well as in the details of the house itself, conduct the tours.

The interior of the house features richly paneled rooms, inlaid marble floor and an ornate molded plaster ceiling a design element that Stimson would later become famous for. Displays related to Rose Bowl Games, Rose Queens and Royal Courts, Grand Marshals and Tournament Presidents are part of the décor.

In honor of the 100th anniversary of the house, which was completed and sold to Wrigley in 1914, as well as the upcoming 100th Rose Bowl Game and 125th Rose Parade, some unique historic artifacts are spotlighted, along with timelines calling out key dates in Tournament history and other important occurrences in the world at large.

Groups of 15 or more may call (626) 449-4100 for reservations for one of the two remaining tour dates.

Committee Passes Bill To Give Military Tax Break

Assemblymember Chris Holden's legislation to give service members a tax break when they are transferred to California was approved today by the Senate Governance & Finance Committee. AB 143, the Military Use Tax Exemption, would eliminate use taxes – a type of sales tax – on personal property purchased by an active duty military member who has been transferred into the state.

"California is home to nearly 13% of active duty members of the armed forces stationed in the U.S. It just seems the right thing to do to relieve some of the tax burden for these men and women who are already sacrificing so much in

service to their country," stated Assemblymember Holden.

Under current law, a "use tax" is levied on items purchased out-of-state for use in California.

Generally, when an active duty service member in Texas buys a computer or furniture, then three months later is transferred to a base in California, he or she would be required to pay a "use tax". Under AB 143 the tax would be waived for active duty personnel and National Guard.

AB 143 enjoys widespread support including the State Board of Equalization and Veterans groups throughout California. It now moves to Senate Appropriations for consideration.

“What’s Going On?” “YES, WE CAN!”

News and Views from Joan Schmidt



The goal of the Duarte Unified School District is fourfold: To prepare students for success, To provide high quality service to all students, To create a 21st century learning environment, and To create a culture of parent and community support and involvement.

This past Monday, the DUSD certainly surpassed its goals with its amazing summer mentor camp, “Yes, We Can!” Once again, the California Gas Company provided funding to assist the district in this endeavor.

Twenty-two excited students assembled at Northview Intermediate School, checked in, were given T-shirts, and then took a bus up to the beautiful camp grounds at Monrovia Canyon Park. They were greeted by School Board President Ken Bell who had his son, Ken Jr. and daughters Tiffany Johnson, Kim Garcia and her husband, Victor, Char Wilson, Heidi Quiric and Rodney Jefferson on hand as counselors and teachers. (Rodney is well-known in the community for his A Game Fundamentals Basketball Clinic, and coaching skills.)

After the warm welcome by Mr. Bell, Superintendent Dr. Terry Nichols spoke to the students, advising them of three key words, wow, now, and how. “Write down wow on your notes when something grabs your attention, now-learn it today, and how will I learn more.” I always perceived Dr. Nichols as learned and articulate, but he was so warm and really reached the students.

Dr. Michael Chavez, Principal at Northview was next, advising the students to “listen and you will get a lot out of today.”

Los Angeles District Attorney Jackie Lacey was the keynote speaker and what an inspiration she was! She spoke of growing up in South Los Angeles and having one sister and very strict parents. They were very hardworking people and there wasn’t a lot of money. Jackie’s mom was the eldest of fourteen children and came from a poor family. Throughout her childhood, Jackie’s parents stressed education. She first wanted to be a teacher. During the summer, after sophomore year, her dad advised her to observe an elementary class. Although she loved children, Mrs. Lacey realized teaching was not her forte. While choosing courses for junior year, she added a law course which involved time in a court room and writing about what transpired. It was so interesting that Mrs. Lacey was hooked!

Mrs. Lacey asked the students, “What is your purpose?” She advised them to “embrace your true friends...those who aren’t in your corner to help you, let them go...minimize your time with them.”



Duarte School Board President Ken Bell, Anthony Portantino and School Board Member Reyna Diaz.

Former Assemblyman Anthony Portantino attended with his daughter Bella. He reminded the students they were “part of history...Jackie Lacey was the first African American woman elected as District Attorney...and look inside yourself, it starts here.”

Also speaking was Mrs. Fields, Assistant Principal at Northview. She attended Duarte Schools and went on to college. Her career began as a substitute teacher, but a year later, Mrs. Field was in a classroom fulltime. She advanced to her current position and is a fine example of Duarte School achievers.

The Camp consisted of two sessions. The first included a video, “Why are we here?” This was followed by fun activities. A worksheet, “Getting to Know My Classmate” was filled out as students interviewed each other, and later introduced the person they interviewed to the large group. A worksheet, “10 Character Traits” was passed out and discussed. (Be Honest, Demonstrate Integrity, Keep Promises, Be Loyal, Be Responsible, Pursue Excellence, Be Kind and Caring, Treat all people with respect, Be Courteous and Polite, Be Fair and Be a Good Citizen.) The last activity was to fill out a worksheet, 5 Critical Problems You Face Today, followed by group discussion.

After lunch, the second session began by breaking into small groups. The students did the pre- and post-tests regarding bullying. After reading the worksheet, “What is bullying,” they performed skits. The students discussed how to deal with insults, how to stand alone and dare to be different.

What a great learning experience for these student leaders who will share all they learned and experienced with others!

COMMUNITY SUPPORT HELPS FOOTHILL UNITY CENTER PREPARE 1,300 KIDS FOR SCHOOL

Foothill Unity Center’s annual Back to School Distribution has always been a communitywide effort. On August 13, after months of planning and work by the Center and its friends, some 1,300 pre-registered local K-12 children of very low income families got the backpacks, school supplies and clothing they needed to start the school year with confidence.

“77% of our clients have incomes at or below the National Poverty Level,” said Center Executive Director Betty McWilliams. “Many are employed, but with today’s economic cutbacks, they don’t get the hours they need to survive without help. This event helps struggling parents send their children back to class with the new items they can’t afford to provide — and helps these kids start the school year on a level playing field.”

Throughout the day-long event at Santa Anita Park racetrack in Arcadia, a circle of support surrounded the excited youngsters every step of the way. Smiles were everywhere, and JD Party Pros kept kids, parents and volunteers dancing. Some 800 volunteers worked the event, staffing distribution tables for everything from uniforms and Payless Shoes vouchers to notebooks and calculators. Each child wore a “passport” lanyard with check-offs to make sure no one missed a single table. Citrus College cosmetology students and a group of professional stylists contributed a full day of haircutting and manicure services. Monrovia Reads and A Foundation for Kids gave new grade-appropriate books to every child. Simply Help Foundation handed out pens, markers and stamps.

Health connections were a major feature. The Ostrow School of Dentistry of USC offered free dental screenings. Western University College of Optometry conducted vision screenings. Safety-BeltSafe U.S.A. showed families hands-on demonstrations of how to use seat belts and install car seats and booster seats, and gave free booster seats to qualified families.

Attendees also got access to information direct from an array of health resources. CHAPCare - Community Health Alliance of Pasadena featured an Ask the Doctor table. There was information on health, nutrition, vaccinations, first aid, and more from the American Red Cross, Options Child Care Services, Children’s Hospital Los Angeles, the Department of Public Social Services, Methodist Hospital, Monrovia Health Center, Network for a Healthy California, Pacific Clinics, the Pasadena Public Health Department, PHFE WIC Program and URDC/Bill Moore Community Health Center.

Fun was the order of the day, as kids lined up to learn about and see a model Mars rover from Jet Propulsion Laboratories (JPL), visited the Exelis 3-D Deep Space Exploration exhibit and created a ceramic art project with Paint N Play. Other



Each child wore a “passport” that was checked off at each table to ensure no items were missed. Photo: MoCee Photography

popular destinations included the Southern California Edison Big Truck display plus fire engines and crew members from the Arcadia and Monrovia Fire Departments. A snack center offered apple slices courtesy of McDonald’s Restaurants Monrovia and Duarte, egg rolls from Panda Restaurant Group and popcorn from LA Partyworks.

The cost of the massive event was covered by donations from hundreds of local individuals, companies and organizations. Major sponsors were Georgina Frederick Children Foundation, Simplicity Bank and Vons Company Charitable Foundation. Other key sponsors included Capital Source Bank, Carmax Foundation, Marshalls/TJX Companies, Ronald McDonald House Charities, Santa Anita Park, and Wells Fargo Foundation.

Generous support also came from Fred and Diane Bowden, Duarte’s Promise, Duarte Transit, Foothill Unity Center Auxiliary, Monrovia Transit, Monrovia League, The Monrovia Family Restaurant, Pacific Clinics, Peach Café, Betty Sandford, Starbucks Coffee, 3M Company and Donna and Jim White.

About Foothill Unity Center
Founded in 1980, Foothill Unity Center is the primary provider of food, case management/crisis help, and access to health care resources across eleven cities: Pasadena, Altadena, South Pasadena, Sierra Madre, Arcadia, Monrovia, Bradbury, Duarte, Azusa, Baldwin Park and Irwindale. 77% of the Center’s clients are at or below the National Poverty Level. The number of people served by the organization has more than tripled over the last five years. The Center is the federally designated California Action Agency and has locations in Monrovia and Pasadena.



CHILDHOOD’S END

By Christopher Nyerges

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

I hadn’t been able to sleep much the night before having been involved in a deep introspection of my life. It was one of those introspections

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

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

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

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

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

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

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

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

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

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

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

“What are you guys doing?” she asked.

“The dirt people are all getting together because the monsters are getting ready to invade. We watched the monsters begin the war, and the dirt people are now all trying to defend themselves, right?” he looks at me.

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

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

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

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

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“Where there is no struggle, there is no merit.”

Go “Back-To-School With Hello Kitty” On Friday, August 23!

“Hello Kitty” is guaranteed to brighten up the school year!

On Friday, August 23 from 3-7pm, Hello Kitty fans can shop for back-to-school gear and enter fun contests for a chance to win “Kitty Gift Baskets” and other purr-fect goodies. In addition, “Miss Kitty” herself will be on hand for feline face-painting and other surprises.

Shop “Hello Kitty-Style”

School’s back in session and what better way to start the year than with a new Hello Kitty backpack, lunch box or messenger bag? Hello Kitty-phies will get a complimentary recyclable tote bag with every purchase of \$20 or more. In addition, sign up to win a Glamor Puss Basket filled with what every smart cat needs for the new semester.

Miss Kitty” Makes Exclusive Appearance At Webster’s RX!

Between 4-6pm, bring the kids over for special face-painting, balloon art and other surprises fit for a feline! Study up because “Miss Kitty” has created a pop-quizz guaranteed to be the cat’s pajamas - good grades earn good rewards!

Hello Kitty Treats

Our refreshment table will be filled with all things pink! Lemonade, cookies, and other nibbles fit for everyone’s favorite Kitty!

Fast Facts:

Special shopping event featuring Hello Kitty school supplies and accessories. Complimentary Hello Kitty tote bag with \$20 purchase. Gift Basket Drawing, Giveaways and Special Appearance by “Miss Kitty” - face painting and balloon art.

When: Friday, August 23 from 3-7pm.

Where: Webster’s Community Pharmacy, 2450 N. Lake Ave, Altadena, CA 91206

For More Information: 626-797-1163 or facebook.com/websterscommunitypharmacy
Webster’s Community Pharmacy in Altadena, CA

Webster’s RX is a full service prescription pharmacy and medical supply store. Hard-to-find greeting cards, gifts, jewelry, and fashion accessories are also available for purchase. We have been serving Altadena and Pasadena since 1926. Owners Meredith and Michael Miller (formerly of Fair Oaks Pharmacy and Soda Fountain, South Pasadena) are dedicated to revitalizing and restoring this Altadena gem to its original landmark status.



From Arcadia's Best

SCHOOL RECALL TARGETS ISSUE OPEN LETTER



Jim O'Brien - Photo courtesy of letsrun.com

Arcadia's Best received the following open letter Friday (Aug. 9) from three members of the Arcadia School Board who are the targets of an intended recall election, for which a petition drive is being mounted primarily relating to the decision of the School Board, including the Superintendent, not to renew the District's optional year-to-year agreement to pay one of their physical education teachers, Jim O'Brien, an extra few thousand dollars per year to coach the cross country team.

He has taken the team to National Championships in recent years and he has also ruffled feathers of officials for finding a way to accomplish things his way after the District has turned down some of his requests — setting up his own summer training camp when the District told him he could not allow students to run off campus due to being uninsured by the school; spray painting damaged lockers with an X to denote that they could not be secured after officials told him the lockers would not be repaired or replaced; taking female student athletes to Mammoth Lakes for training without District approval (he was reprimanded but later won a grievance against the District over the matter).

The decision not to renew his annual appointment as coach of the cross country team, which was officially made in June but which had been brewing for some months and for which parents of students have been expressing concerns at school board meetings since earlier this year, culminated in a 15-minute video being produced and viewed by thousands that encouraged the coach's reinstatement, and a special School Board meeting last month at which about 600 people attended and about 50 people spoke passionately in defense of the coach. Shortly after that meeting, the School Board announced it would take no action as a result of that meeting.

Since then, an official filing was made to register an intent to recall three school board members and there has been almost daily front page stories in the Pasadena Star-News this week about the coach noting long-resolved issues of years ago and recent reports to and from the School District and the California Interscholastic Federation regarding reports of possible rules infractions.

Jim O'Brien remains employed as a physical education teacher at Arcadia High School — this matter is limited to his former supplemental coaching duties of the cross country team.

The recall campaign against the three school board members being targeted requires signatures from 20% of the city's registered voters, or more than 5,600 voters, to mount a special recall election. With this background for those readers who may not have been familiar with this story, Arcadia's Best is publishing the following open letter in its entirety and verbatim as received by e-mail on Friday, Aug. 9, 2013:

An Open Letter to the Arcadia Community

Recently, there has been a lot of public discussion about the removal of James O'Brien, the Arcadia High School cross-country coach who has had a number of very successful seasons over the years.

As a matter of policy, the District does not publicly comment on personnel matters. First we are legally precluded from providing details of private personnel issues. Second, we are true believers in allowing people to maintain their privacy in employment matters. However, the details of many of the issues that have brought us here have been released by the employee himself. Given this reality and the fact that this issue is creating some intense division in some portions of the Arcadia community, we believe it is appropriate to address it and hopefully put the matter to rest.

As a result of a call from a CIF representative and information from some students and parents, it became clear that Mr. O'Brien had created a pattern of rules violations through his coaching practices, which in some cases seemed to completely disregard CIF rules. Unfortunately, the violations and his refusal to take responsibility for those actions undermined the many good things he was doing for our students. What's more, if we didn't take corrective action to address the violations, the CIF may have imposed sanctions that could have kept our students from competing. We were elected to be education leaders and it's vital that we model integrity and good sportsmanship for our students. We hold our students to the highest standards of honesty; why would we not hold our coaches to that same standard?

The decision to remove Mr. O'Brien as coach was unfortunate and difficult. The championship trophies that line the Arcadia High School trophy cases are evidence that he was able to pull true talent out of our children.

But as representatives of this community, we made the decision to remove him because we do not believe that a "win at any cost" mentality has a place in our school district. Instead, we believe our students deserve to be taught that honesty and integrity are the most important character traits we can instill and winning should be the result of hard work and strong performance — within the rules.

We are fortunate in Arcadia to have some of the most talented, intellectually curious, and focused students in the state, along with a hardworking instructional team that has developed an academic program that optimizes our students' capabilities. The evidence of this fact is overwhelming. From our unmatched API of 929, a graduation rate of 98.3%, and 93% of our graduates self-identifying as college bound, this community is proud to produce such strong students. As a Board of Education, it is our responsibility to make these hard decisions. It is unfortunate that this reassignment had to occur. But it is also unfortunate that this one decision has become the focus of a recall effort. Given the success we consistently see in AUSD, it is our hope that the community at large will understand that while employment matters are difficult and we all like to get trophies and win, the priority must be maintaining and enhancing the strong academic program we have here at AUSD.

Sincerely,

Cung Nguyen, Lori Phillipi, and Kay Kinsler

Mr. Nguyen, Mrs. Phillipi and Mrs. Kinsler are members of the Governing Board for Arcadia Unified School District who are the subject of a possible recall effort related to the decision to remove James O'Brien as Cross-Country Coach at Arcadia High School. If the recall qualifies for the ballot as a special election, it is estimated it will cost the District about \$300,000.

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Arcadia Police Blotter

For the period of Sunday, August 4th, through Saturday, August 10th, the Police Department responded to 913 calls for service of which 121 required formal investigations. The following is a summary report of the major incidents handled by the Department during this period.

Sunday, August 4:

1. Around 10:41 a.m., officers responded to Motel 6, 225 Colorado Place, in regards to a robbery report. An unknown suspect stole \$800 cash from the victim's wallet and fled the location. Officers conducted an area check, but the suspect was not located. The suspect is described as a Black male, 6' tall, 160 lbs., with short black hair, a mustache, tattoos on his arms and neck with the letter "F" tattooed on the left side, and wearing a dark blue shirt and black jeans.
2. Just before 1:15 p.m., an officer was dispatched to a traffic collision in the 100 block of West Huntington Drive. One of the drivers attempted to flee the location on foot, but was detained by officers a short distance away from the collision. An investigation revealed the intoxicated 42-year-old Hispanic male collided into another vehicle that was exiting "Gate 5" of the Santa Anita Race Track. He was arrested and transported to the Arcadia City Jail for booking.

Monday, August 5:

3. At approximately 3:00 p.m., officers responded to the parking lot of 99 Ranch Market, 1300 South Golden West Avenue, in regards to a robbery that just occurred. The victim explained he was loading groceries into his vehicle when an unknown subject approached him from behind, pulled his handbag from underneath his arm, and ran to an awaiting vehicle that fled eastbound on Naomi Avenue. The victim's bag contained a Louis Vuitton wallet, \$6,000 cash, a passport, and multiple credit cards. The victim believed the suspect followed him from the bank to the market. No witnesses were located. The suspect is described as Asian, approximately 40-years-old, with short black and white hair, wearing a grey polo shirt. The suspect vehicle is described as a grey, older model four-door Toyota with a license plate containing the letters "AFO".
4. Around 6:20 p.m., an officer was dispatched to the Arcadia Public Library, 20 West Duarte Road, in regards to a grand theft report. The victim walked away from his computer to use the restroom and discovered it missing when he returned. No one reported seeing or hearing anything suspicious.

Tuesday, August 6:

4. At about 1:57 a.m., an officer conducted a traffic stop on a vehicle for driving east in the westbound lanes of Huntington Drive near Holly Avenue. The officer discovered one of the passengers was in possession of drug paraphernalia and had an outstanding misdemeanor warrant. The 25-year-old Black male was arrested and transported to the Arcadia City Jail for booking.
5. At some point before 4:00 a.m., unknown suspect(s) forced entry into a residence in the 1200 block of South Tenth Avenue, ransacked a bedroom, and stole numerous items of property including a desktop computer and cash. The victim could not recall if she left the front door unlocked before leaving the location. No evidence or witnesses were located.

Wednesday, August 7:

6. At approximately 12:07 a.m., an officer responded to an alleyway in the 000 block of Alta Street regarding a subject check. The 46-year-old Hispanic male was found lying on the ground, extremely intoxicated, and unable to care for himself. He was arrested and transported to the Arcadia City Jail for booking.
7. Just after 3:20 p.m., an officer responded to the area of Elkins Avenue and Canyon Road in reference to a bear sighting. The officer located the bear in the driveway of a residence and fired a less lethal round to divert him back into the wilderness. After being struck, the animal fled the location out of sight.

Thursday, August 8:

7. At about 4:53 a.m., an officer conducted a traffic stop on a vehicle for a broken tail light in the area of Santa Anita Avenue and Colorado Boulevard. An investigation revealed the driver had an outstanding misdemeanor warrant and was in possession of methamphetamine. The 33-year-old Hispanic male was arrested and transported to the Arcadia City Jail for booking.
8. At approximately 8:08 a.m., officers were dispatched to a residence in the 700 block of East Camino Grove Avenue regarding an unknown male adult submerged in the pool. The subject, pronounced dead at the scene, was found with small lacerations to his inner forearms. Preliminary investigation revealed the death was inconsistent with a drowning and appeared to be a suicide.

Friday, August 9:

9. Just after 8:00 p.m., an officer responded to H&M at the Santa Anita Mall, 400 South Baldwin Avenue, in regards to a theft report. A 13-year-old female subject of unknown race concealed merchandise inside a used shopping bag and exited the store without making payment. She was arrested, transported to the Arcadia City Jail for booking, and later released to her mother.
10. At about 9:30 p.m., an officer was dispatched to Chevron, 11 East Live Oak Avenue, in regards to a robbery that just occurred. A male suspect stole approximately \$20 in change from the cash register and fled west on Live Oak Avenue after being confronted by the store clerk. Officers conducted an area check, but the suspect was not located. A records check revealed the suspect's vehicle, which he left parked beside a gas pump, was reported stolen out of El Monte. The suspect is described as approximately 16 to 21-years-old, 5'7" to 5'9" tall, wearing a black sweatshirt with "CAL" in white letters, a red baseball hat, black pants, and black shoes.

Saturday, August 10:

11. Just after 7:00 p.m., an officer responded to a non-injury solo traffic collision on Baldwin Avenue, north of Las Tunas Drive. The driver of a 2013 Mercedes C250 made an abrupt turn and struck a signal light. The officer determined alcohol was not a factor.
12. At approximately 10:06 p.m., three 15-year-old male subjects were found trespassing in a construction site at Arcadia High School, 180 Campus Drive. All three juveniles were arrested for Trespassing and Curfew Violation, and later released to their parents. However, one subject was also charged with Possession of a Switchblade.

Creative Arts Group Presents

2nd Annual Scarecrow Festival



Three ways to participate:

Create a Scarecrow!

Saturday, September 14, 2013
10:00 am to 5:30 pm
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

Sponsors of the Scarecrow Festival:



• Sierra Madre Kiwanis Club • Mountain Views News
• Sierra Madre Chamber of Commerce

MONROVIA - DUARTE

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Arcadia

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Monrovia

MONROVIA WISHING WELL DAMAGED IN LATE NIGHT CAR CRASH



The City of Monrovia wishing well was damaged in a late night car crash on Tuesday, August 6. At 11:28pm, Officers were dispatched to Lime and Myrtle regarding a traffic collision. They found a black BMW 328i had collided into the stone monument (wishing well) on the northwest corner of Lime and Myrtle. Both the vehicle and wishing well were heavily damaged.

The driver, a 64 year old woman from Pasadena, sustained injuries to her face and hands and was transported to Arcadia Methodist Hospital for treatment. No one else was injured in the collision. The cause of the collision is still under investigation.

The wishing well has served as a historical Monrovia monument at the southeast corner of Library Park for many years--at one time housing the old City bell. It currently serves as a water fountain. Members of the Public Works Department have collected all of the pieces of the structure and aim to repair and replace it over the next several months.

If the driver is found to be at fault, the city may charge the driver for the cost of the repair to the city property.

Photo and Story courtesy City of Monrovia

BROWN BAG WORKSHOP: LINKEDIN BASICS, SPONSORED BY THE FRIENDS OF THE MONROVIA PUBLIC LIBRARY

The Monrovia Public Library will host this timely workshop on Wednesday, September 4 from 11:30 a.m. – 1:00 p.m. in the Community Room. The Library is located at 321 S. Myrtle Avenue, in Old Town Monrovia's Library Park.

Job seekers, entrepreneurs, and business owners know the value of networking. Knowing someone may be the easiest way to get your foot in the door. And when done properly, cultivating new business contacts can open up new job and business opportunities. LinkedIn has become the world's #1 source for professional networking.

Bring your lunch and learn how to create and build your LinkedIn profile step-by-step in this workshop.

Registration is encouraged. Stop by the Adult Reference Desk, call 626-256-8274, or visit www.cityofmonrovia.org/library/page/library-calendar and click on library calendar link. Find DATE, click on the event and sign up. Walk-ins welcome.

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Monrovia Police Blotter

Highlighted Activity for the Weekdays of August 12-14, 2013

During the last seven-day period, the Police Department handled 491 service events, resulting in 82 investigations. To see a complete listing of crimes reported, go to <http://www.crimemapping.com/map/ca/monrovia> for crime mapping. For Police Department news and information, visit our website and follow us on Twitter for police notifications.

Recovered / Stolen - Tractor

On August 12 at 4:00 p.m., an officer observed a tractor in the 1600 block of South Shamrock. A computer check revealed the tractor was stolen out of LASD – Century Station. The tractor was recovered and released to a company agent.

Possession of Marijuana – Suspects Arrested

On August 12 at 4:15 p.m., an officer was dispatched to the 1000 block of East Lemon regarding 4 large marijuana plants being loaded into a Toyota 4runner. The vehicle was located and stopped and the marijuana was recovered.

Grand Theft Auto

On August 12 at 6:26 p.m., dispatch received a transfer call from California Highway Patrol regarding a stolen vehicle. The victim stated his vehicle was taken from an apartment complex area in the 1000 block of South Alta Vista, within the last hour. The vehicle stolen was a 1991 Honda Accord, green in color. A check of the area was completed, but was unable to locate the stolen vehicle. The investigation is continuing.

Burglary Commercial – Suspects Arrested

On August 13 at 7:04 p.m., officers were dispatched to the 1600 block of South Mountain regarding a burglary that just occurred. A female suspect entered the business and exchanged two five gallon cans of paint for \$ 400.00 dollars. She then took more paint cans off the shelf and placed a pre-made barcode label on the can, which had a very low price and went through the register. Security caught the theft on video while the suspect was in the garden area. Further investigation revealed numerous receipts for the same items from Home Depot stores in different cities. The suspect was taken into custody and arrested for burglary.

Domestic Violence

August 14 at 8:52 p.m., an officer responded to 500 block of Fano regarding a domestic violence report. The suspect fled the scene prior to his arrival. The female claimed she was hit and choked by the father of her children, who has been staying at the residence. The victim had marks that were consistent with her statement. The officer called the suspect on his cell phone. The suspect denied the assault and refused to return to the residence. A warrant was entered into the system for domestic violence. The investigation is continuing.

Detective Bureau Case Follow-up

On July 31 and August 9, 2013, two crimes occurred involving the same gang members. The first case involved the brandishing of a firearm by two gang members. The second case involved a robbery and assault by three gang members.

These cases were presented together to the District Attorney's office. Felony complaints were filed for robbery, assault with a deadly weapon, exhibiting a firearm, and violations of criminal street gang injunction.

TIP OF THE WEEK

Back to School Traffic Safety



Children of all ages are returning back to school, and with students going back to school, traffic congestion will be increased on the road and drivers will need to be extra cautious. Whether in a school zone or a residential neighborhood, drivers need to remember to slow down and be prepared to stop.

The speed limit in school zones and residential neighborhoods is 25 miles per hour, unless posted otherwise; some school zones may have speed limits as low as 15 miles per hour.

Always stop for school buses. Flashing yellow lights on a school bus indicate it is preparing to stop to load or unload children, and drivers should slow down and prepare to stop.

Red flashing lights and extended stop arms indicate the bus has stopped, and children are getting on and off. Drivers are required to stop their vehicles and wait until the red lights stop flashing, the extended stop sign is withdrawn and the bus begins moving before they can start driving again. The greatest risk to children is not riding on the bus, but getting on and off the bus.

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.



City of
Hope™



PUSD SCHOOL YEAR BEGAN AUGUST 14

STEAM Magnet Academy, Implementation of Common Core Standards, Twilight School Among New Initiatives

Pasadena, CA – As children in Altadena, Pasadena and Sierra Madre return to school, there are a number of new programs and initiatives that solidify the credentials of the Pasadena Unified School District (PUSD) as a district committed to 21st Century Learning.

“The district’s wide range of new and existing academic offerings demonstrate that starting with the first day of school PUSD is committed to providing a high quality education for every student walking through our doors,” said PUSD Superintendent Jon R. Gundry.

PUSD’s boldest initiative is the opening of the Washington STEAM Magnet Academy (formerly known as Washington Middle School). The Washington STEAM Magnet Academy is unlike any other in the state, utilizing an interdisciplinary approach to learning with hands-on science, technology, engineering and math plus art and design emphasizing innovation. The school is supported by the STEAM Community Alliance, a group of leading Pasadena area institutions such as Caltech, Jet Propulsion Laboratory, Art Center College of Design, Kidspace Museum, the city of Pasadena and many more. To learn more about the new school visit www.steam-academy.pasadenausd.org.

All PUSD middle schools are creating signature programs to better prepare students for future success in a dynamic world. Another of these new middle school initiatives beginning in 2013-2014 is the Advanced Studies Program at Wilson Middle School. Participating students in this rigorous academic program are enrolled in core subject honors courses, deepening students’ knowledge and laying the foundation for students to take Advanced Placement classes in high school.

The new Common Core Standards will be introduced in district classrooms this year after a multi-year process of preparation and rewriting the district curriculum. Adopted by 45 states including California, the Common Core Standards describe clearly and consistently the knowledge and skills that young people need to be successful in college and careers. The rewritten curriculum incorporates these standards and 21st Century Learning skills, meeting the desires of the Greater Pasadena area community for graduates prepared for college and career success and able to contribute to our democratic society.

“We are putting into practice the belief that true learning is more than the simple acquisition of content; we are teaching students to understand what they learn it so that they can transfer that knowledge to other situations,” said Superintendent Gundry. For more information on PUSD’s transition to the Common Core, please visit www.common-core-standards.pasadenausd.org.

Launching in September, PUSD’s Twilight School program will give high school students who are behind in credits or have a grade of D or F on their transcript a chance to make up credits and improve their grade-point average. The Twilight School is designed for students who were previously unable to participate in credit or grade recovery programs due to space limitations. Twilight School will take place in three 10 to 12 week trimesters throughout the school year. Classes are two days a week, three hours each evening—typically from 5:30 to 8:30 p.m. Monday through Thursday at the PUSD Education Center in Pasadena.

“Twilight School expands options for our struggling students,” stated Superintendent Gundry. “Now many more students can make up missed credits and remediate low grades—graduating on time and qualifying for college admissions.”

In addition to these new programs, the district’s signature programs continue to grow and gain traction in the community:

- Dual Language Immersion programs in Spanish and Mandarin Chinese grow to fifth grade this year with plans in place for middle and high school.
- The district’s state recognized transitional kindergarten program expands to Longfellow Elementary School this year in addition to Washington Elementary, McKinley School, Jefferson Elementary and Willard Elementary where the program is currently.
- PUSD’s College and Career Pathways continue to offer college preparatory curriculum paired with career themed project-based learning. The Pathways programs part of the Linked Learning initiative that is transforming schools across the state.
- The International Baccalaureate (IB) Programme at Willard Elementary and Blair school continue to grow with 10 percent of the graduating class at Blair achieving the prestigious IB Full Diploma.

NEW DATES PICKED FOR SIERRA MADRE LIBRARY’S POPULAR PARENT/CHILD WORKSHOPS IN SEPTEMBER

Registration is now open for Sierra Madre Public Library’s popular Parent/Child workshop series, slated for September 5, 12, 19, 26, and October 3.

Sessions will take place at the Library on consecutive Thursdays from 10 to 11:30 a.m. and will be interactive including toys, crafts, books and play in addition to discussions of parenting issues and concerns.

The parenting workshop will feature noted resource professionals from the community and each session will feature a different aspect of parenting, including early literacy, speech, hearing and language development, child development, nutrition, music, play, and health.

Families with children ages 36 months and younger are encouraged to register now as past workshops have filled up fast. Enrollment is free, but in-person pre-registration at the Library is required to ensure a spot in the program.

This project is supported by the U.S. Institute of Museum and Library Services under the provisions of the Library Services and Technology Act, administered in California by the State Librarian.

For more information, please call Meegan Tosh, Youth Services Librarian at (626) 355-7186. The Sierra Madre Public Library is located at 440 West Sierra Madre Boulevard in Sierra Madre. www.sierramadre.lib.ca.us



Students and Parents gather in Sierra Madre Elementary schoolyard on Day One of the new school year. S. Henderson/MVNews

SCHOOL DIRECTORY

Alverno High School

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

Arcadia High School

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

Arroyo Pacific Academy

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

Barnhart School

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

Bethany Christian School

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

Foothill Oaks Academy

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

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

The Gooden School

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

High Point Academy

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

LaSalle High School

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

Monrovia High School

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

Odyssey Charter School

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

Pasadena High School

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

St. Rita Catholic School

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

Sierra Madre Elementary School

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

Sierra Madre Middle School

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

Walden School

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

Weizmann Day School

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

Wilson Middle School

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

PASADENA UNIFIED SCHOOL DISTRICT

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

ARCADIA UNIFIED SCHOOL DISTRICT

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

MONROVIA UNIFIED SCHOOL DISTRICT

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

DUARTE UNIFIED SCHOOL DISTRICT

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

THE REEL DEAL: by Ben Show

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 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.

Enrich your life with music!
The Connie Washburn Studio is now accepting piano students.
Please call 626.355.9511 to inquire.



Drifting Secondhand Smoke Affects Everyone!



The poisonous chemicals in secondhand tobacco smoke affect any and everything it comes in contact with, including your children and pets. You and your loved ones deserve a clean air environment, with protection from unwanted secondhand tobacco smoke in your home and community.

Join the **Coalition for Clean Air Residential Environments (C.A.R.E.) of Sierra Madre**. For a cleaner, safer, and healthier community.

For more information, contact:
caresierramadre@gmail.com
(626) 229-9750



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

DICKEY'S BBQ NOW IN PASADENA

Dickey's BBQ is now open in a small strip mall on the corner of Sierra Madre and Colorado, right behind Plate 38. Now, to be called BBQ you must.... have a BBQ pit. The menu says that all meats are smoked on site daily and due to this some items might sell out early. I get that -- many of the true BBQ places I have visited in the Dallas area also give you fair warning -- I drove fifty miles for some great Q and didn't get any I certainly would be disappointed. Since Dickey's has several locations throughout the Los Angeles area you might not have to drive far. The real question is should you?

TABLE FOR TWO by Peter Dills
thechefknows@yahoo.com

My buddy, Charter Cable's TV Food Star Mike Bingley, and I visited Dickey's for lunch. Mike and I have visited the stars of the Pasadena BBQ scene such as Robins, Gus' and Bonnie B's, so we are pretty well versed on the art of BBQ and what to look for. Wanting to try a little of everything I ordered the three-meat plate (\$14.50). You can choose from pulled pork, beef brisket, turkey, chicken, ham sausage and polish sausage. I opted for the brisket, chicken and fall-off-the-bone pork ribs. The owner/franchisee told me that they were St. Louis-style pork ribs not baby back. Spoiler alert: the spare rib meat didn't fall off the bone. Maybe it was bad shipment, but there wasn't enough meat to fall off the bones. However the beef brisket was above average, and the chicken was good as well. Sides included fried okra and mac and cheese. Mike liked the mac and cheese but said his mother's was still the best. Sandwiches are available using your choice of meats. Prices range from \$7 to \$15 with sodas and plenty of refillable sweet tea.

What to like: the refillable sweet tea is a plus, and the brisket is fantastic. You even get a small self-serve ice cream.

What to consider: BBQ ain't cheap, and although Dickey's website mentions value their prices are in line with their competitors. The spare ribs are small, much like you'd get a Chinese buffet. I might give the spare ribs a second chance, but then again why? If you are thinking about feeding the lunch crew, they have a few options. Avoid the lunchtime rush, it's a small restaurant

Little History...

In 1941, Travis Dickey opened the first Dickey's Barbecue Pit in Dallas, Texas. Space on the restaurant's sign was rented out to help pay the start-up costs for the restaurant, and the menu was limited to beef brisket, pit hams, barbecue beans, potato chips, beer, bottled milk and sodas.

Brothers Roland Dickey and T.D. Dickey, Jr. took over the business in 1967. Barbecue is a regional cuisine in mostly southern states. Every location still smokes all of their meats in the restaurant, the same way it was done in 1941.

If you are a TRUE BBQ lover, you'll like the brisket, but other items might be a little, shall we say pedestrian for you.

Taste of Arcadia is coming fast. Monday September 23rd 5:30 PM Arboretum 301 Baldwin Ave. (626) 447-2159.

Dining w/ Dills Sunday evenings at 5PM KABC 790 AM



INGREDIENTS:

1 cup all-purpose flour
 1/4 cup brown sugar, packed
 1/2 cup chopped walnuts
 1/2 cup melted butter
 2 egg whites
 2/3 cup sugar
 1 (10 ounce) package frozen strawberries
 2 tablespoons lemon juice
 1 cup whipping cream, whipped

DIRECTIONS:

- 1 Stir together flour, sugar, walnuts, and butter. Sprinkle this crumbly mixture onto a cookie sheet and bake at 350° for 20 minutes, stirring a few times to break up the mixture.
- 2 Meanwhile, whip egg whites until frothy. Gradually beat in sugar. Add strawberries and lemon juice. Beat at high speed a few minutes (up to ten minutes depending on your mixer) until very light and fluffy. Fold in whipped cream.
- 3 Sprinkle 2/3 of the crumb mixture into a 13X9 inch pan. Spread strawberry mixture on top of crumbs. Top with rest of crumbs.
- 4 Cover tightly and keep in freezer until time to serve, at least an hour. Garnish each square with fresh strawberries and promptly return to freezer any unused portion.

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2013 SUMMER ADULT BASKETBALL CHAMPIONS



The Arcadia Recreation and Community Services Departments would like to congratulate the Summer 2013 Adult Basketball Division ‘C’ Champions, “That Team.” The championship game was played on Sunday, August 11th at the Dana Gym, with “That Team” taking the win by two points over ‘Alpha Q.’ Congratulations again, to the top division champs for a great season finish. Photo provided by Jonathan Lui.

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ARCADIA INTRAMURAL FOOTBALL LEAGUE

Registration for the Intramural Football League is limited and will take place online beginning Monday, August 19, and go through Friday, September 6, 2013. Registration for the league is online only. In order to register online, you will need a login ID and pin number. If you do not have your login ID or pin number, you will need to contact the Recreation Department at 626.574.5113. Please keep in mind if you have never registered with us and need to show proof of birth for your child and residency, it may take up to 24 hours to activate your online account. Intramural football is held at all three middle school sites. This program is open to boys and girls in grades 6-8 of all ability levels. Practices will be held two times a week after school. Rotating teams will scrimmage each other each Friday. The league will run from September 16 through November 8. The first league game will be on Friday, September 27 and will conclude with an end of the season tournament. Dates and times to be determined. The league is organized to provide a fun, non-competitive, learning experience. Transportation to and from the games is the responsibility of the participant. Students must be picked up no later than 6pm or have a signed consent to walk home. Late fees will apply after 6pm on game days.

SAVE THE DATE!

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THE WORLD AROUND US

Looking Up

with Bob Eklund

IF WE LANDED ON EUROPA, WHAT WOULD WE WANT TO KNOW

This artist's concept shows a simulated view from the surface of Jupiter's moon Europa. Europa's potentially rough, icy surface, tinged with reddish areas that scientists hope to learn more about, can be seen in the foreground. The giant planet Jupiter looms over the horizon. This work was conducted with Europa study funds from

Most of what scientists know of Jupiter's moon Europa they have gleaned from a dozen or so close flybys from NASA's Voyager 2 spacecraft in 1979 and NASA's Galileo spacecraft in the mid-to-late 1990s. Even in these fleeting, paparazzi-like encounters, scientists have seen a fractured, ice-covered world with tantalizing signs of a liquid water ocean under its surface. Such an environment could potentially be a hospitable home for microbial life. But what if we got to land on Europa's surface and conduct something along the lines of a more in-depth interview? What would scientists ask? A new study in the journal *Astrobiology* [<http://online.liebertpub.com/doi/full/10.1089/ast.2013.1003>] authored by a NASA-appointed science definition team lays out their consensus on the most important questions to address.

"If one day humans send a robotic lander to the surface of Europa, we need to know what to look for and what tools it should carry," said Robert Pappalardo, the study's lead author, based at NASA's Jet Propulsion Laboratory, Pasadena, Calif. "There is still a lot of preparation that is needed before we could land on Europa, but studies like these will help us focus on the technologies required to get us there, and on the data needed to help us scout out possible

landing locations. Europa is the most likely place in our solar system beyond Earth to have life today, and a landed mission would be the best way to search for signs of life."

The paper was authored by scientists from a number of other NASA centers and universities, including the Johns Hopkins University Applied Physics Laboratory, Laurel, Md.; University of Colorado, Boulder; University of Texas, Austin; and the NASA Goddard Space Flight Center, Greenbelt, Md. The team found the most important questions clustered around composition: what makes up the reddish "freckles" and reddish cracks that stain the icy surface? What kind of chemistry is occurring there? Are there organic molecules, which are among the building blocks of life?

Additional priorities involved improving our images of Europa—getting a look around at features on a human scale to provide context for the compositional measurements. Also among the top priorities were questions related to geological activity and the presence of liquid water: how active is the surface? How much rumbling is there from the periodic gravitational squeezes from its planetary host, the giant planet Jupiter? What do these detections tell us about the characteristics of

liquid water below the icy surface?

"Landing on the surface of Europa would be a key step in the astrobiological investigation of that world," said Chris McKay, a senior editor of the journal *Astrobiology*, who is based at NASA Ames Research Center, Moffett Field, Calif. "This paper outlines the science that could be done on such a lander. The hope would be that surface materials, possibly near the linear crack features, include biomarkers carried up from the ocean."

DID YOU SEE A PERSEID METEOR? Did you record your experience in a picture or poem? Coastal Los Angeles was totally "socked in" with low clouds on the prime viewing night (August 11-12), but fine sightings were reported at clearer sites. The international astronomy outreach organization Astronomers Without Borders (www.astronomerswithoutborders.org) would welcome meteor-viewing reports—in picture, prose, or poem—for sharing in its AstroPoetry Blog. To share your meteor experience with a worldwide audience, email your material to: astro-poetry@astronomerswithoutborders.org. You can contact Bob Eklund at: beklund@MtnViewsNews.com.

ScienceNews

by JEFF

An experimental malaria vaccine proved highly effective in a small, early stage clinical trial : This raises hope in the global effort to combat the deadly disease, U.S. researchers reported Thursday in the journal Science. "This was something that everybody said was not possible. And here it is." We're

in the first stages now of really being able to have a completely effective vaccine," said U.S. navy Captain Judith Epstein, one of the researchers, who said they hope to see licensing of the vaccine within three to five years. Malaria, usually spread by mosquitoes, infected 219 million people in 2010 and killed around 660,000, according to estimates by the W.H.O. That translates into one child in Africa dying every minute.

Cocoa might prevent memory decline: Drinking cocoa every day may help older people keep their brains healthy, research suggests. Reported in the journal *Neurology* (a study from Dr. Sorond of Harvard) 88% of those with impaired blood flow at the start of the study saw improvements in blood flow and some cognitive tests, compared with 37% of people with no problems at the start. Experts said more research was needed before conclusions could be drawn.

Doctors don't follow back pain guidelines: A study published in *JAMA Internal Medicine* has found that many Doctors are not following expert recommendations for the treatment of back pain. They are subjecting patients to unnecessary ineffective surgeries, imaging tests, and addictive narcotics. They don't necessarily need tests such as MRIs, CT scans, or referrals to specialists. More aggressive treatments have not been shown to improve the pain and can put patients to some risk. "One of the biggest things to realize is that when patients first present with back pain, the majority of them will have complete resolution of their symptoms within a couple of months," said Dr. Bruce Landon of Harvard. What works is time. Physical therapies such as core strength building, stretching, and regular exercising such as walking and jogging have shown to improve back pain.

Climate change on pace to occur 10 times faster than any change recorded in past 65 million years, Stanford scientists Deffenbaugh & Field say: Without intervention, this extreme pace could lead to a 5-6 degree Celsius spike in yearly temperatures by the end of the century. The planet is undergoing one of the largest changes in climate since the dinosaurs went extinct. But what might be even more troubling for humans, plants and animals is the speed of the change. If the trend continues at its current rapid pace, it will place significant stress on ecosystems and many species will need to make evolutionary, behavioral or geographic adaptations to survive. Although some of the changes the planet will experience in the next few decades are already "baked into the system," how different the climate looks at the end of the century will depend on how humans respond. There are opportunities to decrease those risks.

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Happy Tails

by Chris Leclerc



Anyone who denies the fact that animals play a very important role in the lives of humans has a heck of a lot to learn about animals, and about humans for that matter. I was taught, and quickly convinced at a very young age that God created all animal species and placed them on this earth for very specific purposes, not the least of which is to help bring joy to the hearts and wisdom to the minds of humans who need it most. Throughout my life, I've heard numerous accounts of animals helping people heal, both emotionally and physically, so although the true story I am about to share is a remarkable heart-warming example of this fantastic phenomenon, it came as absolutely no surprise to me.

James Bowen was a homeless heroin addict trying to eek out a sparse living playing guitar for tourists and passers-by on the streets of London for a decade, when in 2007 he moved into a government-sponsored apartment building where he came across a sickly kitty, equally as desperate as himself. The pitiful but hopeful orange tabby cat he found wandering the hallways of his new dwelling was riddled with fleas, and hungry as could be. It was clear at first glance that the cat he'd just met had no home and probably spent it's days roaming about town, foraging and begging for necessities to sustain it's life. he could so relate to that lonely little guy.

In spite of the dire circumstances that could have caused that poor cat to resist interacting with a human being, he chose to humble himself and make it clear to Bowen that he was open to establishing a long term friendship with his new-found two-legged acquaintance. And rather than refusing the furry feline's friendship, considering

A STREET CAT NAMED BOB

A Best Seller Inspired By A Best Friend

his own limited resources and personal problems, James Bowen chose to take that little kitty in and do what he could to restore him to good health. Bowen recognized the striking similarities in both of their circumstances, and felt compelled to connect by their common need for two basics in life; love and companionship.

That proved to be an excellent choice on that desperate man's part, because the needy cat that found him that day did indeed get healthy, and became a catalyst for some desperately overdue positive changes in Bowen's own life. You see, when a person is "down on their luck" or having a tough time surmounting the challenges of life they often tend to pull away from others, distancing themselves from successful individuals whose lifestyles might strike a vivid contrast to their own, causing even more discouragement and deeper depression.

We all like to think we are OK, don't we? And we all hope to be accepted by others, whether we admit it or not. But, when we view ourselves as inferior to other people, it is easy to put ourselves down and slip into the chasm of chaos that comes with having a sense of being a misfit in society. Fortunately, cats don't think in terms of comparing themselves to other people, nor do they judge others the way humans do. So, when Bowen caught up with that furry feline that day, no condescendence or rejection was exchanged between the two, therefore there was no need to retreat from pursuing a closer companionship. They took to each other right away, and Bowen decided to name his new-found friend "Bob".

When Bob got healthy enough to tag along, he began to accompany Bowen on his sidewalk concert trips each day, perching himself on Bowen's shoulders where he could keep up with him, without getting lost in the crowd. As Bowen

played guitar in the streets for tourists and other passers-by, Bob entertained them with little tricks and using his easy demeanor and positive vibrations, he drew the crowd in. It wasn't long before Bowen's street art musical act became quite the attraction in the neighborhood, and the tips landing in his hat showed it. Bowen recognized that his new friend, Bob was the main reason for the growing interest and growing income. Bowen had also been working very hard at cleaning up his own act since he and Bob found each other. After all, when you have someone else besides yourself to be responsible for, you can't afford to waste money on drugs and you will always be more willing to keep yourself healthy when you know you have a loved one who is depending on you.

Ultimately, to this day James Bowen has remained clean and sober and he even wrote a book about how Bob saved his life. The book, entitled *A Street Cat Named Bob*, published in 2012 (Hodder & Stoughton - UK) became a best seller, so use your own imagination to guess how Bowen's life must be very different these days compared to how it was before he met Bob when he was a homeless addict barely surviving in the streets.

Now, if you are still not convinced that animals can play a major role for the better in the lives of we humans, I have to say that your theory will get you absolutely nowhere, and you will miss out on the amazing blessings animals can bring to your life. There is a passage in the Bible that is often condensed in a phrase that goes something like this: "Pride goes before the fall." Well, I believe that is very true and I also believe that human pride is why God knew we would need the animals to help humble us for our own sakes. Take it with a grain of salt, show respect for all species, enjoy life to it's fullest and last but not least, love and let live!

PET OF THE WEEK

KEITH: #A4614639

Behold an amazing dog, friend, and playmate, all in one stunning package! Meet Keith (A4614639). Keith is a staff favorite, a brilliant three year old black and brown brindle male



Labrador Retriever/Shepherd mix who was found in El Monte on August 2nd and brought to the Baldwin Park Shelter. Weighing seventy pounds, the very affable Keith walks okay on the leash, but this well socialized boy could use a bit more training. An intelligent dog with a sense of humor, this playful pup adores children and belly rubs, and is good with other canines. Keith is the ultimate family dog who will make a tremendous running buddy and indoor pet for an active family living in a private home. To watch a video of Keith please visit this link: www.youtube.com/watch?v=QvIm8OAGs3I

To meet Keith 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 Keith, please reference his animal ID number: A4614639. 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 Keith or the adoption process, please contact United Hope for Animals Volunteer Adoption Coordinator Samantha at Samantha@hope4animals.org. To learn more about United Hope for Animals' partnership with the Baldwin Park Shelter through its Shelter Support Program, as well as the many dogs of all breeds, ages, and sizes available for adoption in local shelters, visit <http://www.unitedhope4animals.org/about-us/shelter-support-program/>

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DOG & CAT FOOD RECALL:

Some Eukanuba, Iams pet foods recalled over salmonella

Consumer products maker Procter & Gamble is recalling some of its dry food for dogs and cats due to possible salmonella contamination.

No illnesses have been reported to date.

The company said the recalled products include certain Eukanuba foods for both puppies and adult dogs, and some Iams puppy and adult dog foods and kitten and adult cat foods. The products were made during a 10-day window at a single manufacturing site.

For a list of the specific types of food recalled, visit www.eukanuba.com or www.iamspet.com.

If their food is contaminated, salmonella can affect not only the pets that consume the tainted products, but also the owners who handle the tainted kibble.

Pets with salmonella may be lethargic and have diarrhea or bloody diarrhea, fever and vomiting. Some pets will have only a diminished appetite, fever and abdominal pain. Infected but otherwise healthy pets can be carriers and infect other animals or humans. Owners whose pets display symptoms should contact their veterinarians.

Salmonella symptoms in humans in

clude nausea, vomiting, diarrhea or bloody diarrhea, abdominal cramping and fever. In rare cases, there can be more serious ailments such as arterial infections, endocarditis or heart infection, arthritis, muscle pain, eye irritation and urinary tract symptoms. Anyone with symptoms should seek medical treatment.

Consumers who have any of the recalled products should stop using them and throw them away. Consumers are also advised to contact Procter & Gamble at 800-208-0172 or at www.iamspet.com or www.eukanuba.com.

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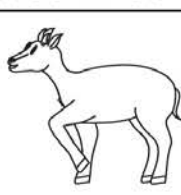


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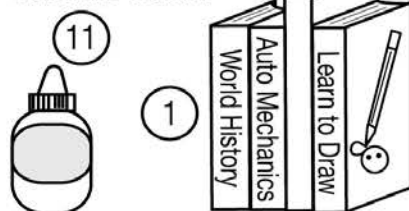
...of school with our new classmates!



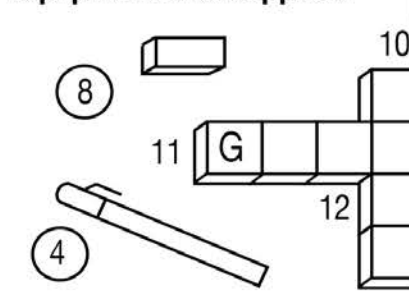
Step Up to a New School Year!



Apples are red, green or yellow!
Color this apple your favorite color!



Fill in this puzzle with names of old and new school equipment and supplies:



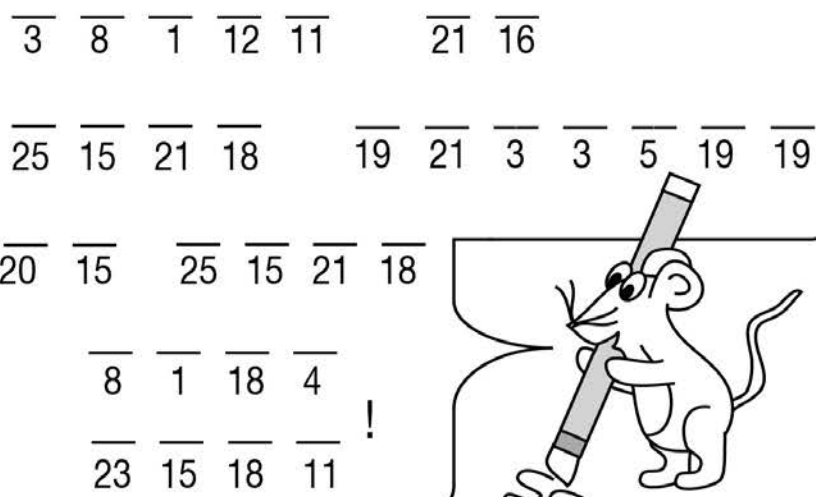
Step up to a new school year! Get ready to do your best. You can do it!
Most schools supply the basic items and equipment you need to start, but may expect you to bring some supplies to help out. Enjoy your first day!



I'm so excited to be in my new school!

Be prepared to have a great year!

When you are a student, school and homework are your "job." Arrive prepared every day and you will be able to

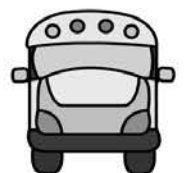


Little Mouse is very excited about the new school year. He has a message for all students. **Use this alphabet key to see it:**

A	B	C	D	E	F	G	H	I	J	K	L	M
1	2	3	4	5	6	7	8	9	10	11	12	13
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

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ASSISTANCE PROGRAMS THAT HELP SENIORS WITH HEALTH CARE COSTS

Dear Savvy Senior:

Are there any programs that you know of that help seniors with their Medicare expenses? I'm 67 and live primarily on my Social Security, and am having a hard time paying my Medicare premiums, deductibles, co-pays and prescription drug costs. Need Some Help

Dear Need:

There are several financial assistance programs that can help Medicare beneficiaries who are having a tough time paying their out-of-pocket health care costs. Here's what's offered, along with the eligibility requirements and how to apply.

Medicare Savings

Let's start with a program that helps lower-income Medicare beneficiaries pay premiums and out-of-pocket costs for Medicare Parts A and B. It's called the Medicare Savings Program (MSP), and it has several different benefit levels for people with different financial resources. At its most generous the program will pay your Part B premium and pretty much all your Medicare deductibles and coinsurance. At its least generous the program will pay just your Part B premium.

To qualify for a MSP, the minimum standard set by Medicare, is an income under 135 percent of the federal poverty level, which at the moment works out to around \$1,313 a month for individuals. Everything counts towards income, including payouts from 401(k) plans, pensions, Social Security, and help from family members. Medicare also allows states to impose an asset test, which can be as little as \$7,080 per individual, not counting your house or car but counting retirement savings and bank accounts.

But some states have made their MSP programs a lot more generous, with much higher income limits and in some cases no asset tests at all. And the program may be called something else in your state. To find out if you qualify or to apply, contact your local Medicaid office – call 800-633-4227 for contact information.

Medication Assistance

For help with your Medicare prescription drug plan costs, there is another completely separate program called Extra Help. To get it, you'll need to apply through your local Social Security office.

Depending on exactly how low your income is, the program will pay all or part of your Part D prescription drug plan premium and deductible, a hefty chunk of your copay, and totally eliminate the doughnut hole coverage gap. In 2013, individuals with an income below \$1,436 a month, and assets under \$13,300 can qualify for Extra Help.

If you're eligible to be in a Medicare Savings Program, you will automatically qualify for Extra Help. But because the requirements are slightly different, even if you don't qualify for a Medicare Savings Program for Part B you might be able to get Extra Help for Part D. For more information or to apply, call Social Security at 800-772-1213 or visit socialsecurity.gov/prescriptionhelp.

Get Help

To help you find out if you're eligible for these programs, use the National Council on Aging web-based tool at benefitscheckup.org. You'll need to fill out an online questionnaire that asks things like your date of birth, zip code, expenses, income, assets and a few other things. Once completed you'll get a report detailing which programs you may qualify for, along with downloadable application forms and, in the case of Extra Help, allow you to complete your entire application online. The program even knows the specific MSP eligibility rules in your state.

Or, if you don't have Internet access, contact your State Health Insurance Assistance Program (SHIP), who provides free one-on-one Medicare counseling in person or over the phone. To locate your local SHIP, call the eldercare locator at 800-677-1116.

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

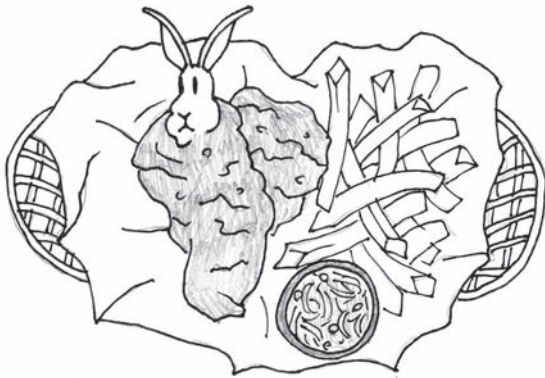
KATIE TseThis and That



QUEST FOR THE LOST FISH & CHIPS

Sometimes people ask me if I'm a vegetarian. Though I generally try to stick to plant-based foods, I sometimes indulge in the occasional fish/chicken, and the biannual cut of beef. So it might seem a surprise that I would now be willing to travel halfway across the country to try some "famous" fish & chips.

All my life my aunt and mom have been talking up the unmatched excellence of "Highland's Fish & Chips," a mom-and-pop restaurant in the Detroit suburb where they grew up. It was owned by the Sutherland clan, and had unpretentious furnishings and a staff primarily made up of family members. The most popular dish was, of course, fish and chips. According to my mom and aunt, the recipe came from the proprietor's Scottish mother, who did something magical to the cod. It was always light and flavorful. My mom and aunt salivate -- unable to find the right adjectives to describe Highland's bill of fare.



On one of my aunt's trips back to Michigan she planned to visit Highland's as a highlight of her visit. But when she arrived she found a desolate lot. The neighboring business owners said the restaurant had closed the week before. Talk about disappointment! Ever since then, my aunt's been on the quest to find a worthy equal to Highland's fish & chips.

The legend of the restaurant has morphed over the years. For a while they believed the Sutherlands just crossed the river to reestablish their restaurant in Winsor, Canada. I even got sucked into their search, and found myself calling a Canadian fish & chip place whose menu sounded somewhat like Highland's. In the end, I got a big long distance fee and no leads in our quest for the perfect fish & chips.

More recently, my aunt and mom found Scotty Simpson's Fish & Chips on 5 Mile in Detroit. It dates back to 1950 (like Highland's) and seems to have a similar menu. (But then again, how different are most fish & chip menus?) The problem comes when you consider whether Scotty's and Highland's were around at the same time. My theory is that Scotty's claim of starting in 1950 might mean that the family has been frying up fish for a hungry public since then, although not in that location. I know, it's a long shot.

Despite the fact that I have little interest in visiting Michigan*, I would be willing to go there just to try the famed fish & chips. I suppose it would be like meeting some celebrity from your childhood, only battered and fried.

*For all you nostalgic Michigan-ers, check out the show, "Under the Radar Michigan." You can view all three seasons of episodes online. It's fun to revisit Great Lake State classics like Mackinac Island, Saginaw, and the beautiful Redford Theater, and many more!...

And remember --use your left hand to show your friends where each place is located. God gave

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THE GOOD LIFE SENIOR HAPPENINGS

By Pat Birdsall

FYI - Six Myths about Fitness After 50

Myth #1: Stretching becomes more important as you age. Fact: Research shows that stretching does little to prevent injuries and may even do harm. They found that stretching a muscle for 60 seconds or more causes a decline in performance; a stretched muscle, when released, contracts and tightens the opposite of what you want it to do. Myth #2: The best way to burn fat is to work out longer. Fact: A new study finds that it's the intensity of the exercise that has the most impact--running five miles burns more calories than walking five miles does because high-intensity exercise boosts your metabolism. Myth #3: Cardio matters more than weight training after 50. Fact: Weight training is just as important as cardio, if not more so as you age. You lose muscle mass with age, which causes a loss of strength. While a loss of strength might not be noticeable at 50, by 60 it will start to affect your ability to exercise at all. Myth #4: Do crunches will get rid of belly fat. Fact: Targeting a specific area of the body for fat reduction just doesn't work. The best way to get rid of belly fat? Eat smart and exercise consistently. Myth # 5: You shouldn't exercise if you're sick. Fact: When it comes to exercise and illness, your neck is the dividing line. If your symptoms are at or above the neck--sore throat, nasal congestion, watery eyes—a workout is fine. (Unless you have a fever; then take a few days off). If your symptoms are below the neck—chest congestion, hacking cough or stomach flu—it's better to rest for a few days. Myth #6: You burn the most fat when working out hungry. Fact: Exercise on an empty tank and your body will tap its stores of fat for energy, right? Nope. A 2011 study found that the body burns the same amount of fat whether the stomach is full or empty. Exercising without eating is not good. Even a small snack can help fuel muscles.

"Healthy You" in AARP The Magazine June/July 2013

HELPFUL HINT: Chalk will remove grease stains from clothes. Simply rub the stain with chalk, then toss in the washer as usual.

FOR YOUR FUNNY BONE - The husband had just finished reading the book, "Man of the House." He stormed into the kitchen and walked directly up to his wife pointing a finger in her face, he said, "From now on, I want you to know that I am the man of this house and my word is law! I want you to prepare me a gourmet meal tonight and when I'm finished eating my meal I expect a scrumptious dessert afterward. Then after dinner, you are going to draw my bath so I can relax. When I'm finished with my bath, guess who's going to dress me and comb my hair? His wife replied, "The funeral director would be my guess."

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, Harry Enmark and Estelle Sykes.

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

Quote of the Week: "People who don't cherish their elderly have forgotten whence they came and wither they go." ~ Ramsay Clark



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

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

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

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 2nd Wednesday of the month. He focuses on estate planning, trusts, wills, probate, conservatorships and business law. ***Appointments are a must!** Please call: 626.355.7394 to make yours* *Conflicting court schedules can occasionally cause cancellations.*

Lunch and Learn: Wednesday, August 28th- 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 2nd Thursday of the month the Senior Center celebrates the birthdays of our patrons at 12:30 pm. Please join us for free cake and ice cream and **"celebration."** (The cakes are provided due to a generous donation from the Sierra Madre Civic Club.)

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

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

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

UPCOMING EXCURSIONS:



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 1st, 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.)

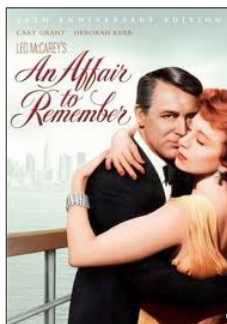
*Registering for Excursions can be done in person at the Hart Park House Senior Center and the Community Recreation Center or online at www.cityofsierramadre.com Cash, checks, and credit cards are accepted. Make checks payable "City of Sierra Madre". Payment must be made at the time of reservation. CALL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

Senior Movie Program:

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

August 21st: 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)





Tips of the Trade: Real Estate Revealed

by Luther Tsinoglou

WHAT TO KNOW ABOUT ESCROW

When you buy a home, or just make an offer, you will encounter the term "escrow account." Like making a friendly bet and asking a third party to hold the wager money, the "escrow agent" is the neutral party that holds funds in the interest of the mortgage lender and the borrower.

When the terms of the purchase and loan agreements have been met, the money is released. When your application is approved and the loan takes effect, the lender will likely require money for property taxes and homeowner's insurance also to be held in escrow. These funds are added to your monthly mortgage payment and disbursed when the tax and insurance bills are due.

This protects the lender by ensuring a lien isn't placed against your property for non-payment of taxes, and your home (their collateral) is protected against catastrophe. But escrow also benefits borrowers by spreading the large annual payments for taxes and insurance over twelve months.

For example, if your taxes are \$1,600 per year and your insurance is \$800, you're budgeting a reasonable \$200 per month instead of making two big payments. Escrow accounts do not earn interest, so if you make a large enough downpayment, you may be able to avoid the monthly escrow and pay the bills directly. Ask your agent and your lender about the pros and cons.

BUSINESS TODAY

The latest on Business News, Trends and Techniques

By La Quetta M. Shamblee, MBA



BEWARE OF JOB PROMOTIONS THAT CREATE A PAY CUT

Before you step up to accept a promotion to move into a management position, be sure you're not simply taking on more work for a lower hourly pay rate. The distinction of being classified as an exempt versus a non-exempt employee is sometimes more about a perceived career status than it is about higher overall compensation for a more prestigious position. Although there are specific legal distinctions, one of the most commonly understood characteristics of exempt employees is that they are paid a salary. This is in contrast to non-exempt employees who are paid an hourly rate and must be paid extra for working beyond their regularly-scheduled hours.

There are advantages to working as a salaried employee but you want to be certain that the advantages outweigh what you may be giving up as an hourly employee. A colleague of mine recently spoke with me about applying for a job to replace her supervisor who had left for a high-paying job at another company. Initially she was very excited about the possibility of moving into a salaried position with more responsibility in her current department. With her current compensation at about \$24 per hour (roughly \$50K annually), she was being lured by the prospect of earning up to \$7K more per year. It seemed like a no brainer until she considered the extra hours that she would be expected to work above and beyond the maximum of eight per day, or 40 per week in her current role – that is, unless she was

going to be paid overtime at a rate of \$36 per hour.

She shared that the other employees in the supervisor positions were routinely expected to work a minimum of two to three extra hours each workday, as well as being required to put in an average of five extra hours each weekend just to keep up with their workloads. This did not include the numerous last minute "other duties as assigned" that seemed to disrupt or derail personal plans for the other supervisors on a routine basis. She took time to do some calculations and discovered that the big promotion would result in a raise of \$3.37 per hour – and that was true if it only entailed working 40 hours per week.

Once she added the extra hours that required for the new position, she discovered it would require a commitment of at least 55 hours per week. This meant the big raise dropped to an increase of only \$1.87 per hour. Since she worked at least five hours of overtime each week at an overtime rate of \$36 per hour, it added up to an extra \$9,375 per year – at least \$2,375 more than she would earn in salary as a supervisor. For now, she's chosen the less prestigious, yet better paying position that doesn't include all of the stress of endless meetings, nor the unreasonable expectation of extra hours with no opportunity to earn overtime.

CALIFORNIA HOME SALES HIGHER IN JULY; PRICE GAINS CONTINUE STRONG BUT TAPERING SAYS A.A.R.

California's housing market bounced back after a slight dip in June to reach the highest level since May 2012, as home prices continued to post strong annual gains and home sales recorded the first annual increase in six months, the Arcadia Association of Realtors® reported.

"The spike in interest rates in June prompted home buyers to delay escrow closings in hopes that rates would fall back," said 2013 A.A.R. President Andy Bencosme. "As buyers recognized rates had stabilized, they moved forward to close escrow, which lifted July's sales from both the previous month and year."

Closed escrow sales of existing, single-family detached homes in California totaled a seasonally adjusted annualized rate of 443,520 units in July, according to information collected by the California Association of Realtors® from more than 90 local REALTOR® associations and MLSs statewide. Sales in July were up 7 percent from a revised 414,670 in June and up 1.5 percent from a revised 436,870 in July 2012. The year-to-year sales increase was the first since December 2012, following six consecutive months of declines. The statewide sales figure represents what would be the total number of homes sold during 2013 if sales maintained the July pace throughout the year. It is adjusted to account for seasonal factors that typically influence home sales.

The statewide median price of an existing, single-family detached home inched up 1.2 percent from June's median price of \$428,620 to \$433,760 in July. July's price was 29.8 percent higher than the revised \$334,220 recorded in July 2012, marking 17 straight months of annual price increases and the 13th consecutive month of double-digit annual gains. The median sales price is the point at which half of homes sold for more and half sold for less; it is influenced by the types of homes selling as well as a general change in values.

"A constrained supply of homes over the past year has fueled robust home price increases, particularly in the coastal regions," said A.A.R. Executive Vice President Andrew Cooper. "Looking ahead, we should continue to see strong price growth but at a less accelerated pace than what we've experienced over the past year. Inventory levels are starting to build in some areas as price gains free up previously underwater homes and encourage homeowners reluctant to list because of the scarcity of homes to purchase."

Other key facts of C.A.R.'s July 2013 resale housing report include:

- The available supply of existing, single-family detached homes for sale held steady in July at 2.9 months, unchanged from June's Unsold Inventory Index. The index was 3.5 months in July 2012. The index indicates the number of months needed to sell the supply of homes on the market at the current sales rate. A six- to seven-month supply is considered typical in a normal market.
 - The median number of days it took to sell a single-family home also held fairly steady at 27.8 days in July, compared to 27.7 days in June but was down from a revised 43.2 days in July 2012.
 - Mortgage rates ticked up in July, with the 30-year, fixed-mortgage interest rate averaging 4.37 percent, up from 4.07 percent in June 2013 and up from 3.55 percent in July 2012, according to Freddie Mac. Adjustable-mortgage interest rates in July averaged 2.66 percent, up from 2.60 in June but down from 2.69 percent in July 2012.
- Representing local Realtors® in the San Gabriel Valley for 89 years, the ARCADIA ASSOCIATION OF REALTORS® (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.*




DID YOU TAKE ADVANTAGE OF SHARK WEEK?

Who knew that an annual TV show could spawn a marketing feeding frenzy. Marketers and entrepreneurs across the county recognized this opportunity. They smelled the blood (a.k.a. buzz) in the water. Ice cream stores advertised "shark" sundaes, news stations 1,500 miles from any ocean featured "local shark stories," and businesses across the country had shark week specials. They leveraged an event that had us swimming in creative inclusion. Events and holidays are great opportunities to reach out to your audience. Take a look at the calendar and ask yourself, "Which events or holidays can we leverage to help promote our business, products and services?"

1. What can you offer your audience?
2. How will they benefit?
3. What channels will you use to promote

Promote your specials in social media, on your web site, with printed materials, maybe a direct mail piece, email marketing campaign and let your audience know about your offering. You may even want to create an event and invite people to attend. Staying top of mind with your customers, prospects, influencers, vendors, associates, followers, fans and connections is what it's all about.

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. Sign up for their upcoming classes and presentations at: www.hutdogs.com/workshops/schedule



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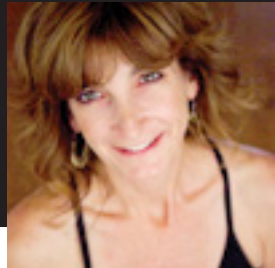
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YOUR BACK



Is the tension in your shoulders and upper back? Is your low back sore? Did you injure your back or does it just get achy? Back problems are depressing! Either over time or all of a sudden, we can't do what we want to be doing. If you have a back problem, yoga can help. If you want to prevent back problems, yoga can help. A strong back is the main reason that we do asana (the postures of yoga). This allows us to sit and meditate. So most of the physical work we do is geared to strengthening the back. Unfortunately, if you do it incorrectly, there is risk of pain or injury. If you have back issues, it is very important to go to a teacher that is very knowledgeable in this area.

Many people will say that they want to stretch out their backs. When the low back is tight, they fold over to their toes and strrrreeetch. This is the worst thing you can do. The little muscles of the low back are no match for the bigger tight hamstrings. Something has to give, and it may be your back. Gentle folds, done correctly with the knees very bent are much safer. Twisting may feel good too, but if the hips are not properly anchored, you can pull out the low back at the sacrum. If your shoulders round forward (while sitting at the computer?), the natural curves of your back are challenged. Overtime, this can really cause problems. So we all need to strengthen the muscles of the low back, but also the mid and upper spine. When the back is strong and flexible, there is a clear path for spinal fluid. When the spine is in good health, life is better. We walk taller, we sit more comfortably and we get to participate in the things we love to do. Oh yeah, then you can meditate comfortably also!

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4 TIPS TO LIVE A TOXIC FREE LIFE

by Dr. Tina

Many of us are trying to do the right things to lead healthy lives. We always wear our seatbelts. We exercise regularly. We don't smoke and we try to eat healthy. In our modern world these things may not be enough. Many chemicals that we are exposed to everyday may increase our risk of cancer. Unfortunately, when chemicals are tested for safety they are tested by themselves. In today's world rarely is one chemical used by itself, rather they combine with many other chemicals. It is that chemical interaction that has many of us concerned. One toxin maybe harmless but regular doses of many toxins may be another issue all together.

1. Eat organic when possible. The pesticides on or in the food you consume are stored in your fatty tissue and organs. Tender flesh fruit like strawberries require lots of pesticides because they are close to the ground.
2. Give up plastic water bottles and canned foods. Bisphenol A is found in many plastic water bottles, in some cling wraps and in the lining of many can goods. This chemical can increase the risk of breast and prostate cancers. Try fresh or frozen vegetables in place of canned ones (they taste better too).
3. Leave your shoes at the door. Just think about the places you that you have walked through in a given day. Do you want to bring that in your home? Maybe you went to the grocery store. Not only did you walk through the store but you have to cross the parking lot too. Maybe while at the store you visited the restroom. Possible you walked across someone's lawn laden with chemical fertilizers and pesticides. The majority of dirt, pesticides and chemicals that come in our home, come in on our shoes.
4. Forego cologne or perfume. I like wearing perfume BUT most of the chemicals used in fragrances are chemicals compounds that come from petroleum and are carcinogens like benzene. Many perfumes and beauty product fragrances have been found to contain phthalates which have been shown to cause birth defects. Keep in mind that what is in a fragrance is a trademark secret and is not listed on the label. You don't have to give up all perfumes there are wonderful perfumes made from natural oils that are not harmful.

Just a few simple changes in lifestyle can go a long way to living a more toxic free life!

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

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GETTING CLEAR

by Lori Koop, Right Brain Business Coach



"Have respect for yourself, and patience and compassion. With these you can handle anything." – Jack Kornfield

Life is full of transitions: just as there are seasons in nature, there are seasons in life. They occur whether we want them to, or not....

- My sister's youngest leaves for college.
- A friend loses a 25 year work routine.
- The kids return to school.

Some transitions are harder than others, but they all ask us to change. They require us to shift the way we see ourselves and our identity. This is known as

"Square 1"... Death and Rebirth in the Cycle of Change. No, it's usually not easy. As a matter of fact, it's the place where most people seek Life Coach support.

When a caterpillar begins its transformation into a butterfly, it doesn't just grow wings. It creates a cocoon around itself and, within, turns to goo. It completely melts down into liquid form and then reforms as a butterfly. Our process is similar. The old self turns to goo. But the DNA is still there. In time, the new self emerges just as miraculously. And beautifully.

Here are some keys to managing "Square 1" transitions:

Recognize you are in transition and cut yourself some slack. Hang low. Allow yourself time to grieve. To feel the feelings of loss. To cocoon and reflect. Listen to your body. You may require more sleep, have less "doing" energy, and feel "emotional." This is all normal. Be compassionate and patient with yourself. Don't make any major decisions. Your new self is forming, and it requires time and self-care.

Grieve, but don't get stuck in your story -- that will only prolong the trip. Work through your feelings, investigate beliefs, and don't fight it! Allow the new You to emerge when the time is right. It will happen organically as you flow with the process.

Hang in there. The rewards are big. You are becoming a better You! Stronger. Deeper. Wiser. And on the other side, you will see more clearly.

Lori Koop, The Right Brain Business Coach
 Reach your tru* potential! Schedule a complimentary coaching session at The Center for Wellbeing, 626-355-2443. www.LORIKOOP.com

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BE A HEALER

by Dennis R. Buckley, D.C.



When you cut yourself, you can clean the wound, have it stitched up and/or cover it up with a protective covering and in about two weeks, the wound heals. This is the body's most amazing function; the ability to heal itself. Likewise when you get a cold or flu, your body fights the virus and after a while you recover.

The body is a self healing organism if it is put in the right environment. What is this environment? The proper environment is one in which our lifestyle contributes to the body's ability to heal itself. This includes exercise, proper nutrition, sleep, good posture, a positive attitude and a fully functioning spine and nervous system. Address these six areas regularly and you will put your body in an ideal environment to prevent illness and injury and if you do become sick or injured you will heal much faster.

There are also secondary things you can do to optimize your body's healing environment. Do not smoke; keep alcohol consumption to a minimum; do not use illegal drugs or use legal drugs illegally; drink plenty of clean, pure water; avoid risky behavior; get regular check-ups of your health from your doctor(s); avoid soda and other high sugar drinks and foods; avoid snack foods high in preservatives; make your diet consist primarily of fresh fruits and vegetables, whole grains and legumes while minimizing animal protein; and do not forget to look outside yourself by contributing to your family, your community and the world.

As you care for yourself and optimize your health, do not forget to look for others to help. In life people mysteriously enter into our life when we need help or we enter their life when they need help. Be on the lookout in ways to help others. Be a contributor to your community by caring enough to take the time to listen, lift up, lighten and love others. This is part of the ways you create the proper balance in your life and allows your body to optimize its performance.

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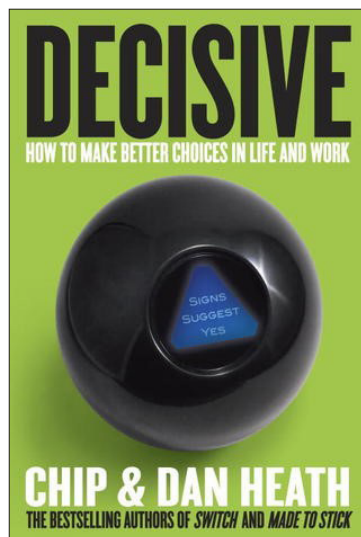
SIERRA MADRE FARMERS MARKET

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.

JASMINE'S CORNER

Book Reviews by Jasmine Kelsey Williams



DECISIVE: HOW TO MAKE BETTER CHOICES IN LIFE AND WORK By Chip & Dan Heath

The middle of August means that summer will soon be ending, and should prompt you to start prepping for going to back to school, or back to work, but may also mean the end of summer reading. However, this next pick with its bright green cover and eye-catching title, might just give you a pick-me-up to help make a fresh start for the months ahead. "Decisive: How to Make Better Choices in Life and Work" by Chip and Dan Heath is yet another long title but one that is sure to be beneficial in the long run. Chip and Dan Heath dive headfirst into the psychology and breakdown of the decisions we make in everyday life; from big decisions to simple ones. As early as the first chapter, these two authors highlight critical factors relevant to decision making, the process of how we as individuals make these decisions, and then discussing factors depending on our outcomes.

Chip and Dan provide the steps of decision making, but also the negatives that are also associated with it: encountering a choice (1), analyzing your options (2), making a choice (3), and then living with the final decision (4). The negatives are not just also key factors that are opposite of the decision-making process, but could also be viewed as the setbacks we face each time we have to think about the choices we make: a narrow frame of mind can make you miss options; the confirmation bias of making your choice leads to gathering only self-serving information; short term emotions can tempt you to make the wrong choice, and with the final decision, you'll not only live with it, you may be overconfident about how the future will play out. With Chip and Dan explaining the concepts early on, the chapters build up from each step and consequence, providing more explanations on how to counter the negatives, and therefore resulting in us being able to make more clear-conscious goals that will not have as much of a negative impact.

"Decisive" is not just a how-to book, but also one that provides instruction on improvement and planning ahead, which is able to benefit any parties involved. Copyrighted in 2013, receiving praise from various critics, as well as praise from Washington Post, Times, and Wall Street Journal, "Decisive" will not just help you in making decisions, but in also weighing the pros and cons of what you want to achieve and how to get there in the best and beneficial way possible.



SEAN'S SHAMELESS REVIEWS:

By Sean Kayden

THE SPECTACULAR NOW

As we've endured a plentiful amount of effects-laden blockbusters this summer season, it's utterly refreshing to come across a small film that possesses real special effects, beautiful acting and superb storytelling. In the film, "The Spectacular Now," writers Scott Neustadter and Michael H. Weber crafted a joyously heartfelt, wryly humorous, endearingly sweet coming-of-age tale that embodies the teenage human spirit. Director James Ponsoldt, who's coming off his critically acclaimed 2012 Sundance hit "Smashed," once again brings a deep sensitivity to the film. "The Spectacular Now" on the surface appears to be another coming of age, puppy love story, but it's so much deeper than merely just that. In fact, it tackles a considerably darker theme that unfolds in the third act. The film is a rare on-screen depiction of two 18 year-old high school seniors who look and feel like real human beings. Sutter and Aimee's relationship doesn't seem manufactured. The mistakes they make feel authentic and they're hell of a lot more confident on the outside than on the inside.

Directed by: Jason Ponsoldt
Written by: Scott Neustadter
Michael H. Weber

Based on the novel by Tim Tharp
Released Date: August 2nd, 2013

The charming and self-possessed Sutter Keely (Miles Teller) lives in the now. He's the life of every party and rarely takes anything seriously. This also may contribute to the fact that he's always loaded. Sutter's either drinking out of his flask or a big gulp cup mixed with hard alcohol. He isn't a mean alcoholic, but a guy always looking to have a good time. When his girlfriend, Cassidy (the luminous Brie Larson) breaks things off, Sutter gets wasted and wakes up the following morning in the front yard of Aimee Finecky's (the effervescent Shailene Woodley) house. Aimee is a typical nice girl. She's intelligent, innocent, and different. Aimee has grand dreams of the future, and Sutter lives in a delusional fantasy known as the spectacular now. However, somehow, they're drawn together. As their relationship begins to bloom, at first as a deep friendship, then more so as it continues on, Aimee falls hard for Sutter. When we get into the third act, Sutter seeks out his estranged father played by the terrific Kyle Chandler. Sutter sees a spitting image of himself within his dad. This realization greatly haunts him. Without getting too deep in rehashing the story, I must say that both the writing and acting are top notch. Miles Teller is a star in the making. This breakout performance is one of the best of the year. Shailene Woodley is equally as good. Both actors are destined for a bright future.

"The Spectacular Now" just does everything right. The characters in the movie feel like people you and I would know. There are no false moves here. Nothing seems forced or modified. The story unfolds naturally and there's so much beauty on display. It doesn't rely on nostalgia or any artificial beats. This is a truly stunning portrait of what it's like to be the youngest you'll ever be. When you're on the cusp of a new chapter in life, filled with both promise and uncertainty. "The Spectacular Now" will have you remembering what it was like to be young, free, and carrying much needed momentum. It also reminds you that all that can be gone in a heartbeat. Wherever you are in life, don't forget that living in the now will prepare you in living for tomorrow, for better or worse that is.

Grade: 5 out of 5

Authors Tour USA



Mission Statement: Authors Tour USA exists to provide marketing, networking and promotional support for published authors, with a focus on self-published authors and small, independent publishing companies.

CECELIA ANTOINETTE
AUTHOR - ACTRESS - POET -
COMEDIANNE

Celebrating the 20th Anniversary since Production in New York City, BROWN GAL'S RISING is a life-time of poetry, developed and produced as a choreopoem—the poetry of investigating and celebrating self and the five different aspects of one woman. The book comes with a DVD that includes a performance by the late legendary R&B artist, Phyllis Hyman (1949-1995) who also starred in the original production.

In films, "CeCe" she can be seen in the top rated YES MAN starring Jim Carrey; DANCE FU starring Kel Mitchell and directed by Cedric The Entertainer; and numerous independent films. She also appears in several national and regional commercials. Cece is also touring WATERMELON-GIT IT! WHILE IT'S HOT! As an MC Extraordinaire she was one of the first female Guest Host of Amateur Night at the APOLLO. She is the Founder/Artistic Director of MOSAIC JEWELS THE GEMS OF COMEDY, taking funny to a whole new dimension (diverse female sketch and stand-up). As a writer and Spoken Word Artist, CECE has published and produced works "BROWN GAL'S RISING," "JUST AS I AM" and "JUKEBOX POETRY" to public and critical acclaim. Cece is the Founding Artistic Director PLUMEings Productions from November 1984 - Present.

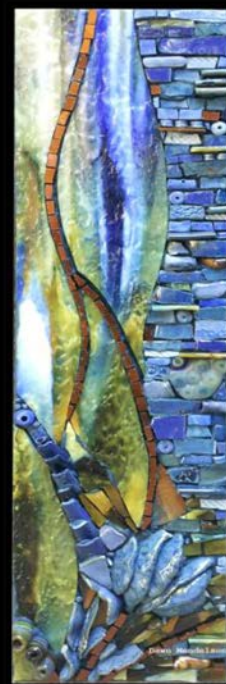
Irma P. Hall, star of Lady Killers, A Lesson Before Dying, Midnight in the Garden of Good and Evil and Soul Food, contributed the original Foreward Poem to BROWN GAL'S RISING.

BROWN GAL'S RISING, was prophetic when first produced 20 years ago. It stands as a timeless and classic read today. Buy it! Read it! And ENJOY it!!!

For more information on CeCe, other members and our FREE membership offer through October 15th visit www.AuthorsTourUSA.com

Brown Gal's
Rising

CeCe Antoinette



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The Adventures of Tom Sawyer was originally commissioned by and received its world premiere at Hartford Stage in 2010.
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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

Mountain Views News

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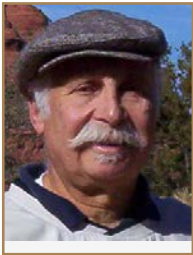
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Mountain Views News Mission Statement

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 WHY I LOVE NEWSPAPERS



Even though the L.A. Times front page earlier this week displayed a huge picture of a shooting star over the Anza Borrego Desert while I suffered the pain of a stiff neck resulting from a fruitless multi-hour search for these same shooting stars racing across the Sierra Madre Northeastern sky I still love newspapers. Oh, by the way, I did see a few of the exciting meteor trails as they flew across the sky and quickly disappeared and really treasured the experience of sitting out on the deck at three a.m. together with my wife, son, and his girl friend as we craned our necks searching for what we could not see.

My son's girl friend unexpectedly exclaimed "This is just like one of those glaucoma tests" and all at once I had the feeling of sharing something precious and yet unexplainable with my family. My feeling about newspapers is much the same. It is a feeling of sharing something with unknown hundreds of thousands of people as we flip through the pages in the early morning as we get out of bed and take a few minutes before we face the tasks of our usually difficult days. As I look at the morning paper I think of my Dad working at the CCC camp almost 80 years ago and writing his praise for President Roosevelt and thanking the President for helping him to regain his self-esteem as he built bridges in the Midwest.

I included a part of my father's article written in a tiny Wisconsin newspaper on the occasion of reaching his birthday in 2010. By some strange coincidence my almost 80 year old barber right here in Sierra Madre grew up right near Ladysmith Wisconsin the very city where my father's article appeared. By another coincidence my friend John played minor-league baseball right there in some sort of tri-cities league 40 years later. Perhaps these connections mean little to anyone in the world besides me but I think that's the point. Newspapers allow all of us to experience our own individuality as we connect to whatever is presented as news in the daily paper. We are part of that world.

I love newspapers partly because the existence of our little paper in our little corner of the world has allowed me to write these 299 consecutive articles about whatever I feel like writing about and presenting those feelings to the world. Every week I imagine my unknown and perhaps non-existent readership thinking about these articles and reacting to them. Occasionally I run into strangers who recognize me and talk about articles I have written and how these articles affected them. There was a period when I received regular reviews from strangers who criticized me or sometimes praised me in ways I never expected. There still hangs on the wall of Andy's Coffee Shop my article, together with my son's picture on a Monrovia Bench sitting next to the statue of Mark Twain as they both appear to be reading books.

The fact motivating this article is the recent purchase of the Washington Post by the founder of Amazon, Jeff Bezos. Does this mean that the daily printed Washington Post will soon disappear? Really I am not very talented at making predictions. Twenty five years ago I told my son not to bother learning to use a computer or a skateboard because such things were just passing fads. Such a terrible prediction carries on a tradition in the Tolchin family similar to my father's urging me to not waste time going to college when I could be learning a trade like being a linotypist which would always assure me of having a job to perform. I wonder why he did not mention chimney sweep?

This weekend my gang had breakfast at my daughter's new home and there on the wall I noticed a picture of Orson Welles standing above a pile of newspapers. It is a picture taken from the movie Citizen Kane given courtesy of my daughter's new boyfriend, a Film School graduate. Citizen Kane, picked by many as the greatest picture of all time in which newspapers are portrayed as an institution that somehow describes the rise and fall of the whole country. Somewhere I learned that enthusiasm the Spanish American War was brought about as a way to sell more newspapers. I'm old enough to remember that that the efforts of two young reporters, Dustin Hoffman and Robert Redford (just kidding) working at the Washington Post and persevering through initial indifference and obscurity eventually securing evidence which brought down the whole corrupt Nixon Administration. After that, only four years later, the Savior Ronald Reagan and his Vice-President and soon to be President George H.W. Bush were elected. Whatever happened to that family?

My point is that newspapers cannot guarantee our nation's security or well-being. Rather, for me at least, all that is promised is a chance to stay connected to what is presented at my own pace and time and in the privacy of my own mind. The internet is not a place to reflect.

JOE Gandleman...Independent's Eye SEX, LIES AND THE FILNER HEADLOCK



SAN DIEGO -- This tourist Mecca has long been loved for the gleaming beaches along its 70-mile coastline where the sea caresses the sand. Now it's becoming known as the city where its Mayor allegedly gave unwanted caresses, butt pats and playful chokeholds to more than a dozen women.

Every day the San Diego Union-Tribune newspaper boasts: "The World's Greatest Country and America's Finest City." These days San Diego is becoming known as America's city with a mayor who refuses to resign even though he's caught up in one of the country's worst sex scandals.

San Diego Mayor Bob Filner's latest refusal to resign was coated with political gobbledygook: "Now is not the time to go backwards — back to the time middle-class jobs and neighborhood infrastructure were sacrificed to downtown special interests," he said in a written statement required by law to the committee trying to recall him. "We need to continue to move forward."

Make no mistake about it: the 70-year-old Filner, once upon a time a progressive Democratic member of the House known to deliver and fight hard for his supporters and causes, is now arguably the worst of America's high-profile Three Stooges of sex scandals.

Former Rep. Anthony "Stop Me Before I Sext Again" Weiner is continuing his magical mystery humiliation tour as he campaigns to become New York City mayor, definitively done in by revelations that he was "sexting" after he claimed he had stopped. Plus, he's highly obnoxious and wears as well as a nonstop migraine.

Watching videos of Weiner mocking a British reporter, blasting the media, answering outraged constituents who take him to task, or calling a 69-year-old rival in the mayor's race "grandpa" at an AARP event reveals less of a run for mayor than a public meltdown. Weiner's sexting and his embarrassing, nearly masochistic, run reflect a huge out-of-control ego.

Former New York Governor Elliot Spitzer, who quit his office after it was revealed he was offering his own extensive stimulus package to New York's prostitute industry, seems to be on the rebound after flopping as a CNN talk

show co-host. Polls show he could well win in his race to become New York City comptroller and rejoin the ranks of elected politicians -- those who often do in office to voters what prostitutes do to their clients.

But Filner is increasingly in a sleazy category by himself. The accusations fall under the blanket category of "sexual harassment" but they aren't just about words or an isolated action. Attorney Gloria Allred, who is representing Filner's highly respected former communications director Irene McCormick Jackson in a lawsuit, is having prominent women come forward virtually every week.

Filner reportedly approached women at a meeting for women raped in the military. One nurse felt he was demanding she go out on a date with her if she wanted his help in treating a wounded veteran patient. Filner has been accused of groping and trying to kiss women and getting several in a supposedly playful dominating "Filner headlock." New revelations are coupled with reports that Filner wasn't much better while in Congress.

Perhaps the best advice to San Diego women might be: if Bob Filner asks you what you want for Christmas, don't say "Christmas goose."

Filner insists his actions weren't sexual harassment and refuses to quit. He can't be fired by the City Council and the recall effort's success isn't certain. He proclaimed he was going away for two weeks of harassment therapy, then came back at the end of a week announcing he'd completed it early. Meanwhile, comedians are having a field day, and a You Tube video parody of Robin Thicke's "Blurred Lines" centers on calls for him to resign. And it's getting worse for him.

All Hooters restaurants in San Diego have put up a poster -- text and design suggested by Glenn Beck -- saying they won't serve Filner.

And Talking Points Memo reports "investigators are looking into claims by Filner's security detail that Filner frequently took women to the Westgate hotel in downtown San Diego... In any case, it may all be too much for Filner's one week of harassment therapy to overcome."

Or would it? Many politicians are shameless. But Bob Filner almost makes Anthony Weiner look contrite and in control.



OUT TO PASTOR

A Weekly Religion Column by Rev. James Snyder

AMISH AIN'T ALWAYS AMISH

Recently, it was my privilege to go to a convention in Ohio in the middle of a large Amish/ Mennonite community. I looked forward to this very much because I grew up in Lancaster County Pennsylvania, which has many Amish/ Mennonite communities.

I was expecting quite a bit as I packed my bags to leave.

"Are you sure you got everything?" A phrase reiterated to me by the Gracious Mistress of the Parsonage.

To which I responded by saying, "Yes, for the umpteenth time I got everything."

This in and of itself was to guarantee me I would forget something, usually essential in my travel. Then when I get home, I will be reminded that I was reminded to make sure I got everything.

Nothing, at this point, could deter my high-level expectation of going into an Amish/ Mennonite community. My great eagerness was looking forward to indulging in one of my favorite desserts: the shoofly pie. Nobody makes shoofly pie quite like those wonderful Amish people.

To make matters even more enticing, I would not have anybody sitting next to me reminding me I had enough shoofly pie. I fully intended to gorge myself on as much shoofly pie as my wallet could handle. In my book, there is no such thing as too much shoofly pie.

I drove 15 hours to get to this little town in Ohio. Every mile creating anticipation for my dessert delicacy awaiting me in some Amish restaurant.

I confess it has been a long time since I visited an Amish/ Mennonite community. Even though I grew up in such a community, some things a person tends to forget.

The convention I was attending ended Sunday morning at lunch. I, being the grandiose Know-It-All, decided to skip the Sunday lunch and look for a restaurant to indulge in my delectable delicacy. The convention was wonderful and as I left the grounds, I did so with a lot of joy in each step.

The thing I forgot was it was Sunday in an Amish/ Mennonite community. If you have never been in such a community, let me inform you that on Sunday the only thing open are churches. I had forgotten this little tidbit.

During the week, I made a list of several Amish restaurants. I had plans of visiting each of them before I left and having shoofly pie, a whole pie, in each restaurant.

When I got to the first restaurant, it finally hit me. This was Sunday and everything in an Amish/ Mennonite community was closed. I do not usually go to a restaurant on Sunday unless it is some special occasion. I was a little chagrined to realize everything was closed. This only heightened my anticipation of the shoofly pie delicacy awaiting me come tomorrow.

At times it feels like tomorrow will never come, but eventually tomorrow came and I awoke with a song on my

lips, a pang of hunger in my stomach and a desire to indulge in a shoofly delicacy.

I finally arrived at my first Amish restaurant and I was drooling so much I could hardly tell the hostess I was just a party of one. Boy, what a party it was going to be.

Being a gentleman, I contained myself as best I could and ordered a very scrumptious repast. Nobody can cook like those Amish women. Oh, what a lunch I had. I think what made it so wonderful was the dessert expectation hovering over me like an angelic halo.

Just as I was finishing my lunch the lovely young waitress, all dressed in Amish attire, came by inquiring if I would like to see the dessert menu.

"No," I said with a delectable determination, "I know exactly what I want for dessert."

We exchanged smiles. I have no idea what she was smiling about; maybe the anticipatory tip. I knew what I was smiling about; the anticipatory dessert.

I tried to contain myself and carefully pace out my instructions.

"Young lady," I said as calmly as possible, "I will have a piece of shoofly pie. In fact, why don't you bring me the whole pie." And with that, I smiled.

The waitress looked at me rather strangely and said, "What kind of pie do you want?"

Being the kind of person that enjoys a good old-fashioned joke, I responded, "Ha ha ha. A shoofly pie, if you please."

"What's a shoofly pie?"

I can take a joke as well as anybody but there comes a time when all jokes need to be put aside and bring on the shoofly pie.

"This is an Amish restaurant, isn't it?"

"Yes it is," she smiled patiently.

"You've heard of a shoofly pie, haven't you?"

"No, I've never heard of such a pie."

I cannot tell you the depth of disappointment this brought to me. For weeks, I have been looking forward to some good old-fashioned shoofly pie.

As it turned out, only the Amish/ Mennonite in Lancaster County Pennsylvania, know anything about shoofly pies. Not all Amish are the same, even though they look alike.

The apostle Paul understood this kind of disappointment.

"If in this life only we have hope in Christ, we are of all men most miserable" (1 Corinthians 15:19 KJV).

I have had many disappointments in life and many people have disappointed me, but I have found in Jesus Christ no disappointment whatsoever. All legitimate hope is in Jesus.

Rev. James L. Snyder is pastor of the Family of God Fellowship, PO Box 831313, Ocala, FL 34483. He lives with his wife, Martha, in Silver Springs Shores. Call him at 1-866-552-2543 or e-mail jamesnsnyder2@att.net. His web site is www.jamesnsnyderministries.com.

RICH Johnson



Hi! My Name Is Rich Johnson.

I am filling in this week for Rich Johnson. He has been out of touch (who doesn't know that already) but has managed to convince me to step into his shoes this week and pass along some valuable information.

Part of that valuable information is to pass along local restaurant suggestions. Two I would like to highlight are Corfu and The Peppertree Grill.

The Peppertree Grill previously T-Boyles, previously Café 322, and previously The Peppertree Grill. Yes, it is back. The owners are the Lopez family same family as before with one exception. George and Consuelos son Ryan is now in charge. Even more importantly, Juan, the magician chef is back in the kitchen working miracles. I dare you to come try their Empanada appetizer. And stay for dinner. The Peppertree Grill is on the Northeast corner (almost) of Sierra Madre Blvd. just east of Lima.

Corfu is known by many as a great Mediterranean Food Restaurant. HOWEVER, what you might not know is they serve everything from kebabs to pasta, steaks to fish, vegetarian to cheeseburgers. And the food is extraordinarily good. Not only do they have a Juan in the kitchen like the Peppertree Grill, they also have a Martin and a Julio. If you like lasagna, they don't have it. What they do have is something just like lasagna...maybe better. It is a Greek dish called moussaka. I love it. Tuesdays and Wednesdays during lunch they have a buffet where, for \$10.99 you can all you want, and try several different types of food. Corfu is at 48 W. Sierra Madre Blvd. (a few storefronts west of Baldwin Avenue on the south side of the street).

Okay, we have all been suspicious about how the country is progressing in 2013. A good friend forwarded me these proofs that the economy is really struggling (Thank you Cindy)

Today she received a pre-declined credit card in the mail. CEO's are now playing miniature golf. EXXON-Mobil had to lay off 25 congressmen. Angelina Jolie is now adopting children from America. Motel Six isn't leaving the light on for us anymore. A picture is now worth only 200 words. Wall Street has been renamed, "Wal-Mart Street."

Yes, many think it is really bad. Reminds me of when Will Rogers was asked how the economy was doing. He said, "Things will get better despite our efforts to improve them."

Nice to talk to you again.

City of Sierra Madre

ORDINANCE 1341

AN ORDINANCE OF THE CITY COUNCIL OF THE CITY OF SIERRA MADRE CREATING THE ENERGY, ENVIRONMENT AND NATURAL RESOURCES COMMISSION

WHEREAS, meeting the requirements of evolving state and federal environmental regulations will require the City to effectuate its own ordinances, policies and programs; and, WHEREAS, community volunteers forming commissions and committees are an invaluable resource in assisting the City Council and staff to develop and publicize new programs, raising public awareness and providing a means of gathering community input; and,

WHEREAS, matters involving potable water, clean storm water, urban forest management, and state and Federal mandates are closely related; and WHEREAS, the City has reduced staffing in most City departments in order to reduce operating expenses, and the reduced staffing resulted in the need to reduce staff workload where feasible; and

WHEREAS, the City Council decided to disband the Public Works' staffed Tree Advisory Commission and the Public Works' staffed Green Committee; and WHEREAS, the City Council desires to create the Energy, Environment, and Natural Resources Commission.

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

SECTION 1: Municipal Code Text Amendments Existing Chapter 2.46 is deleted in its entirety and replaced with the following:

- CHAPTER 2.46 ENERGY, ENVIRONMENT, AND NATURAL RESOURCES COMMISSION
- 2.46.010 —Created An Energy, Environment, and Natural Resources Commission is hereby created.
- 2.46.020 —Membership The Energy, Environment, and Natural Resources Commission shall be comprised of seven (7) members, each appointed by the City Council. Membership of the Commission shall consist initially of those individuals appointed to the former Tree Advisory Commission and Green Committee.
- 2.46.030 —Commission Officers The Commission shall elect from its own members a Chairperson and Vice-Chairperson. Terms as Chair and Vice-Chair shall be for one year.
- 2.46.040 —Meeting Time and Place The Commission shall meet at 7:00PM on the third Wednesday of each month. Meetings shall be held in the City Hall Council Chamber unless clearly noted as elsewhere on the posted agenda.
- 2.46.050 —Purpose The purpose of the Energy, Environment, and Natural Resources Commission shall be to enhance quality of life in the community by promoting good stewardship of precious environmental and natural resources.
- 2.46.060-Powers and Duties
- A. The Commission shall serve as an advisory panel to the City Council, Planning Commission, and to city staff on matters pertaining to water, water conservation, energy efficiency, State and Federal environmental mandates, urban forest management, and public outreach regarding the same.
- B. The Commission shall act as the communications link between the residents, City Council, and Public Works department, in all matters pertaining to water and water conservation, energy efficiency, State and Federal mandates, management of the community forest. The Commission shall cooperate with other governmental agencies and civic groups in the advancement of environmental policies.
- C. The Commission shall plan, evaluate, recommend and conduct community outreach, community programs and services designed encourage responsible use of water and energy, as well as overseeing the protection and enhancement of the community forest.
- D. The Commission shall perform all other duties referred to and requested of the Energy, Environment, and Natural Resources Commission from time to time by the City Council.

SECTION 2: CEQA. This Ordinance is exempt from the California Environmental Quality Act because a code text amendment relating to a purely administrative matter is not a project under CEQA and because it is certain that the activity in question that there is no possibility that the activity in quest will have a significant effect on the environment.

SECTION 3: Severability: If any selection, subsection, subdivision, sentence, clause or phrase of this Ordinance is for any reason held to be unconstitutional or otherwise invalid, such decision shall not affect the validity of the remaining portions of this Ordinance. The City Council hereby declares that it would have passed this Ordinance and each selection, subsection, subdivision, sentence, clause or phrase hereof, irrespective of the fact that any one or more selections, subsections, subdivisions, sentences, clauses or phrases be declared unconstitutional.

SECTION 4: The City Clerk shall cause this Ordinance to be published or posted in accordance with California Government Code Section 36933, shall certify to the adoption of this Ordinance and his/her certification, together with proof of the publication, to be entered in the.

PASSED AND ADOPTED this 23rd day of July, 2013.

City of Sierra Madre

ORDINANCE NO. 1342

AN ORDINANCE OF THE CITY COUNCIL OF THE CITY OF SIERRA MADRE AMENDING CHAPTER 13.24 OF THE SIERRA MADRE MUNICIPAL CODE PERTAINING TO THE CITY'S MANDATORY WATER CONSERVATION PLAN

WHEREAS, on January 24, 2012 the City Council adopted Ordinance No. 1322 pertaining to Mandatory Water Conservation; WHEREAS, on May 28, 2013, the City Council adopted Ordinance No. 1338 and 1338U, making modifications to the City's Mandatory Water Conservation Ordinance; WHEREAS, the City Council may find and determine that a water shortage emergency condition may exist or may in the immediate future exist; WHEREAS, the City Council may declare the necessity of implementation of a mandatory water conservation plan by adopting a City Council resolution

WHEREAS, the Raymond Basin Management Board has implemented the Section VI (3) of the 1984 Raymond Basin Judgment, reducing Sierra Madre's water production right from the East Raymond Groundwater Basin by 47%;

WHEREAS, water levels at multiple city wells are in decline, and on June 29, 2013, City Well Number 4 was shut-down due to low water levels;

WHEREAS, the City Council has determined that modifications should be made to the Mandatory Water Conservation Ordinance to account for seasonal usage and other factors.

THE CITY COUNCIL OF THE CITY OF SIERRA MADRE DOES HEREBY ORDAIN AS FOLLOWS:

Section 1. Section 13.24.140 Failure to comply – Penalties is hereby amended to read: 13.24.140 It is unlawful for any customer or user thereof of the water department to fail to comply with sections 13.24.070 through 13.24.120 of this chapter. Civil penalties for failure to comply with any of the provisions shall be as follows: First Violation. For the first violation by any customer of the water department of any provision of sections 13.24.70 through 13.24.120, a surcharge penalty is imposed in an amount of twice the Tier 1 water rate per one hundred cubic feet of water or billing units. Second Violation. For the second and all future violations by any customer of the water department of any provision of sections 13.24.70 through 13.24.120, a surcharge penalty is imposed in the amount of three times the Tier 1 water rate per one hundred cubic feet of water or billing units.

Section 2. Section 13.24.150 Installation and removal of flow restrictors. Is hereby revised to read as follows:

13.24.150 Flow Restrictors 13.24.150 Flow Restrictors will not be installed for any violation of the City's water conservation will not be installed for any violation of the City's water conservation plan.

Section 3. Section 13.24.160 Violation Period Determination is hereby amended to read:

13.24.160 After a notification period, the first, second, and all future violations will be determined by comparing the customer's current bi-monthly water consumption with that customer's average bi-monthly consumption for a summer base period or a winter base period. Average bi-monthly consumption for the base periods shall be determined by calculating the customer's average water consumption for three consecutive billing cycles. The notification period is the first billing cycle after adoption of a resolution establishing mandatory water conservation.

Section 4. Section 13.24.200 – Base period allocation is hereby amended to read:

13.24.200 Base period allocation. Base period allocation: The Consumption Data for the three consecutive billing cycles comprising the winter billing periods and the summer billing periods, as established by City Council resolution.

Section 5 The City Council intends this Ordinance to supplement, not to duplicate or contradict, applicable state and federal law and this Ordinance shall be construed in light of that intent.

Section 6 If any sections, subsections, subdivisions, paragraph, sentence, clause, or phrase of Ordinance 1338 or 1322, or any part hereof or exhibit hereto is for any reason held to be invalid, such invalidity shall not effect the validity of the remaining portions of the Ordinance or any part thereof or exhibit thereto. The City Council hereby declares that it would have passed each section, subsection, subdivision, paragraph, sentence, clause or phrase hereof irrespective of the fact that any one or more sections, subsections, subdivisions, paragraph, sentences, clauses or phrased is declared invalid.

Section 7. The City Clerk shall cause this Ordinance to be published or posted in accordance with California Government Code Section 36933, shall certify to the adoption of this Ordinance and his/her certification, together with proof of the publication, to be entered in the book of Ordinances of the City Council.

PASSED, APPROVED AND ADOPTED, this 23rd day of June, 2013.

LEFT TURN/RIGHT TURN

HOWARD Hays As I See It



“He who opens a school door, closes a prison.” - Victor Hugo

It boils down to how one views the role of government. Liberals see its purpose as to “form a more perfect Union, establish Justice, insure domestic Tranquility, provide for the common defence, promote the general Welfare, and secure the Blessings of Liberty to ourselves and our Posterity.” Conservatives see opportunities for someone to make a buck.

When the Supreme Court turned down Gov. Jerry Brown's request to reconsider the order that 9,600 California State Prison inmates be released, transferred or otherwise dealt with to relieve overcrowding, our County Supervisor Mike Antonovich concluded that “the governor has only two choices . . . release 9,000 dangerous felons into our communities” or transfer them “through contracting”. “It’s a no-brainer”. The establishment of justice seen not as a goal pursued through our government, but as a job to hire-out like we’d contract with somebody to fix our plumbing or repair a transmission.

Antonovich made news last month when he promoted a ballot measure overturning the 2002 initiative limiting Supervisors’ service to three four-year terms. He wants it extended to five – twenty years total. That initiative wasn’t retroactive, so the 24 years he’d spent on the board prior to his 2004 reelection doesn’t count. He’s now been on the Board of Supervisors for 33 of his 74 years – and wants to turn again in 2016 so he can take the gig into his 80’s.

And why not? Pulling in nearly \$200k a year, great benefits; if his district were a city, it’d be one of our nation’s five largest – more people than in a dozen states. Should crises arise, responsibility extends no further than endorsing formation of a “blue ribbon” commission to look into it. And there’s job security – no incumbent Supervisor has lost their job in the past thirty years (though that’ll change in 2016). For last year’s “election” (how many of you are aware that last year we had an election for our seat on the county Board of Supervisors?) Antonovich raised \$360,000 mainly from developers and contractors with business before the county – to scare off would-be challengers and use for self-promotion.

Whenever I hear the phrase “it’s a no-brainer”, I feel I’m hearing someone who hasn’t given the matter much thought. The business model of the private prison industry is to advertise a lower per-prisoner cost, and then bribe elected officials to pass more stringent mandatory-sentencing laws to increase the number of those behind bars. In 2010, the two largest players, Corrections Corporation of America (CCA) and GEO Group took in \$2.9 billion in revenue. The three largest spent \$835,000 bribing federal officials, with \$6 million spent at the state level. Over a million bucks was doled out over three months in 2011 to bribe Florida officials to take their prisons private. 30 of the 36 Arizona legislators who co-sponsored bills to put immigrants behind bars were bought off by the private prison industry.

A 2011 ACLU study finds that “private prison companies have capitalized on the nation’s addiction to incarceration to achieve gigantic profits . . . mass incarceration wreaks havoc

on communities by unnecessarily depriving individuals of their liberty, draining government resources and bringing little or no benefit to public safety . . . Our nation’s reliance on mass incarceration has bankrupted government budgets, torn families and communities apart, disproportionately impacted people of color . . . But it has been a bonanza for the private prison industry, which rakes in billions of dollars a year and dishes out multi-million dollar compensation packages to its top executives. For-profit prison companies are a barrier to the kind of criminal justice reform that is desperately needed in America.”

Arizona offers an example of a bought-off legislature. As reported in the Tucson Citizen, a state statute reads, “A proposal shall not be accepted unless the proposal offers cost savings to the state.” Prison contractors were unable to meet that standard, so purchased legislators responded by repealing the statute. Gov. Jan Brewer’s campaign manager and spokesman are both lobbyists for prison contractor CCA. As part of the deal with contractors, the state had to guarantee “100% occupancy” for certain prison beds. The result was Arizona’s losing \$3.5 million a year because of its decision to contract-out its prisons. Arizona paid the contractors out of the federally-negotiated settlement fund set aside for victims of mortgage fraud.

In New York, the state’s attorney general is investigating the private contractor hired to provide health services in its prisons, and the nine deaths between 2009 and 2011 “linked to negligent or inadequate care”. In Mississippi, a federal judge found a juvenile facility run by private contractor GEO Group to be “a cesspool of unconstitutional and inhuman acts”, with assault rates two-to-three times those found in publicly-run facilities. Inmates in Idaho have sued contractor CCA over partnering with prison gangs to control inmates – one facility termed “gladiator school”, where medical treatment is denied as a means of covering up assaults. A CCA subsidiary in Denver reached a \$1.3 million settlement with the EEOC over charges female prison workers were forced to perform sex acts to keep their jobs.

Meanwhile, a GEO executive assures investors of increasing profits from a “growing offender population”. The federal prison population has grown 790% since 1980, largely due to drug and immigration laws.

Last week, Atty. Gen. Eric Holder noted that in a country with 5% of the world’s population, we have a quarter of its prisoners. “Too many Americans go to too many prisons for far too long, and for no truly good law enforcement reason.” He described the “draconian mandatory minimum sentences” imposed on low-level drug offenders as “ineffective and unsustainable”. “Unwarranted” racial disparities in sentencing are “shameful” and “unworthy” of our justice system.

If Supervisor Antonovich were to consider the words of our attorney general, perhaps he’d realize Gov. Brown has more than “only two choices”. That’s a no-brainer.

DIVISIONS IN AMERICA GREG Welborn

Today we seem to face a myriad of divisive issues: deficit spending, Obamacare, deficit spending, gun control, criminal sentencing standards, to name but a few. Beneath the surface of all of them, though, is one underlying issue. Today, there is an almost unbreachable void between those who believe in personal responsibility and those who believe in victimhood. Perhaps it will help to illustrate the difference with a couple of examples.

Last week, a young man named Shaaliver Douse was killed by NYC police. This 14 year-old boy was a troubled kid, who had been raised by a single mom, with no father around. His rap sheet included attempted murder along with burglary and assaults. In the early morning hours last Sunday, Shaaliver was shooting at a man in the street when police arrived. Rather than surrender, this young man turned his gun on the police who, in self-defense, shot and killed him. Shaaliver’s aunt was interviewed after the incident and stated, “What if he did have a gun? Does that give [the police] the right to shoot him in the head -- a kid? Police can shoot our kids? It’s not fair. It’s not fair for the police to be able to kill our kids.”

With all deference to her grief, the aunt’s response aptly illustrates what a large section of Americans believe. This kid was not responsible for his actions, they would claim. It was not his fault he picked up a gun; it was not his fault he was shooting at a guy in the street; it was not his fault he had committed numerous robberies and had attempted murder in the past; it was not his fault that he threatened a police officer; it was not his fault, and therefore, he shouldn’t have been killed. What’s lacking here, of course, is any acknowledgement that these voices screaming in defiance at the reality of a young man’s needless death wouldn’t have said a word had Shaaliver killed the cop and escaped into the early morning darkness.

Consider one other example. Nicholas Kristof, writing in the New York Times, said that a 15-year sentence handed out to Edward Young for possessing shotgun shells in violation of his parole is evidence that America’s criminal justice system victimizes the poor and downtrodden. Mr. Kristof wrote, “[Edward] Young, now 43, was convicted of several burglaries as a young man but then resolved that he would turn his life around. Released from prison in 1996, he married, worked six days a week and raised four children in Hixson, Tennessee. Then Young became a suspect in burglaries at storage facilities and vehicles in the area. And the police searched his home and found the forgotten shotgun shells.” Doesn’t seem fair, does it? Certainly seems like Mr. Young is a victim of an unfeeling system.

Well, here’s the truth about Mr. Young. His rap sheet contains 22 felony charges - the majority of them violent. Mr. Young was

actually arrested for a series of burglaries during which he had brought his 14 year-old son to teach him the business. If convicted of the burglaries and child endangerment, he would have faced a lot more than 15 years. The “system” did Mr. Young a favor by dropping the other charges in



exchange for the guilty plea on parole violation.

Here again, though, Liberal voices would tell us it was not his fault he committed 22 felonies; it was not his fault he had committed violence in these crimes; it was not his fault he was teaching his son how to steal.

The dividing line in both these illustrations, and in countless other social issues, is pronounced. There are those who blame society and will find any excuse whatsoever for a criminal’s personal choices. There are those on the other side who see crime as a result of individual choices made by the perpetrator, not as the result of society’s imperfections.

Perhaps the most prescient commentary on this divide was offered by Bernie Goldberg, formerly a CBC

reporter and card-carrying member of the Liberal Eastern elite, but now an outspoken critic of Liberalism. He attributes the problem to a warped concept of “tolerance”. To Liberals, tolerance is what separates them from the right. They are tolerant, we are not. But as the left preached tolerance, it gradually moved from tolerating the right things – like racial differences – to tolerating everything, including many social pathologies. The left today can’t bring itself to criticize 13 year-old girls having babies, young men abandoning their families, violence in the inner-city, dropping out of high school, etc. They’ve lost the ability to distinguish between right and wrong.

Too many of our leaders today refuse to confront basic problems because they don’t fit their Liberal ideology. Confronting these issues is portrayed as blaming the victim. We conservatives actually see confronting these issues as helping people turn their lives around. It’s a stark difference of values and opinion, and until it is addressed, the divisions in America will remain.

About the author: Gregory J. Welborn is a freelance writer and has spoken to several civic and religious organizations on cultural and moral issues. He lives in the Los Angeles area with his wife and 3 children and is active in the community. He can be reached grewelborn2@gmail.com



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