

SATURDAY, AUGUST 24, 2013

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VOLUME 7 NO. 34

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Editor's Note:

Due to an unexpected tragic event in the family of Mountain Views News Publisher and Editor Susan Henderson, several of the regular features will not appear in this week's edition.

WATER AND SEWER RATE STUDY COMMUNITY MEETINGS

The second of five informational community meetings has been scheduled to talk about the upcoming Water & Sewer rate study. This is in preparation for the City Council's consideration of new water and sewer rates in September and October 2013. Each of the five community meetings will cover a different topic. The next meeting is:

•August 26 @ 6:30 pm - Sierra Madre Room, 611 E. Sierra Madre Blvd. - "State of System" - Capital and Long Term Master Plan, Sewer & Water System Needs

It will be followed by:

•September 14 (Saturday) @ 9:00 am - Maintenance Yard, 621 E. Sierra Madre Blvd. - Water System "How the water gets to your tap." (This tour will involve walking on unpaved and uneven surfaces.) and

•September 30 @ 6:30 pm - City Hall Council Chambers, 232 W. Sierra Madre Blvd. - Preview of the Water & Sewer Rate Study

•October 10 @ 6:30 - City Hall Council Chambers, 232 W. Sierra Madre Blvd. - Conclusion and highlights from all previous meetings

For more information contact the city at 626-355-7135.

NEW SIERRA MADRE MIDDLE SCHOOL CONSTRUCTION GETS UNDERWAY



The Sierra Madre Middle School Construction appears to be well underway. Mass excavation and grading has begun and according to PUSD Executive Frazier Thompson, they will be removing approximately ...20,000 cubic yards of material off site to be disposed of at an accepting site in Irwindale. The dust control has been thorough and the contractor has a street sweeper full time on Canon following each truck as it leaves the site."

Approval has been obtained from Southern California Edison to provide the temporary power to the site.

According to the latest update from PUSD, "The excavation activities will be completed by Wednesday and the over-excavation and re-compaction stage of the project begins. That means that all the soils that need to be exported from the project site will all be gone and the construction of firm foundations in the remaining soils will be established by digging down between five and fifteen feet, then build

ing the foundation up by compacting the replaced soil to 95% of the native value. This activity is projected to continue for the next five weeks now."

For the patient parents, students and the community at large, we are moving closer to seeing the completed structure (inset)!

Photo by S. Henderson/MVNews
Rendering courtesy PUSD



City of Sierra Madre

PUBLIC HEARING NOTICE

From: The City of Sierra Madre
Subject: MUNICIPAL CODE TEXT AMENDMENT 13-03 (MCTA 13-03)
Applicant: City of Sierra Madre

Project Location: Properties in the City of Sierra Madre, County of Los Angeles, State of California

The City of Sierra Madre gives notice, pursuant to State of California law, that the Planning Commission will conduct a public hearing to consider recommending adoption of a text amendment to Chapter 17.22 of the Municipal Code to revise various zoning standards related to second units, including minimum and maximum allowable floor area, height, parking and affordability requirements. The proposed revisions implement a program objective identified in the 2008-2014 Housing Element adopted by the City Council on June 11, 2013 to encourage the creation of second units in order to meet the City's Regional Housing Needs Assessment (RHNA) allocation. Following a Planning Commission recommendation for approval, the proposed text amendment will be forwarded to the City Council for their consideration.

DATE AND TIME OF HEARING

City of Sierra Madre
Planning Commission meeting
Thursday, September 5, 2013
Bldv.
(Hearing begins at 7:00 p.m.)

PLACE OF HEARING

City of Sierra Madre
City Council Chambers
232 W. Sierra Madre
Bldv.
Sierra Madre, CA

All interested persons may attend this meeting and the Planning Commission will hear them with respect thereto.

ENVIRONMENTAL DETERMINATION: An Initial Study was prepared for the 2008-2014 Housing Element in accordance with the City's guidelines implementing the California Environmental Quality Act (CEQA). This Initial Study was undertaken for the purpose of deciding whether the measures identified in the Housing Element to fulfill the City's RHNA allocation may have a significant effect on the environment. On the basis of the Initial Study, City staff concluded that they will not have a significant effect on the environment, and a Negative Declaration was adopted by City Council on June 11, 2013.

APPEAL: A decision by the Planning Commission is subject to a 10-day appeal period to the City Council. If in the future anyone wishes to challenge the decision of the Planning Commission in court, one may be limited to raising the issues that were raised or presented in written correspondence delivered to the Planning Commission at, or before, the scheduled public hearing.

For further information on this subject, please contact the Development Services Department at (626) 355-7138.

137 E. Sierra Madre Blvd., #D
Sierra Madre
OPEN HOUSE 1-4 PM SUNDAY

This cheerful and bright two bedroom two bath tri-level designer townhouse is located in the heart of one of the most desirable locations of beautiful Sierra Madre. Featuring Hardwood floors, balcony off the formal dining room with extra high ceilings, a patio off the lower bedroom which could be considered a second master suite, and large 2 car garage with laundry hookups. This building recently painted in July of 2013, offers a refreshing community pool and beautiful mountain views. Sierra Madre is also well known for its award winning distinguished schools. This home is just steps away from Sierra Madre's Quaint Downtown Village where you can enjoy a variety of dining delights, shopping, hiking and biking. Also conveniently close to freeway access. This wonderful lifestyle is waiting for you!



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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

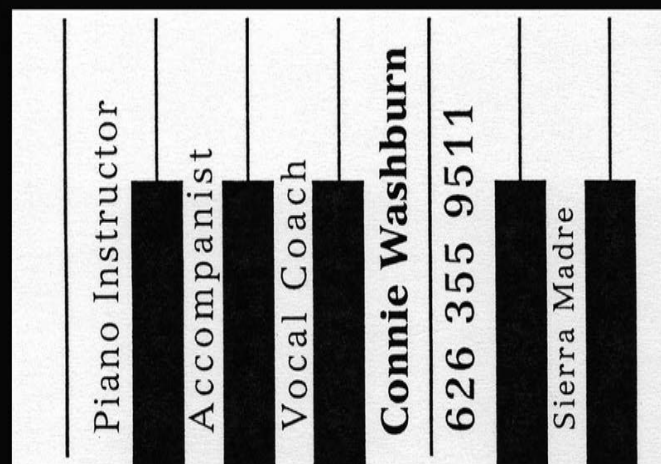
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Enrich your life with music!

The Connie Washburn Studio is now accepting piano students.
Please call 626.355.9511 to inquire.

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

Sierra Madre's EMERGENCY radio station is now accepting scripts for Public Service Announcements (PSAs) about community events. PSAs will be broadcast on the air at no charge. The station operates 24/7 and can be heard at 1630 on the AM dial.

Any local non-profit or non-commercial organization can have their event information broadcast to the public on *Sierra Madre Community Information Radio*. The station covers the city of Sierra Madre, plus surrounding areas of Pasadena, Arcadia, and Monrovia. Your event must:

- Benefit a non-commercial or non-profit entity
- Be open to the public
- Be of general interest to local citizens

Just write a Public Service Announcement that describes your event and e-mail it to radio@cityofsierramadre.com.

VILLAGE VINE ONLINE
(FORMERLY RADIO FISHBOWL)
THIS WEEK

MONDAY - 10 - 11 am Barry, Rich & Lisa Show
Trivia and Humor at it's finest. Just try to keep up with their wit!
JOIN THE FUN!!!

Plus: Onomatopoeia: A program of Audio Graffiti with Barry Schwam - "Poetry in its Raw State"

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

THURSDAYS - Noon Catherine Adde's
OUR TRAVEL AFFAIR

FRIDAY - Noon Gene Goss'
VILLAGE INTERSECTIONS

NEW: TINA TIME
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EXCEPT FOR THE 2ND TUESDAY OF EACH MONTH,

WHEN WE MEET AT 7:45AM. VISITORS ARE ALWAYS WELCOME!

JOIN US, MEET YOUR NEIGHBORS, HELP YOUR COMMUNITY,
AND HAVE SOME FUN!



SIERRA MADRE WOMAN'S CLUB

WISTARIA THRIFT SHOP

Donations of clean and usable goods
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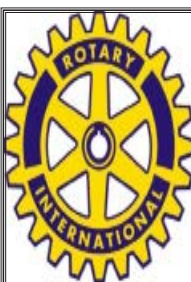
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Thursday, September 5th at 10 am.

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SierraMadreWomansClub



Rotary of Sierra Madre

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

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

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

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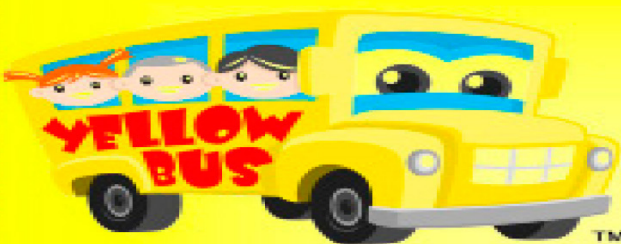
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SIERRA MADRE

Sierra Madre

Arcadia

Pasadena

Altadena

Monrovia

SIERRA MADRE POLICE BLOTTER

For the Period August 10 – August 18, 2013

Saturday August 10, 2013

During the evening, unknown suspects entered a residence in the 100 block of Grove Street through an unlocked garage door. Once inside, the suspects ransacked a few rooms and removed jewelry and a lap computer. The resident reported that one day earlier he had been approached by a solicitor claiming to represent a pest control company.

Monday August 12, 2013

Between the hours of 9:30am and 2:00pm, an unknown suspect entered a residence in the 100 block of North Lima Street by climbing into an unlocked kitchen window. An upended trash can by the window suggested that the suspect used this as a step stool to assist in his entry. The suspect ransacked portions of the interior and removed two laptop computers, jewelry and old coins. The suspect then exited the residence via the front door.

Later that day another residential burglary occurred in the 800 block of Canyon Crest Drive. Between the hours of 1pm and 4:30pm, an unknown suspect entered the residence by smashing the window portion of a kitchen door located on the side of the structure. Once inside, the suspect(s) looked into several drawers and cabinets and removed heirloom silverware. A missing pillow case suggested that the suspect use this to carry the stolen property. The owner stated that his good natured dog, which was present inside the house, did not provide a deterrent.

Tuesday August 13, 2013

Overnight, unknown suspects entered the construction site for the Sierra Madre Junior High school located at 160 North Canon Avenue. The suspects apparently entered the site through an unsecured gate then pried open the doors of two construction trailers. Laptop computers were taken from each trailer. A construction worker arriving for work the next morning observed a dark, two door sedan type vehicle driving away from the lot. He was unable to obtain a

license number.

Wednesday August 14, 2013

Between the hours of 7:30pm and midnight, unknown suspects entered a residence in the 100 block of South Sunnyside Avenue by climbing through an unlocked kitchen window. There was evidence the suspect(s) opened cabinets and looked through drawers but the resident did not report any property had been taken.

Saturday August 17, 2013

Overnight, unknown suspects entered a residence in the 200 block of West Carter Avenue through an unsecured side window. Once inside, the suspect(s) went through cabinets and drawers in the bedrooms. As the residents were out of town at the time, the property taken is unknown. The suspects left the residence via a sliding glass door.



SAVE THE DATE!

CITY OF SIERRA MADRE
OKTOBERFEST
 GOLF AND TENNIS TOURNAMENT

Saturday, October 19, 2013 - 8:00am
Memorial and Sierra Vista Park Tennis Courts
Eaton Canyon Golf Course
Sierra Madre, CA

Benefiting youth and teen services
 For more info or to support, call 626.355.5278 or email kschnurr@cityofsierramadre.com.



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SEPTEMBER 5, 2013
10:00am-3:00pm

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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



POLICE CAUTION RESIDENTS AFTER RASH OF BREAK-INS

Pasadena police are asking for the public's help after several homes have been burglarized between Lake Ave. and Martello Ave. north of Orange Grove Blvd. Seven break-ins have occurred between August 1 and Wednesday, August 21 they said.

Three of the home hit last week were on Loma Vista Street in the, 1400 block, 1600 block, and 1900 block. Other burglaries occurred in the 1000 block of Mentor Ave, 1200 block of North Hill Ave, 1000 block of Terra Alta Dr., and the 1600 block of Paloma Street.

According to police, most of the burglaries have occurred during the day and early evening hours. Some have occurred within 2-3 hours of the victim leaving their residence. The suspects are possibly in the area watching and waiting for the victims to leave and then enter the residences. "Please lock your doors and windows when not at home," they cautioned.

On one occasion, two male Blacks were seen both between the ages of 20-30; One was 5 feet 8 inches, thin, wearing a light colored "Harvard" t-shirt. The other was 5 feet 10 inches, thin, wearing a red t-shirt and olive cargo shorts. On another occasion, a female Hispanic or Armenian in her 20's with black hair in a ponytail was seen taking a recently delivered package from a front porch. She got into a Red 4-door vehicle with black and yellow dealer paper plates, which was driven by a male.

Police also said in most cases, miscellaneous electronic and Jewelry items were taken.

Anyone with information is asked to call the Pasadena Police Department at (626) 744-4241.

Pet of the Week



Violet is a playful 10-month-old Dalmatian/Labrador retriever mix. She's a very friendly and energetic pup. She's been out on our Mobile Unit to events around the community, too. She even knows some basic obedience commands!

Violet'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 A334364, 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.



Firefighter Hopefuls Take Written Exam

Thousands of Pasadena firefighter applicants showed up Monday at the Pasadena Convention Center to take a written exam, hopeful they would make it as one of about 200 that would advance to the next round.

Pasadena Fire Spokeswoman Lisa Derderian said of the estimated 4,000 applicants, approximately 10 candidates will actually become firefighters. She also said this was the first hiring since a department hiring freeze in 2009.

"And then from this point, the ones that score highest move on to several interview boards, including the chief's interview board if they make it to that level," Derderian said in an interview with KNX News. "And then there's a 16-week academy for the small

handful that do become the firefighters."

Derderian said the test consists of general education, "There is a misconception, that firefighting is not just a medical and firefighting part of it, but also involves a lot of report writing, documentation and so we want to ensure that they have a solid general education background first."

The three-hour aptitude test was given at 8 a.m. and 2 p.m. About 2,000 people showed at to each. People came from as far away as New York according to Derderian.

A handful that makes it will go through a four-month training period and receive \$4,121 per month, she said.

Derderian said the department needs to fill the positions opened by retiring

firefighters.

The Pasadena Fire Department consists of 180 full time employees, with 153 shift personnel, and 27 Bureau / Administrative personnel.

Library Extends Hours

Library Director Jan Sanders announced Monday that "beginning in September 2013, we will be reinstating the hours previously cut at the branch libraries and once again offering six or seven day service at all locations. This is due in great part to library parcel tax dollars and an improved city budget scenario."

In 2009 & 2010 Pasadena Public Library reduced library hours due to loss of revenue and projected shortfalls in the city's annual budget. The reduced hours were maintained through the end of Fiscal Year 2012/2013.

The new schedule will begin September 3rd for all the city's libraries.

For more information, contact Catherine Hany at (626) 744-4207 or chany@cityofpasadena.net.

Jack Scott Awarded UC Presidential Medal



Earlier this month University of California President Mark G. Yudof awarded the UC Presidential Medal to Jack Scott, the former state legislator who led the 112 schools of the California Community Colleges as chancellor from 2009 until his retirement in 2012.

Scott, who also served as president of Pasadena City College (1987-95) and Cypress College (1978-87), lectured as Scholar-in-Residence at the Claremont Graduate University's School of Educational Studies during the past academic year.

In presenting the Presidential Medal to Scott in Pasadena on Aug. 15, Yudof said: "Your remarkable efforts and achievements as a lawmaker, educator and chancellor expanded opportunities for countless Californians to enhance their lives and pursue their dreams."

The Presidential Medal citation reads, in part: "... you have been an ardent and powerful voice for California's historic Master Plan for Higher Education, fully dedicated to the idea that, by working in partnership, California's higher education segments have given this state a model for the world to follow..."

The Presidential Medal, which recognizes extraordinary contributions to the University of California or the community of learning, is the highest honor UC's president can bestow.

Scott served in the California State Assembly from 1996 to 2000 and in the State Senate from 2000-08.

He holds a Ph.D. in history from Claremont Graduate University and master of divinity from Yale University.

Reviews Concluded On Pasadena Officers

The Los Angeles County Sheriff's Department concluded an independent investigation into eight personnel complaints filed with the Pasadena Police Department, which included, alleged threats by an officer and hiding evidence among other allegations.

According to Pasadena Police Chief Phillip Sanchez, all the complaints were brought forth by a sole source between April and October of 2012. "The combined complaints were primarily centered on three officers and were generated during court proceedings related to an aggravated assault trial," Sanchez said in a written statement although did not state the officers names.

The officers were "exonerated," meaning the alleged act(s) occurred, but were justified, lawful, and proper, on complainants that officer tried to influence witness testimony, inappropriate use of an informant, That an officer failed to provide a copy of a search warrant and that the issuance of the search warrant was harassment, and

that an officer inappropriately recorded a jailhouse telephone conversation.

Several complainants were "sustained"—sufficient evidence to establish that the act occurred and it constituted a policy violation— including that an officer failed to submit discovery material before trial, and that an officer made an inappropriate comment.

Other complainants were "unfounded" meaning the allegation did not occur, including submission of misleading police report, and that an officer interfered with a witness statement.

There was also insufficient evidence to sustain a complainant that alleged unlawful arrest and failure to act by an officer. An investigation by LASD that alleged threats by an officer was also still ongoing.

"The Pasadena Police Department takes seriously any allegations of misconduct by its employees," Sanchez said. "If police personnel are found to have committed violations, they will be held accountable."



Library to Feature Folk Singer Ross Altman

The Allendale Branch Library presents the concluding program in its month-long celebration of the 50th anniversary of the August 28, 1963 March on Washington for Jobs and Freedom, a watershed in the struggle for civil rights in the United States. The March, which culminated with Dr. Martin Luther King, Jr.'s "I Have a Dream" speech in front of the Lincoln Memorial, is widely credited with helping to pass the Civil Rights Act (1964) and the Voting Rights Act (1965).

On Saturday, August 31, at 2:00 p.m., the Allendale Branch Library will feature folk singer Ross Altman in a program of folk music originally performed at the March on Washington by Bob Dylan, Joan Baez, Len Chandler, Odetta, and Peter, Paul and Mary. The performance will also include a few songs that became prominent in the months leading up to the March from the 1963 Newport Folk Festival with Pete Seeger and the Mississippi Freedom Singers, and in the aftermath (such as Richard Farina's "Birmingham Sunday"), and will conclude with a 50th anniversary remembrance of the assassination of John F. Kennedy on November 22, 1963. The program, which is open to the public and free of charge, will be held at 1130 S. Marengo Ave., Pasadena, CA 91106. Light refreshments will be served.

A folk singer, guitarist, and



music historian, *Ross Altman*

Ross Altman continues in the tradition of Woody Guthrie "to comfort the afflicted, and afflict the comfortable." He grew up on the folk music of Guthrie, Leadbelly, Pete Seeger, Burl Ives, Theodore Bikel, Josh White, Big Bill Broonzy, and later on Bob Dylan, Joan Baez, Phil Ochs, Tom Paxton, and Malvina Reynolds. In addition to his busy performance schedule, Altman writes a regular column for FolkWorks, Southern California's free folk music magazine. His recording and music publishing company, Grey Goose Music, is named after a children's song by Leadbelly about an indestructible goose.

For further information, contact the Allendale Branch Library at (626) 744-7260 or visit pasadenapubliclibrary.net.

Police to Hold Motorcycle Safety Operation Sunday

The Pasadena Police Department will be conducting a specialized Motorcycle Safety Enforcement Operation on Sunday, August 25, 2013, in an effort to lower deaths and injuries. Extra officers will be on duty patrolling areas frequented by motorcyclists and where motorcycle crashes occur. Officers will be looking for violations made by drivers and riders alike that can lead to motorcycle crashes. They will be cracking down on both those operating regular vehicles and motorcycles who are under the influence of drugs or alcohol, speeding, making illegal turns, or any other dangerous violation.

Motorcycle fatalities saw a phenomenal drop of 37 percent from 2008 to 2010, but rose nearly 18 percent in 2011. Operations like this are aimed at curbing any more rises in motorcycle deaths and sending the numbers back downward.

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

As the economy turns upward, there will likely be more miles driven by all vehicles, plus more novice motorcycle riders who are untrained and unable to handle the power of today's motorcycles. The message to all drivers and motorcyclists is: share in the responsibility and do your part by safely "sharing the road." Riders can get training through the California Motorcyclist Safety Program. Information and training locations are available at www.CAmsp.org or 1-877 RIDE 411 or 1-877-743-3411.

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ARCADIA

Sierra Madre

Arcadia

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ARCADIA FIREFIGHTERS FILL THE BOOT FOR MDA

By Joan Schmidt



At the recent Arcadia City Council Meeting, Megan Berry, Director for MDA presented Arcadia Fire Department with a special plaque for their participation in the recent “Fill the Boot” fundraiser. It was the first time Arcadia Fire Department participated in the event and they netted \$ 6126.65 for the special cause. Several members of the Fire Department were on hand and Firefighter/ Paramedic John Ansell accepted the plaque. Ms. Berry told us that Arcadia Firefighters’ effort means “seven children will be able to attend weeklong summer camp and 39 local families will be assisted in their needs”.

To me, it is amazing that firefighters who put themselves in harm’s way any time they answer a call still have so much energy and enthusiasm to participate in community events and fundraisers that will help others. This Fill the Boot project began back in 1952 and has spread to include agencies throughout the country! Thank you, Arcadia Firefighters for coming on board!

Everyone has heard of “Muscular Dystrophy”, but may not know exactly what “MDA” is. MDA is the nonprofit health agency dedicated to finding treatments and cures for muscular dystrophy, ALS, and related diseases by funding worldwide research. The Association also provides comprehensive health care and support services, advocacy and education. Based in Tucson, MDA has 120 local offices throughout the country, sponsors 200 medical clinics and supports more than 250 research projects around the world.

Some mindboggling facts about MDA-funded research:

- disease-causing genetic mutations have been identified for most of the diseases in the program;
- clinical trials of potential therapies are under way in Duchene and Becker muscular dystrophies, spinal muscular atrophy and other diseases;
- the largest drug discovery project for ALS to date is being conducted at the ALS Therapy Development Institute.(ALS TDI);
- optimal care guidelines have been developed for several rare conditions; and
- a lifesaving enzyme replacement therapy has been developed for Pompe disease.

MDA has done so much for all these terrible diseases. There are many ways people can help by monetary donations and even volunteer services. Please go on line to www.MDA.org to learn more.

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MONROVIA - DUARTE

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Monrovia Police Blotter

Highlighted Activity for the Weekdays of July 29-31, 2013

During the last seven-day period, the Police Department handled 449 service events, resulting in 72 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.

Commercial Burglary / Petty Theft with Prior - Suspect Arrested

On July 29, at 4:29 p.m., officers were dispatched to a business in the 1600 block of South Mountain regarding a shoplifter in custody. A male suspect was being detained for stealing over \$500 worth of merchandise and using a booster bag. A computer check revealed he had several prior thefts with convictions. The suspect was arrested and charged with burglary and petty theft with a prior. Mental Evaluation / Warrant – Suspect Arrested

On July 31 at 4:00 p.m., an officer stopped a male in the 100 block of East Lemon, who had been reportedly bothering several store owners by walking in and out of their stores behaving oddly. A computer check revealed the subject had minor warrants out of Los Angeles. While the subject was being booked he was having delusional thoughts and began banging his body against the wall and the bars of the jail. The subject was taken to a hospital, where he was held for mental evaluation. Residential Burglary

On July 31 at 8:21 p.m., an officer responded to the 500 block of West Foothill regarding a residential burglary. The victim went home after work and noticed someone had been in the home. She was unable to say what was taken. The suspect (s) entered through a front unlocked window. There were no signs of forced entry found.

TIP OF THE WEEK

Beat the Heat – Check the Back Seat

Never leave your child alone in a vehicle – It’s the Law! California Law Requires: That a parent, legal guardian, or other person responsible for a child who is 6 years of age or younger, may not leave that child inside a motor vehicle without the supervision of someone 12 years of age or older.

Between May of 1998 to May of 2012, 527 children died of hyperthermia from being left alone in a motor vehicle in the United States. This is a completely preventable statistic. On a mild day of 80 degrees, the inside of a vehicle can heat quickly. In only 10 minutes raising the inside temperature of the vehicle to 99 degrees, in 20 minutes to 109 degrees, in 30 minutes to 114 degrees, and 60 minutes to 123 degrees. It is never safe to leave a child alone in a parked car because the sun’s radiation warms objects inside of the car, such as the dashboard, steering wheel, child seat, etc., then these heated objects quickly heat the trapped air inside of the car, similarly to that of a convection oven.

What can you do?

Never leave a child alone in a vehicle. Once you reach your destination; make sure that all occupants leave the vehicle when unloading; take all children, including sleeping infants, with you; lock your vehicle doors and trunks; and keep the keys out of the reach of children.

This information is provided by the County of Los Angeles Public Health Department.



Arcadia Police Blotter

For the period of Sunday, August 11th, through Saturday, August 17th, the Police Department responded to 953 calls for service of which 132 required formal investigations. The following is a summary report of the major incidents handled by the Department during this period.

Sunday, August 11:

1. Just before 2:00 p.m., an officer responded to the Santa Anita Mall security office, 400 South Baldwin Avenue, in regards to a theft report. Unknown suspect(s) stole a purse from the family lounge. The victim set the purse on top of her stroller and looked away for a few seconds. No witnesses were located.

2. Around 4:00 p.m., an officer was dispatched to the 300 block of West Lemon Avenue regarding a residential burglary report. Unknown suspect(s) entered the location through an unlocked door, ransacked the bedrooms, and stole mail and several bottles of wine. No evidence was left behind.

Monday, August 12:

3. At approximately 11:43 a.m., an officer responded to the Mobil gas station, 679 West Duarte Road, in regards to a fraud report. While an employee was inspecting a gas pump whose credit card reader was malfunctioning, he discovered a skimming device had been attached to the reading mechanism. No one knew who placed the device there or for how long, and no signs of forced entry were located.

4. Around 5:44 p.m., an officer was dispatched to a traffic accident on Sunset Boulevard, north of Portola Drive. A bicyclist was struck by a vehicle that veered out of its lane. The victim was unable to retrieve a description of the driver as the person fled the scene without stopping. The suspect vehicle is described as a possible blue or grey Toyota Highlander. The victim was transported to Arcadia Methodist Hospital for treatment.

Tuesday, August 13:

5. At about 2:30 p.m., an officer responded to the Arcadia Police Department front counter in regards to a battery report. The victim explained her boyfriend became upset and hit her in the face multiple times causing swelling, a one-inch laceration above her eye, and a swollen lip. At the time of the report, the victim was unsure of the suspect’s location. Further investigation is being conducted by the Detective Bureau.

6. Around 2:15 p.m., an officer responded to a residence in the 100 block of West Las Flores Avenue in reference to a residential burglary report. The victim was lured outside of his home by two suspects who claimed to work for a tree trimming company. The suspects directed the victim to the backyard and explained a need to conduct measurements. As the distraction carried on, another unknown suspect(s) entered the residence and stole a large sum of cash from inside a bedroom. Shortly after, the suspects left the location.

The suspects are described as Hispanic males, approximately 30-years-old, between 5’4” to 5’9” tall, 180 lbs., with black hair and brown eyes, wearing blue and orange helmets.

Wednesday, August 14:

7. Just after midnight, an officer conducted a traffic stop on a vehicle for driving with no headlights on in the area of Foothill Boulevard and Santa Anita Avenue. Upon contact with the driver, the officer detected an odor of alcohol emitting from inside the vehicle. An investigation revealed the 28-year-old Hispanic male driver was under the influence and a record check revealed he had an outstanding misdemeanor warrant issued by the Burbank Police Department. He was arrested and transported to the Arcadia City Jail for booking.

8. Around 2:25 p.m., an officer responded to Walgreens, 253 East Foothill Boulevard, in reference to a theft report. An unknown Hispanic male concealed merchandise inside a used shopping bag and fled the location in a newer model PT Cruiser, which he had parked in front of the location. The suspect is described as approximately 20-years-old, 5’8” tall, 170 lbs., with a mustache and beard, wearing a pink tank top, blue jeans, dark colored shoes, and glasses on his head.

Thursday, August 15:

9. At about 6:40 p.m., an officer responded to JCPenney at the Santa Anita Mall, 400 South Baldwin Avenue, in regards to a theft report. A 16-year-old Chinese male concealed merchandise while inside a fitting room and exited the store without making payment. An investigation revealed the suspect was a French citizen here on vacation without his parents. He was arrested, transported to the Arcadia City Jail for booking, and later released to a relative.

10. At approximately 9:30 p.m., an officer was dispatched to Albertsons, 298 East Live Oak Avenue, in regards to a theft investigation. An employee noticed the store was completely out of men’s and women’s razors, crest white strips, and Oil of Olay products. Video surveillance revealed that on August 14th, two suspects concealed the merchandise inside their clothes and exited the store without making payment. Both suspects are described as Black males in their mid-twenties.

Friday, August 16:

12. At about 3:20 p.m., an officer was dispatched to the Arcadia Police Department front counter in regards to a fraud report. The elderly victim’s power of attorney discovered a large sum of money missing from her bank account. The victim had recently written three checks, for approximately \$38,000 total, to an air conditioning company called “Outdoor Air Quality”. However, the victim could not recall writing the checks and did not know if any work was performed on her air conditioning unit.

An investigation revealed two males had come to the victim’s house to work on her air conditioning; however, they were not from the company that installed the unit. The officer was unable to find any business information for the listed company. Further investigation is being conducted by the Fraud Investigations Unit.

A SMART BACK TO SCHOOL START FOR DUSD

Students attending Duarte Unified School District will start the 2013-2014 academic year on Monday, August 26, 2013.

“Our faculty and staff have been eagerly preparing for the arrival of our students, and it is sure to be an exciting year full of new learning opportunities. We will be expanding existing programs and launching new ones to provide our future ‘Shoulder-Tapped Graduates’ the means to achieve success in the 21st Century with a focus on global, digital and cultural fluency,” states Superintendent Terry Nichols.

Among the most significant additions to Duarte Unified this year is the revitalization of the district’s music education program at the elementary level. Both instrumental and choral instruction will be added for students in grades K-6, which was made possible in large part by the fundraising efforts of the newly established “Music Matters” program. In addition, expansion of technology is also a priority. Resources provided by Measure E will be utilized to ensure that every Duarte Unified student has access to a personal computer or digital device to enhance their learning and help them compete at the global level. Common Core Standards have been incorporated district-wide and will be implemented this year along with the 21st Century Learning Skills needed to prepare our students for college and career.

An innovative community mentor program referred to as S.T.E.P. (Shoulder-Tapped Empowered Protégé) has been created with the assistance of DUSD School Board Member, Ken Bell. This program offers students a support network comprised of over 40 community volunteers from varied professional, service and leadership backgrounds. S.T.E.P., started

originally at Northview Intermediate as the “Yes We Can” event, is expected to grow to include over 300 volunteer mentors and touch the lives of numerous students in the next 3 years. DUSD has also forged a partnership with Foothill Unity Center to provide medical, dental, vision and mental health services for many of our students and community members who are in need of health care assistance.

We are also very proud to share that, as of September 1, 2013, Maxwell Elementary is a candidate school for the Primary Years Programme and is pursuing authorization to become an International Baccalaureate World School. “All of these notable additions to our current district offerings will complement the stellar programs and teaching practices already in place at DUSD. I am thrilled by the possibilities and opportunities awaiting our students this year,” said Superintendent Terry Nichols.

The district and school offices are now open during regular operating hours. Staff members are available to provide assistance to parents and students prior to the first day of school with information about start and dismissal times, registration, bus transportation, and vaccination requirements. School sites will be hosting a variety of events this week to welcome students back to campus including ice cream socials and pancake breakfasts. For further information about the activities taking place at your school, visit the DUSD website www.duarte.k12.ca.us.

“We are asking our families to help us start the year off right and make the back to school transition as smooth as possible by arriving on time and ready to learn. With parents and community members working together alongside our excellent DUSD certified and classified personnel, I am confident that this will be another very successful school year.”

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.

Wednesday September 4
Library Community Room
11:30 a.m. – 1:00 p.m.
Free

WHAT EVERY PARENT NEEDS TO KNOW ABOUT CHANGES IN THE CLASSROOM

(StatePoint) Across the country, parents are beginning to notice that today's classroom looks quite different from what they experienced in their own school days. From personalized learning technologies to new educational standards, teachers and administrators are using a variety of tools to ensure students are better prepared to succeed than ever before.

In this era of innovation in education, this school year will be particularly exciting in part because states will be piloting assessments aligned to the Common Core State Standards, the new set of K-12 educational standards designed to improve students' readiness for college and future careers.

So just what do these changes mean for your kids?

Shift to New Standards

Schools nationwide are finding new ways to provide individually tailored lesson plans while addressing the Common Core State Standards, often relying on a new generation of educational technologies that help students learn and succeed at their own pace.

McGraw-Hill Education's Reading Wonders is one such tool. Available in both all-digital and print/digital formats, it is the first K-6 core reading pro-

gram designed specifically for the new standards.

"Even before the advent of the Common Core, we knew that preparing students for the demands of college and careers required setting a solid foundation in skills such as reading comprehension and writing," said Christine Willig, senior vice president of products at McGraw-Hill School Education. "When the new standards reiterated the importance of these skills, we saw an opportunity to build an entirely new program that would address the Common Core requirements, by leveraging contemporary cognitive science about how we learn, using cutting-edge digital tools."

Personalized Learning

Education research has shown that instruction becomes more effective when tailored to students' unique learning styles and needs. Personalized learning tends to lead to deeper learning – which will help students meet many of the new Common Core standards. As classrooms continue getting bigger however, delivering that sort of individual attention to students becomes more difficult.

With this in mind, Reading Wonders was built using entirely new educational technology, offering interconnected platforms personalized for students and teachers and accessible across any

device.

Other digital learning tools use additional techniques to help students succeed. McGraw-Hill Education's LearnSmart and FLEX Literacy, for example, each use "adaptive" technology to continually assess students' knowledge, skill and confidence levels and to create a unique study path designed to help each student in the topics and concepts they need most – a level of personalization previously only available from a personal tutor. LearnSmart delivers this adaptive learning experience for a variety of high school subject areas, while FLEX Literacy incorporates it into a comprehensive, Common Core-specific reading and language arts intervention system for students in Grades 3–8.

More information about new digital programs, including those designed specifically for the Common Core State Standards, can be found at www.mheducation.com.

In this ever-evolving educational landscape, keeping up with the changes can seem daunting – but it needn't be. Parents can rest assured that teachers are increasingly equipped with new technologies that ensure their students are getting the personalized attention they need to improve their chances for long-term success.

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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.

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Accompanist

Vocal Coach

Connie Washburn

626 355 9511

Sierra Madre

Enrich your life with music!

The Connie Washburn Studio is now accepting piano students. Please call 626.355.9511 to inquire.

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



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For more information, contact:
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Made possible with funding from the Centers for Disease Control and Prevention through the Los Angeles County Department of Public Health.

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@bcsllions.org
website: www.bcsllions.org

Clairbourn School
8400 Huntington Drive
San Gabriel, CA 91775
Phone: 626-286-3108 ext. 172
FAX: 626-286-1528
E-mail: jhaves@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

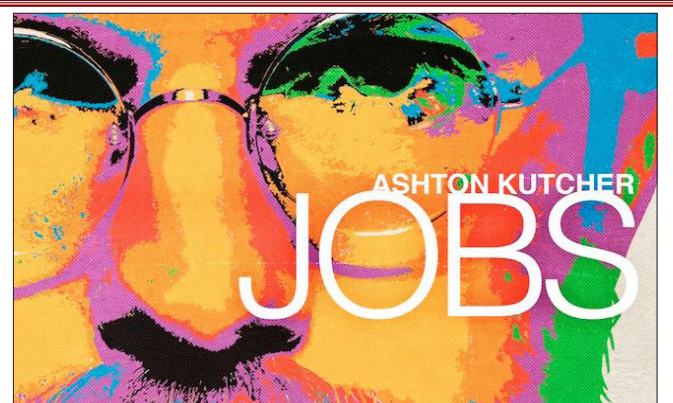
PASADENA UNIFIED SCHOOL DISTRICT
351 S. Hudson Ave., Pasadena, Ca. 91109
(626) 795-6981 Website: www.pusd@pusd.us

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

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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 JOBS



Before seeing this movie, basically all I knew about Steve Jobs was that he was one of, if not the greatest, innovators ever. He revolutionized the personal computer and made technology cool. However, this movie gave me a whole other view on his life.

'Jobs' follows the life of Apple founder Steve Jobs (Ashton Kutcher) from his college years up until he created the first iPod. The film shows all of his victories, losses, and the amazing transformation of one of the greatest men of the 20th and 21st centuries.

This movie was wonderful except for one crucial detail: in the beginning, Steve Jobs was a total jerk. I'd heard that he wasn't the nicest man but this movie showed that he was downright crazy. But he is faced with a great obstacle and must change his ways about halfway through, so the movie gets more enjoyable. Overall, 'Jobs' is one of the better films of 2013 and is definitely a must-see.

GIVE ME A BREAK.....

In his landmark collection Leaves of Grass, famed poet Walt Whitman wrote of a “strange huge meteor-procession dazzling and clear shooting over our heads...” For decades, scholars have debated what astronomical event he was referring to.

Now, a team of astronomers from Texas State University has applied its unique brand of forensic astronomy to the question, rediscovering one of the most famous celestial events of Whitman's day—one that inspired both Whitman and famed landscape painter Frederic Church—yet became inexplicably forgotten in recent times.

Texas State physics faculty members Donald Olson and Russell Doescher, English professor Marilynn S. Olson, and Honors Program student Ava G. Pope published their findings in the July 2010 edition of Sky & Telescope magazine, available on newsstands now.

Donald Olson noted that July 20 of this year is the 150th anniversary of the event that inspired both Whitman and Church. “It was an Earth-grazing meteor procession,” he said. Whitman, known as a keen observer of the sky, included the reference to this event in his poem “Year of Meteors (1859-60),” published in Leaves of Grass.

“Meteor processions are so rare most people have never heard of them,” Olson said. “There was one in 1783 and a Canadian fireball procession in 1913. Those were all the meteor processions we knew of.”

An Earth-grazing meteor is one where the trajectory takes the meteor through the Earth's atmosphere and back out into interplanetary space without its ever striking the ground.

A meteor procession occurs when a meteor breaks up upon entering the atmosphere, creating multiple meteors traveling in nearly identical paths.

A chance clue from the 19th century artist Frederic Church proved key to unraveling the mystery. A decade ago, Olson saw a painting on the back cover of an exhibition catalog which showed the scene Whitman had described. Church's painting, titled “The Meteor of 1860,” clearly depicted a meteor procession. Not only that, but the catalog gave the date of Church's observance: July 20, 1860, well within the timeframe of Whitman's poem. An accomplished landscape painter, Church was a member of the Hudson River School, living beneath the same skies as Whitman.

Armed with this intriguing new date, the Texas State researchers began searching through newspapers of the time for verification. What they found surprised even them. A large Earth-grazing meteor broke apart on the evening of July 20, 1860, creating a spectacular procession of multiple fireballs visible from the Great Lakes to New York State as it burned through the atmosphere and continued out over the Atlantic Ocean.

“From all the observations in towns up and down the Hudson River Valley, we're able to determine the meteor's appearance down to the hour and minute,” Olson said. “Church observed it at 9:49 p.m. when the meteor passed overhead, and Walt Whitman would've seen it at the same time, give or take one minute.”

Some of the most influential publications in the United States—including the New York Times, Smithsonian and Harper's Weekly—devoted major coverage to the event, and countless letters about it were published. Scientific American went so far as to declare it “the largest meteor that has ever been seen.” Its appearance, right before the Civil War, at a time of growth and anxiety for America, made it a metaphor and portent in the public imagination,” Marilynn Olson said.

For Frederic Church's painting of the event, see:

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

Though spectacular, the Leonid meteor storm of 1833 was definitely NOT the inspiration for Whitman's “Year of Meteors. (1859-60).” (Collection of Don Olson)

Picture yourself in a given restaurant here in the San Gabriel Valley. Let's characterize it as a favorite family owned restaurant. The time is 5 PM and the restaurant is beginning to experience the familiar bustle of hungry customers. Your server/waiter comes by with a couple glasses of ice water and gives you the day's specials. You survey the selections and ask for a brief moment to discuss the options with your companion.

After a lengthy consultation you make your selections, but no server is to be found. You wait and wait, and finally flag down the manager, and are assured someone will be right over. New server, Cindy comes by and starts with today's specials... again. You interrupt, “We are ready to order, what happened to our original server?” Cindy advises that the other server is on their mandatory break. And so it goes in the State of California and I guess in other states as well. Very recently I was at my favorite Starbucks, located in a Vons, and noticed that there was only one person working the entire Kiosk. I knew exactly what was going on because I saw the other Barista outside in the parking lot taking a smoke break. He came back in, saw the line of people and replied, “Sorry guys, they make me take a ten minute break no matter what at this time each day.”

California's law calling for rest and meal breaks is perhaps the most worker-protective in the nation. While the requirements are nothing new—they've been around for decades—the consequences for flouting them have become too costly to ignore. Under legislation signed by then governor Gray Davis in 2000, employers who fail to comply owe their employees one additional hour of pay for each violation. What's more, they're on the hook for offenses going back three or even four years, according to a ruling last year by a surprisingly unanimous state Supreme Court.

It's not difficult to defend such a law, especially when you factor in an industry that employs such a large number of workers that earn minimum wage. An exhausted food server doesn't pose the same potential risk, as say, a tired truck driver. But many people can't even imagine working 8 to 10 hour shifts without being given breaks.

The restaurant association has offered guidelines, “...warning that a violation can occur if an unpaid meal break for employees working five hours or more is less than 30 minutes....When an employee sues or files a claim, employers also bear the burden of proving meal breaks were taken. (The state is less strict about documentation for 10 minute rest periods, required for roughly every four hours of work.)”

The truth is that there's no particular way to tell when and at what hour a restaurant will be busy and stay busy, especially now with the economy. Many owners are cutting back on staffing. What happens if you get a rush of kids that get out of school early, or the local play that let out at 9 PM and the a large group of hungry, late night diners stroll into a restaurant that is down a server?

I have spoken to many a server about the break policy. Many servers would rather forgo their break than lose out on tips, while others need that hour to go on errands, talk on the phone or just get something to eat.

How do you, the public, feel about all this? While some customers are supportive, others have been surprised by the notion that servers need to stop and eat. “One waiter told me he felt like saying, “It's the law. Do you work all day without a break at your job?”

Other restaurant owners have looked for alternatives, such as requiring workers to take breaks near the beginning or end of their shifts.

Rest periods are different, but if you tried to enforce dinner breaks and make a server working for tips leave their tables for half an hour, you'd probably have everybody quitting. However individual restaurants resolve the issue, it's clear that this increased attention to workers' rights is changing the restaurant industry in fundamental ways. The days when employers could rely on the, “You take care of me and I'll take care of you,” approach to labor issues, and ignoring the letter of the law, while perhaps embracing its spirit, are coming to an end.

Flexibility is a great advantage in an ideal world, but it can invite exploitation in an imperfect one. For the time being, operators who fail to strike the right balance between the rights of workers and the peculiar demands of their industry run the risk of getting served themselves. Increasingly, their workers seem ready to dish it out.

Your thoughts? thechefknows@yahoo.com



INGREDIENTS:

- 2 tablespoon(s) olive oil
- 1 1/4 pound(s) skinless, boneless chicken thighs




campaignIcon

- 1 package(s) (10-ounce) sliced cremini mushrooms
- 2 medium stalks celery, thinly sliced
- 1 teaspoon(s) chopped fresh thyme leaves
- 1 can(s) (14- to 14 1/2-ounce) chicken broth
- 1 cup(s) instant brown rice
- 1/2 cup(s) dry white wine
- 1/4 teaspoon(s) salt
- 1/4 teaspoon(s) coarsely ground black pepper
- 8 baby summer squash, halved and steamed

DIRECTIONS:

1. In 12-inch skillet, heat oil on medium-high until hot. Add chicken and cook, covered, 5 minutes. Reduce heat to medium; turn chicken and cook, covered, 5 more minutes. Transfer to plate.
2. To same skillet, add mushrooms, celery, and thyme; cook 5 minutes or until vegetables are softened, stirring occasionally. Add broth, rice, wine, salt, and black pepper; heat to boiling.
3. Return chicken to skillet. Reduce heat to low; cover and simmer about 12 minutes or until juices run clear when thickest part of chicken is pierced with knife, and rice is cooked. Serve with squash.



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GRAND OPENING OF SAUTE' CULINARY ACADEMY – AUGUST 28, 2013

FOR IMMEDIATE RELEASE: August 23, 2013 – The Arcadia Chamber of Commerce invites you to attend the Grand Opening / Ribbon Cutting celebration of Saute' Culinary Academy, on Wednesday, August 28, at 5pm located at 14 E. Duarte Road, Arcadia.

Chef Alex invites you to attend the celebration with Arcadia City officials, Legislative representatives, Chamber Board Members & Ambassadors and enjoy a sample of some of his signature hors d'oeuvres.

As a graduate of the world famous Le Cordon Bleu, College of Culinary Arts, Chef Alex has over 23 years of experience in the restaurant business. He has worked at some of the best restaurants & spent seven years as a full time Lead Chef Instructor at Le Cordon Bleu. He shares his love of food from around the world with his students while teaching and challenging them to take Culinary Arts to its highest level.

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THE WORLD AROUND US

Looking Up

with Bob Eklund



WHERE NO SPACECRAFT HAS GONE BEFORE

Voyager 1 appears to have at long last left our solar system and entered interstellar space, says a University of Maryland (UMD)-led team of researchers.

Carrying Earthly greetings on a gold plated phonograph record and still-operational scientific instruments, NASA's Voyager 1 has traveled farther from Earth than any other human-made object. And now, these researchers say, it has begun the first exploration of our galaxy beyond the Sun's influence.

"It's a somewhat controversial view, but we think Voyager has finally left the solar system, and is truly beginning its travels through the Milky Way," says UMD research scientist Marc Swisdak, lead author of a new paper published online this week in *The Astrophysical Journal Letters* [<http://dx.doi.org/10.1088/2041-8205/774/1/L8>]. Swisdak and fellow plasma physicists James F. Drake, also of UMD, and Merav Opher of Boston University have constructed a model of the outer edge of the solar system that fits recent observations, both expected and unexpected.

Their model indicates Voyager 1 actually entered interstellar space a little more than a year ago, a finding directly counter to recent papers by NASA and other scientists suggesting the spacecraft was still in a fuzzily-defined transition zone between the Sun's sphere of influence and the rest of the galaxy.

At issue is what the boundary-crossing should look like to Earth-bound observers 11 billion miles away. The Sun's envelope, known as the heliosphere, is relatively well-understood as the region of space dominated by the magnetic field and charged particles emanating from our star. The heliopause transition zone is both of unknown structure and location. According to conventional wisdom, we'll know we've passed through this mysterious boundary when we stop seeing solar particles and start seeing galactic particles, and we also detect a change in the prevailing direction of the local magnetic field.

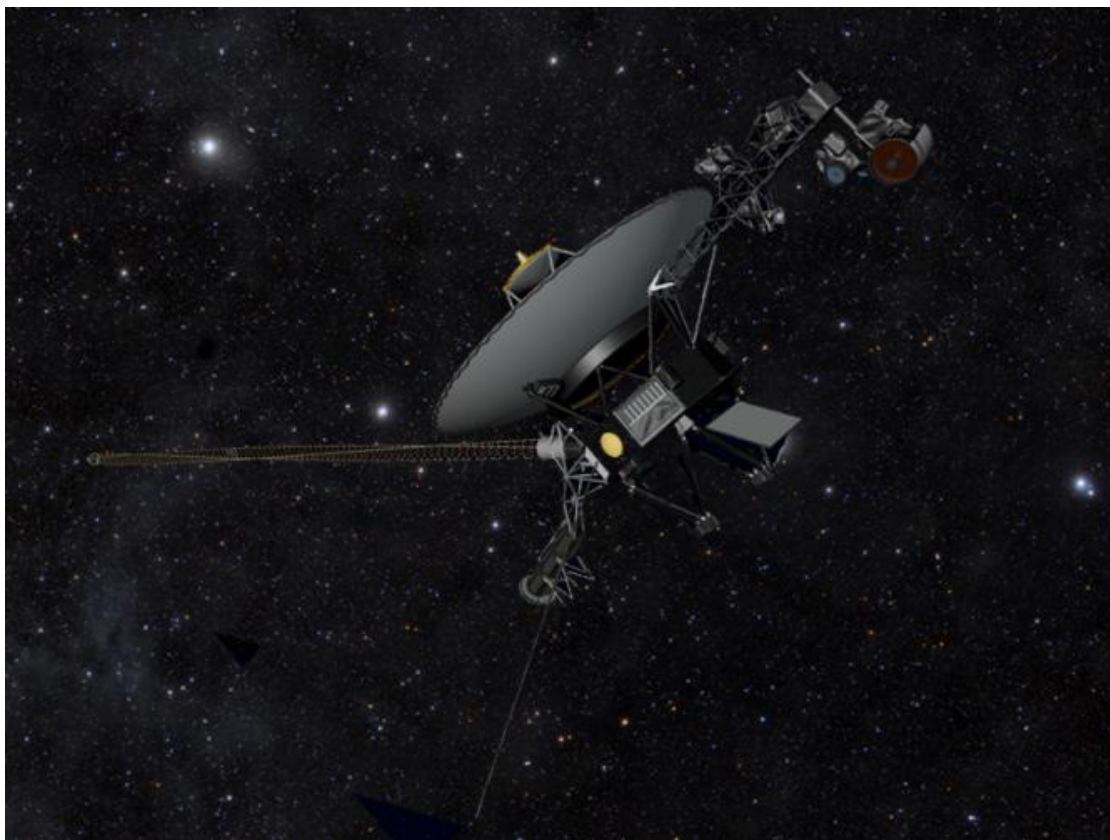
NASA scientists recently reported that last summer, after eight years of travel through the outermost layer of the heliosphere, Voyager 1 recorded "multiple crossings of a boundary unlike anything previously observed." Successive dips in, and subsequent recovery of, solar particle counts caught researchers' attention. The dips in solar particle counts corresponded with abrupt increases in galactic electrons and protons. Within a month, solar particle counts disappeared, and only galactic particle counts remained. Yet Voyager 1 observed no change in the direction of the magnetic field.

To explain this unexpected observation, many scientists theorize that Voyager 1 has entered a "heliosheath depletion region," but that the probe is still within the confines of the heliosphere. Swisdak and colleagues, who are not part of the Voyager 1 mission science teams, say there is another explanation.

Now in the 36th year after their 1977 launches, the twin Voyager 1 and 2 spacecraft continue exploring where nothing from Earth has flown before. Their primary mission was the exploration of Jupiter and Saturn. After making a string of discoveries there—such as active volcanoes on Jupiter's moon Io and intricacies of Saturn's rings—the mission was extended. Voyager 2 went on to explore Uranus and Neptune, and is still the only spacecraft to have visited those outer planets. The current mission for both spacecraft is to explore the outermost edge of the Sun's domain and beyond. Both Voyagers are capable of returning scientific data from a full range of instruments, with adequate electrical power and attitude control propellant to keep operating until 2020. Voyager 2 is expected to enter interstellar space a few years after its twin.

Where to next? Voyager 1 is headed in the general direction of the bright star Aldebaran, 68 light years (about 400 trillion miles) away in the constellation Taurus the Bull. At its present speed—39,600 mph relative to the Sun—this interstellar trip might take a few years. Bon voyage, Voyager!

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



This artist's concept shows NASA's Voyager spacecraft against a field of stars in the darkness of space. The two Voyager spacecraft are traveling farther and farther away from Earth, on a journey to interstellar space, and will eventually circle around the center of the Milky Way galaxy.

NASA's Jet Propulsion Laboratory, in Pasadena, Calif., built and operates the Voyager spacecraft. California Institute of Technology in Pasadena manages JPL for NASA. The Voyager missions are a part of NASA's Heliophysics System Observatory, sponsored by the Heliophysics Division of the Science Mission Directorate at NASA Headquarters in Washington.

For more information about the Voyager mission, visit: <http://www.nasa.gov/voyager> and <http://voyager.jpl.nasa.gov>. Image Credit: NASA/JPL-Caltech

Science/News

by JEFF



How to use less toilet water per flush? Placing a 1 to 2 liter bottle filled with either dirt or water in your toilet tank will help you use less water.

New Rechargeable Flow Battery Could Enable Cheaper, More Efficient Energy Storage: MIT researchers have engineered

a new rechargeable flow battery that doesn't rely on expensive membranes to generate and store electricity. The device, they say, may one day enable cheaper, large scale energy storage. It's a quantum leap in battery technology.

Mediterranean diet may counteract genetic risk of stroke: The Mediterranean diet has often been promoted for its heart healthy benefits, and now, new research has revealed that the diet may also counteract a person's genetic risk for stroke. The Mediterranean diet consists of previously established healthy food items, such as fruits, vegetables and fish and also adding extra virgin olive oil and nuts (primarily walnuts). The author is Jose Ordovas at the USDA Human Nutrition Research Center on Aging at Tufts University. More than 7,000 men and women from Spain were assigned to either a Mediterranean diet or a low fat diet for five years. While Ordovas does not suggest that everyone must adhere to the Mediterranean diet, he does advise people with a history of cardiovascular illness to try to incorporate some of the cuisine's food items into their daily routine. "It may not be necessary to change their entire diet, but they should at least include in their diets elements of the Mediterranean diet we had mentioned – primarily the olive oil and nuts. Just remove some of the more negative aspects you have in your diet to include some of these components, and you can compensate for your risk."

New DNA tests can reveal your true hair color, and other physical attributes: New tools are on the way that could make crime pay even less. A group of European researchers has laid the foundation for a test that can identify hair color from DNA in a tiny drop of saliva, blood or body fluid left at a crime scene. "Tools that allow us to know what an unknown person looks like can be incredibly useful," said Manfred Kayser, a professor of forensic molecular biology at Erasmus University Medical Center Rotterdam in the Netherlands. The same research group laid the foundation to estimate a person's age and eye color from DNA. Investigators hope one day have a complete physical picture of a suspect thru DNA. Obesity's death toll could be higher than believed: Researchers find that 18.2% of premature deaths in the U.S. are associated with excessive body mass. The study found that weight related early mortality had struck African American women harder than men, and that African American women had suffered the most. The death toll of the nation's obesity epidemic may be close to four times higher than has been widely believed, and all that excess weight could reverse the steady trend of lengthening life spans for a generation of younger Americans.



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Happy Tails

by Chris Leclerc



SWEET TATER

As the youngest of seven children, I spent my childhood growing up in the rural deep south, with loving parents who taught me to be a sensitive, caring person

and an avid animal lover. I had a charmed life with a big yard, peach trees and a sustainable fresh vegetable garden. We raised chickens & rabbits, and had many pets including dogs, cats and horses.

When I was 6 years old, we had a neighbor who raised hound dogs that he used for the sole purpose of hunting. I remember feeling so sad for those hounds next door, because the owner would nearly starve them between hunting trips, to peak their senses and make the most of their tracking abilities. At times those poor hunting dogs got so thin, you could count the rib bones on either side of their pitiful empty stomachs. When our neighbor would leave his house to go into town, my sister Vicki and I would sneak into his back yard and feed his dogs left-over scraps our mother saved from the dinner table. It broke our hearts to see them snap up the scraps within a few short seconds, then look up at us with those sad eyes, begging for more. It wasn't long before my parents called the humane society and reported our neighbor for animal neglect, and the dogs were taken away.

The memory of seeing those hungry hounds in my neighbor's back yard as a young child stayed with me all of my life. I promised myself I would somehow find a way to make up for the cruelty those dogs had been subjected to, and I decided that one day I would have a bloodhound of my own who would receive the love that those poor dogs had been denied.

Ten years ago, I finally found myself in the position to pursue my long awaited pilgrimage of finding a bloodhound in need of a good home. Before I started my quest, I read a lot about the breed, and I consulted with people I knew who were familiar with their specific characteristics and peculiarities. Within a week after I started my search, I came across a bloodhound breed rescue in Laguna Beach and I called them to see if there were any dogs available for adoption. The volunteer told me there were no hounds on hand at the time, but when she realized how determined I was, she told me about a young AKC registered female bloodhound that had been bred for show, but had proven to be less than promising in the ring. Apparently the breeder/handler had already become quite fond of the

one-and-a-half year-old dog, but had been forced to make the difficult decision to give her up to a loving home when the right person came along. You see, this particular bloodhound was special, and would require more love and attention than most typically do. Well, I could not have custom-ordered a more perfect match! After all, I had set out to find a hound dog in need of lots of tender loving care, and this one apparently needed way more than most! That weekend I drove up to a gorgeous ranch in Saddleback Canyon, where I met "Tatertotts" for the first time.

When I arrived at the ranch the young bloodhound who was now my prospective new pet was in an outdoor kennel run, cantering back and forth under a huge canopy of old California Oak trees. The excitement that glowed through her big brown eyes stole my heart immediately! I knew I had to have her. Upon arrival at her new home in Sierra Madre, "Tatertotts" was quite nervous about being suddenly transported to a strange place with people she did not know. It took me about an hour to convince her that it was safe to go inside the house, but once she was in, there was no getting her out! Little by little, Tatertotts became familiar with her new surroundings and eventually gained full trust in her new owner. Within a few short weeks, we were best buddies!

I like to call her "Sweet Tater", because she really is very sweet and because she makes those "poor pitiful me" kinds of looks on her face when she gets hungry or wants her way. My Sweet Tater is indeed a special girl, with very specific, special needs. Most bloodhounds are pretty easy going and for the most part very social, from what I understand, but Tater is different. She is selective when it comes to who she chooses to allow in her personal space. Ironically though, Tater is way more sensitive to the feelings and thoughts of other beings than many other dogs, therefore she reacts more intensely to those who approach her. Regardless of her individual idiosyncrasies, that floppy-eared, sloppy-faced hound dog found her way into my heart, and has become a major part of my life over the years. Each day I am comforted, knowing that Tater receives the unconditional love that my childhood neighbor's dogs did not receive, and I benefit from knowing that I chose to be driven in a positive way by the emotional impact that early childhood experience had on me. And I tell you what, Sweet Tater makes it very clear to me she appreciates that love very much!

Rescued pets tend to be more grateful than others, I think. As always, I encourage my readers to stop shopping, start adopting, and most of all, love and let live!

PET OF THE WEEK

CASSIDY: #A4617332



Meet the cuddliest little canine, Cassidy (A4617332)! Cassidy is an extremely sweet two year old silver and black spayed female Schnauzer mix who was found in El Monte on August 8th and brought to the Baldwin Park Shelter. Weighing fourteen pounds, Cassidy walks nicely on leash, is obedient and easy to handle and seems to be housebroken. She is good with other dogs of all sizes and we think she is a great companion for children. She is easygoing, kissy and has a medium energy level. Cassidy is the perfect indoor pet for anyone, anywhere!

To watch a video of Cassidy please visit: www.youtube.com/watch?v=T0Qh52KNORA

To meet Cassidy in person, please see her at the Baldwin Park Shelter, located at 4275 N. Elton, Baldwin Park, CA 91706 (Phone: 626-430-2378 or 626-962-3577). She is currently available now. For any inquiries about Cassidy, please reference her animal ID number: A4617332. 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 Cassidy 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/>.

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.iamsonline.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.iamsonline.com or www.eukanuba.com.

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HEALTH EXCHANGE SHOPPING TIPS FOR UNINSURED BOOMERS AND EARLY RETIREES

Dear Savvy Senior: At age 62, I will be retiring at the end of the year and plan to enroll in Obamacare until my Medicare kicks in. Can you offer me any advice on choosing a plan? Almost Retired

Dear Almost:

The new health insurance exchanges – also known as Obamacare – that begin in 2014 will have a significant impact on millions of Americans who need health insurance, especially pre-Medicare retirees and uninsured baby boomers who often have a difficult time finding affordable coverage.

To help ensure you get the best health insurance coverage that fits your needs, here are some things you should know.

Health Exchange Overview

Starting Oct. 1, you will be able to shop for health insurance policies, and enroll in one directly through your state's Health Insurance Marketplace website, over the phone, via mail or in person at a designated center. The coverage will go into effect on Jan. 1, 2014.

You can also be reassured to know that federal law prohibits Marketplace insurers from denying you coverage or charging you higher rates if you have a pre-existing health condition. But they are permitted to set premiums up to three times higher for applicants over the age of 50, and smokers may be charged up to 50 percent more than nonsmokers.

To help make coverage affordable, sliding scale tax-credits will be available if you earn less than 400 percent of the poverty level – that's \$45,960 for a single person and \$62,040 for couples. These tax-credit subsidies will provide immediate savings off your monthly premiums. See the Kaiser Family Foundation online calculator (kff.org/interactive/subsidy-calculator) for a premium estimate.

Every state will have a Marketplace, but each state can choose how it will operate. Seventeen states and the District of Columbia will run their own state-based Marketplace, seven states will partner with the federal government, and 26 states will offer federal Marketplaces. The differences between federal and state programs will be subtle. You will be able to access your state's marketplace at Healthcare.gov.

Policy Choices

To make shopping and comparing a little easier, the health plans will be divided into four different

levels – bronze, silver, gold and platinum. The bronze plan will have the lowest monthly premiums but the highest out-of-pocket costs when you need care, while the platinum plans will have the highest premiums with the lowest out-of-pocket costs.

You will also have a variety of health insurance



companies to select from. To help you evaluate insurers, the nonprofit National Committee for Quality Assurance offers online “report cards” at ncqa.org that can help you narrow your choices.

Because most plans will be managed-care policies such as HMOs or PPOs that require you to get your care within a network of providers, you'll want to make sure that the doctors and hospitals you typically use are covered in the plans you're considering. The new Marketplace plans are expected to offer fewer choices of health-care providers, and who's included may vary quite a bit.

You also need to find out what happens if you want to use a doctor or hospital outside a plan's network. Will you have to get a referral or pay more to get these services, or will it even be covered at all?

Also check the plan's formulary, which is the list of prescription drugs they cover, to be sure all the medications you take are covered without excessive co-pays or requirements that you try less expensive drugs first.

Get Help

If you need some help with all this, the Marketplace Help Center offers a toll-free helpline at 800-318-2596. Or, if you'd rather get face-to-face assistance, there will be designated centers set up with trained and certified navigators, counselors and application assistants to help you, along with insurance agents and brokers. To find help in your area, call the Marketplace Help Center after Oct. 1 for a referral.

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 Tse.....This and That



“FISH!” And Other Advances in Civility!

I have no complaints about my job. Heck, I'm grateful just to be employed! There are many people on staff, and quite a few I hardly know because we rarely work together. Although no one has a particularly bad attitude, there isn't really much camaraderie between coworkers. Since our boss is retiring and a new guy is coming in, two of my coworkers and I decided now would be a great time to introduce a plan to improve the emotional climate of our workplace!

We didn't have a real “plan,” but Bruce (not his real name) offered to bring in a book he'd received at a professional development training. Oh no, I thought! There are few experiences more boring than staff development trainings! Granted, there've been the exceptional few speakers who've inspired me to give a shot at whatever they were suggesting. But those were the exceptions.

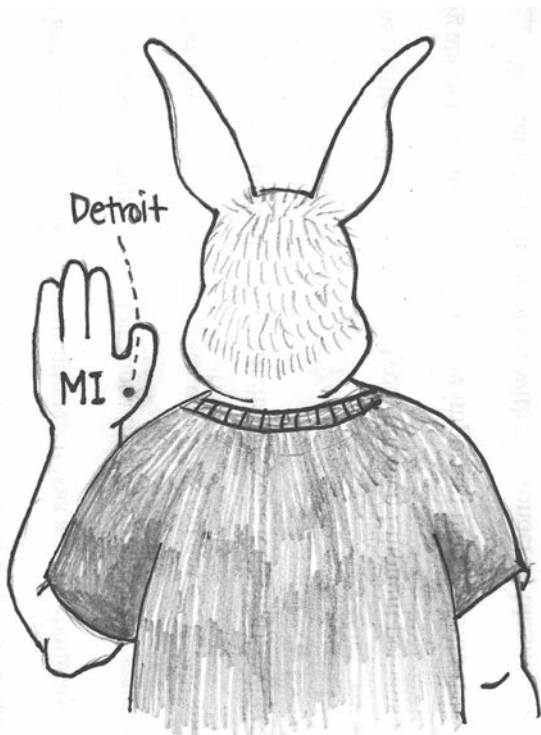
I recalled my mom telling me about when her school attempted to adopt Stephen Covey's 7 Habits of Highly Effective People. Don't get me wrong, I totally agree with the habits he recommends, such as taking responsibility for your actions rather than blaming others, being proactive, and communicating respectfully. Covey is essentially marketing basic manners of civility your parents should have taught you. It's kind of like another “breakthrough” literacy program they adopted that included a diagram of two intersecting circles called “The Double Bubble Map.” I'm sorry, but that's a Venn diagram. If you're going to use it, at least give Venn credit!

Such thoughts were running through my mind when Bruce let me borrow his copy of Fish! A Remarkable Way to Boost Morale and Improve Results by Stephen C. Lundin, Harry Paul, and John Christensen. And I must say, reading it was a pleasant surprise. The Fish! “philosophy” started with the fishmongers at Pike's Place Market in Seattle. Could you imagine a more laborious, mundane existence than lugging around heavy, frozen fish? Yet, in this unlikely environment, the workers decided to rise above their circumstances and treat the customers, and each other, with sincere respect and compassion -- and they even have fun doing it! Other businesses asked them what made their fish company so exceptional. The fishmongers distilled their philosophy down to four principles: Be there, Make their day, Choose your attitude, and Play. The first two principles stress the importance of selflessness, thinking of the other person first. You respect others by making time to give them your undivided attention. You also empathize with others by striving to encourage them, even if that means just holding the door open and smiling.

Like Covey, these concepts are nothing new. Also, I really can't critique Covey's work, because I haven't read it. I'm only going off my mom's account of practicing the 7 Habits. One of their exercises involved sitting in a circle and passing around a “talking stick.” Each staff member was given one to keep. They looked like small, ornately carved totem poles (talk about marketing!). I'm sure Covey's 7 Habits are all admirable, but one of the beauties of Fish! is its brevity (the film is only 18 minutes long) and simplicity (4 principles versus 7).

In the end, any “training” of this sort is going to be, at least partially, “preaching to the choir.” The people who are already putting others before themselves and showing compassion will feel validated. For others, if they didn't learn basic manners as children, no amount of educating is going to change them. And then there are the people who will adopt these principles almost by osmosis when they see others doing so. Thank God that there usually aren't very many people in the second group!

Really, an even simpler version of all this can be summed up in “Do to others what you would have them do to you.” This may sound similar to older spiritual teachings such as to not cause harm, steal, or do anything you wouldn't want someone to do to you. Living by those principles, you would not steal or do hateful things to others. In contrast, living by the former principles, you would give to others and find ways to show your love for them. Jesus had it right the first time.



SENIOR HAPPENINGS

By Pat Birdsall

FYI - GARDNERS BEWARE

I started out to write a piece about how gardeners like you and me, can put bee friendly plants in our gardens and eventually turn the tide in the eradication of thousands of bee colonies nationwide. Well, isn't Pollyanna just alive and well! I can't believe how naïve I was. Was, is the key word...The very plants I was going to suggest to you most likely would be purchased at a big box store in the area. Upon further reading I was totally shocked that virtually all of the plants I was going to recommend have been pre-treated with pesticides shown to harm and kill bees! All without the customer ever being informed!

Maybe you have heard of neonic pesticides, but I had not. Neonics are chemically related to nicotine. I know first-hand what harm nicotine causes. The substance remains in the plants and the soil and can continue to affect all pollinators for months to years after the treatment. The brand names are familiar to us all and for monetary reasons they don't want their names banded about, but they're easy to find. The companies are also ready to blame parasites rather than their pesticides for the bee colonies demise. The jury is still out...

The bottom line is this; Bees and other pollinators are essential for the two-thirds of the food crops humans eat every day and they are in great peril...populations are dwindling worldwide. You can help. The new U.S. campaign can be found at: www.beeaction.org. A lot of information can also be gotten at www.hortweek.com where I got a lot of information for this article. Please get involved; the Environmental Protection Agency (EPA) has delayed action until 2018, do the bees have that long?

HELPFUL HINT: Tub & Shower Magic: Mix original blue Dawn with vinegar in a spray bottle... Fill half the bottle with vinegar and heat it carefully in the microwave. Fill the other half with blue Dawn and shake gently to mix. Just spray it on, scrub, rinse and be amazed. It also works on appliance and just about anything else.

FOR YOUR FUNNY BONE - Two campers were hiking in the woods when one is bitten on the rear end by a rattlesnake. “I'll go into town for a doctor,” the other says. He runs ten miles to a small town and finds their only doctor delivering a baby. “I can't leave,” the doctor says. “But here's what to do. Take a knife, cut a little x where the bite is, suck out the poison and spit it on the ground.” The guy runs back to his friend, who says in agony. “What did the doctor say?” the victim cries. “He says you're going to die.”

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: “A friend is one of the nicest things you can have, and one of the nicest things you can be.” ~ Douglas Pagels



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)



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Tips of the Trade: Real Estate Revealed

by Luther Tsinoglou

WHEN LESS COSTS MORE

"Timing the market" in real estate doesn't work the way it does with stocks. Homes are bought and sold more out of necessity than to make an easy buck. However, some indicators give a clue when it's a good time to buy. Like now!

Despite the fact that rates are low and prices may still drop, now is the time to move if you have good credit and funds for down payment. It would be a mistake to "wait and see" if rates or prices fall any more. Why?

Rates are low now because of federal bailouts, but continued low rates can fuel inflation. Fear of inflation causes "the Fed" to raise those rates. Waiting for a lower price on a home while interest rates rise could make the home more expensive.

Example: purchasing a home now for \$177,000 at 5% could make the total cost around \$370,000 by the end of the loan term. But what if you wait for prices to fall more, and next year you get that home for \$160,000. You saved \$17,000 - right? Wrong!

If rates rise 2% during that time, you could pay over \$400,000 over the life of the loan - \$30,000 more than if you bought now! If the math is still fuzzy to you, call me and I'll be glad to crunch the numbers with you. You'll be glad you did.

BUSINESS TODAY

The latest on Business News, Trends and Techniques

By La Quetta M. Shamblee, MBA



LESS WORK, MORE PLAY

I recall reading a passage in one of many books written by the late renowned best-selling author, Steven Covey that went something like this, "I worked hard to climb up the career ladder, then when I got to the top I realized it was leaning against the wrong wall." This conveys the experience of people who are so focused on the next promotion and the next raise until they lose sight of the things in life that are most important. Created from a combination of the words "work" and "alcoholic," a workalcoholic is defined as a person who is obsessively addicted to work.

It is a general belief that the word workalcoholic was introduced into the American lexicon in the late 1960's, but it was not until the 1990's that the term began to be used widely. Initially, being a workalcoholic was viewed as a positive character trait but over the years it has come to be associated with high levels of stress, and in its most extreme form may be classified as a work-related obsessive-compulsive personality disorder.

Working to provide for one's livelihood is a fact of life, and people who are able to make a living doing something they absolutely love is the best possible scenario. However, working excessive hours on a consistent basis, without little to no regard for balancing work to allow for personal time, has its own set of consequences. It is understandable that an employee may put in extra hours from time to time. But when the extra hours become the rule, as opposed to the exception, it's time to take an inventory – especially when the extra hours begin to interfere with one's ability to be available for other important things in life, like family, friends and fun from time to time.

A parent has the best of intentions when they work hard to ensure that their children have everything that they need and much of what they may want. This often requires long hours at work, and when those hours are extended on a regular basis, it reduces the availability of what children want most from their parents – personal time.

In the end, making time for personal relationships and taking time to pursue life's simple pleasures are the types of time investments that add meaning to life. Though I've not been able to identify the source of this quote, I find it appropriate to provide context, "No man ever said on his deathbed, I wish I had spent more time at the office."

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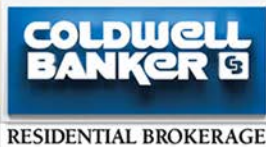
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Social Media Tips & Tricks

By Merri Jill Finstrom

TWO FUN HASHTAGS TO EXPLORE

If content is king, consistency is queen, then the Hashtag (#) is Merlin. It's the magic ingredient in social media. Hashtags work on Facebook, Pinterest, Twitter, Vine and Instagram. A hashtag helps users of a social media site quickly find content on a trending topic posted by others. They are often used during a major disaster; they give people the opportunity to become virtual reporters and share up-to-the-minute updates and opinions. But, they are also used around all kinds of topics from job searches (#jobs) to Justin Bieber (#justinbieber).

If you want to have some fun in your social media strategy, you might explore these two hashtags:



Use a bread tab to hold
your spot on a roll of tape

#lifehack

#LifeHack

Life Hacks are the "MacGyver" of the internet. Remember how he could make anything out of the ingredients in his pocket? It's a trending topic on social media. Lots of people post interesting solutions to every day problems: bread tabs that hold your spot on a roll of tape, paper clips that salvage broken flipflops, cd containers that store bagels and a variety of solutions for holding beer, etc. If you search for #lifehacks on Pinterest, Facebook and Instagram you will get a ton of content. You could share these with your audience or you could come up with your own LifeHack and join the conversation.

#FlashbackThursday

Thursday is becoming a popular day on social media to share moments from the past. Finally we have a use for those historical photos that are collecting dust under the bed or in our file cabinets at work. People are sharing fun images of themselves sporting bell bottoms, beehives, shoulder pads etc. Businesses are sharing pictures of their first locations, what their street looked like 50 years ago, and other interesting historical photos of their business and environment. This is great content to share on social media for a business because it's interesting to see how far we've all come. There is something fun that happens when old school meets new school technology.

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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THE JOY OF YOGA DON'T FORGET TO BREATHE

Pranayama begins at your very first yoga class. First, we learn to close the mouth and just breathe through the nose, becoming aware of the breath. Just listening to the sound of the inhale and exhale is helpful. Noticing the rhythm of the breath is next, is it smooth? Are the inhales equal to the exhales? You hear these questions asked in class all the time.

Our breath tells a lot about how we're doing too. Is the breath shallow? Are we holding the breath? Are we just sighing out our exhaustion? Shallow breath could indicate anxiety, nervousness, fear, even excitement. Lots of sighs? Sounds like a mom who needs a break.

Great thing about the practice of pranayama. We can use it almost anywhere. At one point in time I was working in a busy office, totally stressed out. Someone suggested taking ten deep breaths at the top of each hour, taken with control. This was perfect for me. And it helped quell those anxious moments. Just like that I had a one-minute pranayama practice that I could do at work!

Add some asana (yoga poses) with the breath; and boom, Magic! Using pranayama and asana together can produce amazing results. And at times, become what's called a "moving meditation" benefiting body, mind, and soul.

We start out very simple, and then progress to many, many other forms of pranayama. In this practice, we deepen our focus, awareness, and sense of calm. We might even find ourselves pausing to breathe before reacting and answering a question. At that point, we know it's working. Namaste,

Keely Totten, Teaching Saturdays at Yoga Madre

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HOW LATE IS TOO LATE TO EAT?

by Dr. Tina

Does it matter when we eat or what we eat?

Unfortunately, for those of us who love food, the answer is yes! Food that is consumed at night is not processed as efficiently as it is during the day. After dinner what happens in our life? We wind down, we prepare to end our day. That is what we should be doing the last hour or two of our day...preparing for sleep. What is the purpose of sleep? Sleep is when we recharge and when our bodies repair. Our bodies need all their resources for this task. If it has to work on digesting food, because that would be a priority for the body if there is food present in the digestive system, then very little repair happens.

It is not uncommon to have disrupted sleep when we go to bed after eating a large or hard to digest meal too close to bedtime. This is because the body is working hard to digest what was recently eaten. Meat takes longer than any other foods to digest. For good health, avoiding eating meat late at night, as it tends to stay in the digestive tract longer than grains, fruits, or vegetables. If we are using the body's energy to digest food during the night, then we are not giving the body that precious cleaning time that it needs to help fight off disease, as well as help repair and rejuvenate us.

My recommendation....try to eat dinner by 6pm or at least 3 hours before bedtime and avoiding eating large quantities of harder to digest foods like meat and heavily processed foods at night. For more on this subject, see by blog article this week at www.vibrantlivingwc.com

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



"Organizing is what you do before you do something, so that when you do it, it is not all mixed up." – A. A. Milne

Imagine arriving in a foreign country without a written plan or map. Where would you go? What would you do? You'd certainly waste a lot of time wandering around, trying to make sense of things and find your way. And chances are good that you would run out of time before you got to see all the things you really came to see.

An itinerary requires upfront work, but it streamlines the effort when you arrive so that you can get to see everything. That's why you came, right?! It gives focus to the limited time you have. And identifies clearly the steps you will take to get to your destinations.

Many people start their businesses with little more than an impassioned idea and the determination to "make it work." With the internet, it's easy to jump in -- anyone can do it. Personally, I LOVE that! But just because you can be in business doesn't mean you know how to do business. After a few wrong turns and miscalculations, it's obvious how easy it is to waste time.

A business plan is like an itinerary: it gives clear and organized information about where you want to go, and the steps you plan to take to get there. It considers carefully the best, most efficient use of your time. It maps out how your big vision will become a reality and provides clear directions.

There are many ways to create a business plan. Just google "business plan." Find the method that speaks to you. The key is to DO IT! Not just wish for it. Decide where you will go and what you will do. Put it in writing so you don't forget. Or get lost.

For the sake of your business, make a plan... a plan to succeed!

P.S. For those who cringe at the dry, traditional methods, there is another way. I teach a visual approach called the Right Brain Business Plan. It invites the imaginative, right brain into the process. You create a VISUAL MAP with words and pictures. For more information, go to "Classes" on my website: LORIKOOP.com. Classes resume in September throughout Southern California... both weekend intensives and 8-week courses. Join me! Register by August 31st and receive the book and all art supplies for FREE.

Lori Koop, The Right Brain Business Coach

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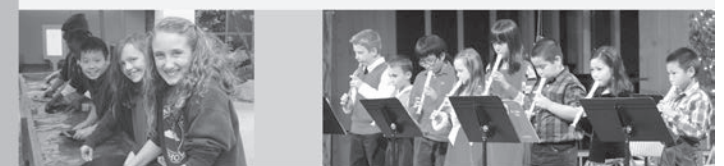
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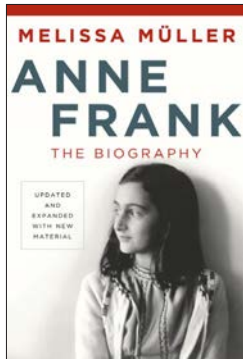
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JASMINE'S CORNER

Book Reviews by Jasmine Kelsey Williams



ANNE FRANK: THE BIOGRAPHY

By Melissa Muller

The next choice we arrive to may seem unexpected, but at the same time may come in handy for any future research or school studies. "Anne Frank: The Biography" by Melissa Muller is sure to be an eye catcher by its title alone, and the iconic imagery of Anne Frank will be successful in making you curious. "Anne Frank: The Biography" comes with additional, updated, and expanded material that elaborates upon the story and history of Anne Frank herself.

With a foreword by Melissa Muller, as well as an epilogue, this rich and thorough history of Anne Frank tells her story, but with added information, the histories and stories of her family, and even black and white photos that give the reader a peek inside her life. The chapters themselves tell her story in sequence as well, from the beginning to arrests, to its conclusion, and even a note from Miep Gies, an important character that helps Anne when her family goes into hiding.

Muller has done her research, as the tone of this book is strong, but not heavy, as Anne's biography contains highlights and low points, moments of happiness, brief periods of small comforts and joy, and even the low points of the danger that grows which affect Anne and her family. Another key point that readers will notice is that there is the mention of Anne's diary, which provides insight, perspective, and even wisdom for readers who are able to find comfort and courage from Anne's words. Even as the tone starts to turn somber as the events of Anne and her family's life play out towards the depressing conclusion, readers may be able to find solace and strength from Anne's positive outlook and hopefulness.

Copyrighted in 1998, then again in 2013 (for a recent translation), and receiving praise from critics, Time, The Nation, and The Chicago Tribune, "Anne Frank: The Biography" is a wonderful selection for readers, which will not just educate you, but one that could also provide strength, courage, hope, and inspiration.



D. HART ST. MARTIN

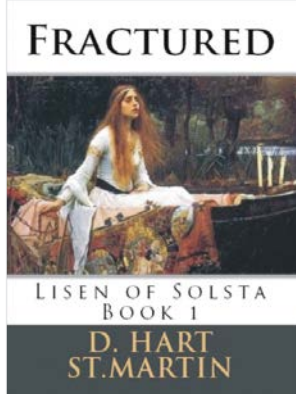


This author's first book, "Fractured," received an impressive 5-Star Review from the 2013 Indie Reader Discover Awards. There's more to follow this first work of the Lisen of Solsta trilogy filled with intrigue and adventure as 17-year old Lisen Holt is abducted and transformed into a human-like marsupial by the sorcerer, Hermit Eloise.

D. Hart St. Martin does a masterful job with her creation of a story of pathos, passion and sheer force of will. She has captured a world where sexism never existed as she drops unobtrusive clues as to the whys and wherefores of a society that functions without gender-specific roles or titles.

This creative work lays the groundwork for "Tainted," the second book in the trilogy, scheduled for publication in 2014.

Learn more about Authors Tour USA members, upcoming booksigning and more at: www.AuthorsTourUSA.com.



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.



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Fall Session Begins

September 23, 2013

Creative Arts Group

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SEAN'S SHAMELESS REVIEWS:

By Sean Kayden

WASHED OUT

"Paracosm" is the sophomore album from solo artist Ernest Greene who performs under the moniker, Washed Out. His 2010 album, "Within and Without," received generally favorable reviews as it made him a well-known figure in the rising chillwave scene. While I was never a fan of his earlier work, it wasn't until this release that I found myself completely enthralled by his latest material. The songs

off the debut record never impressed as they merely played as background tunes. Nothing jumped out and I was quite underwhelmed by the project. As for now, Greene has written and crafted songs that are more free, open and expansive. The nine ornate tracks off "Paracosm" possess more texture than his previous outing. A deeper resonance is at play with "Paracosm" without the artist compromising his initial sound. If anything, Greene has artistically grown and ventured out rather than simply being pigeonholed as a one-note chillwave performer. "Paracosm," true to its meaning, places you on a fantasy island to run freely and wildly.

WASHED OUT

Artist: Washed Out
Album: Paracosm
Label: Sub Pop Records
Release: Aug. 13, 2013

Ultimately, "Paracosm" is a peaceful and serene record. The delicate and somewhat psychedelic arrangements unfurl slowly on many of the songs, particularly on the title track. The song "Paracosm" really has a way of mending one who's feeling down and out. Lyrically speaking, it's pretty straightforward. When listening to Washed Out, it's more of a feeling one gets with the multilayered sounds that drives the songs rather than the lyrics. The experience from listening to "Paracosm" is definitely a memorable one. The tranquility at hand is blissful and escapism permeates throughout. Danceable tunes are still present within this album, but it's on a different playing field from before. More idyllic than ever, "Paracosm" has Greene at his best—a place where he accentuates his strengths and dips into a much broader soundscape.

The record's carefree vibe is soothing and satisfying. With the abundant amount of instruments at his helm, Greene isn't tied down to just synthesizers. He flourishes with the layered sounds that make for an effervescent aura. "Don't Give Up" is quite the jam. One of the more upbeat tracks, "Don't Give Up," segues into R&B territory. No doubt about it, the song will put you in a trance. Ultimately you wish it never comes to an end. In conclusion, the nine (more like 8 complete) songs won't change you in anyway, but perhaps become the soundtrack to the moments in your life that seek you out rather than you seeking them out. "Paracosm" is a fully layered, escapism record that demonstrates a musician growing creatively. The world created here is definitely a place we'd all like to be, even if the trip is short-lived.

Grade: 8.3 out of 10

Key Tracks: "Don't Give Up," "Weightless," "Great Escape," "Paracosm"

The Sierra Madre Playhouse
Proudly Presents

The Adventures of TOM SAWYER
By Laura Eason
Adapted from the novel by Mark Twain
Directed by Aaron Lyons

August 9 thru September 7, 2013

Purchase Tickets online at www.sierramadreplayhouse.org
Or call Box Office at 626.355.4318

The Adventures of Tom Sawyer was originally commissioned by and received its world premiere at Hartford Stage in 2010.
Michael Wilson, Artistic Director - Michael Slotts, Managing Director

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

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



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Mountain Views News has been adjudicated as a newspaper of General Circulation for the County of Los Angeles in Court Case number GS004724: for the City of Sierra Madre; in Court Case GS005940 and for the City of Monrovia in Court Case No. GS006989 and is published every Saturday at 55 W. Sierra Madre Blvd., No. 302, Sierra Madre, California, 91024. All contents are copyrighted and may not be reproduced without the express written consent of the publisher. All rights reserved. All submissions to this newspaper become the property of the Mountain Views News and may be published in part or whole.

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Mountain Views News is wholly owned by Grace Lorraine Publications, Inc. and reserves the right to refuse publication of advertisements and other materials submitted for publication.

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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

THE UNTHINKABLE

(But frequently, or at least possibly true)



Can it be true that the Los Angeles area has been without a professional football team for almost twenty years? Of course it's true. What is the possible reason? Bickering between millionaires and politicians, I guess. Who's hurt? Just the public..

Is it possible that bickering between huge corporations prevented many people from watching Lakers Games on television last year? Yes, it's true. Unfortunate DISH subscribers were unable to home-view these games last season. I experience the pain of this prohibition quite personally as I have disabled relatives and friends who are DISH subscribers and for whom Lakers Basketball is a great source of enjoyment. Alas. C'mon Cable and Satellite companies—please get things together!

Is it possible that the squabbling is even worse this year? Right now Channel 2 and Channel 9 and Showtime and I don't know what else are being dropped from certain TV providers. It's disgraceful.

I just heard on the CBS Morning News (which I am fortunate to still receive) that New York Yankee ownership had possibly instructed their medical staff to cause injury to their star player, Alex Rodriguez, so that his contract could be voided. For those who don't know or don't care, Alex Rodriguez is the highest paid player in baseball and had previously not performing up to the expectations of his corporate masters.

Speaking of baseball, isn't it incredible that the player who had the most hits (Pete Rose) and the player who hit the most Home Runs (Barry Bonds) and one of the greatest pitchers of his generation (Roger Clemens) are prevented from acceptance into the Baseball Hall of Fame because of certain allegations made against them. If records are supposed to mean anything these records should be allowed to stand for themselves and induction into the Hall of Fame should be based on these accomplishments rather than allegations. The Baseball Hall of Fame is already filled with drunks, racists, and felons. The Hall should be about baseball records not criminal records.

Staying with the Baseball Hall of Fame for another paragraph or so, to me it's really amazing that Marvin Miller is not in the Baseball Hall of Fame. Who's Marvin Miller, you might ask. Marvin Miller is the mustachioed Labor Lawyer who put together the Unions that made it possible for the actual baseball players to earn their fair share of profits from the sport. Today the player's astronomical salaries seem to make a mockery of the whole sport. These huge salaries seem to be an illustration of the disease so inherent in our society where money flows to only the few while the rest of us struggle as best we can. It is true that Babe Ruth was asked in his prime how was it defensible for him to receive a higher salary than that received by the President of the United States. "Simple", it is reported that the Babe responded, "I had a better year than he did." Really, there's something wrong with that thinking notwithstanding the fact that it makes some sense.

Moving on from the President to politics in general; Is it believable that we have an absolutely do-nothing Congress dominated by Republicans who seek only to defeat the President and nothing else. How many times have they passed useless bills designed to nullify Obama-care even after its passage and the 2012 re-election of the President. If you don't like it here boys (and a few girls I guess) go back to Russia. Oops, wrong era and wrong party!

Is it possible to believe the present consequences of the Arab Summer? This morning's TV News (which I was able to receive) contained the news that almost 1,000 people have been killed in the battles between the Security forces and the military which know runs the Country. Much of this killing is financed by American dollars which continue to flow to Egypt as our government refuses to call a Coup a Coup because that would result in the suspension of American obligations to Egypt. What's going to happen to the Suez Canal (so vital to world trade) and what's happened to the global hopes for Democracy in the Middle East? Meanwhile who can believe that Mubarak, the deposed former ruler of Egypt could soon be walking the streets as a free-man?

It's all unbelievable; but for me the most unbelievable thing around these parts at least is that this article is my 300th consecutive weekly article. How did I do it with no pay, little validation or recognition, and undoubtedly limited talent as an article writer? Is it unthinkable? No it's not and I plan to keep writing these things until someone stops me. In some strange way my writing and your reading (surely, someone must read these things) is a testament to the most unthinkable thing of all---THE MIRACLE OF HUMAN BEINGS,

LEFT TURN/RIGHT TURN

HOWARD Hays As I See It



*"And my head I'd be scratchin'
While my thoughts were busy hatchin'
If I only had a brain."*

Lyric by E.Y. Harburg, "The Wizard of Oz"

It didn't make sense to me. How could a ribboned, rolled diploma bestow intelligence? Or an oversized medal instill bravery? How could a heart-shaped clock

on a chain substitute for a real one? But the answer became obvious; the traits had been there all along, they just hadn't realized it - like Dorothy not realizing that home had always been just three heel-clicks away.

As more recognize those traits within themselves they've had all along, fewer are cowed by the Great and Powerful, flame-spewing voices on Fox News and talk radio.

The Scarecrow came to mind as I'd heard so many "straw man" arguments over the past couple weeks: if you can't come up with a compelling argument, you just invent the other position and then argue against your invention.

A couple weeks ago, nobody paid much attention to the rodeo clown at the Missouri State Fair who came out with an Obama mask, stuck a broom handle up his rear, engaged in some good ol' racist lip-bobbling as the announcer had the crowd whooping by asking how many wanted to see him trampled by a bull.

Fair officials called it "inappropriate and disrespectful" . . . We strive to be a family friendly event and regret that Saturday's rodeo badly missed that mark". Missouri's Republican Lieutenant Governor tweeted: "I condemn the actions disrespectful to POTUS the other night. We are better than this." White House spokesman Josh Earnest commented; "I can tell you as a native Missourian, it was certainly not one of the finer moments for our state."

That would've been it, had it not been for straw man inventions like those of Rep. Steve Stockman (R-TX); "Liberals have targeted this man for personal destruction to create a climate of fear . . . They want to crush dissent by isolating and polarizing anyone who questions Obama." Glenn Beck explained that liberals "are terrified" . . . They know this thing is falling apart; that's why they're going after the rodeo clown, they're freaking out!" He likened it to McCarthyism and declared, "We are all rodeo clowns!"

Liberals weren't "going after" any rodeo clown. The "liberal media" gave it coverage primarily to relish Beck's self-identification as a clown, and to note the bizarre lengths the right will go to find stories they can "freak out" over.

On the drive home, I heard John and Ken on KFI express disgust over liberals who won't condemn the acts of fellow Democrats NYC mayoral candidate Anthony Weiner and San Diego Mayor Bob Filner. No evidence provided; just those ubiquitous straw men. I got home, turned on TV, and heard the most sustained, severe condemnation of both politicians from the liberal hosts on MSNBC. Liberal office-holders, commentators and voters seem less tolerant of transgressors among their own than those on the right, for

whom all it takes is a tearful press conference alongside stoic wife, recounting prayer and Christ's forgiveness.

In his column last week, Greg Welborn wrote that liberals feel individuals should not be held personally responsible for their own actions. His evidence is a NY Times column by Nicholas Kristof which wasn't about responsibility, but mandatory sentences arising from the crack epidemic of thirty years ago.

In the cited case of Edward Young, under federal guidelines twenty-year-old burglary convictions gave Young a record as a "violent felon" (though neither violence nor firearms were factors in the burglaries), unable to possess guns or ammunition. In helping a neighboring widow move furniture to a flea market he ended up with a dresser, in which he later found seven shotgun shells. He hid them away to keep them out of reach of his children.

They were found in the course of another burglary investigation. As a result, what could've been a few years in state prison on the burglary charges with possible probation or parole became a mandatory minimum fifteen years in the federal penitentiary for the seven shotgun shells. He could've gotten life. The judge explained to Young that under the law he had no discretion in the sentencing, describing the case as something out of Dickens.

If there's a difference in views on personal responsibility, it's that those of us on the left feel no segment of society should be exempt. I doubt I'll hear anyone on the right agree that those who endanger our health and heritage by ruining our environment for corporate profit, or who wipe out thousands of retirement funds and tank our nation's economy by defrauding investors and gaming financial markets, should be held personally responsible for their actions as well - and not simply allowed to reach a settlement to be written off as a business expense.

As Dorothy put it, "If you were really great and powerful, you'd keep your promises!" Thirty years ago, wizards on the right promised that with cutting upper marginal and corporate tax rates the benefits would trickle down to the rest of us. Twenty years ago, they promised Bill Clinton's budget would devastate the economy. Ten years ago, the promise was that our troops entering Baghdad would be greeted as liberators in a war to last . . . six days, six weeks. I doubt it would last six months". (Defense Sec. Rumsfeld)

Now the promise is to shut down our government unless the Affordable Care Act is defunded - and this promise they threaten to keep.

As people rediscover the brains they've had all along, they know that the intimidating face on the screen, booming voice and authoritative message are all as phony as the promises. They realize there are special interests behind the scenes pulling the strings and controlling the microphone - and they're refusing to heed warnings to "Pay no attention to that man behind the curtain!"



OUT TO PASTOR

A Weekly Religion Column by Rev. James Snyder

FINANCIAL TIP OF THE WEEK: Pay Attention!

Enjoying a casual evening at home, I reclined in my favorite easy chair reading,

while the Gracious Mistress of the Parsonage was chatting on the telephone. I rarely pay attention to telephone conversations. After all, I only get one side of the conversation, which may be misleading at the very best. I've been caught in that trap before with some pretty dire consequences. I'm not going to get caught again.

Then an odd phrase caught my attention: "plastic surgery." My ears perked up and I heard my wife say, "I certainly agree with that article and I'm going to do some plastic surgery myself."

Well, you can imagine what thoughts were racing through my head. When she hung up the telephone, I queried her about it.

In my book, plastic surgery is a big step. "You do support me in this plastic surgery plan, don't you?"

There are times to disagree with your spouse, but as a husband for over 40 years, I have never discovered that time. Forcing a smile, I nodded in the affirmative and told her she had my full support in whatever she decided.

I had to admit that the "time" had finally come to our humble abode. Who am I to fight it? I go by this motto, "He who smiles and agrees with his spouse lives to smile another day." I plan to smile until the day I die.

I never really thought about plastic surgery, but perhaps my wife was right. Perhaps she could use a little face-lift. For me to get a facelift, the surgeons would need a huge construction crane. Then comes the awkward part, what do they do with my face after it was lifted?

Women, more than men, are a little sensitive about their appearance. For a man, "appearance" means he showed up. A woman has an altogether different approach to the term "appearance."

Some women look in the mirror and see where some improvements could be made. For example, they see bags under their eyes that could not get through the airport carry-on luggage size requirement.

Then there is the problem with their nose, which could stand a little tweaking. For all practical purposes, one of those double chins has to go. Moreover, what woman couldn't use a tummy tuck and other snippings of the flesh?

Believe me; I never would have brought it up, but if that makes my wife happy, then whatever it costs, we can put it on a credit card. The only problem with putting something like this on a credit card is that by the time you pay it off you need another procedure. She is worth it in my checkbook. I have no compunction whatsoever of writing out that check. Each day I checked the appointment calendar hanging on our refrigerator to find out when she would be going in for the sur-

gery. Daily I looked, but could never find any appointment.

I supposed she was sensitive about the whole thing and did not want it staring at her day after day on the appointment calendar. Whatever the reason, she had my silent support, for all that was worth. I am sure she would do the same for me. That is what marriage is all about. Supporting one another in the developments of life, whatever that development might be.

I decided to tuck this little bit in the back of my mind and, however it developed would be all right with me.

One day this week, I went to the Slurp N' Burp Café for a quiet lunch. The issue was far from my mind as I enjoyed a delicious repast. As I finished my last cup of coffee, the waitress brought my bill and I pulled my wallet out to pay for it.

In searching my wallet for a credit card I discovered, much to my double chagrin, that there were no credit cards to be found. Somehow, I'd lost my credit cards. Perhaps, in the morning when I was getting dressed, they dropped out of my wallet as I was placing it in my trousers.

The problem with that theory was that all the other cards in my wallet were intact.

Fortunately, I had my cell phone and called my wife.

"Honey, I've lost all my credit cards. I'm here at the restaurant and I can't find any credit cards in my wallet. Do you have any idea what I did with my credit cards?"

"I cut them all up."
"You did what?"
"You said you supported my plastic surgery plan, didn't you?"
"But, I thought..."
"You, thought what?"
Oh boy.

Dear reader: please disregard the first part of this column. If you happen to read my obituary in next week's newspaper, you will know that my lovely, vivacious, eternally youthful wife did not disregard the first part and I'm currently Resting In Pieces.

I must confess that my hearing is good; it is my understanding that falls so far short. The only exercise I am really good at is "jumping-to-conclusions."

This is common among many people who call themselves Christians. Their hearing is good but their "doing," is not up to par.

The apostle James understood this truth quite well. He writes, "But be ye doers of the word, and not hearers only, deceiving your own selves" James 1:22 (KJV).

It is not so much what you hear that pays dividends in life, but what you do.

AN ILLINOIS TWOFER GREG Welborn

Most people know what a two-fer is. It's something that gives you two benefits for the price of one. Usually, one of them is intended or desired and the other just comes along as an extra benefit. Well, it seems Illinois has experienced a two-fer that may just be perfect for California. Both states suffer from severe budget deficits and deteriorating public education quality. Illinois found a way to improve both. Let's hope our politicians in Sacramento can learn this lesson.

Illinois, like California, uses a scoring system for calculating pension benefits which creates a substantial economic incentive for older teachers, who perhaps are "burned out", to stay in their jobs well beyond the time when they would want to and beyond the time when they are actually productive. This is not to say, by any stretch of the imagination, that all teachers who are older, or who have lots of experience, are burned out, or that they are hanging on beyond the time they should leave. But, there are a significant number of teachers who meet both criteria - their productive, creative and enthusiastic days are behind them, but they stay in the job because to leave earlier would mean significant reductions in their pension benefits.

Illinois has a significant budget problem. Like California, it has promised more in benefits than its tax revenues can support. Illinois, like California, also has seen the quality of its public education deteriorate substantially. Because of the budget crisis, though, Illinois took what they thought were radical steps to keep the doors open and services provided. Illinois offered teachers over 50 years of age the opportunity to purchase "extra credits" in their retirement system at an attractive rate. By paying a modest sum up front, a qualifying teacher could essentially purchase more years of service for pension calculation purposes and thus retire early without giving up the pension benefit that normally be available only if the teacher stayed on the job for 5 or even 10 years longer.

Critics of this special offer complained that "experienced" teachers would leave in droves, only to be replaced by younger, less experienced, and therefore seemingly lower quality, teachers. It was obvious from the start that the school districts would benefit. They would be able to replace an older, more expensive, teacher with a younger, less experienced teacher. The younger teachers wouldn't have tenure, so the districts would also gain the benefit of increased flexibility. If a younger teacher didn't work out, he or she could be fired; an option not available should an "older" teacher with tenure prove to be derelict in his or her classroom job.

What wasn't obvious was whether the program would actually benefit students. The program was so unique that Cornell University economists Maria Fitzpatrick and Michael Lovenheim studied it and their results were published by the National Bureau of Economic Research. The results of

Illinois' program were clear cut. Not only did the budget improve, but education achievement in the affected schools improved markedly. Simply put, enthusiasm trumped experience.



Now, this does not in any way imply that all older teachers are bad. Nor does it imply that experience is worthless. But Illinois' results clearly show that where school districts have the flexibility to consider the actual quality of the service rendered and to hire and retain the best talent possible education quality improves. This shouldn't come as a surprise. In private business, every one of us (teachers included) recognize that competition improves quality. If I don't like the service that restaurant A provides, I take my business to restaurant B. The fact that I can make that switch means restaurant A's owners are motivated to make sure I get the best service possible.

Unfortunately, this basic logic isn't applied to the education industry. Somehow, we're supposed to believe that retaining teachers irrespective of the quality of their teaching (academic freedom is the excuse for this antiquated practice) will result in excellence in education. Human nature doesn't work that way.

We all are motivated by rewards. If I do a great job and get a raise because of it, I'll do a great job. But if I know I'll get the same salary for a so-so job as for a great job, it's only a matter of time before I'll settle into so-so performance. In defense of teachers (and many of my friends are teachers), many of them know that they've reached the point of burn-out. They'd like nothing better than to move on and clear the field for younger, more enthusiastic, teachers. But a pension system that rewards years of service, not quality of service, keeps many burned out, poor-performing teachers in jobs where they stifle the minds of too many young people.

Hopefully, Illinois' experience can influence our legislatures in Sacramento. We face substantial budget shortfalls and suffer inferior education achievements. If we allow those who are burned out to move on without forfeiting substantial pension benefits, we'll save money and improve educational standards.

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

this statement is true and correct. (A registrant who Dates Pub: August 03 10 17 24 2013

FICTITIOUS BUSINESS NAME STATEMENT
 No. 2013-1671735
 I, **GUILLERMO MARTINEZ** (s) (are) doing business as **CONEXION AL EXITO ROYAL PRESTIGE RESTAURIBUDOR; SUCCESS CONECTION ROYAL PRESTIGE, 7444 FLORENCE AVE. STE B, BAYVIEW, CA 90241** (a) (are) registered (is) (are) **GUILLERMO MARTINEZ, 7517 SUVA ST, DOWNEY, CA 90240**. This Business is conducted **AN INDIVIDUAL**. Signed: **GUILLERMO MARTINEZ**, County Clerk of Los Angeles County on 08/02/2013.
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 Submit Pub: August 03, 10, 17, 24, 2013

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**1300 Oak Meadow Road, Arcadia
\$1,899,000**

Classic Traditional Family home prominently displayed in one of the most picturesque neighborhoods of the Prestigious Santa Anita Oaks area of Arcadia. Graciously situated on a large corner lot in a tranquil park like setting. Back yard with pool, spa, lawn, gardens and covered patio perfect for entertaining. 2435 sq ft home with 3 bedrooms, 3 baths, a California Basement and an expansive unfinished attic that runs the entire length of the house.

This home features many original design elements that provide it with an abundance of character, warmth and charm. Hardwood floors, carpeted bedrooms, Crown Moldings, Wainscoting, Built-ins, and 2 Fireplaces. Come and see for yourself and wear your walking shoes as this home is located in a great walking neighborhood with close proximity to several well known hiking trails.

**3 bedrooms - 3 Baths - 2,435 Sq Ft
16,636 Sq Ft Lot - Built in 1948**

Eileen Benson

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If you are thinking about Buying or Selling, call Eileen. I will be happy to provide you with a free confidential market analysis of your current home.



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675 Woodland - Sierra Madre \$729,000

Rare opportunity to own a turnkey 3 bedroom, 2 bath home on one of the largest, flat lots in the lower canyon! Detached garage and parking for several cars.

NEW LISTING



350 Olive Tree Lane, Sierra Madre \$998,000

This 1950 Tudor style home has been in the same family for 40 years!! Offers a main house with 3 bedrooms, 1.5.5 baths, formal dining room and family room. PLUS a two bedroom GUEST HOUSE with living room, kitchen and full bath. Huge 21,000+ square foot lot. Possibilities are endless as is the charm!!!



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