

SATURDAY, AUGUST 31, 2013

VOLUME 7 NO. 35

FORMER SIERRA MADRE RESIDENT KILLED

22 Year Old Victim of Random Gun Violence

Last Thursday evening at approximately 9 pm, young Treavor Robinson, 22, was chatting outside with a friend in front of his mother's house in South Los Angeles. Suddenly, according to eyewitness reports, a car pulled up and an automatic weapon began firing at the two young men. As they tried to run, Treavor was struck in the back and the other young man suffered a non-life threatening head wound. Neither young man had any gang affiliations or associates.

In 2003, Treavor moved from Hastings Ranch to Sierra Madre with his adopted parents, Hattie Harris and Susan Henderson (Publisher of this newspaper). Well known in the community, he was a very polite and pleasant young man.

He was active in school activities and in 2005 he was elected Student Body President at Wilson IB Middle School. He played in the Wilson Jazz Band and Orchestra and while at PHS he was a member of the school's band and the Pasadena All Star Band. He played in Pasadena Rose Parade in 2007.

An extremely talented young man, with many gifts, he attended the elite summer band program at St. John's University in New York in 2006 and world renowned percussionist Terri Lynne Carrington recognized his skills and encouraged him to pursue a career in music.

However, Treavor's zest for life and all it had to offer also drew his attention to the world of acting. He studied under professionals June Chandler and Hal Sweesy in Studio City and also participated in the Improv Classes taught by June in Sierra Madre.

He also loved to travel. He hoped to travel across all 50 states before he was 25. He was able to visit Hawaii, New York, Pennsylvania, Ohio, Florida, Colorado, Oregon and Arizona. Wherever he went, he was loved, but New York City was the place that he wanted to call home.

Being a good citizen was also important to Treavor. He was very civic minded and willing to help wherever needed. He volunteered at the polls in 2007 and 2008 and was bubbling over with excitement when he cast his first vote for President Obama in 2012. For the last two years he volunteered at Sierra Madre's Dickens Village and WhoVile Festivals. His passion for helping others also was manifest with his work in a Youth Ministry that went to the juvenile prisons and performed for the children that were there.



Treavor Robinson

Treavor leaves behind two very large families and a host of friends to mourn his untimely death. He is survived by his Mother Rosalyn Robinson; brothers Trayvonne and Triston Robinson; Grandmother Marian Robinson and a host of other relatives.

Treavor also leaves behind his adopted parents, Hattie Harris and Susan Henderson; adopted brothers Paul Carpenter and Fred (Doreen) Thomas; adopted sister Patricia Carpenter; nieces Maila, Maheilia and Milania Thomas; Uncles Clifford and King Harris; Uncle and Aunt Artie and Grace Sanders and a host of other adopted cousins and family members.

Funeral arrangements are currently pending.

In lieu of flowers, contributions can be made in the name of Treavor Robinson to :

HILLSIDES - Youth Moving On
(A program for foster children in transition)
650 North Oakland Ave.
Pasadena, CA 91101

IT'S FINALLY COME TO PASS - SIERRA MADRE TO IMPORT WATER

In late July, the City of Sierra Madre submitted an application to purchase 1,468 acre feet of water from the San Gabriel Valley Municipal Water District as the city's own water supply had diminished to a dangerous level. Earlier this week, the city sent out official notices of the change in the source of Sierra Madre's water. In a release received by most residents on Friday, the city advised residents of the following:

"The City of Sierra Madre is preparing to temporarily change the source of water supply you are receiving. Beginning on September 16, 2013 the source of water will change from local groundwater to imported water from San Gabriel Valley Municipal Water District (SGVMWD). SGVMWD will provide imported treated surface water produced by the Metropolitan Water District of Southern California (MWD). The change to MWD water supplied by SGVMWD is necessitated by the seriously reduced local groundwater levels resulting from several years of dry weather conditions. MWD is a fully permitted water system to treat and distribute treated surface water.

The change of water supply source from local groundwater to MWD water will result in changing the disinfectant in the water from the chlorine used now to the chloramines used by MWD. Chloramine treatment is not new, as chloramines have been used for disinfection purposes for many years and are considered effective disinfectants. It is encouraging to note that complaints of tastes and odors have been found to decrease in many systems after the use of chloramines begins.

Chloramines do not pose a health hazard to the general population. However, they can be a serious problem to individuals with kidney disease undergoing dialysis treatment on artificial kidney machines unless the chloramines in the treatment water are reduced to acceptable levels. We have been working with the State and County Health Department to ensure that everyone involved with the treatment of dialysis patients is alerted and that proper precautions are taken. If you are a dialysis patient receiving dialysis in your home, please contact your dialysis provider.

Chloramines, like chlorine are toxic to fish. Therefore, anyone putting fish into the water obtained from our supply should ensure that the fish are properly protected. Local pet and fish shops should be contacted to determine the best measures to cope with a chloraminated water supply. Holding the water for a period of time before using with fish may work well with chlorine, but is not a reliable procedure with chloramines which are able to persist much longer.

If you have any questions on this change in our water supply source, please contact City Water Superintendent Jose Reynoso at (626) 355-7135 ext. 813.

SIERRA MADRE MIDDLE SCHOOL CEREMONIAL GROUNDBREAKING SET FOR SEPTEMBER 12TH

You are invited to attend the ceremonial groundbreaking for the new Sierra Madre Middle School that is being funded by Measure TT on Thursday, September 12 at 5 p.m. Location: 160 North Canon, Sierra Madre.

The \$27 million project will have 20 classrooms, a multipurpose room, music rooms, computer lab, library, administration area, atrium and other features. When completed, Sierra Madre Middle School will be able to serve 600-650 students. Following the groundbreaking will be the Back to School Night for Sierra Madre Middle School. Please RSVP by September 11 to communications@pusd.us.

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CITY ANNOUNCES 2013 SIERRA MADRE HONORS... AWARDEES

Sierra Madre Honors... is the City's opportunity to recognize and honor the true treasures of Sierra Madre, its volunteers, City Commissioners and employees. Sierra Madre Honors... recognizes all out-going City Commissioners, and awardees selected from nominations submitted to the Mayor's Ad-Hoc Committee comprised of past recipients. The following are the awardees for 2013:

George Maurer Lifetime Service Award – Richard Mays
Presented to a person/entity that most strongly represents a commitment to serving and volunteering over the course of a lifetime, which is the true spirit of Sierra Madre.

Wistaria Award – Sierra Madre Historical Preservation Society
In recognition of a City/Community partnership, it is presented to a local business or organization whose major contributions to the City/Community of Sierra Madre have demonstrated a true partnership which assists in and provides services, programs or enhances the general welfare of the community as a whole.

Police Chief's Special Award – Jesse Cazares
Presented by the Sierra Madre Chief of Police to an individual who has demonstrated outstanding dedication to duty (employee) or service (community) in resolving a community law enforcement-related issue.

Public Safety Award – Sierra Madre Emergency Communications Team
Presented by the Mayor to an individual, either an employee or citizen, who took action to protect and maintain the safety of the community by taking lifesaving action.

Public Service Award – Susan Clifton & Jose Reynoso
Employee of the Year – presented by the Mayor upon the recommendation of the City Manager to an extraordinary city employee who has represented remarkable customer and public service as well as dedication to the citizens of Sierra Madre over the course of a year.

The 2013 Sierra Madre Honors... Dinner and Awards will be held on Thursday, September 12th in Sierra Madre by invitation only. For more information contact City Hall at 626-355-7135.

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:



Family owned, AAHA certified Animal Hospital & Boarding Facility for Dogs, Cats, Rabbits, Guinea Pigs, Rats, Mice, Turtles and Tortoises.

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Weather Wise

5-Day Forecast

Sierra Madre, Ca.

Mon:	Sunny	Hi 90s	Lows 60s
Tues:	Sunny	Hi 90s	Lows 60s
Wed:	Sunny	Hi 90s	Lows 70s
Thur:	Sunny	Hi 100s	Lows 70s
Fri:	Sunny	Hi 90s	Lows 70s

Forecasts courtesy of the National Weather Service

CITY OF SIERRA MADRE
CALENDAR OF EVENTS

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

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

CALENDAR

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

* = Meetings are held in City Council Chambers

We'd like to hear from you!

What's on YOUR Mind?



Contact us at: editor@mtnewsviews.com or
www.facebook.com/mountainviewsnews AND
Twitter: @mtnewsviews



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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'sOUR TRAVEL
AFFAIR

NEW: TINA TIME
WITH COUSIN
MATTHEW

SATURDAY
MORNINGS

D. J. Boddington
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at 7:00 until 10:00
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MEETINGS ARE EACH TUESDAY AT NOON,
EXCEPT FOR THE 2ND TUESDAY OF EACH MONTH,
WHEN WE MEET AT 7:45AM. VISITORS ARE ALWAYS WELCOME!
JOIN US, MEET YOUR NEIGHBORS, HELP YOUR COMMUNITY,
AND HAVE SOME FUN!

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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**WHERE TO FIND THE MOUNTAIN VIEWS
NEWS - Partial Listing**

Sierra Madre
Sierra Public Library
Sierra Madre Post Office
Sierra Madre City Hall
Bean Town Sierra Madre
Starbucks
Bottle Shop
Happy's Liquors
Sierra Madre Senior Center
Arcadia
Arcadia Public Library
Arcadia Post Office
Starbucks Arcadia
Denny's Arcadia
Faschings Car Wash
Monrovia
Monrovia Public Library
Monrovia Post Office
Monrovia City Hall
Coffee Bean Monrovia (Foothill/Myrtle)
The Monrovia
Rudy's Monrovia
Monrovia Senior Center
Duarte
Duarte Public Library
Duarte City Hall
Denny's Duarte
Starbucks Duarte
Coffee Bean Duarte
I HOP Duarte
Pasadena
Walkway at Vromans
Pasadena City Hall
Robin's Bar B Que
Altadena
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SIERRA MADRE POLICE BLOTTER

For the period August 18 – August 25, 2013

Sunday August 18, 2013

At 8am, a single car traffic collision occurred at Santa Anita Avenue and Grandview Avenue. The driver while negotiating a u-turn accidentally hit the accelerator causing the vehicle to jump the curb and hit a tree at the southwest corner of the intersection. The driver was not injured.

Wednesday August 21, 2013

Overnight, unknown suspects entered two unlocked vehicles parked in the 00 block of East Alegria Avenue and the 100 block of East Grandview Avenue. Both vehicles were parked in residence driveways. The suspects removed small items of value that were in the center console of each vehicle.

Thursday August 22, 2013

At 2pm, a traffic collision occurred at Grandview Avenue near Foothill Avenue. A passenger vehicle was attempting to pass a trash truck on the left when the truck suddenly pulled away from the curb. The force of this collision propelled the car forward and into a tree on the south side of the street. Both occupants of the passenger car complained of back pain and the car sustained

major damage.

Friday August 23, 2013

A resident in the 600 block of West Sierra Madre Boulevard reported that his bicycle had been taken from his carport between 11am and 3pm. The bicycle was not secured but access to the carport portion of the property is limited by an electronically controlled gate.

At 6:30pm, while conducting a traffic stop, officers discovered several hundred pirated DVDs in the trunk of the vehicle. The driver admitted that he downloads the movies from various sites and sells them to individuals for 5-10 dollars apiece. He also admitted that he has been doing this for a while and offered to sell some of the DVDs to the arresting officer. The driver (male 34 years) was arrested for Possession of Pirated Movies for Sale.

Sunday August 25, 2013

A resident in the 400 block of East Laurel Avenue returned home from a short vacation and discovered graffiti had been painted on a lamp post in the front yard. The graffiti consisted of words and a drawing done with a black marker pen.

FREE CLASSES BEAUTIFUL LANDSCAPING THAT SAVES WATER ...

.....USING CALIFORNIA NATIVE PLANTS

All classes will be held in the Sierra Madre Room at the Community Recreation Center, 611 E. Sierra Madre Blvd. from 6:30-8:30 pm unless otherwise noted.

Wednesday, Sept 11 & Saturday, Sept 14 (1:30-3:30pm)
California Native Plants: The Big Picture (Lisa Novick)

Tuesday, Sept 17 & Wednesday, Sept 18
Horticulture of California Native Plants (Lili Singer)

Wednesday, September 25
Designing Garden Space Inspired by California Native Landscapes (Amy Nettleton)

Thursday, October 3
Design with California Native Plants (Andreas Hessing)

These workshops are provided in partnership with the San Gabriel Valley Municipal Water District and the Theodore Payne Foundation.



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.



WISTARIA THRIFT SHOP
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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 Stotts, Managing Director



REPORTER DIES IN A HIKING ACCIDENT



Martin Burns, Fox 11 L.A.

By Dean Lee

The identity of a man killed Sunday in a hiking accident north of Altadena was confirmed Monday to be an investigative writer and producer for Fox 11 LA News.

The body of Martin Burns was found by a hiker walking near Inspiration Point in the Angeles National Forest according to Los Angeles County Sheriff's Department. Sheriff Deputies said members of the Los Angeles County Sheriff's Department Air-5 Rescue helicopter located the victim at approximately 1:20 p.m.

Burns was pronounced dead at the scene and was air-lifted to Farnsworth Park in Altadena, where he was examined by a member of the Los Angeles County Coroner's Office.

The preliminary cause of death is listed as trauma sustained during a fall from the steep trail.

At myfoxla.com, Burns colleagues posted stories about their years working with him.

"Martin and I did countless stories together, from recent stories on the danger of Marijuana 'Wax,' to the Mexican drug cartels, to people ripping off the system, to internet scams, to medical scams, you name it," wrote Fox 11 News Anchor Phil Shuman. "We even went all the way to Florida to track down an alleged 'bad guy' who was running a company that let you use the internet to 'launder' money using anonymous names."

Pet of the Week



Bailey is a shy one-year-old, tricolor Chihuahua mix. He came to the shelter extremely shy, but is coming out of his shell. PHS volunteers spend time socializing with him to make him more comfortable. Bailey enjoys sitting in laps and is very playful with his kennel mate.

Bailey's adoption fee is \$125, which includes his neuter surgery, a microchip, the first set of vaccinations, as well as a free follow-up health check at a participating vet. New adopters will receive complimentary health and wellness exam from VCA Animal Hospitals, as well as a goody bag filled with information on how to care for your pet. Ask an adoptions counselor for more information during your visit.

Call the Pasadena Humane Society & SPCA at 626.792.7151 to ask about A334171, 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.



City to Get Seven New ARTS Buses

By Dean Lee

The city council, earlier this month approved almost \$3 million for the purchase of seven new 32-foot long buses, all of which will operate on compressed natural gas. The new vehicles, approved at an Aug. 12 meeting, will replace aging Area Rapid Transit System (ARTS) buses.

A member of the public asked that the city look at existing problems including gang violence overcrowding and dirty buses before spending more money.

"This is a matter of health and safety," she said. "You need to cure these problems on the buses, your inviting, not only the passengers, but children as well as tourists, let them know."

According to city staff six of

the buses will replace diesel fuel buses and one of the buses will be added to the city's fleet to improve service to the ARTS Route 20 as part of the \$1,987,285 grant from the Federal Transit Administration (FTA) awarded to the City through the Job Access and Reverse Commute program (JARC).

"The City's JARC program will improve access to transportation services to employment and employment-related activities for low income individuals by increasing the frequency of this route from every 35 minutes to every 24 minutes," Frederick Dock, Director Department of Transportation, said in the city staff report. "The target population served by this program is Northwest

Pasadena, as well as the West Altadena community which borders Pasadena along the city's northern border. This area has the highest rates of poverty and unemployment in the city."

All the new buses will be operating next year.

Convention Center Sept Events

SEPTEMBER 10
John Moran Antique & Fine Furnishings Estate Auction

More than 120 quality items, including antiques and fine furnishings from local estates, are sold to the highest bidder. Select from an array of rugs, silver, china, pottery, glassware, clocks, and antique furniture. At the 2012 summer auction in Pasadena, a show-stopping first phase Navajo weaving sold to a noted dealer for \$1.8 million.

Preview noon; discovery sale 3 p.m.; auction 6:30 p.m.; free admission

Pasadena Convention Center, 300 E. Green St. (626) 793-1833, johnmoran.com

SEPTEMBER 14-17
Jiangsu Art Exhibit

Enjoy traditional Chinese artwork, including paintings, drawings and photos, from China's Jiangsu Province.

SEPTEMBER 24
Camerata Pacifica

Camerata Pacifica is a chamber music ensemble comprised of the finest performers of chamber music from around the world. The ensemble is distinctive for artistic excellence, an innovative approach to classical music and a repertoire that ranges from baroque to brand new, from familiar masterworks to works that have yet to become favorites. This performance features John Harbison's Four Songs of Solitude, John Serry's Night Rhapsody, Huang Ru's To the Four Corners, John Harbison's Songs America Loves to Sing, and John Novacek's Four Rags for Two Jons.

8 p.m.; single tickets \$48
For tickets, visit cameratapacifica.org.

SEPTEMBER 29
Top Stars of Armenia presented by Global Arts International

Join two of Armenia's most popular singers, Lilit Hovhannisyan and Mihran Tsarukyan, as they perform all of their hits during this much-anticipated concert. Hosted by Rafael Yeranossyan and Arpine Gabrielyan, the event also features M Dance Studio by S. Grigori.

7 p.m.; \$30 - \$125

Tickets may be purchased through Ticketmaster at (800) 982-2787, via thepasadenacivic.com or at the Pasadena Civic Auditorium Box Office on Fridays from 10 a.m. – 6 p.m. Service fees will apply through Ticketmaster and thepasadenacivic.com.

Pasadena Civic Auditorium, 300 E. Green St. www.pasadenacenter.com.

Grand Marshal Announcement

The announcement Thursday will begin promptly at 9:30 a.m. at the Tournament House 391 S. Orange Grove Boulevard. Each year, the Grand Marshal becomes part of the rich history and traditions of the Tournament of Roses. On January 1, 2014, he or she will ride in the 125th Rose Parade, themed "Dreams Come True." The Grand Marshal will also toss the coin before the 100th Rose Bowl Game.

Dog Licensing Door-To-Door Canvass to Begin

Officials for the Pasadena Humane Society & SPCA (PHS) will begin door-to-door canvassing for proper dog licensing starting Tuesday, September 3, 2013 within in the City of Pasadena as part of the joint efforts between PHS and the City to improve animal services.

Licensing officials for the Pasadena Humane Society will be knocking on doors Tuesdays through Fridays, from 9:30 a.m. to 3:30 p.m., beginning Sept. 3. They will start in the Hastings Ranch area of East Pasadena to verify that dog owners have properly licensed and vaccinated their dogs per state law. PHS officials will canvass other neighborhoods as soon as possible, going across town from east to west.

All PHS canvassers will be wearing a uniform with a white shirt with a PHS patch on the shoulder. They will display a badge and wear blue pants OR be wearing a tan "polo" style shirt, with a photo ID badge and blue pants or jeans. Each canvasser will be able to answer your questions about licensing your dog.

You can call PHS at (626) 792-7151, ext. 115, during normal business hours to verify that the person is with PHS. Please remember that PHS is closed on Mondays.

Annual renewal of a dog license is required with proof

of current rabies vaccination, according to state law. Rabies vaccines and certificates are valid for one to three years. Vaccinations are available at various veterinarian offices and also at PHS.

The canvassing is part of the City's collaborative effort with PHS to improve animal services. Effective July 1, 2013, PHS assumed responsibility from the City to do all dog licensing in Pasadena.

Dog owners can continue to bring their dog's license applications and rabies certificates directly to the Pasadena Humane Society & SPCA, 361 South Raymond Ave., Pasadena, CA 91105. PHS is open Tuesday through from 9:00 a.m. to 6:00 p.m., Saturday from 9:00 a.m. to 5:00 p.m., and Sunday from 11:00 a.m. to 4:00 p.m. PHS is closed on Mondays.

A payment drop-off box is also located at the City of Pasadena Municipal Services Payment Office. The box will be checked weekly by PHS licensing officers.

For further licensing information, contact PHS at (626) 792-7151, ext. 115 or visit www.pasadenahumane.org/licensing.

For more information about the City of Pasadena, visit www.cityofpasadena.net or follow us on Twitter @PasadenaGov.

Super Scoopers Aircraft Leased For Fire Season



In preparation for fire season in Southern California, a pair of Super Scooper firefighting aircrafts leased from Québec, Canada and a Helitanker leased from Erickson Air-Crane are now in service in Los Angeles County.

"When the Santa Ana winds begin to blow across the region, wildfires can become deadly, as we have seen in previous extreme fire seasons," said Supervisor Michael D. Antonovich. "The Super Scoopers and the Helitanker provide a 'one-two punch' in addition to County Fire's own aerial fleet – powerful tools to protect life and property."

At the direction of Supervisor

Antonovich, the Los Angeles County Fire Department began leasing the Super Scoopers from the Government of Québec in 1994 and the Helitanker in 2007. The fixed wing super-scoopers are contracted for 90 days at a cost of \$2.75 million.

Capable of carrying up to 1,620 gallons of water, Super Scoopers can also scoop water from a lake in only 12 seconds, be airborne in as little as five minutes and fly three hours before refueling. The Erickson Air-Crane Type I Helitanker is capable of delivering 2,500 gallons per drop.

LA County Fire Chief Daryl Osby, Québec Government Representative Alain Houde, Supervisor Antonovich

PCC to Add Weekend College

Pasadena City College announced this week the launch of the PCC Online/Weekend College. Courses are either online, telecourses (DVDs and video streaming), or a hybrid of online and on-campus meetings held on Fridays or Saturdays, and are designed for the busy working individual.

Online/Weekend College offers general education and transfer, career and technical, and personal enrichment courses. The catalog is designed

so that students can fulfill the majority of their general education degree and transfer requirements.

Classes run for either a full semester (16 weeks) or half the term (eight weeks). Many classes are taught partially online with meetings scheduled for Friday mornings, afternoons or evenings, or Saturday mornings or afternoons.

For more information contact the office of Academic Affairs at (626) 585-7481.

Altadena Crime Blotter

Sunday, August 18th

Between 9:00 a.m. and 5:30 p.m. – A grand theft occurred in the 3500-blk of McNally Av. Loss: American Standard A/C unit.

3:15 p.m. – A residential vandalism occurred in the 2800-blk of Marengo Av.

Between 10:00 p.m. and 12:04 a.m. (Monday) – A petty theft from an unlocked vehicle occurred at 24Hr. Fitness, 2180 N. Lincoln Av. Loss: black wallet, vehicle registration, personal identification.

Monday, August 19th

Between 5:00 p.m. and 11:00 a.m. (Tuesday) – A grand theft from an unlocked vehicle occurred in the 1000-blk of E. Poppyfields Dr. Loss: currency.

Tuesday, August 20th

10:45 a.m. – Nekisha Hampton, 39 yrs, of Los Angeles was arrested for forgery.

Wednesday, August 21st

Between 1:45 p.m. and 4:30

p.m. – A package theft occurred in the 3000-blk of N. Maiden Ln. Loss: inversion table.

9:48 p.m. – Jesse Warren, 58 yrs, of Pasadena was arrested for possession of a controlled substance.

Friday, August 23rd

Between 12:00 a.m. and 6:00 a.m. – A vehicle burglary occurred at 24Hr. Fitness, 2180 N. Lincoln Av. Loss: file folder containing misc. documents.

4:25 a.m. – A residential burglary occurred in the 200-blk of W. Terrace St. Suspect described as a male, Black or Hispanic, 20 yrs, 509, light complexion, stocky build. Suspect entered the residence via the unlocked rear door. Loss: none.

Between 8:30 a.m. and 4:30 p.m. – A residential burglary occurred in the 800-bk of New York Dr. Suspect(s) entered the residence via unknown means. Loss: currency.

ARCADIA

Sierra Madre

Arcadia

Pasadena

Altadena

Monrovia

STUDENTS RETURN TO \$10 MIL. IN SCHOOL UPGRADES

From Arcadia's Best:

As the Arcadia School District continues with its nearly quarter-billion dollar renovations at every school in the district, students at four Arcadia Unified schools return this week to classrooms and buildings that had \$10 million in upgrades over the summer.

Funded under the District's \$218 million Measure I Bond, the AUSD recently wrapped up projects at Arcadia High School, Camino Grove Elementary, Hugo Reid Elementary and Highland Oaks Elementary School. While AUSD finished off this set of projects, which are all included in the second phase of its bond program, construction crews this summer also kicked off its third round of bond projects at Foothills Middle and Hugo Reid Primary schools.

"It was important to us to be able to finish these projects before the start of school so that our students could enjoy their beautifully updated campuses right away," said AUSD Board of Education Vice President Lori Phillipi. "It's our priority to ensure that our District offers quality learning environments where our students can feel inspired and excited to come to school every day."

Arcadia High School saw many improvements come to fruition this summer, including the modernization of more than 30 classrooms, labs and its main gym, which is slated to open this fall. Its outdoor Rally Court, the largest student lunch and meeting area on campus,

was also updated to include seating walls and planters, a grassy area, shade canopies, lighting and a 900 square-foot performance stage to accommodate lunchtime functions and activities.

Students at Camino Grove Elementary will be greeted on their first day of school with freshly painted classrooms and new flooring, smartboards and fire safety upgrades. Their campus was also updated with the modernization of the site's administration and student services building, landscape and hard-scape improvements and a new air conditioning system in the school's multipurpose room. As a component of the District's master plan to ensure student safety, perimeter fencing was also installed and gives the school the ability to lock down the campus. Every school receiving modernization Districtwide is being retrofitted with this feature.

Although some additional work is planned through December, workers this summer also completed the modernization of most of the classrooms at Hugo Reid Elementary as well as the school's administration and student services building. Hugo Reid students and families will also notice renovations to its landscaping and paved areas.

Classroom and facility renovations at Highland Oaks Elementary School, which is part of the first phase of schools to receive updates, were completed this summer, with the final work being performed on the school's multipurpose room air conditioning system.

Other Phase 1 and Phase 2 projects

previously completed include construction of Arcadia High School's new student services building, science building and Performing Arts Center as well as the remodel of its stadium. Arcadia Unified also renovated classrooms and facilities at First Avenue Middle, Holly Avenue Elementary, Baldwin Stocker Elementary and Dana Middle schools and the Dana Joint Use Gym.

As the District closes out its second phase of its Measure I bond program, it is also celebrating the start of Phase 3.

This summer, modernization projects began at Foothills Middle School, which will receive infrastructure upgrades and the remodel of its entire campus. Students this school year will be housed in an interim village of classrooms on the campus athletic fields as the work commences.

Students at Hugo Reid Primary School next year will also enjoy a new library and media center and newly renovated classrooms, thanks to the start of construction this summer.

Also as part of Phase 3, a project at Longley Way Elementary and construction of the new Arcadia Education Center is slated to begin this school year.

For more information, or to view the district's weekly facilities update page, please visit www.ausd.net.

Classes at Arcadia High School began Tuesday, Aug. 27, while students at the remaining AUSD schools return to school today, Aug. 28.

Arcadia Police Blotter

For the period of Sunday, August 18th, through Saturday, August 24th, the Police Department responded to 963 calls for service of which 123 required formal investigations. The following is a summary report of the major incidents handled by the Department during this period.

Sunday, August 18:

1. At approximately 12:10 p.m., an officer was dispatched to a residence in the 400 block of Camino Real Avenue in regards to a residential burglary report. Unknown suspect(s) entered the residence and stole cash and jewelry while the victim was distracted by another suspect who led her to the backyard to discuss "free tree trimming services". After twenty-minutes, the victim declined the service and the suspect left the location in an unknown black two-door vehicle.

The suspect is described as a White male with dark complexion, 30 to 40-years-old, 5'8" tall, 170 lbs., clean shaven with brown hair, wearing an unknown-colored t-shirt, dark-colored pants, and a dark-colored baseball hat.

2. Just before 10:00 p.m., an officer conducted a traffic stop on a vehicle in the area of Huntington Drive and Baldwin Avenue for expired registration. The 26-year-old Hispanic male driver explained he was unable to register his vehicle because it needed a smog check. He became upset and refused to sign the citation. He was ultimately arrested and transported to the Arcadia City Jail for booking.

Monday, August 19:

3. Around 1:36 p.m., an officer responded to the Girl Scouts Service Center, 101 East Wheeler Avenue, in reference to a theft investigation. The reporting party discovered a Girl Scout Leader used proceeds from the annual cookie sale to make several unauthorized charges using the troop's credit card account. At the time of the report, the suspect had already resigned from her position. Further investigation is being conducted by the Detective Bureau.

4. Around 7:48 p.m., an officer was dispatched to In-N-Out, 420 North Santa Anita Avenue, in regards to a disturbance. A male subject was intoxicated and refused to leave the location. The officer determined the 37-year-old was unable to care for himself. He was arrested and transported to the Arcadia City Jail for booking.

Tuesday, August 20:

5. At about 9:31 a.m., an officer responded to a residence in the 200 block of East Magna Vista Avenue regarding a stolen vehicle report. An unknown suspect(s) stole the gardener's pickup truck from the front of the location and abandoned it in the 500 block of Leda Lane. Various tools were reported missing and no evidence was located.

6. Around 12:38 p.m., an officer conducted a traffic stop on a vehicle for expired registration on Workman Avenue, west of Baldwin Avenue. The officer noticed the vehicle's license plate had a 2013 year sticker though its registration expired in 2011. The 58-year-old Hispanic male was cited and released in the field for displaying a false registration sticker. His vehicle was left legally parked.

Wednesday, August 21:

7. Just after midnight, an officer conducted a traffic stop on a vehicle for driving on the wrong side of the roadway on Baldwin Avenue at Huntington Drive. The officer discovered the 21-year-old White male driver was under the influence with a blood alcohol level greater than 0.08 percent. He was arrested and transported to the Arcadia City Jail for booking.

8. Around 9:43 a.m., an officer responded to the Arcadia Police Department front counter in reference to an identity theft report. The victim checked her credit report and discovered twenty-one credit card accounts had been opened using her name and social security number. She advised that her purse was stolen in 2005, and believed multiple people were still in possession of her personal information.

Thursday, August 22:

At about 2:00 a.m., an officer discovered two subjects sleeping inside a vehicle parked in the strip mall parking lot of 411 East Huntington Drive. An investigation revealed the 44-year-old White male passenger was in possession of two plastic daggers and was on probation for domestic violence. He was arrested and transported to the Arcadia City Jail for booking.

9. At approximately 1:52 p.m., an officer was dispatched to a residence in the 1800 block of El Vista Circle regarding a burglary report. The victim returned home and discovered unknown suspect(s) forced entry through a window, ransacked the entire location, and fled with jewelry and various personal documents. No witnesses or latent fingerprints were located.

Friday, August 23:

10. Just after 10:50 a.m., an officer responded to a residence in the 100 block of East Sycamore Avenue regarding a burglary investigation. The victim explained that on August 15th a male subject knocked on her front door and requested to show her something in her backyard. The victim let the suspect in the front door and led him to the backyard where he carried on a conversation for twenty minutes. At one point, the suspect excused himself to call another person on his cell phone. After the suspect left the location, the victim discovered multiple rooms had been ransacked and several items of jewelry were missing.

The suspect is described as either White or Hispanic, 30 to 40-years-old, 5'7" tall, medium build, wearing a white hard hat and a bright yellow-colored construction vest.



FASHION SHOW

The Arcadia Republican Women's Club will host their Annual Fashion Show and Luncheon on Saturday, September 14th at the Embassy Suites, 211 E Huntington Drive in Arcadia. The Social hour will begin at 11 AM followed by lunch. The fashions will be provided by Magnolia's of Arcadia. The cost for this event is \$45.00

Proceeds from the event benefit the ARWC Scholarship, Community Donations, Wounded Warriors, and the Fisher House in San Diego.

For more information, please contact:
Jill at (909) 949-2803 or Wendy at (626) 446-1910.

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MONROVIA - DUARTE

Sierra Madre

Arcadia

Pasadena

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Monrovia Police Blotter

Highlighted Activity for the Weekdays of August 26 - 28, 2013

During the last seven-day period, the Police Department handled 540 service events, resulting in 83 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.

Petty Theft with Priors / Possession of Methamphetamine / Possession of Drug Paraphernalia – Suspects Arrested

On August 27 at 4:00 p.m., officers were dispatched to the 1600 block of South Mountain regarding burglary that just occurred. Both suspects were being detained by loss prevention officers. A record check revealed both suspects had been arrested for prior thefts. A search was conducted, which revealed one suspect to be in possession of methamphetamine and drug paraphernalia. Both suspects were arrested and taken into custody.

Vehicle Burglary

On August 27 at 11:02 p.m., an officer responded to the 100 block of North Canyon regarding a vehicle burglary. The victim parked and locked his 1996 Acura in front of his residence. A short while later, the victim returned to his vehicle and saw it had been burglarized. The items stolen from his vehicle were bank checks and a GPS system. The investigation is continuing.

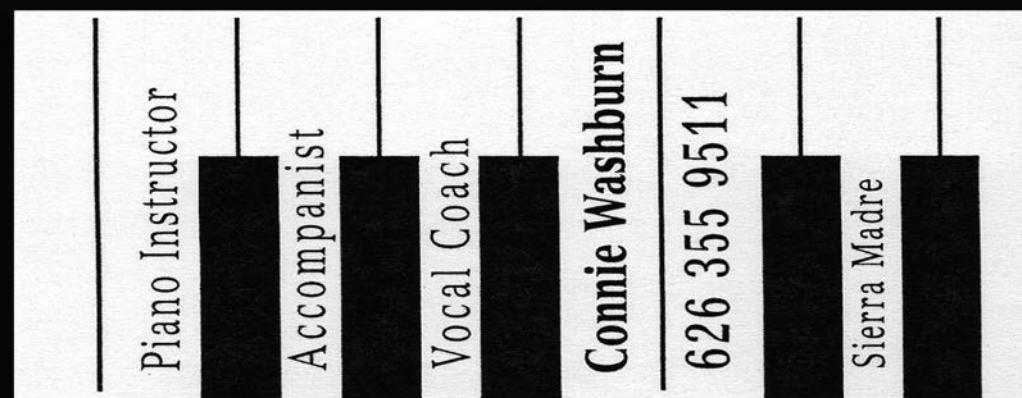
Tip of the Week:

“KEEP KIDS ALIVE DRIVE 25” CAMPAIGN

“KEEP KIDS ALIVE DRIVE 25” is a traffic safety campaign to raise awareness of the residential speed limit. In California the speed limit in residential areas is 25 MPH, unless posted otherwise.

The goal of the “KEEP KIDS ALIVE DRIVE 25” organization and the Monrovia Police Department is working together to end injuries and deaths that result from speeding vehicles in our neighborhoods. The street in front of your home is over twice as dangerous as highways when it comes to number of deaths per miles driven (Federal Highway Administration).

The “KEEP KIDS ALIVE DRIVE 25” organization, the Monrovia Police Department and the Monrovia Unified School District are working collaboratively to create safe streets through education and active community involvement.



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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

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

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

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

The parenting workshop will feature noted resource professionals from the community and each session will feature a different aspect of

parenting, including early literacy, speech, hearing and language development, child development, nutrition, music, play, and health.

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

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

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

YOUR AD COULD BE HERE!

Call Patricia at 626-818-2698 Today!

MATH UNDERSTANDING IS KEY TO SUCCESS FOR GIRLS

(StatePoint)

An epidemic is sweeping the nation. Girls are at a disadvantage when it comes to success in math and science, and the future does not look bright if parents don't act now.

In the next ten years, 80 percent of all jobs will require technical skills, according to Labor Department statistics. And jobs in the science, technology, engineering and math (STEM) fields are expected to grow twice as fast as all jobs.

But currently, the ratio of boys to girls enrolled in STEM courses is a staggering six to one, putting girls at a severe disadvantage to excel in these fields in the future. STEM jobs require strong mathematical aptitude. So when it comes to your daughter's math classes, these statistics should motivate you not to let her off the hook. From design to computer science, studying math now means enjoying a world of professional options later.

How do you steer your daughters toward classes that can help them develop the skills and interests necessary to pursue these careers?

- Find math role models: Leverage your own professional network to educate your daughters about these fields. Do you have a friend who works in math, science or engineering? Ask her to talk to your kids about her job, what she studied in school, and how math applies to her everyday work and life. This discussion can be a great inspiration.

- Take a field trip: Show girls that math can be fun through weekend field trips. Visit a science museum or take a tour of an architecturally impressive building to learn how it was designed. Take your daughter's interests into account to plan outings that will spark a deeper interest in real world mathematical applications.

- Gear up: It's not enough to sign up for higher level math courses. Be sure your young mathematicians are equipped to succeed in their classes.

A high-quality graphing calculator is crucial. Look for models with a high-resolution color LCD and full textbook-style display that include features and functions that enhance the understanding of lessons and bring math to life. For example, PRIZM, a graphing calculator from

Casio, enables students to experiment by creating their own graphs over pictures, from a library of real-life scenes. The fx-9860GII Pink provides built-in spreadsheets, probability functions and many types of regressions, and works three times faster than previous models. To learn more, visit www.CasioEducation.com.

- Be musical: When you're listening to your favorite tunes, don't forget that music and mathematics go hand-in-hand. Understanding the fundamental principles of music may help your daughter strengthen her visuospatial reasoning and succeed in her math courses.

In a study published by "Nature," the science journal, students improved their mathematics test scores significantly after several months of musical training. Encourage her to join the school band or take piano lessons.

In today's economy, having a solid mathematical foundation is becoming increasingly important. So don't let historical gender imbalances in these fields hold your daughters back. With a little encouragement, getting girls hooked on math can be easy as pi.

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Friday 7:00
Saturday 1:00 & 7:00
Sunday 6:00

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msjolou@sbcglobal.net or call 626-398-8388

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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: jhawes@clairbourn.org

Foothill Oaks Academy

822 Bradbourne Ave., Duarte, CA 91010
(626) 301-9809
Co-Principals Nancy Lopez and Diane Kieffaber
info@foothilloaksacademy.org
preschool@foothilloaksacademy.org

The Gooden School

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

High Point Academy

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

LaSalle High School

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

Monrovia High School

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

Odyssey Charter School

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

Pasadena High School

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

St. Rita Catholic School

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

Sierra Madre Elementary School

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

Sierra Madre Middle School

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

Walden School

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

Weizmann Day School

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

Wilson Middle School

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

PASADENA UNIFIED SCHOOL DISTRICT

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

ARCADIA UNIFIED SCHOOL DISTRICT

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

MONROVIA UNIFIED SCHOOL DISTRICT

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

DUARTE UNIFIED SCHOOL DISTRICT

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

THE REEL DEAL: by Ben Show

PERCY JACKSON: SEA OF MONSTERS



After seeing "The Lightning Thief," I hoped that it hadn't made enough money for a sequel to come out. As a big fan of the Percy Jackson books, I was looking forward to see how they would play out on screen. The experience was less than satisfactory, to put it nicely, and 'Sea of Monsters' was only a little bit better.

Percy (Logan Lerman) and the rest of his friends, who spend their time training at Camp Halfblood, begin to see unbelievable events unfold around them: the barrier that protects the camp crumbles, the evil Luke (Jake Abel) makes a mysterious comeback, and the

Oracle speaks of another prophecy concerning the very unlucky Percy Jackson.

While the plot is only slightly better, and follows the book more in this movie, the dialogue is completely stilted and actually hard to listen to most of the time. And the one-eye effect for the Cyclops, Tyson (Douglas Smith), is just horrific. Other than that, though, the rest of the effects in the movie are actually decent. I would recommend 'Sea of Monsters' not for the avid moviegoer but for someone who has nothing to do on an August afternoon.

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(626) 229-9750

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

I LOST MY LUGGAGE?

Just hallways apart at the Old Santa Fe Train Station in Pasadena are the Luggage Room Restaurant and, on the other side, the LA Grade Orange, efficiently known as "LGO". I have visited both restaurants in the past week and have had mixed results (let it be known I ate at the bars at both restaurants for this review). The good first: La Grande Orange's happy hour is one of the best in town - sangria, beer, and wonderful food including a Kale Salad and the "almost" famous tacos are a real hit, and the crowd is just in this reviewer's age range. It's a real comfortable place to hang out and enjoy.

TABLE FOR TWO by Peter Dills
thechefknows@yahoo.com

and Tuesday's destination was the Luggage Room. Equipped with cash and running shoes a group of us nibbled on freshly baked pizza and locally crafted beer from a simple menu of pizza and salads. The restaurant was packed for a Tuesday - it seems it's locals night, and pizza is one of the easiest and cheapest items to make (buy one pizza get the next one for \$5, a trick learned from The TV Show ("Bar Rescue"). Unfortunately, the pizza was plain, and the beer was room temperature (which we can blame on a refrigerator or compressor). I wish I could blame it on the service or lack of staff, but I just can't...the service was good, and there were plenty of worker bees. Despite this visit I would go back, just to hang out with the 80's gang I grew up with, but for food I'd go to the other side and eat at LGO!! Oh, why is it named the Luggage Room? The restaurant was the old Santa Fe Train Station and yep, it was the luggage storage room.

The Luggage Room 260 S. Raymond Ave. Pasadena (626) 356-4440

News and Notes

Starbucks is coming! Starbucks is coming!! Construction on the drive-thru on Rosemead is almost complete. Dios Mio!

Taste of Arcadia
September 23rd. 5:30 PM to 9 PM, Los Angeles County Arboretum in Arcadia. I'll be pouring beer and wine at the Football area. Call (626) 447-2159

www.peterdills.com

Listen to Dining w/Dills on 790 AM KABC For more food tips Sunday at 5 PM



INGREDIENTS FOR POTSTICKER FILLING

3 lbs	pork butt
1 tbsp	cure salt
2 tbsp	chopped garlic
1 tbsp	chopped ginger
2 tbsp	sugar
¼ cup	oyster sauce
1 tsp	black pepper
1 tsp	white pepper
¼ cup	chopped cilantro
½ cup	scallions, thinly sliced
1 tbsp	sesame oil
¼ cup	dried cherries, reconstituted, drained
¼ cup	dried apricots, reconstituted, drained
¼ cup	golden raisins, reconstituted, drained

DIRECTIONS:

Mix all ingredients in bowl. Place in freezer for 20 minutes. Grind in mixer with ¼ inch die. Mix in KitchenAid with paddle attachment.

TO FILL POSTICKERS

INGREDIENTS:

Store bought potsticker skins
Egg Yolks

POTSTICKER DIRECTIONS:

Place potsticker skin on table. Brush half with egg yolk. Place small amount of filling in center of skin. Fold skin in half, and pleat along top using thumb and forefinger. Press bottom gently against cutting board, then bend in crescent shape.

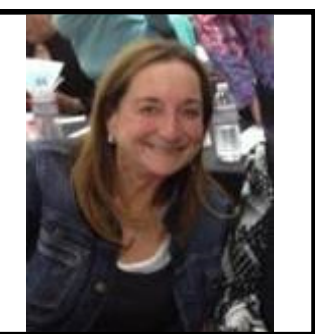
Place in boiling water, cook 3 to 4 minutes til fully cooked through. Drain.

Place in hot sauté pan with peanut oil and cook on one side until golden brown. Remove and place on plate with black vinegar dipping sauce (recipe follows). Garnish with carrot strings, beet strings, and daikon strings.

FOR BLACK VINEGAR DIPPING SAUCE

4 tsp	black vinegar
1/8 cup	chili oil
4 tsp	sugar
2 tbsp	soy sauce (Kikkoman or Yamasa)
2 tbsp	mushroom soy sauce
¼ cup	rice vinegar
2 tbsp	ginger, finely chopped

DIRECTIONS:



THE ARBORETUM'S FIRST COOKING CLASS FOR THE FALL IS ON WEDNESDAY, SEPTEMBER 11 WITH THE FABULOUS GALE KOHL AND SURPRISE GUEST CHEF PEGGY DARK!!!

Please call the Class Registration line at 626.821.4623 to register as space is limited! This is a demonstration class...except for the eating part!!! There are lots of samples for you to taste and wine for you to sip! Join the celebration in honor of Mexican Independence Day!! Jill

Gale Kohl (ABOVE) with SURPRISE GUEST CHEF Peggy Dark from The Kitchen For Exploring Foods Celebrate Mexican Independence Day!

Accompanied by Chef Beningo Zarate
Wednesday, September 11 from 3-5pm
\$50 Arboretum members / \$60 non-members
Call 626.821.4623 to register – space is limited!

We are in for a treat!

Every September 15th, Mexicans commemorate the war of Independence, which was actually initiated in the small town of Dolores in Guanajuato Mexico on September 16, 1810. On that day Miguel Hidalgo y Costilla, a Catholic priest from a wealthy family of Mexican-born Spaniards or criollos, rallied his parishioners to rise up in arms against the Spanish crown.

However, we are going to raise our hands in applause when we taste some of Gale's – and SURPRISE GUEST CHEF Peggy Dark's - fabulous dishes from our neighbor to the south...ever-so-delicious Tomatillo Salsa with Avocado and Queso Fresco, snappy chili rellenos with a delicious tomato sauce, Peggy's famous chicken enchiladas with cheese sauce...and more! Who knew that Gale (from Gale's Restaurant - known for Italian cuisine!) would delight us in yet another culture! Don't miss these fabulous chefs! Call soon as space is limited!!!



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Dawn Mendelson

and

Leslie Plunkett

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Reception

September 13
7-9pm



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Happy Tails

by Chris Leclerc



Several unexpected events transpired this past week that had an impact on me personally, whether direct or indirect. Like a package of assorted surprises, I was incited to an equally assorted collection of emotional responses. Life is, for the most part pretty unpredictable, so we must all learn to be flexible and prepared to handle whatever life brings to us with stability and strength versus fear and frustration. Much like finding an unexpected parcel on your doorstep, opening it can go either way depending on the contents, but your willingness to open it says you are prepared for whatever you may find inside. Last week's events brought to me a full spectrum of emotions from the height of elation to the pit of despair, like riding on a roller-coaster that takes you all the way to the top then drops you back down to the bottom in a very short period of time. Interestingly enough however, a common factor among all of last week's events was the reminder of how fortunate I am to have so many true friends, both of the two-legged and four-legged type!

I'll spare you the details of how my life was touched over the past few days, but it was necessary to share that there were lots of ups and downs in order to explain why I know I

LUCKY LADY, FRIEND OF MANY

am a very lucky lady. When things are going smoothly in our lives, it's easy to find friends who want to spend time with us. A lot of the time we spend is engaged in empty talk about nothing important, but it stimulates us to chat it up and that's what we call socializing. Well, I believe that true socializing involves more than shallow conversation about the weather or a recent vacation trip or who's dating who or who recently made a major foolish blunder, all while everything is working out great for us. Sensationalism comes pretty cheap. We all like to "wow" the one we are talking to. It's the shock value that gives us a bit of a jolt, and it is part of our human nature. However, there are times when things are not going so smoothly and the subject of conversation can be mundane or even absolutely draining. Those are the moments in time that sort the sheep from the goats so to speak when it comes to true friendship.

Through my lengthy laundry list of experiences this past week, I was reminded of how very blessed I am to have a plethora of precious people in my life. People who genuinely care about how I feel, whether I am happy or sad. Not that I should need that reminder, but I think sometimes we all have to test the water, not only for confirmation but to keep the love we share with other beings fresh, volatile and alive. One way of putting it is to say that without darkness there could be no light, or without intense heat (and aren't we all quite familiar with that these days) one could

not appreciate the feeling of sweat cooling our bodies in a shady breeze. It is in the contrasts where I believe life really exists.

I was walking with Bo and Dixie, a couple of my canine clients just yesterday and there had been limited shade along one part of our walk. We'd headed out earlier than usual to avoid the mid day heat, but the sun was already beating down at 10:30 in the morning. As we came around the corner of the tree-barren street we had been walking on, we suddenly found ourselves covered under an enormous tree canopy and immersed in a blanket of coolness with a strong breeze blowing straight at us from the west. It felt almost like a tall glass of ice water that I could pick up and drink if I cared to. That is the contrast of life that I am talking about. Without evil, how could we understand the concept of good? And without wrong how could we ever comprehend what it means to be right?

When life brings tragedy, endure and prepare yourself for comedy. When things seem to come easier than usual, enjoy it and prepare yourself for the difficulty to come, because you know it will. And, when you feel you are in the hot seat, hang in there and begin to prepare yourself for a cooling process. Regardless of the circumstances you find yourself in, make every effort to control the parts of life that indeed are in your control, let go of the things that are not meant for you to manage, and trust the higher being of your faith to support you through every step of the way.

To the two-legged friends who were there for me this past week, I want to say thank you for being true blue when it may not be much fun to spend time with me. To Odie, Nevada, Bo, Dixie, Zola, Sid, Gunner, Elijah, Fritz, Milo, Bogey, Owen, Brown, Buck, Charlee, Dakota, Sambuca, Miss Pimms, Lambic, Marcy, Rosie, Athena, Chelsea, Tater, Molly and all of my other beautiful furry four-legged friends I want to say that I don't know what I would do without you! When I am down on my emotions or low on my energy level, you lift me up every single time. You smile and show un-abandoned immense excitement at the sight of me coming down your driveways and through your doorways. Nothing in the whole wide world could ever replace your honest, open kind canine love. You are all in my heart and always will be. I love you all dearly.

PET OF THE WEEK

BAILEY: #A4622783

They do not get any more fun and playful than Bailey! Bailey (A4622783) is an effervescent one year old white neutered male Chihuahua puppy who was found in El Monte on August 24th and brought to the Baldwin Park Shelter. Weighing seven pounds, this kissy puppy is very socialized.

Fantastic with other dogs, this happy puppy is going to absolutely love children. Bailey is the perfect indoor pet for anyone in any living situation. He needs a home to call his own! To watch a video of Bailey please click here: www.youtube.com/watch?v=T6XBD-Y9UnM



To meet Bailey in person, please see him at the Baldwin Park Shelter, located at 4275 N. Elton, Baldwin Park, CA 91706 (Phone: 626-430-2378 or 626-962-3577). He is currently available now. For any inquiries about Bailey, please reference his animal ID number: A4622783. 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 Bailey 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 LICENSING UPDATE: DOOR-TO-DOOR CANVASS BEGINS SEPT. 3, 2013

—Officials for the Pasadena Humane Society & SPCA (PHS) will begin door-to-door canvassing for proper dog licensing starting Tuesday, September 3, 2013 within the City of Pasadena as part of the joint efforts between PHS and the City to improve animal services.

Licensing officials for the Pasadena Humane Society will be knocking on doors Tuesdays through Fridays, from 9:30 a.m. to 3:30 p.m., beginning Sept. 3. They will start in the Hastings Ranch area of East Pasadena to verify that dog owners have properly licensed and vaccinated their dogs per state law. PHS officials will canvass other neighborhoods as soon as possible, going across town from east to west.

All PHS canvassers will be wearing a uniform with a white shirt with a PHS patch on the shoulder. They will display a badge and wear blue pants OR be wearing a tan "polo" style shirt, with a photo ID badge and blue pants or jeans. Each canvasser will be able to answer your questions about licensing your dog.

You can call PHS at (626) 792-7151, ext. 115, during normal business hours to verify that the person is with PHS. PHS is closed Mondays.

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Looking Up with Bob Eklund



NEW MEXICAN SKIES PROTECTED WITH DARK SKY PARK DESIGNATION

The 34,000-acre Chaco Culture National Historical Park is home to many ancient wonders including the remains of a civilization that thrived over 1,000 years ago. The park, which has been protecting its archaeological riches since it was established in 1907, is now protecting its views of the starry skies too. It has just been named as the International Dark-Sky Association's newest Dark Sky Park.

"Once the night sky was something that was very much a part of the human experience at Chaco and around the globe," says IDA Executive Director Bob Parks. "We are delighted that Chaco is now preserving the nighttime environment alongside their historic treasures."

As a Gold-tier IDA Dark Sky Park, Chaco has shown its commitment to preserving its near-pristine night skies. The park has adopted a set of strict lighting guidelines that include the use of dark-sky friendly lighting now and in the future, ensuring that it will do its part to keep the nighttime environment natural and unspoiled for generations to come.

The park is also exemplary in its public outreach efforts, holding numerous educational programs and events. Upcoming will be the Chaco Canyon Star Party on October 5 that will include a formal public dedication of their new IDA Dark Sky Park designation. The event will feature guest speakers, dark sky preservation messaging, and special interpretive programs, along with stargazing opportunities throughout the evenings. A commemorative poster will be given away to visitors during the event.

Other regular park events include "Archaeoastronomy of Chaco," "Public Telescope Viewing," "Pueblo Bonito Full Moon Walks," and "Campfire Astronomy." Special events are also held celebrating astronomical events such as eclipses and meteor showers.

Chaco Culture National Historic Park superintendent Larry Turk feels strongly about the designation. "Standing at one of the park's 4,000 prehistoric archeological sites, one can easily imagine another human centuries earlier gazing awestruck into the same universe while surrounded by ecosystems that have adapted to the natural rhythms of the moon and stars," said Turk.

Chaco Culture National Historical Park joins eleven other parks scattered about the globe that have been recognized by IDA for their efforts in night sky preservation. Learn more at <http://www.darksky.org/parks> and about Chaco Culture National Historic Preserve at <http://www.nps.gov/chcu>

IDA established the International Dark Sky Places conservation program in 2001 to recognize excellent stewardship of the night sky. Designations are based on stringent outdoor lighting standards and innovative community outreach. Since the program began, four communities, twelve parks and five reserves have received International Dark Sky designations.



"Milky Way, Fajada Butte" by Stan Honda

MEANWHILE, CLOSER TO HOME, stellar viewing is also available at Mount Wilson Observatory, located in the San Gabriel Mountains just above Sierra Madre. The Observatory is open to the public daily from 10 am to 5 pm, March 30 through December 1. On weekends, you can have lunch at the [Cosmic Cafe](#), open 10 am to 4 pm Saturdays and Sundays, and then take a 1 pm [Guided Tour](#) that includes entry onto the observing floor of the 100-inch Telescope. At other times, including the winter months, you can arrange for a [Special Tour](#).

And for a once-in-a-lifetime adventure, your group can also reserve an evening on Mount Wilson's historic 60-inch telescope, which still has nights available during the 2013 season. The views of planets, star clusters, nebulae, and galaxies through the 60 inch, among the largest telescopes in the world accessible to the public, are unforgettable. For more information: www.mtwilson.edu.

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

Science/News

by JEFF

Volunteering could add years to your life: Volunteering to help others can feel good, improve your mental health and help you live longer, according to a study in the journal BMC Public Health. In a review of 40 academic papers by the UK's University of Exeter, researchers found that volunteers had lower self-rated levels of depression and high levels of well being and satisfaction, although findings have yet to confirm this in trials. Volunteers were a fifth less likely to die within the next four to seven years than average. Volunteering is thought to be especially good for the physical health of older people, by encouraging them to stay active and spend more time outside the home. But young people experience benefits as well: a separate US study published earlier this year linked volunteering with improved cardiovascular health in high school students.

Camping resets internal clock: After a week spent camping (and away from all electric lights) in Colorado, volunteers fell asleep earlier and woke up earlier. Their internal clocks shifted, syncing up with sun, researchers found. The extra sun exposure changes the melatonin levels in the blood which controls when we sleep. Want to get to sleep earlier. Get more sun during the day.

Wrinkles or no wrinkles? Blame mum: How quickly we age is influenced by a set of genes we get only from our mothers: Scientists suggest that the ageing process depends on mitochondria. Mutations in mitochondrial DNA causes the cell damage. These mutations can be passed down by our mothers in our genes. Writing in the journal Nature, lead researcher Professor Nils-Göran Larsson from the Karolinska Institute in Sweden, said: "Our mother's mitochondrial DNA seems to influence our own ageing. If we inherit mDNA with mutations from our mother, we age more quickly." Ageing is the accumulation of various types of cell damage. Much of the damage will be a result of environmental and lifestyle factors, which means the inheriting mDNA damage can never be the only explanation for ageing. But it is an important part of the ageing process. This opens door to new treatments against ageing targeting mDNA.

Behavioral research may overstate results: Behavioral studies statistically exaggerate findings more often than investigations of biological processes do, especially if U.S. scientists are involved, a report finds. The inflated results come from there being little consensus about experimental methods and measures in behavioral research, along with intense publish or perish pressure in the United States, say biologist Daniele Fanelli of the University of Edinburgh and John Ioannidis of Stanford University. Without clear theories and standardized procedures, behavioral scientists have a lot of leeway to produce results that they expect to find, even if they're not aware of doing so.



COMPUTERS DESIGNED SPECIFICALLY FOR SENIORS

Dear Savvy Senior:

What computers can you recommend for seniors with very limited computer skills? I am interested in getting one, but at 76, I need one that's designed simplistically for me. Inexperienced Senior

Dear Inexperienced:

There are actually several companies who make and sell computers designed specifically for seniors who have little or no computer experience. Here are some top options to check out.

Desktops

If you're primarily interested in a home desktop computer, the Telikin (telikin.com, 800-230-3881), which has been on the market for over two years now, is an excellent option.

Ready to go right out of the box, this all-in-one touch-screen computer provides a big button menu that displays all your favorite functions on the screen at all times. By simply touching the menu option of your choice with your finger, you can get instant access to the Web, email, games, video chat, photo sharing, news, weather and more.

Available in two sizes – the 18-inch LCD touch-screen with a 320-gigabyte hard drive that costs \$699, and the 20-inch LCD touch-screen with 500-gigabytes for \$999 – all Telikin computers come with built-in speakers, a Web camera, microphone, wired keyboard and mouse. They even offer “tech buddy” software that your loved ones can download on their computers, so they can access your Telikin remotely to help you when need be.

Running on Linux software instead of the standard Windows or Mac OS, the Telikin is also virus-resistant, comes with a 60-day trial period, a one-year warranty and free tech support.

It's also worth noting that Telikin has a partnership with firstSTREET – a senior product direct marketing company – that is also selling the 20-inch Telikin for \$999, but have rebranded it as the “WOW! Computer for Seniors.”

Another option to consider is the MyGait Elite Computer (mygait.com, 866-469-4248), which costs \$899 plus a \$20 monthly service fee. This mouse-operated PC has a 20-inch high-resolution monitor, a large-letter color-coded keyboard, one-click functionality for all pages, a simple zoom feature that lets you magnify your email or Web page up to 200 percent, and an ergonomic trackball mouse that's easy on the hand and wrist.

It also comes with a built-in Web camera, DVD/CD player, unlimited storage space, dozens of games and a unique customer service package that guarantees protection against viruses and spam, provides ongoing computer updates, and offers a help line if you ever get stuck or need assistance.

Tablets

If you're interested in something mobile, there are several new senior-specific tablets on the market you should look into like the Claris Companion (clariscompanion.com, 866-284-4939), which combines a computer, digital picture frame, mobile phone and passive monitoring device into one package.

It has a 10-inch touch-screen with huge text and buttons, amplified sound and comes in a thick bamboo frame that's easy to hold on to, plus a stand that props it up.

It also provides simplified access to email, text messaging, the Web, video chat and photos. Along with exercise videos, medication and other reminders, and gives family members the ability to easily monitor you if you need an extra hand. It even let's you or our loved ones personalize the tablet to handle your specific needs and abilities.

The Claris Companion offers a variety of pricing packages that starts at \$100 with a two-year contract, plus a \$59 monthly subscription fee.

Another option to consider is the In-Touch Senior Tablet (seniortouchpad.com), which is also a 10-inch tablet that provides simple one-touch, big-button access to the Web, email, text messaging, your calendar, video chat, medication reminders and more. The Senior Tablet cost \$400.

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
GOD GAVE

I hope you've had a wonderful week! In fact, such a wonderful week that you don't remember the last sentence of an article I recently submitted. It was a story about my mom and aunt's quest to find fish & chips as good as those from Highland's, a restaurant in Michigan that is now closed. The last sentence was accidentally cut off. It read “God gave” It was supposed to say, “God gave everyone a built-in map of Michigan (your left hand). What other state can claim that?”

At first I was a little embarrassed by the typo, but then I thought that perhaps it would get people thinking about God, which is a lot more important than my little fish & chip story! God gave _____. We can all fill in the blank with the wonderful blessings we've received from God. Maybe you've bought a new car or house. Or maybe you've gotten a raise in your salary.

It's easy to identify major blessings like these, while forgetting all the billions of other blessing we usually take for granted; like having food, clean water, and shelter. We are reminded of these every time we see famine-ridden people suffering in other parts of the world. But there are so many other blessing that sustain our daily lives! Breathing, swallowing, seeing, hearing, and walking are just a few. My brief hospital internship constantly brought these often overlooked abilities to the forefront of my attention. Truly, an infinite number of “little” miracles keep us going through the day!

In our post-modern, post-religious, post-moral society, humanism teaches that our accomplishments are all a result of what we've done for ourselves. “I exercise and eat right to stay healthy.” “I studied diligently to earn this degree.” “I worked hard to gain this promotion.” But who gave you a functioning body to feed and exercise? Who gave you the intelligence to learn all that was necessary for your degree? Who gave you the ability to work hard?

Sometimes our presumption shocks me. Whenever I read a billboard stating, “We live to cure cancer” I inwardly cringe. By the grace of God the body responded well to the doctor's treatments. I doubt that the hospital ad creators had all this in mind when they designed it. But just the fact that such self-important claims spill so easily out of our mouths is an indication of how far we've fallen from recognizing our total dependence on God.

It's true that it's easier to recognize God's blessings toward us when things are going well. “God gave” also reminded me of the verse in Job, “The Lord gave, and the Lord has taken away; Blessed be the name of the Lord.” (Job 1:21) That's an easy thing to say, but a hard thing to do. However, I believe that we're better able to “bless the name of the Lord” in perilous times if we've remembered to thank Him for all that He's given us during good times.

What blessings has God given you?

SENIOR HAPPENINGS

By Pat Birdsall

FYI - Being a Senior in a Cyber World

The thought of using a computer can be overwhelming to some people, especially to individuals who didn't grow up with all the technology that we have access to today. For instance, when I was growing up there were no cell phones, internet, iPod's, iPads, etc.

I came to the conclusion that I would have to get with it if I was to survive in this day and age. Okay, a bit melodramatic. The information at our fingertips is endless. Personally, I have barely scratched the surface. Below are some benefits of computers to you as a senior citizen.

* Access to more information. You can learn about any topic that interests you from hobbies to medical information.* Enables you to keep in touch with others. It's a cost effective way to keep in touch with your friends and family either through email or facebook.* Serves as a form of entertainment. Games, magazines, newspapers, Internet radio, movies, message boards and forums are all easily accessible online.*Shop in the comfort of your own home. Shopping on the internet is convenient, cost-effective and safe, as long as you shop reputable sites. You can have the items delivered directly to your home. Very convenient.

Once you start using a search engine like www.google.com for example, you will wonder why you waited so long. Topics that interest you, topics that don't, you can find out about anything...It's so easy, informative and just plain fun!

Now, if I could just get the hang of my cell phone.

www.wcnc.com

HELPFUL HINT: Make that chunk of cheese slide across your grater with ease by coating the grater with a little bit of non-stick spray.

FOR YOUR FUNNY BONE - Three men were hiking through a forest when they came upon a large raging, violent river. Needing to get to the other side, the first man prayed, “God please give me the strength to cross the river.” Poof! God gave him big arms and strong legs and he was able to swim across in about two hours, having almost drowned twice. After witnessing that, the second man prayed, “God, please give me the strength and the tools to cross the river.” Poof! God gave him a rowboat and strong arms and legs and he was able to row across in about an hour after almost capsizing once. Seeing what happened to the first two men, the third man prayed, “God please give me the strength, the tools and the intelligence to cross the river.” Poof! He was turned into a woman. She checked the map, hiked one hundred yards up stream and walked across the bridge.



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: “Life is what we make it, always has been, always will be.”
~ Grandma Moses



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

YMCA San Gabriel Valley Intervale Senior Café: Monday-Friday at 12:00 Noon (Participants are urged to arrive no later than 11:45 A.M.)

All seniors 60 and up can take part in the lunch program. There is a suggested donation of \$2.00 for those 60 and over and \$3.75 for non-senior guests. Daily reservations are necessary as space is limited. Please call 24 hours in advance...626.355.0256

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

NEW!

Get fit, Have Fun with Zumba Gold

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

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

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

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

Free Legal Consultation: Pasadena attorney Geoffrey Chin volunteers on the 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.)

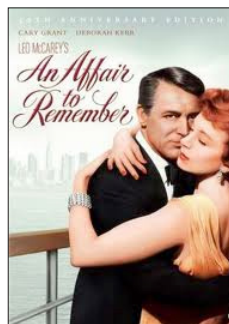
*Registering for Excursions can be done in person at the Hart Park House Senior Center and the Community Recreation Center or online at www.cityofsierramadre.com Cash, checks, and credit cards are accepted. Make checks payable “City of Sierra Madre”. Payment must be made at the time of reservation. CALL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

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A TEACHER'S STORY



I can remember when I first began practicing yoga, it felt so natural. It felt like it was meant to be, I was in the right place. Like HOME. Even after practicing just a couple of months, it felt like I had been practicing for years. Attending a teacher training had actually crossed my mind back then but when I looked for programs, they were on the other side of town taking place while I was at work. And not to mention the part I was already working and 8-5 and attending night school from 6-10 most evenings. So, I settled in to develop a practice. Not only did my physical asana practice improve, but my spirit started to evolve. I began to loosen up and some of my anxiety was relieved. I started to have fun! Granted I was no stranger to spirituality or seeking that out, but I needed more --time to just be.

Upon 2 pregnancies, I continued to practice; right up until birth and then right after. My yoga gracefully carried me through all of these stages. I remember being impressed by the support from the yoga community. My Love for yoga continued to grow.

And yes, another natural step came next; a Teacher Training. This time it could be a reality!

It was Yoga Madre's program, taking place on the weekends. Right here in town. But what about the time? the money? the baby?! Somehow it worked out. I was so excited. And I can't say I was frightened of any spiritual work and self study to be had--I was excited to go deeper. I was keen on the part about growing & moving forward; there's going to be uncomfortable moments & stuff--fear, pain, judgement. It became my job to be fearless in this pursuit.

You ask what has come of this? Knowing myself better, getting in touch with my dreams, developing a sense of where my energy is going, sharing (teaching) what I love with others, and a regular meditation practice (something I've longed for). This an ongoing continuous journey filled with love, fear, joy, and countless opportunities to learn!

So, there. For those seeking to deepen their practice, get clear, and follow your dreams, we offer you our Teacher Training/Advanced Studies program. Next 200hr starting in November.

Namaste and Love,

Keely T. - Honored to be teaching yoga

Getting Clear

by Lori Koop, Right Brain Business Coach



Unconditional love. Imagine receiving it from another. Being allowed, even celebrated, for being exactly who you are. No apologies. No censoring. Total acceptance. I believe that's what we all want... to be loved "no matter."

Unfortunately, we can't control what others do or feel. Whether they offer unconditional love is "their business." Your business is what you do, including how you love and treat others. Do you give unconditional love?

Brené Brown, in The Gifts of Imperfection, says you can't give out what you don't have. Do you have unconditional love for yourself? Do you love yourself "no matter?" I mean, really? Listen to your self-talk. Is it

loving and kind? Or is it mean and unkind? Imagine you were able to act and make decision as your authentic self, with no "right" or "wrong" label affixed to it. What if it was simply the decision being made. And the outcome, well, it was just the outcome... something to base a new decision on. Without judgment. The truth is we make the best choice we can at the time, but there is no way of knowing what we don't know -- after all, nobody can predict the future. We can hope, but we can't guarantee. So to hold yourself to perfection, that's just not fair. We cut others slack, so why not ourselves?

We feel best when we accept what is. Even better, as author Byron Katie says, "loving what is" (the name of her book). How would life be different if you "did" without fear? If self-love was not dependent on performance or success? If love was what you gave yourself each and every moment of every day. How amazing would that feel?

"Nothing you become will disappoint me; I have no preconception that I'd like to see you be or do. I have no desire to foresee you, only to discover you. You can't disappoint me." - Mary Haskell
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Dr. Tina is a traditional naturopath and nutritionist at Vibrant Living Wellness Center

Coconut water is the clear liquid found inside a young green coconut. Coconut water and coconut milk are not the same thing. As the coconut fruit ripens the water is replaced by the coconut meat. Coconut water is very hydrating and naturally rich in electrolytes with a slight nut flavor. It contains twice the potassium of a typical banana and is low in calories. It's a natural isotonic beverage which means it is a solution that has the same salt concentration as the normal cells of the body and the blood.

In other words, coconut water has the same level of electrolytic balance as we have in our blood. The five electrolytes found in the blood which are calcium, sodium, phosphorous, magnesium and potassium are also in coconut water. We need to replace electrolytes regularly to prevent headaches; muscle cramping; fatigue; and to help our heart, nerves and muscles to function optimally. During the Pacific War (1941-45), both sides in the conflict regularly used coconut water siphoned directly from the nut to give emergency plasma

transfusions to wounded soldiers. This could be accomplished because coconut water is naturally sterile.

Sports drinks were created to help athletes rehydrate when fluids are depleted after training or after a competition. Electrolyte replacement promotes proper rehydration, which is important in delaying the onset of fatigue during exercise. Commercial sports drinks contain similar but not identical concentrations of salt and sugar as in the human body. Why not drink a beverage that has identical mineral salt concentrations and made by nature?

Coconut water is very nutritious and very low in calories. It is a great beverage anytime not just as a sports drink. Staying properly hydrated is a key factor in living life well. Coconut water is a great way to rehydrate when you are ill. Unlike many sports drinks and sodas, coconut water contains no caffeine which is a diuretic. I recommend you reach for coconut water and forgo the soda, and those popular energy drinks the next time you are thirsty. Just make sure it is pure coconut water and nothing else.

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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 HELPING OTHERS BY HELPING YOURSELF



Reflecting upon the recent tributes to Martin Luther King, my memory of the era is that Martin Luther King was written about as some sort of enemy of the People who was causing dissension and was bringing the Country to the brink of a Race War. I know this is hard to believe but on the day Martin Luther King was assassinated I managed to get into arguments with African-American students who considered Martin Luther King to be some sort of Uncle Tom who was a highly-educated and over-privileged elitist and who, therefore, had little relevance to the vast majority of struggling people on the streets.

The movie, Lee Daniels The Butler, makes a similar point as it displays the difference between the older Generation of Black People who conformed to the roles to which they were assigned by the White Power Structure while their educated children made militant demands upon that power structure demanding an end to the nation-wide continuation of enforced inequality between the Races. In the mid 1960's I was part of a small group of UCLA STUDENTS (I was in Law School by then) that were flown to Grenada Mississippi to work with Martin Luther King's Southern Christian Leadership Conference. I am very proud of my small part in working with this organization. The experience of participating in the marches connected to voter registration and organizing boycotts of local stores that maintained discriminatory policies were of course memorable. Also memorable was the experience of marching past beautiful, wholesome appearing Southern Whitegirls who spat at me as I passed. I had a beard in those days which made me a particularly noticeable target not only for spittle but for occasional thrown bricks.

One particular memory involves participating in a march along the side-walk when a huge and angry policeman stood in my way. I was unsure what to do and was about to walk around the police officer when one of the local kids in the march, who looked to be about ten years old, somehow got my attention and told me just to ignore the cop and walk right past him but to be sure and stay on the sidewalk. For the moment I had forgotten that restraining orders were in effect which gave marchers the right to parade along the sidewalk but who became subject to arrest once they walked onto the street

and potentially impeded traffic.

This incident made a great impression upon me and I spent a great deal of my time in Mississippi talking to the parents folk were hesitant about letting their kids participate in the activities any many parents were frightened about their kid's safety if they volunteered to attend the newly integrated elementary school. I certainly understood their fears but I tried my best to present the position that these young kids were participating in something very important that could make the world a better place and that individually their children might well gain new respect for the importance of their own existence. These conversations may not have made much difference to the parents but they had a profound effect upon me. I realized that the most important thing to me was to do something that I felt to be important.

Maybe this Mississippi experience had something to do with my participation, 50 years later, in the 5 Day Community Emergency Response Team Training Program. During the final question and answer session I asked the instructor what he felt the actual purpose of the program to be. He explained that the thought behind the program was that if people could be taught to take care of themselves and their families and maybe even a few neighbors it would make things easier for everyone else because they would not need to be taken care of by other people.

Is participation in these kinds of Community Programs a cure for the passivity that has overtaken many of us. After all we voted to elect Obama, isn't that enough? Is it better for us to imitate the rich just have as much fun as we can until the world crashes down around us. What I'm saying is that in the 60's it, in retrospect, seemed pretty easy to find something important to do. It took a little work and it was a little scary but it was there. What do we do today?

I want to suggest that the first thing we must do is to understand that we as individuals are important. It is time for us to wake up and look around and see if we are proud of the way we are living. Our goals should not be to live on a permanent Las Vegas vacation. The important thing is to take care of ourselves and our families. We need to know ourselves and our children. We should actually talk to one another and learn to cooperate rather than compete. It feels pretty good from what I've heard.



OUT TO PASTOR

A Weekly Religion Column by Rev. James Snyder

SOME MYSTERIES ARE TOUGH TO SOLVE

For my wife's birthday (I am not allowed to mention which one) I surprised her with round trip tickets to her family reunion in upper New York State. Out of courtesy to her, I elected not to include myself in her little vacation. After all, it is her family and that is just the kind of man I am.

I must say I was looking forward to a week in the house by myself, where I could be the absolute boss. Nobody to tell me what to do. Nobody to tell me where to go. For a week, I would be the king of my castle; the captain of my ship; the pilot of my spacecraft.

Actually, I need more than one week to do all of these things.

The Gracious Mistress of the Parsonage deserves time off and away from Yours Truly. All year long, she works hard and most of the time has her hands full trying to untangle me from one foil after another. Lately, it has developed into a foil-time job.

The day finally came for me to take her to the airport and see her off. As I kissed her goodbye, my thoughts roved back to the week that lay before me as a freelance husband.

All the way back from the airport I played my Barry Manilow CD. I like Barry Manilow because he can't Smile without Me. Believe me, a smile creased my clock all the way home.

One difference between men and women, or maybe I should say husbands and wives, is the notion of cleanliness. Wives have the idea that cleanliness is next to godliness. If true, ours is the godliest house on the planet. Even God must wipe his feet before coming into our home.

As a man, I see absolutely no connection between cleanliness and godliness. I do my best thinking, not to mention praying, in the midst of clutter. If godliness is related to happiness, then I am in heaven when I am in the midst of hodgepodge — the podgier the better.

Along about Friday afternoon I was absolutely in heaven. The house was a complete wreck and I could not have been happier. About this time, an incident developed that brought me to my senses.

I was about ready to take a shower when I noticed the soap and shampoo in my shower were gone. I knew reserves are somewhere in our house but for the life of me; I could not put my fingers on any of it. This is by my wife's design.

Notwithstanding, and I was standing in my birthday suit, I needed to take a shower. Then a brilliant idea struck me. Since my wife has not been home all week, the shampoo and soap in her shower should be in great supply. Snatching my towel

from my shower, I headed for hers.

One thing I noticed in my wife's shower was the variety of bottles. Not wearing my glasses, I could not read the labels on any of them. However, I was not here to read bottles, but to take a shower, and so I disregarded the labels.

I turned on the shower, adjusted the water temperature and began my shower. I reached for the nearest bottle, which I assumed was shampoo. After dousing my hair with a generous portion, I began scrubbing my head. I noticed, however, no suds. I grabbed another bottle and repeated the procedure with the same results.

After using 17 bottles, I finally found one that produced suds.

I remember thinking to myself, what does my wife do with all these bottles in her shower that do not do anything? Nevertheless, in a moment I forgot the whole incident, stepped out of her shower and toweled off.

I made a cup of coffee and settled into my easy chair to watch a little television. As I sat there, I noticed a strange fragrance. This is the difference between men and women. A man enjoys strange smells. A woman, on the other hand, enjoys fragrant aromas.

I smelled a fragrant aroma with a strong tinge of fruit about it. It smelled as if someone had brought me a bowl of mixed of fruit. I knew for a fact, there was no fruit in the house, so this fruity aroma puzzled me.

I got up and walked around the house looking for this bowl of fruit. No matter what room I was in, I could smell the fruit. It was the strangest thing I ever experienced.

Finally, I went back to my easy chair and cup of coffee not knowing where these fruity fumes were coming from. Some mysteries are tough to solve.

Then something hit me right between the eyes. The fruity bouquet was coming from me! I took several healthy sniffs and discovered I smelled like a bowl of fruit. I could not understand this phenomenon. Then I remember the bottles in my wife's shower.

I went back to investigate and discovered my wife had bottles of fruity concoctions of every variety.

A verse from the Bible came to mind. "But I have all, and abound: I am full, having received of Epaphroditus the things which were sent from you, an odour of a sweet smell, a sacrifice acceptable, well pleasing to God." (Philippians 4:18 KJV.)

The only fragrance worth dwelling on is a life well pleasing to God.

Rev. James L. Snyder is pastor of the Family of God Fellowship, PO Box 831313, Ocala, FL 34483. He lives with his wife, Martha, in Silver Springs Shores. E-mail jamesnyder2@att.net. His web site is www.jamesnyderministries.com.

LEFT TURN/RIGHT TURN

HOWARD Hays As I See It



"We've had universal health insurance for all our kids for twenty years. They have 22% of their children uninsured in Texas. I don't want anything to do with Texas' healthcare system in Vermont."
- Former Gov. Howard Dean (D-VT)

Gov. Dean was commenting on the suggestion of Sen. Ted Cruz (R-TX) that one of the alternatives to the Affordable Care Act could be allowing consumers to buy insurance "across state lines". This means that states with well-regulated systems designed to protect the health and pocketbooks of their citizens can be opened to infection by companies from states where the only concern is to make a buck.

Sen. Cruz is one of those (along with Sens. Mike Lee R-UT, Marco Rubio R-FL and Rand Paul R-KY) arguing that the threat posed by the impending implementation of the ACA is so great that a shutdown of the federal government would be preferable. Jim DeMint, who cashed in his Senate seat for a million-a-year gig as head of the Heritage Foundation, doesn't take the prospect of a shutdown lightly, but adds, "The risk of that is so much less than the risk to our country if we implement Obamacare."

Another issue facing Congress is, once again, raising the debt ceiling to allow us to pay our bills. And again, there are threats to renege on the full faith and credit of the United States, welch on our debts and suffer the higher interest rates coming from a dinged credit rating, unless the ACA is defunded and prevented from going forward.

Voters are tired of politics played with our nation's economy. A CBO analysis requested by House Speaker John Boehner as he embarked on his series of votes to repeal the ACA (forty so far and counting) found that repeal would increase government costs \$5.6 billion over the next ten years, and increase deficits by \$109 billion. Left in place, the ACA would trim the deficit by \$210 billion over ten years, and by \$1 trillion in the decade after that.

Four years ago, Republicans used the ACA as an effective campaign tool. Talk of "death panels", "rationing" and "pulling the plug on grandma" helped them win a House majority in 2010 elections. Next year brings another round of mid-terms, and in January, implementation of remaining major provisions of the ACA. This time, however, it looks like they'd best find another issue to campaign on.

The reason it won't work as an issue is that, with roll-out of the statewide "exchange" insurance marketplaces only a month away, voters already like what they see. Republicans might tout a recent CBS News poll showing only 40% support for the ACA, but the same poll shows that of the remaining 60%, a third are in opposition because they feel the ACA doesn't go far enough.

Fourteen states and D.C. have already announced plans and prices that'll be available on their soon-to-open exchanges. In Colorado, Deputy Insurance Commissioner Peg Brown described "a wide variety of choice and healthy competition in the Colorado insurance marketplace". She pointed out that comparison with current plans would not be "apples-to-apples"; under new regulations, rather than required details on pre-existing conditions, the

main factors here are your age, where you live and whether you smoke.

In Montana, State Auditor Monica Lindeen issued a statement; "I'm pleasantly surprised by these prices and pleased that Montanans who have survived cancer and other serious illnesses will no longer be denied health insurance or priced out of the market . . . Not everything about Obamacare is perfect, but these market reforms were a long time coming."

According to Rebecca Pierce, Executive Director of the Maryland Health Benefit Exchange, "Under the new law uninsured residents of the state will receive improved access to health coverage, necessary preventative care, a more secure financial future and peace of mind."

Chief Executive Kevin Counihan of Access Health CT, Connecticut's new exchange, says lower-than-expected rates show "insurers seem somewhat confident that younger, healthier people will be entering the marketplace — many of them for the first time."

New York State already had regulations on the books about charging all consumers the same rate and prohibiting denials for pre-existing conditions. With the ACA's added mandate that all get coverage, the NY Times figures premiums for individuals will drop by 50%.

Those preparing the Cover Oregon exchange saw the benefits of an open marketplace early on. When they publicly posted submitted rates from participating carriers last May, the mere fact of seeing their rates up there side-by-side with competitors caused at least two carriers to come back and re-file with lower rates.

California is among states reporting lower than expected premiums, where 5.6 million will be eligible for coverage through the exchanges, with 2.6 million of those qualifying for federal subsidies.

As was the case when the ACA was initially debated, polling is mixed for the Act itself, but shows strong support for its individual components. A Kaiser Family Foundation survey finds 80% and higher support for providing tax credits to help small businesses insure employees, closing the Medicare "doughnut hole" to lower prescription costs, and setting up statewide insurance exchanges — though only around half of respondents knew these were all components of the ACA.

Whatever voters know now, they'll be learning more in the months ahead and will likely have had first-hand experience with the ACA by the time campaigns heat up next year. For now, there's the example related by Kentucky public health worker Reina Diaz-Dempsey, of an incident that occurred while she was explaining the ACA at a state fair. A man came to her booth, and she described to him how he'd likely qualify for federal subsidies to purchase insurance over Kynect (the Kentucky exchange), or perhaps qualify under the state's expanded Medicaid program (also part of the ACA). The man was obviously pleased that health coverage was in reach (in a state where one in five adults are uninsured), and remarked, "This beats Obamacare!"

SYRIA, A PROBLEM THAT BECAME A CRISIS

Syria's use of chemical weapons to wantonly kill at least 1,000 innocent, unarmed civilians crosses the line demarking barbarity which until now has only been the domicile of Saddam Hussein and Adolph Hitler. No other tyrants, dictators or evil souls have flirted with, much less crossed, this line. A civilized world cannot allow this to continue or go unpunished. The necessity of immediate and forceful action today against Bashar Assad, and everyone else who planned or carried out this crime, is irrefutable.

And yet, that is exactly what we seem to be witnessing: weak-kneed politicians on both sides of the Atlantic dithering and desperately scrambling to find some justification for inaction in the face of butchery. The U.N. will not act because Russia continues to protect its Ally, Assad; England's parliament has just today voted against a Syria strike; and President Obama's own inner circle (Secretary of Defense, Chuck Hagel, being one of many) is advocating indecision and delay as a substitute for moral courage and principle. This was all so avoidable, but now a problem which President Obama converted to a crisis must be addressed. The years of dithering and deference to various "resets" with putative allies and overt adversaries has not generated goodwill or peace, as the left has forever dreamt, and lines drawn carelessly in the sand have only produced disaster.

There were, of course, many valid arguments for intervening in Syria, just as there were against such intervention, but the luxury of debate ended when President Obama publicly ventured into the debate. Two years ago, the President stated to a world audience that Assad must go. When Assad was allowed to stay in power, the prestige and, more importantly, the credibility of the U.S. was damaged. When Assad then proceeded to cross the red line a year ago by using chemical weapons — albeit on a significantly smaller scale than this month's episode — Obama's mettle was tested.

There were, at the time, small doubts that perhaps those attacks weren't really chemical or biological in nature. Fine. But the administration insisted on inspections — a demand which should have been respected, had the U.S. possessed the clout, or pushed, had the U.S. possessed the will. We had neither, and Assad, along with every other dictator and tyrant the world over, took notice. The direct result has been the slaughter of 100,000 Syrians, the displacement of 1 million refugees, and now the gassing death of thousands more. Just as Hitler started small, tested the West's will, and then expanded his actions, so too is Bashar Assad.

This is what the administration, specifically, and the left, in general, fail to grasp. There

GREG Welborn



are people in the world with whom negotiation is not an option, and for whom empty threats are not motivational. They don't desire a negotiated settlement reflecting anyone's definition of a reasonable, fair or just outcome. They don't care about their citizenry, world opinion, or invitations to Georgetown or Manhattan cocktail parties. They seek to conquer and will do so until they are stopped.

Compounding this problem is Secretary of State Kerry's remarks Monday where he spoke with obvious conviction about the "moral obscenity of using chemical weapons" and the need to enforce "accountability for those who would use the world's most heinous weapons against the world's most vulnerable people". Make no mistake; Kerry was right in his assessment, appropriate in his emotions and righteous in his demand. But it compounds the problem if nothing is done. The more that the U.S. condemns as unacceptable that which it continues to tolerate, the more our credibility and effectiveness suffer, and the more dangerous the world becomes.

Perhaps that last statement comes as a surprise. How could this situation really become significantly more dangerous? Despite the obvious fact that without reprisal or severe penalty inflicted, Assad is liable to use these weapons again and more will die, there is the issue of global deterrence. The fact that the mad Mullahs of Iran are watching and calculating again changes the dynamics.

President Obama has stated on numerous occasions that the development of an Iranian nuclear capability is unacceptable. The Israelis have thus far acted with restraint, forcing upon themselves a belief that the American President can be trusted with such matters of principle and life-and-death. They, too, are watching and calculating. If Assad remains in power after this blatant violation of clearly delineated thresholds, the Iranians will push ahead, and the Israelis will be forced to act.

President Obama has created a crisis that need only have been a problem. He has one last chance at a reset, but it must be done correctly. Assad must be dispatched, and he must go swiftly and violently. There can be no mercy, or there will be none shown Israel or us.

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

FICTITIOUS BUSINESS NAME STATEMENT
File No. 2013-175927

FICTITIOUS BUSINESS NAME STATEMENT
File No. 2013-171875
The following person(s) is (are) doing business as:
THE UNDERGROUND SOCIETY; REACHING

FICTITIOUS BUSINESS NAME STATEMENT
FILE NO. 2013-166417
 The following person(s) are (are) doing business as:
 CARLOS ANTONIO LATORO, 136 S. MOUNTAIN VIEW
 AVE., #2, L.A. CA 90057. Full name of registrant(s)
 is (are) JOSE ANTONIO CORDOVA, 136 S.
 MOUNTAIN VIEW AVE., #2, L.A., CA 90057. This
 Business is conducted by: AN INDIVIDUAL. Signed:
 _____, Secretary of the County Clerk of Los Angeles County on
 08/09/2013. The registrant(s) has (have) commenced
 to transact business under the fictitious business
 name or names listed above on N/A. NOTICE: This
 Fictitious Name Statement expires five years from the
 date this was filed in the office of the County Clerk. A
 new Fictitious Business Name Statement must be filed
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 Business Name in violation of the rights of another
 under Federal, State, or common law (See section
 3367 of the Civil Code and the Professions Code/Publish-
 ing Law).
Mountain Views News
 Dates Pub: August 17, 24, 31, Sept. 07, 2013

FICTITIOUS BUSINESS NAME STATEMENT
File No. 2013-167382
The following person(s) is (are) doing business
as: FROSTED PEACH, 5561 CENTURY BLVD.,
SOUTH GATE, CA 90280. Full name of registrant(s)
is (are) LACEE BLANCHER, 5541 SANTA
CATALINA, GARDEN GROVE, CA 92845. This
Business is conducted by: AN INDIVIDUAL.

FICTITIOUS BUSINESS NAME STATEMENT
 Filed: 07/13/2013
 The following person(s) is (are) doing business as: JINGYU FENGSHUI, 2147 ELDERWAY DR., HACIENDA HTS., CA 91745. Full name of registrant(s) is (are) RUIJIE ZENG, 2147 ELDERWAY DR., HACIENDA HTS., CA 91745. This Business is conducted by: AN INDIVIDUAL SIGNED: RUIJIE ZENG, 32855 32855, filed with the County Clerk of Los Angeles County on 08/15/2013. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another.

Sig: Fax: 626.609.3285 Email: c

Dates Pub: August 17, 24, 31, Sept. 07, 2013

FICTITIOUS BUSINESS NAME STATEMENT
File No. 2013-167897

The following person(s) is (are) doing business as:
MIRANDAS' UNIQUE GIFTS; CONCEPCION'S

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under Federal, State, or common law (See section 1441) et seq. Business and Professions Code/Publisher's Note: See also California Code of Regulations, Title 17, Section 93900.
Dates Pub: August 17, 24, 31, Sept. 07, 2013

FICTITIOUS BUSINESS NAME STATEMENT
FILE NO. 2013-1663131
The following person(s) is (are) doing business as
RED ROSE MASSAGE, 1648 N. INDIANHILL
BLVD. #B, POMONA, CA 91767. Full name of
registrant(s) is (are) SHUHUA LI, 153 E. GARVEY
AVE. #6688, MONTEREY PARK, CA 91757. This
Business is conducted by: AN INDIVIDUAL. Signed
by SHUHUA LI. This statement was filed with the
County Clerk of Los Angeles County on 08/09/2013.
The registrant(s) has (have) commenced to transac

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