

Mountain Views News

Sierra Madre

Arcadia

Pasadena

Altadena

Duarte

Monrovia

SATURDAY, SEPTEMBER 28, 2013

VOLUME 7 NO. 39

JASON WILLIAMS PROMOTED TO SMFD BATTALION CHIEF



Fire Chief Steve Heydorff is proud to announce the promotion of Jason Williams to the position of Battalion Chief for the Sierra Madre Fire Department effective September 20th, 2013.

Battalion Chief Williams has been with the SMFD for almost four years and brings a wealth of education, training and experience to the new position. Jason has been a full time firefighter and paramedic for 17 years and is currently working with the Orange County Fire Authority as a Fire Captain/Paramedic.

Jason has a Bachelor of Science Degree from Cal State Long Beach in Occupational Studies, as well as an Associate in Science Degree in Fire Administration from Santa Ana College, and two Associate in Science degrees in Fire Technology and Emergency Medical Services from Mt. San Antonio College.

Jason is California state-certified as a Type-4 Incident Commander, Chief Officer, Engine Boss, Fire Officer, Apparatus Operator, Firefighter-1 and Firefighter-2. Additionally, he has taken extensive classes in advanced incident command, rescue, structure and wildland firefighting through the National Fire Academy, National Wildfire Coordinating Group, and New Mexico Tech. He is also an advanced-level Terrorism Liaison Officer.

Jason, his wife Rena, and their daughter Zoe have been residents of Sierra Madre for nine years. He is very honored by this promotion and looks forward to continuing to give back to his community as a "Neighbor Helping Neighbors".

Please join me in welcoming Jason Williams to his new position as a Battalion Chief with the Sierra Madre Fire Department.

SIERRA MADRE STORIES & TREASURES: OPENING CELEBRATION TODAY

Launching two new interactive digital storyboards at the Sierra Madre Public Library and Richardson House

Come enjoy the opening day festivities at the Sierra Madre Public Library and Richardson House on Saturday, September 28. Beginning at 10 am at Sierra Madre Public Library and continuing at 11 am at the Richardson House, this celebration highlights our grant-funded project featuring two innovative and interactive digital storyboards. Rediscover the rich history of Sierra Madre through this digitized platform displaying rare primary materials, historical images, and artifacts. Light summer refreshments will be served at each location.

Sierra Madre Stories & Treasures digital storyboard project utilizes sensacells to activate content from a portable hard drive and delivers rare and fragile primary resources to tell Sierra Madre's story in a meaningful and engaging way. Categories at SMPL's Local History Room include Joy Ride, Locals, Trailblazers, Disaster Strikes, Surprise Me, and Historic Hometown. Topics at Richardson House include Happy Trails, Our Museums, Bushels & Blooms, and Growing Up.

Funded by the California State Library through the Library Services and Technology Act (LSTA) Pitch an Idea Grant, this digitized platform will increase accessibility to the local history collection and connect the community to its fascinating past. Using [i]Cell digital storyboards, the past comes alive as we offer Sierra Madre residents and visitors increased visibility and access to the unique ma-

terials that tell the story of our distinct California community. The project aims to raise awareness of both public institutions as centers for local history and offers an improved public space for scholars, students, and the general public.

The Local History Collection at the Sierra Madre Public Library is built on a partnership between the Sierra Madre Historical Preservation Society and the Sierra Madre Public Library. We would like to thank our volunteers, and collection donors and lenders for their continued support and upkeep of the archival collection.

The Richardson House and Lizzie's Trail Inn museums are owned by the City of Sierra Madre and operated by the Sierra Madre Historical Preservation Society under a joint agreement. In 1974, the Society began restoring the Richardson House in Mount Wilson Trail Park and opened it to the public as a museum and repository of historical artifacts in 1976.

The opening celebration is free and open to the public. It will take place Saturday, September 28, 2013: 10 am at Sierra Madre Public Library and 11 am at Richardson House. Be sure to check our website for the latest updates. The Sierra Madre Public Library is located at 440 West Sierra Madre Boulevard in Sierra Madre. For more information please call (626) 355-7186, or visit our website: www.sierramadre.lib.ca.us.

COUNCIL APPROVES CONVERSION OF SINGLE FAMILY LOT FOR MULTIPLE UNITS

On Tuesday, the Sierra Madre City Council held a public hearing conduct a Public Hearing to approve a Conditional Use Permit and amend the city's General Plan changing the use of the property at 215N. Baldwin from Residential Medium Density to Residential High Density. By so doing, the changes will allow the construction of two one-story multi-family dwelling units and a garage on the property. Currently there exists a 3 bedroom, 2,145 sq. foot house. The new units will be 900 sq. feet each.

No fee waiver of permit fees were granted to the property owners.

NEW EENRC WISHES TO THANK CITIZENS OF SIERRA MADRE FOR WATER CONSERVATION EFFORTS

The newly formed Energy, Environment, and Natural Resources Commission met for the first time as an official city commission on Wednesday, September 18 at 7 pm. The commission is made up of members of the former Tree Commission and those of the Green Advisory Committee. During the meeting it was brought to the attention of the commissioners by Bruce Inman, Sierra Madre Public Works Director, that the residents of our city have done an outstanding job in their water conservation efforts. In the month of August the city used 26.6% less water than it did in August of last year (2012). For the month of September we are currently 18% behind the amount we used last year by this same point in the month.

The mandatory water conservation measure put into effect by the City Council in May 2013 to address the issue of the city's failing wells requires residents to cut water usage 10- 20%. The required percentage of conservation varies, depending on the customer's water use during the period from July 2011 through June 2012. Customers consuming 0-12 billing units of water (0-1,200 cubic feet) will be exempt from the conservation requirements. Customers using 13-17 billing units (1,300 - 1,700 cubic feet) are required to reduce their consumption by 10%. Customers using 18 units or more are required to reduce by 20%.

The community deserves great praises for coming together during this crisis to help abate the situation and going above and beyond what they have been asked to do. These actions will not only help our current situation, but will protect our valuable water resources for future generations. For this the EENRC is very grateful!

If you would like to share any of your water conservation experiences or useful tips that you have discovered in your efforts to conserve, please email Kim Kelley through the contact link on the Mountain Views News' website.

ANNUAL OKTOBERFEST GOLF & TENNIS TOURNAMENT FUNDRAISER SATURDAY OCTOBER 19TH 2013

It's once again that time of year when the golf clubs are pulled out, the tennis racquets are restrung, and the day ends with some beer and brats! The City of Sierra Madre's 9th Annual Oktoberfest Golf and Tennis Tournament fundraiser is right around the corner, and promises to be the best one yet. This year, the golf tournament will feature 3 hole-in-one mega prize holes with the opportunity to win a car, cash, or dream vacation! After the tournaments, come to our Oktoberfest Luncheon where you can win great prizes in our opportunity raffle, eat a wonderful meal provided by Matt Denny's and have a beer specially brewed by Congregation Ale House.

CHANNEL 98 BEGINS REGULAR PROGRAMMING

The Sierra Madre SMTV Committee recently announced through member John Johnson, that regular programming has begun. The schedule is a reflection of a survey taken last year by residents indicating the kind of shows participants were interested in. As a result, the programming ranges from Children's Program from 7-11 and a host of nostalgic dramas, westerns and comedies from the last 50 years of television. A complete guide can be found on pages 11 and 12 of this edition.

PREVIEW OF THE WATER & SEWER RATE STUDY - CORRECTED DATE

On Monday, September 30 at 6:30 in the City Council Chambers, 232 W. Sierra Madre Blvd. a preview of the Water & Sewer Rate Study will be presented to the community. At 7:00pm the City Council will convene to provide policy direction on developing the rate structure for presentation to the community under the Proposition 218 process. Please join to learn and provide feedback on this important process.

WALKING SIERRA MADRE.....THE SOCIAL SIDE

By Deanne Davis

Fall! It's in the air! At last! Finally! Thought it would never cool off, that this was the year we would all just fry and be done with it. But there's a pleasant breeze this week, the nights are cooler, walking 'round town is delightful again and the stores and citizens are gearing up for Halloween. We are, too. It's been Fall at our house since the first of September; my version of a rain dance, i.e., if I put up Fall, maybe it will cool off!

Walking down Baldwin with my adorable husband, the incredibly patient John, we see giant trucks with enormous paver vehicles secured on them with chains to keep them from escaping. Sort of like you'd tie up your giant bull, if you had one. New asphalt on Carter. There are cute little patches of smoothed over places all over town. Less potholes!

The girls at Sierra Madre Pilates on North Baldwin have put up their Halloween scarecrows and pumpkins. The Yellow Bus Gift Shop has had their window Halloween-ized for a couple of weeks and in just another week or so, we'll see Sierra Madre kids all over Baldwin and Sierra Madre Blvd. doing their best to create terror in the town painting windows with ghosts and gravestones, witches and boiling cauldrons. Can't wait!

Walking further down Baldwin, there was another one of those paver machines, wearing a Halloween smile. Totally unintentional, we're sure, but it's kinda cute. The windows at Savor the Flavor, Leonora Moss and Brown's Classic Interiors are filled with ghostly Halloween goodies. Go take a look!

There are pumpkins for sale everywhere: Smart & Final, Trader Joe's, Albertson's. Why not pick up a couple and put 'em out on your porch. The folks who grow the giant pumpkins up on East Alegria have picked theirs, put them away someplace safe and are probably dreaming up amazing new pumpkin sculptures to put on their lawn when Halloween descends upon that street.

Hunt up your hot spiced cider recipe and start thinking about making a big pot of chili! Fall is in the air and we're so very glad to welcome the season of chrysanthemums, college football, turning leaves, Jack-O-Lanterns, witches, goblins and small children dressed as lions, tigers, and bears! Oh my!! Hey! Take a walk around town and enjoy our ambience!



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CORRECTION/CLARIFICATION:

In the September 21st edition of the Mountain Views News in the article on Lizzies Trail in, the name of the resident who was interviewed was spelled incorrectly. His name was reported as Bob Bolche. His name is Bob Vlcek. In addition, the Richardson House is not the oldest home in Sierra Madre. According to the SM Historical Preservation Society President Amy Putnam, "Richardson House was built in 1890. Dick & Elva Johnson live in the oldest standing home in Sierra Madre, the Wilson-Bixby House, which was built in 1881. There are 14 other homes (besides the Johnson's home) which are still standing and are occupied that were built prior to 1890. The original story was intended to give readers and potential visitors a glimpse of what they may encounter when they visit Lizzie's. It's a museum full of treasures and history where you are likely to encounter a local historian or two.



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Read The Paper Online At: www.mtnviewsnews.com

Weather Wise

5-Day Forecast

Sierra Madre, Ca.

Mon:	Sunny	Hi 80s	Lows 60s
Tues:	Sunny	Hi 80s	Lows 60s
Wed:	Sunny	Hi 70s	Lows 60s
Thur:	Sunny	Hi 70s	Lows 60s
Fri:	Sunny	Hi 70s	Lows 60s

Forecasts courtesy of the National Weather Service

CITY OF SIERRA MADRE
CALENDAR OF EVENTS

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

NEXT CITY COUNCIL MEETING:
Tuesday, October 8, 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

Mon Sep 30 @10:00AM - 11:00AM

Preschool Story Hour - every Monday morning

Mon Sep 30 @ 6:30PM

Water & Sewer Rate Study Community Meetings

Tue Oct 01 @ 7:00PM

eReader and Ancestry.com help available at the Library

Wed Oct 02 @ 4:00PM - 05:00PM

Teen Book Club

Wed Oct 02 @ 7:00PM - 08:00PM

Preschool Story

Hour - every Wednesday Evening

Thu Oct 03 @ 6:30PM - 08:30PM

Free Classes Beautiful Landscaping that Saves Water

Fri Oct 04 @ 3:00PM - 07:00PM

Friends' Best Used Book Sale

Sat Oct 05 @10:00AM - 02:00PM

Friends' Best Used Book Sale

Sat Oct 05 @11:00AM -

eReader and Ancestry.com help available at the Library



THE SIERRA MADRE KIWANIS CLUB

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WE MEET WEEKLY AT THE LODGE (FORMERLY THE MASONIC TEMPLE) AT 33 E. SIERRA MADRE BLVD.

MEETINGS ARE EACH TUESDAY AT NOON, EXCEPT FOR THE 2ND TUESDAY OF EACH MONTH,

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

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



Rotary of Sierra Madre

Is proud to sponsors mini grants to help local people of any age with projects that will benefit the community.

Go to: rotaryclubofsierramadre.com
open mini grants, fill out app, email completed form.

Mini Grant Application

Date:

Project Title:

Contact person:

Address:

Phone:

Email:

Requesting Organization or person:

Brief Description of the Project:

How will your project encourage and foster your ideal of service?

Who will benefit from this project in our community?

Total Budget: \$

Funds requested from Rotary: \$

Funds supplied by others: \$

Please specify the organizations/individuals sponsoring

How do you propose to raise the rest of the needed funds for the project?

Leonora Moss

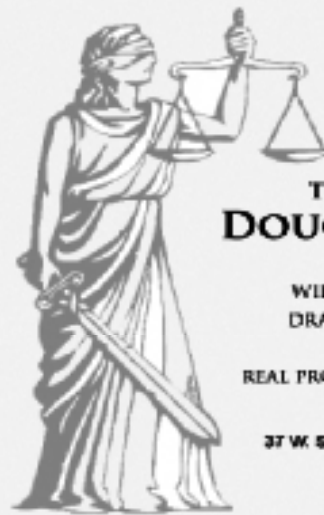
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1630 AM EMERGENCY RADIO &
Free on-air publicity for local events

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

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

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

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

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

VILLAGE VINE ONLINE
(FORMERLY RADIO FISHBOWL)
THIS WEEK

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

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

TUESDAYS - Noon

In Honor of Cam I Am -

A special look back at the life
and laughs of Camilla Hopkins

THURSDAYS - Noon
Catherine Adde's

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SIERRA MADRE

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SIERRA MADRE WOMAN'S CLUB 1ST ANNUAL OKTOBERFEST CELEBRATION

By Marina Coco La Salle

Since 1907, the Sierra Madre Woman's Club has been a major help to the community. This group of dedicated women have continued to creatively work together to raise money for various local philanthropies, as well as provide three scholarships a year to deserving students. Each year the Woman's Club hosts a variety of fundraisers to help in their endeavors. Fundraisers of the past included luncheons, sales at their popular Wistaria Thrift Shop, and even fashion shows. This year the group is very excited to announce they will be hosting Sierra Madre's Woman's Club 1st Annual Oktoberfest Celebration to take place Saturday, October 26 from 12 P.M. to 5 P.M. in the Essick House Yard.

Chairperson/brainchild of the operation, Trini Ornellas, has been coordinating the event with Elma Flores, Eva Poet, Jacob Martinez and the other members of the Sierra Madre Woman's Club to spearhead this new affair and ensure this event will be a smash! "This Oktoberfest celebration will be perfect for the whole family," says Eva Poet, member since 2005.

This is will be a free event for the whole community to enjoy. Families will be serenaded with Umpapa music and live accordion performances for their listening pleasure. As guests enjoy the sounds they can snack on delicious German food, to be catered by Eva Poet and family, drink beer from the beer garden, and have fun participating in activities such as, pumpkin painting, games, face painting, arts and crafts, and polka dancing. Visitors will also be given a chance to participate in the 50/50 draw.

Elma Flores, member since 2008 says, "We have worked hard to get as close to the real German culture and experience as possible." Various vendors will also be on site showcasing their goods.

This event would not have been possible without all of the hard work the members of the Sierra Madre Woman's Club. They have spent countless hours researching and coordinating to bring Sierra Madre an authentic Oktoberfest everybody will remember. They hope all visitors enjoy their experience and help raise money for their mission: to promote educational, philanthropic, and civic advancement and social activities.

Interested vendors and volunteers may contact Jacob Martinez at for more information.
<http://www.smwcc.info/>

SIERRA MADRE POLICE BLOTTER

For The Period September 15-22, 2013

Sunday September 15, 2013

At 9pm, officers responded to the 600 block of Oak Crest Drive to investigate a report of a disturbance. A brother and sister had been involved in a verbal argument over a misunderstanding. At one point the brother made a threatening remark then shoved his sister, causing her to fall down a short staircase. The brother then fled the residence. The sister sustained a cut to her right knee and complained of soreness to her neck.

Thursday September 19, 2013

A residential burglary occurred in the 400 block of Auburn Avenue between the hours of 10am and 11pm. Unknown suspects entered the rear yard, removed a screen from a kitchen door window and then smashed the window with an unknown object. Unlocking the door from the inside, the suspect(s) rummaged through cabinets and drawers removing jewelry and musical instruments. It appeared that the suspect(s) left through the front door.

Friday September 20, 2013

At 10am, officers were dispatched to the 200 block of South Baldwin Avenue to investigate burglar alarm activation. On arrival, they discovered a rear sliding glass door open. The investigation revealed that unknown suspect(s) smashed a rear bedroom window then used a nearby trash can to climb inside. Once inside the alarm went off when the suspect entered a room with a motion detector. The suspect quickly fled exiting the sliding glass door.

At 10pm, officers responded to a domestic violence incident in the 300 block of West Montecito Avenue. A couple with a nine year relationship became involved in a verbal argument that quickly escalated into a physical altercation. The male pushed his girlfriend to the floor then pulled her arms behind her back causing pain. She managed to break free and run into an adjacent room. The boyfriend chased her, pushed her onto a sofa then began choking her for several seconds. Then he let her go. He packed all of his clothing and left the residence. The victim sustained visible bruising to her neck, arms and thigh. Detectives are continuing efforts to locate the suspect.

MAMA BEAR AND CUBS ENJOY A BEAUTIFUL DAY IN SIERRA MADRE

Photo by Doc Watter



This very, 'beary' family has been spotted a lot around Sierra Madre recently. On Wednesday, they decided to hang out at the Watter residence. On Friday, they too decided to hike in Bailey Canyon. If you should spot this mama and her cubs, don't panic.

Fall Session Begins

September 23, 2013

Creative Arts Group

108 N. Baldwin Ave. Sierra Madre, CA 91024
626•355•8350 www.creativeartsgroup.org

Art Classes for adults and children include
drawing, painting, enameling, ceramics, jewelry, glass, mosaic, and drumming



Scarecrow Festival

- See the Scarecrows of Sierra Madre
 - Vote for your favorite
 - Come to the Awards Ceremony
- Call for details!
626-355-8350

FALL COMPOST GIVEAWAY

Athens Services and the City of Sierra Madre will host the Fall Compost Giveaway event on Saturday, October 12, 2013. The event is from 9:00am-12:00pm at Sierra Vista Park which is located at 611 E. Sierra Madre Blvd. All Sierra Madre residents are eligible to participate and no advanced reservation is necessary.

Be sure to bring a sturdy container for the compost on the day of the event. Shovels will be provided at the event to fill your containers. To ensure all participants receive their fair share, there is a 30 gallon per household limit the first hour of the event. After 10:00am, participants will be able to receive an unlimited amount of compost while supplies last. Athens

Services plans to donate 20 tons of compost!

The organic compost is comprised of leaves, yard trimmings and paper litter mixed with wood chips, food waste and other organic materials at the Athens Services Recycling and Material Recovery Facility. The compost is a nutrient rich soil amendment and fertilizer.

The Energy, Environment, & Natural Resources Commission will be on-site providing information. The Compost Giveaway is a drive through event located in the Sierra Vista Park parking lot near the sand volley ball and basketball court. For more information please contact the Community Services Office at 626-355-5278.

JOIN THE SIERRA MADRE GARDEN CLUB

Monday, Oct. 14

Halloween is coming and it's time for TRICK OR TREAT. Gardeners love to share and the October 14th Garden Club's program is an opportunity for members and guests to share gardening tips. Gardening TRICKS or (tips) will be rewarded with TREATS.

Come to the meeting and share your tips for conserving water, saving energy and money, composting, mulching, pruning or dealing with pests. Tell us about your favorite tools and supplies, successes and problems with specific plants, trees, shrubs, or your favorite gardening website. Garden Club members will facilitate the program.

Everyone is invited. Dinner begins at 6:30 P.M.; followed by the program at 7:15 P.M. Catered dinner is \$10; reservations must be made by October 10th at 626-836-4945. There is no charge for attending only the program. Location: Hart Park House Memorial Park, 222 W. Sierra Madre Blvd., Sierra Madre. For information call the reservation number or visit www.smgarden.org

A HISTORICAL LANDMARK HOME TOUR

The Sierra Madre Historical Preservation Society will be hosting a "Landmark Home Open House" at the Norris Home (1885) on Sunday, September 29, 2013. If you are not already a member, you still have time to join the Historical Society and be able to make a reservation for the Norris Home Tour. This is a beautiful home whose original owners played a tremendous part in the history of Sierra Madre. It is well worth the effort to attend this tour.

You can get in touch with our Membership Chair: Maggie Ellis at: (626) 355-7074 or email: maggieellis04@msn.com. Members need to contact Leslie Ziff at (626) 836-3469 or email: lbziff@roadrunner.com for all reservations. Those attending MUST have reservations - and we are limited to only 40 - so, what are you waiting for?

FRIENDS OF THE SIERRA MADRE LIBRARY BEST USED BOOK SALE

Don't forget the next Friends of the Sierra Madre Library's Best Used Book Sale is being held in the basement and back parking lot of the library on Friday, *October 4, 2013 from 3:00-7:00 p.m. and Saturday, October 5, 2013 from 10:00 a.m. to 2:00 p.m.* In addition to books with a Halloween theme, the sale will offer a collection of Southern California trail books and nature trail guides for those planning local hikes this fall. And if you're already starting to plan for the fall and winter holidays, we have featured shelves of some of our craft books and cookbooks on sale for half price. The tables in the basement will be displaying newer fiction, including some 2013 titles, and coffee table books

on a wide variety of subjects. On the parking lot we have several tables of paperbacks at twenty-five cents each or 5/\$1.00 and a large collection of teacher materials and units ready to use in the classroom all on sale for \$1.00 each. All children's bargain books are five for a dollar.

These sales offer high quality, slightly used books that are culled from our library shelves or donated, books that you'll be proud to place in your own library or to give to friends and family. Proceeds from the Best Used Book Sales will be donated to the library to support program and equipment needs. Sierra Madre Public Library 440 W. Sierra Madre Blvd.

East Montecito Avenue Design District

Art, Design, Film, Decor, Interiors, Furniture, Upholstery, Glass, Wood
On one avenue - "East Montecito Avenue" at Baldwin, Sierra Madre CA

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Pasadena City College Prepares For Great CA Shakeout

The annual Great ShakeOut California Earthquake Drills will take place October 17. At exactly 10:17 a.m. a massive self-led, statewide earthquake drill, designed to inform people at schools, work and home about how to prepare to survive and recover quickly from the next damaging earthquake. Participation in the ShakeOut drill is free and takes only a few minutes.

The Great California Shakeout teaches participants how to “Drop, Cover, and Hold On” during an earthquake. Emergency management experts agree that “Drop, Cover and Hold is the appropriate action to reduce injury and death during earthquakes.” The ShakeOut is an opportunity to practice how to protect yourself should an earthquake occur.

The ShakeOut drills on the campus of PCC will involve the “C and D” buildings. Additional information on the ShakeOut at PCC is provided at www.pasadena.edu or you can contact Sergeant Bill Abernathie, Police and Safety at babernathie@pasadena.edu. For national information on The Great CA Shakeout, visit www.shakeout.org.

“Don’t be left out of the ShakeOut,” urges Mark Benthien, Director for Outreach, Southern California Earthquake Center at the University of Southern California, and Executive Director, Earthquake Country Alliance. “It’s amazing to see how quickly this has become a worldwide movement,” said Benthien. “ShakeOut is a fun and easy way for people, organizations and communities in many regions to get prepared now, together, before the next major earthquake.”

ShakeOut began as a Southern California drill in 2008 and has since grown to include drills in more than 40 states and U.S. Territories, along with participation in Canada, New Zealand, Japan, Italy, and many other countries. More than 20 million participants are expected to participate in 2013 (including 10 million in California) as part of the various ShakeOut drills.

Pet of the Week



Oliver is a six-month-old gray tabby kitten. He’s very friendly and loves attention.

Oliver’s adoption fee is \$70, 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 A338923, 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.



Tournament of Roses Royal Court hopeful. Photo D.Lee MVNews

Thousands Show for Royal Court Tryouts

Nearly 1,000 young women showed up earlier this month for the Tournament of Roses Royal Court tryouts, hoping to become an official ambassador for the Tournament and the city of Pasadena.

Over the course of two days, Sept. 14 and Sept. 16, the woman stood in line waiting for the opportunity to wow a panel of judges. The hopefuls were given 15 seconds to make a statement.

The interviews were the first stag towards selecting a 2014 Rose Queen, and six Rose Princesses, making up the Royal Court.

After the initial interview process, approximately 250 individuals will be invited back. From that group, about 75 young women will be asked to participate in the next round of interviews. On October 3, about 25 of the

candidates will be announced as finalists, and then the seven-member Royal Court will be announced on October 7. In past years, there have been separate events at which the Rose Queen was announced and then received her crown; this year, the announcement and coronation will take place together on the evening of October 24 at First Church of the Nazarene of Pasadena.

The October 24 event is sponsored by Citizens Business Bank. The members of the Royal Court receive wardrobe and accessories for their busy schedule of media events and community appearances from Macy’s, formal gowns from Tadashi, hair styling from Amadeus Salon and Spa, and crowns and tiaras courtesy of Mikimoto.

The grand finale for the

Royal Court will be riding a float in the 125th Rose Parade presented by Honda and attending the 100th Rose Bowl Game presented by

Police Foundation to Hold Chief’s Breakfast



The Pasadena Police Foundation is set to hold the Annual Pasadena Police Foundation Breakfast on, October 10th.

Greet Pasadena Chief of Police Phillip Sanchez and meet Pasadena’s two police canines and their police handlers as they demonstrate how important our four-legged narcotic detecting law enforcement partners are to the safety of the community and the work of the Pasadena Police Department.

Breakfast will be served promptly at 7:30 a.m. The Brookside Clubhouse is at 1133 Rosemont Avenue, Pasadena.

\$50 per person (\$34 is tax deductible)

There will also be an opportunity of a lifetime raffle with prizes including a PPD helicopter ride-along for two, a ride-along with a Pasadena Police Officer during his/her patrol shift or lunch with Sanchez.

White House to Honor Captain

Captain Michael Parker seen as a Community Preparedness and Resilience “Champion of Change”

With the rapid advances in social media and instant communications, Captain Mike Parker saw the opportunity for the Los Angeles County Sheriff’s Department (LASD) to improve public safety through online partnering with the public, other policing agencies and emergency services. The LASD website was redesigned and LASD Nixle text and email messaging, Twitter, Facebook, YouTube, and Pinterest were implemented. The LASD’s new 100+ community based communications platforms have evolved into interagency crisis communications systems that partner with the public and news media. He and the newly formed eComm Unit of Sheriff’s Headquarters Bureau (SHB) have also presented 8-16 hours of formal training to over 1000 personnel from 150 agencies including five foreign countries. He is a 29-year veteran of the LASD, and Unit Commander of SHB since 2009.

Sheriffs Looking for 7-11 E-cigarettes Thief

Altadena Sheriffs are asking for the public’s help identifying a suspect that, earlier this month, stole an entire display case of E-cigarettes from an Altadena 7-11 store. The robbery took place September 4.

The suspect was last seen in the area of Woodlyn Road. He is described as a male Hispanic or Middle Eastern, 20-25 years old, five feet nine inches to 11 inches tall, 140-170 lbs., dark hair, dark eyes, wearing a red baseball cap with white lettering, black sleeveless shirt with a white eagle like emblem, beige striped shorts, black socks, and black shoes. The suspect was driving a burgundy older model Chevrolet Blazer (late ‘80’s model).

Anyone that may have information is asked to contact the Altadena Sheriff’s Station at 626-798-1131.

Partner to prevent or report crime by contacting

your local Sheriff’s station. Or if you wish to remain Anonymous, call “LA Crime Stoppers” by dialing 800-222-TIPS (8477), texting the letters TIPLA plus your tip to CRIMES (274637), or using the website <http://lacrimestoppers.org/>



On Wednesday, September 4, 2013, at 1:45 pm, the pictured suspect entered the 7-11 store located at 1319 Altadena Dr., Altadena and stole a display case containing E-cigarettes.

Rose City Running Classic

Friday night racing is here at Brookside Golf Course with the 1st Annual Rose City Running Classic will be held on the Brookside Golf Course, in the shadow of the historic Rose Bowl in the city of Pasadena. Races begin in the afternoon of October 4th and will go off every 20 minutes. Races for the High School Invitational, University Open, and Community 5K will be under the lights at Brookside Golf Course.

The courses will be completely flagged on the fairways of the golf course

with bridge crossings. Maps will be posted. There will be a lead cart for the races. Plaques will go to the top 3 teams and medals for the top 15.

Submit entries via Direct Athletics, www.directathletics.com. Entries are due Tuesday by 6:00 p.m.. Entry fees are \$150.00 per gender, \$300 per team. For more information, contact Armand Crespo at 626-585-7778 or acrespo@pasadena.edu. Brookside is located 1133 Rosemont Avenue Pasadena, CA 91103.

Museum to Hold Mid-Autumn Moon Celebration

Pacific Asia Museum will hold a Mid-Autumn Moon Celebration on Sunday, October 6 from noon to 6 p.m. The afternoon includes performances, crafts, food and other activities, presented in partnership with Chinese Culture Development Center and Sino US Performing Arts Organization. The event is free for members and included with admission for nonmembers. Discounted advance tickets are available on the Pacific Asia Museum website.

The schedule for the afternoon includes:

- | | |
|--------------|--|
| 12-6 p.m. | Crafts |
| 1-5 p.m. | Historical Chinese costume dress-up |
| 12:15-1 pm | Chinese music performance |
| 2:30-3:30 pm | Chinese music by String and Bamboo Music |
| 3:30 p.m. | Mooncakes served (while supplies last) |

Auditorium Performances:

- | | |
|-------------|---|
| 1-1:30 p.m. | Chinese tea talk and demonstration |
| 2-2:30 p.m. | Calligraphy and painting introduction and demonstration |
| 3-3:30 p.m. | Chinese music introduction and performance |
| 3:30-4 p.m. | Shaolin kung fu introduction and demonstration |
| 4-4:30 p.m. | Closing ceremony |
| 4:30-5 p.m. | Performance highlights: dance, kung fu and music |

This schedule is subject to change; please refer to the Pacific Asia Museum website for the up-to-date schedule.

Rose Bowl All-Century Class Finalists Unveiled

Patty Driscoll, George Halas and Neil Snow have been nominated as finalists for the Rose Bowl Game All-Century Class as representatives from the 1900’s and 1910’s. The candidates, as voted by an esteemed panel from the Football Writers Association of America (FWAA), are the first of a series of names who will be unveiled each Sunday throughout the remainder of the college football regular season.

In commemoration of the 100th Rose Bowl Game, the All-Century Class will highlight and honor great players and coaches throughout the history of The Granddaddy of Them All.

Nationally respected for his play as quarterback for Northwestern and considered one of the outstanding backs in the early history of the game, Patty Driscoll excelled for the Great Lakes Navy team. Completing 4 of 8 passes for 77 yards, Driscoll lead Great Lakes Navy to a 17-0 victory over the Mare Island Marines in 1919. Driscoll returned punts for a total of 115 yards and punted six times for an average of 43.3 yards (including punts of 50 and 60 yards.) He is also noted for a drop-kicked field goal from the 30-yard line. Long

before the nickname “Papa Bear,” George Halas showcased his talents in the 1919 Rose Bowl Game. A three sport collegiate athlete at Illinois, Halas became a member of the Great Lakes Navy squad during a time college football teams were depleted due to World War I. In addition to a 45-yard touchdown reception against the Mare Island Marines, Halas returned an interception 77 yards to the Mare Island 3-yard line. For his performance, Halas was named Player of the Game.

The first touchdown in Rose Bowl Game history was scored by Neil Snow, a running back for the powerhouse Michigan squad that defeated Stanford 49-0, in the first Rose Bowl Game on January 1, 1902. That touchdown was the first of five for Snow, a Rose Bowl Game record that has never been broken. Snow’s five five-point touchdowns also gave him the record for the most points scored in a Rose Bowl Game. He was inducted into the Rose Bowl Hall of Fame in 1990.

The FWAA voting committee will select one Rose Bowl Game representative from each decade to comprise the All-Century Class.



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

THE HILLS OF SAN GABRIEL WERE ALIVE WITH THE SOUND OF MUSIC

The hills (of San Gabriel Valley) WERE ALIVE with the Sound of Music! VERY SPECIAL THANKS to LA Philharmonic, led by awesome Conductor Rafael Payre, Julie Andrews and the City of Hope for an unforgettable evening! In conjunction with their 100th Anniversary, the City of Hope opens its doors to the LA Philharmonic Orchestra for a free concert, including Mozart’s The Marriage of Figaro and Kodaly’s “Dance of Galanta” and a presentation of Peter and the Wolf, narrated by the great Julia Andrews.



This is the 10th year that LA Philharmonic has done these free concerts and what an opportunity for those new to this country and Miss Andrews’ talent. As I left I spoke with a young woman and she was surprised to learn of Miss Andrews’ rise to fame on stage as Eliza Doolittle. Producers snubbed Julie in the movie version, which received MANY coveted Oscars, EXCEPT for Best Actress which Julia won for her role as Mary Poppins.



SOCALGAS SAYS GET A JUMP ON WINTER:

NOW IS BEST TIME TO PREP FURNACE, LIGHT PILOTS UTILITY OFFERS HOME-HEATING SAFETY TIPS

LOS ANGELES, September, 2013 – Don’t let the warm weather fool you. The winter heating season is around the corner. [Southern California Gas Co.](#) (SoCalGas) says don’t wait; now is the time to inspect home-heating appliances, relight pilots and perform any needed maintenance necessary to avoid health or safety hazards.

“Heating appliances should be serviced annually to keep them operating safely and efficiently,” said Jimmie Cho, vice president of field services for SoCalGas. “To avoid the rush in winter and enjoy a shorter wait time, we encourage customers to schedule an appointment online now at [socalgas.com](#) or call a licensed heating contractor to provide this service for you.”

Failure to perform annual maintenance on gas appliances may result in exposure to carbon monoxide, which can cause nausea, drowsiness, flu-like symptoms, and even death.

“Since home heating typically accounts for more than half of the monthly winter gas bill, the best way to keep bills lower is to have gas appliances serviced,” Cho said.

SoCalGas offers these tips for a safe, warm, and energy-efficient winter:

- Have natural gas furnaces checked at least once a year by a licensed heating contractor or SoCalGas.
- Vacuum and clean regularly in and around the furnace, particularly around the burner compartment to prevent a build-up of dust and lint. Never store items in, on or around the appliance that can obstruct airflow.
- Most forced-air units have a filter that cleans the air before heating and circulating it throughout the home. Check furnace filters every month during the heating season and clean or replace the filter when necessary.
- When installing a new or cleaned furnace filter, be sure to re-install the front panel door of the furnace properly so it fits snugly; never operate the furnace without the front-panel door properly in place because doing so may create the risk of carbon monoxide poisoning.
- Check the appearance of the flame. If the flame is yellow, large and unsteady, the furnace needs to be inspected immediately by a licensed heating contractor or SoCalGas to have the condition corrected.
- Using an unvented gas heater in your home is dangerous and a violation of the California Health and Safety Code.
- Never use your oven, range or outdoor barbecue to heat your home because these appliances are not designed for this purpose.

For more information on furnace safety, visit SoCalGas’ website at [socalgas.com](#) (search “FURNACE SAFETY”). To schedule a service appointment, go to [socalgas.com](#) (search “SCHEDULE APPOINTMENT”) or call (800) 427-2200 or (800) 342-4545 in Spanish.

About Southern California Gas Co.

[Southern California Gas Co.](#) has been delivering clean, safe and reliable natural gas to its customers for more than 140 years. It is the nation’s largest natural gas distribution utility, providing service to 20.9 million consumers connected through nearly 5.8 million meters in more than 500 communities. The company’s service territory encompasses approximately 20,000 square miles throughout central and Southern California, from Visalia to the Mexican border. SoCalGas is a regulated subsidiary of [Semptra Energy](#) (NYSE: SRE).

LEAGUE OF WOMEN VOTERS PASADENA AREA PRESENTS FORUM ON THE AFFORDABLE CARE ACT

Never mind that .Obamacare is making headlines and continuing down a contentious path. Pasadena is prepared for the big rollout of major provisions on Oct. 1. And the League of Women Voters Pasadena is holding a free, public forum on how this will affect almost everyone -- often to their pleasant surprise. You and your audience will not want to miss this stimulating, informative program. We hope you will announce the program and also cover the event,educating the public, as you know, is essential. Please be our guest for lunch, The second speaker will make his presentation after lunch.

FOOTHILL GOLD LINE EXTENSION UPDATE

by Habib F. Balian



Over the last several months, the Pasadena to Azusa project has hit its full stride as our contractors continue to achieve important milestones everywhere along the 11.5-mile alignment. Nearly half of the at-grade crossings for the project are now complete, with six more currently under construction. The community impacted at each of these crossings and subsequent closures have so far been supportive and understanding so that our work can be completed in the least amount of time possible; for that we are grateful.

Earlier this week, the last concrete pour was completed for the 700-foot-long San Gabriel River Bridge (above). It was critical that all structural work using the river bed be complete by October, in time for the rainy season; and FTC is on schedule to achieve that goal.

FTC is also making great strides in completing the realignment of the nearly four miles of freight track between the San Gabriel River Bridge and the Glendora city boundary. This work had to be completed without interrupting freight service into the San Gabriel Valley. All work is now complete on the eastern portion of the shared corridor - between San Gabriel Avenue in Azusa and the Glendora boundary.



All at-grade crossing improvements within this section of the project are now complete, as well as three new freight bridges. Work continues on the re-alignment west of San Gabriel Ave.

At the Operations Campus, crews are nearly ready to start laying the six miles of track that



will be installed within the \$265 million facility. As of today, more than half of the 213 OCS pole foundations are drilled and poured, and the Maintenance of Way storage structure is nearly complete. (see photo on the left of the site looking south over the future vehicle storage area, as well as my team viewing the new structure - below).



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ASSEMBLYMAN HERNANDEZ COMES TO THE SAN GABRIEL VALLEY

By Joan Schmidt



Last Saturday, many residents came to the Duarte Library for a Community Coffee with Assemblyman Roger Hernandez.

The Assemblyman began with an overview of the California State Budget which was signed by the Governor in June. Hernandez feels that this is the third straight year the legislature with the Governor have passed a responsible and on-time budget that protects seniors, students and keeps California moving forward. He noted that there is a balance of fiscal restraint and targeted reinvestment, significant reductions to the state's budgetary debt and overall is designed to put the state on a firm fiscal foundation in the longer term.

Other topics discussed were additional funding for schools and strengthening the Middle Class. The Budget provides an additional \$1.25 billion to assist school districts with implementation of Common Core Standards; \$250 million to high schools for Career Technical Education grants to build and improve career pathway programs; and a \$100 million block grant to reach California's graduation requirement mandate.

Higher education benefits by increased funding for UC and CSU of \$250 million, providing \$3.2 billion to Community Colleges and \$25 million (Proposition 98 General Fund) for a new Adult Education Consortium Program.

Assemblyman Hernandez believes that the 2013-14 budget will strengthen the Middle Class by improved Programs for families striving for Middle Class. The programs increased investments in welfare-to-work programs including family stabilization and subsidized employment; draws down \$1.5 billion in federal funds to implement Medi-Cal Expansion in the state; allocates \$104 million from the General Fund to supplement Medi-Cal program reforms required by the Affordable Care Act; and restores basic adult dental benefits in Medi-Cal by Ma1, 2014.

Assemblyman Hernandez shared graphs showing where the money comes from and where it goes. (The source is the CA Dept. of Finance.) His presentation ended with a bar graph of state revenue from 2006-2013. In 08-09, less revenue caused many job layoffs. (The source was Data from Legislature Analyst's Office.)

The Assemblyman gave an overview of his bills. Several were introduced dealing with education, workers' protection, green space, clean water, and protecting small businesses among others.

The session concluded with a "Question and Answer" period. There were several by teachers who were upset over budget cuts. One teacher has thirty students and four are autistic. She has no aide and has to stop instruction to deal with these students. This is attributed to budget cuts and loss of aides. (The teacher was NOT from DUSD)

When I left, there was a group, "Save the Mountain" with a poster that showed "Before" and "After". The Assemblyman was aware that Duarte had gone to court with Vulcan, but did not realize the ramifications of the mining. It was a most informative meeting and everyone left with a better understanding of California's budget and saw firsthand the fine job Assemblyman Hernandez is doing in Sacramento.

E-WASTE DRIVE OCTOBER 5TH

The Holly Avenue PTA and the Holly Avenue School Garden Club are sponsoring an E-waste Drive on Saturday, October 5th, to take place from 8:00 AM to 1:30 PM in the Holly Avenue School parking lot at 360 W. Duarte Road in Arcadia.

Many types of electronics will be accepted, including computers, telephones and telephone equipment, television and computer monitors, printers, fax machines, scanners, keyboards, copiers, DVD players, stereo equipment, miscellaneous computer parts and cords, lamps, toasters, and nearly anything that plugs in.

EDUCATION CENTER GROUNDBREAKING SEPT. 29

The Arcadia Historical Museum Foundation invites you to have a rousing good time at the ground-breaking / Under Construction Party in partnership with the Arcadia City Council at 5:30 p.m. Sunday September 29 on the site of the new Museum Education Center, between the Arcadia Community Center and the Gilb Museum of Arcadia Heritage.



The 2,650 square-foot Education Center will house classrooms for educational programming such as art, crafts, lectures, children's and senior activities, as well as other similar functions. The building will provide the space needed to accommodate the demand for current activities and it will also allow for future expansion of Museum and recreation programming.

The Arcadia Museum Education Center is a joint effort of the City of Arcadia and the Arcadia Historical Museum Foundation. The budget for the building is \$877,339 with \$500,000 of that being donated by the Foundation. The City's portion of the funding is coming from Park and Recreation Impact Fees, which can be used only for park and recreation capacity enhancements.

"I am thrilled to see this project come to fruition," said Floretta Lauber, President of the Arcadia Historical Museum Foundation. "Foundation members have worked hard for several years in order to make a substantial financial contribution to the City so that this project can move forward. We are very excited that everything is in place and construction is ready to begin."

Mayor Mickey Segal commented: "The Museum Education Center will be a wonderful asset to our community and will open up many possibilities for the continued offering of educational and leisure-time activities. The City Council is especially thankful to the Arcadia Historical Museum Foundation for their work on this project and for their financial contribution."

With design and construction estimated to take eight months, the Museum Education Center should be ready to open by May 2014.

Alfresco dining
The Late Bloomers Band — Jake's Roadhouse mouthwatering on-site BBQ
No-host wine and beer
Casual or BBQ attire

All funds earned will go to the building project; the event has been underwritten by donors

Price: \$90 per person

RESERVATIONS- A MUST- SPACE IS LIMITED

Arcadia Police Blotter

For the period of Sunday, September 15th, through Saturday, September 21st, the Police Department responded to 977 calls for service of which 129 required formal investigations. The following is a summary report of the major incidents handled by the Department during this period.

Sunday, September 15:

1. Just after 2:19 a.m., an officer conducted a traffic stop on a vehicle for swerving in the area of Baldwin Avenue and Las Tunas Drive. Upon contact with the driver, the officer detected an odor of alcohol emitting from his breath and person. An investigation revealed the 24-year-old Asian male was under the influence and in possession of cocaine. He was arrested and transported to the Arcadia City Jail for booking.

2. At approximately 5:41 p.m., an officer made consensual contact with a juvenile subject in the area of Foothill Boulevard and Michillinda Avenue. A search revealed the 15-year-old male was in possession of a glass smoking pipe and lighter. He was arrested and transported to the Arcadia City Jail for booking.

Monday, September 16:

3. At about 9:34 a.m., an officer responded to Arcadia High School, 180 Campus Drive, in reference to possible suicide attempt. A student told her teacher that she contemplated the thought of committing suicide by taking sleeping pills. An investigation revealed the subject was depressed over a recent break-up with her boyfriend. The 17-year-old Chinese female was placed on a 72-hold for evaluation and treatment.

4. Around 4:12 p.m., officers responded to a residence in the 200 block of Colorado Place regarding a disturbance between a male and female subject. An investigation revealed the female subject, a 30-year-old Hispanic female, was under the influence of methamphetamine. She was arrested and transported to the Arcadia City Jail for booking.

Tuesday, September 17:

5. Around 10:00 a.m., an officer responded to the Arcadia Police Department front counter in regards to an identity theft report. The victim discovered online that an unknown suspect created two additional bank accounts under his primary bank account and withdrew \$800 from an ATM machine. He had no idea how his personal information was compromised.

6. Shortly before 3:00 p.m., an officer was dispatched to a residence in the 1000 block of Paloma Drive regarding a burglary investigation. Unknown suspect(s) forced entry through a kitchen window, ransacked the location, and fled with several pieces of jewelry. No witnesses were located; however, the officer located a partial palm print near the point of entry. Further investigation is being conducted by the Detective Bureau.

Wednesday, September 18:

7. Around 4:55 p.m., an officer responded to a residence in the 400 block of Golden West Avenue in regards to a burglary investigation. Unknown suspect(s) forced entry through a rear window, ransacked the location, and fled undetected with jewelry and electronic items. Fresh blood droppings were located on the front porch and front walkway area of the residence, which indicated the suspect suffered an injury while making entry. No witnesses were located. Further investigation is being conducted by the Detective Bureau.

8. At approximately 6:03 p.m., an officer was dispatched to The Derby, 233 East Huntington Drive, in reference to a theft report. A male subject left the restaurant without paying for his \$56 tab which consisted of one meal and a couple of alcoholic drinks. The suspect is described as a White male, approximately 50-years-old, thin build with a full beard, wearing an unknown colored t-shirt and black shorts. The officer conducted an area check, but the suspect was not located.

Thursday, September 19:

9. At about 6:55 p.m., an officer was dispatched to Hollister at the Santa Anita Mall, 400 South Baldwin Avenue, in regards to a theft investigation. An adult suspect concealed merchandise inside a used shopping bag and exited the store without making payment. Further investigation revealed the subject falsely impersonated a victim using his driver's license and in fact, had a no bail warrant for burglary. The 27-year-old Hispanic male was arrested and transported to the Arcadia City Jail for booking.

At approximately 8:16 p.m., officers responded to Metro PCS, 158 East Duarte Road, in regards to an armed robbery. A male suspect pushed a lone employee into the restroom and forced him to stay inside by threatening him with an unknown object. While the victim was inside the restroom, multiple subjects ransacked the location and stole 56 phones. A total of \$1,500 was also missing from the cash register. No surveillance footage was available as the suspects damaged the surveillance system and stole the accompanying hard drive. Further investigation is being conducted by the Detective Bureau.

Friday, September 20:

10. Shortly after 2:00 p.m., an officer responded to the parking lot of Macy's at the Santa Anita Mall, 400 South Baldwin Avenue, in regards to a report of a reckless driver. The officer made contact with the reported subject and discovered he was under the influence of alcohol. An investigation revealed his blood alcohol content was greater than 0.08 percent. The 20-year-old Hispanic male was arrested and transported to the Arcadia City Jail for booking.

11. At approximately 9:23 p.m., officers responded to Bonita Skate Park, 100 South Baldwin Avenue, in regards to a robbery that had just occurred. An investigation revealed an 18-year-old Hispanic male took the victim's cell phone, refused to give it back, and made threatening statements toward the victim when he attempted to retrieve his property. Another subject, a 23-year-old Hispanic male, was determined to be under the influence of alcohol and unable to care for himself. Both suspects were arrested and transported to the Arcadia City Jail for booking.

Saturday, September 21:

12. At about 11:20 a.m., an officer was dispatched to a traffic collision at the intersection of Baldwin Avenue and Naomi Avenue. The driver of an older model Mercedes-Benz 420 SEL was attempting a left turn onto northbound Baldwin Avenue when she struck a motorcyclist that was traveling southbound on Naomi Avenue. The officer determined the driver failed to yield to oncoming traffic. The motorcyclist was transported to Huntington Memorial Hospital where he was treated for abrasions to his chest, arms, and legs.

13. Just after 1:30 p.m., an officer was dispatched to Wells Fargo Bank, 298 East Live Oak Avenue, in regards to a fraud in progress. Two suspects entered the location and attempted to deposit and cash forged and altered checks. The 53-year-old White female and 30-year-old Hispanic female were arrested and transported to the Arcadia City Jail for booking.

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MONROVIA - DUARTE

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TWO COMMUNITY VOLUNTEERS HONORED

By Joan Schmidt



Very special congratulations to Reyna Diaz and Rodney Jefferson from Duarte. They recently were honored at MISSION 25, a community celebration of Pamela Park being taken back by the Community. The event was the joint effort of Life Church, Y-Life Youth Outreach Project and Los Angeles County Parks and Recreation Department. Ms. Lois Gaston, former Duarte mayor had many accolades for these two fine individuals. Mrs. Diaz helped form the Monrovia-Arcadia-Duarte Town Council and represented her community on it for twelve years. She helped register voters, hosted annual Posadas that brought 200+ attendees including former Assemblyman Bob Margett. Reyna was the first Latina elected to the Duarte School Board and has held that position for 16 years. In the beginning at Christmastime, she would buy 1000 toys for both boys and girls and with her husband Ruben distribute them in Mexico or El Salvador. She brought Mayor Margaret Finlay with her large family on board and their caravan traveled with toys also! (Not long ago Margaret and Reyna worked to obtain an ambulance to bring down there too!) When there was a natural disaster like an earthquake or flooding, Reyna held dinners and collected much needed funding! Reyna works with several non-profits groups and I am proud to call her my friend.

Rodney Jefferson is an awesome man who works extensively with youth to improve our community. For many years he taught basketball at Duarte High and held the annual "A" Game Fundamentals Basketball Clinic. Recently Rodney was a mentor/instructor at the DUSD special summer camp program at Monrovia Canyon Park which featured Jackie Lacey as guest speaker. Rodney currently works in the LASD Education Program in the jail system.

It is no surprise that many public officials/community members came to Pamela Park to join in the festivities. Brian Mejia represented LA County Supervisor Mike Antonovich, Terence Williams from the Monrovia-Arcadia-Duarte Town and Ed Cordero from LA Probation Office attended. From the neighboring city of Duarte were Mayor Margaret Finlay, Mayor Pro Tem Liz Reilly, Council Member Phil Reyes, School Board President Ken Bell, Historian Claudia Heller, and Duarte Coordinating Council Member Dorothy Smith. Neighboring city, Monrovia was represented By Mayor Pro Tem Becky Shevlin, Council Member Larry Spicer and Police Chaplain Terrence Brown.

Very special thanks to Ulisses Gutierrez, planner/organizer SUPREME, his great staff, his Church volunteers for great fellowship, music and food, and the pastors who came and led us in prayer. It was an outstanding celebration of a community thankful for the positive changes and grateful to two fine individuals.

Monrovia Police Blotter

Highlighted Activity for the Weekend of September 23-25, 2013

During the last seven-day period, the Police Department handled 436 service events, resulting in 86 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.

Possession of a Controlled Substance / Possession of Drug Paraphernalia – Suspect Arrested

September 23 at 9:48 p.m., an officer on patrol in the area of Shamrock and Huntington saw a subject standing at the drive-through window of a fast food restaurant. The subject abruptly walked away from the window when he saw the police unit. As the officer was approaching the subject to contact him, he saw the subject take something out of his pocket, toss it on the ground and walk away from it. The subject was detained. The subject was found to be in possession of marijuana and the item he threw on the ground was a glass pipe, with white residue in it, used for smoking methamphetamine. The suspect was arrested.

Gang Injunction – Suspect Arrested

September 23 at 11:29 p.m., officers responded to the report of a possible fight involving three male subjects in a parking lot in the 100 block of West Lime. As the first officer arrived, one of the subjects ran east towards Myrtle. The subject was detained by additional arriving officers. The subject is a known gang member who has been served with the gang injunction. He was arrested for violating the gang injunction court order.

Parolee-at-Large / Possession of a Controlled Substance – Suspects Arrested

September 24 at 12:00 p.m., officers were investigating complaints of drug use and drug sales at area motels in the 700 block of West Huntington. Officers, assisted by the West San Gabriel Anti-Crime Task Force, contacted a female and her boyfriend. Through investigation, the boyfriend was determined to be a parolee-at-large and the female subject was found to have methamphetamine in her possession. Both suspects were arrested.

Petty Theft – Suspect Arrested

September 24 at 5:10 p.m., a theft was reported at a business in the 1600 block of South Mountain. The suspect was detained for shoplifting by the store loss prevention officer. A computer check revealed the suspect is currently on parole for burglary. He was arrested and taken into custody.

Tip of the Week - Stay Informed With Nixle Alerts

The Monrovia Police and Fire Departments are in the process of implementing nixle for emergency alerts, advisories, traffic alerts, and community information sent directly to your cellular phone and/or email. This service is provided FREE to you. Nixle is operated in conjunction with NLETS, an international public safety information network, providing secure, authenticated messaging sent directly from your Police or Fire Department.

The Monrovia Police and Fire Departments are encouraging residents to sign up so you can receive critical information during emergencies. Just click on nixle to sign up!

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Saturday October 5

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Featured Speakers

Robert K. Tanenbaum



Bestselling writer of legal thrillers

"The Piano Teacher"
"Badge of the Assassin"
"Tragic"

Speaks at 11:45 am

Luis J. Rodriguez



Award-winning Chicano writer and poet

"Always Running: La Vida Loca"
"It Calls You Back"
"America Is Her Name"

Speaks at 2:00 pm

Children's Area with Readings & Activities/Food & Refreshments
Free Parking & Free Admission

FDL

A benefit event presented by **Friends of the Duarte Library**
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Focus Groups: Mystery Explained

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Bob Golub, former IRS agent will explain:

- **What is a focus group**
- **Why they are popular**
- **How to identify legitimate groups**
- **How to become a focus group participant**

Tuesday, October 8
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Click on the calendar to find your event. No Internet? Call 626-256-8274.
Walk-ins welcome.

COOPER GIVES ANNUAL STATE OF THE SCHOOL ADDRESS, MEASURE TT UPDATE

By Dean Lee

Although Pasadena Unified School District President Renatta Cooper declared the state of the schools as “hopeful” during the district’s annual address on Tuesday night most of the parents, teachers and residents that packed the Jackson Elementary School auditorium were there to get an update on Measure TT spending.

Jonathan Fuhrman, chairman of the Citizen’s Oversight Committee, said a recent Measure TT audit was clean, “Every penny of the bond fund could be tracked and accounted for.” Fuhrman explained the audit also looked at performance, “The district followed all appropriate internal controls and policies.”

He said the money so far, nearly \$125 million, has been spent only not yet spent. In 2008 voters in Pasadena passed the \$350 million Schools. The audit looked at all four years Fuhrman said.

Current projects underway include rebuilding Sierra Madre Middle work at Blair High School, Marshall Fundamental School, as well

According to reports, Sierra Madre Middle School, demolished \$32 million from Measure TT. McKinley received \$36.2 million. Cooper said the district’s budget was far from “out of the woods,” an academy for innovation and technology partnering with UCLA, robotics were the new form of “shop class.”

Cooper said each High School and Middle School now has one to become multilingual. “We are far behind the rest of the world Common Core Learning that will focus on explanations,

During the event Superintendent Jon Gundry also talked about finding a jobs world that does not exist today, “how do we teach to

Gundry said they are implementing what has become known as creativity.



on capital projects. Another \$70 million has been committed but Measure TT bond initiative to repair and upgrade Pasadena Unified

School, a new gym and science classrooms at McKinley School, and as, John Muir High School.

two years ago, and replaced with temporary classrooms, will receive Fuhrman gave the update after Cooper’s 30 minute address. but was easing. Even during a difficult year, they were able to have JPL, Caltech and the Art Center among others. Cooper later said

3D printer on campus. She also noted that essential for students in terms of being multilingual,” she said. She also talked about encouraging creativity, rather than right and wrong.

teaching in the 21st century saying that future students will graduate, that” he said.

the “Four Cs”: critical thinking, communication, collaboration, and

SCHOOL DIRECTORY

Alverno High School

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

Arcadia High School

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

Arroyo Pacific Academy

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

Barnhart School

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

Bethany Christian School

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

Clairbourn School

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

Foothill Oaks Academy

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

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

The Gooden School

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

High Point Academy

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

LaSalle High School

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

Monrovia High School

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

Odyssey Charter School

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

Pasadena High School

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

St. Rita Catholic School

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

Sierra Madre Elementary School

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

Sierra Madre Middle School

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

Walden School

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

Weizmann Day School

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

Wilson Middle School

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

PASADENA UNIFIED SCHOOL DISTRICT

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

ARCADIA UNIFIED SCHOOL DISTRICT

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

MONROVIA UNIFIED SCHOOL DISTRICT

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

DUARTE UNIFIED SCHOOL DISTRICT

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

THE REEL DEAL: THE WIZARD OF OZ

by Ben Show

IMAX 3D Review



When I was much younger, I saw ‘The Wizard of Oz’ for the first time. At the time I didn’t think much of it and, over the years, I forgot a lot of the events that took place. When I saw it again, everything came back to me and I realized how wonderful this movie really is.

Dorothy (Judy Garland) lives on a simple farm in Kansas. Her life there is not all that interesting and she dreams of visiting a far off land of magic and joy. She gets more than she wishes for when a tornado strikes and she finds herself in the magical, disturbing, and amazing land of Oz.

The only aspect of this movie that really stayed with me over the years was that there were very few computer effects; for the most part, everything you saw was real. This made the film look very dated from other movies at the time. However, now that I’ve seen it in IMAX 3D, I have a whole new respect for ‘The Wizard of Oz’. Instead of generic looking CGI that we see in every blockbuster made today you get to see real set pieces, real costumes, and real people in those costumes. 3D makes this movie shine and I would recommend it to anyone, whether you’re a long time fan of this movie or someone experiencing it for the first time.

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THE MORE YOU KNOW ABOUT WINE.....
PROPS TO SOUTHWEST...

Southwest Airlines doesn't fool around. Just this past week I made a two-day turnaround trip to the Bay Area, booking my tickets on the internet for flights scheduled for morning departure and morning return. Both flights were on time!!! I mean on the dot! Travel tip: if flying out of Burbank, get to the airport 45 minutes before your flight because on busy travel days the security check-in lines can be a tad long.

TABLE FOR TWO by Peter DILLS
thechefknows@yahoo.com

Recently, I was the benefactor of an exceptional question from a reader named Tony. It appears that Rodeo Drive and their wine list may have migrated to a location near us. I dream of a day when a poor restaurant critic may soothe his many worries with an exceptional glass of wine and not be required to carry a bag of gold dust as payment. Like the majority of us, Tony strikes me as a regular consumer of wine – a person who is not cheap, but searches for value when he is dining out. To be more explicit, it appears that Tony has some difficulty in partaking of the wine experience when he perceives that he has been taken advantage of, or possibly robbed by a very kind and wholly inoffensive waiter (one who surgically extracts substantial sums of money through the use of a corkscrew). The hero of our tragic story, Tony, recently went to a Pasadena restaurant and ordered a glass of house Cabernet. He liked the initial selection and ordered a second glass. The bill arrived and Tony was shocked to discover that each glass of wine cost \$14. His night went from a great evening to one of disappointment and incredulity. Tony asked me to investigate the practice of markups at restaurants. Tony also did some research and discovered the same bottle for \$15 at Vons. The waiter told Tony it was \$52 to purchase the whole bottle and that they pour five glasses per bottle.

I reached out to my many sources in the industry and this is what I found out. Ian Blackburn, founder of Learnaboutwine.com, said, “That \$14 is common for a good glass of wine and the math works out to \$52 for the full bottle at that price.” He also told me that while many chain restaurants use a Libby wine glass that costs them a couple of bucks, upscale restaurants will use a higher quality glass. My next call was to Randy, who owns Domenico’s restaurant on Washington, and he told me that his wine purveyors suggest triple the cost of the bottle. Thus if you see a bottle for \$30 at your favorite restaurant the rule of the thumb is that they paid \$10 for it.” My suggestion to Tony and my readers is it to never let the server blindly pick the wine. Ok, how about corkage fees? Most restaurants charge \$4 to \$15 for this service because they still have to open your bottle and clean the glasses. It is unacceptable to bring in a bottle of wine that is already listed on the restaurant’s menu. If it is an owner-occupied restaurant, often it is a good gesture to let the owner sample the wine that you have brought in. Erudite wine broker Eddie Ramirez offers this insightful advice, “Always have the wine list when ordering, and I do not recommend asking the servers for a wine recommendation unless you do not have any issues with the price.” Hope that helps; I learned something as well.

Become a fan of Peter Dills on FaceBook! Read about events and restaurants not covered here. Email me your suggestions to the chefknows@yahoo.com. Listen to Dining With Dills on KABC Radio 790 AM



INGREDIENTS:

- 3 1/2 cups all-purpose flour, or as needed
- 1 envelope Fleischmann's® Pizza Crust Yeast
- 1 tablespoon sugar
- 1 1/2 teaspoons salt
- 1 1/3 cups very warm water (120 degrees to 130 degrees F)*
- 1/3 cup oil
- Additional flour for rolling
- Additional oil for grilling
- Pizza sauce
- Other toppings as desired
- Shredded mozzarella cheese

DIRECTIONS:

1. Start charcoal fire or preheat gas grill to medium-high heat.
2. Combine 2 cups flour, undissolved yeast, sugar and salt in a large bowl. Add very warm water and oil; mix until well blended, about 1 minute. Gradually add enough flour to make a soft dough. Dough should form a ball and will be slightly sticky. Knead** on a floured surface, adding additional flour if necessary, until smooth and elastic but not sticky, about 5 minutes.
3. Divide dough into 8 portions. Pat or roll dough on a well-floured counter to about 8-inch circles; they do not need to be perfect.
4. Brush both sides of crust with additional oil. Using hands, lift each crust carefully and place on grill. Cook for 3 to 4 minutes until bottom is lightly browned and top looks set. Using long handled tongs, remove crust from grill, grilled side up, to a platter or baking sheet.
5. Lightly add sauce and top the grilled side of each pizza crust. Excess sauce or toppings makes the pizza hard to handle. Repeat with remaining pizzas.
6. Carefully slide each pizza onto the grill. Cook an additional 3 to 4 minutes until bottom of crust is browned and cheese is melted. Remove from grill and serve immediately.

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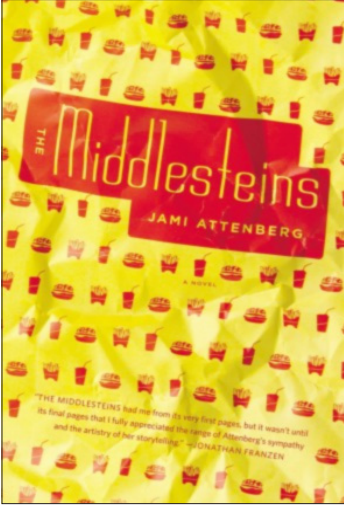
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ARTS & ENTERTAINMENT

JASMINE’S CORNER

Book Reviews by Jasmine Kelsey Williams



THE MIDDLESTEINSBy Jami Attenberg

We now come towards the end of September, dear readers, and this means an interesting selection that will require an open mind. Unfortunately, the “Guardians of Childhood” series stops here for the time being, at least until this columnist comes across the next book that pops up, so keep an eye out for “Sandman and the War on Dreams” in a future review. Now, we turn to this month’s last pick “The Middlesteins” by Jami Attenberg. I came upon this choice by means of recommendation from OPRAH magazine, and had it noted as a must-read. Bear with me on this, my dear readers, as “The Middlesteins” takes on a rather serious, and sometimes somber tone. The central focus of this story is on Edie and Richard Middlestein, and what they experience in their shared, solid family life in Chicago. It may seem perfect, but there obvious strains in this picture, that are revealed in the form of secrets, hidden lies about others, and the main challenge at hand: Edie’s fixation with food.

The rest of her family does not want to voice their concerns, but cannot help but greatly notice that how this obsession with food will not just alter her life drastically, but is slowly changing the lives of her family as well. When Edie’s husband Richard abandons her, it is up to the next generation of Edie’s family to pick up the slack: their daughter Robin wants to make her father pay for what he does to Edie, Benny wants things to be smoothed over, and Rachelle is not just a perfectionist, but the challenge of saving her mother-in-law’s life proves to be more taxing than her twin children’s b’nai mitzvah party. Readers will be gradually pulled into the story’s strong tone and their interest should be piqued at the different perspectives of each of the characters, although some readers will want to pass due to its gradual pacing. Attenberg writes with pitch-perfect prose and wit, providing readers with an almost realistic perspective of families, obsession, heartaches, trials and tribulations of what goes on in the inner workings of family struggles and humanity’s strange fascination with food.

Copyrighted in 2012, and receiving generous praise from sources such as Kirkus, Booklist, and Publishers Weekly, “The Middlesteins” is one of those reads that will have so much more to reveal once you lift open the cover and take a peek at the contents within.

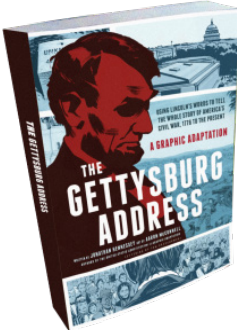
SIERRA MADRE AUTHOR HONORED WITH
APPEARANCE AT LIBRARY OF CON-
GRESS’S NATIONAL BOOK FESTIVAL



Jonathan Hennessey, a resident of Sierra Madre and author of several nonfiction graphic novels, was recently chosen to appear at the National Book Festival in Washington, D.C. The event was organized by the Library of Congress and took place September 21-22 in Washington, D.C., on the grounds of the National Mall.

Just over 100 writers of fiction, nonfiction, and children’s books were invited including such literary heavyweights as Joyce Carol Oates, Don DeLillo, and Margaret Atwood.

Mr. Hennessey’s book, THE GETTYSBURG ADDRESS: A GRAPHIC ADAPTATION (HarperCollins) is a graphic novel adaptation of Abraham Lincoln’s famous speech. It adopts the same underlying chronology of those celebrated words to retell the story of the Civil War, Reconstruction, and Civil Rights from colonial times to the present.



SEAN’S SHAMELESS REVIEWS:

Review by: Sean Kayden

YUCK

Two years ago Yuck released their highly inspired 90s alternative rock self-titled record. It was a glorious record that ranked among the best debuts of the year. Earlier this year when lead singer/songwriter Daniel Blumberg announced his departure from the band, it appeared the days of Yuck as a band would come to an abrupt end. However, guitarist Max Bloom stepped up to the mic and Yuck was reborn. Where Blumberg had an affinity for melancholy tunes, Bloom’s vocals are smoother, more cheerful. For their sophomore release, “Glow and Behold,” the band didn’t completely abandon their proclivity for 90s alternative/grunge, but their seemingly more optimistic approach has the band displaying new signs of life.

Their aptly titled first single, “Rebirth” is a shining example of Yuck heading down a different direction, but ultimately reaching a similar destination as before. Blumberg’s dulcet vocals will be missed for sure, however, Yuck’s ability to carry on without him is commendable. They may not be the same band from 2011 and you know what, I’m okay with that.

“Memorial Fields” is a slow burner and reminds me a lot of their debut record. It’s not until track five, “Middle Sea,” where the energy and enthusiasm kicks into high gear. Half way into the album, you’re realizing Yuck is doing just fine without Blumberg. Disappointingly here comes the second half. Admittedly so, Yuck has established a unique sound with their new album that touches upon their old material as well as indicating the band isn’t resting on their laurels. However, “Glow and Behold” is different than what I was expecting. I really enjoyed the first several tracks and then the rest of the album was, to put simply, a bore. It’s not as if the wheels come completely off the rails. However, while the first half was traveling smoothly, the record takes a turn to dullsville on the way to our destination.

While the sounds of their previous outing will always be cherished, Yuck’s decision to change it up second go around was probably necessary. “Glow and Behold” starts off incredibly strong for a band that could have been easily dismissed to never return again. I thought for a minute Yuck actually made a better album this time, but then my anticipation was shattered. The last few songs including, “Somewhere,” “Nothing New,” and “Glow and Behold” will have you snoozing. Those three songs alone account for over sixteen minutes of material that has you wondering what went wrong after hearing six really good songs in the beginning. In the end, I’m not exactly sure how I feel about Yuck. If they only released the first six tracks as an EP for their celebrated arrival, I would have praised the band to the fullest. Unfortunately, the additional five songs in the second half puts a real limitation on what could have been, should have been, a grand homecoming.

Yuck didn’t quite hit a homerun with their latest at bat, but hung in there long enough to safely reach base. Still, they at least find themselves in scoring position.

Grade: 6.8 out of 10
Key Tracks: “Out of Time,” Memorial Fields,” “Middle Sea,” “Rebirth”

OCTOBER 6: FAURE, RAVEL, CHAMINADE IN CONCERT AT
SIERRA MADRE PLAYHOUSE

The inaugural concert in the series jointly presented by Sierra Madre Playhouse and the Colburn School of Music features Colburn alumni and students with guest artists from L.A. Opera. The program:

Fauve: La bonne chansons, Op. 61
Ravel: Sonata for violin and violoncello
Ravel: Chansons Madecasses
Chaminade: Portrait: Valse chantee
Performers include: Rebecca Nathanson, soprano, LA Opera; Yi Zhou, viola, LA Opera; Yi-Ju Lai, piano, Colburn alum; Eloise Kim, piano, Colburn; Natalie Helm, cello, Colburn; Evin Blomberg, violin, Colburn; Radu Paponiu, Colburn; Ridge Davis, flute, Colburn.

At Sierra Madre Playhouse, 87 W. Sierra Madre Blvd., Sierra Madre, CA 91024. Ample free parking behind theatre. Sunday, October 6, 2013 at 7:00 p.m. \$20. Seniors (65+) and students (to age 21), \$15. Reservations: (626) 355-4318. Online ticketing: www.sierramadreplayhouse.org

Happy Tails

by Chris Leclerc



Nothing thrills me more than to hear good news about people coming together to make a difference for the better on behalf of animals, so it is a small wonder that when I read about California's new Spay and Neuter License Plate Program, I was absolutely elated!

The program was initiated by a group of dedicated animal lovers in California including our state governor Jerry Brown, actor Pierce Brosnan and TV celebrity/dog behaviorist Cesar Millan. The common concern among those involved is shared by most sincere animal advocates as well; that of reducing the number of animals being euthanized in shelters across our state. Over a half million animals are killed in California shelters every year. The statistics are absolutely mind-boggling and it is hard to think about the fact that we are literally murdering that many pets annually because we just can't seem to get a grip on the basic concept of spaying and neutering.

Although it is not the most popular subject to engage in while chatting with a friend, any one who knows me well knows I have long been a strong advocate for not only spaying and neutering but also for squelching the breeding process at least to a point where the population of death-row animals in shelters throughout the US can be reduced to allow the human population to "catch up" in proportionate numbers. Currently there are so many shelter animals in need of good homes with a budget that allows little time to wait, that there are not enough good homes to match them with. We are way off balance with this regard and as members of a civilized society in this day and age, we should be ashamed of ourselves. The animals cannot control their own populations, we must do it for them. Remember, we humans consider ourselves to be the most intelligent among the species, right? Then it's high time we take responsibility for the role that comes with the title.

There are numerous rescue organizations of dedicated people who work feverishly to save as many shelter pets as they can, however I can't help thinking it is almost like putting a band aid on a gun shot wound. The fine people involved in fostering and placing otherwise euthanized animals are saints in my mind, but there are still so many falling to the fate of an untimely death, it's no longer enough to approach the issue strictly from the perspective of rescuing and placing. We have got to nip the problem in the bud. One analogy might be, "Let's pull the weed out by the roots rather than pruning it and allowing it to grow thicker." We need to get to the root of the problem, and let's face it, the root in

CALIFORNIA'S ANIMAL LOVERS GETTING PERSONAL WITH NEW SPAY AND NEUTER LICENSE PLATE PROGRAM

this case is un-controlled pet proliferation and over-population.

Just as it costs loads of cash to maintain shelter facilities for homeless pets and to euthanize those not fortunate enough to be adopted, it also costs a lot of money to spay and neuter in order to help prevent further breeding. So, the initiators of the new Pet Lover's License Plate Program got together with the DMV and came up with a very practical means of helping raise funds necessary to carry out the task. The Pet Lover's License Plate was added to the DMV's list of specialized products just last week, offering the applicant either a standard random alpha-numeric ID or a personalized ID based on availability. Personalized plates are issued on a first come first serve basis, so if you have a particular name in mind, you might want to place your order right away. The plates cost \$50 for standard and \$98 for personalized, with approximately \$40 per plate going to spaying and neutering shelter pets in California.

The plate itself bears original artwork designed and donated by Pierce Brosnan and his family, depicting a whimsical, colorfully drawn image of their two rescued pets, Shiloh, their dog and their cat, Angel Baby. The Cesar Millan Foundation backs the program to help raise awareness of the importance of spaying and neutering pets. The President of the fund, Judie Mancuso told the Social Compassion Legislation Organization, a non-profit focused on reducing pet population through legislation, "The Pet Lovers License Plate provides a fun and easy way to help reduce pet over-population." There are about 32 million plates available to registered vehicle owners who wish to take part in saving the lives of innocent animals in our Golden State. To order a Pet Lover's License Plate, visit your local DMV office or log on to their website at www.DMV.CA.Gov, and for more information and further details about the program, visit www.PetLoversPlate.com.

Just so you know, I plan to purchase a personalized Pet Lovers License Plate of my own, assuming they still have one available that will read: TATERTOTTS. We'll see if I succeed in obtaining a plate that will proudly display the endearing name of my adopted beloved bloodhound. Meanwhile, I encourage all pet lovers out there to get on board with helping save animal's lives by purchasing a Pet Lover's License Plate to show the rest of the state that you care enough to do your part to make a difference for the better on behalf of the animals. And finally, until next week my friends, don't forget to love and let live!




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SAN MARINO STUDENTS RAISE FUNDS FOR SAN GABRIEL VALLEY HUMANE SOCIETY

The Huntington Middle School Rotary Interact Club is sponsoring the 4th All City Talent Show this Friday, September 27 from 7 pm to 9pm in the school auditorium located at 1700 Huntington Drive, San Marino, 91108.

The Talent Show will benefit the San Gabriel Valley Humane Society and Friends In Deed. Tickets are \$25 for adults and \$10 for students.
For tickets and information, contact: denise.wadsworthSLP@gmail.com.

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WHAT'S ON 98

September 30 – October 6

The best musical movies releases the tensions of the day. The positive, up-beat, feelings from the best musical movies make you want to dance, sing and celebrate life.

The musical film genre is unique from all the other film genres in that the characters portray the plot and message of the film with singing and dancing, rather than using speaking and acting to portray the film's message. This genre is fun and different and offers a fresh spin on the usual film genres.

The first musical films ever produced were released in the 1920s--right after having sound in films was made possible. These early musical films often featured live bands, vocalists, and dancers. Lee De Forest was the first producer to put out several short musical films in 1923 and 1924. These films were of the first to include audio tracks including non-diegetic and diegetic music. Some of the first musical films of the '20s were the 1927 Warner Brother's 'The Jazz Singer, Blue Skies, and My Mammy.

By the 1930s, the musical film genre was still getting started, but the genre still managed to put out some the best musical movies, including 'The Wizard of Oz, Snow White and the Seven Dwarves, and Babes in Toyland. In the 1940s, the genre was becoming more popular. Some of the popular films of this decade included 'The Red Shoes, Fantasia, Meet Me in St. Louis, and Yankee Doodle Dandy. By the time the 1950s rolled around, the best musical movies such as 'Singin' in the Rain, Gentlemen Prefer Blondes, White Christmas, and Cinderella lifted the spirits of all of us.

Only the best musical movies impacted the film making industry as well as they reflect the people, music, and events of the current day. When musicals were first made, they were cutting edge technology, compared to the silent films of the previous years. They opened up a whole new way of making films by introducing the use of sounds, singing, dancing, acting, and speaking. Musical films also reflect the current culture. The music and plots that were used in musical films of past decades usually reflected the popular music of the day, and the plots reflected the big news and important events of the day. A good example of this is 'Bye Bye Birdie, directed by George Sidney.

If you're looking to watch a some classic musicals but don't know where to start, here is a list of musical films from free movie websites to help get you started: 'Singin' In the Rain, The Sound of Music, Seven Brides for Seven Brothers, Bye Bye Birdie, Grease, The Phantom of the Opera, and Pitch Perfect.

If you haven't watched many or all of the actors listed above you are in for a real treat. After 11a.m. about every two hours a new movie will start on channel 98.

This is how the schedule works:

7-11	Youth programs and movies
11- Noon	Comedy movies
1-3	Romance movies
3-5	Film Noir movies
5-6	Community Programing
7-9	Crime movies
9-10	Mystery movies

This programming is only available for Sierra Madre Time Warner customers. Those who do not subscribe to Time Warner will not be able to view the programing available on Channel 98.

We are looking for help in provide this service to the Sierra Madre community. I know there is some kind of video entertainment you enjoy. Help develop a time segment for the shows you want to watch.

	My Picks of the Week
Monday	Heading For Heaven & Road to Hollywood
Tuesday	Tommmorow at Seven
Wednesday	Murder on the Campus
Thursday	The Admiral Was A Lady
Friday	Meet John Doe
Saturday	McLintock
Sunday	Till the Clouds Roll By

Make sure you have your popcorn ready, gone to the potty, cushions fluffed and your are comfortable. There are no interruptions during the movie. The films are not edited to time or content.

The City of Sierra Madre is not funding any aspect of the printing, videos, movies, tv shows etc.

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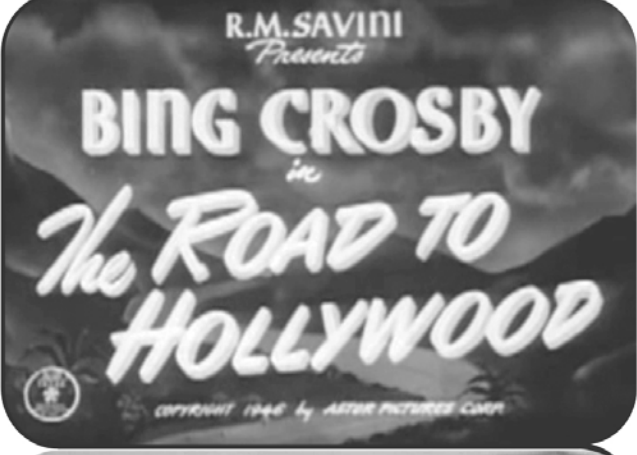
THIS WEEK ON 98

Monday 9.30.13	Movies
7 to 8 am	Children's Programing
9 to 10 am	Northwest Trail
11 to 12 pm	Comdey Showcase
1 to 2 pm	Palooka
3 to 4 pm	Heading For Heaven & Road to Hollywood
5 to 6 pm	Community Programing
7 to 8 pm	Federal Men & Doomed to Die
9 to 10 pm	Human Bondage
Tuesday 10.1.13	Movies
7 to 8 am	Children's Programing
9 to 10 am	Affairs of Cappy Ricks & So This is Washington
11 to 12 pm	Comedy Showcase
1 to 2 pm	Bride for Henry & Lady Gangster
3 to 4 pm	Heading for Heaven & Phantom Thunderbolt
5 to 6 pm	Community Programing
7 to 8 pm	Mystery Showcase
9 to 10 pm	Tommorow at Seven & Terror by Night
Wednesday 10.2.13	Movies
7 to 8 am	Children's Programing
9 to 10 am	Comdey Showcase
11 to 12 pm	Hey Hey USA
1 to 2 pm	Car of Dreams
3 to 4 pm	Strange Illusion
5 to 6 pm	Community Programing
7 to 8 pm	Mystery Showcase
9 to 10 pm	Murder on the Campus
Thursday 10.3.13	Movies
7 to 8 am	Children's Programing
9 to 10 am	Children's Programing
11 to 12 pm	Comdey Showcase
1 to 2 pm	The Admiral Was A Lady
3 to 4 pm	Murder on the Campus
5 to 6 pm	Community Programing
7 to 8 pm	Mystery Showcase
9 to 10 pm	Panic in the Streets
Friday 10.4.13	Movies
7 to 8 am	Children's Programing
9 to 10 am	Children's Programing
11 to 12 pm	The Scarlet Pimpernel
1 to 2 pm	Meet John Doe
3 to 4 pm	The Big Combo
5 to 6 pm	Community Programing
7 to 8 pm	Hi De Ho & Light of Old Santa Fe
9 to 10 pm	Yellowstone
Saturday 10.5.13	Movies
7 to 8 am	Children's Programing
9 to 10 am	The Last Man & Sheriff of Tombstone
11 to 12 pm	Enter the Lone Ranger
1 to 2 pm	McLintock
3 to 4 pm	War of the Wildcats
5 to 6 pm	Community Programing
7 to 8 pm	Triumph of Sherlock Homes
9 to 10 pm	Boy What a Girl & Uncle Joe
Sunday 10.6.13	Movies
7 to 8 am	Children's Programing
9 to 10 am	Forbidden Music
10 to 11 am	Escape to Paradise
11 to 12 pm	Murder with Music & Hawaii Calls
1 to 2 pm	Pygmalion
3 to 4 pm	Murder at Glen Athol & Murder at Dawn
5 to 6 pm	Community Programing
7 to 8 pm	Dixiana
9 to 10 pm	Till the Clouds Roll By



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THE JOY OF YOGA

DO OTHERS FEEL BETTER WHEN I'M AROUND?



What a thought provoking and action oriented question. Hmm. Well I think so, at least I hope so. Yes! I want the answer to be yes. But how?

People do not judge based on thoughts, but by our actions. We are basically how we behave. This is what others see, this is how they know us. So yes, it's possible to be a giver with bad motives, but does it really matter when we are still taking the right actions?

It's like the teacher giving us a practice. We may do the practice to please the teacher at first, but after a while we are still building the dedication it takes to do the practice. If the power lies in the practice, any less than worthy motives will fall away. Our commitment to seeking and cultivating our divine relationship will preside.

In yoga, we could come to the practice wanting--and end up giving. Even changing our whole perspective from wanting mode to giving mode. In wanting mode, there is no end to the little bit of emptiness when what we have isn't enough. It is always on to the next thing. And then that familiar disappointment when we are not satisfied. But in giving mode, we are filled up, (giving from our reserves, of course), becoming energized and usefully whole. The question goes from what can I get to what can I do?

It could be the little things, like not leaving a piece of trash behind or taking a job that no one else wants. Or doing something nice for someone without telling anyone. Call it Karma Yoga. Life becomes rich and fruitful this way.

Our impact on those around us may be less. Or more, but in a positive way. They are not depleted when we're around, but inspired and held. People feel better when we're in the room.

A friend had posed this question recently and I was so inspired by it. I want people to feel better, loved, helped, and supported when I'm around. This is why I continue with this beautiful practice.

Namaste, Keely, Teacher at Yoga Madre

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MAYBE THAT CUP OF JOE IS NOT SO BAD FOR YOU AFTER ALL! By Dr. Tina



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

A recent study by the National Institute of Health finds that coffee drinkers have a lower risk of death. Coffee drinkers were less likely to die from, stroke, heart disease, respiratory disease, diabetes, infections, and injuries. The results of the study were published in the May 17, 2012 edition of the New England Journal of Medicine.

Americans have a love affair with coffee. Coffee is by far one of the most consumed beverages in our country. This study did not establish a reason as to why coffee may lower the risk of death or did not look at the individual components of coffee. Coffee contains more than 1,000 compounds, many of which we do know are health-promoting antioxidants. Any of those 1,000 plus components might potentially affect health. This study looked at a large group of people and their coffee drinking habits. It then looked at death rates of these individuals.

In the study, both regular and decaf coffees were associated with a lower risk of dying, which suggest that other substances in coffee might be more important than caffeine. However, even decaf contains trace amounts of caffeine. The findings stop short of saying that coffee drinking directly lowers the risk of chronic disease.

In other published research studies, one suggested that coffee drinkers have up to a 60 percent lower risk of Alzheimer's and dementia, and may help reduce the risk of Parkinson's. And a joint study from the National Institutes of Health (NIH) and the AARP discovered that folks who drank four cups of coffee a day were 10 percent less likely to become depressed than people who didn't drink coffee.

Science aside, we can't discount the pleasure benefit we derive from drinking a good cup of coffee. My advice would be that all things, even good things, in moderation.

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Getting Clear

by Lori Koop, Career Coach

DECIDE!



Many of my clients want to make a career move, but are unsure of what they love to do. They have guessed wrong in the past, and they're afraid of doing it again. But moving forward requires a decision. So, many are stuck, waiting for "the right answer."

To help find it, they ask others. They look to the past. They reference culture. Their left brain clicks into high gear -- it is determined to find the answer. It looks and looks. (And makes us crazy in the process.) In the end, it doesn't know... it just has to guess. It can't know, it does not have access. The answer lies in the right brain, and it lives in the left.

To get to the right brain and your answer, use your body. The spirit uses the body to communicate our true path. If you're stuck, find a quiet, peaceful place and try this:

1. Make a list of the options you're considering.
2. Take the first one and imagine doing it. Close your eyes. Engage all the senses: sight, sound, touch, taste and smell. See yourself in action and really feel it.
3. On a scale from 1 to 10 (10 being the most excited), score your excitement.
4. Go to the next option. Do steps 2 and 3 again. Don't worry about why, just stick to the body sensations.
5. Experience each item on the list with your body and score it.

The option that scores the highest is the "winner!" It most aligns with your true self and the work you're here to do. Start there! I know, it's not how you're used to making decisions. It's a NEW way. Try it, if you're tired of waiting.

Lori Koop, *Reinvent your Career . . . Do work you love!*
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STRESS MUCH?

Stress is everywhere, there seems to be no end to it. The issue becomes not how to avoid stress, but how to deal with stress. What do you do to stop the adverse effects on your body, your mind, your soul? What are the secrets to removing the physiological, psychological effects of stress?

Every emotion you feel sends different biochemicals (hormones) through your body. One can not only feel the effects, but see the effects. Pain, inflammation, dis-ease, headaches, tiredness, fatigue are just a few of the signs of stress in the body.

So since stress is everywhere and there is simply no way to avoid it, what can be done? The answer is to assist the body in dealing with the effects of stress. Fueling your body with food (real foods), exercising, breathing, relaxing, taking supplements, and getting adjusted (chiropractic) will help your body remove the adverse effects of stress.

If you are having any symptoms due to stress, this is an invitation to take a moment and make a plan. What are you going to do to help your body not degenerate, not be in pain, to not be tired? Make it simple and just do one thing a day for a week, then add another the next week. Stressing out over what to do is not a good plan either.

I would like to invite you to experience a different way of reducing stress. Get your stretch on at Hands 2 Health Wellness Center's Stick Stretching Studio. Stick Stretching is a new paradigm for wellness. Stick Stretching will give you balance, flexibility, strength, toning, reduction of stress and tension and increase your energy levels. For me, this has been the best form of stretching and exercise. It could be the one thing you decide to do differently this week!

For more information, go to www.hands2health.com or call (626)358-3800.

GENETIC TESTING FOR CANCER

A presentation dealing with genetic testing for cancer will be given at the Cancer Support Community-Pasadena on Tuesday October 22, 2013 from 6.30 p.m. to 8 p.m. The presentation is free. Deborah MacDonald RN will discuss the part played by family history in connection with the development of new or recurrent breast cancer. She will also discuss how genes may increase the risk of other cancers.

Location is the Cancer Support Community-Pasadena, 200 East Del Mar Blvd., Suite 118, Pasadena Ca 91105. Reservations at 626-796-1083. www.cscpasadena.org



What is the real cause of belly fat and excess weight? Your body has a specific hormone called *lipten* that curbs your appetite and burns fat. When this hormone isn't working properly you gain weight uncontrollably. Fortunately, because of a recent scientific breakthrough your fat burning hormone can be reactivated in just three days, prompting rapid weight-loss.

Now you can lose up to 3 pounds a week (7-lbs in the first week) with a cutting edge, all-natural weight-loss method that will have your hormones burning fat like a teenager again. You don't have to throw away those old jeans. Call today for an appointment!

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We'd like to hear from you!
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HOW TO SAFELY DISPOSE OF UNUSED MEDICINES

Dear Savvy Senior:
What is the safest way to dispose of unwanted medications? My husband and I have drawers full of unused and expired drugs that we'd like to get rid of, and get them out of sight of our curious grandkids. What can you tell me? Concerned Grandmother

Dear Concerned:
The safest and most responsible way to dispose of unwanted, unused or expired, medications is to take it to a medicine take-back event. And the next prime opportunity to do this is on National Prescription Drug Take-Back Day, which is slated for Saturday, Oct. 26, 2013, from 10 a.m. to 2 p.m.

National Take-Back Day is a free, anonymous program that will have around 6,000 designated sites nationwide – including many fire and police stations, and community centers – where you can drop off your unwanted medications.



Developed by U.S. Drug Enforcement Administration, the take-back program was created to help address the ongoing problem of prescription drug abuse, as well as improper use of medications and accidental poisonings.

In the three years of semiannual collections, more than 1,400 tons of prescription meds have been collected and incinerated.

To find a collection site near you, visit dea.gov or call 800-882-9539.

The reasons take-back sites are a better option than tossing the medications yourself are because throwing drugs in the trash gives kids, grandkids and pets the opportunity to get at them, and a wastebasket is a likely place for family drug abusers to check after they've looked in the medicine cabinet. And flushing them down the toilet – unless instructed – is generally a bad idea because the Food and Drug Administration (FDA) wants to minimize drug residues in the public water supply.

Self-Disposal
If you happen to miss take-back day or there's no site available near you, talk to your pharmacist to see if he or she knows of another medicine disposal program in your area, or call your city or county government's household trash and recycling service. Or, if you want to dispose of your pills on your own, here are some tips recommended by the FDA.

First, remove all personal information and drug names from the label by scratching it off, or marking over it with a permanent marker.

Then take the medications out of their original bottles and mix them in another container (like a sealable bag or empty margarine tub) with an undesirable substance, such as cooking oil, coffee grounds or cat litter. Then seal the container and throw it in the trash. This will make the medication less appealing to children, pets and unrecognizable to people who may intentionally go through your trash.

There are, however, a few medicines that may be especially harmful or even fatal if used by someone other than the person for whom the medicine was prescribed. These medicines have specific disposal instructions indicating they should be flushed down the sink or toilet as soon as they're no longer needed, and when they cannot be disposed of through a medicine take-back program. To see an FDA list of medications that should be flushed once expired, go to www.fda.gov, and type "flush drugs" into the search box.

If you have other questions about proper drug disposal, talk to your pharmacist.

And to keep the medications that you and your husband currently use secured and out of reach of your grandchildren and others, lock them up in a drawer, medicine or fire cabinet, or consider purchasing a medicine lock box at your local pharmacy or big-box retail store.

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



EMBARASSMENT: And Other Strong Motivators

Organization has never come naturally to me. As a child, I remember somewhat helplessly stuffing school papers into my desk or backpack. My parents would question my "filing system" as I retrieved months-old crumpled papers. "Hey," I'd say, "I didn't lose them!" I grew up with the adage, "A place for everything and everything in its place." The only problem was that I kept changing the places for things, and then forget where those places were.

You'd think that surviving through higher education would instill great organizational skills in me. Nope! I don't think my problem is that I can't categorize things, it is more that some things can fit into several categories. This puts me at a loss of where to categorize them. Every so often I feel compelled to devote serious time to organizing my things. However, after half an hour of shuffling through papers, I'm no farther along than I was when I started. It's at this point that I sigh and stuff everything back where I had it (hoping that I'd remember its location if I ever needed to). Often "where I had it" is either an overflowing filing cabinet, or in the case of my work, a burgeoning supply closet.

I refer to this storage space as "the closet of doom." On my own behalf, I wasn't totally at fault because it was already stuffed beyond capacity when I inherited my job from my predecessor. My company isn't the sort of place where people pack all their office belongings into a tidy little box when they leave. Oh no --they leave all their materials for the next guy. Of course I was extremely grateful for the surplus of supplies available to me when I first started out. However, even then it was hard walking into another person's organization system and trying to make sense of it. There were many things I never used, but felt unable to toss, since they were "the company's." And since the lady before me found them useful, who was I to get rid of them? These were inevitably stuffed into the closet of doom.

The door-less closet of doom stayed dormant for years. Occasionally its contents would pile up around the entrance, creating a potential avalanche. I shuddered every time I put anything in there. This year, I actually asked my mom to sew me a curtain to hide the mess, which she did (thanks, Mom!). Who knows how long this closet could have kept growing if not for a recent request from my new boss!

My old boss retired recently, and we now have a new commander in chief. He's been very sweet, and so far, we've all had nothing but good experiences with him. However, it's always prudent to please your boss --especially during the "first impressions" phase.

Last week, my new boss casually informed me that another new employee would need to store some boxes in my office, and asked if I could please make room for say --forty banker boxes. Whoa! I can barely hide my own junk! (But that's not a great admission to make.) "Sure," I replied via email, "Send the boxes over!"

Let me tell you, I've never embodied the phrase, "bust and move" until now! Not only did I clear away my own junk, but I excavated specimens from the 90's, 80's, and (yes) 70's! It was like an archaeological dig, without the sexiness of Indiana Jones. At last I saw something I'd never before laid eyes upon --the back wall of my supply closet. I doubt it's seen the light of day in thirty years. Unfortunately, there were some things I actually wanted to save. So I heaped them in the middle of my office until the closet had been filled with whatever my co-worker needed to store. So, to anyone walking by, it looked like I had a pile of rubble in my office.

Nevertheless, I wanted to "share the moment" with someone, but admitting my poor organizational skills to my coworkers would've killed the joy I felt. (I'm sure they've suspected it all this time, but admission only confirms their suspicions.)

Finally ready, I called the custodian (who doubles as the ultimate tech-support for the company, but that's another story) to start loading up my closet with my new co-worker's things. He stopped in his tracks at the sight of my empty closet and breathed, "Whoa...." I was proud.

"You know, though," he said, "The board is visiting this week, so we won't be able to load the boxes until next week, or maybe the week after." I was still smiling at him like an idiot when he clarified the situation for me, "You'll need to move all this stuff back (the stuff in the middle of my office). Maybe we can load the new things next week." Even though most of my co-workers have now seen the junk heap in my office, I don't mind. Even though the custodian/tech genius probably thinks I'm too quick to jump the gun, I still don't mind. I've seen the back wall of my closet, which I know I would've never seen if all this hadn't taken place. If for no other reason, I'm glad it gave me the impetus to actually CLEAN my closet. Who knows how many decades it would've sat untouched otherwise...



SENIOR HAPPENINGS

By Pat Birdsall

FYI: THEY MAKE HOUSE CALLS

It seems that burglars have replaced doctors when it comes to making house calls. The uptick in local residential burglaries has been steadily increasing as all of you know...Just a quick refresher course on how to keep your house as safe as possible:

- 1) Keep a light on in the house.
- 2) Put up a "Beware of Dog" sign whether you have a dog or not.
- 3) Keep your yard tidy. Bushes shouldn't be higher than 3' and trees no lower than 6'; that way burglars' can't hide in your yard.
- 4) Take your name off the mailbox. Criminals can locate your landline phone number if they have your name and then call to see if you're home!
- 5) Never leave a spare key outside.
- 6) Watch what you throw in the recycling bin (a box from a flat screen T.V., for example.
- 7) Always lock doors and close windows when leaving the house.

If you see anything or anyone who seems suspicious, call 911. Stay safe. (Instant Checkmate)

HELPFUL HINT: Who doesn't love microwave popcorn? The problem is the oily, salty goo (and extra calories and chemicals). To eliminate them, put two tablespoons of popcorn kernels in a paper lunch bag, fold the open end over three times to seal, cook on high in the microwave for three minutes (time will vary depending upon your microwave, so adjust accordingly). It's air popped so it's only 80 calories...not to mention a great price, about ten cents a serving!

FOR YOUR FUNNY BONE - A woman awakes during the night to find that her husband not in their bed. She puts on her robe and goes downstairs to look for him. She finds him sitting at the kitchen table with a cup of coffee in front of him. He appears to be in deep thought, just staring at the wall. She watches as he wipes a tear from his eye and takes a sip of coffee. "What's the matter, dear?" she whispers as she steps into the room. "Why are you down here at this time of night?" The husband looks up, "Do you remember 20 years ago when we were dating and you were only 17?" he asks solemnly. The wife is touched thinking her husband is so caring and sensitive. "Yes, I do," she replies. The husband pauses. The words are not coming easily. "Do you remember when your father caught us in the back seat of my car?" "Yes, I remember," says the wife, lowering herself into a chair beside him. The husband continues... "Do you remember when he shoved a shotgun in my face and said, "Either you marry my daughter or I will send you to jail for 20 years." "I remember that too," she replies softly. He wipes another tear from his cheek and says, "I would have gotten out today!"

HAPPY BIRTHDAY! ... September Birthdays



Clem Bartolai, Ed Clare, Donna Anderson, Teresa Chaure, Cathy Gunther, Esther Macias, Sheila Pierce, Nancy Sue Shollenberger, Yvonne Osti, Patti O'Meara, Judie Cimino, Mary Steinberg, Geri Wright, Parvin Dabiri, Denise Reistetter, Nehama Warner, Verdella Johnson and Edwina Garcia.

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

Quote of the Week: "A teacher affects eternity; He can never tell where his influence stops."
~ Henry Adams



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: Held Second Tuesday of the month from 11:00 am-12:00 pm: 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: Emergency Preparedness
Wednesday, September 28- 12:00 to 1:00 pm Hart Park House Senior Center
Prepare yourself for fires, earthquakes and winter storms with this informative presentation. Learn how to make a family emergency plan and take home an emergency kit from our friends at the American Red Cross. Preparing for disasters before they strike enables people to respond more effectively when they do occur. If you would like to have lunch during the talk, please make a lunch reservation with the Senior Lunch Café 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.



UPCOMING EXCURSIONS:

Save the Date! Oktoberfest (Big Bear, Ca.) Saturday, October 12, 2013
Time: 8:30 am to 4:30 pm Meeting Location: Hart Park House Senior Center
Cost: \$89.00 (Lunch included)

Join us for the biennial trip to Big Bear for Oktoberfest. Upon arrival the group will enjoy a narrated bus tour of Big Bear Lake, current issues facing their eco-environment and various stories and antics occurring at the Lake. A German style lunch including a variety of wursts, potato salad, sauerkraut, pretzels and apple strudel will be served. During and after lunch enjoy German entertainment, learn traditional dances and peruse vendor booths.

*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 ~

SIERRA MADRE FARMERS MARKET

The Sierra Madre Farmer's Market hours have changed to 3:00pm through 8:00pm every Wednesday. Vendors include Dry Dock which has fresh and wild caught fish, Rustic Loaf with artisan breads, Cutie Pie with fresh pies and much more!

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

Looking Up with Bob Eklund

“DEEP IMPACT” COMET HUNTER MISSION COMES TO AN END

After almost 9 years in space that included an unprecedented July 4th impact and subsequent flyby of a comet, an additional comet flyby, and the return of approximately 500,000 images of celestial objects, NASA's Deep Impact mission has ended.

The project team at JPL has reluctantly pronounced the mission at an end after being unable to communicate with the spacecraft for over a month. The last communication with the probe was Aug. 8. Deep Impact was history's most traveled comet research mission, going about 4.7 billion miles.

“Deep Impact has been a fantastic, long-lasting spacecraft that has produced far more data than we had planned,” said Mike A'Hearn, the Deep Impact principal investigator at the University of Maryland in College Park. “It has revolutionized our understanding of comets and their activity.”

Deep Impact successfully completed its original bold mission of six months in 2005 to investigate both the surface and interior composition of a comet, and a subsequent extended mission of another comet flyby and observations of planets around other stars that lasted from July 2007 to December 2010. Since then, the spacecraft has been continually used as a space-borne planetary observatory to capture images and other scientific data on several targets of opportunity with its telescopes and instrumentation.

Launched in January 2005, the spacecraft first traveled about 268 million miles to the vicinity of comet Tempel 1. On July 3, 2005, the spacecraft deployed an impactor into the path of comet to essentially be run over by its nucleus on July 4. This caused material from below the comet's surface to be blasted out into space where it could be examined by the telescopes and instrumentation of the flyby spacecraft. Sixteen days after that comet encounter, the Deep Impact team placed the spacecraft on a trajectory to fly back past Earth in late December 2007 to put it on course to encounter another comet, Hartley 2, in November 2010.

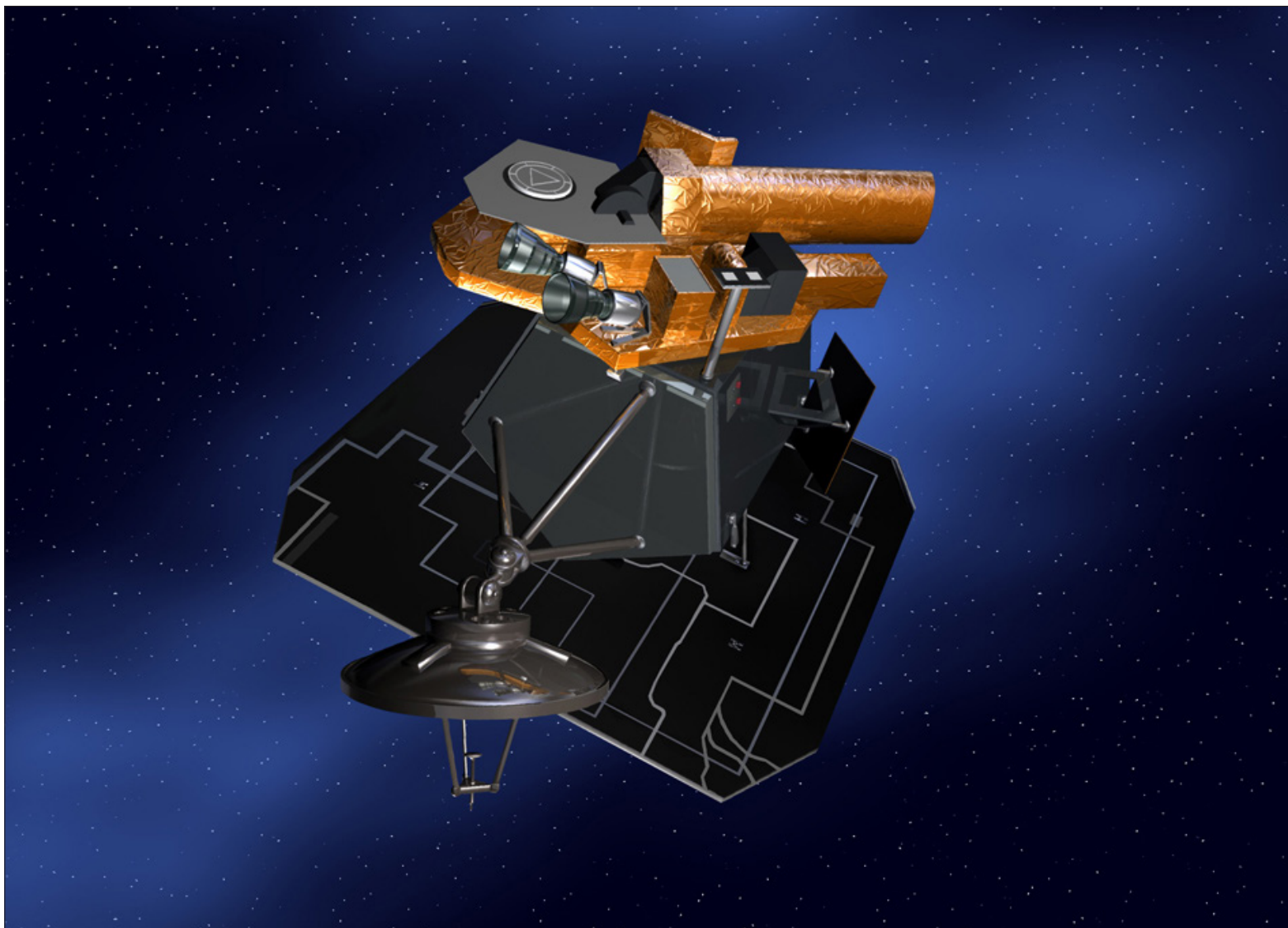
“Six months after launch, this spacecraft had already completed its planned mission to study comet Tempel 1,” said Tim Larson, project manager of Deep Impact at JPL. “But the science team kept finding interesting things to do, and through the ingenuity of our mission team and navigators and support of NASA's Discovery Program, this spacecraft kept it up for more than eight years, producing amazing results all along the way.”

The spacecraft's extended mission culminated in the successful flyby of comet Hartley 2 on Nov. 4, 2010. Along the way, it also observed six different stars to confirm the motion of planets orbiting them, and took images and data of the Earth, the Moon and Mars. These data helped to confirm the existence of water on the Moon, and attempted to confirm the methane signature in the atmosphere of Mars. One sequence of images is a breathtaking view of the Moon transiting across the face of Earth.

In January 2012, Deep Impact performed imaging and accessed the composition of distant comet C/2009 P1 (Garradd). It collected early images of comet ISON in June of this year.

After losing contact with the spacecraft last month, mission controllers spent several weeks trying to uplink commands to reactivate its onboard systems. Although the exact cause of the loss is not known, analysis has uncovered a potential problem with computer time tagging that could have led to loss of control for Deep Impact's orientation.

Image above courtesy NASA. Other images: http://www.nasa.gov/mission_pages/deepimpact/multimedia/pia02137.html
You can contact Bob Eklund at: b.eklund@MtnViewsNews.com.



BUSINESS NEWS & TRENDS

BUSINESS TODAY

The latest on Business News, Trends and Techniques

By La Quetta M. Shamblee, MBA



RECESSION PROOF YOUR LIFE WITH MULTIPLE SOURCES OF INCOME

The economic turmoil during the past few years has spawned a growing number of part-time business ventures. As the number of company closures and downsizings escalated during the recent recession, it resulted in thousands of lay-off notices for employees. Some were able to find viable employment and get right back to work. Some others took the opportunity to take a much-needed break or enrolled in a school or training program to retool for a new career. For some, the shock of being without gainful employment for an extended period for the first time in their lives proved devastating, emotionally and financially.

Although there were a series of factors that led to the most tumultuous downturn since the Great Depression, the unexpected shake up in the mortgage industry caught most everyone by surprise. Almost every industry absorbed the shock after the Federal National Mortgage Association (known as Fannie Mae and Freddie Mac) was deemed ostensibly bankrupt in September 2008. Without this national safety net of mortgage insurance, it had a domino effect on mortgage lenders across the country, having an adverse impact on every industry section impacted by the packaging and resale of home mortgages.

People who had followed the advice of all the experts on investing in mutual funds and other instruments tied to the housing market watched unprecedented declines in the value of their portfolios and retirement accounts. For many, this seemed like the end of the world, but for others, it triggered a reason to rethink, regroup

and retool to make up for lost time and money.

Two of the most important lessons from this period are to 1) Eliminate all unnecessary debt, 2) Put some money away for unexpected rainy days ahead and 3) Learn how to establish multiple streams of income to ensure that your livelihood is not totally disrupted. This third option allows for individual creativity and the chance to build an income stream doing something you love to do.

An extra stream of income for one individual may constitute what was previously referred to as “moonlighting” (i.e. working an extra job to supplement one's main income). The income tax season and the holiday season are two examples of time periods that additional staffing is needed to meet the temporary demands of an increased number of customers. It might be prudent to consider and prepare for similar opportunities by enrolling in online training programs or volunteering to gain work experience to prepare oneself to make money during the next cycle of seasonal opportunities. Individuals with talents for creating new products, novel and practical, may find a profitable niche by becoming a vendor at some of the street fairs and community festivals throughout the region.

This is an opportune time to put some action behind your creativity with minimal financial investment, especially considering that a broad range of products and services can be marketed and build into a viable revenue stream via the internet.

**Tips of the Trade:
Real Estate Revealed**
by Luther Tsinoglou

THIS TOO SHALL PASS

Even with recent gains in the market, the concept of homeownership is still under attack. Owners feel let down by falling values, critics say the American Dream has become a nightmare, and others say renting is the best option now. There is no doubt that many have suffered at the hands of bad lending practices and economic turmoil associated with the recession.

However... owning a home has always been a huge part of the American Dream, and will continue to be so long after the current economic crisis and wave of defaults has passed. Our homes are a place of security for our families and for establishing traditions with our friends.

No one can argue against the benefits that homeownership provides to our communities and to society in general. Homeowners have a higher level of self-esteem, education, and involvement in civic activities. Why try to tear down these fundamental truths simply because we are in a downward part of the always dynamic cycle of real estate?

The time has come to reaffirm the dream of homeownership, but in a more sober and accountable fashion. We should emphasize responsible ownership for the long term, which helps us and our communities achieve the common goals of financial and social well-being. Today's naysayers will change their tune when the cycle rises again, and you can count on that.

**Social Media
Tips & Tricks**
By Merri Jill Finstrom

HOOTSUITE MAKES SOCIAL MEDIA EASY

It's hard to keep up with social media. When a business decides to build a social media footprint online, it seems overwhelming. There are lots of tools to choose from and it takes time to build. Most people wonder how they can keep up with it. It's important to remember that technology should make your life easier. Social Media technology, if used efficiently, can actually save time and help your message reach a larger audience.

One of the tools that helps streamline social media is Hootsuite (hootsuite.com). It's basically a dashboard for all of your social media platforms that allows you to manage your messaging and connections across multiple social networks from one secure location.



The free version allows you to manage up to 5 social profiles. The paid version costs around \$10 per month and you can manage up to 50 social profiles.

You could manage all your different LinkedIn Groups (post to them and respond to other posts). It allows you to post directly to your Company Pages, Groups and Profiles, as well as create job search streams.

You could use it for a variety of platforms: Twitter, Facebook, LinkedIn, Google+ and Word Press. You can schedule your Tweets and posts on Facebook. If you have a Wordpress blog, you can use HootSuite's to schedule content to multiple Wordpress accounts.

To set up a free account on Hootsuite, just go to www.hootsuite.com

About MJ: MJ and her brother David own HUTdogs, a creative services business that specializes in Internet Marketing strategies. They are known for providing valuable information at their Social Media and Email Marketing classes. “Like” them on Facebook for trending news in social media, internet marketing and other helpful tips. www.facebook.com/hutdogs. Sign up for their upcoming classes and presentations at: www.hutdogs.com/workshops/schedule

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A HOMERUN EVENT FOR HATHAWAY-SYCAMORES AT DODGER STADIUM

Over \$150,000 raised for kids in need; Pasadena philanthropists John and Linda Seiter presented Celebrating Children Award

Storied Dodger Stadium was the site for Hathaway-Sycamores Child and Family Services' 2013 Celebrating Children Awards Reception on Tuesday, Sept. 24. Some 400 people attended the annual event, which raised over \$150,000 for the more than 9,000 children and families served each year by Hathaway-Sycamores, one of Los Angeles County's largest, nonprofit, private children's mental-health and welfare agencies.

Those attending this special event not only had the entire stadium to themselves, as the Boys in Blue beat the Giants in San Francisco, but they also were treated to private tours of the stadium, and a meet-and-greet photo/autograph session with Dodger great Maury Wills, and Delano Robinson, Jackie Robinson's sister-in-law. A standout MLB shortstop, Wills is best remembered for his years with the Los Angeles Dodgers (1959 – 1966, and 1969 – 1972), and was an essential component of the Dodgers' championship teams in the mid-1960s. Roger Owens aka "The Peanut Man," who is famous for pitching peanuts in Dodger Stadium, was also in attendance entertaining guests with his throwing prowess!

Guests of the 2013 Celebrating Children event, which was emceed and chaired by Hathaway-Sycamores' Board Member Ken Goldstein, also enjoyed a Stadium Club cocktail party replete with a Southern BBQ spread, and dodger dogs, followed by a live auction. The centerpiece of the Celebrating Children event, however, was the presentation of the Hathaway-Sycamores' Celebrating Children Award, which honors an individual or family that exemplifies the values of integrity, leadership and commitment to the well-being of children, adults, families, and communities. This year's award recipients were philanthropists and longtime Pasadena residents John and Linda Seiter.

The Seiters also have been longtime supporters of Hathaway-Sycamores. For her part, Linda Seiter served on Hathaway-Sycamores' Board of Directors from 1996 through 2005. She also has been actively involved in the agency's annual "Shot-At-A-Million" golf fundraiser, not only as a player, but also as the host of several post-event parties.

Additionally, for more than a decade, the couple has sponsored an annual holiday dinner for the youth in residential treatment at Hathaway-Sycamores' El Nido campus in Altadena. Currently, the Seiters are directing their support toward Hathaway-Sycamores' Transitional Independent Living Program, an innovative initiative designed to assist youth emancipating from the foster-care system by providing housing and helping them to master the skills needed to live independently.

The Seiters are dedicated philanthropists. "We really believe strongly in giving back and supporting the community," said John Seiter, who, prior to retirement, spent the majority of his career with The Capital Group, where he served as a member of its Board of Directors, and as executive vice president of a subsidiary business, Capital Guard Trust Company. In addition to their generous support of Hathaway-Sycamores, the Seiters also donate to other worthwhile organizations through the Seiter Family Foundation. Their Foundation's overarching focus is on the greater Pasadena area and the San Gabriel Valley, with a particular emphasis on education, children, and medicine."

Commenting on the Celebrating Children Award recipients, Hathaway-Sycamores' President and CEO William Martone said, "John and Linda Seiter have bettered the lives of so many people, particularly



Hathaway-Sycamores Celebrating Children event held at Dodger Stadium on Sept 24: Rob Myers (executive vp, Hathaway-Sycamores), Michael Young (executive vp, corporate partnerships, Dodgers), John Seiter (of Pasadena, event honoree), Dodger great Maury Wills, Linda Seiter (of Pasadena, event honoree), Bill Martone (president and ceo of Hathaway-Sycamores), Ken Goldstein (Hathaway-Sycamores board member and Celebrating Children event chair)
Photo credit: Keith Berson

children, and Hathaway-Sycamores is extremely appreciative of their longstanding support. The Seiters, including their daughters, have always looked beyond themselves and instead focused on how they can help others. They truly are an inspirational family."

Major individual and corporate sponsors for the 2013 Celebrating Children Awards Reception included: Linda and John Seiter; Southern California Gas Company/Sempra Energy; Morrison & Foerster LLP; Wells Fargo; Paulette and Henry Matson; Pelican Hill Resort; Llumina Press; Meadowood Napa Valley; and Target.

LET THE RACES BEGIN! By Joan Schmidt



There's a lot of excitement in the City of Arcadia these days and why not? First throughout the summer there were GREAT music venues at Santa Anita Park and the Arboretum. People are still talking about Chubby Checker and the great Oldies event at Santa Anita. Not to be outdone, the Arboretum can boast of the great Beatles tribute. Just the other night was their annual Taste of Arcadia with endless food booths, entertainment and a walk on the Red Carpet!

Now the real excitement begins! This Friday September 27 live racing returns to Santa Anita Park through November 27th. Many consider Santa Anita Park the premier of racetracks and I agree with the unmatched view of our beautiful San Gabriel Mountains!

Opening day kicks off the season with a FREE Breeders' Cup at Santa Anita poster and the \$5000 Show Visor handicapping contest.

Saturday, September 28th is a great family day. There will be Free Breeders' Cup at Santa Anita tote bag, KROQ Concert (Wear your dancing shoes!) and Food Truck Festival!

On October 4, Friday, by 7:30, a photographer's dream! Enter through Gate 8 before 7:30 am to register and shoot photos at Clocker's Corner. There will be hundreds of horses working out and with the backdrop of the Mountains; you'll have a perfect setting. When workouts conclude, breakfast will be served.

The following day, Saturday, October 5th, jockeys will be signing autographs on Free Santa Anita Jockey posters.

Other upcoming events include Saturday October 12th Oktoberfest with German beer and food as well as live entertainment; Sunday, October 13th Road Kings Car Show, Monday, Columbus Day is Dollar Day: \$1 hot dogs, soda and beer; and Saturday, October 19th, Free Santa Anita Throw Blanket for Thoroughbred Members. (It should be noted all freebies are "while supplies last" but they also have a lot!)

Of course the REAL EXCITEMENT is the upcoming Breeders' Cup World Championships on November 1 and 2. My birthday gift this year is attending on Friday, and I cannot wait. You can purchase tickets at BreedersCup.com/SA. There also is information on the various races and what horses are favorites for each race. See you at the track!

FAMILY NATURE HIKE – HENNINGER FLATS! SATURDAY OCTOBER 5TH, 7:30AM SHARP!

We will meet at the Arcadia Community Center, 365 Campus Drive, at 7:30am sharp and board a bus to Henninger Flats, a forested notch sitting conspicuously on the mountain slopes above Altadena. Henninger Flats is one of the most popular destinations in the San Gabriel Mountains.

This hike is five miles roundtrip with a 1,300 foot elevation gain with a moderate level of difficulty. The dirt road is wide and well graded, it boasts outstanding city views all the way up especially in the non-summer months when the air is fresh and the visibility can be clear. At the top of Henninger Flats, is a real treat, complete with water, picnic tables, bathrooms, a nature center & museum and lots of pleasant shade where we will enjoy our lunch. Children must be accompanied by an adult. Be sure to bring sunscreen and a hat. Pre-registration is required. The cost is \$15 and includes lunch and transportation.

You can register now, on-line or in person! To download the registration form, go on-line to the City of Arcadia's website: www.ci.arcadia.ca.us or stop by the office, 375 Campus Drive. For more information please call 626.574.5113!





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.



HOOP IT UP BASKETBALL TOURNAMENT SLAMS INTO THE CITY OF PASADENA OCTOBER 4-6,

La Salle High School to host the event with the Pasadena Community Health Fair

Pasadena, September 9, 2013-The La Salle Board of Regents is proud to announce that the Hoop It Up Basketball Tournament is returning to Southern California after a ten year absence. Established in 1989 by the National Basketball Association, Hoop It Up is the nation's largest three-on-three outdoor street basketball competition. Over the years, more than 500,000 players have competed in the games. The tournament is designed to promote both community and fitness, and will be open to youths, teens and adults, with an expected participation of 400 to 500 players with hundreds more in attendance. The weekend's events will be held at the La Salle High School Campus and will also feature a 3 point shooting contest and slam dunk contest on Saturday, October 5th.

As part of the ongoing efforts to promote fitness, health, and well-being in the community at large, La Salle High School will also host the inaugural Pasadena Community Health Fair during the Hoop It Up Tournament on October 5th from 9am to 4pm on the La Salle campus. This supporting Community Health Fair will be free to all participants thanks to the generosity of the event sponsors Methodist Hospital of Arcadia, Merrill Lynch, East West Bank, and Dick's Sporting Goods.

WHO'S GOT NEXT THE BASKETBALL TOUR

HOOP IT UP

**PASADENA, CA
OCTOBER 4-6, 2013**
AND PASADENA COMMUNITY HEALTH FAIR - OCTOBER 5TH

**La Salle High School
3880 E Sierra Madre Blvd
Pasadena, CA 91101**

Team Fees Only:

- Youth - \$100
- Teen - \$150
- Adult - \$200

Each player Receives:

- 3 Game Minimum
- T-Shirt
- Awards for First and Second Place Teams

REGISTER @ HoopItUp.com

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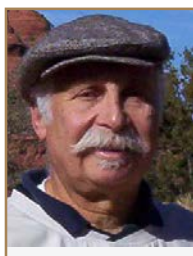
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The traditions of community newspapers and the concerns of our readers are this newspaper's top priorities. We support a prosperous community of well-informed citizens. We hold in high regard the values of the exceptional quality of life in our community,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



STUART Tolchin.....On LIFE A LITTLE DIALOGUE

(Doctor-D, hereafter):
“You had a large heart attack.”
(Me M, hereafter): “I did not.”
D: “You did too.”

M.: “I did not. Wouldn’t I remember? Anyway, what is a heart attack and what is a large heart attack?”

Can you believe this conversation? It’s now Thursday and there is this angiogram scheduled for next Wednesday which should answer a few questions. Questions .like did I have a heart attack and if I did so what and what medically can be done about it. Unfortunately I looked up silent heart attack on the internet and learned that such secret horrors compose one-quarter of all heart attacks. Who is prone to such attacks? Well the main people at risk are people in the following categories:
1) People with diabetes
2) People over 65 and
3) People who take regular medication.

I’m battling 1,000. Bingo, Bingo, Bingo. What are the results of a silent heart attack? Other than a small thing like loss of life, the permanent symptom is a scarring of the heart which inhibits its function and results in a pronounced limitation on longevity. Another symptom is a doubling of the likelihood of dementia. Frankly if I have to choose between the two I find the dementia more frightening. One more related symptom is an impending sense of doom.

I think that I may have been attempting to cope with this impending sense of doom in my articles. Not that overpopulation, environmental catastrophe, nuclear war, lack of gun control, water and food shortages, likelihood of plague, continuing gigantic economic disparity, and a possible late season collapse by the Dodgers are not things to worry about, but perhaps my worrying had another cause.

IT’S NOW TUESDAY THE DAY BEFORE THE SCHEDULED PROCEDURE. During the past week I’ve gone through all the predictable stages—except that they weren’t very predictable to me. Last Wednesday I was feeling really nostalgic decided to go to the quasi-fancy fish restaurant for lunch where my daughter had first been introduced to Irene, my loving companion for the past twenty years. At first things looked great; there was a noon-time Dodger game on the huge three televisions in the bar and there was no one else in the room. I violated my previous dietary no-salt restrictions and ordered a bowl of clam chowder for the first time in five years. Along with the chowder I ordered an Arnold Palmer and some fish. When the waiter came with the chowder it came without any accompanying roll. When I asked if I could have a little sound on the

television the waiter said that he was not allowed to turn up the sound because there was organ music played at the game and this restaurant was not licensed to broadcast music. I absorbed this information and ordered a refill of my Arnold Palmer. The waiter informed me that he would have to charge me full price for the refill as that was the policy of the restaurant. I exploded at the waiter. No roll, no sound, no refill—good bye. In a few seconds I realized that this was not my typical behavior (perhaps it should be) and I came back and explained to the waiter that I was under some stress. Right, he said; “I got my own problem.”

Alas, that’s the main thing I have learned during the week. The world is filled with people having their own problems and it is not going to stop and agonize over me. Maybe it’s not too far-fetched to say that my large heart attack kept itself secret from me in the same way that many of us keep our secrets from one another. As I walked around the canyon this morning, sharing my story with anyone that would listen, I learned that other neighbors had already undergone the same procedure but really didn’t want to talk about it that much. I admit that I was searching for sympathy from a world that just does not have time to give it. I had e-mailed a couple of religious friends and told them if they wanted to pray for me to just go ahead—I wouldn’t mind

Some of the responses I received were surprising. People said it didn’t surprise them that atheists like me turned toward religion in time of need. I don’t think that’s really fair but that didn’t bother me as much as the lady who wrote to me saying “Stuart, death is not that bleak.” Well, maybe not for her, but I can’t say I’m looking forward to it. So what have I learned during the past week? When I started this article I had hoped that I would come to some grand conclusion and that I would be able to talk knowledgeably about peace and surrender and harmony. I thought the world would somehow embrace me; and it’s true my wonderful wife comes by and hugs me as I struggle to complete this article. Friends have written and told me how they have appreciated me and my articles. My children and my sister have been as supportive as they could possibly be; but still right now what I am experiencing is a stiff neck, stomach cramps, and that feeling of impending doom combined with just plain fear. Maybe that’s what I’ve learned this week. A substantial portion of the world feels these same fears every day of their lives and still they fight on and do the best they can to survive. Maybe my fear will give birth to some knowledge as to how lucky I have been for all of my life and will motivate me to start living healthily, responsibly, and caringly? Who knows—only my hairdresser knows for sure –and I’m bald.



OUT TO PASTOR

A Weekly Religion Column by Rev. James Snyder

HOW FAST THE SHADES OF SUMMER HAVE FADED

Am I getting old or his time passing faster than it used to? It seems I just settle down to do something and before I know it, it is over.

Back in “the day,” a minute had 60 seconds. An hour had 60 minutes. A day had 24 hours. Oh, for those good old days.

I am not exactly sure how many seconds a minute has or how many minutes an hour has because he goes by so fast I cannot keep track. Technology has taken over and I for one object.

For example, I like looking at my wristwatch and seeing the second hand slowly tick around the dial. Now, we have cell phones with a digital clock. Unlike these digital clocks, all they tell me is what time it is right now. I like to look at a wristwatch and get a whole view of time: past, present and future.

I know that a week does not have seven days anymore.

I set out on Monday with high hopes of getting something accomplished during the week and by the time I clear my throat, it is Friday afternoon. Where did all that time go?

Years ago, the Beatles had a song called “Eight Days a Week.” Nowadays it is more like three days a week: yesterday, today and tomorrow!

Today is tomorrow’s yesterday and I am not exactly sure how to keep up anymore. By the time I get to tomorrow, I forgot what I was supposed to do today. Then, when I get to today, I cannot remember what I did yesterday.

I used to plan a whole week of activity, now that luxury is yesterday’s news, or is it tomorrow’s headlines?

I like summer, which may explain why it goes so fast. Maybe I should take a chapter from Murphy’s Law and say I do not like summer, then it would drag by a without end in sight.

Interestingly, the thing I like to do the most goes by so quickly, that which I hate doing drags on for centuries. Which has me thinking maybe I should not voice what I like or do not like?

One thing I like about summer, when I can catch my breath and enjoy it, is the fact that it is made up of those lazy, hazy days I enjoy so much. Not having a schedule, not having a deadline, not having anybody telling me what I should or should not do. Ah, those crazy, lazy days of summer.

The fact that I did not get much done during the summer is no big deal. If anybody asked me if I got anything accomplished, I just said, “Hey, it’s summer. Relax. I will get to it eventually.”

LEFT TURN/RIGHT TURN

HOWARD Hays As I See It



“But this is not the land of wishful thinking. This is the land of what’s real.”
- host Bob Scheiffer on CBS FACE THE NATION

Bob Scheiffer was schooling Rep. Matt Salmon (R-AZ) on what’s going to happen with House Republicans’ efforts to “defund Obamacare” by threatening a shutdown of our government: The House passes a budget resolution targeting the Affordable Care Act and sends it to the Senate. The Senate strips the bill of the ACA provision and sends it back to the House. The House then either approves the remainder of the bill or allows a shutdown of our federal government – with no time left on the clock to think about it. Rep. Salmon responded that things could change if Senate Majority Leader Harry Reid (D-NV) would “listen to the voice of the American people.”

That “voice” can be confusing. A Pew Research poll just weeks from the October 1 opening of the health insurance exchanges shows 44% of Americans aren’t sure the ACA is still the law. 5% think it was overturned by the Supreme Court, and 8% believe it’s already been repealed. 31% aren’t sure one way or the other.

More to the point, although 42% had an unfavorable opinion of the ACA, 57% would oppose any government shutdown in an effort to stop it.

According to a Fox News poll from a couple weeks ago, there’s one thing less popular among Republicans than the ACA – and it’s Obamacare. While the ACA scored a 22% favorability rating among the GOP, Obamacare was down at 14% – an 8-point difference. (Among Democrats asked the same question, only 1% didn’t catch on that the ACA and Obamacare are one and the same.)

Polls have also shown that a third of those giving the ACA an unfavorable rating are opposed because they feel the law isn’t “liberal” enough.

The likes of Karl Rove, the Wall Street Journal, the U.S. Chamber of Commerce and senior Republicans warn House tea-baggers they’re nuts, and could cost the party seats in next year’s mid-terms – let alone do real damage to our nation’s economy and financial markets. Tea-baggers seem oblivious that there’s nothing to “defund,” anyway. The ACA has already been funded at mandatory levels that, like Social Security and Medicare, aren’t affected by continuing resolutions on discretionary spending like the one they’re dealing with (and which contains budget figures relying on projected savings brought by – the Affordable Care Act).

The ACA endured months of debate, dozens of hearings, hundreds of amendments from both Democrats and Republicans, passed both houses of Congress and was signed into law by the president in March 2010. It was a major issue in the 2012 presidential election; President Obama vowing to uphold it, Mitt Romney vowing to repeal it. (The president won.) The U.S. Supreme Court upheld its constitutionality last year.

The ACA is the law. Already, seniors have saved millions by the closing “doughnut hole” in prescription drug coverage. Families have been able to obtain insurance for their children with birth defects and other “pre-existing” conditions – and not risk having their kids kicked off the rolls if such “conditions” are discovered later on. Millions in refund checks have been sent out to beneficiaries for excessive premiums. Thousands of young adults have been able to stay on their family’s plans for an extra three years while getting their careers in gear.

In a few days, state exchanges will open “With more than half of all uninsured Americans able to get coverage at \$100 or less” per month, according to HHS Secretary Kathleen Sebelius. After January 1, no longer will Americans with catastrophic conditions face financial ruin once a “lifetime cap” on benefits is reached. The C.B.O. estimates 14 million currently-uninsured Americans will gain coverage next year. Republicans can’t stand it, so the circus continues. As I write this, Sen. Ted Cruz (R-TX) is wrapping up his filibuster—that’s not-really-a-filibuster. At its onset, Sen. Reid took to the floor to remind that the purpose of a filibuster is to prevent a vote from taking place. The vote on the House budget resolution, however, would take place as mandated by Senate rules regardless of Sen. Cruz’s theatrics – performed solely for the cameras, his base and his donors.

It’s fun to watch, but playing with a government shutdown has consequences “in the land of what’s real”. The Republican-engineered shutdown of the late-1990s bore a cost of \$2 billion in today’s dollars – at a time when we were not recovering from the worst economic downturn since the Great Depression.

Mark Zandi of Moody’s Analytics testified that a 3-4 week shutdown would take down the GDP by 1.4%. A two-month shutdown “would likely precipitate another recession”. When asked about evidence the ACA would bring layoffs, slowed hiring and shifts to temporary and part-time work, Zandi replied, “I was expecting to see it. I was looking for it, and it’s not there.” According to the Labor Department, 75% of the jobs added over the past twelve months have been full-time positions.

In the meantime, Treasury Secretary Jack Lew has sent a letter to House Speaker John Boehner (R-OH) warning that our debt ceiling will be reached October 17. When we were at a similar point two years ago, our nation suffered its first credit downgrade in history. Already, financial markets are reacting – not to the onset of the ACA, but to the prospect of yahoo tea-baggers in Congress once again playing a game of “chicken” with the full faith and credit of the United States.

The reason for this desperation among right-wing extremists was revealed a couple months ago in a conversation between Sen. Cruz and Rush Limbaugh. The fear is that once people become accustomed to the benefits of the ACA, they’re not going to want to let it go – just like with Social Security and Medicare. That’s what happens when government works to make our lives better. That’s what happens “in the land of what’s real”.

GREG Welborn

SHOULD THE GOVERNMENT SHUT DOWN FOR AWHILE?

Senator Cruz, a Republican from Texas, prompted quite a firestorm this week with his mini-filibuster of the budget bill. President Obama, almost all the Democrats, and several Republicans accused Senator Cruz of wanting to defund, not just Obamacare, but the entire federal government. While I don’t believe this was Senator Cruz’s intention or goal – I think it’s more likely that he wanted to draw some much needed attention to the disaster that is going to be Obamacare implementation – his actions beg the question of whether the federal government should get any more money.

It’s not an issue of whether the government should receive any money; it’s an issue of how much money it should take. That’s an extremely important distinction. Nobody in their right mind – Senator Cruz included – wants to zero out the federal budget. But a whole lot of smart people are asking whether the federal government has grown too large, bloated and unwieldy, and whether the budget should be trimmed substantially. Those are serious questions that need to be addressed.

The painful and dangerous truth is that the U.S. government is running an almost \$700 billion deficit, and the U.S. owes an incomprehensible \$17 trillion in debt. The size of the debt is staggering enough, but the interest on this debt has the potential to grow astronomically even if there are no future deficits. The interest on the debt changes as interest rates change. As interest rates rise from today’s historically low levels, the interest on the existing debt could easily double or triple inside of 4 years. Add on future projected deficits, and this fiscal problem is only going to get worse.

So, is this a spending problem or a revenue problem? Is the government spending too much, or are Americans selfishly unwilling to pay taxes. Let’s consider a few truths:

Federal revenue for 2012 will hit an all time record of approximately \$2.7 trillion. But the bite doesn’t stop there.

State and local income taxes will be roughly \$114 billion, another all-time record.

State and local sales taxes will hit \$82 billion, a record.

Property taxes are clocking in at \$100 billion, a record.

Fuel taxes will be more than \$11 billion, a record.

Motor vehicle taxes will be about \$8 billion, a record.

No matter which level you analyze, government revenues for 2012 will be higher than ever recorded before. You cannot make a credible argument that

Well, eventually has caught up with me and it is called winter.

The difference between summer and winter is that during the summer, you can get away with doing nothing but in the winter, there is nothing you can get away with.

During the summer my wife will ask me if I have done such and such and I respond by saying, “It’s summer, I’ll get to it. I got plenty of time.”

During the winter, my wife will remind me of all the things I was supposed to do during the summer and that now I have to do because winter is a coming.

Summer is hazy and lazy, while winter is “Hurry up and get it done.”

More is expected from a person during the winter months than during the summer. I object very strenuously to this kind of attitude. Of course, this attitude comes from the Gracious Mistress of the Parsonage. She has the idea that winter, or at least the beginning of winter, is the time to clean up everything. By everything, she is including the garage.

Now that summer is over and the lawn does not need to be mowed anymore, I can, according to her logic, transpose that energy into cleaning up things. Then she will confront me with a favorite saying of hers, “Cleanliness is next to godliness.”

One of these days, when I get up the courage, I am going to ask her to show me where that verse is in the Bible. I kind of think a person can be too clean, like squeaky clean. You know how squeaky gets on people’s nerves, especially mine.

My favorite saying is, “Laziness is next to everything.”

Perhaps that is why I like summer so much. There are shades of laziness that can only be exploited in the good old summertime.

Some people, like the one who shares a residence with me, things that laziness is a very negative thing. This person honestly believes that if she is not doing something all the time she is lazy. Something good can be said about being lazy. You get to savor a moment of non-activity.

The thing I like so much about summer is the activity you do do is only the activity that you want to do like sitting on the back porch, drinking a glass of lemonade, which is what summer is all about.

Solomon, the wisest man who ever lived, understood this concept very well. He says, “To everything there is a season, and a time to every purpose under the heaven,” (Ecclesiastes 3:1 KJV).

Time goes by so quickly that a person hardly has enough time to really appreciate the time that they have.



government needs more money at any level of analysis. That’s not, of course, how politicians see it. President Obama stated recently, “I know you hear a lot of folks on cable TV claiming that I’m this big tax and spend liberal. Next time you hear that you just remind [them] that since I have taken office, I have cut your taxes. The average middle class family’s taxes are lower than when I took office.”

Statements like that are pure spin to be polite. They’re the type of statement that earned The President a Four-Pinocchio Award from the Washington Post. For those so young as to not remember the movie, this isn’t a good award. It’s the political version of Hollywood’s worst dressed award.

The truth is that we have a huge spending problem in this country. We face monumental deficits, staggering debt and a nasty day of reckoning because government spends too much of our hard earned money. What makes this dispiriting is that the solution is simultaneously so simple – for average Americans – and yet so difficult – for most politicians. If the Congress simply adopted, and the President signed, a budget equal to 2007’s (and times were pretty good then), our deficit would disappear. The solution does not represent draconian cuts by any stretch of the imagination or stretch of a puppet’s nose. 2007 expenditures were \$2.7 trillion. Voila, a balanced budget from a time when the economy was humming, people were employed, and living standards for average Americans were a heck of a lot better than they are today.

In context then, three cheers to Senator Cruz. Not for trying to shut down the government, but for drawing much needed attention to the fact that spending is out of control, that Obamacare’s implementation – which starts on Tuesday – will only hasten the day of reckoning, and that the problem can be easily solved. What to do now? Call your Representative and Senator and tell them to stop wasting our money!

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

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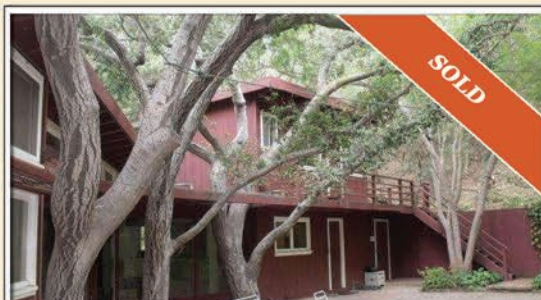
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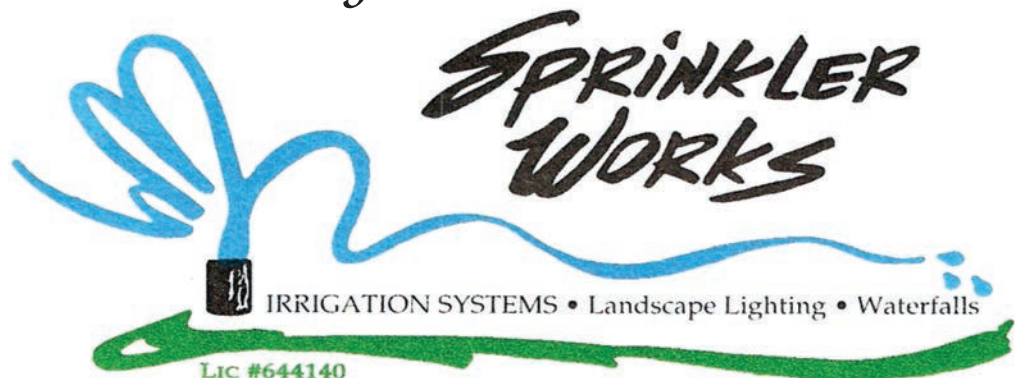
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