

## VOLUME 7 NO. 43

If you are a Sierra Madre resident and have been in a deep trance this week or didn't turn on the TV or Radio; or if you didn't log on to Facebook or Twitter or You Tube; or just in case you didn't speak to any of your neighbors since Wednesday, then there is a good chance that you don't know much about how this community rallied together to save Neil, the quiet, peace-loving, vegetarian, PIG that lives on W. Montecito.

The furor began when Neil's big sister, Kate Emerson was cited twice for allegedly breaking the city's municipal code regarding having a hog. Problem was, Neil isn't a hog, just a little chubby Pot Belly pig.

The story didn't end there however, the next day the TV crews attended a rally in support of Neil held in Memorial Park and proceeded to take Neil's story and how the community rallied to save him to the airwaves. Moral of this story: Be careful, things that people in town really care about, they will fight for! By the way, the poor Rooster was taken away because we do have laws that govern chickens and roosters. Hmm, do we have a 'turkey' ordinance? Want to hear Neil's interview with the press, go to: <http://www.youtube.com/watch?v=C91UwdwfhKl>

*Above - Chief Giannone and Kate Emerson talk to supporters at the Park rally. Below, Neil at home eating fruits and vegetables brought to him by friends.*

S. Henderson/MVNews

## LEGAL NOTICES Pg. B7

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*Above - Chief Giannone and Kate Emerson talk to supporters at the Park rally. Below, Neil at home eating fruits and vegetables brought to him by friends.*

S. Henderson/MVNews

Building Official, James Garrick gave a short presentation to begin this public hearing on the California Building Code Adoption. Every three years the cities of California are to adopt up-to-date codes. Time is given after the new codes are accepted for local amendments based on specific city laws. City Clerk, Nancy Shollenberger, pointed out an interesting fact, saying, "If it's a demolition of an historic structure, in addition to the \$1000 fine, you will not be able to pull any building or construction permits or put anything on that parcel for five years." There followed much discussion. The council decided that for the second reading, there needs to be a presentation on the possible options of changing repercussions to those who demolish or build a structure without a permit.

*Fire Code Adoption*

City Manager, Elaine Aguilar spoke on behalf of staff as she explained the proposed new process for the water and sewer rate increase. With this new process, residents will each be mailed a ballot with detailed (cont. page 3)

The Sierra Madre Water Department remains committed to providing the best quality water possible to its customers. To that end, we continue a rigorous water sampling and quality testing program.

According to an article by Adam Poulisse in the Pasadena Star News which quoted Raul Halili, the officer in charge of the Sierra Madre post office, removing the carrier operations out of Sierra Madre will decrease facility related costs there, ultimately saving money for the USPS. Halili told the Star News that "It will be transparent to the community...There will still be the same number of letter carriers." According to the article, Pasadena and Altadena offices have faced similar consolidations in the last year

<https://support.woundedwarriorproject.org/individual-fundraising/JerryPooleatFaceBook/>



## Weather Wise

## 5-Day Forecast

## Sierra Madre, Ca.

<b>Mon:</b>	Showers	Hi	60s	Lows	50s
<b>Tues:</b>	Showers	Hi	60s	Lows	50s
<b>Wed:</b>	Sunny	Hi	70s	Lows	50s
<b>Thur:</b>	Sunny	Hi	70s	Lows	50s
<b>Fri:</b>	Sunny	Hi	70s	Lows	50s

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, November 5, 2013  
6:30 pm

## CALENDAR

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

\* = Meetings are held in City Council Chambers

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

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

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

Just write a Public Service Announcement that describes your event and e-mail it to [radio@cityofsierramadre.com](mailto:radio@cityofsierramadre.com).



## ROTARY OF SIERRA MADRE

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

- Oct 29 Clobber's Corner at the Race Track-Breeders Cup Special Speaker
- Nov 5 Dr. Stefani Almaden will speak about End of Life-Care issues
- Nov 12 Chuck Greaves, author, crime mystery novel, *Green Eyed Lady*
- Nov 19 TBA
- Nov 26 Craft Talk-Tony and Jim LeVeque

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

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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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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!

## JOIN THE CITY OF SIERRA MADRE'S ANNUAL BLOOD DRIVE!

Save the date! Friday, November 8th the Sierra Madre Community Services Department and American Red Cross are hosting a Community Blood Drive from 10:00am to 4:00 pm. This life saving event takes place at the Sierra Madre Community Recreation Center, 611 E. Sierra Madre Blvd., and is open to the public. Individuals who are 17 years of age or older, 110 pounds or more and are in generally good health are eligible to donate blood. If you have recently donated blood, you must wait 56 days before your next donation.

Donating blood is a simple and short process. Blood donation is a four step process: registration, medical history and mini-physical, donation and refreshments. The actual blood donation only takes 10-12 minutes of your time! One donation can help save the lives of up to three people! This is a great way to help others and contribute to the American Red Cross. To schedule an appointment, please visit [www.redcrossblood.org](http://www.redcrossblood.org) or contact the Community Services Department at (626) 355-7394. Walk-ins are welcome but appointments are encouraged.

## HARRY POTTER PARTY AT THE SIERRA MADRE LIBRARY

Do you dare to try the flavors of Bertie Bott's Every Flavor Beans? Have you always wanted your own golden snitch?

Children, you are invited to join Hogwarts at the Sierra Madre Library on Saturday, October 26, 2013 from 3:00 to 5:00 p. m. and be sorted into your houses, make your own wand and other charming crafts, taste some of the mysterious treats from the hugely captivating book series, and play thrilling games.

Why spend a mundane Saturday afternoon when you can have an enchanting experience instead? Wear your Halloween costume of any kind and join the delightful fun at the Library.

For more information, please call (626) 355-7186. The Sierra Madre Public Library, located at 440 West Sierra Madre Boulevard in Sierra Madre, is open Monday through Wednesday from Noon to 9 p.m., Thursday and Friday from Noon to 6 p.m., and Saturday from 10 a.m. to 6 p.m. [www.sierramadre.lib.ca.us](http://www.sierramadre.lib.ca.us).



## FRIENDS OF THE SIERRA MADRE LIBRARY SILENT AUCTION

Recent donations to the Friends of the Sierra Madre Library Book Sale Committee have contained some very special books including a signed novel by the late Tom Clancy. These exceptional books will be featured in a Silent Auction to be held in the Sierra Madre Public Library, 440 W. Sierra Madre Blvd., Sierra Madre from Friday, November 1, 2013 through Monday, November 25, 2013. The books will be on

display in the display case in the library's main room. To inspect the books more closely, visit the library every Saturday in November from 1-2 PM.

Bidding sheets and rules will be available in a notebook located on the library's checkout counter. Each of the books for sale at the auction will be numbered and will have a corresponding numbered bid sheet in the notebook. Bidders are asked to write their bid amounts and a contact telephone number on the appropriate bid sheet. Bidding will close promptly at 8 PM on November 25. Winning bidders will be notified by telephone the next day and will then be able to pick up their books at the library. Proceeds from the Silent Auction

will benefit the Sierra Madre Library's programs, services, and acquisitions. For more information, visit our website at [www.sierramadrelibraryfriends.org](http://www.sierramadrelibraryfriends.org).

A partial list of the books to be auctioned follows.

THE LOUVRE  
by Luca Bachechi  
Barnes and Noble, 2007

EINSTEIN - THE LIFE OF A GENIUS  
by Walter Isaacson  
Carlton, 2009, 1st printing

AMERICAN PAINTING  
by Donald Goddard  
Hugh Lauter Levin, 1990

THE HUNT FOR RED

OCTOBER  
by Tom Clancy  
Naval Institute, 1984  
Signed

THE FAVORITE STORY BOOK OR PLEASING SKETCHES FOR YOUTH  
by Clara Arnold  
Phillips, Sampson and Co., 1854

BACK ROADS OF CALIFORNIA  
by Earl Hollander  
Lane Publishing, June 1971, 1st printing

LITTLE MOOK AND DWARF LONGNOSE  
by Wilhelm Hauff, illustrated by Boris Pak  
David R. Godine, 2004, 1st edition



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## ASCENSION CHURCH EVENSONG - TO HONOR VETERANS

Sierra Madre's Village Church - Ascension - invites the community to a Choral Evensong to honor those men and women who've served in our armed forces. The Episcopal Church of the Ascension will be presenting a Choral Evensong for Veterans Day, on Sunday, November 10, at 5:00 p.m. Sung by Ascension's Choir, led by Dr. Debora Huffman, Director of Music and Organist, this traditional Anglican service of meditation, prayer, and song will feature music written primarily by American composers, to include: Choral Fanfare for a Patriotic Occasion by Mark Schweizer; Preces and Responses, as well as Phos Hilaron by Robert Lehmann; Magnificat and Nunc Dimittus by Robert J. Powell; Blessed Is the Nation by Allen Orton Gibbs; O Lord, Support Us by Carlton T. Russell; I Vow to Thee, My Country by Gustav Holst, arranged by James Kirkby.

The service will begin with the organ voluntary, Meditation, by Leo Sowerby and will conclude on a festive note with Dudley Buck's Concert Variations on The Star Spangled Banner, Op. 23.

Following this beautiful service of reflection a reception will be held in Hawks Hall. All are welcome to attend. Come, share with us the beauty of this traditional service.

Evensong or Evening Prayer is a traditional Anglican service which is celebrated in the late afternoon or evening. It is commonly known as Evensong when most of the service is sung. For generations, many of our finest church composers have written music for this traditional service.

The Church of the Ascension is located at 25 East Laurel Avenue in Sierra Madre. For more information, please call (626) 355-1133 or visit: [www.ascension-sierramadre.com](http://www.ascension-sierramadre.com).



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

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# SIERRA MADRE

Sierra Madre

Arcadia

Pasadena

Altadena

Monrovia

## WALKING SIERRA MADRE.....THE SOCIAL SIDE

By Deanne Davis

### Sierra Madre's newest restaurant, Monsieur Crepe!

You won't need to parlez any Francais at all when your walk takes you to Sierra Madre's newest restaurant, Monsieur Crepe! Right across the street from the old city hall and just a door or so down from The Bottle Shop, 54 W. Sierra Madre Blvd, to be exact.

The patient and hungry John and I stopped in for lunch on Monday after hearing rave reviews from our daughter, Leah, and her husband, Chuck, who dined there on Sunday. They gave Monsieur Crepe two thumbs up and we're adding our thumbs up, too.

Host and owner, Aurelien Mosconi, took our order and our crepes were out in short order. John had L'Indienne, which is shredded grilled chicken in a homemade curry sauce, fresh spinach, julienned apple and a touch of cream. My choice was L'Oceane, smoked wild salmon, dill, avocado, lemon and another touch of cream. We shared and both were absolutely delicious.

Monsieur Crepe serves a selection of Sweet Crepes which involve jams, ice cream, fruit and even one entitled La Banana Split, which is exactly that! We had Savory Crepes which are more of a main course. Monsieur Crepe will please just about anybody with choices such as La Forestiere, white mushrooms cooked in cream, caramelized onions, arugula and bits of crispy bacon; or La Vegan, which is spinach, roasted bell peppers, caramelized onions, asparagus and a dash of pesto. So many choices! La Mediterranee, which

involves grilled shredded chicken, cucumbers, kalamata olives, red onions, romaine lettuce, feta cheese and homemade mayonnaise! I'm ready to go back for more right now!!

Gluten free buckwheat (\$2.00 additional) or whole wheat are your crepe choices and for a couple of dollars you can add a Caesar or baby greens salad. Speaking of salads, there is quite a variety of them: Quinoa or Nicoise, Spinach Mango, Kale, Beet just to name a few. AND there are croissant sandwiches of every variety imaginable. AND Les Baguettes sandwiches, which looked incredible as other patrons were served.

We are going to be walking down to Monsieur Crepe a lot! While we were devouring our freshly made whole wheat crepes, we watched one of the Monsieur Crepe chefs creating Aioli sauce. Their mayonnaise and other sauces are made right there, fresh is wonderful!

For dessert, they have chocolate mousse, tiramisu, and several others which are made in house and looked delicious. Unfortunately, we were too full to continue to the dessert portion of our lunch but we'll be going back to try those another day.

The décor is bright, minimalist, with framed scenes of Parisian landmarks. Monsieur Crepe serves coffee, espresso, cappuccino and a variety of sodas. There is inside and al fresco dining available and, on a day like today, al fresco is divine. Monsieur Crepe's hours are: 7 a.m. to 7 p.m. every day and 7 a.m. to 9 p.m. on Friday and Saturday.

So! Stop for coffee and a croissant while you're walking, or possibly the La Douceur crepe: salted caramel and homemade Chantilly cream or L'Americaïne: peanut butter, strawberry jam, banana slices, almond bits and more of that Chantilly! Elvis would have loved that one! Bon Appetit! And Bonne Chance, Monsieur Crepe!

*Editor's Note:* Contributor Deanne Davis is a woman of many, many talents. Among other things, she is a published novelist.

You can read her latest book, *A Treasure Map, A Drunken Owl, and 47 Rattlers in a Bag* will be free on Kindle. The promo will go till Monday midnight.

## OPEN LETTER OF GRATITUDE TO THE COMMUNITY OF SIERRA MADRE

I am writing this letter as a parent of an adolescent child with special needs who had an incident in town this last week that was very unsettling to me and I'm sure to many of you. First of all, it goes without saying, I apologize to any of you who were negatively affected by her loud screaming. It was something I did not see coming and is not something that has happened in town but I can at home and at school. Basically, what I saw happen this past week in town felt like an unbelievable outpouring of care and kindness. I had to call the police to help me get her home. They know her behavior as I've had to call them to the house on more than one occasion and they have been incredibly sensitive to her emotional and developmental disability.

However, this time nothing was working to get her to calm down and the paramedics had to take her to the hospital. To the woman who came up to me to ask if she could do anything to help me with her, I thank you. To the man who walked by with his dog and asked if his dog could help calm her, I thank you. To Larry, for disrupting your karate class, I thank you for your kindness and apologize for the major disruption. To the man who said he was praying for me and my daughter, I thank you. It is rare to live in a town like Sierra Madre where people genuinely care and show they care by words and actions. The police and paramedics and offers of support helped me through this very difficult ordeal. Thank you so much,

AM, Sierra Madre

## HOUSING ELEMENT WORKSHOP

The City of Sierra Madre has initiated the process to update the Housing Element of the General Plan for the 2014-2021 period as required by State law. The workshop will be held on Thursday, November 7 at 7:00 pm in the City Council Chambers, 232 W. Sierra Madre Boulevard. At the meeting, an informational presentation will be provided to address: an overview of the process, accomplishments of the most recent housing element cycle, proposed programs and the City's RHNA (regional housing needs) requirements. We encourage you to attend the meeting if you are interested in contributing to Sierra Madre's 8-year Housing Plan. If you have any questions, or if you cannot attend but wish to submit comments, please contact Danny Castro, Director of Development Services at 626.355.7138 or by e-mail at [dcastro@cityofsierramadre.com](mailto:dcastro@cityofsierramadre.com).

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## COUNCIL

continued from page 1

instructions. Those ballots would be returned to City Hall and held unopened until the public can come in at the specific date and time to watch while the ballots are all opened, checked, and tallied. Before, if nobody protested, the act of silence was considered an agreement. In order to protest all you had to do was write a letter, but now the city will be creating a ballot and letter to be sent to residents, ending the process with the community viewing of the tallied ballots. This is the only section of the process that would change. Action taken after would all stay the same. The council members and audience all gave their insights and City Manager Elaine Aguilar received additional direction to report back.

This week's meeting ran smoothly and efficiently. The members of the council and audience seemed to be very pleased to be able to cover everything in a timely manner. The next meeting should be filled with plenty to discuss.

**YOUR AD COULD BE HERE!**  
**Call Patricia at 626-818-2698 Today!**



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



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## Suspect Charged In Shooting

The Los Angeles County District Attorney's Office last week formally charged a suspect with four felony criminal counts and one misdemeanor count, resulting from the Oct. 11 officer involved shooting that occurred near Hammond Street and Sunset Avenue.

Police said Monday, Paris Holloway, a Pasadena Resident, was charged with assault with a firearm upon a peace officer, possession of a stolen firearm, felon in possession of a firearm, possession of stolen property, and possession of drug paraphernalia. Holloway was arrested at the scene. He remains hospitalized resulting from injuries sustained during the incident.

According to police, Holloway, at the time, allegedly showed a handgun in a threatening manner. One of the officers fired hitting him. Holloway fell to the ground. A firearm was recovered in close proximity to the incident according to a released statement.

Police said the investigation was still on-going.

## Suspects Arrested in Rash of Burglaries

Police arrested two men early Saturday morning believed to be involved in a rash of recent burglaries at an underground parking garage in the 200 block of North Los Robles.

Police said Christopher Shackerford and Jose Algaza were arrested near the structure after a witness called police around 2:50 a.m. Both men are Pasadena residents.

According to reports, the suspects were found carrying burglary tools, a garage door opener to the parking structure and other items believed to be from previous break-ins.

More stolen items were found during a search Saturday of one of the suspect's homes.

Anyone with information is being asked to call detectives at 626-744-7875.



## Old Town Haunt Gives Up the Ghost

By Dean Lee

After nine years of thrills and chills underneath Pasadena, the owners of Old Town Haunt have decided this year will be the end —with the last tours Nov. 2.

“There are a lot of factors, one, my lease was up,” said Old Town Haunt owner Ron Rogge about why they were closing. “We also had a lot of stuff thrown at us from the city of Pasadena, particularly the fire department... it's not fun anymore when I've been pounded by them for the last six months.”

He said he was required to cut the occupancy in half including the staff, “this requires us to have long lines and although we are doing a good job of maintaining that.”

He said there are 10 “actors” in costume this year, as opposed to 25 in years past.

Fire Spokeswoman Lisa Derderian said the codes change every three years. Rogge said they were catching up to the changes imposed in 2010.

“All of it is based on occupancy load inside,” Derderian said. “So that's the primary thing.”

Derderian said there could have been a different inspector this year, “They could have had one that's more stringent.”

Rogge said the required changes would have exceeded the amount of money the haunt makes.

He also said they do not make a profit, “we give to charity every year, that's our big thing so this year our sponsor is the American Cancer Society.”

Rogge said the haunt itself is 10,000 square feet and is in the basement of the historical Union Savings Bank Building 20 N. Raymond Ave, at Colorado Blvd.

“The basement was built in the 1880s, maybe older, nobody is sure,” he said. “All

the foundation is brick and real. There are two bank vaults, one we use as a dressing room.”

He also said the building maybe truly haunted.

“We have had paranormal groups down here and have found evidence of ghosts with their equipment and all that stuff. We consider that to be true.”

The haunt will be open next week, Wednesday through Sunday starting at 7 p.m.

For more information visit: oldtownhaunt.com.

## Caltech Names New President



Thomas Rosenbaum, currently the provost and John T. Wilson Distinguished Service Professor of Physics at the University of Chicago, was appointed Thursday as the ninth president of the California Institute of Technology. A distinguished physicist and expert on condensed matter physics, Rosenbaum, 58, will succeed Jean-Lou Chameau, who served the Institute from 2006 to 2013 and will take over the helm from interim president and Provost Edward Stolper on July 1.

“The combination of deep management experience and visionary leadership Tom brings will serve Caltech extremely well in the coming years,” says David Lee, chair, Caltech Board of Trustees. “The Board is excited about collaborating closely with Tom to propel the Institute to new levels of scientific leadership.”

Rosenbaum received his bachelor's degree in physics from Harvard University in 1977 and both an MA and PhD in physics from Princeton University in 1979 and 1982, respectively. Joining the Caltech faculty will be Rosenbaum's spouse, Katherine T. Faber, the Walter P. Murphy Professor of Materials Science and Engineering at Northwestern University.

## City Holds Fall Festival

The City of Pasadena summons all good ghosts and ghouls, witches, zombies and others to join in the fantastic family fun at its Fall Festival 2013 at Victory Park, 2575 Paloma Street, from 5:00 p.m. to 8:30 p.m., Thursday, October 31.

Admission is free and costume contests for all age groups are planned including toddlers, children, teens, adults, seniors and even a special dog contest sponsored by the Pasanita Obedience Club of Pasadena. All costume contests begin at 7:30 p.m.

Tickets for main attractions including a train ride around the park, the big slide, select games and the Haunted House, plus food, will be sold onsite.

## Large Scale Incident Training Held at Rose Bowl

In preparation for this year's Jan. 1 activities and the upcoming Rose Bowl Game and BCS game at the Rose Bowl, the Pasadena Police Special Enforcement Section and the Pasadena Fire, in conjunction with several Area-C Mutual Aid agencies, conducted a large scale training scenario Wednesday night at the stadium.

“In this scenario tonight we had multi shooters inside the bowl and individual people that were shot,” said Pasadena Police Commander John Perez. “The job for the police department and fire department was to get in there and stop the threat immediately, to render aid to people injured.”

He said the training was designed for first responders assigned to agencies within the Area C mutual aid area. The scenarios incorporated law enforcement personnel, as well as first responders from the Pasadena Fire



Rose Bowl Incident training Photos D. Lee /MVNews

## Folk Tree to Hold Dia de los Muertos Celebration



The Folk Tree's 30th Day of the Dead Altars and Ephemera exhibition, on view through Nov. 3, features traditional altars honoring loved ones who have passed, as well as installations dealing with broader contemporary issues and concepts about death. As part of the exhibition a special Dia de los Muertos celebration - altars, art, music, dance, face painting, will be held Nov. 2.

Nov. 2, scheduled activities, appropriate for all ages, include; 12:30-1:30 PM: Music by Martin Espino, traditional sounds inspired by indigenous cultures of the Americas 1-5 PM: Ulla Anobile & Victor Solis; 2-3 PM: Matt DeHaven Altar creators informally

discuss their installations - DeHaven's for James Dean, Anobile's for her Finnish ancestors and ancient spirits, Solis' for his beloved dog.

2-5 PM: Day of the Dead face painting by Jeanine Montellano and Heather Bejar; and handmade jewelry.

2-5 PM: Trunk show - hand blown and painted glass Day of the Dead ornaments created by artisans in Krakow for Artistry of Poland.

3-3:30 PM: Children's Ballet Folklorico Acoiris from Pacoima performs traditional Mexican dances.

The Folk Tree is located 217 South Fair Oaks Ave. For more information call (626) 795-8733, or visit, folktree.com.

## Learn How to Produce Your Own TV Show

In anticipation of Pasadena Media opening new studios at 150 S. Los Robles Ave, they are offering free television-training program for producers. Plan to attend an orientation to discover the right classes for you.

Producers' Training teaches how to produce shows for The Arroyo Channel. Studio Production/Equipment training is also offered to volunteer crewmembers. In addition, on-going training will soon be

**Class Offerings** 6:00 pm – 8:00 pm Nightly

**SProducer Training** Monday Oct 28 at 12:00 pm - 1:00 pm

**Stage Manager Training** Tuesday, Oct 29 at 7:00 pm - 8:00 pm

**Character Generator Training** Wednesday, Oct 30 at 6:00 pm - 9:00 pm

**Video Tape Op. Training** Thursday Oct 31 at 6:00 pm - 8:00 pm

**Orientation** Monday Nov 4 at 6:00 pm - 8:00 pm

**Citizen Journalism** coming soon

**Digital Film Group** coming soon



**PASADENA MEDIA**

available in citizen journalism and digital film groups. Call the office (626) 794-8585 or go to PASADENAMEDIA.ORG and explore what Pasadena Media has to offer.

## Pet of the Week



Emily is a two-month-old brown and white tabby. She's very curious and playful. She also enjoys sitting in laps.

Emily's adoption fee is \$70, which includes her spay surgery, a microchip, the first set of vaccinations, as well as a free follow-up health check at a participating vet. New adopters will receive complimentary health and wellness exam from VCA Animal Hospitals, as well as a goody bag filled with information on how to care for your pet. Ask an adoptions counselor for more information during your visit.

Call the Pasadena Humane Society & SPCA at 626.792.7151 to ask about A340672, or visit at 361 S. Raymond Ave. in Pasadena. Adoption hours are 11-4 Sunday, 9-5 Tuesday – Friday, 9-4 Saturday. Pets may not be available for adoption and cannot be held for potential adopters from phone calls or email. Directions and photos of all pets can be found at [www.pasadenahumane.org](http://www.pasadenahumane.org).



Rose Queen Ana Marie Acosta (in white). Photo, D. Lee /MVNews

The Pasadena Tournament of Roses named Ana Marie Acosta as the 96th Rose Queen in an official ceremony Thursday night that concludes a month-long process to select a Queen and six Rose Princesses as part of the Royal Court.

“Rose Queen Ana Marie Acosta and the six Rose Princesses for 2014 are exceptional young women,” said Tournament of Roses President Scott Jenkins, who presented the crown to the queen. “In their roles representing the Tournament of

Roses and the City of Pasadena, the Royal Court members are symbols of hope for the future, and I know they will inspire many young girls during the next few months.”

The Rose Queen and Royal Court were selected based upon a combination of qualities, including public speaking ability, poise, academic achievement and community involvement.

The ceremony was emceed by CNN's “New Day” news anchor Michaela Pereira.

## Veterans Day Event Planned

Pasadena's annual Veterans Day Ceremony has moved to a new location and will be held in front of Pasadena City Hall at Centennial Square, 100 North Garfield Ave., from 10:00 a.m. to 11:11 a.m., Monday, November 11. The public, especially all veterans, their families, friends and all uniformed military and first-responders, are encouraged to join together to help honor the men and women of the U.S. Armed Forces.

This year's event, while recognizing the important contributions made by all veterans, will have a special emphasis on honoring the nation's youngest and newest veterans. The Veterans Day celebration is co-sponsored by the Pasadena Veterans Day Committee and the City of Pasadena.

“This year, we are featuring the Pasadena Community College (PCC) program, which is the number one program in California for returning veterans from the Long Wars,” said John Watkins, event committee chair.

Bill Thomson, event committee member, former Pasadena mayor, practicing lawyer and present PCC Trustee, has

arranged for the PCC Pep Band to play.

Bill Paparian, another committee member, as well as a Marine veteran, practicing lawyer and also a former Pasadena mayor, added that the program “will focus on our youngest veterans, those who have served during the Long Wars in Iraq and Afghanistan.”

Scheduled speakers include current Pasadena Mayor Bill Bogaard; Los Angeles County Sheriff Lee Baca, a Marine veteran, and PCC professor Harold Martin. Invocation will be provided by retired U.S. Air Force Lt. Col. (Rabbi) Gilbert Kollin of the Pasadena Jewish Temple.

The Pasadena Firefighters Association Local 809 will grill 500 hot dogs and the Vietnam Veterans of America Chapter 446, Pasadena, will provide dessert.

Committee member Leonard Torres, a Marine veteran, noted that the committee decided to honor young veterans because “by 2015, there will be more than 2 million young civilians who are veterans of these Long Wars.”

The ceremony will conclude with an aerial fly-by at 11:11 a.m.





## "What's Going On?" News and Views from Joan Schmidt

### EDUCATION BASED INCARCERATION: A STEP IN THE RIGHT DIRECTION

There have been a lot of negative reports about Los Angeles County Men's Central Jail and the excessive use of force and multiple lawsuits. My task is to inform the public that there IS something positive being done. The Sheriff is aware that wrongs took place and has acknowledged that. The Department has undergone changes. Although Undersheriff Tanaka has retired, Teri McDonald has come from the State Prison system as an Assistant Sheriff.

Last year, I heard about Education Based Incarceration (EBI). When I met Assistant Sheriff McDonald, I asked to learn more. Consequently, I met with Sgt. Ray Harley and Dep. Dave Bates, M.E.R.I.T. Program Coordinator to discuss EBI, and was given a manual explaining the program. At first glance, its cover caught my eyes with its message- "Create a Life Worth Living."

"Create a Life Worth Living" is quite extensive and consists of 50+ pages explaining the program, charts with info on recidivism-repeat offending -and safer jails, and mention of 40 incidents of recognition/awards for the jail system. Because there is so much information in the manual, I will report on it in two segments.

On the first page Sheriff Baca's message speaks of running the nation's largest jail system. "From documented high rates of recidivism across the country, we realize traditional incarceration with punishment doesn't work." That is why the LASD established its Bureau of Educational Incarceration in May, 2012 and began to utilize its programs.

Part One: Going In explains that the Los Angeles County Sheriff's Department (LASD) manages the largest jail system in the United States, nearly 19,000! Each day, The Inmate Reception Center (IRC) receives approximately 440 new bookings. Each inmate goes through a detailed classification process and medical screening, and is asked if he/she would be interested in entering an educational program while incarcerated. If the answer is "yes", they are given a second assessment to indicate which studies and courses they should take to improve all aspects of success in life and which subjects and career training they would like to pursue. A "Master Plan" is made for each student with his/her active participation and they are appointed a "Case Manager", who creates a computer file to chart the student's progress. All completion certificates/awards are placed in that student's record and can be forwarded to schools, authorities or prospective employees on request.

Part Two: Time In explains The Transformation during incarceration: Aristotle is credited with "Education is not the filling of the bucket: education is the lightning of a flame." This section speaks of the learning environment -to be successful, an education program depends on a stimulating environment. Incentives include Video: A library of over a thousand Discovery Education Network videos, Animal Planet, History and other educational channels; Music: EBI is expanding the network of good music (favorites, cool jazz, light classics and other specialties) to all facilities for sleeping or restful medication; Libraries: There are thousands of books available to inmates in libraries and delivered on "rolling libraries" to those who are disabled or have no access.

The Inmate Programs Unit's primary mission is coordinating all the educational, vocation and behavioral therapy programs for inmate students.

Academic Programs include Adult Basic Education -A series of courses offered to students preparing for the formal GED preparation course and General Education Development-An alternative program of a state-approved equivalency series in language arts, math, science and social studies.

The Sheriff's Department offers a wide variety of industrial training courses: Cement and Concrete Block Masonry (Modern masonry techniques), Art Education (General art skills techniques & expression, Automotive Body repair and Detailing (Repairs, Maintenance, welding, power tools, metal techniques, spray painting, refinishing, details, Commercial Painting (Instruction in brushes, rollers, spray equipment, abrasive blasting and rigging/scaffolding), Building Maintenance (Custodial repair, basic repairs, floor care, insect/rodent control, Residential Construction (Comprehensive course from foundation to roofing and everything in between, Commercial Welding (Various types), Computer Operations (Basic Microsoft 2010, Word, PowerPoint, Access/Excel), Landscaping (Lawn care, irrigation, plant care, landscape design), Culinary Arts (Food services, baking/cooking) and Directory Assistance Operator (Taught by a contracted education agency, inmate students provide info services 24/7.)

The Jail Enterprises Unit oversees vocational shops spread over several jail facilities. Credentialed instructors train the students and the products they manufacture are sold to Los Angeles County departments and employees generating revenue for the Inmate Welfare Commission to support the entire scope of inmate programs. These courses include Print Shop (This Commercial building at Pitchess Detention Center; students learn basic/advanced printing application and produce forms, flyers, brochures, invitations, envelopes, magazines), Wood Shop (Millwork, Finish Carpentry, Cabinet making; repair furniture & crafts signs for LASD), Wheelchair Repair Shop (Repairs wheelchairs for Medical services Bureau), Sign Shop (Learn computer-aided fabrication & introduced to graphic arts design; produce engraved signs, plaques, trophies/medallions), Bike Shop (Repair & refurbish bikes donated from nationwide shops), Plastic Bag Manufacturing ( Industrial machine operation, packaging and small-scale warehousing), Commercial Embroidery Shop (Embroidery basics, machine maintenance & technical application), Pet Grooming (Job training skills to work at kennels, animal shelters, pet shops/salons), And Commercial Landscaping, Plant Nursery, Landscaping, and Grounds keeping (Training for nursery operations, equipment maintenance, horticulture skills, soil preparation, plant preparation, sprinkler installation/maintenance).

Next week, I will explain the Behavioral Modification Courses (Cognitive Behavioral Therapy which offer a wide variety of critical thinking and perception courses-over 150 community volunteer members have been trained and recruited for this and the MERIT PROGRAM (Maximizing Education Reaching Individual Transformation) which provides an avenue for change through personal accountability and increases the student's skills at utilizing options and resources for success.

### FLU SEASON IS JUST AROUND THE CORNER!

The Los Angeles County Department of Public Health is offering this free immunization program to individuals with no health insurance. Below is a list of clinics providing the public with flu shots in our area

#### Local Outreach Clinics:

Monrovia Health Center  
330 W. Maple Avenue  
Monrovia, CA 91016  
(626) 256-1642

Monday and Friday 8:00 to 9:30 a.m. / 12:30 to 2:30 p.m.  
Wednesday 10:00 a.m. to 12:00 p.m. / 2:30 p.m. o 4:30 pm

Azusa Senior Center  
740 N. Dallton Avenue  
Azusa 91702  
(626) 812-5204

STARTING 10/31/2013 - 9:00 a.m. to 11:30 a.m.

Anyone 6 months and older is eligible /no proof of low-income is required  
Shots are limited and available on a first come first serve basis

Let's Stay Healthy This Season especially our children and the elderly  
Please contact each center for more information



### WITCHES AND WITCHES EYEBALLS

By Christopher Nyergeres

*From Christopher Nyergeres' unpublished book about growing up in Pasadena*

[Nyergeres is the author of "How to Survive Anywhere," "Guide to Wild Foods," and other books. You can learn about his books and classes from School of Self-reliance, Box 48134, Eagle Rock, CA 90041, or [www.ChristopherNyergeres.com](http://www.ChristopherNyergeres.com).]

I entered first grade at Saint Elizabeth school with great anticipation, and some fear. I initially felt pain at being separated from my mother and family, but that dissipated once I got used to my "school family." Besides, two of my older brothers were there too, and a few other boys who I knew from Kindergarten and the neighborhood.

The school day was very regular, with topics planned for each hour and each day. For example, Thursday was art day.

On the Thursday before Halloween, our nun gave everyone "construction paper" - heavy colored paper - and we were to make our choice of Halloween themes. Most students made jack-o-lanterns, or cutouts based on other examples that were posted around the classroom.

I decided to make a witch on a broom, which was not one of the examples posted. I cut out a large moon from orange paper and pasted it onto the black sheet of paper. Then, as best I could, I cut out the silhouette of a witch on a broom stick, with pointed hat and hair flowing in the wind. It was very crude, of course, and I cut the image based on something from my memory. I didn't talk to anyone about what I was doing. Most students enjoyed talking to each other during art class, but it took me a long time to talk to anyone at all. After about 2 hours, the nun went around and looked at everyone's art. She held up some examples from a few of the more popular students, and everyone oohed and ahhed at these examples. They were good variations of the examples that had been posted around the classroom. I was sitting in the last seat that the nun got to, and she acted stunned when she saw my witch.

"Look at what Christopher made," she said. At first, I thought she was going to be mad. After all, I just made what I wanted to make, not what she gave as examples.

"That's very good," she said, holding it up for everyone to see. The popular girls came over to my desk, with many other students, and they were all looking at my art work.

"We didn't know you were an artist," said Mary, apparently speaking for the entire class.

I didn't know what to say, and said nothing. After the excitement wore off, the teacher posted all the art works on the little clips that were located at the top of the blackboards. I was given a "first place prize," as my art was different from everyone else's. I wondered about this myself. Was I an artist? What inspired me to make the witch? I knew that I liked to create art pieces but I didn't have the discipline to continue to make examples in each motif until I'd mastered it. Art was simply a medium for something else.

You'd think that because of my interest in the witch, I'd be interested in all things Halloweenish. Such was not the case. The next weekend, the "older boys" (8th graders) had a "haunted house" in one of the classrooms. You paid your fee, got blindfolded, and someone held your hand, and pushed your hand into one plate of "stuff" after another. Yes, I knew I was not really touching witches eyeballs - they had to be grapes. But after having my hand pushed into icky stuff two or three times, and having the "grown-ups" cackle and laugh and try to scare me, I was terrified, and with all my might, I pulled away from the grownup holding me, and made a mad dash outside. I got out and I ran and ran until I was far from the classroom haunted house. I didn't stop until I was satisfied that no one was going to grab me and take me back in there.

Partly, I think, I was frightened due to the blindfold and the feeling of vulnerability. But that cured me of paying to have someone scare me. I found that henceforth, I preferred my eyes open in any such frightening experience. And somehow, I never had the desire to go on rides where I could get killed, such as roller coasters and other "fun" and fast amusement park rides. I found that having a steady emotional state meant that I would forego all such future "thrills." It was a cost that I paid easily.

To this day, I don't understand why anyone would pay good money to get frightened, and so I have rarely watched "horror" movies.

Halloween on the streets of our neighborhood in 1960 and the early 1960s was like a wild scene from a Fellini movie. The streets were packed with children and their parents going door to door, and there was a din of yells and screaming as children made the rounds in costumes with their paper bags.

My father enjoyed sitting on our front brick porch, and giving out small cups of apple cider to each person who came by. Many of the adults and youngsters enjoyed this because they were thirsty from all their running around. So people would pause briefly on the porch and talk with my father, usually wearing some silly wig.


But today, I think even parents have grown weary of all the bad things that can happen when mobs of children roam the streets in the dark. I think it's a good thing that Halloween commemorations have returned to social and group events.

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## HALLOWEEN HAPPENINGS

**MORE INFO**  
626-355-5278

**FREE EVENT**

**THURSDAY, OCTOBER 31, 2013**

<b>3:30 - 5:00 PM</b> TRICK-OR-TREATING DOWNTOWN SIERRA MADRE	<b>4:00 - 5:00 PM</b> COSTUME CONTEST SIGN-UP KERSTING COURT	<b>5:00 PM</b> COSTUME PARADE BEGINS KERSTING COURT	<b>5:30 PM</b> COSTUME CONTEST MEMORIAL PARK
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PRESENTED BY THE COMMUNITY SERVICES DEPARTMENT, SIERRA MADRE  
KIWANIS CLUB, & SIERRA MADRE CHAMBER OF COMMERCE

Winner with the Scariest Costume Will Perform at

## Sierra Madre Playhouse

**HALLOWEEN HAPPENINGS EVENT MAP**

- Trick-Or-Treat Businesses  
Look for sign in windows
- Parade Route
- Costume Contest Check-in
- ★ Costume Contest




**Costume Contest Information**

- All youth must pre-register in Kersting Court to be able to participate in the costume contest, **NO signups** will be taken in Memorial Park.
- Prizes will be given to the top 3 contestants in each of the five age categories.

**Age Categories:**

Walking to 2 years old  
3 to 4 years old  
5 to 7 years old  
8 to 10 years old  
11 years & up



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From Arcadia's Best:

WUO BABY BABY – SMOKEY AT CRYSTAL BALL

Smokey Robinson serenaded more than 900 well-dressed attendees at the Pasadena Convention Center Saturday night with hits such as “Ooo Baby Baby,” “I Second That Emotion” and “Tears of a Clown” to honor Arcadia City Councilman John Wuo and wife Jane Wuo and to raise money for Methodist Hospital.

Mayor Mickey Segal proclaimed Oct. 19, 2013 as John and Jane Wuo day, then proceeded to join with a professional auctioneer to raise tens of thousands of dollars from silent and visual auction bidders. Wuo said the people of Methodist Hospital are like his second family and he will not forget them.

Among the other attendees at the elegant affair with dazzling decor and delectable dining were Congresswoman Judy Chu, County Supervisor Michael D. Antonovich, Methodist Hospital CEO Dan Ausman, Arcadia City Councilmen Bob Harbicht and Gary Kovacic, City Clerk and Arcadia Historical Society President Gene Glasco, former Mayor and Arcadia Weekly Social Whirl columnist Floretta Lauber, former Mayor Jim Helms, as well as Bruce Lazenby of Rose Hills Memorial Park & Mortuary, and Frank Yang, owner of the world famous Din Tai Fung restaurant in Arcadia.

This year's co-chairs for the Methodist Hospital Foundation's annual fundraiser, cardiologist Dr. K. Heiner Vogelbach, and Christine Antonovich, previously announced eight major sponsors were recruited at about \$30,000 each. The goal was to reach a half-million dollars in net proceeds. Last year's event co-chaired by John Wuo and Peggy Cherng, netted \$475,000. Tens of thousands of dollars are typically bid during a live auction among high-rollers at the event, as well as a silent auction held during the pre-show reception.

Proceeds from this year's event will be used for cardiac care at the hospital, including full renovation of the Catheterization Laboratory #2 and replacing current equipment with updated imaging systems, ensuring physicians and technologists experience easy integration while seamlessly increasing the quantity and quality of procedures performed.

Many of the most high-profile items in the auction were donated by Segal, a longtime Foundation supporter, and his family members and his Century City financial firm, including a sports package of VIP tickets to the Dodgers, Lakers, Clippers and Kings; a 20-person suite at Dodgers Stadium; a vacation by private jet; and a trip to New York with tickets to a Broadway show and the Late Show with David Letterman. A VIP private party for 10 at a Panda Inn went for \$12,000.

The evening concluded with a one-hour performance by legendary Motown Grammy-winning singer Smokey Robinson.                   – By Scott Hettrick   Photos courtesy Arcadia Chamber of Commerce



L-r: Crystal Ball honorees John and Jane Wuo and co-chairs Dr. K. Heiner Vogelbach and Christine Antonovich

Haunted Halloween Happening

The City of Arcadia Recreation and Community Services Department is excited to announce the tenth annual Haunted Halloween event at the Arcadia Community Center, 365 Campus Drive, Arcadia, CA 91007!

On Thursday, October 31st, elementary school students dressed in their best costume can roam the haunted hallways of the Community Center and enjoy activities which include Scary Crafts, Trick-or-Treating and Goblin Games. Undercover costume judges will roam the festivities in search of participants wearing the best costumes!

This event is free of charge and open to the public. The festivities run from 4:30-6:30pm. For more information please call 626.574.5113.



Assistance League of Arcadia

FALL LUAU PARTY



From left to right President Keppie Sullivan and her husband Dave, Holiday Sale Chair Shelly Romo and her husband Jim

Arcadia, CA, -- Assistance League of Arcadia recently held its annual Fall Party at Paul and Sandra Kalemkiarian's home in Arcadia. Classic woody wagons and surfboards welcomed guests to the luau in a tropically decorated garden setting. Sheryl Schreiber's Social Committee created a romantic island atmosphere, using tiki torches and tropical floras. Danielson Creations served a sumptuous luau buffet, while guests enjoyed live Hawaiian music and Polynesian dancing. It was a lovely evening for members and their spouses to socialize and take time off from the chapter's many philanthropic programs. The Assistance League of Arcadia is one of 120 chapters of National Assistance League, an all-volunteer member-driven non-profit 501(c) (3) organization.

This year the Arcadia chapter is celebrating its 60<sup>th</sup> year of providing lasting change in the community through hands-on involvement. Last year, the Assistance League's 347 volunteers provided 26,800 service hours to more than 25,000 children and adults through its programs. The members of Assistance League put caring and commitment into action and are always looking for new volunteers to make a difference in the community. To learn more about Assistance League of Arcadia, please visit their website at [www.ALArcadia.org](http://www.ALArcadia.org) or email them at [ala@alarcadia.org](mailto:ala@alarcadia.org). To schedule a presentation by the speaker's bureau for your local organization, email [ala@alarcadia.org](mailto:ala@alarcadia.org)

Arcadia Police Blotter

For the period of Sunday, October 13<sup>th</sup>, through Saturday, October 19<sup>th</sup>, the Police Department responded to 889 calls for service of which 120 required formal investigations. The following is a summary report of the major incidents handled by the Department during this period.

Sunday, October 13:

- 1.       Around 2:30 a.m., an officer conducted a traffic stop on a vehicle with three occupants for a broken tail light. Throughout the investigation, the 29-year-old Hispanic male driver refused to comply with instructions. He was arrested for Delaying a Police Officer and transported to the Arcadia City Jail for booking.
- 2.       At about 6:20 p.m., an officer responded to Dream Lab, 1023 South Baldwin Avenue, in reference to a theft report. The victim explained a male suspect stole his cell phone and fled the location. Shortly after, the 19-year-old White male suspect responded to the parking lot and returned the phone. He was arrested for Robbery and Possession of Marijuana, and transported to the Arcadia City Jail for booking.

Monday, October 14:

- 3.       Shortly after 3:10 a.m., an officer was dispatched to a residence in the 200 block of El Dorado Street regarding a robbery report. As the victim was parking her car in the garage, two unknown suspects ran inside the garage yelling. One suspect brandished a knife while the other suspect removed the victim's purse from the backseat of the vehicle. The suspects fled the location in an older model Honda Accord described as a copper color and were not located. Suspect-1 is described as a Black male, 25 to 35-years-old, approximately 180 lbs., 5'7" tall, wearing a dark colored flannel shirt over a light gray hooded sweatshirt and blue jeans. Suspect-2 is described as a Hispanic male, 25 to 35 years-old, approximately 200 lbs., 5'10" tall, wearing unknown type of clothing. Several fingerprints were recovered from the exterior of the vehicle. Further investigation is being conducted by the Detective Bureau.
- 4.       Around 5:34 p.m., an officer responded to a residence in the 700 block of West Naomi Avenue regarding an infant locked inside the backset of a vehicle. The officer broke a front window and rendered the child safe and unharmed. The mother explained she accidentally locked her keys inside while loading the car.

Tuesday, October 15:

- 5.       Shortly after 1:50 a.m., an officer responded to Drinker's Hall of Fame, 151 East Huntington Drive, in regards to a battery report. A female subject known to be a regular at the bar hit a male subject in the face three times for an unknown reason and left the location. She is described as Hispanic, approximately 30-years-old, 5'4" tall, 200 lbs., brown shoulder length wavy hair, wearing a blue Dodgers shirt and dark colored jeans.
- 6.       At approximately 6:44 p.m., an officer was dispatched to a residence in the 1600 block of Highland Oaks Drive regarding a burglary report. Unknown suspect(s) entered the location through an unlocked door, ransacked the master bedroom, and stole \$15,000 worth of jewelry. The officer recovered one fingerprint and no witnesses were located.

Wednesday, October 16:

- 7.       Around 7:14 a.m., an officer responded to Burlington Coat Factory, 1201 South Baldwin Avenue, regarding a theft investigation. Upon opening the store, the manager discovered the jewelry department had been burglarized. The suspect left behind miscellaneous burglary tools and several blood droppings were detected around the broken display cases.

Video surveillance revealed a male suspect concealed himself inside the basement, burglarized the jewelry section once the store was closed, and fled through the emergency exit. The suspect is described as male, thin build, wearing a dark colored beanie, grey colored hooded sweatshirt, blue jeans and black shoes, and carrying a tan colored backpack. Further investigation is being conducted by the Detective Bureau.

- 8.       At approximately 10:57 a.m., an officer conducted an enforcement stop on a vehicle for inoperable break lights. The officer discovered the driver was never issued a driver's license. The 30-year-old Hispanic male was cited in the field without incident and his vehicle was released to the passenger who was a licensed driver.

Thursday, October 17:

- 9.       At about 5:00 p.m., an officer conducted a traffic stop on a vehicle in the area of Huntington Drive and Holly Avenue for having no front license plate. The officer discovered the 42-year-old driver of unknown race was in possession of methamphetamine and the 19-year-old White male passenger had three outstanding misdemeanor warrants. Both subjects were arrested and transported to the Arcadia City Jail for booking.
- 10.      Around 7:50 p.m., an officer conducted a traffic stop on a vehicle in the 200 block of East Huntington Drive for driving without the use of headlights. A records check revealed the 26-year-old Black male driver had a suspended license. He was arrested, transported to the Arcadia City Jail for booking, and his vehicle was impounded for thirty days.

Friday, October 18:

- 11.      Just after 8:00 a.m., an officer was dispatched to a residence in the 000 block of Woodland Lane regarding a theft report. An investigation revealed an elderly victim suffering from Alzheimer's disease issued a \$4,500 check to an unknown suspect from "Indoor Air Quality" for fictitious air conditioning work. The suspect attempted to cash the check at Bank of America, 169 East Foothill Boulevard; however, when the teller became suspicious, the suspect fled the location with the check. He is described as middle-eastern, 20 to 30-years-old, medium skin tone, with short brown hair. Further investigation is being conducted by the Detective Bureau.
- 12.      At about 9:23 p.m., an officer responded to a residence in the 000 block of Colorado Boulevard regarding a report of child endangerment. A search of the residence revealed a 28-year-old Black female was in possession of marijuana without a medical marijuana license and had willfully endangered her two children by leaving the drug and other alcoholic beverages within their reach. She was arrested and transported to the Arcadia City Jail for booking. The children, six and nine-years-old, were taken into custody by the Department of Child and Family Services.

Saturday, October 19:

- 13.      Around 4:00 p.m., an officer was dispatched to a hit and run traffic collision in the "Peacock" parking structure at the Santa Anita Mall, 400 South Baldwin Avenue. While en route, the officer located the suspect vehicle and conducted a traffic stop in the area of Baldwin Avenue and Duarte Road. An investigation revealed the driver, a 21-year-old Hispanic female, was under the influence of alcohol with a blood alcohol level greater than 0.08 percent. The 27-year-old Hispanic male passenger of unknown race was also under the influence and unable to care for himself. Both suspects were arrested and transported to the Arcadia City Jail for booking.
- 14.      At approximately 10:47 p.m., an officer responded to the parking lot of the Arcadia Police Department, 250 West Huntington Drive, in reference to a disturbance. Two subjects followed one another into the parking lot after a fit of road rage. The 70-year-old White male and 38-year-old

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# MONROVIA - DUARTE

Sierra Madre

Arcadia

Pasadena

Altadena

Monrovia

## DUARTE SENIORS HAVE A NEW PLACE TO HANG OUT



Joann Stroup (center) enjoys lunch with friends at the grand opening reveal of the newly renovated Duarte Senior Center patio. Senior Services Supervisor, Peggy Diamond stops by the table to join the conversation.

DUARTE, CA, --Joann Stroup has been a Duarte Senior regular for years but she confessed that she had never stepped foot on the Senior Center patio until now, the big day of the patio renovation reveal.

Before the facelift, the Senior Center patio was perhaps not that inviting with its plastic chairs, sparse landscaping, and little shade. It lacked ambiance. The improvements include brand new sturdy and attractive patio furniture with umbrellas, decorative pots and plants and a fountain. The barbeque area was refurbished, patio walls were given a fresh coat of paint and the old planter irrigation system was replaced and beautiful new landscaping installed.

With the City operating on a lean budget and with a reduced work force, the transformation may not have happened at all at this time except for the teamwork between two City departments and their staffs to get the job done. The Parks and Recreation Department Facilities Maintenance Division and the Community Development Department's Field Services Division worked the project into their regular schedules over a four-month period and kept all the work in-house, for the most part utilizing equipment and materials on hand.

Seniors, community leaders and City staff who attended the ribbon cutting ceremony were impressed with the new look.

"We are so happy with our attractive new patio, just in time for the holiday parties," said Senior Services Supervisor, Peggy Diamond.

## FRIENDS OF THE MONROVIA PUBLIC LIBRARY MONTHLY HALF-PRICE BOOK SALE

MONROVIA- Friends of the Monrovia Public Library will hold their monthly Half-Price BookSale in the Friends Store throughout the month of November. This month, adult books and media with an orange dot on the spine are half-price. While some items are individually priced, regular prices range from \$0.25 to \$2.00 Visit the Friends Store (Monrovia's only Bookstore!) early for best selection.

The Friends Store is located inside the Monrovia Public Library. Store hours are Monday-Wednesday, 10 a.m. -5 p.m. and Thursday-Saturday, noon -5 p.m.

The Friends of the Monrovia Public Library promote the Library by encouraging a greater use and appreciation of the literary, educational, and cultural advantages the library offers to the community.

Friends Store at the Monrovia Public Library 321 S. Myrtle Avenue, Monrovia, CA. 91016  
www.friendsofmonroviapubliclibrary.org

## MONROVIA SUNDAY MORNING FARMERS' MARKET

That's right- it's back! From 10am - 2pm on Myrtle Avenue, shop for fresh produce at the Sunday morning Farmers' Market in Old Town Monrovia.

## Monrovia Police Blotter

### Highlighted Activity for the Week of October 21-23, 2013

During the last seven-day period, the Police Department handled 469 service events, resulting in 81 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.

#### Outside Assist / Alhambra Police Department – Rape Suspect Detained

October 21 at 5:39 p.m., officers responded to a business parking lot in the 200 block of West Huntington regarding a suspect wanted for rape by the Alhambra Police Department. The victim saw the suspect in a vehicle parked in a parking lot and called police. An officer responded, located the vehicle and detained the suspect. The Alhambra Police Department was notified and responded to take custody of the suspect.

#### Runaway Juvenile Located

October 21 at 12:56 a.m., the Temple Sheriff's Department called and requested an officer respond to a residence in the 1000 block of Royal Oaks regarding a runaway juvenile at the location. The juvenile had run away from a boy's home in the City of Chino. An officer was dispatched to the residence and the juvenile was detained. The juvenile was taken to East Lake Juvenile Hall.

#### Loud Explosion/Noise Heard

October 23 at 10:17 p.m., police dispatch received five calls reporting a loud explosion type noise coming from the area east of the 400 Block of South Mayflower. Officers responded and searched the area reported, but they were unable to locate a cause.

## Tip of the Week

THE MONROVIA POLICE DEPARTMENT WANTS YOU TO HAVE A SAFE AND HAPPY HALLOWEEN

Here are some tips to keep your children safe:

Make sure your costume is easy to see. Light colors or reflective tape are good to use.

Make sure that your costume is short enough so you won't trip on it.

Carry a flashlight so you can see and people can see you.

Use make-up instead of a mask.

Go with friends and/or parents. Don't go out alone.

Cross only at corners and never cross the street between parked cars.

Walk only on well-lit streets and stay on the sidewalks.

Wait until you get home to sort, check and eat your candy. Check all your treats and throw away things that are not wrapped.

Make sure you call the police if you see anything that doesn't look safe.

A safe Halloween is a happy Halloween!

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Monrovia Department of Community Services

2013 Halloween Activities in Library Park

Date: Thursday, October 31  
Time: 3:00 - 6:00 p.m.  
Fee: FREE!  
Ages: 0 - Adult

Costume Contest & Parade of Characters  
Dog Costume Contest

Library Story Times • Toddler Area • Activity Booths  
Arts & Crafts • Parachute Games • Photo Booth

In the event of rain the event will be held inside the  
Monrovia Community Center, 119 West Palm Avenue

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## LA SALLE'S HOMECOMING COURT



Pasadena, CA – La Salle High School students had the opportunity to experience entertainment both on and off Kohorst Field for Homecoming Week. The Student Life team worked throughout the month to bring "A Blast from the Past!" to the students and Royal Court at the rally before the big game on Friday, October 18.

Watching the school come together at the rally further motivated the student body to come watch the Lancer football team compete that night against Mary Star of the Sea High School. During halftime of the football game, Robert McCreary and his sister Missy McCreary were crowned Homecoming King and Queen. With their mother and father by their sides, the King and Queen wore their crowns in front of the crowd and cheered the Lancers on during the second half where the Lancers defeated the Stars 51-20! The Homecoming Dance, sponsored by the Junior Class Council, followed on Saturday night.

Homecoming Court: L - R Julianne Robi, Robert McCreary, Missy McCreary, Sean Cowell, Olivia Kavanaugh, Conor Williams, Sabrina O'Reilly, Ben Dalgarn, Christina Judson, Brandon Busbee Photo by John Blackstock

## REP. SCHIFF CURRENTLY ACCEPTING APPLICATIONS FOR SERVICE ACADEMY NOMINATIONS

### Encourages Students to Apply

Burbank, CA – Each year, Rep. Adam Schiff (D-Burbank) nominates students from the 28th Congressional District for appointment to one of the four United States service academies which require a Congressional nomination. With these appointments, students are provided a free college education at a nationally-recognized academic institution, while preparing for an officer's commission in our nation's armed forces. Nominations are required for all but the U.S. Coast Guard Academy, to which appointments are made on the basis of an annual nationwide competition.

All Members of Congress are able to nominate qualified high school students for admission to one of the four service academies: the Military Academy at West Point, the Naval Academy at Annapolis, the Air Force Academy at Colorado Springs and the Merchant Marine Academy at Kings Point. In order to be considered for an appointment to a service academy, an applicant must meet the eligibility requirements established by law and be nominated by an authorized person, including Members of the House of Representatives, Members of the United States Senate or the Vice President's Office.

"The students that are nominated to a service academy compile outstanding resumes of accomplishment, demonstrating excellence in academics, physical fitness and extracurricular activities," said Schiff.

An applicant for nomination must meet the following eligibility requirements as of July 1 of the year of admission to a service academy: he or she must be at least 17 years old, but not have passed their 23rd birthday, must be a United States citizen and must be unmarried, not pregnant and have no legal obligation to support children or other dependents. The deadline for students interested in applying for nomination to a service academy from Cong. Schiff's office for the Class of 2018 is November 1, 2013.

For additional information, call Schiff's district office at 818-450-2900 or 323-315-5555 or visit his website for an application.



## GOODEN STUDENTS MAKES A MUSEUM PUMPKIN PATCH



On Thursday, Oct 17th Ms. Keezer's second grade class from the Gooden School visited the City's two museums, Lizzie's Trail Inn and Richardson House. While there, the students took part in a craft project that turned the Trail garden in front of Lizzie's into a pumpkin patch. Each student created a unique jack o' lantern that was "planted" around SMHPS' award winning scarecrow. The children also toured both museums and the tack shed, learning about early Sierra Madre, and how some things in the community were different back then, but also how some things are still the same today.

The pumpkins patch will be on display until Oct 30th in the Museum Garden, upper level. The address is 167 E. Mira Monte Ave., Sierra Madre. Go north on Mountain Trail and follow it around



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## SCHOOL DIRECTORY

### Alverno High School

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

### Arcadia High School

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

### Arroyo Pacific Academy

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

### Barnhart School

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

### Bethany Christian School

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

### Clairbourn School

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

### Foothill Oaks Academy

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

### The Gooden School

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

### High Point Academy

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

### LaSalle High School

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

### Monrovia High School

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

### Odyssey Charter School

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

### Pasadena High School

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

### St. Rita Catholic School

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

### Sierra Madre Elementary School

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

### Sierra Madre Middle School

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

### Walden School

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

### Weizmann Day School

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

### Wilson Middle School

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

### PASADENA UNIFIED SCHOOL DISTRICT

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

### ARCADIA UNIFIED SCHOOL DISTRICT

234 Campus Dr., Arcadia, Ca. 91007  
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### MONROVIA UNIFIED SCHOOL DISTRICT

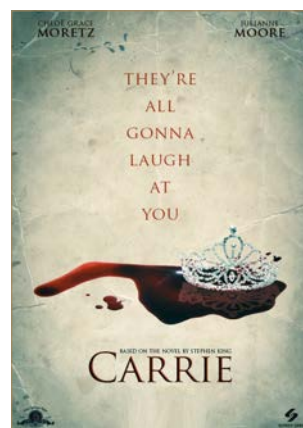
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(626) 471-2000 Website: [www.monroviashools.net](http://www.monroviashools.net)

### DUARTE UNIFIED SCHOOL DISTRICT

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

## THE REEL DEAL: by Ben Show

### CARRIE



I have been a huge Stephen King fan ever since I read the book Carrie. To me, it was one of the best horror books ever written. However, when I watched the original movie version of the book, I found myself very disappointed (except for the prom scene, of course). For this reason, I was looking forward to see this remake for quite a while and I am happy to say that it does not disappoint.

This remake follows the plot of the book and the original film, focusing on a poor girl, Carrie (Chloe Grace Moretz), who is severely bullied at school and lives with an insane, abusive mother (Julianne Moore). When she discovers that she has the ability to control objects with her minds, she takes life into her own hands and decides to get her revenge.

I liked this remake for three reasons, the first being Chloe Grace Moretz's performance, which was amazing. The second was that the character of Carrie's mother is developed more. For example, she shows even more signs of insanity than in the original film, which made this movie even more interesting. The final reason is the prom scene. It is done absolutely perfect and the chain of chaotic events that leads to the explosive conclusion is absolutely stunning to watch. I would recommend this movie for fans of the original movie, the book, or someone looking for an interesting plot, characters, and awesome CGI telekinetic fight scenes.



## REAL FOOD DAILY

## Onto a New Adventure

A few years ago I visited a now defunct BBQ Joint on the west side of town, a BBQ lover that I am, the drive from Pasadena I felt is no problem and I would drive anywhere for great Q, the hostess as she was bringing us to our table, said "enjoy your meal", I responded, what do you recommend? She said I am a Vegan I don't eat here, ....yikes!!!

I digress onto the question. What is a vegan? What is veganism?

Veganism is a type of vegetarian diet that excludes meat, [eggs](#), [dairy products](#) and all other animal-derived ingredients. Many vegans also do not eat foods that are processed using animal products, such as refined white sugar and some [wines](#). Most vegans also avoid the use of all products tested on animals, as well as animal-derived non-food products, such as leather, [fur](#) and wool.

Vegan refers to either a person who follows this way of eating, or to the diet itself.

Although there is some debate as to whether certain foods, such as honey, fit into a vegan diet, if you are cooking for other vegans, it is best to err on the side of caution and avoid these foods.

What do vegans eat?

This is perhaps the most common question about veganism. A vegan diet includes all grains, beans, legumes, vegetables and fruits and the nearly infinite number of foods made by combining them. Many vegan versions of familiar foods are available, so you can eat vegan hot dogs, [ice cream](#), [cheese](#) and [vegan mayonnaise](#).

I was summoned to Real Food Daily in Pasadena by my sense of curiosity, we have established the fact that I am not a vegan, but I do love food. So was I impressed with Real Food Daily and can I recommend it you? Will I return? Yes, yes and yes, the menu includes salads (of course) sandwiches, wraps, pizza and burritos, all familiar choices right? Well it would take me a 2000 words to explain the ingredients, let me tell you what I had to eat, my starter was a Sea Cake (\$8.95) explained to me by the server as a great alternative for a crab cake, ingredients were all organic vegan choices described as a savory vegetable and sea croquette with pesto and sweet chili aioli. Man the flavor was superb as far as comparing it to a crab cake, well I have had crabcakes that I would describe as blah and boring, the sea cakes I would order again however if I was given my choice of a crab cake with real lump crab and a sea cake, I'd lump it, but for \$8.95 order it! My entrée was the Fettuccini Alfredo (\$12.95) tossed with broccoli and red peppers; the alfredo sauce wasn't a dairy product (can't be) but an almond milk base. What visit would be complete without a fresh juice, I had the Verde (\$5.95) all things green or sweet green with apple, On my next visit to Real Food Daily I will check out the Sunday Brunch, the menu looks very interesting Vegan dishes of sausage, fruit, granola and waffles.

All and all a very good first impression, for you red meat eaters, give it a try, I promise that you'll like. As of this writing still waiting for the beer and wine license. The servers can artfully and skillfully explain any ingredients to you, and shhhh!! They aren't all Vegans.

RFD 899 E. Del Mar Pasadena (626) 844-8900

Listen to Dining w/Dills Sundays at 5 PM KABC I talk to Michaels on Naples live.



## PIZZA MUMMIES

English muffins  
Pizza sauce  
Black olives  
Onions  
Red or green pepper  
Sausage or Pepperoni (optional)  
String Cheese sticks or slices



- 1 Heat the oven to 350° F. For each mummy, spread a tablespoon of pizza sauce onto half of an English muffin (toast it first, if you like).
- 2 Sprinkle Sausage or place pepperoni slices on top of sauce
- 3 Set olive slices in place for eyes and add round slices of green onion or bits of red or green pepper for pupils.
- 4 Lay strips of cheese across the muffin for the mummy's wrappings.
- 5 Bake for about 10 minutes or until the cheese is melted and the muffin is toasty.

## HOT DOG MUMMIES

- 1 11-ounce can of refrigerator breadsticks
- 1 12-pack of hot dogs
- Yellow mustard



- 1 For each mummy, separate one breadstick from the roll and use kitchen shears or a knife to slice it in half lengthwise to create two thinner strips.

- 2 Wrap one strip at a time snugly around the hot dog. Depending on the size of the hot dog, you may not need all of both strips. Leave about 1/2 inch of hot dog exposed for the face area and continue wrapping the top of the hot dog.

- 3 Bake the mummies on a cookie sheet at 350° for 15 to 18 minutes or until the breadstick wrapping is golden brown.

- 4 Remove the mummies from the oven and cool them for 5 minutes. Add yellow mustard eyes just before serving. Makes 12 mummies.

Photos and recipes courtesy of Family Fun

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...with a great, big bunch of friends.



## Spöoky, Creepy Halloween!

I'm batty about Halloween!

This tradition may have begun in Ireland, England and France.

At the end of **summer** it was **harvest** time. The sunlight hours were waning and people were getting ready for a long, cold winter. Some people felt that the line between the living and the dead was very thin at that time of year.

People built **bonfires** for their harvest celebration. Some wore **costumes** and **masks** so **spirits** wouldn't recognize

them, damage their crops or cause illness. Some people would go door to door asking for money, cheese, apples or bread for the festival night. This is thought to be the beginning of kids **Trick-or-Treating** for **candy** in neighborhoods.

Today, on **October** 31st, many people carve **pumpkins** into Jack-O'-Lanterns and light them to greet children. They have costume parties and may bob for **apples**.

Whooooooooooooo  
put this sticky  
web in my way?

Have  
Fun!

and

Keep  
Safe!

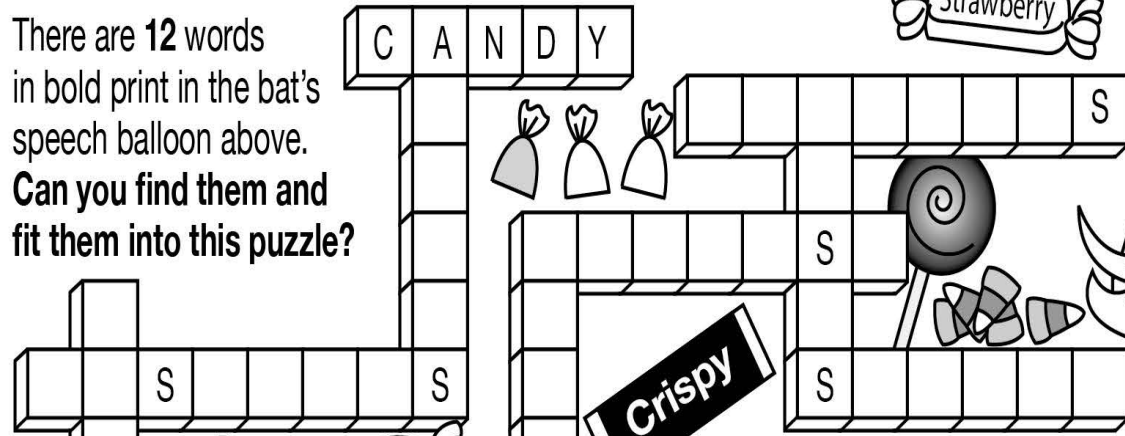
Find  
and circle all  
the words that  
begin with  
the letter "S"  
as in "spider."

Mmm...  
I want

Spinner Spider's  
Safety Tips!

Here are Spinner's  
spider web tips for a  
fun, safe Halloween!

1. Make-up will let you see better than wearing a mask.
2. Use light-colored clothing or bright, glowing paints!
3. Have a flashlight so you can see and be seen.
4. Walk with friends and have an adult you know nearby.
5. Only visit well-lit houses of known neighbors.
6. Have Mom or Dad



There are 12 words  
in bold print in the bat's  
speech balloon above.  
**Can you find them and  
fit them into this puzzle?**



## PET OF THE WEEK

LOLLIPOP: ANIMAL ID #A4644365

Puppies do not come any cuter than Lollipop (A4644365)! Lollipop is a kissy three month old brown and white spayed female Pit Bull mix puppy who was brought to the Baldwin Park shelter on October 19th. The family who found her kept her for two months and tried to find her owner, but had to give her up because of their landlord. Weighing twenty-two pounds, this puppy is utterly perfect and a volunteer favorite! She is great with kids and other dogs, exceptionally affectionate and outgoing, and has never met a person she didn't like. Lollipop is the perfect indoor pet for an active individual or family living in a private home or large apartment/condo. To watch a video of Lollipop please visit: [www.youtube.com/watch?v=sxHa5KCNZvE](http://www.youtube.com/watch?v=sxHa5KCNZvE)



To meet Lollipop in person, please see her at the Baldwin Park Shelter, located at 4275 N. Elton, Baldwin Park, CA 91706 (Phone: 626-430-2378 or 626-962-3577). She is currently available now. For any inquiries about Lollipop, please reference her animal ID number: A4644365. The shelter is open seven days a week, 12 pm-7 pm Monday-Thursday and 10am-5pm Friday-Sunday. This is a high-intake shelter with a great need for adoptions. For more information about Lollipop or the adoption process, contact United Hope for Animals Volunteer Adoption Coordinator Samantha at [Samantha@hope4animals.org](mailto:Samantha@hope4animals.org). To learn more about United Hope for Animals' partnership with the Baldwin Park Shelter through its Shelter Support Program, as well as the many dogs of all breeds, ages, and sizes available for adoption in local shelters, visit <http://www.unitedhope4animals.org/about-us/shelter-support-program/>.

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Year graduated | 2002, Cum Laude  
Hometown | Monrovia, California  
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## Happy Tails

by Chris Leclerc



## "TWO FUR TWO"

## A Second Dog in the Household

There are various reasons why people choose to find a companion for their existing furry, four-footed friend. Among the most common reasons are companionship for their canine, and another is hoping the new dog will act as a help-meet in buffering the blow of saying goodbye to the older dog, when his time comes. These

are reasons why people choose to adopt a second dog, but the fact is, such a scenario can play out for reasons other than intention or choice. As of 8 weeks ago, I have had a second dog in my home, due to the unexpected passing of a very dear friend, and I have learned some amazing lessons through the experience.

When my next door neighbor called saying he felt sick and asked me to come over, so I did. At the time, I had no idea he would be rushed to the hospital, never to return home, leaving his 3-year-old dog "Molly" in my care. I never gave it a second thought as to whether or not I would take care of Molly, but I would be lying if I said I wasn't a bit overwhelmed by the sudden loss of my friend and the addition of a second dog to my home. You see, I already have a 10-year-old bloodhound named "Tatertotts". I adopted her 8 ½ years ago. Tater was adoptable because she was too aggressive for the show ring. Her unpredictable behavior is apparently the result of in-breeding, or at least that's what I think caused her social short-comings. For this reason, Tater has always been a challenge when it comes to social interaction. She is fine at home with me and my husband, but as soon as she is forced to share her space with others, trouble ensues.

For the first two weeks, Tater and Molly got along fine and I was so happy for Tater, as I had thought she would live out the rest of her life lonely with no social interaction other than me and my husband. Unfortunately, the fun-loving ended about halfway through the third week of having Molly in our home. I guess Tater got tired of sharing her space, and decided it was time to put her foot down! (And, in case you haven't met Tater, I'll tell you now, she's got a big foot to put down!). Well, that's when the "fun" started for me. I soon found myself rotating 2 dogs in my home to avoid confrontation and potential blood-shed. Finally, I called my vet and asked her what I should do to help facilitate the new relationship, and her first bit of advice was that I continue giving Tater lots of positive reinforcement, and allow her to be the "top-dog" in her own home.

My vet gave me some very specific tips on how to go about dealing with Tater and Molly to ensure the best outcome. First of all, she said that if a fight should break out, I should not yell or get excited (easy for her to say), rather I should keep an even tone and talk to Tater calmly, saying such things as "it's ok, girl, I know you are just protecting your territory, and we know you are number one, now come on and let Molly have a little space too, just be yourself and she'll know you're the boss". It may sound silly to talk to your dog like a person, but they pick up on the vibes you are sending out, so it really does help to tell them what they need to hear.

The bottom line is I must confirm Tater's position of hierarchy over Molly, and not reprimand her for protecting her territory. Well, I'll tell you right now, that is a challenge when my 108-pound bloodhound is standing over Molly, who weighs about 40 pounds! Still, I get the logic behind my vet's advice and I trust her opinion, so I am doing my best to carry it out. I still keep Molly and Tater separate most of the time, but I am working toward allowing short, closely monitored visits together in the back yard. I'm just not confident enough to allow a potential confrontation between them yet, although I am told it is necessary in order to let them work things out and establish their respective roles. My situation is one in which I did not choose to adopt a new dog, but I love Molly and I made a promise to Fred that I would always be there for her if she needed me, so I am committed to making it work.

Many pet owners are making the choice to adopt a second dog, and with so many in shelters these days, I think that is wonderful! In this case, it is important to find the best match for your existing pet. Although each dog is an individual, some handle change better than others. There are some basic considerations to be made before adopting dog # 2. Age, gender, size and energy level are among the most important variables to be considered. It is also important to recognize the fact that, unless the existing dog allows otherwise, the new dog will most likely have to play 'second fiddle'. If your dog has lived in your home for quite a long time, unless he happens to be very passive and allows the new one to dominate, he will assume the position of "top dog" when you bring another one home.

Another important thing to be considered is that the new dog should not be too energetic or hyper-active, compared to the energy level of the existing dog. For example, bringing a rambunctious puppy into the home of an elderly, perhaps even deaf or blind dog could create a disaster for all involved. If the purpose is to find a friend for an older dog, do your best to find a younger dog that will show full respect to the elder. In fact, regardless of age, energy level is a very important issue to be aware of in general. Also, dogs are very territorial, so if a dog has lived in it's home for many years, naturally he will defend his territory against a potential predator, even another dog. Be aware of your dog's level of territorial tendencies, do not punish him for such behavior, and try to find another dog who will respect those boundaries.

There is much more to know and prepare for before adopting a second dog, so take the time to research the issues and ask questions. The more you know and understand about the nature of dogs and how they interact, the better your chances of maintaining a harmonious home with more than one pup on the premises! So far, in spite of the challenges, I think we are making progress here at the Leclerc home. I love Tatertotts with all of my heart, and I love Molly, too. They both bring so much joy to my life that I refuse to give up on helping them get along. They are teaching me so much through the process, I feel like I'm back in school! I guess you could say I am 2 for 2 as a dog lover and pet owner at this point. I wish the best to those of you who wish to add a second dog to your home. Try to understand the reasons behind their behavior, stay positive and above all, don't give up!

## LOOKING FOR A BEST FRIEND??



**So is Mac Donald!** He is approximately 5-6 years old and weighs 9 pounds. He's a sweet, friendly boy and a good steady walker on leash who loves to sniff and explore. He enjoys petting and loves a good back rub, but he is not overly needy. He gets along with his kennel mates, but especially likes being with female dogs. He perks up and a big/playful smile appears on his face when he meets them. Mac has big brown eyes that seem to say take me home. He is neutered, up to date with all routine shots and ready to move in. Please stop in and consider making Mac part of your family! He currently resides at the San Gabriel Valley Humane Society located at 851 E. Grand Avenue in San Gabriel with his roomie. We are located off San Gabriel Blvd., north of Mission and south of Las Tunas.

To arrange a 'Meet and Greet' with Mac Donald, please stop by any time from 10:00am to 4:30pm Tuesday thru Sunday.

His adoption fee is \$120 which includes his neuter surgery, a microchip, first vaccinations and a free wellness check-up at a participating veterinarian. Feel free to call us at (626) 286-1159 for more information on Mac Donald.

See our website at [www.sgvhumane.org](http://www.sgvhumane.org) for information and photos of all our available pets.

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## REASSESSMENT TIME FOR MEDICARE PART D BENEFICIARIES

Dear Savvy Senior:

*I have been enrolled in the same Medicare prescription drug plan for three years now, but my pharmacist told me I should look for a new plan during the open enrollment period that would fit my needs a little better. What's the easiest way to do this? Need Help*



Dear Need:

Because all Medicare prescription drug plans can change their coverage and costs each calendar year, the only way to ensure you're getting the best coverage at the lowest cost is to compare your Part D plan against the competition during Medicare's open enrollment period (which is Oct. 15 – Dec. 7). Here are some tips and resources that can help you compare drug plans, and select one that better fits your needs.

Important: Don't confuse Medicare open enrollment with the new health insurance marketplaces that have just opened under the Affordable Care Act (aka Obamacare). They serve two totally different populations. Health insurance marketplaces are for people under age 65 who don't have health insurance, while Medicare open enrollment is for Medicare beneficiaries who wish to review their current Medicare policies and make changes.

Open Enrollment Website

If you're comfortable using a computer, you can easily compare Medicare's drug plans yourself online. Just go to Medicare's Plan Finder Tool at [medicare.gov/find-a-plan](http://medicare.gov/find-a-plan), and type in your zip code or your personal information, enter in how you currently receive your Medicare coverage, select the drugs you take and their dosages, and choose the pharmacies you use. You'll get a cost comparison breakdown for every plan available in your area so you can compare it to your current plan.

This tool also provides a five-star rating system that evaluates each plan based on past customer service records, and suggests generics or older brand name drugs that can reduce your costs.

It's also important to keep in mind that when you're comparing drug plans don't judge a plan strictly by its monthly premium cost. Low-premium plans are often associated with higher prescription co-payments and may end up being more expensive. Look at the "estimated annual drug costs" that shows how much you can expect to pay over a year in total out-of-pocket costs – including premiums, deductibles and co-pays.

Also, be sure the plan you're considering covers all of the drugs you take with no restrictions. Some plans may require you to get permission or try a number of cheaper drugs before they will cover certain prescriptions.

Need Help?

If you need some help with this or if you don't have Internet access to compare the plans yourself, you can call Medicare at 800-633-4227 and a customer service representative will do it for you over the phone for free.

Another resource that you can call on for help is your State Health Insurance Assistance Program (SHIP), which provides free one-on-one Medicare counseling in person or over the phone. They also conduct seminars during the open enrollment period at various locations throughout each state. To find the contact information for your local SHIP visit [shiptalk.org](http://shiptalk.org), or call the eldercare locator at 800-677-1116.

Shrinking Donut Hole

You also need to know that Medicare's "donut-hole" – the coverage gap in which you must pay out-of-pocket for your drugs – continues to shrink. In 2013 and 2014, you will get a 52.5 percent discount on brand-name drugs, and the federal subsidy for generic medications will rise from 21 to 28 percent in 2014.

The 2013 coverage gap begins when your total drug cost exceeds \$2,850 (that includes your share and the insurer's share of the costs) and ends when combined spending is \$6,455. After that, your Part D plan usually covers around 95 percent of your remaining drug costs for the year.

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



## KATIE Tse.....This and That APPLE MONTH!

Happy Apple Month! No, I'm not talking about your iPad, iPhone, or any other device you can't live without. I'm talking about the apples that you eat, the apples that adorn kitchen counters in "Crate & Barrel" catalogs, and the ultra shiny red apples kids across the nation toss into the trash each day with their cafeteria lunch.

I can understand that most kids aren't naturally inclined to bite into an apple, when there are pizzas, burgers, corn dogs, and tater tots to be had. Also, something about the skin on those school lunch apples make them seem overly tough and impenetrable. It's as if the apples expected to be thrown out, and were preparing for impact.

Somewhere, however, far from the grocery aisles, school lunches, and Starbuck's counters are apples that actually taste good! (Honestly, what's the turn around time for fruit at a place like Starbucks? You know people are there for the blueberry scones, triple chocolate brownies, and whatever other fatty pastries they pass off as "breakfast items.") Yes, there is a place where apples taste like apples!

Although I've lived in Southern California all my life, I'd never been to Oak Glen before. My parents and I didn't know what to expect when we went there for the first time last week. So, when the narrow road became lined with parked cars, we figured we might as well leave the car and walk from that point.

We continued uphill past little tents offering handmade soap, sage sachets, and raw honey. There were also burly men handing out baskets to young kids so they could pick apples with their families. We admired the lovely trees and wondered when we'd start seeing actual apples. Then it dawned on us that these were apple trees, but all the apples, save for the ones at the tippy-top had already been plucked.

Well, that stinks. If that was all there was to Oak Glen, we would've been sorely disappointed. But I recalled their website featured stores (more substantial than tents), and at least two or three restaurants. We backtracked to the car and drove on.

At last we found "the village" and were lucky enough to snag a spot near the shops and restaurants. Then it was time to find a place to eat. All the restaurants seemed equally crowded, so we put our names in at the closest cafe and settled in for a long, long wait. My Dad held our place while my Mom and I explored Law's apple stand.

Sampling apples at Law's was sort of like wine tasting. There were many "exotic" varieties we never tasted before, like Arkansas Black, Spartan, and Mutsu. The men behind the counter described each of them, cutting slices for us to try. I almost expected them to say, "Here's a full-bodied red with a smooth mouth feel and complex finish." Like wine tasting, it was a little difficult to recall the differences after we'd sampled about six different apples. When you don't remember your favorite four out of six apples, you might as well buy all six types just to cover your bases. After all, apple season comes only once a year!

After an hour and a half of apple tasting and poking around in different shops, we were seated for lunch. By that time we had already memorized what we wanted, and then sat for another 45 minutes until the food arrived. Any other time, I might've been a bit annoyed at the slow service. But this place was PACKED! These little cafes get swamped for one month in the fall, and probably starve for business the rest of the year. Anyway, I think the food tasted all the better after waiting for it so long.

We were about to leave when we spotted a sign for Peddler's Pack, specializing in alpaca yarns and unique gifts. My Mom is a fiber nut (as in textiles, not dietary fiber). How could we pass up the opportunity to see alpacas? We followed the signs to an enclosure with about a dozen docile, big-eyed alpacas. "Aw! So cute!"

Peddler's Pack had lovely handmade clothing and jewelry, but my Mom decided on a bag of very soft wool. The proprietress told us that the particular bag my Mom chose was most likely from a single alpaca, whereas the other bags were composites of several different animals' hair. Always the sentimentalist, my Mom asked if the owner knew which alpaca her wool was from. She fingered the "roving" inspected its color, and then said it was either from Quid or Stan.

"Quid or Stan!" my Mom said, "How nice! Are they outside?" I wondered if the lady would break into a fit of laughter at the lengths to which my Mom was taking this. But she just replied, "Yes, they're both out there." Before leaving, we looked again at the alpacas and speculated as to which ones might be Stan and Quid. Driving home, we could now say that we've been to Oak Glen, tasted apples we'd never heard of before, and bought some lovely alpaca roving. Whether it was from Stan, Quid, or a little of both, it all made for a great time!



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## SENIOR HAPPENINGS

By Pat Birdsall

## FYI: HALLOWEEN PARTY-SENIORS ONLY

I just read a short article on Halloween parties for seniors with a genealogy twist thrown in the mix. I wish I had read it earlier when something could be planned in time for Halloween. Then I thought that the idea could be shaped to encompass any holiday, or no holiday at all! In a party setting, whatever the occasion or non-occasion, seniors could be encouraged to share memories of the "good old days." Maybe several topics could be suggested: Holidays past, growing up in a non-technological world, military service, weekend fun, school days, etc., etc. The memories should be recorded, transcribed and perhaps even filmed for posterity. (Talk about dating oneself! Is "filmed" even a term used these days?) At any rate, I know the Sierra Madre Historical Society is doing a series of oral histories, but they can only be done at glacial speed because of availability of equipment and time constraints of the interviewers. I'm being a total Pollyanna perhaps, but I think oral histories on various topics can be accomplished in one fell swoop. All we need to have are volunteers to attend to the details and willing participants to party and reminisce. Oops, and one minor detail...a place to have the party. It used to be that anywhere people were gathered WAS a party but I think that's one of those memories I have from the "good old days." Time flies and some people don't always have a "tomorrow's another day. "Think about it.

**HELPFUL HINT:** Make a watering can for your indoor plants; another use for empty plastic milk jugs. Make sure the bottle is washed thoroughly, using any size, and then you will need a needle or a safety pin and matches or a lighter. Take the cap off and pierce the back side of it with the heated needle or safety pin as many times as you determine necessary for your watering needs. (You can always put more holes in the cap later).

**FOR YOUR FUNNY BONE** - This was an actual letter from the Ann Landers column of yesteryear... My husband and I were newlyweds, getting ready to attend a Halloween party given by friends. I came home from work and asked my hubby to answer the door for the trick-or-treaters while I took a bath. As I was running the water, I thought, "Wouldn't fun to play a trick on him?" So, I put on my flapper raccoon coat, a mask, and without a stitch on under the coat, I sneaked around the house and rang the doorbell. When my husband answered, I threw open the coat and shouted, "Trick or Treat!" He was so stunned; he backed up, fell down the steps of the sunken living room, hit his head and knocked himself unconscious. I called the emergency phone number and had to explain what happened to the paramedics. My husband was taken to the hospital where they said had suffered a concussion. We never made it to the Halloween party and, of course, I had to let my friends know why. They thought it was hilarious.

My husband and I will celebrate our 40th anniversary soon. I still love Halloween, but have refrained from pulling any more startling surprises.



## HAPPY BIRTHDAY! ... October Birthdays

Janda Ferris, Darlene Traxler, Margit Johnson, Sole Krieg, Ann Tyler, Pat Birdsall, George Maurer, Dick Anderson, Barbara Cline, Eva Poet, Mary Jane Baker, Dixie Coutant, Cathleen Cremins, Lillias Eubanks, Alma Mays, Adie Marshall, Darlene Crook, Susan Gallagher, Maggie Ellis, Gloria Giersbach, Elva Johnson, Ellen O'Leary, Jenny Piangenti, Gail Ann Skiles, Anita Thompson, Linda Boehm and Angela Stella.

\* 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:** ~There is a child in every one of us who is still a trick-or-treater looking for a brightly-lit front porch. Robert Brault



**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.

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

**LUNCH AND LEARN: SALT THERAPY**

*Wednesday, October 23<sup>rd</sup> - 12:00 to 1:00 pm Hart Park House Senior Center*

Listen to Reiki Master Kristen, as she explains the benefits of Salt Therapy. Discover the all-natural, drug free treatments that are offered at The Salt Therapy Studio such as salt therapy, massage therapy and Reiki. These forms of treatment are helpful with many conditions that affect the body including: Arthritis, Chronic Obstructive Pulmonary Disease (COPD), Muscle Tension, Stress, Sinusitis, Sore Throat, Colds, cough and congestion.

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 2<sup>nd</sup> 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:



**JEOPARDY TAPING AT SONY STUDIOS** - Sony Studios, Culver City, Ca.

Date: Wednesday, November 13, 2013 Time: 9:30 am to 3:30 pm

Meeting Location: Hart Park House Sr. Center Cost: \$15.00 (does not include lunch)

Join us as we head to the Sony Studios in Culver City for the taping of Jeopardy!, America's favorite quiz show. The show is a winner of a 2012 Peabody award and 30 Emmy awards, including the 2012 Emmy for Outstanding Game/Audience Participation. Participants will have the opportunity to see the taping of three shows which takes approximately 2 hours. Following the tapings, at approximately 1:15 pm, participants will lunch together at the Overland Café just down the street from the studio. It is recommended to bring \$10-15 for lunch. Tickets are selling quickly so come in today and purchase yours. Last day to register is November 5<sup>th</sup>. Level of walking: Minimal

**Friday, December 13, 2013. "Because it's Christmas"**

Show at Candlelight Pavilion (Claremont, Ca.) \$67.00 (Lunch included) 10:00 am- 4:00 pm

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

## Senior Movie Program:

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



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

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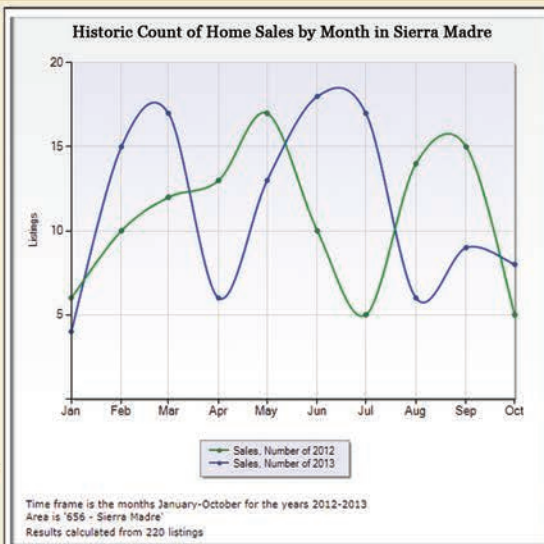
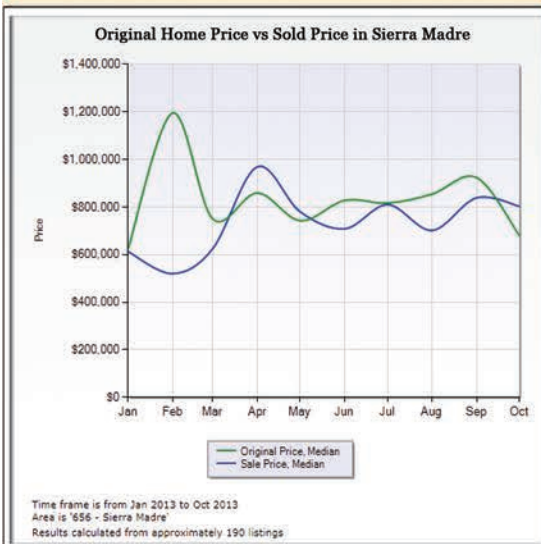
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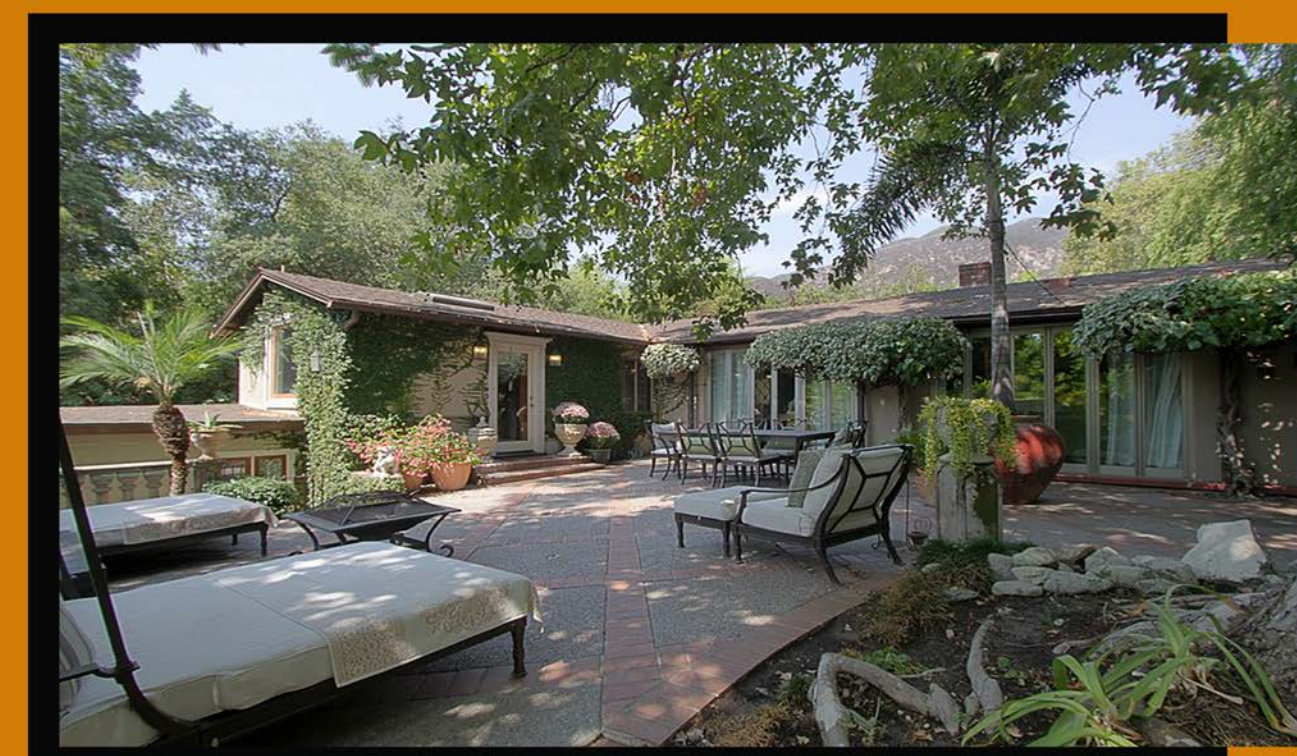
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MOUNTAIN VIEWS NEWS  
- Partial Listing**

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Sierra Madre City Hall  
Bean Town Sierra Madre  
Starbucks  
Bottle Shop  
Happy's Liquors  
Sierra Madre Senior Center  
Arcadia  
Arcadia Public Library  
Arcadia Post Office  
Starbucks Arcadia  
Denny's Arcadia  
Faschings Car Wash  
Monrovia  
Monrovia Public Library  
Monrovia Post Office  
Monrovia City Hall  
Coffee Bean Monrovia (Foothill/Myrtle)  
The Monrovia  
Rudy's Monrovia  
Monrovia Senior Center  
Duarte  
Duarte Public Library  
Duarte City Hall  
Denny's Duarte  
Starbucks Duarte  
Coffee Bean Duarte  
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**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.

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OKTOBERFEST PARTICIPANTS GREETED BY CONGRESSWOMAN CHU



On Saturday, residents and friends of Sierra Madre brought their “A” games to the Memorial Park Tennis Courts and the Eaton Canyon Golf Course for the Ninth Annual Oktoberfest Golf and Tennis Tournament which raises money for youth and teen services. This year preliminary reports indicate that \$5,500 was raised.

After the athletic activities, the participants gathered at the Hart Park for a victory luncheon. This year a very special guest greeted the players, Congresswoman Judy Chu.



Winners of this year’s events were:

1st Place Tennis John Capoccia (SM City Councilmember)  
2nd Place (tie) Bryan Van Norden and Joseph Whidman

Pictured above, Congresswoman Chu and Tennis Champ John Capoccia. Right., The winning golf team: Mark Levoe, Jeff Dapper, Greg Johns and Kevin Jayne.

Winners of the golf competition were: Mark Levoe, Jeff Dapper, Greg Johns and Kevin Jayne who swept away the competition with a 9 under round, breaking last year’s record of 8 under. Other golf winners included:

Putting Contest - (a tie broken by Random Draw) Donna Burley  
Accurate Drive for Women - Donna Burley  
Longest Drive for Men - Frank Moore  
Closest To The Pin - Justin Menzel

Although the golf tournament offered cash prizes of up to \$5,000 for a hole and one and a five star resort trip, no player managed to accomplish that feat.

SIERRA MADRE HALLOWEEN HAPPENINGS

Thursday, October 31, 2013. Halloween Happenings’ activities include the downtown trick-o-treating sponsored by the Sierra Madre Chamber of Commerce, as well as the costume parade and costume contest, supported by the Sierra Madre Kiwanis Club. All activities for the Sierra Madre Halloween Happenings are free!

- 3:30 - 5:00 PM Trick-O-Treating, Downtown Sierra Madre
- 4:00 - 5:00 PM Costume Contest Sign-up, Kersting Court
- 5:00 PM Costume Parade Begins, Kersting Court
- 5:30 PM Costume Contest, Memorial Park (no signups will be taken in Memorial Park, signups must be done in Kersting Court)

Participating Businesses in the Downtown Trick-o-Treating -

Sponsored by the Sierra Madre Chamber of Commerce, from 3:30-5:00pm in Downtown Sierra Madre.

Costume Contest Registration and Participation

Supported by the Sierra Madre Kiwanis Club. The costume contest registration will be available in Kersting Court from 4:00pm-5:00pm. All youth must pre-register in Kersting Court to be able to participate in the costume contest, no signups will be taken in Memorial Park. The costume contest will begin at approximately 5:30pm at the Memorial Park Bandshell. Prizes will be given to the top three contestants in each of the five age categories: walking to 2 years, 3-4 years old, 5-7

CELEBRATE 50 YEARS OF GOOD SPIRITS!



The image above was created by Bill Coburn depicting the changes of the face of the Bottle Shop over the years.

On Saturday, October 26<sup>th</sup>, from 2 to 6 pm, The Bottle Shop invites everyone to stop by and celebrate their fifty years of service in Sierra Madre. There will be door prizes, appetizers, and live entertainment by the “Mello D’s”, featuring Dave Osti and Deanna Cogan. Participants will have the opportunity to choose among dozens of wines and beers to sample. The cost is \$10.00 per person

RESCUE LOG  
SIERRA MADRE SEARCH AND RESCUE

The Sierra Madre Search and Rescue (SMSR) Team responded on seven search and rescue calls in September. With schools back in session the tempo of rescues is beginning to drop after a busy summer.

As part of the larger local search and rescue structure, Sierra Madre Search and Rescue often responds to assist other agencies and SAR teams on incidents. One of these mutual aid assists is detailed below along with the search for a missing hiker.

Stranded Hiker, Eaton Canyon: (pictured on the right)

The Altadena Mountain Rescue Team (AMRT) contacted SMSR at 2:28 p.m. on September 11th to assist in the rescue of a hiker stranded on a cliff in Eaton Canyon. SMSR and AMRT personnel established a command post at the entrance to Eaton Canyon and assembled rescue teams to access the subject. The initial rescuers on-scene determined that the hiker was uninjured but was stranded approximately 200 above the canyon floor and unable to safely ascend or descend from his position. Rescuers quickly determined that accessing the subject from above by lowering a rescuer to his position and then lowering both the rescuer and hiker to the canyon floor would be the safest course of action. This type of rescue scenario is one that members of all the SAR teams regularly practice. Familiarity with working together and the topography of the canyon allowed rescuers to execute the plan safely and efficiently. Hikers are reminded that getting off trail into the vertical or near-vertical areas of our mountains can be very risky. It is often very easy to climb up into an area and find that

it is not possible to safely ascend or descend. Avoid placing yourself in this situation if at all possible, but if you do, to avoid the risk of serious injury or death, do not hesitate to request assistance if necessary. The rescue was secured after all personnel were out of the field at 6 p.m.

Missing Hiker, Clamshell/Monrovia Peak area: SMSR was paged at 8:56 a.m. on September 22nd to search for a missing hiker in the area east of Chantry Flat near Monrovia Peak. Crews initially staged at the upper helicopter pad at Chantry Flat for potential helicopter insertion in the search area. Information associated with cell phone information placed the hiker in the so-called Clamshell area high above Monrovia. Due to aircraft availability and timing, field crews made the long drive into the area via fireroad. Teams hiked into the area to check trails and the register on Clamshell Peak. No sign of the hiker was located and the field crews returned to Sierra Madre. Late in the afternoon, the hiker was able to contact his family and report that he had been able to get back to town safely. Search efforts were cancelled at that point and the operation was secured at 5 p.m.

For over 60 years the all-volunteer Sierra Madre Search and Rescue team has been responding to calls for help in the local mountains and beyond. Funded entirely by private donations, SMSR provides a range of public programs on wilderness safety in addition to its search and rescue activities. The Team never charges for any of its services.



For more information, including how to arrange a wilderness safety demonstration for your school or group, visit [www.smsr.org](http://www.smsr.org).

years old, 8-10 years old and 11 years & up. Sierra Madre Elementary teacher Lisa Spigai will keep all entertained as she emcee’s the contest. All prizes for the costume contest are provided by the Sierra Madre Kiwanis Club. The judges for this year’s contest are: TBD.

Halloween Parade led by the Sierra Madre Fire Department

The costume parade will depart from Kersting Court at 5:00pm and will be led by the Sierra Madre Fire Department, with the Sierra Madre Police Department bringing up the rear. The parade will travel west on Sierra Madre Blvd. and end in Memorial Park. Youth can visit with firefighters and explore the vehicles in Kersting court before the parade begins.

Alegria Avenue Festivities

(Independent Activity Hosted By Residents on Alegria Avenue)

Alegria Avenue between Baldwin Avenue and Mountain Trail will be closed to through traffic on Thursday, October 31, 2013 from 4:00-11:00pm. The homes on this street are elaborately decorated for Halloween and many families visit this street to trick or treat. \*Note: this is not affiliated with any of the City of Sierra Madre Halloween Happenings activities.

For more information about any of the Halloween Happenings activities please call the Community Services Department at 626-355-5278.



SIERRA MADRE SCARECROW FESTIVAL  
OCTOBER 1 - 31, 2013

Have you seen all the scarecrows around town? Take a walk, drive or cycle around and see all of the sights!

Pick up a map of all the Scarecrows around town at The Creative Arts Group, 108 N. Baldwin, Sierra Madre



Read The Paper Online At: [www.mtnviewsnews.com](http://www.mtnviewsnews.com)



SEAN'S SHAMELESS REVIEWS:

By Sean Kayden

HEAVENLY BEAT



"Prominence," the sophomore release from John Pena a.k.a. Heavenly Beat is essentially the first album revisited all over again. Some may deem it a dead on sequel to 2012's "Talent." Since the first album was a pleasant surprise it's not all that alarming this one is too. Moreover this was also a complete departure from the previous band (Beach Fossils) he was a part of. The tropical pop resonance with daydream lyrics is

a fitting fall season release. The lulling arrangements may alleviate some past wounds one may still have. While I mentioned the album feels identical to the first record, it goes a bit deeper. Pena is more comfortable in his own skin now and it shows with his lyrical abilities. The music here is a bit morose, but he's able to liven things up from time to time. Another key component to Pena's signature sound is the grouping of sounds that stem from popular music of other countries. However, "Prominence" lacks variety, which makes it the experience a bit stale toward the end of its 9-track run. The songs are better played throughout a mix CD, popping up periodically, instead of listening the record track by track.

Artist: Heavenly Beat  
Album: Prominence  
Label: Captured Tracks  
Release Date: October 14th, 2013

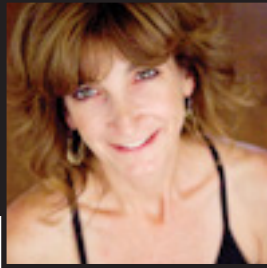
The echoed low voice of Pena is extremely calming. With his proclivity for electronic beats, lush, and layered melodies, Pena is a masterful composer of pop-orientated songs. At the same token, most songs blend together, making it rather difficult to differentiate the tracks. I'm a fan of Pena's work, but I find myself bored with the album as it comes to a halt. It's less than 35 minutes in length, but feels greater since most songs have overlapping sounds. Heavenly Beat creates a very ethereal atmosphere from beginning to end. The record sort of glides throughout, but could be due to the lack of diversity. With nearly every song sounding overwhelming similar to the next, the record never takes a much-needed detour. One of the better tracks here is, "Expectation." Sure it's not a whole lot different than the other songs, but Pena's voice is a lot clearer here. The lyrically gloomy tune displays words such as, "I wanted that and so much more/won't accept that I lost out/it hurts to think that all I've felt was only leading me nowhere." Overall, it breathes such beauty and warmth. "Forever" is another highlight that has Pena painfully reciting the lines, "can't remember a time when I didn't feel awful," and "it's so hard believing there's nothing more I could do/forever's a long time to spend hurting for you." The man's sensitivity shines throughout even if sometimes it appears more on the doom and gloom side.

"Prominence," is a decent record that puts on display a musician with many talents. However, it would be great to see (and hear) what Pena can do beyond this sound he's cultivated over the span of two albums. I will say his music doesn't sound like any other American musician since the influences span different cultures. While I applaud his creativity, I can't say that I was utterly enamored by this experience. There are things to appreciate with "Prominence," however becoming completely stimulated by it may not be the case. Heavenly Beat has a lot of potential but with "Prominence" it's only shown in small doses. Not bad by any means, just kind of substandard seeing how Pena has a lot going for him artistically.

Grade: 6.5 out of 10  
Key Tracks: "Honest," "Forever," "Expectation"

HEALTHY LIFESTYLES

THE JOY OF YOGA  
YOGA ELEMENTS



There are many schools of yoga. I am not talking about today's styles of yoga, but the ancient ones. Some of these schools speak of God and some don't. Samkhya philosophy and Vedic science are based in the elements. There are 5: earth, water, fire, air and space. We are all made up of these five. It's much the same in Chinese and Native American medicine, even in astrology, everything is based on the interaction of these five things. After we identify everything with the five elements, we can look at how they interact. The Gunas actually gave life to the elements according to the philosophy and the gunas determine how they work together. There are 3 gunas These are rajas, tapas and sattwa. Rajas can be stimulating, aggressive and heating. fire can be rajasic and so can our personalities.

Tamas can be dull, lifeless and inert, like a slug. Our minds can be this way as well. But sattwa is a blend of the two that brings just the right amount of heat, just the right amount of stimulation so that we end up with a calm, yet enlivened state. Tranquility is what we are after. Balance is what we need. Learning to blend these 5 elements with just the right amount of attitude can help us lead a rich, peaceful, happy and fulfilled life. Yoga science is not just exercise. It is a beautiful blend of elements to help you learn sensitivity to your inner workings and to create sattwa in your life. Then maybe you go on to develop the spiritual side of yoga, or not. Maybe you use it to enhance your own faith.

Whatever the direction you go, may you go there with increased awareness, inner peace and the knowledge that you can change.

See you in class. Namasté, René

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TAKE A HIKE By Kevin McGuire

Fall is here and the cooler weather is perfect for outdoor activities. Hiking in the hills of the beautiful San Gabriel Valley is a great place to start! But, hiking, isn't just about spraying on some bug repellent, grabbing a water bottle and hitting the trails. There are many factors to consider, especially if you are new to hiking. Keep in mind that you are sharing these majestic mountains with many species of wildlife, plants and you can meet with some challenging, steep terrain. Being properly prepared can be almost as challenging as the hike itself!

Preparing For the Hike

Mark Nelson, of Eagle Rock, has been an avid hiker for more than 20 years. Nelson emphasizes the importance of being properly prepared before heading out on your hike. "Prepare the day before so you can get an early start," Nelson says. He suggests filling a small backpack to the rim with important supplies such as: a map, flashlight, sun block, first aid kit (which should include Band-Aids, antibiotic ointment, alcohol pads, pain relief tablets, an ace bandage, blister kit, nail clippers, tweezers for splinters, and duct tape, for temporary repairs.) Making wise clothing choices is also a must. Nelson suggests bringing an extra pair of socks and wide-brimmed hat to keep the sun off your neck and ears. "Comfortable pants tend to work better

than shorts, protecting your legs and minimizing dirt in your shoes," according to Nelson. "In cold weather, layering works best. Remember, you will be warm when hiking up hill." Keeping hydrated and snacking on energy foods are the way to go when hiking. Bring at least a liter of water, and snack foods such as nuts, power bars or a sandwich. "But, there is no need to bring a lot of food—you won't starve on a morning hike," Nelson states.

Avoiding Foot Injuries

Jodai Saremi, DPM earned her doctorate in podiatry medicine from Temple University and is a personal trainer in the Los Angeles area. She notes that some of the most common injuries related to hiking occur on the toes, the ball of the foot and the heel. "On the downhill portion of a climb, the toes are jammed into the toebox of the boots or sneakers. The nail beds experience blunt trauma which causes bleeding under the nails and results in painful subungual hematomas," Saremi notes. Saremi suggests socks should be thicker in order to whisk away moisture which can contribute to nagging blisters. Sprained ankles are another common injury for hikers. "On a long trail, it's a good idea to take along an ace wrap and a single use cold pack, which can weigh anywhere from 3-16 ounces, for emergencies," Saremi suggests. "If there is a cold lake or stream available that is safe to approach, and the skin is not broken, soaking the ankle in cold water may help reduce swelling." Saremi says to avoid wearing running shoes or

sneakers as they hold little support. "Superior hiking footwear should provide a solid lug sole, some would even recommend a steel shank, and a roomy, reinforced toebox," she says. "Also, depending on the time of year and the terrain being traversed, water-proofing may be desired, along with thinsulate lining and a gusseted tongue. For more breathability, mesh insets allow air flow."

Good Spots to Hike for Beginners and Pros

For the first-timers, Nelson suggests O'Melveny Park in Granada Hills. "It's an easy two-mile hike along a stream. A fire road leads East up a ridge, offering excellent views of the Valley out and back," he says. For a more moderate hike, try Mt. Waterman, which is about 34 miles north of La Cañada off of State Route 2, prior to Buckhorn Campground. A National Forest parking pass is required. This five-mile loop takes you up around 1300' in elevation with breathtaking views of the desert and San Gabriel wilderness creating a "true mountain experience," according to Nelson. Hike up single-track trail and down fire road. There may be snow on this trail, Nelson cautions.

You are Not Alone

The mountains of the San Gabriel Valley are filled with friendly wildlife such as varying species of birds, insects (though pesky) and amphibians.



Even some of the larger inhabitants such as bears and mountain lions will keep to themselves if not bothered. According to the Mountain Lion Foundation, "Only 14 fatal attacks on humans have occurred in North America during the past 100 years." If you encounter a bear, stay calm, and back away slowly and give the bear room to escape. Talk loud to make sure the bear is aware of your presence (bearsaver.com).

Other things to consider is never hiking alone and always dispose of food waste in garbage cans. Open food wrappers can attract unwanted wildlife and hiking with a partner makes for a safer and fun journey! Enjoy!

**Vibrant Living Wellness Center**  
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**I WANT MY MEMORY BACK!**



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

Are you forgetting names? Can't remember where you placed your keys? Keep leaving your phone places like on restaurant tables? I am not talking Alzheimer's here, I am talking about what some people refer to as foggy brain or slow recall. Memory does erode a bit as we age. There is new evidence that with a little effort you can boost your memory and recall and even build new memory networks.

There are 7 things that are known to improve memory. The first is getting more sleep. The recommended amount of sleep is 7.5 to 8.5 hours a night. If you are like most people, you have a set time that you need to get up to go to work. If you're not getting enough sleep, then your only option is to go to bed earlier.

The next thing you need to do is exercise. Researchers from UC Irvine discovered that a little exercise yielded good mental benefits. Some researchers believe that exercise increases your brain size and your ability to remember. Brisk walking everyday can yield these benefits.

It is also beneficial to play memory games like Sudoku or crossword puzzles. It has long been thought that these games delay brain decline. My new obsession is an iPhone app, called Lumosity which aims to improve concentration and cognitive ability. And there's a mini version you can download for free (works on a computer also).

If you are one of my clients then you know that the number one thing I believe will improve all areas of your health and especially memory is eating the right foods. Those foods are antioxidant rich, colorful vegetables and fruits and anything containing omega-3 fatty acids. At the same time avoiding foods containing refined sugars which can cause brain inflammation.

Along with eating your vegetables you need to stay properly hydrated. We are composed largely of water and need to keep our hydration levels up all day long to keep our memory accurate. It is also important to quit multitasking (or at least slow down). Many times we don't remember names or where we put the keys because we are not paying enough attention to the task at hand. Concentrating on each task is vital to memory. Try saying out loud "I am setting my keys on the counter". The more attention you give to the act, the more likely you are to remember the act later. Lastly, learn something new. It does not matter whether you learn to knit, a sport or learn a new language, research shows that it will improve your memory.

There is no denying that our memory fades as we age but there are things we can do to save our memory if we are willing to put forth a little effort.

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## Looking Up with Bob Eklund

### COUNTDOWN TO LAUNCH A BILLION STAR SURVEYOR

The European Space Agency (ESA) is preparing for a November 20 launch of its “Gaia” space observatory, designed for a five-year mission to map and study one billion stars in the Milky Way Galaxy. Gaia will be launched from Europe’s spaceport in Kourou, French Guiana, on the South American coast.

Gaia’s main goal is to create a highly accurate 3D map of our Milky Way Galaxy by repeatedly observing a billion stars to determine their positions in space and their movement through it.

Other measurements will assess the vital physical properties of each star, including temperature, luminosity and composition. The resulting census will give astronomers an unprecedented new database for determining the origin and the evolution of our galaxy.

Gaia, named for the goddess of the Earth in Greek mythology, will map the stars from an orbit around the Sun, near a location some 600,000 miles beyond Earth’s orbit known as the L2 Lagrangian point. The gravitational forces at a Lagrangian point act to keep an object in a stable position relative to the Earth and Sun.

The spacecraft will spin slowly, sweeping its two telescopes across the entire sky and focusing their light simultaneously onto a single digital camera, the largest ever flown in space—it has nearly a billion pixels.

For the last two months Gaia has been rigorously tested in Kourou as part of the launch campaign. The Kourou site is particularly suitable as a location for a spaceport as it is quite close to the equator, so that the spinning earth can impart extra velocity to rockets as they are launched eastward.

“Getting ready for launch is an extremely busy phase for the mission teams, but it’s also extremely exciting and rewarding to see our mission so close to launch,” says Giuseppe Sarri, ESA’s Gaia project manager.

Earlier this month the spacecraft’s sunshield passed the final deployment test in the cleanroom in Kourou. It has now been stowed in its final configuration ready for the launch. Shortly after launch, the sunshield will be deployed, forming a 35-foot-wide “skirt” around Gaia’s base.

The shield has two purposes: to shade Gaia’s sensitive telescopes and cameras from sunlight, allowing them to cool to their operating temperature of -110°C, and to provide power to operate the spacecraft. The Sun-facing side of the shield is partially covered with solar panels to generate electricity.

“With this important milestone—and others—now completed, we are working through an intensive checklist of final activities that will culminate in the much-awaited launch of our ‘discovery machine,’” adds Sarri.

In the first week of November, the spacecraft will be mounted on the Soyuz launcher adapter and then integrated with the upper stage, which will eventually help boost Gaia onto its journey to L2. The Soyuz fairing—the nose cone that protects the sensitive spacecraft during the first four minutes of launch—will then be added.

On 15 November, Gaia will be moved to the launch pad for integration with the Soyuz launcher itself. Finally, the rocket will be fuelled. Gaia’s launch time is set for November 20 at 08:57:30 GMT, and will be streamed live on the ESA Portal at <http://www.esa.int>

“Our quest to create an enormous stellar census to solve questions on the origin, structure and evolutionary history of our home galaxy, and to discover tens of thousands of supernovas, previously unseen asteroids and even planets around nearby stars, is finally about to begin,” says Timo Prusti, ESA’s Gaia project scientist.

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



## BUSINESS NEWS & TRENDS



You recently read here about formulating your offer based on the information included in a CMA (Comparative Market Analysis). You can fine-tune that offer by applying current market trends. Trends may vary by region, state, city, and even the neighborhood, so do your homework.

You and your agent can study a lot of available statistics - the CMA, local listings’ DOM (Days on Market), and list to sale price ratios. The CMA compares similar properties, while the DOM figure gives you an idea of whether you’re looking at a buyer’s market or a seller’s market (in which you’ll have more competition and less negotiating power). If possible, look at DOM for listings within a mile of the home you want to purchase - it’s that area-specific.

Let’s move on to the average “List Price to Sales Price Ratio” (LP:SP). Like it sounds, it’s simply a percentage based on how closely the final sales price corresponds to the price at which the home was listed. A house that sells for the asking price has an LP:SP ratio of 100%. So a house that lists for \$175,000 but sells for \$160,000 has an LP:SP of 91%.

Look at the these ratios for the homes on the CMA that most closely match yours, and you’ll have a sound basis for what percentage of the list price to offer.

### BUSINESS TODAY

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

By La Quetta M. Shamblee, MBA



### JOB TITLES & HIGH-PAYING POSITIONS DON'T EQUATE WITH GOOD LEADERSHIP

Too often, the title of “leader” is applied to someone simply by virtue of the job title or formal position that they occupy in a group or organization. The real test of leadership is determined by how effective someone is in executing the role. We would never consider calling a horrible cook a chef, or referring to our tone deaf friend as a singer. Yet anyone who ends up in a position as a supervisor, manager or director is automatically thought of as a leader?

Perhaps they are leaders, but are they effective. Seniority, nor a person’s position in the hierarchy of a company is an indication of their qualifications or effectiveness as a leader. It is often very difficult to determine whether someone in a high-paying position is a good leader, since the individuals who report to them are rarely willing to provide honest feedback – unless they are able to do it anonymously, without fear of repercussions if the feedback isn’t a positive review of their superior.

Staff working on the front lines in an organization, are usually positioned to observe situations with consumers, the competition and other happenings that can provide feedback that is valuable, and sometimes critical to the leaders of an organization. Effective leaders understand the importance of creating and

maintaining an environment where feedback from employees is encouraged. The problem arises when the feedback may indicate that some of the challenges experienced on the front lines may be a direct or indirect result of decisions made by the leadership.

Leaders who are competent and confident in their roles are always open to input, even when it reflects that their decision-making warrants improvement. Leaders who are incompetent and lack confidence treat unfavorable feedback as a personal attack. Unfortunately, this usually results in a “kill the messenger” approach that discourages staff from sharing information that has the potential to help the leader make decisions that would improve the organization.

One of the most obvious clues about whether someone is an effective leader, is whether or not they have any followers. By followers, this does not mean employees who report to a supervisor or manager simply because of where they are positioned on the organizational chart. Some of the most effective leaders in organizations don’t occupy any supervisory or management positions. Followers migrate to leaders to get questions answered, and often these leaders are not the individuals with the

positions or titles.

*It’s Time to Reinvent YOU*  
Kevin Kruse, Contributor

Leadership has nothing to do with personal attributes. Say the word “leader” and most people thing of a domineering, take-charge charismatic individual. We often think of icons from history like General Patton or President Lincoln. But leadership isn’t an adjective. We don’t need extroverted charismatic traits to practice leadership. And those with charisma don’t automatically lead.

*Leadership isn’t management.* This is the big one. Leadership and management are not synonymous. You have 15 people in your downline and P&L responsibility? Good for you, hopefully you are a good manager. Good management is needed. Managers need to plan, measure, monitor, coordinate, solve, hire, fire, and so many other things. Typically, managers manage things. Leaders lead people. So, again, what is Leadership?

Let’s see how some of the most respected business thinkers of our time define leadership, and let’s consider what’s wrong with their definitions.



### HOW TO TARGET A POST ON FACEBOOK

Did you know you can target a post on a Facebook page by gender, relationship status, education status, interest level, age, location and language spoken?



Before you can do this, you need to make sure something called “Post Privacy Gating” is turned on in your page’s Admin settings. Here’s what you do:

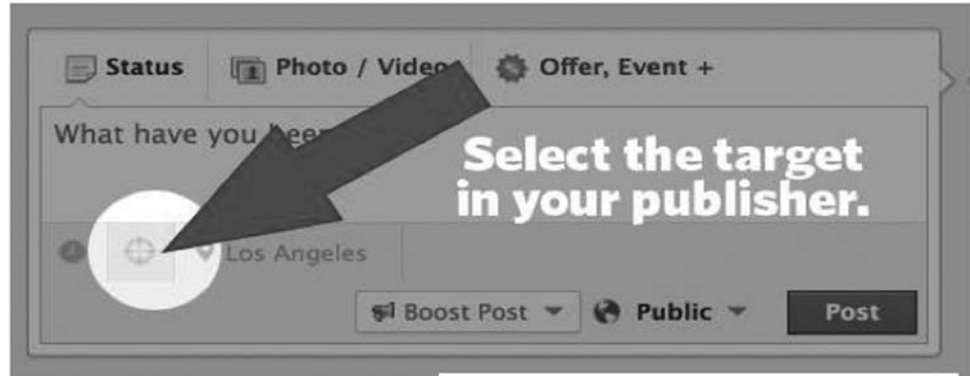
Step 1: Go into your page’s Admin panel. Select “Edit Settings,” under the Edit Page button.

Step 2: Go to “Post Privacy Gating” and check the box that says, “Allow me to control the privacy of new posts I make on my Page.”

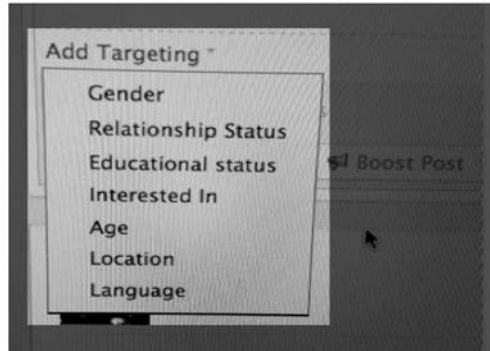
Step 3: Make a post on your page. The “target” will now show up in your publisher. Click on the small target icon in the lower left.

Step 4:

Select “Add Target” and choose the category.



You can target by:  
Gender  
Relationship Status  
Education Status  
Age  
Location  
Language



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



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**BUSINESS EDITOR**  
LaQuetta Shamblee

**SENIOR COMMUNITY EDITOR**  
Pat Birdsall

**SALES**  
**Patricia Colonello**  
626-355-2737  
626-818-2698

**WEBMASTER**  
John Avery

### CONTRIBUTORS

Chris Leclerc  
Bob Eklund  
Howard Hays  
Paul Carpenter  
Stuart Tolchin  
Kim Clymer-Kelley  
Christopher Nyerges  
Peter Dills  
Hail Hamilton  
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Merri Jill Finstrom  
Lori Koop  
Rev. James Snyder  
Tina Paul  
Mary Carney  
Katie Hopkins  
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Greg Welborn  
Renee Quenell  
Ben Show  
Sean Kayden  
Jasmine Kelsey Williams

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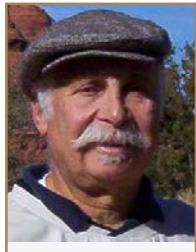
Mountain Views News  
80 W. Sierra Madre Bl.  
#327  
Sierra Madre, Ca.  
91024

Phone: 626-355-2737  
Fax: 626-609-3285  
email:

mtnews@mtnews.com

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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 I'M HAVING TROUBLE ADJUSTING

Just after waking this morning I, as is my custom, turned on the morning news. There before me was this huge

African-American who was just elected Senator of New Jersey. He was conducting the first legal same-sex marriage in the state of New Jersey. The marriage partners were two elderly African-American distinguished looking gentlemen. At the conclusion of the ceremony, Senator Corey Booker said "You may kiss the bride" and the two men passionately kissed before the cameras. Senator Booker, an ex-footballer in addition to being a Rhodes Scholar, said something like "I want to join in" and enveloped both men in a huge embrace.

My disabled son, hearing the TV, was now also watching the news and quite reasonably asked if everyone in that state had to be gay. What am I saying? It seems that there is a great amount of behavior that was formerly illegal or at least hidden which is now presented as absolutely mandatory.

Does everyone have to be gay now? No, I don't think so, but I think the current acceptable political viewpoint is that it is not acceptable to be uncomfortable with such displays. Both my son and I believe that people should have the absolute right to be with whomever they choose. Of course they do, and I am not uncomfortable mingling with gay people. Still, I must admit that I had trouble adjusting to the sight of grown men kissing.

I still have not adjusted to the presence of tattoos and piercings. I was amazed when I first saw the appendages of young lawyers covered with tattoos while their noses and tongues displayed all kinds of piercings. What's it all about? Do parents encourage their kids to become tattooed or is it done in rebellion? Is it okay to ask people about their motivation or is it just none of my business. I think that's part of my problem; it's not okay to ask, but clearly people decorate or desecrate themselves because they want to be noticed. Don't they?

Another thing I don't understand is what goes on in fitness centers in the name of exercise. I am pretty sure that moderate exercise is a good thing and I accept the fact that a half hour of walking is probably the best exercise provided that the rest of your day is not completely sedentary. What I observe

today is not "fitness" but torture. People are pushing themselves beyond reasonable limits and I, as usual, don't understand. I used to think that people worked out so as to enhance themselves as potential mates. Really, I don't think that is the motivation to me. Exercise does not seem to be about anything interpersonal, but instead seems to be about some narcissistic need for self-acceptance. Maybe there is a secret message going around that has notified those in the know that being fat is like some sort of deadly disease such as leprosy, which will require that such out-of-shape people be shunned, if not completely eliminated.

I made the above statement as a sort of joke but now that I think about it all sorts of people, acquaintances but almost strangers, will tap me on the stomach and ask me when I am going to lose some weight. It's true I have a huge stomach and it's undoubtedly contributory to my other medical conditions. I've made all sorts of attempts to lose weight but the excess weight remains. I think of it as a symptom of Type 2 Diabetes, but maybe it's more of a cause than a symptom. The odd thing is that it is now probably socially correct to directly comment on people's weight while it is not socially acceptable to comment about sex practices or body adornments.

Returning to the subject of Race, which is never far away, it was not so long ago that African-Americans were seen as alien to the entire political process. The Recent TV Documentary, Muhammad Ali's greatest fight, very interestingly focused on the establishment fear of Black People. Obviously things have changed - not rapidly enough for many people and too rapidly for some. Perhaps the underlying motivation of the TEA Party is their inability to adjust to an America that is no longer governed by aged White Heterosexual Men. In fact, there is probably some realization that one should never even mention this inability to adjust to the change. During my lifetime, one out of every three Jews were murdered. To people of my daughter's generation it is somehow bad form to even mention this fact. Are these six million deaths an inconvenient fact that we should just forget about? Change takes place so rapidly and historical forgetting occurs, but alas, forgetting and ignorance do not erase the horrors of our recent past and the continuing horrors of our present.



## OUT TO PASTOR

A Weekly Religion Column by Rev. James Snyder  
**WHAT'S IN A NAME ANYWAY?**

I cannot express how ecstatic I was when someone gave me a coupon for a free donut. Normally, I am not overly excited about "free."

I know I am not the most observant person at the circus. Many things get by me without noticing them. Sometimes I am just in deep thought and not aware of my surroundings. I can relate to Walter Mitty in many ways.

There they were, freshly baked Apple Fritters. I was stunned. It just never crossed my mind that a donut shop would have this kind of delicious tidbit. But there they were. Freshly baked and staring at me with alluring eyes of desire.

I do not know how much better a day can get than this. When I got up this morning, I did not realize this would be a wonderful day. There they were staring at me and I staring back and immediately there was a connection.

Standing in line I could hardly wait for my turn to order. I presented my coupon for a free donut and the young woman behind the counter said, "Which donut can I get for you, sir?"

I savored the moment, licked my drying lips and said, "I'll have an Apple Fritter." With that said, I sighed a deep sigh of true contentment.

"I'm sorry, sir," the young woman said.

"There is no need to be sorry, young lady," I said as cheerfully as I possibly could.

"No, sir, I'm sorry but an Apple Fritter is not a donut."

I can take a joke as well as anybody else. In fact, I have put forth my share of jokes. However, an Apple Fritter is no joking matter.

"Excuse me," I said almost breathlessly.

"An Apple Fritter is not a donut, so what donut would you like me to get for you?"

The thought began unfolding in my mind at this point that she was not joking. She sincerely believed an Apple Fritter was not a donut. I know an Apple Fritter is among the Cadillac of donuts but in my mind, it is still a donut.

I did not have much opportunity to set this young woman straight with one of the great fundamentals of life. I had to take one of her "free" donuts along with my coffee, go to a corner and think about these things. What good is "free" if it is not really what you want?

Sometimes people use the word "free" as a device to get you to a place where they can sell you something else.

The Bible is the only place I will accept a "free" offer. One particular verse sets this forth quite nicely. "And ye shall know the truth, and the truth shall make you free" (John 8:32 KJV).

This is often used out of context. The truth that makes us free indeed is none other than the truth about Jesus Christ. He is the only One capable of delivering something absolutely free.

## LEFT TURN/RIGHT TURN

### HOWARD Hays As I See It



"The shutdown was so magnificent, run beautifully. I'm so proud of these Republicans" - Ann Coulter on Fox News

I'll say it again - one of the first things I turn to in the MVN is Greg Welborn's column - because after reading his stuff, I want to look into it.

Last week, he wrote, "a small group of politicians will be selected to negotiate a broader-scope deal, but we've already had one of those - The Simpson Bowles Commission - but its very reasonable recommendations were pronounced DOA by the White House". I hadn't thought much about Simpson-Bowles lately, so I thought I'd look into it.

President Obama and Vice-President Biden actually got a lot of flak from progressives during the 2012 campaign for having endorsed Simpson-Bowles. The original 2010 proposal envisioned Congress giving an up-or-down vote on its recommendations. That idea was nixed when Senate Republicans who'd initially supported the proposal ended up voting against it. Co-Chairman former Sen. Alan Simpson (R-WY) complained they did so for no reason other than "to stick it to the president".

There was never an official Simpson-Bowles "report", as it didn't get the required support of 14 of the 18 commission members. Democrats objected to the cuts in Social Security and Medicare. Republicans couldn't accept its assumption that Bush tax cuts would expire for those with incomes above \$250k a year, nor its suggestion that tax rate reductions for all be offset by closing loopholes for the top 1%.

Greg also assures that as a result of the budget "sequestration" and the partial government shutdown earlier this month, "not much bad happened". I looked into it, and found the Council of Economic Advisors predicts the sequester will cost 750,000 full-time jobs this year. It's caused The International Monetary Fund to lower its U.S. GDP growth forecast from 2% to 1.5%.

600,000 jobs in research and development could be lost over the next three years because of sequestration, with a resulting half-trillion dollars' hit to our GDP. Francis Collins, head of the National Institutes of Health, looked into it and warned, "I worry desperately this means we will lose a generation of young scientists."

The F.B.I. looked into it last month and reported that because of sequestration, "New intelligence investigations were not being opened. Criminal cases were being closed. Informants couldn't be paid. And there was not enough funding for agents to put gas in their cars."

For the 2013-2014 academic year, 57,000 children have been cut from Head Start programs because of the sequester.

As for the shutdown, Standard & Poor's looked into it and calculated a \$24 billion cost to our economy, with billions more in lost tax revenue. Buyers of our debt from China to Saudi Arabia now question the soundness of U.S. Treasury securities, and whether the U.S. dollar is no longer fit to be the world's pre-eminent currency.

As Greg motivates me to look into things, Sean Hannity got Eric Stern, writing for Salon, to look into a recent show on Fox News

featuring "average Americans . . . feeling the pain" of the "train wreck" that is "Obamacare". The Hannity show featured three married couples arrayed, according to Stern, "like game show contestants", telling their personal experiences. As Hannity put it, "These are the stories the media refuses to cover." Eric Stern decided to look into it.

One couple from North Carolina told Hannity how, because of Obamacare, they've been unable to grow their construction business and had to trim employees' hours to keep them at part-time status. Affordable Care Act requirements on employer-provided coverage only apply to businesses with fifty or more employees. Stern looked into it, and found this particular construction business has four. The only ACA requirement that applies to them is that they inform employees of the existence of the "healthcare.gov" website.

Another couple said they'd received notice from their carrier that their policy would be changed to become ACA-compliant. They complained to Hannity this was evidence the president "lied" when he said folks could keep their current coverage under the ACA (as if insurance companies never changed terms of coverage prior to the ACA).

This couple was currently paying \$13,200 a year for coverage, which didn't include one of their two kids because she had a "pre-existing condition" (whose coverage would bring their yearly premiums up to \$20,400). Stern plugged their information into the exchange website and found, assuming they're non-smokers and make too much to qualify for subsidies, they could get comparable coverage for \$7,600 - which would include their previously-uninsured daughter. When Stern asked if they'd looked into it themselves to see what was available, they said they hadn't - because they'd heard the website wasn't working.

The third couple (he's described as a "Christian youth motivational speaker") complained to Hannity that under the ACA their premiums would be hiked 50-75% to cover stuff they don't need; maternity care, prenatal care, etc. Their current premiums are \$10,000 a year. Stern looked into it and found a comparable plan for them on the exchange for \$3,700 - which does include a lot of that stuff they "don't need". When Stern asked where that 50-75% rate-hike figure came from, they said it was from an insurance agent. When asked if they'd go on the exchange themselves to see what's available, they said they don't like "Obamacare" and want nothing to do with it; they wouldn't consider looking into it.

Greg states, "a strong case can be made for a Republican victory". A post-shutdown CNN poll shows 75% of Americans think Republican House members don't deserve to keep their jobs. Public Policy Polling shows Democrats would take control of the House if the election were held today. Confidence in President Obama and support for the ACA grows, as the numbers for Congressional Republicans sink to historic lows.

Before Greg or Ann Coulter again choose to extol the virtues of Republicans in Congress, I think they'd be well-advised to first look into it.

### HOW A LAW BECOMES

#### A BILL:

### TEA PARTY CIVICS

The President of the United States signed the Affordable Care Act (ACA), also referred to as ObamaCare, on March 23, 2010. It then became a law. In March 2012, the Supreme Court heard a challenge to ObamaCare, National Federation of Independent Business v. Sebelius. On June 28, 2012, in a 5-4 decision, the court upheld the law. It was deemed constitutional by the people whose only function in government is to decide what is and what isn't constitutional.

Tea party intellectual Rand Paul wrote an op-ed this June titled: "Obamacare 'is still unconstitutional' one year after Supreme Court approval." Which is like saying, "Just because it's a force that makes things fall to the earth, doesn't make it gravity."

Actually, Rand, it does.

There's an old adage that says it's better to be silent and thought a fool than to open your mouth and remove all doubt. Rand Paul is a man of no mystery.

But he's not alone. Tea-guzzling lawmakers still refer to this more-than-three-year-old law as a bill. Just last month, in September, Rep. Peter King (R-NY) on O'Reilly said: "We could have started three two or three weeks ago negotiating parts of the ObamaCare bill..." Sen. John Thune (R-SD) said on On The Record: "Well, I don't think you can do what they did in the health care bill." Sen. Bob Corker (R-TN) on CNN's New Day said: "Republicans all are very concerned about the policies that are occurring through this health care bill."

Why this word choice? I may be giving Republicans too much credit by saying it's a subtle way of communicating there's still time to stop ObamaCare and that will help in fundraising (Ted Cruz raised \$1.9 million in the third quarter from his Cruz-ade.)

I think they actually just don't know basic civics. They don't want to know basic civics. They claim a monopoly on "common sense." And that's whatever their gut tells 'em. And their gut tells 'em willful ignorance is what those elitist professorial founding fathers would have loved about the tea party. That knowing nothing is a virtue if you believe hard enough.

As if this were finger painting instead of governing a nuclear super power.

Case in point: The tea party Republicans planned to shut down the government in hopes of killing ObamaCare. Senator Cruz offered some pretzel logic—if you want to call it that—in his marathon on-and-on. He remarked: "There are a lot of people with a vested interest in maintaining the status quo" right next to his recurring, "ObamaCare will hurt you" hook. According to Cruz, ObamaCare is the status quo and we have to stop it before it goes into effect.

It hurts, yes...one's head.

So Cruz and his clan shut down the federal government. All but essential personnel. Which led to three weeks of tired quips with overused air quotes about Congress being "essential." Since the tea party lawmakers can't be bothered to learn about the thing they hate (government) and the thing they now work in—tea parties were outraged that the government they shut down, shut down DC monuments. Monuments, of, by and ABOUT the gubmint.

Randy Neugebauer (R-TX) who was instrumental in the government being closed for WWII vets (and other Americans) famously told a park service employee who at that moment for all was an unpaid volunteer, "The Park Service should be ashamed of themselves."

What does Rep. Neugebauer know about shame? Yet another desirable quality lost to willful ignorance.

Now tea party Republicans are upset because the government is open again, the country didn't default on its debts and ObamaCare is still (as it has been for more than three years) a law.

The government goes back to being just dysfunctional and the tea party thinks it's a loss for them.

Losers indeed.

*Tina Dupuy is a nationally syndicated op-ed columnist, investigative journalist, award-winning writer, stand-up comic, on-air commentator and wedge issue fan. Tina can be reached at tinadupuy@yahoo.com.*

### TINA Dupuy









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9 to 10 am	affairs of Cappy Ricks and So this is Washington
11 to 12 pm	Comdey
1 to 2 pm	Bride for Henry and Lady gangster
3 to 4 pm	Heading for Heaven and The Phantom Thunderbolt
5 to 6 pm	Community Programing
7 to 8 pm	Mystery
9 to 10 pm	Mr Moto's Last Warning
Tuesday 10.29.13	Movies
7 to 8 am	Children's Programing
9 to 10 am	Love in High Gear
11 to 12 pm	Whens Your Birthday
1 to 2 pm	Utopia
3 to 4 pm	Kansas City Confidential
5 to 6 pm	Community Programing
7 to 8 pm	Woman in Green
9 to 10 pm	The Son of Monte Cristco
Wednesday 10.30.13	Movies
7 to 8 am	Children's Programing
9 to 10 am	Band Wagon
11 to 12 pm	Lost Honeymonn
1 to 2 pm	City Limits
3 to 4 pm	The Constant Woman
5 to 6 pm	Community Programing
7 to 8 pm	Gaslight
9 to 10 pm	The Sin of Harold Diddlebock
Thursday 10.31.13	Halloween Movies
7 to 8 am	Children's Programing
9 to 10 am	Fog Island and The Fall of the House of Usher
11 to 12 pm	The Monster Walks
1 to 2 pm	Voodoo Man
3 to 4 pm	The Monster Maker
5 to 6 pm	The Bat
7 to 8 pm	Dead Men Walk
9 to 10 pm	Plan 9 from Outer Space
Friday 11.1.13	Movies
7 to 8 am	Children's Programing
9 to 10 am	Comedy
11 to 12 pm	Penny Serendae
1 to 2 pm	Breakfast in Hollywood
3 to 4 pm	My Favorite Brunette
5 to 6 pm	Community Programing
7 to 8 pm	Cause for Alarm
9 to 10 pm	Beneath the 12 Mile Reef
Saturday 11.2.13	Movies
7 to 8 am	Children's Programing
9 to 10 am	The American West of John Ford and The Drifter
11 to 12 pm	American Empire
1 to 2 pm	Utah and Loaded Pistols
3 to 4 pm	Adventure
5 to 6 pm	Community Programing
7 to 8 pm	Mystery
9 to 10 pm	DOA
Sunday 11.3.13	Movies
7 to 8 am	Thanks for Listening
9 to 11 am	The Royal Wedding
11 to 12 pm	Father's Little Dividend
1 to 2 pm	Terror By Night
3 to 4 pm	Mystery
5 to 6 pm	Community Programing
7 to 8 pm	The Bashful Bachelor
9 to 10 pm	Her Favorite Patient

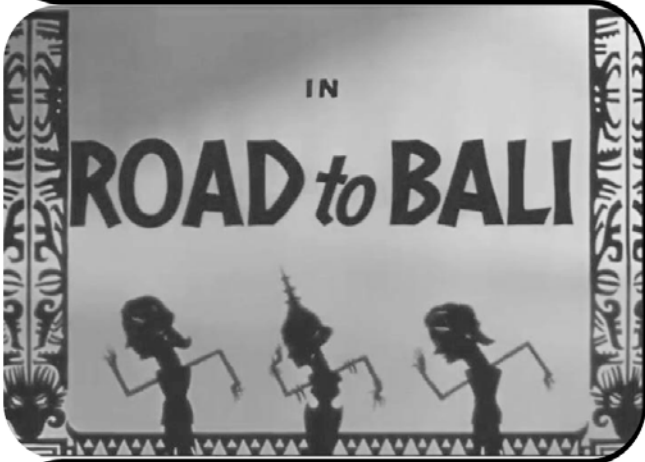
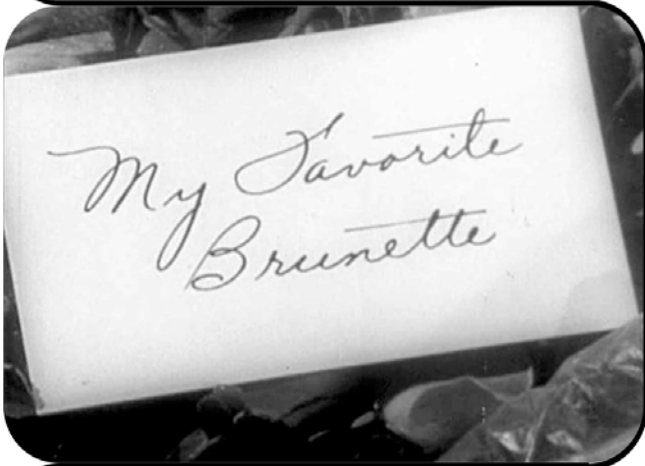


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itor@mtnviewsnews.com We

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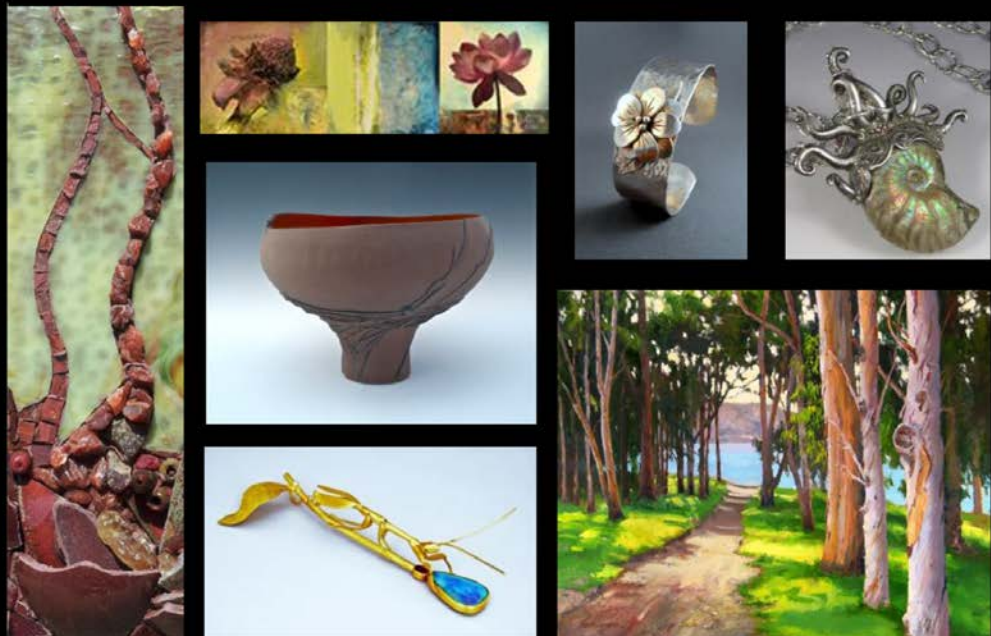


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