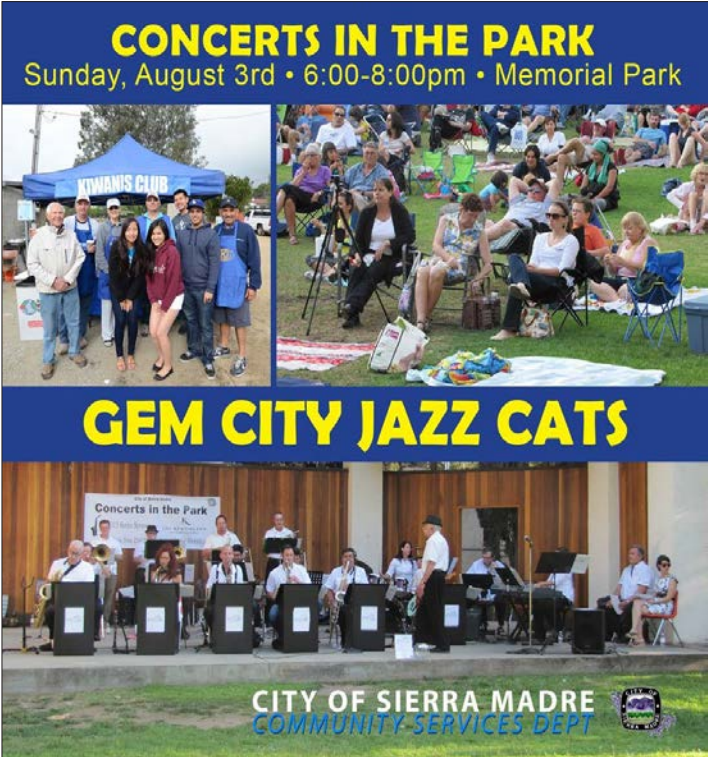


GET SWINGING WITH THE GEM CITY JAZZCATS!

Listen to the cool swing tunes of the Gem City JazzCats this Sunday, August 3rd at Concerts in the Park. Comprised of Monrovia High School Band Alumni and San Gabriel Valley distinguished musicians the group supports the local community through swing and song.

The concert is sponsored by the Sierra Madre Kiwanis Club and Friends of the Sierra Madre Library and will run from 6:00-8:00 pm at the Memorial Park bandshell. Please note that no alcohol is allowed in Memorial Park. FOOD VENDING: Kiwanis Club will be serving cake to celebrate their birthday.



**HART PARK HOUSE SENIOR CENTER REMAINS OPEN DURING REPAIRS**

A pipe in the restroom of the Hart Park House Senior Center recently burst and caused water damage to the facility. Repairs will be made on the weekends, allowing the center to remain open throughout the week. No relocation is necessary; however, bingo on Tuesdays, August 5th and 12th and the Senior Club meetings on Saturdays, August 2nd and 9th are cancelled. All other programs and services will be offered at the Hark Park House Senior Center as usual.

Please call the Hart Park House Senior Center at 626-355-7394 with any questions.

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SATURDAY, AUGUST 2, 2014

VOLUME 8 NO. 31

EATON CANYON UPPER FALL CLOSED

Forest Service officials closed the Eaton Canyon Upper Falls on Friday (Aug 1st) This Health and Safety Closure of the area surrounding the Upper Waterfall only applies to Forest Service lands. Access will still remain open to the Lower Falls.

In recent years, there have been a number of rescues, injuries and deaths associated with climbing to the upper waterfalls in Eaton Canyon. The trails to the waterfall are user-created, and not authorized or main-tained by the Forest Service. Most particularly, the climb to the Upper Falls is steep and dangerous with hikers frequently getting lost or falling off the narrow ridges into the canyon. The user-created trail to the lower waterfall is not the dangerous portion it is the area around the second waterfall that is creating the increase in rescues and deaths. In 2012 there were over 60 rescues in that area alone, and there have been five deaths since 2011. In particular, hikers ignore warning signs and climb the canyon's crumbling walls in search of the second waterfall, enticed by social media videos that encourage and challenge people to risk their own lives and those of emergency responders.

An informal working group of

local and federal agencies has tackled the problem in recent years, collectively developing a public education campaign to heighten awareness of the growing numbers of deaths, injuries and rescues in the upper waterfall area. Despite these efforts to warn of the dangers, hikers continue to attempt the treacherous climb, causing an ever-increasing rise in medical emergencies and rescues in and around the area located on the border of Pasadena and Altadena. Unfortunately, current official warning signs and public service announcements have not dissuaded

AREA CLOSURE NOTICE

In recent years, there have been a number of accidents associated with climbing to the upper waterfalls. Climbing to the upper falls is dangerous. The area is steep, the ground is unstable and hikers get lost and fall off narrow ridges into the canyon. Between 2011 and 2013, there have been many rescues and several deaths at or near this waterfall.

The Closure of the Upper Falls and surrounding area applies only to Forest Service lands. The Forest Area Closure Order (901-14-04), under 36 CFR 261.53(a), prohibits going into or being upon National Forest System lands within the Eaton Canyon Closure Area (red area on the map to the left). Violation of this prohibition is punishable by a fine of not more than \$5,000 for an individual or \$10,000 for an organization, or imprisonment for not more than six months or both (16 USC 551, and 18 USC 3559, 3571, and 3581; and C.F.R. 602). Access is still allowed to the Lower Falls (see Map).

DANGER

FALL HAZARD

En los últimos años ha habido un número de accidentes asociados con la escala a las cascadas superiores. El camino para llegar a las cascadas superiores es peligroso. Las escaladas son peligrosas. El terreno es empinado, el suelo es inestable y los excursionistas se pierden, se caen de crestas angostas al barranco. Entre el 2011 y el 2013 han habido varias rescates y varias muertes en o cerca de esta cascada.

El Cierre de las Cascadas Superiores y Área circundante aplica solamente al terreno del Servicio Forestal. La Orden de Cierre del Área Forestal (901-14-04), bajo 36 CFR 261.53(a), prohíbe el ir o estar en los terrenos del Sistema Forestal Nacional en el Área Cerrada de Eaton Canyon (área roja en el Mapa a la izquierda). La violación de esta prohibición es sancionable con una multa de no más de \$5,000 por persona o \$10,000 por organización, o el encarcelamiento por no más de seis meses o ambas (16 USC 551, y 18 USC 3559, 3571, y 3581; y C.F.R. 602). El acceso a las Cascadas Inferiores sí está permitido (vea el Mapa).

News reports on Friday, the first day of the closure, told of a 19 year old woman who slid down about 30 feet, and a tree broke her fall. She was holding onto the tree about 50 feet from the ground until the L.A. County Search and Rescue Team was able to pull her up to safety, and helicoptered her out.

Graphic courtesy U.S. Forrest Service

hikers from these dangerous activities, and they too often find themselves trapped or injured. Every response involves a coordinated effort of several public safety agencies with jurisdictional responsibility and technical expertise. Last year, thousands of taxpayer dollars were spent on emergency responses to this area alone.

The closure order will impact a small portion of the upper canyon- approximately 84 acres. This has been kept to an absolute minimum in hopes of changing the behavior of those who ignore the warning

signs and continue to place themselves and emergency responders in danger.

The collective group is continuing to enhance its public awareness campaign with new signage and increased personal interaction with visitors to the area. To further educate them on the dangers of ignoring the closure and potential impacts. Those who violate the closure may be fined up to \$5,000 and/or receive six months in jail. Enforcement of the closure will be a joint effort between Forest Service Law Enforcement and the Los Angeles County Sheriff's Department.

THREE SIERRA MADRE RESIDENTS - THE BLACKWELL BROTHERS GO ON THE ROAD

LA.'s Hottest new band: Canto - Up in Smoke Tour at The Whisky A Go Go Los Angeles



Aidan Blackwell

Armed with lead guitar, Seamus Blackwell strutted the stage at The Whisky A Go Go and cut riffs with the speed and accuracy of an acetylene torch. While passionate love ballads lifted spirits in the hallowed darkness, the equally male-female audience took comfort in his testosterone injected high-octane, fracking lyrics, and driving melodic overdrive. Connecting eye to eye from the stage during "Gasoline" set Canto apart from all other Beastie Boy incantations as each unique composition touched these souls and captivated their attention. Canto's endless energy packed the house and discharged onto Sunset Blvd. past midnight.

A sleek choreographed stage presence dominated the act while brother-bassist Aidan's stoic demeanor placed front man Seamus (age 21) clearly in control. Calling out praise to their touring band Shatterproof after a 14-day epic journey through Colorado, Washington and Oregon before the proverbial bus break-down in Eugene, band members recounted bathing in a river, bonding on Peanut Butter, Patron, and Tootsie Pops as a reward. "Maybe even two pops tonight," quipped lead Seamus Blackwell to celebrate their pursuit of their American Dream and polished performance on the Los Angeles stage.

Don't confuse Canto's presence with bravado. Their caustic vibe and unique sounds crushed the crowd's faces who were seduced by good looks and inspired

(continue on page 3)



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# SIERRA MADRE

Sierra Madre

Arcadia

Pasadena

Altadena

Monrovia

## A WORD FROM THE PUBLISHER

You would think that a woman of my maturity would rather not speak of birthdays. That is incorrect. First of all, as my mother used to say, “The only way to avoid growing old is to die young.” I listened and happily chose not to die young. And my father whispered another gem in my ear that made me appreciate birthdays even more. He said, “Your birthday is your own personal holiday. Enjoy it!” And so, in the spirit of wisdom of both my parents, I want to celebrate, a very special birthday. No, not mine - that’s in February, but the birthday of the Mountain Views News nee Observer!

It has been seven years this month that this paper was created and believe me, we are proud to be here. This paper follows in the traditions my parents spoke of. We will not die young and we will take the time to appreciate our own special day.

As you notice, I keep saying we? Well that is because the Mountain Views is not just the paper that I own and publish. It belongs to many other people too. To the wonderful staff, contributors, volunteers, supporters and caretakers, and most of all, it belongs to the communities we serve. Without you, this paper would not be possible. Oh, and yes, to our detractors, we thank you too, because your unrelenting criticism makes us stronger.

There are several people who have been with this paper since the beginning. Special birthday greetings to: Dean Lee, Pat Birdsall, Rich Johnson, Bob Eklund, Mary Carney, Kim Clymer-Kelley, Jeff Brown, John Avery, and Peter Dills. This paper also has a stellar alumni that for a variety of reasons, mostly relocation, are no longer with us. They include Chris Bertrand who retired to Northern California to be closer to her grandson; Hail Hamilton who just recently retired and moved away; and Joe Russo, who spent many, many hours working with me on the production of the paper. Joe has married, become a wonderful father and now lives in the midwest. Our dear friend and contributor, Ralph McKnight, the original voice of the “Left”, passed away in August a few years ago.

We’ve also been blessed to add to our ranks many other fine writers including those listed on our masthead (Page B4). I hope I didn’t forget anyone, is so, I am certain you will let me know! For seven years, 364 consecutive weeks, you have been with us in pen and/or spirit. We also wish to thank those who have been behind the scenes supporting the paper with their kind deeds and encouraging words. You shall remain nameless, but I want you to know that we truly appreciate you.

And last but not least, thanks to my family who have withstood so much. They’ve been willing to share companion, mom and grandmom, sister, and aunt with the paper. You are also appreciated and loved.

It has not always been easy, but I have the same commitment that I had when I suggested that Sierra Madre needed a real community paper. A few years ago, I answered a question that was asked of me by someone in town, “Why Are You Doing this?” Now that is



Susan Henderson, Publisher/Editor

truly a good question. Let’s see. Perhaps my parents dropped me on my head when I was a child. No, that’s not it. Ok, well perhaps I just like working 100 hour weeks. Or better yet, maybe I just love pouring every penny I have into this enterprise. Hmm...that doesn’t sound right either. Ok, I got it. I publish this paper because I love it. I love sharing information with others. I love learning and writing about the treasures in our community. I love providing a needed service to the community. I love bringing people together, even when they don’t agree.

I love providing the opportunity for others to share their talents. And please know, there is no one associated with the Mountain Views that supports their families or even their cheapest hobbies with the money they earn, if any. The people celebrating with me today all participate because it is a labor of love, and we love to do this because you, the community have shown that you love us too!

I wish that more people would look around and see what they can contribute to make our communities a better place. Many people do, but there are many more that don’t. If you don’t, you have no idea how good it would make you feel. Sharing your talents unconditionally is the best feeling in the world. And, when you have done it long enough to have a ‘birthday’ you really rejoice.

So, pick something, a school, a library, a church, an organization, someone who is sick and shut in, or even your next door neighbor. Take a little time to share what God has given you. When you do you will find that, birthdays roll around pretty fast but they feel really good!

So, Happy Birthday Mountain Views News. We should all be very proud of what we have accomplished in such a short time. And, thanks to each of you for all you have done.

### OTHER MOUNTAIN VIEWS NEWS DISTINGUISHED ALUMNI

Pat Ostrye, Paul Carpenter, Stuart Tolchin, Hail Hamilton, Stanley J. Forrester, Trish Collins, Teresa Baxter, Julie Puterbaugh, Bruce LaMarche, Ann Luke, and Meaghan Allen

## BROTHERS *(continued from page 1)*



David and Aidan Blackwell above, Seamus Blackwell below right

Photos by Zach Alvarez

love-struck lyrical tenderness. Nearly dismantling the drum kit to rubble at the finale, the backbone of the band, head-slammng David Blackwell kept the beat and unleashed a fury on the toms which shook the ground a la Mount Saint Helens. VH1 will have to update their playful beach YouTube videos of these handsome guys since they entered the inferno. LA’s hottest new band, Canto’s Up In Smoke 2014 tour is back home.



<https://www.facebook.com/CantoTheBand>  
[www.cantotheband.com](http://www.cantotheband.com)

Review by Thomas Michael Brady

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## SIERRA MADRE JOB OPENING

*Part-time Library Technician - Closes 08.31.14*

The City of Sierra Madre Public Library is looking for a part-time Library Technician to assist patrons of all ages with basic library questions, research needs, readers advisory and computer use. The Technician will provide basic orientation and instruction for in-house and online library resources; inform patrons of acceptable library use and behavior.

### Essential Functions

The following duties are normal for this position. These are not to be construed as exclusive or all-inclusive. Other duties may be required and assigned.

- Staffs the circulation service desk, including registering new library patrons, checking out and re-ceiving books and other items, performing procedures necessary for opening and closing of the library, answering questions from patrons regarding overdue payments and fines, calculating fines and fees, collecting money, and completing necessary overdue account paperwork;
- Assists with processing new library materials and maintain accurate records;
- Under supervision performs copy cataloging for assigned collections;
- Under supervision, scans images according to specifications for the Sierra Madre Historical Archives, assists in supervising patron use of materials, researches history for the cataloging record, and responds to image requests via e-mail;
- Instructs patrons in use of computers, microfiche, reader-printer, eReaders etc.; retrieves re-requested reading and research materials; acts as an information source about library events and programs and other general information;
- Prepares book and informational displays;
- Creates flyers, bookmarks, calendars, and posters using desktop publishing software;
- Assists with office duties as assigned;
- Attends and participates in staff meetings as schedule allows;
- Performs other related duties as required.

### Qualification Guidelines

Knowledge of: Alphabetical and decimal numeric filing system | Basic computer use | Purpose and functions of the library | Effective public relations | General principles of risk management related to the functions of the assigned area | Techniques for providing a high level of customer service to public and City staff | Safe work practices.

Ability to: Communicate with individuals or groups utilizing a broad base of verbal skills | Comprehend, interpret and provide instruction in the use of a variety of technological tools | Apply common sense understanding to perform semi-repetitive tasks | Apply library sorting and organizational standards such as alphabetizing and the Dewey Decimal system | Utilize basic functions of the library automated system | Comprehend and make inferences from written material | Work cooperatively with staff and the general public | Read and follow technical directions while working with a computers and other like devices | Instruct patrons on the use of library equipment and tools | Use independent judgment in non-routine situations, such as resolving problems with angry patrons | Move objects, carry and unload boxes of books and other library material in excess of 20 pounds | Perform special projects as needed and receive direction from library staff | Work a flexible schedule which may include evenings and weekends.

### Education/Training/Experience:

Associate in Science or Arts degree with proficiency in Microsoft Word, Excel, and Access. Ability to use Internet and basic computer resources efficiently. Library Technician coursework or certificate preferred. Experience working in a public library is desirable. Experience using html, digital cameras, and scanners is desirable.

### Compensation

- \$14.62 per hour. Approximately 15 hours/week; maximum 960 hours per fiscal year.
- A mandatory deferred compensation plan is offered in lieu of Social Security withholding.
- This is a part-time position and as such offers no sick leave or benefits.
- This is an “at-will” position and may be terminated at any time with or without cause.

### Application Process

Application deadline: Sunday August 31, 2014 or when 20 qualified applications have been received. Candidates should apply online at <http://www.cityofsierramadre.com/job-openings>. Applications must be completed and demonstrate that the minimum qualifications are met. All statements made on the application are subject to investigation and verification. The most qualified candidates will be selected to participate in the testing process. All candidates who meet the minimum qualifications will remain candidates until a final offer is accepted by the candidate selected. The City may conclude that none of the candidates, even those who meet the minimum qualifications, are appropriate for the position.

Testing will be scheduled for Monday, September 8, 2014. Testing process may include written and/or verbal exercises.

Immigration and Reform Act of 1986

In compliance with the Immigration and Reform Act of 1986, all new employees must demonstrate eligibility to legally work in the United States by providing required documentation.

### Equal Opportunity Employer

The City does not make employment decisions based on sex, race, color, religion, national origin, ancestry, age, marital status or physical handicap, except when such qualifications are appropriate occupational qualifications.

### Employment Standards

Employment with the City of Sierra Madre is contingent upon meeting the medical standards of the position. A candidate must pass a pre-employment physical examination and a reference and background check. The City of Sierra Madre makes reasonable accommodations for disabled persons, considering each situation on an individual basis. Please make direct requests for accommodation to the Human Resources Division. The provisions of this job announcement do not constitute an expressed or implied contract. Any provision contained in this job announcement may be modified or revoked without notice.

- See more at: [http://cityofsierramadre.simplicant.com/jobs/17217-part-time-library-technician-closes-08-31-14/detail?utm\\_campaign=share&utm\\_medium=web&utm\\_source=Facebook&sthash.RyaeynSd.BBnlkcEf.dpuf](http://cityofsierramadre.simplicant.com/jobs/17217-part-time-library-technician-closes-08-31-14/detail?utm_campaign=share&utm_medium=web&utm_source=Facebook&sthash.RyaeynSd.BBnlkcEf.dpuf)



## Walking Sierra Madre...The Social Side

*"Loud is the summer's busy song. The smallest breeze can find a tongue, while insects of each tiny size grow teasing with their melodies, till noon burns with its blistering breath around, and day lies still as death." John Clare*

I'd say that's a pretty accurate description of August. All we can do is move slowly, remember that only "Mad dogs and Englishmen go out in the mid-day sun," (Noel Coward); clip the burned leaves off our plants; water sparingly early in the morning and keep praying for that El Nino thing to show up this winter. John, best traveling companion ever, and I just spent nine days in Wylie, Texas to celebrate granddaughter, Emily's 4<sup>th</sup> birthday and her mommy's birthday, too. Wylie is outside Dallas and they are, purportedly, in the grip of a drought also, except that it's the greenest place I ever saw. It rained the day we left, they had flooding the week before we arrived and a flood warning was posted again today. I like their version of drought lots better than ours!

*"The pleasure of jogging and running this time of year is rather like that of wearing a fur coat in Texas in August: the true joy comes in being able to take the darn thing off." Joseph Epstein*

Walking around town, we notice Monsieur Crepe has now sold over 10,000 crepes to hungry Sierra Madreans! Way to go, Aurelien Mosconi! We hope you sell 10,000 more! If you haven't stopped in there lately, give yourself a treat! Don't you just love the umbrella tables outside Cycle de Pro, T-Neer, iFruggi and Subway? So inviting. Perfect spot for mountain viewing!

Had lunch a couple of weeks ago at Sierra Brigante, sat outside on the front patio in the shade, enjoyed something involving eggplant which was fabulous and a glass or two of wine with a dear friend. So pleasant sitting where we could admire our own personal mountains. Highly recommend it.

*"August in sub-Saharan Los Angeles is one of the great and awful tests of one's endurance, sanity and stamina." Henry Rollins*

In our efforts to conserve water, which we have to confess, we've not been very good about lately, we got these nifty things called "Solar Sun Rings" which lock together with magnets, float around the pool and keep the water from evaporating. Last year's pool cover was sort of a disaster. Yes, kept the water in the pool, but made it impossible to actually use or clean it. My pool guy, John, was out there cleaning it this morning and the Solar Sun Rings were a breeze to get around. Speaking of water, we have resolved again to use less. I seem to have become a water-holic in the kitchen, using far more than necessary. Old habits die hard, don't they? So, shorter showers, no water running, the lawn will have to fend for itself and we're still being pretty good about that flushing thing.

*"A perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing and the lawnmower is broken." James Dent*

The tomatoes have been delicious this year and the cantaloupe seeds we stuck in the tomato plant pot are putting out leaves.



Dahlias look spectacular just now, they don't seem to mind the heat, but roses are on strike till it cools off. Our neighbors the Giant Pumpkin growers have giant pumpkins already and it's months till Halloween but pumpkins seem to love the heat. We heard it on the grapevine that there's a fox living somewhere behind our garage, or our neighbor's barn. Rumor had it that every evening around 6:00 or so he (or she) walks up our driveway and wanders through the neighborhood seeing what's going on. Well, we saw him! He was jumping around on our lawn one evening and then we saw him across the street in our neighbor's yard nibbling on something! He's lovely! Grey with a very fluffy tail.

It's not too late to put in a tomato plant! Be good to yourself and drink a lot of water. Take heart: Fall is on the way!

May you have a perfect summer day every single day this week.

My book: "A Tablespoon of Love, A Tablespoon of Laughter" is available on Amazon.com; or at <https://www.createspace.com/4561071> and at the Pasadena First Church of the Nazarene Book Store!

## Sierra Madre Police Blotter

*During the week of Sunday, July 20th to Sunday, July 27th, the Sierra Madre Police Department responded to approximately 423 calls for service.*

### Monday, July 21st

At approximately 7:00pm, Sierra Madre Police Officers were driving North on Santa Anita Ave from Grandview Avenue. As Officers approached the center median, they noticed a male individual laying in the grass performing inappropriate acts on himself. The suspect seemed unfazed by the traffic passing through in the area he was exposed to. In an attempt to deter the suspect, Officers drove past him but the suspect continued his act. When Officers approached the suspect they noted that the suspect's pants and underwear were unzipped and opened. When the suspect was questioned by Officers, he claimed that he was simply resting. The suspect was arrested and charged with the violation of performing a lewd act in a public place.

At 7:57pm, Sierra Madre Police responded to the 350 North block of Lima St. regarding a petty theft report. When Officers arrived the victim informed them that she had placed an ad on a webpage inquiring for assistance around her home. At around 6:15pm she met with the suspect who had replied back to her ad and has the suspect move boxes from her attic to another location. Shortly after the suspect left, the victim noticed her white cellphone was missing. The victim attempted to locate it in her home and was unable, so she then called the suspect to ask if he had seen it prior to leaving which he informed her that he did not have it or had seen it. Using the phone locator, she victim was able to determine her phone was located in Irwindale. Several attempts to contact the suspect went unanswered. This case had been forwarded to the Detectives Bureau.

At approximately 8:35pm, Sierra Madre Police responded the 300 block of Sturtevant Dr. regarding a reckless driver. Upon arriving on scene, Officers were informed by on off-duty Officer and two victims that as they were traveling north up Mountain Trail Ave, the suspect rolled a stop sign and made a left turn from Grandview onto Mountain Trail Ave, nearly hitting the victim's vehicle. As both vehicles traveled up Mountain Trail, the suspect tailgated the victim. The suspect then pulled up alongside the victim and attempted to ram their vehicle, causing the victim to swerve. The victim caught up with the suspect and used her vehicle to block the vehicle in as the off-duty Officer identified himself and Sierra Madre Police was called. The suspect was arrested and charged with assault with a deadly weapon.

### Friday, July 25th

At 6:10pm, Sierra Madre Police responded to the 300 East block of Laurel Ave. regarding a residential burglary report. Upon arriving, Officers were informed by the victim that after doing some errands away from home, he came back to discover his laptop, passport, and legal documents pertaining to a pending divorce and restraining order were missing. He indicated a separate laptop that was next to the one that was stolen was left untouched, along with all his check books and personal information in the desk the laptop was left on. When questioned by Officers as to who could have done this, the suspect informed them he believes it was his wife. He informed them that she had called multiple times throughout the day and when he informed her he was out on an errand she abruptly hung up. A thorough investigation determined there to be no signs of forced entry. This case has been forwarded to the Detectives Bureau.

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Dear Members:

The Sierra Madre Chamber of Commerce is proud to present its inaugural Small Business Seminar. The Seminar is designed to provide valuable tips and information for small business owners regarding strategies for success in today's economy.

The Seminar will feature the following speakers:



**Martin Levy**  
of Human Resources 4U, on "The Big Seven Employment Trouble Spots."



**Jim Short, CPA,**  
of Montgomery Niemeyer & Co. LLP, on building wealth for small business owners.



**Noah Green, Esq.,**  
of the Ryan Law Firm, on "How to Avoid Piercing of the Corporate Veil."



**Peter O'Campo**  
of Alpha Actual on "Cloud Computing for Small Businesses."



**Tara Brown**  
of Millennium Pension Services on Employee Retirement Plans.

The Seminar will be held on **August 6, 2014** from 5:00 p.m. to 7:00 p.m. at the Hart Park House located at 222 W. Sierra Madre Blvd. Sierra Madre, CA 91024.

The Seminar is free for Chamber members, \$20 for non-members payable at the door.

Please RSVP the Chamber at [smadrecc@gmail.com](mailto:smadrecc@gmail.com) to reserve a seat by July 23, 2014.

We look forward to seeing you all there!

(626) 355-5111  
(626) 306-1150 Fax

Sierra Madre Chamber of Commerce  
19 Suffolk Ave., Unit A: Sierra Madre, CA 91024

[www.sierramadrechamber.com](http://www.sierramadrechamber.com)





## Pasadena News Briefs

### Waterfall Trail Closed Permanently Friday

According to reports from the U.S. Forest Service an 84-acre area of Eaton Canyon, that includes the popular route to the upper falls known as "Razorback Trail" is now off limits. Entering the area could land hikers a \$5,000 fine or six months in jail, officials said. Park rangers will be in the canyon over the weekend informing hikers of the closure. A woman was airlifted out the canyon just Wednesday after falling down the steep embankment near the second waterfall.

### Nursing Home Fire Displaces Residents

More than 100 residents of Pasadena Meadows Nursing Center on Bellefontaine Street were evacuated Sunday afternoon after a car fire spread to the building and into a patient's room. Two other rooms sustained heavy smoke damage according to Pasadena Fire Public Information Officer Lisa Derderian. Many of the patients living at the home are bed-ridden. All 127 of them were evacuated. The residents have since been allowed back in the facility.

### The Pasadena Police to celebrating National Night Out

The Pasadena Police Department will be joining the community and celebrating "National Night Out" on Tuesday. This is the 31st anniversary for the nationwide program that helps get neighbors and friends together to talk about crime prevention, encourage neighborhood camaraderie, and instill police-community partnerships. Please join us and your neighbors and be part of the celebration.

This year, National Night Out will begin at 4:00 P.M., at the Kings Villages as they host their block party on Hammond St., between Fair Oaks Ave and Morton Ave. There will be plenty of activities for children and lots of great food.

For more information go to natw.org

## Pet of the Week



Abe is an eight-year-old white Labrador Retriever mix. He's very mellow and easygoing. This older fellow is very affectionate and would love to find a home.

Abe's adoption fee is \$125, which includes his neuter surgery, a microchip, the first set of vaccinations, as well as a free follow-up health check at a participating vet. He also qualifies for our "Seniors for Seniors" program in which his adoption fee is waived for adopters 60 years old and older. 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.

Call the Pasadena Humane Society & SPCA at 626.792.7151 to ask about A360503, 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).



## Phase II of Rotating Public Art Revealed

Artist, city offices and community leaders gather Friday morning to celebrate the second phase of Rotating Public Art Exhibition Program. The gathering took place near West Washington Boulevard and Glen Avenue, the site of Flora de Luz by Patricia Michell and Eugene Wyrick (pictured above).

"I want to say that I'm very happy to see it in this space because I love the juxtaposition of the flowers and the trees, so green, the brownish color that corresponds with the piece,"

Michell said.

This is the second set of art installations for the City's Rotating Public Art Exhibition Program that began in 2012. The program places artwork in each City Council district, often in neighborhoods to stimulate discussion and enhance the environment for our residents.

Artwork is temporarily placed on site for about two years. The artwork can either be loaned or developed by the artist specifically for that site.

There are 10 pieces throughout the city including, Curiosity, by

Arnold Martin, 235 S. Bonnie Ave. and E. Del Mar Blvd and A Portrait of Trees in Pasadena, Part I by Kim Abeles at the Interior of Convention Center Conference Area, among others.

A complete list can be found at [www.cityofpasadena.net/arts/Rotating\\_Public\\_Art\\_Program/](http://www.cityofpasadena.net/arts/Rotating_Public_Art_Program/)

## Antonovich Requests Report on Victim's Services

A motion by Supervisor Michael D. Antonovich, asking the District Attorneys' Office to provide a report on the availability of services provided to crime victims, was unanimously approved by the Board of Supervisors.

"Victims of crime suffer financial, physical and mental hardships -- the effects of crime can last a lifetime," said Antonovich. "While victims rarely appear at our board meetings to advocate for County policies, they are important stakeholders in the criminal justice system and we have a solemn duty to ensure vital programs are available to protect and serve them."

Antonovich's motion asks the DA to identify gaps in the victims assistance programs and provide recommendations to enhance services to them.

The District Attorney's Office provides a number of services to meet the needs of victims in our county. These services administered by the Victim-Witness Assistance Program under the California Victim Compensation Program include crisis intervention, counseling and assistance in getting property returned.

Other services include creditor intervention, child care assistance, funeral arrangement assistance, witness protection assistance, transportation assistance and temporary restraining order information.

## PCC Citizens Oversight Committee Seeks New Members

The Measure P Citizens' Oversight Committee is seeking members to serve during the 2014-2015 and 2015-2016 fiscal years.

If interested please send your contact information to the committee coordinator, Cindy Chamussy, by email at [cxchamussy@pasadena.edu](mailto:cxchamussy@pasadena.edu). Along with your contact information please provide a brief statement as to why you wish to serve and the background you possess that has helped prepare you for this opportunity. Your interest is greatly appreciated. The deadline for submission is Friday, August 29.

Appointments will be made by the Board of Trustees at their October 1, 2014 Board of Trustees Meeting. Citizens Oversight Committee members will serve two-year terms and may be reappointed for a second term. Members may return to the committee after an absence of two years.

The Measure P Citizens' Oversight Committee is scheduled to meet on October 22, 2014 for the first meeting of the 2014/2015 Fiscal Year.



of care to all the animals in our nine-city service area without the community's support."

Participants are encouraged to fundraise for the animals by creating personal web pages through the Wiggle Waggle Walk website and asking family, friends and co-workers for donations. Non-walkers, and those unable to attend the event, can also create fundraising web pages through this site. Entrants who raise \$50 will receive an official Wiggle Waggle Walk T-shirt. Registration is free.

Check-in starts at 8 a.m. at the entrance to Brookside Park. The walk will begin at 9:00 a.m. and the Pet Expo will take place immediately after the walk until 1 p.m. The Pet Expo will feature K-9 demonstrations, a variety of pet product booths, food trucks, paw-tapping music and canine contests.

Ryan and the Cactus County Cowboys. Aug. 19: The Perfect Gentlemen. Aug. 26: Lisa Haley and the Zydekats. Bring a picnic or purchase dinner at the BBQ snack bar. Memorial Park is just behind the Pasadena Senior Center.

**Stay Connected with Social Media** - Tuesdays and Thursdays, Aug. 5 to 28, from 9 to 11 a.m. Learn how to keep in touch with family and friends via email, Skype, Facebook and other forms of social media during a 30-minute, one-on-one meeting with an instructor. You'll choose which applications you want to learn. Bring a laptop or use one of the onsite computers. If you have an email address, bring it and your password. Sign up for a 30-minute, one-on-one session with Edison at the Welcome Desk.

**Estate Planning, Part One** - Thursday, Aug. 7, at 10 a.m. Learn the basics about trusts, wills and probate. Presented by the Law Office of Geoffrey Chin., Bring a friend and get your questions answered.

**Memory Loss Education (in Spanish)** - Tuesdays, Aug. 12 to 26, from 10 to 11:30 a.m. - Aug. 12: Memory loss and aging. Aug. 19: The basics of memory loss, dementia and Alzheimer's disease. Aug. 26: Ten early detection signs. Presented by Alzheimer's Association.

### Community dog walk, fundraiser for the Pasadena Humane Society sets \$375,000 goal.

Animal lovers are invited to put their best feet forward at the Pasadena Humane Society & SPCA's 16th Annual Wiggle Waggle Walk - a community fundraiser for animals - at Brookside Park adjacent to the Rose Bowl. Organizers hope to raise \$375,000 through the event, which will provide food, shelter and medical care to homeless animals, nearly 12,000 of which are taken in by the PHS every year. The walk will start at 9 a.m. on Sunday, September 28.

Thousands of people and their dogs are expected to take part in the walk. Walkers and their dogs can choose either a one-mile or three-mile route around the outside of the Rose Bowl stadium before enjoying a free Pet Expo at Brookside Park. Participants do not need a dog to join the fun—just a desire to help animals—and they can walk individually or form teams.

"The Wiggle Waggle Walk is a community event for animal lovers," says Steve McNall, president and CEO of the Pasadena Humane Society & SPCA. "This is our biggest fundraiser of the year. We would not be able to provide the level

## Free August Events at Pasadena Senior Center

There is something for everyone in August at the Pasadena Senior Center, 85 E. Holly St. You do not have to be a member to attend. Some events require advance reservations as noted.

**Friday Movie Matinees** - Fridays, Aug. 1, 8, 15 and 29, at 1 p.m. Movies can take us to other places and times like nothing else. Aug. 1: "The Monuments Men" (2014, PG-13) starring George Clooney and Matt Damon. Aug. 8: "Goldfinger" (1964, PG) starring Sean Connery and Gert Fröbe. Aug. 15: "Seven Brides for Seven Brothers" (1954) starring Jane Powell and Howard Keel. Aug. 29: "Still Mine" (2012, PG-13) starring James Cromwell and Genevieve Bujold.

**Cardmaking Workshop** - Monday, Aug. 4, from noon to 2 p.m. Surprise a special someone with a personalized, handmade greeting card. Whether it's happy birthday, thank you, thinking of you or any other sentiment, you'll create a decorative card in your own unique style and have fun discovering your creativity while workshop leaders help you bring your ideas to life. All materials will be provided.

**Concerts in Memorial Park** - Tuesdays, Aug. 5 to 26, from 6 to 7 p.m. Aug. 5: Tom Sullivan's Dixieland Band. Aug. 12: Will

## City Council Declares Level 1 Water Shortage

The Pasadena City Council voted unanimously Monday night declaring a local water emergency, establishing a 20-percent conservation goal and implementing the city's Level 1 Water Supply Shortage Plan, with mandatory water waste restrictions effective immediately.

The Level 1 plan limits watering to three days per week in summer, one day, Saturday, per week in winter and requires that leaks be repaired within 72 hours, in addition to permanent water waste prohibitions according to a statement by the city.

One person spoke against the plan, only to say that 20 percent was a lofty goal and that residents would only respond if it affects their pocket books. Phyllis Currie, General Manager of Pasadena Water and Power said she was optimistic that the city could meet the 20 percent goal.

Pasadena Water and Power (PWP) customers can report water waste by calling (626) 744-8888 at any time or report online via the Pasadena Citizen Service Center at [www.cityofpasadena.net/csc](http://www.cityofpasadena.net/csc). Fines for repeat offenders can be up to \$500 per violation for residential customers, and up to \$1,000 per violation for commercial accounts. A complete list of water waste restrictions is available at [www.PWPweb.com/WaterWaste](http://www.PWPweb.com/WaterWaste).

"Pasadena already has restrictions in place and our customers have made exemplary efforts to conserve," PWP Chief Deputy General Manager Eric Klinkner said.

"However, Pasadena's water use has increased over the last few years due to a lack of rain and the improving economy. Tonight's City Council vote reiterates the significance of the drought and is a call to action for all of our customers to step up their efforts to conserve our precious water supplies," Klinkner said.

The City Council approved Pasadena's existing Water Waste Prohibitions and Water Supply Shortage Plans Ordinance in 2009. The key conservation measures currently in effect for all PWP water customers include:

Outdoor watering is limited to three days per week, on Tuesdays, Thursdays and Saturdays, during the summer months.

No watering outdoors between 9 a.m. and 6 p.m., except with a hand-held container or hose with a shut-off nozzle.

No watering during periods of rain.

All water leaks must be fixed within 72 hours.

No excessive water flow or runoff onto pavement, gutters or ditches from watering or irrigating landscapes or vegetation of any kind.

No washing down paved surfaces unless for safety or sanitation, in which case a bucket, a hose with a shut-off nozzle, a cleaning machine that recycles water or a low-volume/high-pressure water broom must be used.

No washing vehicles except by using a hand-held bucket or similar container or hose equipped with a water shut-off nozzle



A broken sprinkler floods part of a lawn by the LA Zoo in Griffith Park Tuesday the same day new statewide regulations limiting water use took effect. Photo D. Lee/MVNews

## Tournament Foundation Names New Board Members

Nancy Neal Davis, president of the Tournament of Roses Foundation, announced the election of Shannon Boalt, Laura Farber, Rick Jackson, Brian James, and Charles Martinson to the Foundation's board of directors. These new members replace outgoing board members Dave Davis, Ciran Hadjian, Mike Hagedorn, Jacqueline Howard and Lance Tibbet, who provided a combined 17 years of outstanding service and leadership to the Foundation board.

In addition, the following Tournament of Roses Foundation board members were elected to serve as officers on the board: Katherine Martinez Kleine, vice president; Maxine Harris, treasurer; and Norma Garcia Kachigian, secretary. Members continuing to serve on the Foundation Board are Gerald Freeny, Karen

Palmerheim, Jerri Price-Gaines, and Mike Ward.

Established in 1983, the Foundation is a tax exempt, non-profit public benefit corporation established to receive and manage contributions from the Pasadena Tournament of Roses Association, its supporters and the general public. The Foundation supports charities in the Pasadena area by funding sports and recreation, visual and performing arts, and volunteer motivation and leadership development. The thirteen member board of directors is comprised of community leaders and Tournament members, appointed by the Pasadena Tournament of Roses Association. Organizations or individuals interested in making a contribution or inquiring about the grants process may contact the Foundation at (626) 449-4100.

## Learn How to Produce Your Own TV Show

New Citizen Journalism training starts Wednesday nights, learn how to report news using social media skills.



### PASADENA MEDIA

is also offered to volunteer crewmembers. In addition, on-going training will soon be available in citizen journalism and digital film groups. Call the office (626) 794-8585 or go to [PASADENAMEDIA.ORG](http://PASADENAMEDIA.ORG) and explore what Pasadena Media has to offer.

Class Offerings 6:00 pm - 8:00 pm Nightly

#### Orientation and Tour

Monday Aug. 4 at 6:00 p.m. - 8:00 p.m.

#### Lighting Basics

Tuesday Aug. 5 at 6:00 pm - 8:00 pm

#### Citizen Journalism Training

Wednesday Aug. 6 at 6:30 pm - 8:00 pm

#### Producers' Training

Wednesday Aug. 6 at 1:00 pm - 3:00 pm

#### Intro to Field Production Training

Wednesday Aug. 6 at 6:00 pm - 8:00 pm



METHODIST HOSPITAL LAUDED FOR ENVIRONMENTAL EXCELLENCE WITH ‘PARTNER RECOGNITION’ AWARD FROM PRACTICE GREENHEALTH



Methodist Hospital Green Team leaders Robert Bray, Debbie Sandberg and Dan Shay accept the Environmental Excellence Award from Practice Greenhealth June 5 in Cleveland, Ohio.

Arcadia – Methodist Hospital of Southern California has received for the second consecutive year the elite Partner Recognition Award from Practice Greenhealth, the nation’s leading healthcare community.

The Partners for Change award recognizes healthcare facilities that have implemented environmental programs and continuously improve and expand upon these programs on the path to sustainability. To qualify for the award Methodist Hospital:

- Recycled 15 percent or more of total waste stream
- Established a mercury elimination program with a plan for total elimination
- Demonstrated breadth of program. (While some facilities have done outstanding work in one area, this award rewards those with broad sustainability programs when evaluated across all topic categories.)

In partnering with Practice Greenhealth, Methodist Hospital has received this award two years running and is working to receive it again for 2014. Methodist Hospital has a dedicated “Green Team” led by Steve Sisto, senior vice president and chief operating officer.

“Methodist Hospital of Southern California is firmly on the path to sustainability for the future of health care,” Sisto said. “Practice Greenhealth’s recognition with this award shows that our priority is protecting the health of our patients, staff and community.”

Representatives of the hospital’s Green Team were presented with the Partner Recognition Award June 5 at the CleanMed Conference & Exhibition in Cleveland, Ohio.

**About Practice Greenhealth:**  
Practice Greenhealth is the nation’s leading health care community that empowers its members to increase their efficiencies and environmental stewardship while improving patient safety and care through tools, best practices and knowledge. To learn more about Practice Greenhealth visit [www.practicegreenhealth.org](http://www.practicegreenhealth.org).

**About Methodist Hospital**  
Founded in 1903, Methodist Hospital of Southern California is a not-for-profit hospital serving the greater San Gabriel Valley. Licensed for 400 beds, the hospital offers services that include a 24/7 emergency department, outpatient surgery, labor and delivery, neonatal intensive care, neurosurgery, acute physical rehab and complete cardiovascular services. Methodist Hospital is a Los Angeles County-certified stroke center, as well as an approved STEMI receiving center for heart attack patients.

A recognized center of excellence for heart care, knee and hip replacement, cancer care and bariatric surgery, Methodist Hospital is accredited by The Joint Commission with advanced certification in heart failure and stroke and is accredited as a Comprehensive Community Cancer Program by the American College of Surgeons Commission on Cancer. For more information, visit [www.methodisthospital.org](http://www.methodisthospital.org).

THOROUGHbred WALK OF CHAMPIONS LUNCHTIME TALK



Come hear Gail Marshall, Sandy Snider, and Beth Costanza of the Arcadia Historical Society talk about the new and exciting Thoroughbred Walk of Champions that is coming to Arcadia. The Lunchtime Talk will take place on August 21, 2014 at noon at the new Arcadia Museum Education Center, just adjacent to the Gilb Museum of Arcadia Heritage.

For more information about the Lunchtime Talks, please call 626.574.5440 or visit the Museum’s website at <http://museum.ci.arcadia.ca.us>. The Museum Education Center is located at 382 W. Huntington Drive. The Gilb Museum of Arcadia Heritage is located at 380 W. Huntington Drive, both immediately behind the Community Center. The Museum is open Tuesday through Saturday from 10:00 a.m. to 4:00 p.m. (closed 12-1). Admission is always free.

**About the City of Arcadia**  
Nestled in the foothills of the San Gabriel Mountains, Arcadia is an 11.38 square mile community with a population of just over 56,000. Located approximately 20 miles east of downtown Los Angeles, Arcadia is a full-service charter city governed by a five-member City Council, elected at large. Recognized for exceptional education and recreation opportunities and beautiful neighborhoods, Arcadia is also defined as the “Community of Homes” and has twice been designated the “Best City in California in which to Raise Kids” by Business Week Magazine.

Arcadia Police Blotter

For the period of Sunday, July 20th, through Saturday, July 26th, the Police Department responded to 959 calls for service of which 108 required formal investigations. The following is a summary report of the major incidents handled by the Department during this period.

**Sunday, July 20:**

1. At approximately 2:31 a.m., officers responded to a non-injury solo traffic collision at the intersection of Santa Anita Avenue and Campus Drive. Dispatch advised the driver was having a seizure. Arcadia Fire responded to the scene and transported the 25-year-old male of unknown race to Arcadia Methodist Hospital where shortly after, he was pronounced deceased. The cause of death was unknown at the time of the report; however, family members explained he had been experiencing chest pains.

2. Just after 3:20 p.m., an officer was dispatched to a residence in the 000 block of West Le Roy Street regarding a report of a man with a knife. An investigation revealed the subject had brandished a knife at his friend during an argument. The 18-year-old Filipino male was arrested and transported to the Arcadia City Jail for booking.

**Monday, July 21:**

3. At about 2:10 p.m., an officer conducted a traffic stop on a vehicle in the area of Sunset Boulevard and Huntington Drive for a broken tail light. The officer discovered the driver, a 28-year-old White female, was in possession of psilocybin. She was arrested for Possession of a Controlled Substance and transported to the Arcadia City Jail for booking.

4. At approximately 3:38 p.m., an officer made contact with a female subject wanting to file a suspicious circumstances report. The female explained that on July 20th at about 6:00 p.m., she was being following by an unknown man. The man approached her to say “Hello?” in the parking lot of her job in the 600 block of West Duarte Road. After she ignored him, the subject followed her to Arcadia Supermarket and followed her around the store. The female asked a store employee to escort her to her vehicle and after, the man stopped following.

The suspect is described as a White male, in his sixties, 5’10” tall, about 170 lbs., driving a silver four-door BMW. A DMV check on the license plate revealed it was registered out of the City of Brea.

**Tuesday, July 22:**

5. Just after 1:06 a.m., an officer conducted a traffic stop on a bicyclist in the area of Foss Avenue and Live Oak Avenue for riding in the dark with no lighting equipment. The officer discovered the 51-year-old White male was in possession of methamphetamine. He was arrested and transported to the Arcadia City Jail for booking.

6. Around 3:38 p.m., an officer conducted a traffic stop on a vehicle in the area of Longden Avenue and Sixth Avenue for a warrant attached to the license plate. The officer discovered the warrant belonged to the driver, a 45-year-old White female, who was also on parole for drug violations. An investigation revealed she was in possession of methamphetamine and had a suspended license. She was arrested and transported to the Arcadia City Jail for booking.

**Wednesday, July 23:**

7. At about 10:05 a.m., an officer made consensual contact with a subject in the 400 block of North Second Avenue. A search of her belongings revealed she was in possession of drug paraphernalia. The 41-year-old White female was arrested and transported to the Arcadia City Jail for booking.

8. Shortly after 6:40 p.m., an officer was dispatched to the Santa Anita Mall, 400 South Baldwin Avenue, regarding a theft report. Video surveillance revealed two unknown subjects stole a large piece of metal railing from a loading dock, which they placed onto the bed of their pickup truck described as a 1995 Black Nissan. Security personnel recognized the vehicle from prior incidents involving theft of scrap metal.

**Thursday, July 24:**

9. At approximately 3:46 a.m., an officer observed a male subject sleeping in the driver’s seat of a vehicle parked on Clark Street, east of Peck Road, and discovered a warrant was attached to the license plate. The warrant belonged to the driver, a 31-year-old White male, who was also in possession of a switchblade knife. He was arrested and transported to the Arcadia City Jail for booking.

10. Around 6:41 p.m., officers responded to the intersection of Huntington Drive and Santa Anita Avenue regarding a report of a female transient brandishing a box cutter. An investigation revealed the suspect approached a woman sitting on a bus bench in order to ask her for a cigarette. After the woman explained she did not have one, the suspect pulled out a box cutter with the blade extended and started waving it in jabbing motions. A records check revealed the suspect had an outstanding misdemeanor warrant. The 32-year-old Black female was arrested and transported to the Arcadia City Jail for booking.

**Friday, July 25:**

11. Just before 3:50 p.m., an officer was dispatched to Pavilion’s, 745 West Naomi Avenue, regarding a theft report. Video surveillance revealed two suspects selected 35 bottles of liquor and some food, and exited the store without making payment. They fled to an awaiting silver Chevy Impala, which drove off westbound on Naomi Avenue.

Suspect-1 is described as a White male in his late twenties with brown hair, wearing a black shirt and jeans. Suspect-2 is described as a Hispanic male in his late twenties with black hair, wearing a white t-shirt with an “LA” graphic on the front.

12. At approximately 7:36 p.m., an officer made consensual contact with a subject walking through the parking lot of Burger King, 82 Las Tunas Drive. The officer discovered the 20-year-old Hispanic male was under the influence of a controlled substance. He was arrested and transported to the Arcadia City Jail for booking.

**Saturday, July 26:**

13. Around 2:21 p.m., an officer was dispatched to Macy’s at the Santa Anita Mall, 400 South Baldwin Avenue, in reference to a theft report. A 62-year-old Asian male concealed merchandise inside a used shopping bag and exited the store without making payment. Possible stolen property was found inside his vehicle. He was arrested for Commercial Burglary and transported to the Arcadia City Jail for booking.

14. At about 8:51 p.m., an officer responded to Victoria’s Secret at the Santa Anita Mall, 400 South Baldwin Avenue, regarding a theft investigation. Two female suspects concealed over \$2,000 worth of merchandise inside a booster bag and used shopping bags, and attempted to exit the store without making payment. The suspects attempted to run from loss prevention officers, but were ultimately detained. An investigation revealed they also stole merchandise from Loft and were in possession of burglary tools. The 44-year-old and 62-year-old Hispanic females were arrested and transported to the Arcadia City jail for booking.

Monrovia Police Blotter

During the last seven-day period, the Police Department handled 357 service events, resulting in 58 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.



**Possession of Stolen Property / Possession of a Controlled Substance / Warrants / Contributing to the Delinquency of a Minor – Suspects Arrested**

On July 29 at 9:27 a.m., while on patrol in the 900 block of East Huntington, officers observed a suspicious vehicle that had indicators of being stolen. The car was parked in a motel parking lot. Through investigation, officers learned the car belonged to a subject in one of the motel rooms. The officers made contact with several subjects in the room, including one minor, and several arrests were made. The owner of the vehicle in the parking lot, a male adult, was arrested for possession of drug paraphernalia and contributing to the delinquency of a minor. Two female adults were arrested for warrants, possession of stolen property, and contributing to the delinquency of a minor. The minor was arrested for possession of a controlled substance and was taken into protective custody.

Stolen Vehicle

On July 29 at 6:48 p.m., a vehicle was reported stolen from the 400 block of West Huntington. The victim parked his vehicle in a business parking lot and went into work. When he returned to his vehicle after work, it was gone. He said he did not lock his vehicle and he does not know who would take the vehicle. The vehicle is a black, 2000 Jeep Grand Cherokee. The investigation is continuing.

Bear Incident

On July 30 at 1:32 p.m., police received three calls from residents in the 500 block of Terrado Drive, 500 block of Sombrero Road, and the 600 block of Vaquero Road reporting a bear in their yards. The bear was moving from yard to yard and jumping in pools in the area. For safety reasons, officers asked the people to leave the area and the bear eventually retreated back into the foothills.

Under the Influence of a Controlled Substance – Suspect Arrested

On July 31 at 4:02 a.m., a resident from the 400 block of Monrovia called police to report a male subject yelling in his backyard. The subject was yelling that someone was trying to kill him. He kept repeating this and then attempted to get into the resident’s backdoor. Officers responded and located the subject. After investigation, it was determined the subject was under the influence of a controlled substance. He was arrested and taken into custody.



Ramp Up Duarte

DUARTE, CA., July 23 2014 — Everyday over 10,000 Americans reach the age of 65 and in Duarte, almost 20% of the population is over 60. As our population ages, it becomes more difficult for them to navigate steps and walk in or out of their dwellings.

Duarte Mayor Liz Reilly, the City of Duarte, ReBuilding Together San Gabriel Valley (RTSGV), the Duarte Senior Center and the Volunteer Center of the San Gabriel Valley are partnering together to assist local seniors retain their independence through the creation of the “Ramp Up Duarte” providing no-cost ramps and railings to local seniors so that they can safely remain in their homes.

RTSGV is the nation’s leading nonprofit and uses volunteers to rehabilitate homes and revitalize communities. For 16 years, Rebuilding Together has provided critical repairs and renovations for low-income homeowners by investing volunteer labor, donated materials, construction expertise and other resources. As a result, communities like Duarte are being transformed.

For additional information, contact Manoj Patel at RTSGV 626- 215-8742 or by email at [manojpatel1125@yahoo.com](mailto:manojpatel1125@yahoo.com).

**About the City of Duarte**  
The City of Duarte was incorporated on August 22, 1957. With integrity and transparency, the City provides exemplary public services in a caring and fiscally responsible manner with a commitment to our community’s future. For more information visit [www.accessduarte.com](http://www.accessduarte.com) or call (626) 357-7931. Follow the City of Duarte on Twitter @CityofDuarte.



## DUSD SUPERINTENDENT ANNOUNCES LAUNCH OF THE T.E.A.C.H. PROJECT VIA COLLABORATION WITH CITY OF HOPE & CITRUS COLLEGE TO OPEN FIRST HEALTHCARE

*Students Graduate With High School Diploma and Associate Degree in Information Technology*

(Duarte, CA) – Dr. Terry Nichols, Superintendent of the Duarte Unified School District (DUSD) announced today that DUSD is partnering with City of Hope and Citrus College to create a customized version of the Pathways in Technology Early College High School (P-TECH) model, the first of its kind in California, which will launch at Duarte High School this Fall. Named The T.E.A.C.H. Project (Train, Educate, and Accelerate Careers in Healthcare), this academy will serve grades 9 to 12 and enable students to graduate with both a high school diploma and a low, to no cost, Associate in Information Technology Degree that will equip students with the marketable skills needed to secure skilled positions in the highly competitive health industry.

The T.E.A.C.H. Project is an adaptation of the version originally created by The International Business Machines Corporation (IBM). P-TECH schools are innovative public schools that bring together the best elements of high school, college, and career. The first P-TECH school started by IBM and partners opened in Brooklyn, NY in 2011. Its success prompted President Obama to applaud the model in his 2012 State of the Union address. IBM's second P-TECH school, called Sarah E. Goode STEM Academy, opened in Chicago in 2012 and was featured in a Time magazine cover story. Inspired by the P-TECH model, The T.E.A.C.H.

Project is proud to join the ranks of these cutting-edge institutions.

The T.E.A.C.H. Project will be customized to incorporate a curriculum specifically designed to engage the district's unique student body, which is comprised of high percentages of traditionally underrepresented minority populations in the information technology field that include Hispanics/Latinos and African Americans.

Once completing the program, The T.E.A.C.H. Project graduates will have priority interviews with City of Hope and other healthcare partners for job placement.

Students will participate in an integrated sequence of high school and college classes provided by Duarte High School and Citrus College instructors. Currently, Duarte High School is the only high school in the area offering an Early College program partnership with Citrus College. In

operation since 2007, the program provides students the opportunity to complete a high school diploma and 30 college credits simultaneously.

The T.E.A.C.H. Project is an extension of this unique and successful collaboration.

Students enrolled in The T.E.A.C.H. Project will also engage in workplace learning activities such as mentoring, job shadowing and internships offered by City of Hope, a comprehensive cancer center located in

### TECHNOLOGY EARLY COLLEGE HIGH SCHOOL IN CALIFORNIA

Duarte, California. Students will learn the processes, procedures and skills necessary for success in the health information technology field through interactions with scientists, healthcare professionals and educators who are experts in the industry. Classroom teachers will also participate in on-going professional development opportunities with the assistance of City of Hope professionals to ensure they are teaching students the most cutting-edge skills needed to attain occupations in this sector.

"There is a shortage of skilled health IT professionals and we need to help children and their parents better understand that the healthcare industry offers great career options. We believe The T.E.A.C.H. Project will be a game changer in how we invest in and develop the youth of our community and introduce them to possible careers they may never have become familiar with," stated City of Hope's Chief Human Resources & Diversity Officer, Stephanie Neuirth.

Based on industry research, trends indicate in the next decade, half the new jobs will be "middle skills" high-tech occupations suited for those with associate's degrees. "We are thrilled to be the first school district in California to partner with City of Hope to develop this program," said Dr. Terry Nichols, Superintendent of DUSD. "The opportunities that will be available through The T.E.A.C.H. Project fit perfectly with our initiative to create Shoulder Tapped Graduates, students who are prepared to reach their highest potential and are actively recruited by both colleges and businesses. Graduates of The T.E.A.C.H. Project will develop skills and gain experiences that are in demand today, and this program will put our

graduates first in line for globally competitive jobs and success in our 21st Century society."

The T.E.A.C.H. Project will be joining an elite group of less than 20 schools modeled on IBM's P-TECH blueprint currently in operation nation-wide to improve the ability of high school students to simultaneously earn a high school diploma and associate's degree and "first shot" at jobs in the industry. An important component of the program is that each T.E.A.C.H. Project student will be matched with an industry mentor who will help the student understand how classroom learning has real-life application to the workforce. The T.E.A.C.H.

Project students will gain both a rigorous academic education and the workplace and technology skills that many top employers require as well as To ensure the successful design and launch of The T.E.A.C.H. Project, a Steering Committee comprised of key leaders and staff from each member organization has been established. Advisory panel members include Ann Miller - City of Hope Senior Director of Talent Acquisition & Workforce Development, Dr. Jim Lancaster - Citrus College Dean of Education, Dr. Terry Nichols - Superintendent DUSD and Kevin Morris

- DUSD Director of College, Career and Community Services and T.E.A.C.H. Project Liaison.

"We are excited to be in partnership with City of Hope and Citrus College in developing this innovative program. The mission for The T.E.A.C.H. Project is to provide programs that extend beyond the traditional goals of any new school to provide students with a personalized and customized pathway towards mastery of the skills and knowledge that they will need to make the transition from education to industry. Students learn better when they understand the direct link between what they are learning today and the worlds of college and work" said Dr. Terry Nichols, Superintendent DUSD.

*Enrollment in The T.E.A.C.H. Project is open to all interested students in grades 9-12. There are no required assessments, screenings or lottery to participate in the program. For more information, please contact Kevin Morris, (626) 786-1306 or kmorris@duarteusd.org.*

## THIS SCHOOL YEAR, RAISE GRADES WITH ONLINE LEARNING TOOLS

(StatePoint) Unfortunately, the pace of classroom learning can't be tailored to every student's individual needs -- particularly these days, as class sizes are growing and funding for special enrichment programs becomes limited. In fact, at least 35 states provided less funding per student for the 2013-14 school year than they did before the recession.

Many children will need to spend some time outside the classroom going beyond their regular homework to keep up or get ahead in school. No matter what your child's education goals are, there are great ways you can help make this school year the best one yet:

**Math practice:** Square roots, polynomials, quadrilaterals. Learning these terms and concepts can get dicey quickly. Keeping up at home is important, and sometimes requires more than just doing the day's take-home assignment.

Consider supplementing homework with online tools. For example, Shmoop, an online

learning and test prep provider, provides free study guides for review and courses for remedial work in many academic topics, including social science, arts and music, science and English. Their math tutorials cover everything from Pre-Algebra to Calculus and the step by-step explanations that the program offers can be helpful to any student looking for an extra edge.

Read the classics: Kids who read for pleasure can improve their grades. Not only will the exposure to literary giants like John Steinbeck, Mark Twain and Harriet Beecher Stowe build vocabulary and improve reading comprehension, there is much to be learned about history and culture from picking up a great book, such as "The Adventures of Huckleberry Finn."

Be sure to use tools that can help clarify some of the denser material. Online learning guides can be a great place to get synopses and analysis.

Use flashcards: It may sound quaint, but there is really no substitute for quizzing

yourself with a flash card. Even the act of creating the flashcard can help reinforce concepts and facts.

**Extra Help:** A little extra academic help after school can sometimes mean the difference between struggle and success. But between school and soccer practice, ballet lessons and getting dinner on the table, adding a tutor or after school class to the list might be a logistical impossibility.

Consider online courses that can be completed from the comfort of home and are common core aligned. For example, Shmoop's offerings are diverse, ranging from 7th grade math to second semester 12th grade British Literature. For those students taking Advanced Placement courses this fall, check out their AP test prep courses. These courses help students nail the important, for-credit, year-end exam. More information can be found at [www.shmoop.com](http://www.shmoop.com).

With a bit of extra effort and the use of savvy learning tools, kids can gain a competitive edge this school year.

## TECH-SAVVY TIPS TO GET KIDS ORGANIZED FOR BACK-TO-SCHOOL

(StatePoint) When it's time for the kids to head back to school, they'll often find themselves buried in binders, folders and enough loose-leaf paper to transcribe "War and Peace." Your son or daughter might be able to keep these supplies neat and tidy for a couple of days, maybe even a week or two, but eventually, organization is going to fall by the wayside.

Unless, of course, you were to find a way to store it all in a space the size of say, a hard drive. Remember folks, it's 2014 -- technology rules the day. So stop treating back to school like they did last century and take a look at some techno-savvy tips that can keep your kids organized year-round.

### APPLY Yourself

A variation on a familiar parental refrain. We're not talking about effort, however, we're talking about the power of applications. Sure, when you were in school, you'd write your assignments down in your notebook -- but you also walked to school uphill, both ways. There are plenty of great mobile apps that can help your young student keep their ducks in a row, and the most basic is an iteration of a classic: the to-do list. While your son or daughter might lose that sheet of paper they wrote their assignments on, they won't be so cavalier about the phone that connects them to their friends and to the world at-large.

### Digitize

We've established that sheets of paper can disappear, but notebooks and binders can vanish as well. Problem is, to lose one of those, is to lose much more than just a day's homework. Luckily, it's a little more difficult to lose a computer.

If you decide to digitize, look for something that's both portable and durable. Consider HP's Next Generation PC and Print Portfolio,

which has some great choices for students. The HP ENVY x360, for instance, is a convertible PC offering up to a terabyte of storage and a unique hinge that shifts from notebook to tent or tablet mode; it's powerful enough for work and versatile enough for play (not during class, of course). The HP Split x2 is another option. A sleek, lightweight model, this 2-in-1 detachable PC enables users to easily switch from notebook to tablet and back, and its fan-less design allows it to run quietly, meaning it won't disturb the rest of the class.

Before going this route, just be sure to find out whether your local school district allows such devices in the classroom.

**Ink and Paper Have a Purpose**

While having all your course materials in one place is convenient, most teachers don't accept assignments sent as email attachments.

A multi-functional printer is a staple in any modern household, so you'll want to make sure your kids have access to one. Try the HP ENVY 5530 e-All-in-One printer if you're in need. It doubles as a copier/scanner and features HP Instant Ink, a monthly service that automatically orders replacement cartridges before your ink runs out, saving you time and up to 50 percent on ink. Plus, it can print from most smartphones and tablets.

For more info, visit <http://www.shopping.hp.com/>

Staying organized the old-fashioned way can be cumbersome, so why not use all the technological tools at your disposal? When your son or daughter heads back into the classroom, make sure they're well-equipped and that they can never use the excuse: "my dog ate my homework."

## 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](mailto:agillick@alverno-hs.org)

### Arcadia High School

180 Campus Drive Arcadia, CA 91007  
Phone: (626) 821-8370, Principal: Brent Forsee  
[bforsee@ausd.net](mailto: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](mailto: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](mailto: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](mailto: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 David 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) 396-5880 Principal: Gilbert Barraza  
[barraza.gilbert@pusd.us](mailto:barraza.gilbert@pusd.us)  
website: [www.phs.pasadenahigh.org](http://www.phs.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) 396-3600 Website: [www.pusd.us](http://www.pusd.us)

### ARCADIA UNIFIED SCHOOL DISTRICT

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

### MONROVIA UNIFIED SCHOOL DISTRICT

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

### DUARTE UNIFIED SCHOOL DISTRICT

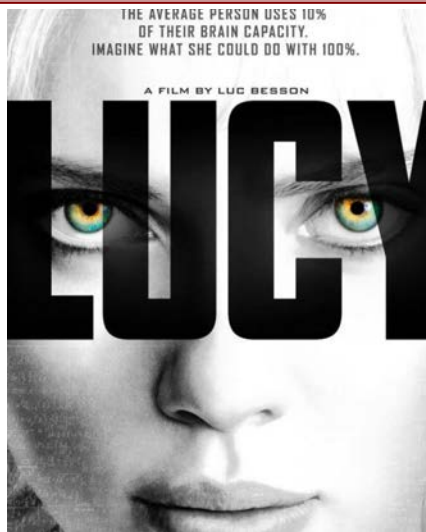
1620 Huntington Dr., Duarte, Ca. 91010  
(626) 599-5000 Website: [www.duarte.k12.ca.us](http://www.duarte.k12.ca.us)

## THE REEL DEAL: LUCY

by Ben Show

When it comes to summer movies, they have to be big, loud, and shiny. 'Lucy' is all three of these things, but, unlike other blockbusters, this film has the brains to back up the When Lucy (Scarlett Johansson) gets dragged into a drug deal by her odd 'boyfriend', it immediately goes bad. She soon gets dragged into the dark world of a Chinese drug lord who follows her around the world as she slowly expands her conscience through the drug that she got implanted with.

'Lucy' plays like 'Kill Bill' if it were directed by Michael Bay, with the pacing of a 'Fast & Furious' movie, and the strangeness of '2001: A Space Odyssey'. This film is a special journey, one that questions humanity's origins, and leaves you with a happy feeling that will have you thinking about it for a long time.



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## BIG DADDY'S FIRE GRILL ORANGEWOOD PLAZA WEST PASADENA

How many burger joints are there in Pasadena? Many! Have you noticed the competition in the hot dog and burger arena in Pasadena has increased dramatically? Although Bob's Big Boy, Johnny Rocket's and Wolfe Burger bowed out, it seems that Pasadena has gotten a lot of new burger joints, and I found one that stands apart from the rest: Big Daddy's Fire Grill. How can Big Daddy be a strong contender? I went to the new Big Daddy's after my radio show last Sunday night, wanting to get a burger and watch the games on one of their nine big screen TV's. I was accompanied by Mr. Dean Lee who films my radio show for the internet. The menu has as many selections as the original location on Foothill Blvd. They have a chicken wing appetizer (some of the best wings I have had in the San Gabriel Valley, marinated in a secret sauce and are fresh never frozen), dawgs, grilled sandwiches, salads and, of course the burger.

The claim here is that each burger is freshly ground daily and hand formed. On my first visit I had no proof, but after the burger "The Daddy Burger" (\$6.95) I wanted another! It wasn't that the burger didn't fill me up, but it was that good. My mind was racing on how I would write a full story on just one burger, and it occurred to me that this burger reminded me of a burger that you would have at a backyard BBQ. Now I ask you.... where else would you indeed have another burger? Yep, bingo! At a friend's BBQ or tailgate! Friend Dean Lee had the Lamb Burger 1/3 lb. (\$9.75) and promised to tell every one that would listen about his find. Now, when I explained to Dean that the burger reminded me of one that you'd have in the backyard, this usually laid-back man acted as if I had just parted the Red Sea and brought the sun came out on a cloudy day. He stood up and said, "You are right Peter?" I ate the sandwich so fast that Dean thought I hadn't eaten in two days. Nope, it was just that good. I even thought about ordering another.

Prices here are ridiculously competitive, with combos available. All and all there are plenty of dishes to love, and they have many beers on tap, as well as wine by the glass or bottle. Why Big Daddy's name? Every dad claims to make the best backyard BBQ, and the owners might have the claim for the best burger. Another bonus -- the walls are well, wall-to-wall with nine huge flat screen TV's, much like the original. Big Daddy's is a great place for a burger and to hang out with friends and watch your favorite sporting event. My only minus is that the French Fries are pre-frozen, the only blemish on another wise stellar performance.

Bonus: During live sporting events for home teams, beer prices are slashed!! I had a Stella for \$3.50 the usual price is \$4.75. Restrictions apply.

Big Daddy's Fire Grill 147 W. California Blvd. Pasadena (626) 356-4900



AM 830



# CONCERTS IN THE PARK

PRESENTED BY THE KENSINGTON


JUNE 14	
JUNE 22	<b>PASADENA COMMUNITY ORCHESTRA (Classical)</b> <i>Sponsored by Pasadena Community Orchestra - 6:30pm-8:00pm</i>
JUNE 29	<b>REX MERRIWEATHER (Big Band)</b> <i>Sponsored by Senior Community Commission</i>
JULY 6	<b>CASH UP FRONT (Johnny Cash Tribute)</b> <i>Sponsored by Sierra Madre Community Foundation</i>
JULY 13	<b>ELVIS (Elvis Tribute)</b> <i>Sponsored by Sierra Madre Rotary Club</i>
JULY 20	<b>WOODY AND THE LONGBOARDS (Beach Boys)</b> <i>Sponsored by Sierra Madre Civic Club</i>
JULY 27	<b>DECADES OF ROCK (Rock and Roll Covers)</b> <i>Sponsored by Spero Foundation</i>
AUG 3	<b>HARD DAY'S NIGHT (Beatles Tribute)</b> <i>Sponsored by Sierra Madre Volunteer Firefighters Association</i>
AUG 10	<b>GEM CITY JAZZ CATS (Big Band)</b> <i>Sponsored by Sierra Madre Kiwanis Club &amp; Friends of the Sierra Madre Library</i>
AUG 17	<b>OPA OPA (Latin Jazz)</b> <i>Sponsored by L.A. County Supervisor Michael D. Antonovich</i>
	<b>SIERRA MADRE MUSIC BANDS (Top 40 Covers)</b> <i>Sponsored by Sierra Madre Music</i>

All concerts are free and held from 6:00pm-8:00pm at the Memorial Park Bandshell, located at 222 W. Sierra Madre Blvd. Seating is on the green. Be sure to bring blankets and lawn chairs for seating. Alcohol is prohibited. Spectators are encouraged to support local organizations that may provide refreshments.

FOR MORE INFORMATION CONTACT THE COMMUNITY SERVICES OFFICE AT 626.355.5276

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## FOOD AND DRINK



### INGREDIENTS:

- 1/4 cup nonfat plain yogurt
- 3 tablespoons light mayonnaise
- 1/2 teaspoon curry powder
- 1/8 teaspoon salt
- Pinch of cayenne pepper, or to taste
- 1 orange
- 2 tart-sweet red apples, diced (about 2 cups)
- 1 cup chopped celery
- 1/3 cup golden raisins
- 1/3 cup toasted walnut pieces, coarsely chopped

### DIRECTIONS:

1. Whisk yogurt, mayonnaise, curry powder, salt and cayenne in a medium bowl. Grate 2 teaspoons zest from the orange and add to the dressing.
2. Using a sharp knife, cut off the peel and white pith from the orange. To make attractive segments, hold the orange over the bowl (to catch the juice) and slice between each segment and its surrounding membranes. Add apples, celery, raisins and walnuts; toss to combine.

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by Chris Leclerc

## STRUT YOUR MUTT AND HELP SAVE LIVES!

At the risk of over-doing it by writing too much about fun run events designed to help save the lives of would-be forgotten animals (I refer to last week's article about The Marine Mammal Center's Run for the Seals event this month), this week I decided to write about yet another up-coming event focused on rescuing homeless shelter pets that would otherwise most likely be euthanized.

Best Friends Animal Society is a well-known non-profit organization with a no-kill mission. Their goal is to prevent the senseless and untimely death of thousands of shelter animals each year in our country. Through their own sanctuary and in close coordination with numerous shelters and animal care volunteers and professionals throughout the country, they have succeeded in helping save and place countless homeless pets

into forever loving homes where they will receive the compassionate care they so desperately need and deserve.

As part of Best Friend's endeavor to carry out their mission, they hold an annual Strut Your Mutt fun run campaign, for all animal advocates to participate in and raise funds for the many animal-life-saving programs they have established over the years. Using the slogan, "Dogs just want to have fun", they invite any and all who wish to take part in the fun run/walk event, with several to choose from across the nation.

This year, Best Friends has arranged for twelve separate Strut Your Mutt events, to be held on various dates and in different cities in the United States. The variety of dates and locations provides the opportunity for animal lovers across the nation to get on board with this amazing fund-raising, life-saving project. Here is the event schedule line-up for the 2014 Strut Your Mutt campaign:

August 23 - San Francisco, CA  
September 6 - Jacksonville, FL & Los Angeles,  
September 13 - Austin, TX, Portland, OR & Salt Lake City, UT  
September 20 - Houston, TX  
September 27 - Kanab, UT, Maryland/D.C., Minneapolis, MN, New York, NY & St. Louis,

All Strut Your Mutt events include a festival along with a walk and fun run, so participants get to enjoy lots of exciting activities with their family and friends, along with the company of their own pets, while helping save the lives of animals who are in need of a loving home. Even if you are unable to attend one of the events in person, you can still be an important participant by taking the Strut Your Mutt Challenge, a virtual fundraiser for rescue groups and shelters across the country. No matter where you are, or no matter where you live, you can join the challenge and raise funds for either Best Friends or for the rescue group of your choice by registering on line in the comfort of your own home.

Best Friends is one of the most revered and respected animal rescue organizations in the country. During the time they have been in operation, they have succeeded in saving more

animals' lives than any other single animal rescue group in the US. The proceeds from their annual Strut Your Mutt campaign all go directly toward rescuing shelter animals. Through the good work of hundreds of volunteers and the pro bono assistance of various animal care professionals, they do whatever it takes to prevent pets from meeting a pre-mature death.

If you are interested in participating in this year's Strut Your Mutt fund-raising campaign, or simply wish to learn more about this fantastic group and the awesome work they do, please visit [strutyourmutt.org](http://strutyourmutt.org), or go to Best Friends Animal Society's web site at: [bestfriends.org](http://bestfriends.org).

There is no better feeling than that which you get by knowing you have done your part to help save the life of a helpless, homeless shelter animal. We all love to talk about our pets; how cute they are, how funny they are and how much joy they bring to our lives. So, let's not forget about the ones still waiting for that loving human to take them home, love them and brag about them to their friends! Thank you for caring about the animals and don't forget to love and let live.



## LOOKING FOR A BEST FRIEND?

Who wants to be part of your summer fun? So is Trisha! Trisha is very irresistible and easy to fall in love with! She is an adorable, sweet, fun and lovable white long haired terrier mix with loads of personality! She was found as a stray in the streets - dirty, skittish and frightened, but once she was bathed, fed, taken care of and loved, it didn't take long for her to relax, come out of her shell and be her true, sweet, fun-loving self!

Trisha can be shy when she first meets you, but she loves people, warms up quickly, and enjoys attention, receiving loving pets and being cuddled in a lap. She is also comfortable with other dogs and would be very happy to share her life with another dog or two in the home. During the walks and time spent with her, she has blossomed into a social butterfly, always greeting and initiating play with other dogs. It is very entertaining to watch her in action, and adorable the way she smiles, bows and flirts with other dogs Trisha has average, happy energy! She is easy to manage on a leash and very pleasant to walk with. She will occasionally get a little nervous around loud and busy street activity, but she loves rolling in the grass, running and exploring. But most of all, she loves spending time socializing with the volunteers and the other dogs she walks with or meets along the way.

Trisha is young and has a lot of living to do and would love to share it with fun-loving people. She approximately 1 1/2 years old and is looking for an active and loving family or couple that will give her a safe, secure, fun and happy home. If you have another dog or two for her to hang out with, she would love that



too!

She currently resides at the San Gabriel Valley Humane Society located at 851 E. Grand Avenue in San Gabriel with her roommate. We are located off San Gabriel Blvd., north of Mission and south of Las Tunas. To arrange a 'Meet and Greet' with Trisha, please stop by any time from 10:00am to 4:30pm Tuesday thru Sunday.

Her adoption fee is \$120 which includes a microchip, spay surgery, 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 Trisha. See our website at [www.sgvhumane.org](http://www.sgvhumane.org) for information and photos of all our available pets.

## PET OF THE WEEK: JOJO

Animal ID #A4734337

Puppies do not get any cuter than JoJo (A4734337)! JoJo is a three-month-old brown-and-black male Short Haired Chihuahua Mix puppy who was found in Baldwin Park and brought to the Baldwin Park Animal Care Center on July 16th. Weighing 7 lbs, JoJo is a classic puppy: playful, kissy, and sweet. He is a blank slate for training and is excited to start learning. JoJo will be a delightful indoor pet and best friend for an individual or family eager to train and socialize a young puppy. He has the perfect personality and is ready to be your best friend. Meet JoJo today! To watch a video of JoJo please visit the following link: <http://youtu.be/k8gVORmI9GQ>

To meet JoJo in person, please see him at the Baldwin Park Shelter, located at 4275 N. Elton, Baldwin Park, CA 91706 (Phone: 626-430-2378 or 626-962-3577). He is currently available now. For any inquiries about JoJo, please reference his animal ID number: A4734337. 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 JoJo 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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**We'd like to hear from you!**  
**What's on YOUR Mind?**

Contact us at: [editor@mntviewsnews.com](mailto:editor@mntviewsnews.com) or [www.facebook.com/mountainviewsnews](http://www.facebook.com/mountainviewsnews) AND Twitter: [#mntviewsnews](https://twitter.com/mntviewsnews)



## THE JOY OF YOGA

## THE DEAL WITH STRESS



Stressed? We are constantly dealing with the business and responsibility of life as it is today. Driving, cell phones and work,

not to mention juggling kids, keeping a home and the news, can all leave us completely stressed out! The way the nervous system works, we have the fight or flight mode (sympathetic nervous system), where we are on alert and ready for task or survival. The flight response is triggered by a perception of a threat by a thought. The parasympathetic nervous system or resting/digesting mode, is when we are calm and assimilating the nutrients from our food.

But this does not happen just because we are eating. In fact, we may be eating on the move. If we are not getting adequate nourishment from our food – yet we are eating, it could be because we are not in digestion mode. This can cause all kinds of problems in our systems. Watching a suspenseful action movie while eating will not allow the system to calm down and digest properly. Because the food is not completely digested and we are rushing around eating a salad in the car or grabbing a latte on the run, the organs get taxed. The kidneys cannot do the proper filtration job, the adrenals

get stressed because they are being over used to produce adrenalin to keep combating stress. We can get headaches, muscle tension, fatigue, anxiety, agitated, develop IBS and or adrenal fatigue and many more worse conditions. The more time we spend in the Sympathetic mode, the more we get used to it. It is then harder to switch to resting mode where our bodies need to spend time! Yoga and meditation can help us combat the effects of our hectic life styles. Restorative yoga can put us right at ease. We need breath practices that we can learn to do anytime to help us from jumping in to flight mode. Meditation can help us to spend more time in the calm/ resting mode during waking hours and train our systems to stay calm. Sometimes we can't even get a good night sleep because we are fighting our battles in our dreams. That is because the mind is still thinking those un-restful thoughts. But yoga, meditation and breath practice can help us get a better nights rest. I promise!

Try our restorative class on Sunday's at 5:00 or a gentle class in the morning first thing. Many of your little ailments might just fade away as you get used to leading a calmer, less stressful life.

See you in class.  
Namasté,  
René

## HEALTHY LIFESTYLES



Vibrant Living Wellness Center

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## Does an Apple a Day Keep the Doctor Away?



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

Who doesn't like an apple? We've been told since we were kids how healthy apples are. But do you really know why? Let's take a look at what's in an apple that makes it so good for us.

Pectin: A soluble fiber that can have shown to lower

blood pressure, LDL (bad cholesterol), and glucose levels. It also helps maintain the health of the digestive system.

Quercetin: May neutralize free radical damage which has been involved in age-related health problems like Alzheimer's and reducing the risk of many cancers.

Vitamins A, C, E and beta carotene: These fight free radical damage which helps reduce the risk of heart disease, diabetes and asthma.

Flavonoids and Antioxidants: Some scientists

believe that these substances make apples better than many other superfoods to combat potentially life threatening conditions.

Recently, Chinese University of Hong Kong researchers reported that fruit flies given an apple extract lived 10% longer. The flies were able to walk, climb and move more easily as they aged. They believe the extract cleaned up free radicals which are the dangerous chemicals blamed for a host of maladies including aging.

Apples have the mark of a healthy food because they are low in calorie density which means you get a lot of nutrients for little calories. They also have been called nature's toothbrush since they can help clean our teeth and kill bacteria in the mouth which will reduce the risk of tooth decay. I think it's easy to see how beneficial an apple is, so eat up. There are so many varieties of apples that you can never get bored with eating them. And remember, The Environmental Working Group's 2014 Dirty Dozen list has apples as #1. So whenever possible, buy organic.

## IS IT TIME FOR A NEW YOU?

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*The Senior*  
By Bruce Lamarche

IN PRAISE OF A  
"REAL" DOCTOR

*Spot*

I need a doctor. Nope, not me. I don't need to pay a doctor all that money for 4 minutes and 30 seconds of his time. I've got the internet and besides, I'm a Medic and have studied anatomy. Yeah, I've got this handled . . . well almost. So, here's my story.

The other night I woke with a knife-like pain in my upper right quadrant of my abdomen. So at 3 AM I go on to the internet at a favorite doctor site and it helps point out that my appendix may be rupturing. After reviewing my symptoms again with another website, I became even more concerned. I spend the rest of the night worrying about losing work time recovering from surgery and the cost. Finally, my wife says to either go to emergency, or suck it up and wait for Dr. Brown in Sierra Madre to open at 9AM. So I wait.

I get over to Dr. Brown's office, right there on Sierra Madre Blvd. in Sierra Madre, and he spends an amazing 90 minutes with me patiently going over all details of my history and giving me a thorough exam. Early on he agrees and says that the symptoms could very well be appendicitis. I keep my despair to myself as he continues. Finally, he asks me about my day yesterday and if I did something unusual. Nope, says I with confidence. Well . . . actually, I did help move two washing machines but my younger helper did most of the lifting. He looks at me with a knowing grin. Perhaps, I pulled a muscle in my gut he suggests. After some more poking around, he says, "Yup, I think you strained those muscles right here" as he probes to make his point. A short grunt later I agree.

Then it hits me. Being the self-sufficient, money saver that I was, I attempted to avoid

wasting money on a short doctor visit by solving the problem myself. Dumb! All my past doctor visits have been done in record time (usually less than 5 minutes) and that after a 50 minute wait reading old magazines. What I ended up with was a long session with a very caring doctor who looked at all aspects of my life and physical condition to evaluate my complaint. This experience was a first for me. And . . . Doctor Brown saw me precisely at my appointment time.

The session ended with a check of my eating habits and a recommendation to take certain vitamins. He even encouraged me to contact him with any follow-up questions I might have. Huh? This must be a dream, but no, it's real.

Doc Brown has an amazing background of experience and is actually interested in preventing problems, unlike many other doctors. He strikes me as the old fashioned type of doctor who used to come to the house with his black bag, yet he's totally modern in his knowledge of medicine. I wish more doctors could be like him. He actually cares and has the knowledge to back it up, and he wasn't even expensive!

Doctor Warren Brown's practice is called Proactive Care Partners and is located at 529 W. Sierra Madre Blvd. in Sierra Madre. He can be reached at (626) 355-8595. Check him out at [www.proactivecarepartners.com](http://www.proactivecarepartners.com). He's a great doc!

Got a question? Ask Bruce by phone-(626)335-3412 or e-mail: [blamarche@verizon.net](mailto:blamarche@verizon.net). This article is provided by Bruce Lamarche, a member of Society of Certified Senior Advisors®, [www.csa.us](http://www.csa.us). Bruce's company, R & B Reverse Mortgage Services (Glendora) helps seniors make an informed decision about obtaining a reverse mortgage. [www.LASeniorMortgage.com](http://www.LASeniorMortgage.com)

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A Must See!

The envy of Architectural Digest, welcome home to your private oasis, magnificent city/mountain views, nestled in the peaceful, upper canyon of Marlborough Terrace. This 2-story artistic beauty has been completely remodeled in 2008. It has 1,604 sq.ft. of living area, but appears much larger due to high beam ceilings. It has 2 bdrm plus a spacious loft which can be used as a 3rd bdrm since it has a large closet. The full bath downstairs has custom tile, river-stone flooring in the shower and double vanity sink. The living room has large windows from floor to ceiling to marvel over the views, hardwood custom flooring, and brick, wood burning, fireplace. The open-concept kitchen has state of the art appliances, gorgeous maple cabinets, and terra cotta tile flooring. The backyard has a pool and a spa overlooking the city lights and valley. The landscaping is impressive and perfect for entertaining. This home has too many amenities to list. Please come see for yourself.

Janette Ledeo  
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IS LIFE INSURANCE NEEDED IN RETIREMENT?

Dear Savvy Senior:  
Is life insurance needed in retirement? I'm about to retire and have been thinking about dropping my policy to escape the premiums. Is this a good idea? Over Insured

Dear Over:  
While many retirees choose to stop paying their life insurance premiums when they no longer have young families to take care of, there are a few reasons you may still want to keep your policy. Here are some different points to consider that can help you determine if you still need life insurance in retirement.

Dependents: Life insurance is designed to help protect your spouse and children from poverty in the case of your untimely death. But if your children are grown and are on their own, and you have sufficient financial resources to cover you and your spouse's retirement costs, then there is little need to continue to have life insurance.

But, if you had a child late in life or have a relative with special needs who is dependent on you for income, it makes sense to keep paying the premiums on your policy.

You also need to make sure your spouse's retirement income will not take a significant hit when you die. Check out the conditions of your pension or annuity (if you have them) to see if they stop paying when you die, and factor in your lost Social Security income too. If you find that your spouse will lose a significant portion of income upon your death, you may want to keep the policy to help make up the difference.

Work: Will you need to take another job in retirement to earn income? Since life insurance helps replace lost income to your family when you die, you may want to keep your policy if your spouse or other family members are relying on that income. If, however, you have very little income from your retirement job, then there's probably no need to continue with the policy.

Estate taxes: Life insurance can also be a handy estate-planning tool. If, for example, you own a business that you want to keep in the family and you don't have enough liquid assets to take care



of the estate taxes, you can sometimes use a life insurance policy to help your heirs pay off Uncle Sam when you die.

It's a good idea to talk to a disinterested third party (not your insurance agent), like an estate planning expert or a fee-only financial planner to help you determine if your life insurance policy can help you with this.

Life Settlement Option

If you find that you don't need your life insurance policy any longer, you may want to consider selling it in a "life settlement" transaction to a third party company for more than the cash surrender value would be, but less than its net death benefit. The best candidates are people over age 65 who own a policy with a face value of \$250,000 or more.

Once you sell your policy, however, the life settlement company becomes the new owner, pays the future premiums and collects the death benefit when you die.

How much money you can expect to get with a life settlement will depend on your age, health and life expectancy, the type of insurance policy, the premium costs and the value of your policy. Most sellers generally get 12 to 25 percent of the death benefit.

If you're interested in this option, get quotes from several brokers or life settlement providers. Also, find out what fees you'll be required to pay. To locate credible providers or brokers, the Life Insurance Settlement Association provides a referral service at lisa.org.

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

SENIOR HAPPENINGS

HAPPY BIRTHDAY! ... August Birthdays\*  
Bill Nelson, Karlene Englert, Juanita Fernandez, Jeanette Francis, Joseph Kiss, John Luke, Jacquie Pergola, Maury Whitaker, Pat Miranda, Phyllis Chapman, Jerry Burnett, Margaret Aroyan, Phyllis Burg, Beverly Clifton, Rosemary Morabito, Susan Poulsen, Dorothy Quentmeyer, Genevieve Stubbs, Miep Tulleners, Joy Barry, Ellie Baudino, Marcia Bent, Daryls Brechwald, Joan Spears, Ruth Torres, Jane Zamanzadeh and Harry Enmark.  
\*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: "Attitudes are contagious. Are yours worth catching?" ~ Dennis and Wendy Mannering~

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, from 11:00 to 11:45 am with Shannon. All ability levels are encouraged and welcomed.

Hawaiian and Polynesian Dance Class: Every Tuesday morning from 10:00am to 11:00am. Join instructor Barbara Dempsey as she instructs you in the art of hula.

Bingo: Every Tuesday beginning at 1:00pm. Cards are only \$0.25 each! Everyone is welcome to join. May be canceled if less than 5 people. Canceled on August 5th and 12th.

Free Blood Pressure Testing: Held 2nd Tuesday of the month from 11:00am to 12:00pm. No appointment is necessary.

Free Legal Consultation: Wednesday, August 27th from 10:00am to Noon. Attorney Lem Makupson is available for legal consultation. He specializes in Family Law, Wills, Trusts, Estates, and Injury. For an appointment call 626-355-7394.

Chair Yoga: Mondays and Wednesdays from 11:00 to 11:45 am, except on the third Monday of the month when the balance class is held. A suggested donation of \$5 at one of the classes is requested, but is not required.

Birthday Celebrations: Every second Thursday of the month the Hart Park House Senior Center celebrates birthdays of our patrons. The free birthday cake is provided by the Sierra Madre Civic Club.

Game Day: Every Thursday starting at 12:45pm. A regular group of seniors play poker. Other games available for use.

Free Strength Training Class: Every Friday from 12:45pm to 1:30pm with Lisa Brandley. The class utilizes light weights for low impact resistance training. All materials for the class are provided.

UPCOMING EXCURSIONS  
Homeboy Industries and Home Girl Cafe (Los Angeles, CA)  
Date: Thursday, August 21, 2014

Time: 8:45am to 2:30pm Meeting Location: Hart Park House Senior Center Cost: \$12.00 (does not include lunch). Come venture out and take the Gold Line to Homeboy Industries. You will have the chance to see Homeboy's Programs in-action, gain a better understanding of how the social enterprises work, and discover the sense of community that exists for the young men and women who come through their doors seeking to leave their gang involvements behind and find hope in their futures. Tour is followed by lunch at Home Girl Café, where they provide a wide selection of choices to choose from. Participants are asked to bring additional money for souvenirs and lunch. Last Day to register is Monday, August 18th. Level of Walking: High. Please note: public transportation will be used for this trip including MTA buses and the Gold Line; TAP cards will be provided to you. If you have any concerns please contact the Senior Center.

Gondola Getaway (Long Beach, CA) Date: Friday, September 19, 2014

Time: 9:15am to 3:15pm Meeting Location: Hart Park House Senior Center Cost: \$30.00 (does not include lunch) The Gondola Getaway brings old world charm and a thousand year old tradition to Long Beach. Authentic Venetian gondolas gently cruise the enchanting canals and waterways of Naples Island near the resort area of Belmont Shores in Long Beach. Join us for an hourlong cruise followed by lunch at one of the charming restaurants in Belmont Shores. Participants are asked to bring \$20 for lunch. Level of Walking: Low

Excursion Refund Policy: Notification of the cancellation must be made at least 3 business days before the excursion. A refund will only be issued 1) for a medical excuse or 2) if the Department is able to fill the patrons spot from a waiting list. This refund will be issued in the form of a credit which will be applied to the patron's account with the City, less a \$10 cancellation fee. The credit will remain on your account for one year from the date issued and the credit may be used for any program or service offered by the Community Services Department.

1ST & 3RD WEDNESDAY Shown at the Hart Park House Senior Center



AUGUST 6TH: LINCOLN (2012)  
As the Civil War continues to rage, America's president struggles with continuing carnage on the battlefield and as he fights with many inside his own cabinet on the decision to emancipate the slaves. Rated PG-13. Start time: 1:00 pm (run time 150 minutes) Featuring: Daniel Day-Lewis, Sally Field, David Strathairn, Tommy Lee Jones.

AUGUST 20TH: PHILOMENA (2013)  
A world-weary political journalist picks up the story of a woman's search for her son, who was taken away from her decades ago after she became pregnant and was forced to live in a convent. Rated PG-13, Start time: 1:00 pm (run time 98 minutes) Featuring: Judi Dench, Steve Coogan.

MARLEY & ME (2008) will also be shown on August 27th as part of the Dog Days

LUNCH & LEARN PRESENTATION - PASADENA HERITAGE

Wednesday, August 27, 2014 • 12:00-1:00 pm  
Take a look back into the history of the San Gabriel Valley and uncover the early beginnings of the cities of San Gabriel, Arcadia, San Marino, and Pasadena. Meet the Gabriellino Indians, the Indiana Colonists, and the investors who took part in the real estate boom of the turn of the century. Discover why the founders, developers and early settlers of the San Gabriel Valley made this area their home and why we appreciate, continue to appreciate and preserve it today. If you are interested in having lunch with the Senior Lunch Cafe during the presentation please call 626-355-0256 to make a reservation; otherwise, you may bring your own.

DOG DAYS OF SUMMER • AUGUST 25-29, 2014

Hot dog, it's HOT out there! Escape the August heat and join us for a fun-filled week of activities!

Monday, August 25th kicks off our "Cutest Dog Competition." To enter the competition, either bring in a picture of your canine cutie with your name and phone number written on the back or email a copy to kschnurr@cityofsierramadre.com. All pictures will be displayed in the Senior Center and voting will take place throughout the week. Be sure to come in and cast your vote for who's the cutest! The winner will be announced Friday, August 29th at the Hot Dog Dinner and will receive a prize.

Tuesday, August 26th, 12:00pm- Satisfy your sweet tooth and come enjoy "dog treats" with lunch. You are welcome to either bring your own packed lunch or eat from the Senior Lunch Café. If you choose to eat from the Senior Lunch Café, please make a lunch reservation at 626-355-0256.

Wednesday, August 27th, 1:00pm- Marley & Me, a heart-wrenching film about a mischievous Labrador, will be shown in the Senior Center at 1 pm. If you haven't seen it already, it is a must see for all ages!

Thursday, August 28th, 12:30pm- Two therapy dogs from Methodist Hospital will be visiting the Senior Center at 12:30pm to sit with anyone who would like a little extra love.

Friday, August 29th, 4:30-6:00pm - To cap off the Dogs Days of Summer, Gables of Monrovia will be catering a complimentary Hot Dog Dinner. Hot dogs will be served in addition to delicious side dishes. Other activities such as a prize raffle are planned to guarantee a fun time. R.S.V.P. to Kyle or Tracy at 626-355-7394. All reservations must be in by noon on August 25th.

TECH TALK: TECHNOLOGY ASSISTANCE  
Mondays, August 11th and 25th 2:00 to 3:00 PM  
Tech-savvy youth from Sierra Madre Middle School will provide assistance with the operation of cell phones, tablets, and computers. Participants should bring the device with which they need assistance; computers are available at the Senior Center for general instruction. The class is free of charge, but registration is required. To register, or for questions regarding the program call 626.355.7394.

EYE TESTINGS & READING GLASSES FOR ALL  
Tuesday, August 12th from 12:30-2:30pm Sierra Madre Rotary Club member Dr. Michael Budincich will be offering free eye testings and stock reading glasses to all interested individuals.  
Dr. Budincich will be available Tuesday, August 12th from 12:30pm to 2:30pm for consultations at the Hart Park House Senior Center. Each consultation will take approximately 5 min tes. While walk-ins are welcome, appointments are encouraged. Those who partake will receive a complimentary pair of stock reading glasses. To make an appointment, please call 626-355-7394.



KATIE Tse.....This and That  
IF YOU GIVE A CAT A STEROID...

It was summer, 1982. Reagan was President, the longest baseball game at Wrigley Field lasted 22 innings, and the lowest August temperature in Cleveland was a cool 38°F. But such was not the case in southern California. Rather than being remembered for this trivia, the summer of 1982 was remembered as a particularly bad flea season. However, the fleas didn't bother me. I was six months away from being born, so I was well insulated.

My grandma had gone to visit family in Michigan, and left my mom in charge of watching Boots, her cat. Being pregnant and having other distractions, Mom did not immediately realize that Gran's house had become infested with fleas! They had taken up residence in the shag carpet (this was early 80's, remember). One day when she went to feed Boots, Mom found him languishing on the carpet, his blood-drained body nearly dry to the bone. (Think Terry Thomas in "The Abominable Dr. Phibes." You must see this dark comedy classic if you haven't already!)

She and Dad took quick action and brought Boots to a vet in Arcadia. He prescribed steroid treatments that were administered in a series of shots. Boots gradually recovered, and by the time Gran returned from her trip with a small kitten named Squeaky, he had regained his pre-drained plumpness. But unbeknownst to everyone, "The Madness of Boots" had begun.

Squeaky was, as the name implies, a small, timid female cat. Boots took an instant overprotective attitude toward her, and was often subject to fits

of jealous rage. Gran's living room had a large floor-to-ceiling window that looked out over the quiet street she lived on. If Boots happened to see another cat outside he hurled himself against the window, practically frothing at the mouth. But, not being able to fight off his "competitor," Boots lashed out at the closest living thing, which was typically Gran's leg.

It was around this time that Boots also developed small bony protrusions on his forehead, like little horns. Gran tried to keep his anger at bay, but it was not always possible. I was about four by this time, and Gran would often watch me while Mom was at work. It was on one of these days that Boots went into another violent fit, and sank his fangs deep into Gran's ankle. With Gran down, I was left in his pathway. But seconds before he lunged at me, Gran dove between us and quickly pulled me into the safety of a closet.

When Mom arrived that afternoon, she found "what looked like a crime scene!" The white carpet was streaked with bloody footprints leading toward the front door. She heard a muffled sound coming from the closet, "Mary! We're in here!" By now Boots' bloodlust had ended, and he was placidly munching Kibbles & Bits.

The life and times of Boots ended a few years later when my mom and dad found him stiff behind the loveseat. We never learned what, exactly, caused his mania. Did his near brush with death push him over the edge? Had he been injected with some potent cocktail of hormones? Whatever was to blame, the lesson of the story is to be very careful if you give a cat a steroid...



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## SEAN'S SHAMELESS REVIEWS:

By Sean Kayden

### THE ROSEBUDS

North Carolina indie rock duo are set to release their sixth studio album, "Sand + Silence" on August 5th. The record was produced by Justin Vernon of Bon Iver. Vernon and his Bon Iver bandmate Matt McCaughan are present by diving in on guitar, keyboards, and drums. While a new Bon Iver isn't planned in the foreseeable future, the real question is posed; will The Rosebuds finally break out of indie obscurity with their latest endeavor? Their first single, "Blue Eyes" is a big, summery indie gem. It's the epitome of an indie rock tune of the early 00s. In fact, the record has a certain charismatic approach to it. "Sand + Silence" boasts expert lyrics, big harmonies and beautiful melodies. From ballads to cheerful tunes to slick rock tracks, the record navigates a lot of terrain. For the most part, the record stands as jovial and upbeat. However, the lyrics run deep with an optimistic outlook on the uncertainties of life.

Kelly Crisp and Ivan Howard, the duo behind The Rosebuds kick off their record with "In My Teeth." It's an overly simplistic and positive song that is carried effortlessly with effervescent guitars. "Sand + Silence," sounds like something between Bon Iver and Justin Vernon's other band, Volcano Choir would have crafted. It's soulful and hypotonic. Clearly Vernon's hand was involved with this beautiful track. A "Give Me A Reason," one of the ballads off the record is quite mesmerizing. A touching, heartfelt, sensitive experience could easily describe the aforementioned tune. Howard's crooning vocals are warm and achingly beautiful. "Give Me A Reason," describes finding a new love, amidst the uncertainty that is entangled with it. After listening to this one, you'll know it's one of the best tracks on the compilation. "Death Of An Old Bike" ventures into this story about making changes within. If you're tired of whom you have become,

be done with your old self and make way for a better tomorrow. The song deals with individual development. The harmonies are way too good to ignore. "Death Of An Old Bike" is easily the most endearing song found here. Closing track, "Tiny Bones," feels fitting. It's a song that blows down the tempo of the album ever so softly. Howard's falsetto is in play and works incredibly well with the layouts of drum beats and guitar riffs. The song

Artist: The Rosebuds  
Album: Sand + Silence  
Label: Western Vinyl  
Release Date: August 5<sup>th</sup> 2014

finishes with the gentle sound of night rain making the entire album feel more than just music but an experience to fade off into the night with.

"Walking" is probably the only true filler track I heard here. At under two minutes and rather ordinary, among some truly extraordinary songs, the tune didn't hit the right chords with me. The other ten tracks glide and touch the soul in many ways. Some stand out more so than others, but even those that don't still find a way into your heart. Overall, The Rosebuds have crafted yet another exquisite record that will only be a shadow among the overproduced, redundant material found in popular music. If you're seeking change in a world that has your down, let "Sand + Silence" point you in the right direction. Although, at any rate, let it be your listening selection as you make your way to the place or person you want to be.

Grade: 8.5 out of 10  
Key Tracks: "Sand + Silence," "Give Me A Reason," "Blue Eyes," "Death Of An Old Bike"

## Jeff's Book Picks

By Jeff Brown

### Mom & Me & Mom by Maya Angelou

The legendary author shares the deepest personal story of her life: her relationship with her mother. For the first time, Angelou reveals the triumphs and struggles of being the daughter of Vivian Baxter, an indomitable spirit whose petite size belied her larger than life presence, a presence absent during much of Angelou's early life. When her marriage began to crumble, Vivian sent 3 year old Maya and her older brother away from their California home to live with their grandmother in Arkansas. The subsequent feelings of abandonment stayed with Angelou for years, but their reunion, a decade later, began a story that has never before been told. Angelou dramatizes her years reconciling with the mother she preferred to simply call "Lady," revealing the profound moments that shifted the balance of love and respect between them. Delving into one of her life's most rich, rewarding, and fraught relationships, Mom & Me & Mom explores the healing and love that evolved between the two women over the course of their lives, the love that fostered Maya's rise from immeasurable depths to reach impossible heights.

### Liberty's Torch: The Great Adventure to Build the Statue of Liberty by Elizabeth Mitchell

The Statue of Liberty is one of the most recognizable monuments in the world, a powerful symbol of freedom and the American dream. For decades, the myth has persisted that the statue was a grand gift from France, but Mitchell reveals how she was in fact the pet project of one visionary French sculptor, Frédéric Bartholdi. He not only forged this 151-foot-tall statue in a workshop in Paris and transported her across the ocean, but battled for money to make her a reality. Inspired by a trip to Egypt where he saw the pyramids, he traveled to America carrying the idea of a giant statue of a woman. There he enlisted the help of notable people including Ulysses S. Grant, Joseph Pulitzer, Victor Hugo, Gustave Eiffel, and Thomas Edison to help his scheme. While the French and American governments dithered, Bartholdi made the statue a reality by his own entrepreneurship, vision, and determination.

### American Catch: The Fight for Our Local Seafood by Paul Greenberg

This award winning author uncovers the tragic unraveling of the nation's seafood supply, why Americans have stopped eating from their own waters? In 2005, the United States imported five billion pounds of seafood, nearly double what we imported twenty years earlier. Bizarrely, during that same period, our seafood exports quadrupled. The book examines New



York oysters, Gulf shrimp, and Alaskan salmon to reveal how it came to be that 91 percent of the seafood Americans eat is foreign. In the 1920s, the average New Yorker ate six hundred local oysters a year. Today, the only edible oysters lie outside city limits. Following the trail of environmental desecration, Greenberg comes to view the New York City oyster as a reminder of what is lost when local waters are not valued as a food source. On visiting the Gulf of Mexico, he finds that the immediate threat to business comes from overseas. Asian farmed shrimp, cheap, abundant, have flooded the market. Finally, he visits Alaska, home to the biggest wild sockeye salmon run in the world. Bristol Bay is now at great risk: The proposed Pebble Mine project could undermine the spawning grounds that make

this great run possible. Why is this precious resource not better protected? Greenberg encounters a shocking truth: the majority of Alaskan salmon is sent out of the country, much of it to Asia. Sockeye salmon is one of the most nutritionally dense animal proteins on the planet, yet we are shipping it abroad. Some hope abounds. In New York, Greenberg connects an oyster restoration project for how the bivalves might save the city from rising tides. In the Gulf, shrimpers band together to offer local catch direct to consumers. And in Bristol Bay, fishermen, and environmentalists, gather to roadblock Pebble Mine. Paul Greenberg proposes a way to break the current destructive patterns of consumption and return American catch back to American eaters.

## Art Classes Gallery Scarecrow Festival Special Events Art Shows





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## On the Marquee: Notes from the Sierra Madre Playhouse

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\*Members of AEA, the Union of Professional Actors & Stage Managers

It is 1972 in New York City and rent-controlled apartments are in hot demand. Anne Miller, a stay-at-home mom, wants a spectacular find, a 6 room pre-war with a Hudson River view – but Paul Friedman, an advertising exec has also come to see it. A faulty doorknob forces these strangers into sudden intimacy. Romantic sparks ignite and each considers more than a move to a new apartment.

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"Thanks for the Memories." A program of music, dance and comedy. At Sierra Madre Playhouse, 87 W. Sierra Madre Blvd., Sierra Madre, CA 91024. Ample free parking behind theatre. Sunday, September 7, 2014 at 2:30 and 7:30 p.m. Tickets: \$30. Seniors (65+) \$25. Veterans \$15. Children 12 and under, \$10. Reservations: (626) 355-4318. Online ticketing: www.sierramadreplayhouse.org

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**300 N El Molino Ave., #123,  
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**JUST SOLD**  
Beautiful 2 bed/2 bath condo located in the city of Pasadena. Both bedrooms are suites, with plenty of closet space. Offers an open-concept floor plan with a modern kitchen that opens into the eating area and living room. Centrally located, and just minutes from Old Town Pasadena.

**1737 Hill Dr.,  
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**COMING SOON**  
Tastefully updated home located in the hills of South Pasadena. Home is surrounded in a wooded country setting, along with plenty of mature trees, and beautiful views. Features an open floor plan with 3 bedrooms/2 bathrooms, and updated tile floors and fixtures. \$745,000

**17 Highwood Ct., Azusa**



**ACTIVE**  
Spacious/move in condition, 4bed/3 bath home. Home is approximately 3,178 sq.ft, offering a formal living room, formal dining, with an extraordinary open concept kitchen with island. Home even offers a community pool and rec. center. Call Luther for more details! \$749,000

**66 Birchcroft St., Arcadia**



**JUST LISTED**  
1987 custom built, in a 15,880(apprx.) sq.ft lot. Home offers 5 bedroom/4 bath, formal living and open kitchen area, walk-in pantry, and a 3 car garage. Also a miniature tennis/basketball court, pool/spa, and volleyball court. Call Luther for more details! \$2,388,000

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Creative Arts Group presents



The 3rd Annual  
**Scarecrow Festival**  
September 13<sup>th</sup> – October 31<sup>st</sup> in Sierra Madre

**Crows are Invading Sierra Madre!**

Creative Arts Group is calling all creative minds to the 3rd Annual Scarecrow Festival of Sierra Madre to shoo away those pesky crows! Join in the fun by creating your own scarecrow, entering the contest, and voting for your favorite as you tour Sierra Madre.

Find out more: [www.creativeartsgroup.org/scarecrow-festival/](http://www.creativeartsgroup.org/scarecrow-festival/)

**Make a Scarecrow and Enter the Contest**

Make your own scarecrow to put on display in front of your home or business. As long as you are a Sierra Madre resident or business – you can participate in the contest.

Register for the contest on our website or by filling out the application on the back of this page and turning it into Creative Arts Group by September 19<sup>th</sup>.

**Take a FREE Scarecrow Building Workshop**

Saturday, September 13<sup>th</sup>, 2014 from 10:00 am to 4:00 pm.  
The workshop is FREE, but space is limited – so register early!

Register for the workshop in person or on our website.

**Vote for your Favorite Scarecrow!**

Scarecrows will be on display throughout Sierra Madre from September 28<sup>th</sup> through the end of October. Maps will be available on our website, in participating stores, and at Creative Arts Group. Wander through town and find your favorites. Vote online via our website or Facebook for the People's Choice Award! An award ceremony will be held at Creative Arts Group on October 17<sup>th</sup> beginning at 7:00 pm.

**Sept 13  
Free Scarecrow  
Building Workshop  
10 am – 4 pm**

**Sept 19  
Enter the Contest**

**Sept 28 – Oct 31  
Tour Scarecrows  
of Sierra Madre**

**Vote for your  
Favorite  
Scarecrows!**



Creative Arts Group  
108 N. Baldwin Ave.  
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# Mountain Views News

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SATURDAY, AUGUST 2, 2014

SECTION B

## AROUND SAN GABRIEL VALLEY

### 7TH ANNUAL IDENTITY FESTIVAL



The 7th annual Identity Festival organized by the Armenian Community Coalition of Pasadena was a smashing success on Sunday, July 20, 2015. Victory Park that day was transformed into a bee hive with more than 4,000 people, Armenians and non-Armenians alike, from all walks of life were in and out through out the day from 12:00 noon to 7:00 p.m. in the evening. This event was cosponsored by Congresswoman Judy Chu, The City of Pasadena and the Pasadena Library.

The theme of the day was to celebrate the 125th anniversary of the first Armenian settlement in the city of Pasadena, which was incorporated into cityhood just three years earlier. I was pleasantly impressed that the Mistresses of the Ceremony were young and talented Armenian Ladies from our community, namely Nayri Krouzian and Serah Chahinian, who masterfully conducted the program in English and Armenian respectively. Another young artist, Sevag Chahinian, was the D.J. for the day.

The festivities of the day began with an acapela rendition of the American and Armenian National Anthems by Maral Kurdian, a junior at the Armenian General Benevolent Union's Vatche and Tamar Manougian High School in Pasadena. She mesmerized the audience by her beautiful voice. Among the dignitaries attending the festival was Congresswoman Judy Chu, who reflected upon the contributions of some the famous Armenian scientists, inventors and entrepreneurs, who had helped advance the technology, which made America a better place to live and prosper. She then presented several Certificates of Congressional Recognition to some of the hard working members of the Armenian Community Coalition of Pasadena.

Pasadena Mayor Bill Bogaard, addressing the audience said that "This festival demonstrates how deep the roots are for the Armenian community. We welcome and celebrate different cultures and learn from one another. That makes Pasadena a more enjoyable and a more stimulating city." Pasadena Police Chief Phillip Sanchez congratulated the Armenian Community Coalition on the occasion of the 7th annual Identity Festival and said that "We have a great city and a great police department and many of the lessons learned come from our Armenian brothers and sisters. The influence you have

in Pasadena is extraordinary, in medicine, engineering, and entrepreneurship." He then continued saying, "I'm proud to announce that in the great history of the Pasadena Police Department, about six months ago, we hired our first Armenian woman."

Assemblyman Chris Holden and Glendale City Councilwoman Lorry Friedman also addressed the audience, congratulating the Armenian Community Coalition and reiterating the important role of the Armenians in their respective district and city.

Dr. Hovhannes Ahmaranian and Kevork Keushkerian spoke on behalf of the Armenian Community Coalition of Pasadena in Armenian and English, respectively. They both dwelled upon the fact that Armenians had settled in Pasadena 125 years ago and that now the Armenian population in Pasadena had grown to have 4 schools, 6 churches, 4 cultural organizations and 2 weekly newspapers.

They also mentioned that the first settler, Mr. Movses Pashgian, had become the Grand Marshall in the Tournament of Roses Parade in 1915. Coincidentally, 100 years later, the first Armenian Rose Float will parade along the 5.5 mile route on Colorado Blvd. on January 1, 2015. This will be a unique opportunity for Armenians to share their 7000 year old rich cultural heritage with the whole world, making them proud and resolute to pass the torch on to the next generation.

Entertainment was provided throughout the day by a selected host of singers and dancers; such as Nshan Tchaghatsbanian, Kevork Chakmayan, Gantegh (Lantern) choir, Pateel (Snow Flake) and Nor Serount (New Generation) Dance Groups and Vartan & Seranoush Kevorkian Dance Ensemble. The audience was elated by their performances and gave them loud applause and constantly shouted words of praise.

Finally, it was time for cutting the 125th anniversary cake. Congresswoman Chu, Mayor Bogaard and Police Chief Sanchez, along with Chris Chahinian, Chairman of the Armenian Community Coalition of Pasadena participated in the cake cutting ceremony. The cake was donated by Sarkis Pastry of Pasadena. The cake was big enough to satisfy all the children and the adults of the community who happened to be there at around 4:30 p.m.

### HERNÁNDEZ TO BE HONORED BY THE CALIFORNIA LABOR FEDERATION

SACRAMENTO, CA – Assemblymember Roger Hernández (D-West Covina) announced he will be honored with the Solidarity with Immigrant Workers Award by the California Labor Federation during the 2014 Biennial Convention, which takes place on July 29-30 in San Diego.

"I want to thank Executive Secretary-Treasurer Art Pulaski and the California Labor Federation for this great honor being bestowed upon me. It gives me great pleasure to accept this honor on behalf of all the men and women of labor. To many, California is the American Dream," stated Hernández.

Hernández is being honored for his work in protecting the rights of immigrants in the state who often face retaliation, fear and intimidation in the workplace. Last year, Hernández sponsored AB 263, which was signed by Governor Brown to protect immigrant workers against retaliation on the jobsite against unscrupulous employers who take advantage of their employee's legal status. Also, Hernández introduced AB 1897 in 2014 which provides protections to temporary workers when companies use staffing agencies and other labor contractors to supply workers.

"Many employers follow the letter of the law, pay



great wages, provide benefits and look after workers' safety, but often times, some employers take advantage of their workforce. These employees work hard for their wages and to provide for their families. I will continue to fight for the rights of others and protect the erosion of the middle class against employers who take advantage of Californians," said Hernández.

The California Labor Federation is made up of more than 1,200 AFL-CIO unions, representing 2.1 million union members in the manufacturing, retail, construction, hospitality, public sector, health care, entertainment and other industries.

The California Labor Federation's 2014 Biennial Convention will take place at the Hilton San Diego Bayfront.

Hernández proudly serves the cities of Azusa, Baldwin Park, Bradbury, City of Industry, Covina, El Monte, Glendora, Irwindale, Monrovia, West Covina and the unincorporated communities of: Bassett, Charter Oak, East Arcadia, Ramona, Royal Oaks and Valinda. Hernández also serves as Chair of the Assembly Labor and Employment Committee and the Select Committee on Post-Secondary Access and Matriculation.

### DIGITAL DMV RESOURCES NOW AVAILABLE

Dear Friends,  
The California Department of Motor Vehicles (DMV) has recently released two new helpful tools for those planning to take the California driver's license exam and those who wish to learn more about the rules of the road and navigating the DMV. These resources will help make California roads safer for all of us.

DMV Now is a mobile application that provides: sample tests for those planning to take the written driver's license exam; helpful driving videos; important California DMV instant alerts; and a nearby DMV field office locator.

DMV Now can be used on iPhone, iPod Touch, and Android devices. To learn more and download DMV Now, please visit:  
<http://apps.dmv.ca.gov/mobiledevices/iphone/dmwnow/default.htm>

The DMV has also released The California DMV Digital eBook, a handbook that offers

comprehensive information on a variety of subjects including acquiring and renewing a license, safe driving tips and rules of the road, and information regarding mass transit, pedestrians, and cyclists. The electronic handbook also includes quizzes and interactive videos to test your knowledge about safe driving. The California driver handbook is available in both English and Spanish and can be found using the following link:

[http://apps.dmv.ca.gov/mobiledevices/iphone/dmwnow/dmv\\_ipad.htm](http://apps.dmv.ca.gov/mobiledevices/iphone/dmwnow/dmv_ipad.htm)

If you have any questions, please feel free to contact my office at: 818-409-0400.

Sincerely,  
Senator Carol Liu's signature  
CAROL LIU  
State Senator  
25th District

### REMEMBRANCE: Norma Lee Pontello January 21, 1940-July 16, 2014

On July 16, 2014, Norma Lee Pontello, known and loved by many people passed away, surrounded by her beloved family. Norma was a fantastic wife and mother and exceptional office manager for Bob Margett for many years.

St. Rita's Church, Sierra Madre celebrated her life Saturday July 26 with a beautiful Mass and reception. Her best friend of 40 years, Linda did a Eulogy. She spoke of how their friendship began with their boys starting kindergarten. They had the same interests-politics, shopping, playing bridge, and a shared Southern heritage. Norma was a great hostess and fantastic cook. They also went on vacations together. Linda also spoke of Norma's deep faith



and attending Bible Study together.

Norma worked for Bob Margett when he was both an Assemblyman and State Senator. Bob and his wife Beverly attended the services as did Corey Calaycay, Jim Starkey and Steve Johnson who also worked for Margett. Of course there were several ladies from the Arcadia Republican Women's Club as well as former Mayor Gail Marshall and current City Councilman Sho Tay. At the reception, I sat with Joan Whitenack, Betty Mc Williams, and Raina Martinez from Foothill Unity Center, Lee Shimin and his lovely wife, and Holly Griffith of Pasadena.

Norma was a dear lady who will be greatly missed by her family and

many friends.

#### Inside This Section:

Arts and Entertainment \* From The Marquee  
Business News & Trends \* Opinion \* Legal Notices



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Looking Up  
with Bob Eklund

## Cassini Reveals 101 Geysers on Icy Saturn Moon

Scientists using mission data from NASA's Cassini spacecraft have identified 101 distinct geysers erupting on Saturn's icy moon Enceladus. Their analysis suggests it is possible for liquid water to reach from that moon's underground sea all the way to its surface.

These findings, and clues to what powers the geyser eruptions, are presented in two articles published in the current online edition of the *Astronomical Journal*.

Over a period of almost seven years, Cassini's cameras surveyed the south polar terrain of the small moon, a unique geological basin renowned for its four prominent "tiger stripe" fractures and the geysers of tiny icy particles and water vapor first sighted there nearly 10 years ago. The result of the survey is a map of 101 geysers, each erupting from one of the tiger stripe fractures, and the discovery that individual geysers are coincident with small hot spots. These relationships pointed the way to the geysers' origin.

After the first sighting of the geysers in 2005, scientists suspected that repeated flexing of Enceladus by Saturn's tides as the moon orbits the planet had something to do with their behavior. One suggestion included the back-and-forth rubbing of opposing walls of the fractures generating frictional heat that turned ice into geyser-forming vapor and liquid.

Alternate views held that the opening and closing of the fractures allowed water vapor from below to reach the surface. Before this new study, it was not clear which process was the dominating influence. Nor was it certain whether excess heat emitted by Enceladus was everywhere correlated with geyser activity.

To determine the surface locations of the geysers, researchers employed the same process of triangulation used historically to survey geological features on Earth, such as

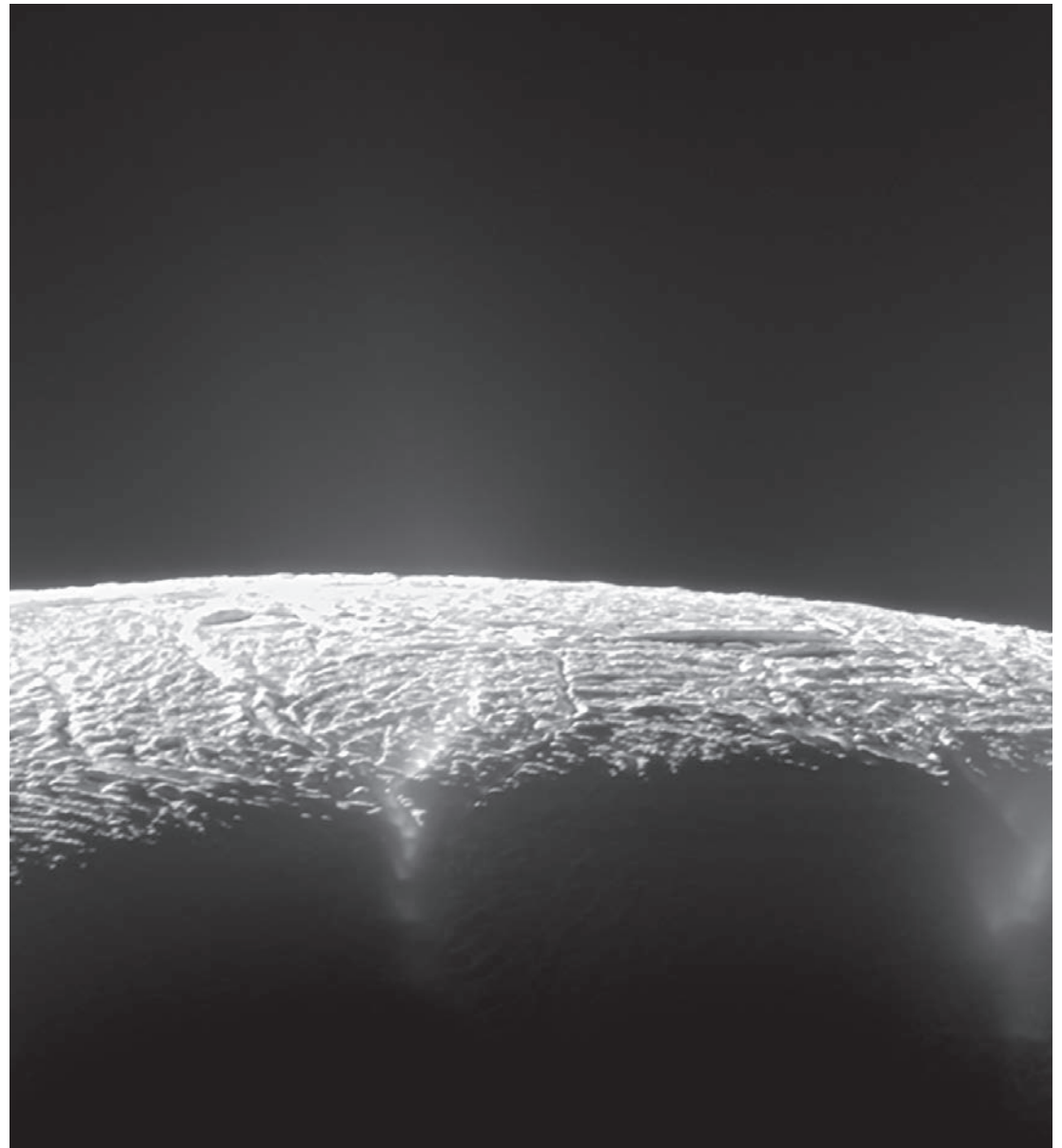
mountains. When the researchers compared the geysers' locations with low-resolution maps of thermal emission, it became apparent the greatest geyser activity coincided with the greatest thermal radiation. Comparisons between the geysers and tidal stresses revealed similar connections. However, these correlations alone were insufficient to answer the question, "What produces what?"

The answer to this mystery came from comparison of the survey results with high-resolution data collected in 2010 by Cassini's heat-sensing instruments. Individual geysers were found to coincide with small-scale hot spots, only a few dozen feet (or tens of meters) across, which were too small to be produced by frictional heating, but the right size to be the result of condensation of vapor on the near-surface walls of the fractures. This immediately implicated the hot spots as the signature of the geysering process.

"Once we had these results in hand, we knew right away heat was not causing the geysers, but vice versa," said Carolyn Porco, leader of the Cassini imaging team from the Space Science Institute in Boulder, Colorado, and lead author of the first paper. "It also told us the geysers are not a near-surface phenomenon, but have much deeper roots."

Thanks to recent analysis of Cassini gravity data, the researchers concluded the only plausible source of the material forming the geysers is the sea now known to exist beneath the ice shell. They also found that narrow pathways through the ice shell can remain open from the sea all the way to the surface, if filled with liquid water.

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



By **Christopher Nyerges**

Olives have been valued since ancient times for their fruit and for their oil. Drought-tolerant, evergreen olive trees were brought to North America from Europe and

they have done quite well here. Because of this, they are widely planted in parks, along streets, on school campuses, and in housing complexes where a "California look" is desired.

When the mission system came into California, the native way of life was displaced, overrun, and largely destroyed as a functioning viable lifestyle. As part of the agricultural system brought by the missionaries from Spain, the so-called mission olives were brought here and planted at most of the missions. Other now-seemingly ubiquitous plants were the mission figs and the mission grapes.

Old olive trees, laden with their dark purple fruits, providing shade around the old missions, seemed to be the quintessential tree of California as mission era segued to ranch era.

And olives are still very popular today as landscaping trees, dropping their olives for gardeners to rake up and discard. But rare is the person who realizes you can collect and eat these olives. They are olives, after all, and everyone sees cans of olives in the store but isn't clear how to turn the olives that fall to the ground into something tasty. If you bite into a fresh raw olive that you've picked up from the ground, it's

astringent and not flavorful.

How are they prepared? Is it hard to do? Is it safe to do?

When I was growing up, our next door neighbor, Mrs. Yamada, would always process her own olives from a tree in their backyard and from olives they collected from local trees. She used the lye process, and kept a five gallon crock in her cellar where she did the processing. Once, when I was about 13, she took me down there to show me the crock full of olives. It was interesting, but I didn't learn how to process them just by looking at a crock full of olives. In time, I learned that there are many ways to process olives.

The lye solution is one of the most common ways to process olives. Yes, the same lye that you could use to help open clogged drains, which you need to wear gloves if you use it because the lye is so caustic. In fact, many cans of lye say right on their labels how you can use it to process olives. I have processed olives with lye many times, but never liked using such a dangerous product in order to produce an edible food. Weren't olives commonly used in the Middle East and much of Europe centuries ago? Would they have used lye, I wondered?

It turned out that peoples of the past processed their olives using only salt. Today, I no longer use lye for processing olives, but instead buy a few boxes of table salt. Here is an example of what I do.

I select olives that are not bruised. Once I collect the olives, I wash them. Sometimes – but not always – I pit the olives using an olive-pitter, a device which is not common. I generally try to process as many olives as possible because it takes the same amount of work and time to

## THE OLIVE TREE – How to process olives for food, and make oil



process a cup of olives as it does to process five gallons. In general, I end up with about a gallon of olives each time I process. I select olives that are not bruised.

I put them into a container, which is usually plastic or glass, depending on what is handy. For a gallon container, I will dissolve one full (round) box of 26 ounces of salt in water and pour it over the olives. This is a very salty brine, and I just let the bucket sit for about two weeks. I place a cheesecloth cover over the bucket to keep out bugs or dirt.

After the two weeks, I pour off the water, rinse it, and then add water in which only a half box of salt has been dissolved, and this time let it set for just a week. At this point, you can begin to taste the fruits to see if they are ok to eat. Generally, I do at least one more weak brine solution before they are ready to eat. Then I pack them into glass jars with a little salt, some garlic and other seasonings, and refrigerate them. They seem to last for years this way since I have had some that were over 10 years old and were still good.

Of course, if you don't want to refrigerate, you need to do proper canning, and there are several books and classes which will teach you how to do that safely.

What I learned about processing olives came from seeing what other people did, asking a lot of questions, and trial and error. One of the best sources of information on the home processing of olives is a pamphlet called "Home Pickling of Olives" published by University of California, Cooperative Extension, Berkeley, CA 94720. OLIVE OIL.

How about olive oil? Before I knew how to make olive oil, I figured that it couldn't be all that complicated because people in the ancient world figured it out. Since all of the literature I had collected told me how to process the olives, but not how to make olive oil, I began by asking the olive oil vendors at farmers markets. I would just simply ask, "How do you make your oil?" Surprisingly to me, they all just smiled but were not forthcoming in their methods of processing. I assumed that this was because there were some mysterious proprietary secrets to doing this. Nothing could be further from the truth.

Eventually, I learned that though the details vary, and the manner of pressing varies, to make olive oil you simply crush the olives so that the oil is expressed. You collect the oil and let it settle. Once it has settled, you can readily filter out any dirt and any water. That's all there is to it!

The first time I processed a batch of olive oil, I used an Acme food processor and juicer. My friend David Arzouman and I first decided to remove the pits from each olive. Obviously, in commercial operations, this is not done because it's time consuming, tedious, and simply not necessary. But we felt we should do it for our small experiment.

We carefully packed the olive pulp into a large cloth container, and then put it back into the processor and turned it on so that it began to press on the pulp. We did this slowly and eventually a clear liquid flowed from the machine. We collected about two cups of pure olive oil, and discarded the pulp.

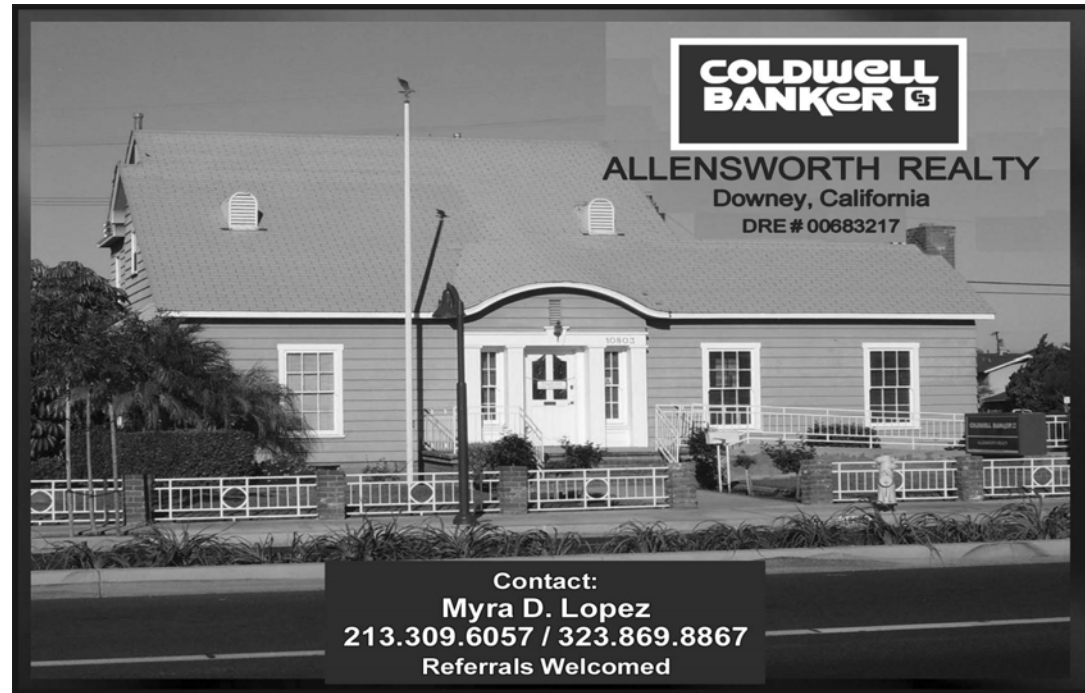
We let our oil settle in a glass jar. Within an hour or so, a little debris was floating on the top, which we easily removed. On the bottom was a little water. So, what naturally happens is that the oil and water separate. We carefully divided the clear pure oil into two containers so we could both take some home to use. It had a remarkably clean flavor. It was subtle, and very good, and went well with salad dressing and sautéing eggs. Both David and I found it to be the best olive oil we've ever had.

Apparently, there are different grades of olive oil in the normal world of commerce: Extra virgin, virgin, and just olive oil. Within each of these three grades can be found several types. The extra virgin and virgin olive oil is the first pressing of the olives and no heat or chemicals are applied. The extra virgin is ideally suited for use raw, such as in salads, and must have an acidity level of less than 0.225%. The virgin olive oil is ok for cooking, and its acidity level must be below 2%. Other olive oils that have an acid level of 3.3% or more are further refined with heat and chemicals. This is sometimes called refined oil.

So, the pure clean oil that David and I produced would be considered extra virgin olive oil, the very best!

The common olive is a member of the Olive Family (Oleaceae). This family contains about 25 genera and 900 species world-wide. Although the genus *Olea* contains 20 species, only *Olea europaea* occurs in the wild in California. Others may be found in cultivation.

[Nyerges is the author of "Guide to Wild Foods," "Foraging California," "Extreme Simplicity," and other books. He has been teaching about wild foods and self-reliance since 1974. He can be reached at School of Self-Reliance, Box 41834, Eagle Rock, CA 90041, or [www.ChristopherNyerges.com](http://www.ChristopherNyerges.com).]



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## FAMILY MATTERS

By Marc Garlett



## Legal Steps to Take When Facing a Dementia Diagnosis

Maria Shriver knows the devastation of Alzheimer's disease firsthand. Her beloved father Sargent Shriver, founder of the Peace Corps and one-time candidate for Vice President of the United States, died of the disease in 2011 after being diagnosed in 2003. Often called "the long goodbye," Alzheimer's disease affects more than five million Americans and its prevalence will continue to grow as the population ages. Shriver recently reported for NBC.com on the five things Alzheimer's or dementia victims should do once a diagnosis has been confirmed, and she is spot on:

1. Execute powers of attorney and advance medical directives. These allow for the designation of a trusted person or persons to make financial and medical decisions before cognitive impairments worsen.
2. Create an estate plan. If you do not have a written plan that designates how your assets will be distributed upon your death, you need to create one. If one exists, check it over for any necessary updates to beneficiaries or the addition of any assets acquired after the original plan was made.
3. Create an asset preservation plan. Asset preservation is usually critical for those diagnosed with Alzheimer's or other forms of dementia. An estate planning attorney and/or a financial

planner can help preserve assets for future long-term care.

4. Communicate. Once diagnosed, you should have a conversation with your family about your decisions for your care. Let them know where important documents are stored. As part of your legacy planning, we can help you capture and pass on your own story and wishes for your loved ones through a special recording we provide for each of our clients.

5. Do it sooner rather than later. Alzheimer's and other dementia diseases are progressive illnesses, so prompt action is necessary to ensure protection for you and your loved ones. More information and inspiration on dealing with Alzheimer's and other dementia diseases can be found at MariaShriver.com. Visit [www.GarlettLaw.com](http://www.GarlettLaw.com) or call my office at 626.355.4000 if you'd like to schedule a time for us to sit down and identify the best ways for you to ensure your legacy of love and financial security for your family.

*Marc, a local attorney, father, and Court Appointed Special Advocate for Children (CASA) is on a mission to help parents protect what they love most. His office is located at 49 S. Baldwin Ave., Ste. G, Sierra Madre, CA 91024.*



## Tips of the Trade: Real Estate Revealed

by Luther Tsinoglou

### THINKING OF SHRINKING

It's not just the economy - there are lots of reasons that people choose to downsize. It could be retirement, a recently emptied nest, or just plain "maintenance fatigue." Whatever the reason, plan your new lifestyle carefully.

When you search for a smaller home, don't forget that Location is still the key ingredient. Even if you don't have kids or they've flown the coop, a good school district and proximity to public transportation and recreation are still the best bets for retaining value.

If this will be a retirement move, think about the future and seek out homes on one level, or at the very least, with the master bedroom on the ground floor. For practicality's sake, at least one

bathroom should be handicap-accessible or easily remodeled as such. Even if you don't think you'll need it later on, your visitors might appreciate the convenience.

If downsizing to you means less maintenance, you may be tempted by town home or condominium living, but be aware of "hidden costs," like annual or monthly homeowners association fees. Check recent association meeting reports to see if there is a building renovation planned, as you could be hit with an assessment fee in the future, too.

There are a lot of considerations in advance of your move, so ask an agent for more advice and enjoy your new lifestyle!

## Pasadena Chamber to Host Third SIP-tember: a Celebration of the Cocktail August 15th through September 25th

Pasadena Chamber to Host Third SIP-tember: a Celebration of the Cocktail August 15th through September 25th

64 drinks will compete to be named the favorite during six-week SIP-tember Cocktail Bracket Challenge at restaurants and lounges throughout Pasadena

Pasadena, CA- Patrons get to decide which cocktail is Pasadena's favorite during SIP-tember: a celebration of the cocktail in Pasadena. From August 15th through September 25th, local restaurants will serve cocktails that will be paired against each other in a competition. 64 cocktails, ranging from drinks specially concocted for the competition to margaritas and sangria, will begin the competition that will last six weeks and culminate in a live taste-off of the four drinks that win their bracket.

Brackets will be unveiled on the Pasadena Restaurant Week website on Wednesday, August 6th at 2pm. Which drinks will be paired against each other in competition? The 64 cocktails competing in 32 brackets will be available for viewing at the Pasadena Restaurant Week website at [www.pasadenarestaurantweek.com/vote](http://www.pasadenarestaurantweek.com/vote) on Wednesday, August 6th.

The first challenge will take place over two weeks and pit 32 pairs of cocktails against each other. Each week following the winners will be paired head-to-head with another winning cocktail until, on September 25th, the four finalists will be matched in a live tasting during the annual Taste

of Pasadena hosted by the Pasadena Chamber of Commerce at the Rose Bowl in Pasadena. Voting in the cocktail bracket challenge goes live on Friday, August 15th.

Complete participant and cocktail information will be posted at [www.pasadenarestaurantweek.com](http://www.pasadenarestaurantweek.com).

SIP-tember kicks off with a citywide cocktail party to celebrate the 102nd anniversary of the birth of America's first celebrity chef and Pasadena's own Julia Child. Coinciding with Happy Hour, the Julia Child Pasadena Cocktail Party on August 15th will take place in participating SIP-tember restaurants all over Pasadena, culminating in a citywide happy birthday toast at 7:00pm. Patrons will be encouraged to dress for a 1950s, 1960s or 1970s era cocktail party.

'SIP-tember: a celebration of the cocktail is presented by the Pasadena Chamber of Commerce. The City of Pasadena and Trusted Choice Agents of Burbank, Glendale and Pasadena are generously sponsoring the event.

The Pasadena Chamber of Commerce and Civic Association is a professional business organization. Since the earliest days of Pasadena, the Chamber has played a major role in the development of this internationally renowned city. Since 1888, when the organization was founded as the Board of Trade, the Chamber's primary purpose has been the enhancement of both the business climate and the quality of life in Pasadena. The Pasadena Chamber of Commerce serves 1500 members.



## Social Media Tips, Tricks &amp; Ideas



by: MJ Finstrom

## Wait up Twitter!

I can't keep up with Twitter. Sound familiar?

In order to appreciate Twitter, you have to know how to slow it down and filter out the noise. Categorizing users into "Lists" helps you organize the people or topics you follow.

You can create your own lists or subscribe to a list created by someone else. When you click on the list, it will show a stream from only the users on that list. To create a new list, go to your main profile page (you'll find that by clicking on "me"). Select "Lists" under "More" in the top bar navigation. "Create new list" and decide if this is a public or a private list. If you make it public, other people can see it and subscribe to it. Add users (@name) to your list, then test it. Select your list (under "More"). Only the recent tweets from those users will show up. You can also subscribe to a list created by someone else.

For example, if you go to the L.A. Times Twitter page, click on their lists. Often a newspaper will create lists of their writers and editors. When you select a list that someone else has created, you have the opportunity to subscribe to it and the list will be added to your main profile.

About MJ: MJ and her brother David own HUTdogs, a creative services business that specializes in Internet Marketing strategies and Social Media. They offer social media management services and help their clients build a strong on-line presence. "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, webinars and presentations at: [www.hutdogs.com/workshops/schedule](http://www.hutdogs.com/workshops/schedule)



**the LORI KOOP creative entrepreneur**

by Lori Koop, Business Coach

A few weeks ago, an entrepreneur client confided that she felt like a failure. She sighted the diverse career path she had traveled over the years as evidence. She was about to embark on a new venture, and she was fighting it. The thought "I shouldn't be changing career directions again" was stopping her dead in her tracks.

The truth is creative people (and I've never met an entrepreneur that wasn't) are curious.

They explore and experiment. Their work histories are diverse... but that doesn't make them "bad." The only thing that makes them "bad" is us. Because we are saying they are.

In the book Refuse to Choose, Barbara Sher talks about multiple interests and suggests that we not deny them. That we make room to do all the things that we feel passionate about.

What I have seen, and experienced myself, is as I have

followed my heart (as opposed to "logic"), I have gotten closer and closer to my true self, my ideal career and true happiness. My non-linear, diverse path has led me to coaching. It is a beautiful fusion of all I've learned and loved up until now. Even positions I had labeled "a waste of time," at the time. Nothing has been wasted. The good, the bad and the ugly have landed me in this moment, doing work I love. As I continue to be guided by my heart, I will remain on my right path.

And it will be the same for my client. And for you. Follow what excites you. It may not look "logical." Others may disapprove. Does it feel like the right thing? Every path, every step, is unique. No one knows yours but you. Give yourself permission to be true. No one else can.

LORI KOOP, helping creative entrepreneurs prosper. Schedule a complimentary session: [www.LORIKOOP.com](http://www.LORIKOOP.com) or call 626-836-1667. (Location: 49 S. Baldwin

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Mountain Views News

Mission Statement

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

LEFT TURN/RIGHT TURN

HOWARD Hays As I See It



*This was printed in August 2009 with but today are not the same issues with us in other parts of the world?*

In 1992 I walked my precinct for presidential candidate Bill Clinton and U.S. Senate candidate Dianne Feinstein. My neighborhood was largely Hispanic, and in one household I was invited in to discuss the contests. I was asked what I knew of Feinstein's opponent. Tailoring my remarks to the audience, I explained that the Republican in the race was one of those who blamed most everything - crime, the economy, unemployment, failing schools - on Mexican immigrants. My host nodded in recognition, saying that as one whose family had roots in Mexico he found such scapegoating to be divisive and unacceptable. "Besides," he added, "it's those damn Salvadorans who're causing all the problems".

I'm a bit defensive on that subject; a favorite family member is the beautiful bride a cousin brought back from El Salvador following a stint in the Peace Corps. Since moving to Southern California, I've developed an appreciation for the contributions the Salvadorans, Costa Ricans, Nicaraguans, Guatemalans, Panamanians and Hondurans (almost forgot Belizeans) have made to the fabric of our region - almost 400,000 with roots in Central America residing in L.A. County. In a nation of immigrants where we all have stories to tell, I've wondered about the stories of those from that handful of countries which, for most of the last century, comprised the most troubled region in our hemisphere. I wonder how they feel about a chain of trendy clothing stores being named "Banana Republic".

The term "banana republic" originated in a short story by O. Henry, used to describe a fictional country inspired by a trip he'd taken to Honduras in the late 1890's. Prior to that, the main allure of Honduras to outsiders was its silver, which drew Spanish conquistadors centuries before. After the turn of the last century, it was bananas - and the Cuyamel Fruit Co., later merging with United Fruit Co., and Standard Fruit Co. (now known as Dole Foods) basically controlling the land, the wealth, the economies and the governments of Honduras and its Central American neighbors for the next fifty years. Major urban areas became virtual "company towns". Companies used the leaders and militaries of host countries to crush populist opposition movements, and to stage cross-border incursions against neighboring governments threatening to exercise more domestic control over their affairs. In this they often had the support of the U.S. military - seeking to protect not only the companies' interests, but also our own interest in the Panama Canal Zone.

In the second half of the century, armed intervention continued not so much on behalf of the banana barons but rather as proxy battles in the Cold War. Democratically elected leaders, such as those in Guatemala who said they drew inspiration from FDR's New Deal, were overthrown in CIA-backed coups. Wealthy oligarchies and corrupt dictatorships that protected U.S. corporate interests also served as a bulwark against left-leaning reform movements. Instability in Honduras



but members can't retire early with a pension. As a conservative, I don't easily relegate people into prejudiced categories like "management" (good) and "labor" (bad). I believe that power corrupts and that absolute power corrupts absolutely. Accordingly, I am as suspicious of the fat cat corporate manager as I am of the labor union fat cat. Unless there are some checks and balances in the system, people with power will tend to abuse those below them without power. Our free market system is the best system designed to build in those checks and balances. In a free market, if management of any organization abuses its workers or customers, then those workers or customers will gradually - or quickly - migrate elsewhere, and the offending organization will fail or be forced to take corrective action. All this works beautifully within a system of maximum personal freedom.

Unfortunately, when the government interferes and restricts the movement of workers or customers, or prevents competition from punishing offending organizations, you find that more people suffer at the hands of incompetence and/or corruption. The reason that more labor union pension plans are severely underfunded than corporate pension plans is because the government has in one way or another restricted worker's freedom to join or not join a union.

In those instances where getting a job means you have to join the union, it's not surprising to find that union management doesn't treat its own rank and file very well. It's only human nature. If a union boss doesn't have to pay attention to his members' concerns or doesn't have to fight for their membership because it's mandated by law, the union boss tends to take members for granted. Why would we be surprised to learn that those same union bosses have allowed the pension plans to become severely under-funded? What recourse do the members actually have?

In a corporate pension plan, employees aren't forced to work for that company and aren't forced to stay in the plan. They aren't forced to make contributions they would rather not make as they are in unions. As we consider whether to change our laws so as to shift the balance of power away from corporate "management" toward union "labor", we might consider that government actions forcing anyone to work for anyone is a sure fire recipe for disaster.

As a conservative, I'm all for a level playing field, and I'm absolutely ambivalent toward unions and union membership. If workers want to form or join a union, that's O.K. by me. If workers want to quit a union and work without representation because they trust their bosses, that's O.K. with me. If workers don't want to make contributions to a union's political action committee, that's O.K. with me. And if workers want to cast their vote for or against the union in private using a secret ballot system, that's exactly what they should be allowed to do.

Conservatives don't see the world through the prejudiced lens of management vs. labor. We don't attribute virtue to one side at the expense of attributing ill intent to the other. We are objective in our assessments of right vs. wrong and steadfast in support of maintaining a level playing field for everyone without government favor showered upon one party at the expense of another. In the weeks, months and years to come, there will be plenty of opportunities for these principles to be implemented and defended, ironically enough in steadfast opposition to the counter productive policies of the Obama administration which came to power promising support for the common man.

Gregory J. Welborn is an independent opinion columnist. He writes and speaks frequently on political, economic and social issues. His columns have appeared in publications such as *The Los Angeles Daily News*, *The Orange County Register*, *The Wall Street Journal* and *USA Today*. He can be reached at [g.welborn@mtnviewsnews.com](mailto:g.welborn@mtnviewsnews.com).

UNION BADLANDS

Originally printed in August, 2009. Has anything changed your way of financial thinking since then?

With the economic downturn and the last national election only just in are rear view mirrors, there's still a lot being written about the sins of Wall Street and corporate fat cats who have purportedly abused their customers and their employees. Interestingly the abuses of union fat cats directed against the rank and file have received nary a peep from the national press. It's time we focus a little light on these dark corners of arrogance, abuse and corruption.

Most people don't understand the dynamics at work in the ubiquitous pension plan, but it's a necessary requirement to truly comprehend how union leaders have exceeded in many instances the worst sins ever imagined from corporate chieftains.

Let's start with a little pension economics 101. Unlike a 401(k), a pension plan is not a retirement plan governed by the contribution that's made. In a 401(k), workers contribute what they want - sometimes matched, sometime not, by a corporate contribution. The employees get to direct the investment choices in the plan, and at the end of their employment, whatever their 401(k) has grown to is the amount they get for their retirement.

In a pension plan, on the other hand, the contribution is not the defining element. Rather, the plan sponsor - usually the employer - defines a benefit they agree they will pay to every worker who participates upon that worker's retirement. For example, an employer might say that they are willing to pay 80% of the employee's last year's salary as a lifetime benefit. The employee counts on the fact that when he retires, there will be enough assets in the pension plan to generate sufficient income to make the promised payments for the rest of his or her life. It's a pretty simple concept.

To make it work, the plan sponsor must make enough contributions each year to insure that there will be enough assets to make the promised benefit payments. The federal government regulates these plans through the Pension Benefit Guarantee Corporation (PBGC) so that there will in fact be enough assets in the plan. From year to year, the PBGC calculates how much should be in each plan and then determines whether the assets in the plan actually equal 100% of this necessary amount or 90%, or 80%, etc.

There is some latitude extended so that sponsors can manage their cashflow. Generally speaking the PBGC allows pension plans to be funded to the 80% level before it considers the plan to be "endangered", and at 65% it's considered "critical". So there's the background against which I want to review how corporate America has performed vs. union America. You see, employers aren't the only ones who can sponsor a pension plan. Most unions sponsor a pension plan for the workers they represent. As such, union management serves in the same role relative to their pension plans as corporate management does relative to their pension plans. So who's doing a better job?

As we review the most recent government data regarding pension plans and their funding levels, it's with some degree of irony that we find that corporate sponsored pension plans are on average well above the 80% level. It is the union sponsored and controlled plans that we find significant levels of under funding. The country's largest union, the SEIU reported that their pension plan was at 74% of its fully funded level. Thirteen of the largest Teamsters' plan clocked in collectively at 59%. Twenty six of the United Food Workers Union were at 58%. These are just a few examples of a trend which permeates the union pension plan world.

Sadly, this isn't the only place where arrogance and ill treatment at the hands of union leaders can be found. In many of these union organizations - taking the SEIU as an example, the benefits accorded the union officials are substantially better than those negotiated for the actual union members. In the SEIU, union officers get a 3% cost of living increase, the members get none. The officers qualify for an early pension at 50,

peaked in the 1980's when, after the Sandinistas took power in Nicaragua in 1979 and won a popular election in 1983, the U.S.-backed Contras, funded by arms sales to Iran and drug sales through Panama, used Honduras as a staging area for its attacks on the Nicaraguan government. In return for U.S. aid, Honduran officials acquiesced as its military joined in the notorious Battalion 316, whose members were taught the techniques of abduction, suppression, torture and the "disappearing" of civilians by Pinochet's henchmen from Argentina and the CIA. All this history, though, is so-last-century; Central America is now a region of stable democracies and peaceful transitions of power - that is until last month.

On June 28, Honduran President Manuel Zelaya was abducted by the military and flown into exile - forbidden to re-enter the country. No doubt actions he'd already taken were perceived as threatening to the ruling elite, such as raising the minimum wage by 60%, increasing teachers' salaries and improving access to education. The justification offered, that Zelaya was attempting an illegal revision of the Constitution in order to run for re-election, didn't make sense. The measure he proposed was a non-binding opinion poll to gauge public sentiment on whether to have a referendum on reforming the Constitution. The referendum would appear on the same November ballot where voters would choose Zelaya's successor, who'd take office in January. Ironically, Honduran Congressman Roberto Micheletti, installed by the military to replace Zelaya, in 1985 was involved in an unsuccessful effort to revise the Constitution in order to - you guessed it - allow the then-president to run for re-election.

A distressingly familiar litany of events followed; journalists and opposition figures detained, a media blackout, military and police firing at peaceful protesters (tens of thousands in a country of 7.5 million, with at least two killed). The Organization of American States and the U.N. General Assembly promptly called for the "immediate and unconditional return" of President Zelaya. Our own government seemed to kind of hope that maybe things would sort of work themselves out.

It might be our history; many still in Washington remain nostalgic for the days when the legitimacy of a government was assessed not by its popular support but by the extent it allowed human and natural resources to be exploited by our corporate interests. There are personal connections; Honduran coup leader Gen. Romeo Vasquez is a product of our own School of the Americas, joining an alumni comprised of leaders of military coups and right-wing death squads. Campaign advisors for Secretary of State Hillary Clinton in last year's presidential campaign are now lobbying on behalf of the "new" Honduran government.

It's comforting to cling to the past, but now in the 21st century it's time to be able to state clearly and unequivocally that the overthrow of any democratically elected government by a military coup is unacceptable. It's time to stop regarding any nation, especially those in Central America, as a "banana republic".

OUT TO PASTOR

A Weekly Religion Column by Rev. James Snyder

Things I have learned in my lifetime



In celebrating my recent birthday, I found myself caught up in a case of nostalgia. I never imagined I would really get this old. Not that I am old, mind you, but I have reached the point in life I never thought I would when I was younger. Had I known I would get this old, I would have saved some of the energy I wasted during my teenage years.

How was I to know that as you got older your supply of energy began diminishing?

When I was younger, I could not sit still for long and no matter where I went, I ran. It was impossible for me just to walk. Often my mother chided me by saying, "Slow down, young man." But I never could. I have finally come to the point where I am in harmony with my mother's desire. The only problem is, I am not a young man anymore.

Today, I can sit in my easy chair for hours and not even move. I keep a little mirror on the stand next to my chair so my wife can periodically check to see if I am still breathing. Often, the only indication of life is the occasional snoring.

One thing I have learned in growing older is that my eyes are not quite what they used to be. For example, the mailbox used to be rather close to the front door of our house. Now, I can barely see it from the front door and it takes over an hour to reach it by walking. To be truthful, halfway to the mailbox I have to pause and catch my breath.

And, when I look at my checkbook, I can barely see to the end of the month. When I was young, I used to hear the saying, "A penny saved is a penny earned." Now, my eyes are so bad, I cannot see anything to buy for a penny.

Not only are my eyes going, but my hearing is not quite

what it used to be when I was young. It is not as bad as it might seem. There is a good side to diminished hearing. When I am in a crowd with people talking, I can sit back, smile, nod my head occasionally and not have to be bored with what everybody is saying.

Experience has taught me that people are not really interested in hearing what I have to say. Rather, they want me listening to what they have to say. Usually, people have a lot to say and all they require are two ears. It does not have to be ears that hear, just ears that appear.

Most things heard in such circumstances are not worth hearing. Perhaps that is the genius of our ears. In aging, they develop a little bit of wisdom and after a while, they just give up, not hearing anything really worth hearing. I cannot remember the last time I heard something under such circumstances worth hearing the first time, let alone remembering.

This brings me to my memory. The best thing about memory is, you can remember things the way you want to remember them. After all, it is your memory and it should be up to you to remember what you want. My memory has a way of bringing out the positive to the absolute exclusion of the negative. And who wants to dwell on the negative?

Whoever said you cannot live in the past is probably not old enough to have any past worth remembering. And the marvelous thing about remembering things in the past is that you can remember them as you like. It is your version of the past. Some people write journals, I like to trust my memory.

As my memory has aged, it has become better, just like a fine wine. In fact, my memory is so good I can distinctly

remember things that never happened. And the details I remember are simply astounding. Each time I recount a memory I remember new details.

The Gracious Mistress of the Parsonage has quite a different take on all of this. She remembers everything that actually happened. She has a photographic memory, whereas I have, according to her, a problematic memory. At her discretion, she can marshal all of the facts of the incident in the order in which it happened. Usually her memory throws my memory in a different light.

No matter how I recount my memory, she always has some correction to it. More than once, she has claimed I stretched the truth. But I believe, if the truth cannot handle some stretching what good is it in the first place? If it is so fragile and cannot handle a little bit of stretching, I am not sure it is worth remembering.

As my body gets weaker, my memory gets stronger.

In the Old Testament, David spoke often of the importance of memory. "I remember the days of old; I meditate on all thy works; I muse on the work of thy hands" (Psalms 143:5 KJV). For David, in his old age his memory brought him a great deal of comfort. "I have been young, and now am old; yet have I not seen the righteous forsaken, nor his seed begging bread" (Psalms 37:25 KJV).

My goal is to live each day in such a way that years down the road I will have a good memory.

Rev. James L. Snyder is pastor of the Family of God Fellowship, PO Box 831313, Ocala, FL 34483. He lives with his wife, Martha, in Silver Springs Shores. Call him at 1-866-552-2543 or e-mail [jamesnsnyder2@att.net](mailto:jamesnsnyder2@att.net) or website [www.jamesnsnyderministries.com](http://www.jamesnsnyderministries.com).











the following person(s) is (are) doing business as: SHOP 'N ROLL, 458 CEDAR AVE., LONG BEACH, CA 90802. Full name of registrant(s) is (are) EDUARDO SANDOVAL, 458 CEDAR AVE., LONG BEACH, CA 90802. This Business Name Statement is conducted by the following individual, signed by EDUARDO SANDOVAL. This statement was filed with the County Clerk of Los Angeles County on 7/17/2014. The registrant(s) has (have) commenced to transact business under the fictitious business name on 7/17/2014. The filing of this Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not constitute an admission that the registrant(s) is in violation of the rights of another under Federal, State, or common law (See Section 11111 of the California Business and Professions Code/Publisher's Mountain View News.







FICTITIOUS BUSINESS NAME STATEMENT File No. 2014-185354  
The following person(s) is (are) doing business as: NIRA TEA INSURANCE AGENT ALLSTATE, 11515 SLAUSON AVE. STE 106, WHITTIER, CA 90606. Full name of registrant(s) is (are) NIRA TEA AGENCY, INC., 8337 ROSECRANS AVE., PARAMOUNT, CA 90723. This Business is conducted by: A CORPORATION. Signed: NIRA MARLINA TEA. This statement was filed with the County Clerk of Los Angeles County on 07/09/2014. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 08/01/2010. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: Mountain Views News  
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FICTITIOUS BUSINESS NAME STATEMENT File No. 2014-183207  
The following person(s) is (are) doing business as: PACIFICA WEST REALTY GROUP, PACIFICA WEST PROPERTY MANAGEMENT, 5345 E. OCEAN BLVD. #B, LONG BEACH, CA 90803. Full name of registrant(s) is (are) LINDA ANN MALLORY, 5345 E. OCEAN BLVD. #B, LONG BEACH, CA 90803. This Business is conducted by: AN INDIVIDUAL. Signed: LINDA ANN MALLORY. This statement was filed with the County Clerk of Los Angeles County on 07/08/2014. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: Mountain Views News  
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FICTITIOUS BUSINESS NAME STATEMENT File No. 2014-186716  
The following person(s) is (are) doing business as: PLATINUM LIMOUSINE SERVICE, 1221 W. LINCOLN AVE. #207, MONTEBELLO, CA 90640. Full name of registrant(s) is (are) TOROS MIKAYELIAN, 1221 W. LINCOLN AVE. #207, L.A., CA 90640. This Business is conducted by: AN INDIVIDUAL. Signed: TOROS MIKAYELIAN. This statement was filed with the County Clerk of Los Angeles County on 07/10/2014. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: Mountain Views News  
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FICTITIOUS BUSINESS NAME STATEMENT File No. 2014-180193  
The following person(s) is (are) doing business as: RENITAS CHICKEN & GRILL, 1501 N. LONG BEACH BLVD., COMPTON, CA 90221. Full name of registrant(s) is (are) PACIFIC RESTAURANT GROUP, INC., 14585 ASTORIA ST., SYLMAR, CA 91342. This Business is conducted by: A CORPORATION. Signed: MICHAEL DEKHTYAR. This statement was filed with the County Clerk of Los Angeles County on 07/03/2014. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: Mountain Views News  
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FICTITIOUS BUSINESS NAME STATEMENT File No. 2014-186503  
The following person(s) is (are) doing business as: S&R SAT COMMUNICATIONS, 9040 RAMONA ST. STE 4A, BELLFLOWER, CA 90706. Full name of registrant(s) is (are) ADAN SOLIS, 9040 RAMONA ST. STE 4A, BELLFLOWER, CA 90706. JAIME RESENDIZ, 3395 SANTA FE AVE. STE 76, LONG BEACH, CA 90810. This Business is conducted by: A GENERAL PARTNERSHIP. Signed: ADAN SOLIS. This statement was filed with the County Clerk of Los Angeles County on 07/10/2014. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common

law (See section 14411 et seq. Business and Professions Code) Publish: Mountain Views News  
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FICTITIOUS BUSINESS NAME STATEMENT File No. 2014-161795  
The following person(s) is (are) doing business as: STIX RIDE SHOP, 421 S. MYRTLE AVE., MONROVIA, CA 91016. Full name of registrant(s) is (are) GEORGE KHOURY, 421 S. MYRTLE AVE., MONROVIA, CA 91016. This Business is conducted by: AN INDIVIDUAL. Signed: GEORGE KHOURY. This statement was filed with the County Clerk of Los Angeles County on 06/13/2014. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: Mountain Views News  
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FICTITIOUS BUSINESS NAME STATEMENT File No. 2014-182384  
The following person(s) is (are) doing business as: SUBWAY 3834, 980 N. WESTERN AVE. #G, SAN PEDRO, CA 90732. Full name of registrant(s) is (are) LUTHRA FOODS, INC., 1 LAKETRAIL COVE, BUENA PARK, CA 90621. This Business is conducted by: A CORPORATION. Signed: RICK VISHAL LUTHRA. This statement was filed with the County Clerk of Los Angeles County on 07/07/2014. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 07/31/2007. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: Mountain Views News  
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FICTITIOUS BUSINESS NAME STATEMENT File No. 2014-182414  
The following person(s) is (are) doing business as: SUBWAY 5147, 11900 SOUTH ST., CERRITOS, CA 90703. Full name of registrant(s) is (are) LUTHRA FOODS, INC., 1 LAKETRAIL COVE, BUENA PARK, CA 90621. This Business is conducted by: A CORPORATION. Signed: RICK VISHAL LUTHRA. This statement was filed with the County Clerk of Los Angeles County on 07/07/2014. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 04/01/2009. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: Mountain Views News  
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FICTITIOUS BUSINESS NAME STATEMENT File No. 2014-182370  
The following person(s) is (are) doing business as: SUBWAY 5916, 5353 E. SECOND ST., LONG BEACH, CA 90803. Full name of registrant(s) is (are) R&V GROUP, INC., 1 LAKETRAIL COVE, BUENA PARK, CA 90621. This Business is conducted by: A CORPORATION. Signed: RICK VISHAL LUTHRA. This statement was filed with the County Clerk of Los Angeles County on 07/07/2014. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 04/01/2009. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: Mountain Views News  
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FICTITIOUS BUSINESS NAME STATEMENT File No. 2014-182416  
The following person(s) is (are) doing business as: SUBWAY 14288, 12731 TOWN CENTER DR. #K, CERRITOS, CA 90703. Full name of registrant(s) is (are) LUTHRA GROUP, INC., 1 LAKETRAIL COVE, BUENA PARK, CA 90621. This Business is conducted by: A CORPORATION. Signed: RICK VISHAL LUTHRA. This statement was filed with the County Clerk of Los Angeles County on 07/07/2014. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 04/01/2009. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: Mountain Views News  
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FICTITIOUS BUSINESS NAME STATEMENT File No. 2014-182407  
The following person(s) is (are) doing business as: SUBWAY 14457, 20236 S. AVALON BLVD., CARSON, CA 90746. Full name of registrant(s) is (are) LUTHRA FOODS, INC., 1 LAKETRAIL COVE, BUENA PARK, CA 90621. This Business is conducted by: A CORPORATION. Signed: RICK VISHAL LUTHRA. This statement was filed with the County Clerk of Los Angeles County on 07/07/2014. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 01/01/2006. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: Mountain Views News  
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FICTITIOUS BUSINESS NAME STATEMENT File No. 2014-182400  
The following person(s) is (are) doing business as: SUBWAY 23290, 6081 CENTER DR. #201, L.A., CA 90045. Full name of registrant(s) is (are) LUTHRA ENTERPRISES, INC., 1 LAKETRAIL COVE, BUENA PARK, CA 90621. This Business is conducted by: A CORPORATION. Signed: RICK VISHAL LUTHRA. This statement was filed with the County Clerk of Los Angeles County on 07/07/2014. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 04/15/2007. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: Mountain Views News  
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FICTITIOUS BUSINESS NAME STATEMENT File No. 2014-182395  
The following person(s) is (are) doing business as: SUBWAY 25097, 21839 HAWTHORNE BLVD., TORRANCE, CA 90503. Full name of registrant(s) is (are) LUTHRA FOODS, INC., 1 LAKETRAIL COVE, BUENA PARK, CA 90621. This Business is conducted by: A CORPORATION. Signed: RICK VISHAL LUTHRA. This statement was filed with the County Clerk of Los Angeles County on 07/07/2014. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 03/31/2006. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: Mountain Views News  
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FICTITIOUS BUSINESS NAME STATEMENT File No. 2014-180607  
The following person(s) is (are) doing business as: SUNNY FLEET WASH, 13340 BIXLER AVE., DOWNEY, CA 90242. Full name of registrant(s) is (are) TERESA HERNANDEZ, 13340 BIXLER AVE., DOWNEY, CA 90242. This Business is conducted by: AN INDIVIDUAL. Signed: TERESA HERNANDEZ. This statement was filed with the County Clerk of Los Angeles County on 07/03/2014. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: Mountain Views News  
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FICTITIOUS BUSINESS NAME STATEMENT File No. 2014-181494  
The following person(s) is (are) doing business as: THE 4545 PERSONAL SERVICES, 14413 STUDEBAKER RD., NORWALK, CA 90650. Full name of registrant(s) is (are) PAULITA C. VASQUEZ, 14413 STUDEBAKER RD., NORWALK, CA 90650. This Business is conducted by: AN INDIVIDUAL. Signed: PAULITA VASQUEZ. This statement was filed with the County Clerk of Los Angeles County on 07/07/2014. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: Mountain Views News  
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FICTITIOUS BUSINESS NAME STATEMENT File No. 2014-1612291  
The following person(s) is (are) doing business as: THE WAX GUY, 9323 RAMONA ST., BELLFLOWER, CA 90706. Full name of registrant(s) is (are) FRANCESCA M. LOPEZ, 9323 RAMONA ST., BELLFLOWER, CA 90706. This Business is conducted by: AN INDIVIDUAL. Signed: FRANCESCA M. LOPEZ. This statement was filed with the County Clerk of Los Angeles County on 06/16/2014. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: Mountain Views News  
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FICTITIOUS BUSINESS NAME STATEMENT File No. 2014-180230  
The following person(s) is (are) doing business as: UNIQUE NAILS & SPA, 2615 W. 190<sup>th</sup> ST. STE 104, REDONDO BEACH, CA 90278. Full name of registrant(s) is (are) WINNIE UYEN NGUYEN, 4563 W. 136<sup>th</sup> ST., HAWTHORNE, CA 90250. This Business is conducted by: AN INDIVIDUAL. Signed: WINNIE UYEN NGUYEN. This statement was filed with the County Clerk of Los Angeles County on 07/03/2014. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 07/01/2014. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: Mountain Views News  
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FICTITIOUS BUSINESS NAME STATEMENT File No. 2014-184507  
The following person(s) is (are) doing business as: UNIQUE TOTAL HEALTH CARE, 17641 VIRGINIA ST., BELLFLOWER, CA 90706. Full name of registrant(s) is (are) JOMINIE PATENA, 17641 VIRGINIA ST., BELLFLOWER, CA 90706. This Business is conducted by: AN INDIVIDUAL. Signed: JOMINIE PATENA. This statement was filed with the County Clerk of Los Angeles County on 07/09/2014. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: Mountain Views News  
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FICTITIOUS BUSINESS NAME STATEMENT File No. 2014-180288  
The following person(s) is (are) doing business as: VA TRANSPORT, 1763 W. 37<sup>th</sup> ST., L.A., CA 90018. Full name of registrant(s) is (are) VICENTE ADALBERTO ASCENCIO, 1763 37<sup>th</sup> ST., L.A., CA 90018. This Business is conducted by: AN INDIVIDUAL. Signed: VICENTE ADALBERTO ASCENCIO. This statement was filed with the County Clerk of Los Angeles County on 07/03/2014. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 07/27/2010. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: Mountain Views News  
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FICTITIOUS BUSINESS NAME STATEMENT File No. 2014-182336  
The following person(s) is (are) doing business as: WINGSTOP 650, 13345 TELEGRAPH RD. #M, SANTA FE SPRINGS, CA 90670. Full name of registrant(s) is (are) LUTHRA WINGS, INC., 1 LAKETRAIL COVE, BUENA PARK, CA 90621. This Business is conducted by: A CORPORATION. Signed: RICK VISHAL LUTHRA. This statement was filed with the County Clerk of Los Angeles County on 07/07/2014. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 04/15/2012. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: Mountain Views News  
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FICTITIOUS BUSINESS NAME STATEMENT File No. 2014-182359  
The following person(s) is (are) doing business as: WINGSTOP 787, 1393 N. CITRUS AVE., COVINA, CA 91722. Full name of registrant(s) is (are) LUTHRA WINGS, INC., 1 LAKETRAIL COVE, BUENA PARK, CA 90621. This Business is conducted by: A CORPORATION. Signed: RICK VISHAL LUTHRA. This statement was filed with the County Clerk of Los Angeles County on 07/07/2014. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: Mountain Views News  
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FICTITIOUS BUSINESS NAME STATEMENT File No. 2014-180850  
The following person(s) is (are) doing business as: ZENNY'S BARBER SHOP, 6426 EASTERN AVE., BELL GARDENS, CA 90201. Full name of registrant(s) is (are) ZENALIDA MEDINA, 5654 SHULL ST., BELL GARDENS, CA 90201. This Business is conducted by: AN INDIVIDUAL. Signed: ZENALIDA MEDINA. This statement was filed with the County Clerk of Los Angeles County on 07/07/2014. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: Mountain Views News  
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FICTITIOUS BUSINESS NAME STATEMENT File No. 2014-185216  
The following person(s) is (are) doing business as: ZSZ CPA & ACCOUNTING SERVICES, 18415 COMPANARIO DR., ROWLAND HTS., CA 91748. Full name of registrant(s) is (are) SUZHEN ZHOU, 18415 COMPANARIO DR., ROWLAND HTS., CA 91748. This Business is conducted by: AN INDIVIDUAL. Signed: SUZHEN ZHOU. This statement was filed with the County Clerk of Los Angeles County on 07/09/2014. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 07/01/2014. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: Mountain Views News  
Dates Pub: July 12, 19, 26, August 02, 2014

FILE NO. 2014-180160  
STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME  
The following person(s) AHMED ALGALAL, 1218 E. PINE ST., COMPTON, CA 90221, has/has abandoned the use of the fictitious business name: AMERICAN WHOLESALE DISCOUNT, 1218 E. PINE ST., COMPTON, CA 90221. The fictitious business name referred to above was filed on 11/24/2009, in the county of Los Angeles. The original file number of 2011050922. The business was conducted by: AN INDIVIDUAL. This statement was filed with the County Clerk of Los Angeles County on 07/03/2014. The business information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false, is guilty of a crime.) SIGNED: AHMED ALGALAL/OWNER.  
Publish: Monrovia Weekly/JDC  
Dates Pub: July 12, 19, 26, August 02, 2014

FILE NO. 2014-180161  
STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME  
The following person(s) AHMED ALGALAL, 5204 PENDELTON AVE. #1, SOUTH GATE, CA 90280, has/has abandoned the use of the fictitious business name: AMERICAN WHOLESALE DISCOUNT, 5204 PENDELTON AVE. #1, SOUTH GATE, CA 90280. The fictitious business name referred to above was filed on 12/19/2011, in the county of Los Angeles. The original file number of 2011150091. The business was conducted by: AN INDIVIDUAL. This statement was filed with the County Clerk of Los Angeles County on 07/03/2014. The business information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false, is guilty of a crime.) SIGNED: AHMED ALGALAL/OWNER.  
Publish: Monrovia Weekly/JDC  
Dates Pub: July 12, 19, 26, August 02, 2014

FILE NO. 2014-185830  
STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME  
The following person(s) LUISA G. GONZALEZ,

3202 COGSWELL RD., EL MONTE, CA 91732, has/has abandoned the use of the fictitious business name: CAL COIL MAGNETICS, 3202 COGSWELL RD., EL MONTE, CA 91732. The fictitious business name referred to above was filed on 05/23/2014, in the county of Los Angeles. The original file number of 2014140651. The business was conducted by: AN INDIVIDUAL. This statement was filed with the County Clerk of Los Angeles County on 07/10/2014. The business information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false, is guilty of a crime.) SIGNED: LUISA G. GONZALEZ/OWNER.  
Publish: Monrovia Weekly/JDC  
Dates Pub: July 12, 19, 26, August 02, 2014

FILE NO. 2014-180127  
STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME  
The following person(s) YI PING GAO, 1108 W. VALLEY BLVD. #670, ALHAMBRA, CA 91803, has/has abandoned the use of the fictitious business name: GREEN MASSAGE SPA, 5755 HUNTINGTON DR. #N, L.A., CA 90032-1326. The fictitious business name referred to above was filed on 10/28/2013, in the county of Los Angeles. The original file number of 2013223374. The business was conducted by: AN INDIVIDUAL. This statement was filed with the County Clerk of Los Angeles County on 07/03/2014. The business information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false, is guilty of a crime.) SIGNED: YI PING GAO/OWNER.  
Publish: Monrovia Weekly/JDC  
Dates Pub: July 12, 19, 26, August 02, 2014

FILE NO. 2014-186781  
STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME  
The following person(s) HUMBERTO BELLIO-MARTINEZ, 362 W. PEACH ST., COMPTON, CA 90222, has/has abandoned the use of the fictitious business name: HUMBERTO'S CLEANING SERVICE, 362 W. PEACH ST., COMPTON, CA 90222. The fictitious business name referred to above was filed on 03/28/2011, in the county of Los Angeles. The original file number of 20110459330. The business was conducted by: AN INDIVIDUAL. This statement was filed with the County Clerk of Los Angeles County on 07/10/2014. The business information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false, is guilty of a crime.) SIGNED: HUMBERTO MARTINEZ/OWNER.  
Publish: Monrovia Weekly/JDC  
Dates Pub: July 12, 19, 26, August 02, 2014

FILE NO. 2014-185965  
STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME  
The following person(s) ELIZABETH URRUTIA, 1112 BAYVIEW AVE. #4, WILMINGTON, CA 90744, has/has abandoned the use of the fictitious business name: RICO'S BURGERS, 1112 BAYVIEW AVE. #4, WILMINGTON, CA 90744. The fictitious business name referred to above was filed on 02/28/2014, in the county of Los Angeles. The original file number of 2014054769. The business was conducted by: AN INDIVIDUAL. This statement was filed with the County Clerk of Los Angeles County on 07/10/2014. The business information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false, is guilty of a crime.) SIGNED: ELIZABETH URRUTIA/OWNER.  
Publish: Monrovia Weekly/JDC  
Dates Pub: July 12, 19, 26, August 02, 2014

FILE NO. 2014-183096  
STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME  
The following person(s) APOLINAR SOTELO ESTRADA, 137 STANFORD AVE. #A, FULLERTON, CA 92831, has/has abandoned the use of the fictitious business name: SOTELO TIRES & AUTO REPAIR, 17616 LAKEWOOD BL., BELLFLOWER, CA 90706. The fictitious business name referred to above was filed on 02/19/2014, in the county of Los Angeles. The original file number of 2014043524. The business was conducted by: AN INDIVIDUAL. This statement was filed with the County Clerk of Los Angeles County on 07/08/2014. The business information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false, is guilty of a crime.) SIGNED: APOLINAR SOTELO ESTRADA/OWNER.  
Publish: Monrovia Weekly/JDC  
Dates Pub: July 12, 19, 26, August 02, 2014

FILE NO. 2014-180227  
STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME  
The following person(s) KELLEY NGUYEN, 15944 ATKINSON AVE., GARDENA, CA 90249, has/has abandoned the use of the fictitious business name: UNIQUE NAILS & SPA, 2615 W. 190<sup>th</sup> ST. STE 104, REDONDO BEACH, CA 90278. The fictitious business name referred to above was filed on 04/14/2014, in the county of Los Angeles. The original file number of 2014100530. The business was conducted by: AN INDIVIDUAL. This statement was filed with the County Clerk of Los Angeles County on 07/03/2014. The business information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false, is guilty of a crime.) SIGNED: KELLEY NGUYEN/OWNER.  
Publish: Monrovia Weekly/JDC  
Dates Pub: July 12, 19, 26, August 02, 2014

#### City of Sierra Madre

## NOTICE

**From:** The City of Sierra Madre

**Subject:** CITY COUNCIL CONSIDERATION TO EXTEND AN INTERIM MORATORIUM ORDINANCE PURSUANT TO GOVERNMENT CODE SECTION 65858 ON THE ISSUANCE OF ALL BUILDING PERMITS AND/OR GRANTING OF DISCRETIONARY APPROVALS FOR CONSTRUCTION OF NEW DEVELOPMENT REQUIRING NEW WATER SERVICE CONNECTIONS AND DECLARING THE URGENCY THEREOF

On July 8, 2014, the City Council adopted Ordinance No. 1357U, an Ordinance of the City Council of the City of Sierra Madre, California Establishing an Interim Moratorium Ordinance Pursuant to Government Code Section 65858 on the issuance of all building permits and any discretionary approvals for construction of new development requiring new water service connections and declaring the urgency thereof. The Ordinance will expire on August 22, 2014, and the City Council will consider extending it for an additional 22 months and 15 days (until July 26, 2016).

All interested persons may attend this meeting and the City Council will hear them with respect thereto. If you

have any questions, please contact Danny Castro, Director of Development Services at 626.355.7138.

#### CITY COUNCIL MEETING

City of Sierra Madre  
City Council Meeting  
Tuesday, **August 12, 2014**  
(meeting begins at 6:30 p.m.)

#### PLACE OF MEETING

City of Sierra Madre  
City Council Chambers  
232 W. Sierra Madre Blvd  
Sierra Madre, CA 91024

#### ORDER TO SHOW CAUSE FOR CHANGE OF NAME

CARLOS ALEXSIS ARDON  
CASE NO. VS026014

TO ALL INTERESTED PERSONS:

Petitioner:  
CARLOS ALEXSIS ARDON

HAS FILED A PETITION WITH THE LOS ANGELES SUPERIOR COURT - SOUTHEAST JUDICIAL DISTRICT FOR A DECREE CHANGING NAMES AS FOLLOWS:

Present Name:  
Carlos Alexis Ardon



# WHAT ON 98

**August 4 – August 10, 2014**

Good Morning Boys is playing Thursday at 7:00 p.m.

Released on July 26, 1937: Will Hay as teacher Benjamin Twist takes his class of rowdy boys to Paris and become involved with the theft of the Mona Lisa.

I only went on one class trip while I was in high school in Shanksville, Pennsylvania in the late 1960's. Our Spanish teacher took us on a marathon one day bus trip to Washington, D.C. where we did a quick tour of some historic highlights.

We left the night before and arrived in Washington the next morning. I remember climbing the steps of the Washington Monument to the top and back down again, and the main reason for our trip, a visit to a South American Embassy where we enjoyed a Spanish snack and tour and a short talk on the country that the Embassy represented.

Then back onto the bus and the marathon journey back to Shanksville. While memorable, it was nothing like the trip that British comedian Will Hay took with his class of boys in this amazing adventure. Americans had Laurel and Hardy, Charlie Chaplin and other fine comedians, but none compare to the unique style and personality of Will Hay.

This good natured bumbling Brit fumbles his way through adventure after adventure, always innocently stumbling into a crisis that is bigger than life, and always stumbling his way to conquering the adversaries and coming out on top. He is the embodiment of the sentiment that the angels watch over young children and fools.

In this adventure he manages to earn a trip to Paris with his class and manages to get involved with a band of thieves who steal the Mona Lisa painting from the famous Louvre Museum. Pop a big bowl of white kernel popcorn with warm melted butter on it and enjoy a fast romp through Paris with Will Hay and his motley class of mischievous miscreants.

by Jimbo Berkey

## This is how the schedule works:

7-9	Crime movies
9-11	Mystery movies
11- Noon	Comedy movies
1-3	Film Noir movies and Dragnet
3-5	Romance movies
5-6	Beverly Hillbillies, Love that Bob, The Lucy Show, Little Margie
7-6	Comedy movies and A Taste of Theater
9-10	Comedy movies

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

## My Picks of the Week

Monday	Were In The Legion Now
Tuesday	Make A Wish
Wednesday	The Big Wheel
Thursday	Good Morning Boys
Friday	Charlie Chan In Paris
Saturday	Happiness COD
Sunday	Great Expectations

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

The City of Sierra Madre is not funding any aspect of the printing, videos, movies, tv shows etc. Not one taxpayer dime has been spent on this programming.



John Johnson

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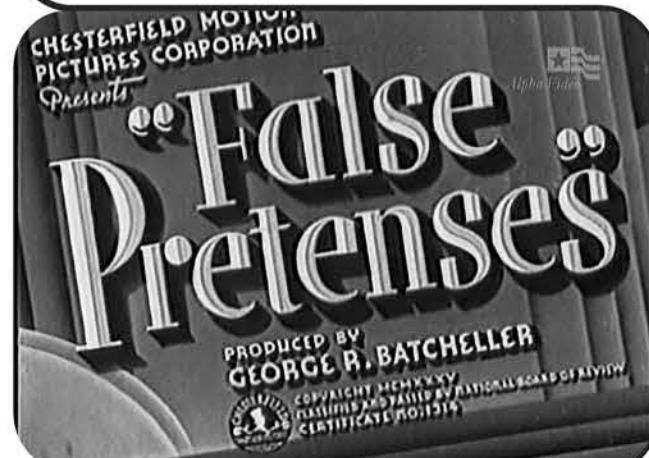
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# SIERRA MADRE

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Monday 8.04.14	Movies
7 to 8 am	Murder With Pictures
9 to 10 am	The Sin of Nora Moran
11 to 12 pm	Harmony Lane
1 to 2 pm	Charlie Chans Secret
3 to 4 pm	False Pretenses
5 to 6 pm	Beverly Hillbillies, Love that Bob, The Lucy Show, Little Margie
7 to 8 pm	Texas Brooklyn and Heaven
9 to 10 pm	Were In The Legion Now & Timber Queen
Tuesday 8.05.14	Movies
7 to 8 am	It Couldn't Have Happened
9 to 10 am	Borrowed Hero
11 to 12 pm	Haunted Ranch
1 to 2 pm	The Phantom Light
3 to 4 pm	Sorority House & The Presidents Mystery
5 to 6 pm	Beverly Hillbillies, Love that Bob, The Lucy Show, Little Margie
7 to 8 pm	Make A Wish
9 to 10 pm	Unforgotten Crime & Ticket to Paradise
Wednesday 8.06.14	Movies
7 to 8 am	The Rogues Tavern
9 to 10 am	The Hoodlum
11 to 12 pm	Frolics on Ice
1 to 2 pm	Mercy Plane
3 to 4 pm	Along Came Love & Down to the Sea
5 to 6 pm	Beverly Hillbillies, Love that Bob, The Lucy Show, Little Margie
7 to 8 pm	The Big Wheel
9 to 10 pm	Meet Dr Christian & Who Killed Doc Robbin
Thursday 8.07.14	Movies
7 to 8 am	Skyway & Irish Luck
9 to 10 am	Framed
11 to 12 pm	Follow Your Heart
1 to 2 pm	Charlie Chan In Paris
3 to 4 pm	Law of the Jungle & The Girl from Monterey
5 to 6 pm	Beverly Hillbillies, Love that Bob, The Lucy Show, Little Margie
7 to 8 pm	Good Morning Boys
9 to 10 pm	Mooch Goes to Hollywood & Desirable Lady
Friday 8.08.14	Movies
7 to 8 am	The Thirteenth Guest & Texas Terror
9 to 10 am	Midnight Phantom
11 to 12 pm	Dixie Jamboree & Toll of the Desert
1 to 2 pm	Murder In The Red Bard & Dangerous Holiday
3 to 4 pm	The Girl from Rio & the World Accuses
5 to 6 pm	Beverly Hillbillies, Love that Bob, The Lucy Show, Little Margie
7 to 8 pm	Three of a Kind
9 to 10 pm	Club Paradise & Night Life in Reno
Saturday 8.09.14	Movies
7 to 8 am	Lumberjack & Wild Brian Kent
9 to 10 am	Cavalry & Cattle Stampede
11 to 12 pm	Song of the Gringo & Phantom of the Range
1 to 2 pm	Aces and Eights & Prairie Pals
3 to 4 pm	Brilliant Marriage & Winds of the Wasteland
5 to 6 pm	The Gorilla & Billy The Kid Returns
7 to 8 pm	Happiness COD & Alias John Law
9 to 10 pm	The Panthers Claw & Law of the Rio Grande
Sunday 8.10.14	Movies
7 to 8 am	Reg Lar Fellers & Born to Battle
9 to 11 am	Kids A Cookin - 2 hours of kids cooking shows
11 to 12 pm	Here's Flash Casey & Freaks
1 to 2 pm	Smart Alecks & Code of the Mounted Police
3 to 4 pm	Dr. Christian Meets the Women & Alexander the Great
5 to 6 pm	With Love and Kisses & Jim Hanvey Detective
7 to 8 pm	Great Expectations
9 to 10 pm	Ticket of Leave Man & Undercover Agent

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## The Kensington Model Suites Are Now Open for Tours – Celebrate with Us –

**Open House:**

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*Family and friends welcome*

*Summertime food & refreshments served*

We are excited to announce the opening of our furnished model suites at The Kensington, an assisted living and memory care residence currently under construction in the heart of Sierra Madre. We plan to formally open our doors in late fall, but we invite you now to our Model Suites Open House for a sneak preview.

We are grateful for the chance to care for your family and to be part of your community. Let us thank you by inviting you to join us as we celebrate reaching our latest milestone. We're getting closer to bringing an enhanced program of care, a full spectrum of clinical support and two levels of memory support to seniors you love—in beautiful surroundings designed to meet their unique needs. Stop by, enjoy refreshments and take a guided tour of the model suites we can't wait to share.



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