

Mountain Views News

Where Your
Community News Comes First

Sierra Madre — Arcadia — Pasadena — Altadena — Duarte — Monrovia

SATURDAY, AUGUST 9, 2014

VOLUME 8 NO. 32

CONCERT IN THE PARK
Sunday, August 10, 2014
6:00 pm
Memorial Park
Sierra Madre
OPA OPA (Latin Jazz)



**Sponsored by Los Angeles
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Channel your inner salsa dancer
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be performing their highly popular
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Kensington, the title sponsor of
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ARE YOU A CALIFORNIA WATER WARRIOR?

SIERRA MADRE, CA Many Sierra Madre water customers have worked hard to conserve water and their efforts are much appreciated. All those who have done so are already Water Warriors. By all means thank you, and please keep up the good work!

On July 15, 2014, the California State Water Resources Control Board adopted Emergency Regulation Article X ("Prohibition of Activities and Mandatory Actions During Drought Emergency") pursuant to its authority under Water Code Section 058.5. On July 22, 2014, the City Council held a duly noticed public hearing to consider the implementation of further mandatory water use prohibitions consistent with the state-adopted Emergency Regulations of the California State Water Resources Control Board. The City Council action was required under the State regulations.

The following prohibitions are in addition to and separate from the previously adopted 30% water use reduction. Note, however, that the water use prohibitions listed herein may assist the water customer in meeting the 30% reduction goal. The following water uses are prohibited under Sierra Madre Municipal Code (SMMC) sections 13.24.060 and 13.24.230. Violations of these provisions are subject to administrative citations and fines of up to \$500 per violation. 13.24.060 Prohibited uses applicable to all customers.

The following uses of water are prohibited for all water department customers. Violations of this section are subject to administrative citation pursuant to the procedures set forth in SMMC chapter 1.18.

There shall be no washing of sidewalks, walkways, patios, driveways, or parking areas by a water hose.

No water shall be used to clean, fill or



Many residents have always been mindful of the limits of California's water supply. Above, a decades old cactus garden. Others have removed their lawns more recently as pictured in the rock garden below.



maintain levels in decorative fountains unless such water is part of a recycling system.

No restaurant, cafe, deli, or other public place where food is sold, served or offered for sale, shall serve drinking water to any customer unless expressly requested by the customer.

No customer of the water department shall permit water to leak from any facility on the premises.

No lawn, landscaping, or other turf area shall be watered or irrigated between the hours of ten a.m. and four p.m.

No lawn, landscape, or turf area shall be watered in a wasteful manner. Nor shall any water be wasted if the existing conditions may be corrected or reasonably modified.

The use of a hose to wash an automobile, except where the hose is fitted with a shut-off nozzle or device attached to it that causes it to cease dispensing water immediately when not in use.

Restrictions on irrigation (13.24.230).

If so declared pursuant to a drought or water shortage emergency, in addition to the restrictions set forth in section 13.24.060 (A-G), no customer shall make, cause, use, or permit the use of water delivered from the water department more than two days per week for purposes of irrigating of lawn, landscape or other vegetated area ("landscape irrigation"):

Even-numbered addresses shall be limited to landscape irrigation on Mondays and Thursdays.

Odd-numbered addresses and addresses ending in fractions shall be limited to landscape irrigation on Tuesdays and Fridays.

The restrictions above do not apply to landscape irrigation zones that exclusively use very low flow drip type irrigation

systems when no emitter produces more than two (2) gallons of water per hour. These restrictions are not applicable to watering or irrigating by use of a hand-held bucket or similar container, a hand-held hose equipped with a positive self-closing water shut-off nozzle or device, or for very short periods of time for the express purpose of adjusting or repairing an irrigation system."

Failure to comply—Penalties (13.24.140).

Pursuant to State Water Resources Control Board Emergency Rule Article X. Section X.1 and the procedures set forth in Chapter 1.18 ("Administrative penalties") of this code, a violation of Sections 13.24.060(A, B, F, and G) or 13.24.230 of this Chapter shall be punishable by an administrative citation as follows:

\$125 for the first violation;

\$250 for the second violation;

\$500 for the third and any additional violation.

The City of Sierra Madre is taking the months of August and September to educate water users of the new State regulations and 30% conservation targets. Please take this time to begin developing and implementing these changes in your home water use. The City and State are facing the most severe drought in history. The City and the State are asking that all water customers to step up efforts to change the way we use water in our homes and businesses. The City is required to initiate Section 13.24.140, but for August and September it will first issue warnings so as to educate water customers. However, flagrant or repeated disregard for the conservation regulations may result in immediate administration of fines and penalties.

N. MOUNTAIN TRAIL AVE. WATER MAIN REPLACEMENT Aug.11th - Oct.8th

Weekdays 7am - 4 pm.
Restricted access to residents.

On Monday, August 11 construction will begin on the replacement of the existing water main in North Mountain Trail Avenue. The existing main was installed in 1928 and has been subject to multiple serious leakage incidents in recent years.

A new 12 inch diameter ductile iron water main will be installed for the entire length of North Mountain Trail Avenue, from Sierra Madre Boulevard to Mira Monte Avenue. The Contractor, (cont. page 3)

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In addition to dry weather plants and rock formations, some homeowners make use of decorative wood chips. (above).

Below - Sierra Madre Elementary School began its water conservation program two years ago.



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Weather Wise

5-Day Forecast - HOT

Sierra Madre, Ca.

Mon:	Sunny	Hi 90s	Lows 60s
Tues:	Sunny	Hi 90s	Lows 60s
Wed:	Sunny	Hi 90s	Lows 60s
Thur:	Sunny	Hi 80s	Lows 60s
Fri:	Sunny	Hi 80s	Lows 60s

Forecasts courtesy of the National Weather Service

CITY OF SIERRA MADRE CALENDAR OF EVENTS

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

NEXT CITY COUNCIL MEETING:
Tuesday, August 12, 2014
6:30 pm

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

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

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

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

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



SIERRA MADRE CITY MEETINGS

City Council

Next City Council Meeting
August 12, 2014 - 6:30 pm

The final agenda and staff reports will be available online no later than Friday night. Enter the date "08/12/2014" for the complete agenda packet.

Can't make it to the meeting, but still want to share your thoughts? You can mail or drop off a written statement to City Hall or email city@cityofsierramadre.com before 5:30 the night of the meeting and your statement will be delivered to all the Council Members.

Upcoming Public Meetings

Thursday, August 21:
Planning Commission, 7:00pm*

Wednesday, August 27:
Library Board of Trustees, 7:00pm

Agendas and staff reports will be posted online 72 hours before the meeting. Unless otherwise noted, all meetings will take place in the City Council Chambers, 232 W. Sierra Madre Blvd.

*These meetings will be recorded and aired live on Time Warner, Channel 3 and streamed online.

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MEETINGS ARE EACH TUESDAY AT NOON,

EXCEPT FOR THE 2ND TUESDAY OF EACH MONTH,

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

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



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JOB OPENING

City of Sierra Madre

SENIOR FISCAL SERVICES MANAGER

Under limited supervision, the Senior Fiscal Services Manager administers the City's financial affairs and oversees the activities and operations of the Finance Division including accounting, billing, budget, payroll, and purchasing. This position addresses tight deadlines and a multitude of accounting activities including preparing and presenting mid-year and year-end budget reports on revenue and expenses and assists in the preparation of long term financial and capital improvement plans for the City.

This position will supervise full- and part-time staff and coordinate assigned Department responsibilities with other City Departments and external agencies. The Senior Fiscal Services Manager will participate in community problem solving and have the ability to be flexible and change plans based on the needs of the community. The Senior Fiscal Services Manager will be committed to professional development and perform related duties as required.

Essential Functions:

The duties listed below are intended only as illustrations of the various types of work that may be performed by the Senior Fiscal Services Manager. The omission of specific statements of duties does not exclude them from the position if the work is similar, related, or a logical assignment to the class.

Assume management responsibility for the City's financial services and activities including accounting, billing, budget, payroll, and purchasing.

Assume primary responsibility, to coordinate, develop, prepare, analyze and implement the biennial City, Public Financing Authority, and Successor Agency budget; prepare and present mid-year and year-end budget reports on revenue and expenses; assist in the preparation of long term financial and capital improvement plans for the City.

Ensure City compliance with

State, Federal and other legal or fiscal requirements related to financial activities, including, but not limited to annual audits, financial reports and related documentation.

Prepare and supervise the preparation of reports to the State Controller, County Auditor Controller and other government agencies; meet and confer with outside agencies as needed.

Conduct studies relating to the development or rates and charges for utilities, impact fees and user charges; responsible for annual updates to the fees and charges.

Prepare and present oral and written financial reports and analysis, including City budgets.

Assist the City Treasurer with investments of City funds and banking services.

Develop and implement policies and procedures to govern the operations of the division and fiscal control systems; responsible for internal control procedures of the division and for the enterprise resource planning (ERP) system.

Train, motivate and evaluate Finance personnel; provide or coordinate staff training; work with employees to correct deficiencies; allocate personnel and resources as needed to meet the operational requirements of the division; assign projects and areas of responsibility; evaluate and review work methods and procedures.

Participate in professional development organizations and programs; maintain knowledge of new trends and innovations in the field of financial services.

Respond to and resolve difficult and sensitive inquiries and complaints.

Prepare complex, highly sensitive reports, correspondence and closed session presentations.

Continually promote, in actions, words and writing, the highest customer service standards.

Provide highly responsible and complex administrative support to the City Manager's Office.

For more information go to:

<https://cityofsierramadre.simplicant.com/jobs/17173-senior-fiscal-services-manager/detail>



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- Financial Planners
- Tax Attorneys
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- Medical Professionals
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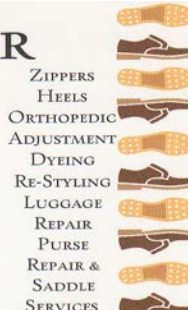


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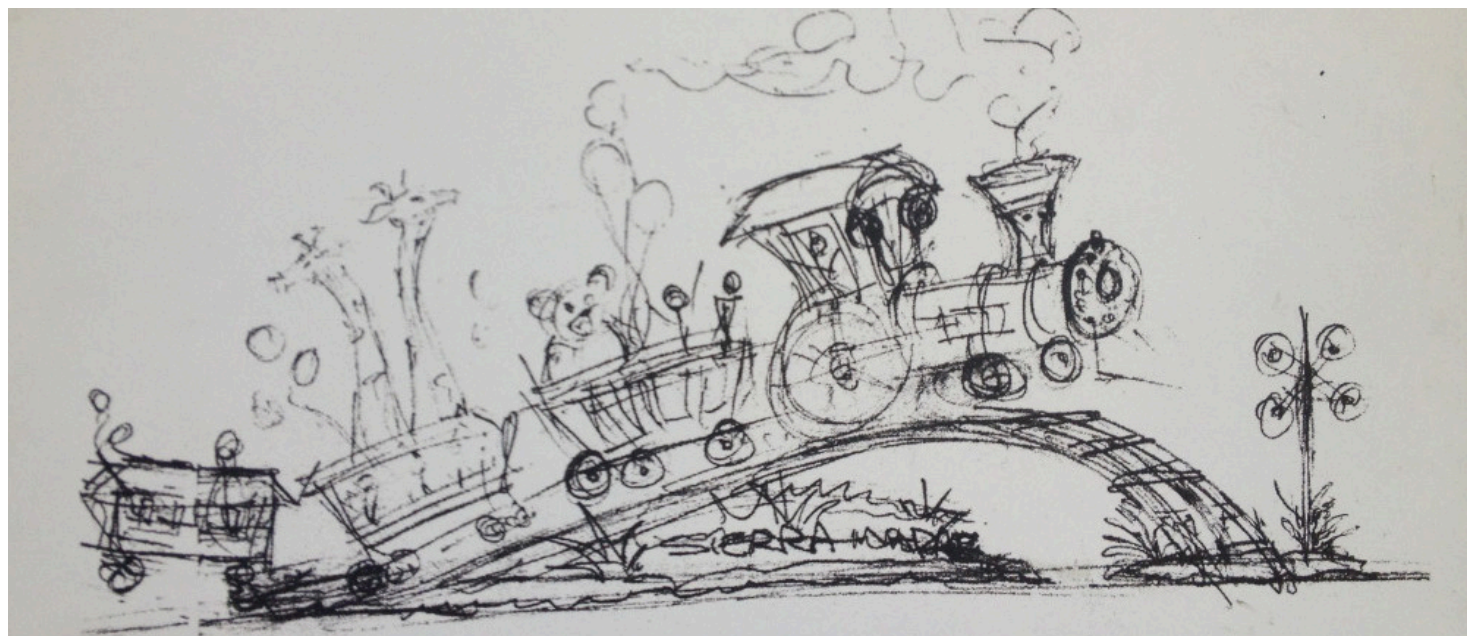
Pasadena

Altadena

Monrovia

WALKING SIERRA MADRE...THE SOCIAL SIDE

By Deanne Davis



Artist's rendering of the 2015 Sierra Madre Rose Float Association's Inspirational Story Entry

"I think I can! I think I can! I think I can!"

The Little Engine That Could – Watty Piper (Nom de plume of Arnold Munk of the publishing company of Platt & Munk)

That's us, folks! Sierra Madre really is The Little Engine That Could! We remember this delightful children's story which first appeared in print in 1920. The tale of a little engine who thinks he can pull a long heavy train over a hill and does, indeed, do exactly that! The theme of this year's Rose Parade is "Inspirational Stories" with Louis Zamperini as the Grand Marshall. Although Mr. Zamperini passed away this July 3rd, the Parade will still be honoring his legacy of bravery and indomitable spirit through "Inspirational Stories."

Why, you're asking yourself, are we talking about the Rose Float now? Well, we all saw it in the July 4th Parade and it was so amazing already I'm pretty sure I'm not the only one who wanted to know more about it.

Sierra Madre's annual Rose Parade float is truly an inspirational story! All volunteer workers from the design phase right on through the building, the decoration and the ride down Colorado Blvd., every year is a challenge to say the least! Spent an afternoon with long-time Sierra Madre Rose Float Association member, Donna Sutcliffe, and walked away filled with admiration for these dedicated people who work all year to bring our float to life. Donna spoke admiringly and with a real sense of loss of Rose Float Association's President, Robert Young, who passed away July 17th. She spoke especially of Bob's dedication and his insistence that everything involved with the annual float had to be fun!

Donna mentioned Bonnie Colcher, Volunteer Coordinator and her husband, Dave. Bonnie will talk to any group of people she can find to bring in more volunteers and more donations. This is a good time to mention that the float is financed completely by donated dollars! Dave is a scientist at City of Hope by day and a master float welder all the rest of the time. Looking at the float in its current incarnation, i.e., the frame is built - that required a LOT of welding! Originally from Chicago, the Colchers sort of stumbled across the float barn 8 or 9 years ago and were hooked! Bonnie and other Rose Float Association members beg merchants all over town for gifts and prizes for Legendary Bingo, the SM Rose Float Association's major fundraisers, which take place twice a year in April and again in October.

Legendary Bingo, according to Donna, "is not your grandmother's Bingo!" The Bingo caller is an outrageous drag queen, they acquire a one night beer and wine license, there's all you can eat popcorn and pizza (for sale...it's a fundraiser!) from our own Sierra Madre Pizza. There was such a huge crowd at the April event they ran out of pizza

before the games even began and had to send out for more! Now that's a successful event! I'm thinking my favorite Rose Parade watching buddy, John, (who watches the Rose Parade anxiously counting the minutes till the game) and I are missing out on a great event and will be playing Bingo in October!

Rose Parade Decoration Week – which is when the flowers are attached to the float – is a super week! This past December, City Council Member, John Harabedian, and his wife, Young-Gi, cooked hamburgers and hot dogs (provided by The Burger Shack in Monrovia, which is owned by local family the Tsinoglous) five days in a row for the volunteers. Mayor Pro-Tem, John Capoccia helped staff the Sales Booth, working the phones, giving directions and helping volunteers from all over Southern California find our float! And find us, they did! From the west side, Riverside, San Bernardino, we had volunteers from all over the place!

"The float design this year for "I Think I Can!" is a compilation of ideas from the Brandstater family, Joanne Garcia and Nancie Filkins. Their design concepts were combined by Charles Meier, Creative Director at Paradiso Parade Floats. You can take a look at our float-in-progress by checking out the Sierra Madre Rose Float Association Facebook page. Here are a couple of things I learned talking to Kay Sappington at the float barn: Float dirt is coffee...regular and decaf! Why both? They're different colors! Blue is impossible to replicate in flowers. What makes up blue is usually purple. It's eleven miles from the barn to where our float is parked at the Rose Parade. There is a float driver, who applies front brakes, a float co-driver, who controls the rear brakes and a road captain who keeps an eye out for anybody suddenly cutting in front of the float.

"I Think I Can!" features an engine with a face and a personality, cargo cars filled with giraffes, a teddy bear and a sock monkey!

The cars will rock, steam will rise, And Sierra Madre will win another big prize!

Hey! Mark your calendars for the October Legendary Bingo night, which is planned for October 11th, and plan to glue on flowers in December...oh! And a few dollars would be nice, too! Just say to yourself, "I Think I Can!"

Editor's Note: The date for a Memorial Service for SMRFA President Bob Young has not yet been released.

My book: "A Tablespoon of Love, A Tablespoon of Laughter" is available on Amazon.com; or at <https://www.createspace.com/4561071> \t " _blank"

Sierra Madre Police Blotter

During the week of Sunday, July 27th to Sunday, August 3rd, the Sierra Madre Police Department responded to approximately 383 calls for service.

Tuesday, July 29th

At 7:28 pm, Sierra Madre Police responded to 100 block of South Mountain Trail regarding annoying phone calls. Upon arrival, Officers were informed by the victim that she had received four calls from an unknown number which was listed as Unknown on the caller ID. The first call occurred the week prior with an unknown male asking the victim if she would star in an adult film for a large amount of money, which the victim declined and hung up. A second call was received the morning of the report, but went unanswered. A third call shortly followed from a different unknown male that claimed he had an adult video of the victim and was going to sell it to an adult site. A fourth call occurred and left a voicemail stating the victim's name and address and informing the victim that a vehicle would be coming to pick her up to take her to an audition shortly. A vehicle never appeared. This case has been forwarded to the Detectives Bureau.

Wednesday, July 30th

At 9:21 pm, Sierra Madre Police responded to the 30 block of West Grandview Avenue regarding a petty theft. Once on scene, Officers were informed by the victim that a book that was ordered online was set to arrive by 9:00 pm that night. At around 5:00 pm the victim went to retrieve the mail and noticed the package had not arrived. At around 7:00 pm, the victim checked the mail box again and noticed the package had arrived, but the packaging was open and the book was missing. This case has been forwarded to the Detectives Bureau.

Friday, August 1st

At 4:52 pm, Sierra Madre Police responded to the 200 block of West Highland Avenue regarding a residential burglary report. Upon arrival, Officers were informed by the victim that she had previously rented her back house to the suspect, and when the suspect failed to pay rent, he returned his key and removed himself from the property. While the victim was out doing errands, the suspect arrived at the residence and informed the victim's daughter he was there to pick up the last of his belongings. The victim's daughter gave the suspect her keys to allow the suspect to open the backhouse. The suspect spent nearly a half hour in the residence while the victim's daughter called the victim to come home. As the victim pulled up to her home, the suspect was backing out of the driveway. The victim used her vehicle to block him in to ask about the money still owed. The suspect threatened to hit the victim's vehicle, so she moved it and the suspect fled. Upon investigating, the victim discovered her window air conditioning unit and window curtains were missing from the backhouse that she had provided. The suspect also left with the victim's daughter's keys. This case has been forwarded to the Detectives Bureau.

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WATER MAIN REPLACEMENT (continued from page 1)

Stephen Dorek Equipment Rentals will be notifying individual project neighbors of the pending construction work. While every effort will be made to minimize inconveniences to neighboring residents, some impacts are unavoidable. The Water Department apologizes in advance for those inconveniences and asks for community patience with the project. The result will be a more reliable water distribution system.

Motorists are advised to take alternate routes. Construction activity will take place weekdays between 7 AM and 4 PM and the project is expected to be complete October 8. The Contractor will make provisions for trash pickup and vehicular access for residents of the project area. Questions regarding the project may be addressed to Bruce Inman, Director of Public Works at binman@cityofsierramadre.com or 626.355.7135.

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Pasadena News Briefs

Val Surf to Close

The owners of the Southern California iconic surf and skateboard shop Val Surf have said they are closing the Old Pasadena location citing the high lease cost, record low snowfall and the economy — this leaves the family-owned business started in 1962 in North Hollywood with just four locations.

Val Surf co-founder Mark Richards told Californian Apparel News that “everything started to go out of control in 2007,” the downturn in the economy. He said Pasadena relies on foot traffic, which he said it does not get anymore, and he said parking has always been an issue.

Val Surf opened the 5,500-square-foot store 169 West Colorado Blvd in 2004. Other locations include, Valley Village, Woodland Hills Thousand Oaks and Valencia.

Pasadena Car Chase ends in Highland Park

A man wanted for shoplifting led police on a chase Tuesday through Pasadena before crashing a van and running into a motel in Highland Park. The incident started in the parking lot of a Target store on East Colorado Boulevard around 5:20 p.m. police said. Shavar Alexander of Highland Park was arrested for alleged robbery after police surrounded, at gunpoint, a motel at York Boulevard and Avenue 49 in Highland Park. Pasadena police could be seen on the roof clearing out rooms before Alexander was arrested.

Another female suspect was arrested in connection with the robbery. Police followed Alexander by helicopter to the motel where he crashed into a car and tree before running.

Mother Arrested after 2 Children Found Left in Car

Two children, a 3-year-old and 7-year-old, were hospitalized last week after they were found left in a car on Fair Oaks Avenue —their mother, Corina Lopez, was arrested at the scene on suspicion of child endangerment.

Pasadena Fire officials said they were called to the 1800 block of North Fair Oaks Avenue Aug. 1 around 2:30 p.m. after the children were found in the vehicle “for an undetermined period of time.”

The children were transported to Huntington Memorial Hospital. An investigation is ongoing.

Pet of the Week



Luke is a is brown and white, young adult rabbit. He enjoys being petted and nibbling on wooden blocks. Luke's adoption fee is \$30, which includes his neuter surgery, a microchip, the first set of vaccinations, as well as a free follow-up health check at a participating vet. New adopters will receive complimentary health and wellness exam from VCA Animal Hospitals, as well as a goody bag filled with information on how to care for your pet.

Call the Pasadena Humane Society & SPCA at 626.792.7151 to ask about A361088, 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.

PASADENA CITY COLLEGE PRESIDENT MARK ROCHA TO RETIRE

By Dean Lee

Although the Pasadena City College Board of Trustees announced Thursday that Dr. Mark Rocha, PCC Superintendent-President will retire at the end of this month; his decision to step down had been planned for months — even before applying for the presidency of Kingsborough Community College in New York.

College Trustee Bill Thomson said the board had been working on the timing and terms of him retirement. The announcement comes suddenly after his contract was renewed in June and extended through June 2017.

Rocha said the decision was personal.

“I’ve started my tenth year as a community college president and that is a good long run in this kind of work. It’s time for me to spend more time with my family and return to my passion for teaching and writing.”

Free Lecture – Curiosity Two Year Anniversary



The entire NASA Curiosity Mars Rover team poses for a picture at JPL on the second anniversary of the mission landing on Mars.

NASA’s most advanced roving laboratory on Mars celebrates its second anniversary Tuesday since landing inside the Red Planet’s Gale Crater on Aug. 5, 2012.

During its first year of operations, the Curiosity rover fulfilled its major science goal of determining whether Mars ever offered environmental conditions favorable for microbial life. Clay-bearing sedimentary rocks on the crater floor in an area called Yellowknife Bay yielded evidence of a lakebed environment billions of years ago that offered fresh water, all of the key elemental ingredients for life, and a chemical source of energy for microbes, if any existed there.

“Before landing, we expected that we would need to drive much farther before answering that habitability question,” said Curiosity Project Scientist John Grotzinger of the California Institute of Technology, Pasadena. “We were able to take advantage of landing very close to an ancient streambed and lake. Now we want to learn more about how environmental conditions on Mars evolved, and we know where to go to do

FREE SENIOR EVENTS

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.

Reverse Mortgages – Thursday, Aug. 14, at noon. The Federal Housing Administration’s reverse mortgage program has undergone recent modifications to ensure continued viability as a retirement cash flow planning tool. Learn about the changes and whether a reverse mortgage might be right for you. A boxed lunch will be served to the first 50 people with confirmed reservations. RSVP to 626-795-4331. Presented by Senior Funding Associates.

Friday Movie Matinees – Fridays, Aug. 15 and 29, at 1 p.m. Movies can take us to other places and times like nothing else. 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.

Health Fair – Friday, Aug. 15, from 9 to 11 a.m. Glucose, blood pressure and hearing screenings are among the services offered. Health fairs take place the third Friday of every month.



President Mark Rocha Photo D.Lee/MVNews

Rocha was a finalist for president at Kingsborough Community College but did not get the job. Rocha’s wife also recently received a promotion that required her to move to New York.

Trustees said they will meet soon to appoint an interim president. The new fall semester starts Aug. 25.

Under Rocha’s leadership the college’s accreditation was reaffirmed and an educational master plan was approved through shared governance that resulted in the First Year Experience Pathways Program that won for the college the Chancellor’s Award for Student

Altadena V.I.D.A. Program to Begin

Open Enrollment for the Altadena VIDA program ends Monday at 5pm. It’s the last chance to enroll for the program. The application can be found at <http://vida.la/>

The V.I.D.A (vital intervention direction awareness) program is currently accepting applications for their at-risk youth program. The goal of V.I.D.A is to put at-risk youth back on the right track through military structured activities that promote integrity, confidence, and self-esteem. The program will be a total of 16 weeks starting from August 13th and will go until December 16th. We will meet two times during the week, once on Wednesday from 7-9pm involving the child plus the parent and once on Saturday from 8am-4pm involving only the child. If you have a child form the age of 11-17 who has problems with drugs, alcohol, and or disobedience, this program may be just what they need to break their habits and get them 2on the right track to success. If you have any questions about our program, contact Deputy Walters at (661) 753-6293 and she will be happy to assist you.

Schiff Votes to Declassify Benghazi Report

Rep. Adam Schiff, a senior Member of the Intelligence Committee and Member of the Benghazi Select Committee, released the following statement last week after the Intelligence Committee voted to approve its investigative report on the Benghazi attack, which will now go through classification review for public release:

“The Intelligence Committee report adds to the body of investigative work now completed by numerous committees in Congress, and reaches the same noncontroversial conclusions – that the initial talking points provided by the intelligence community were flawed because of conflicting assessments not an intention to deceive, that there was no stand down order, that the diplomatic facilities lacked adequate security, and that our personnel at the scene acted bravely and appropriately.

“This bipartisan report should be declassified quickly, so that the American people may know what we have learned behind closed doors, and how it concurs with other analysis already made public.”

ART CENTER BUYS SOUTH ARROYO PARKWAY PROPERTY

Largest Transaction in College’s 84-Year History, future plans include student housing

Art Center College of Design President Lorne Buchman announced last week the acquisition of 1111 South Arroyo Parkway and plans to build student housing on South Raymond Avenue in Pasadena.

The largest transaction in the College’s history, the \$27.4 million purchase of the building at the gateway to Pasadena was made possible in large part due to the reallocation of an unprecedented \$15 million gift to Art Center from Southern California philanthropists and classic car enthusiasts Peter and Merle Mullin.

A prominent feature of the new Mullin Building will be a street-level gallery, open to the public, showcasing work created by students along with vehicles from the Mullins’ extensive vintage automobile collection. The facility will include classrooms, a “making” workshop and studio spaces, as well as administrative offices. The purchase provides much needed square footage for the transportation and industrial design shops and

programs for the college.

“It’s about great education,” said Peter Mullin, an Art Center trustee. “We want to help provide first-rate facilities for what is clearly the leading institution of art and design higher education.”

Mullin continued. “It doubles the space a newly built facility would have afforded the College and it is simply in the College’s best interest—and in the best interest of Art Center students—to take advantage of this unique opportunity.” Buchman also announced Art Center’s plan to provide students with housing. The College hopes to break ground in 2017 to build its first residential complex for approximately 250 to 300 students.

“We’re thrilled with the idea of offering students a place to live on campus, which will dramatically enhance campus life and contribute to our students’ overall success in class, on campus and in the world,” said Ray Quiroiglo, associate provost for Student Affairs.

San Diego-based Studio E Architects will design the student housing facility, and local urban planners, Symphony Development, will build the complex.



1111 South Arroyo Parkway

PASADENA ANTIQUES SHOW TO BE HELD THIS WEEKEND

The Pasadena Antique Show will feature rare treasures, antiques, fine art, decorative arts, jewelry, and vintage collectibles this weekend.

Quality licensed antique dealers fill the Pasadena Center’s Exhibit Hall B with every type of antique imaginable, all on display, and, all for sale. Select from a wide range of top quality antiques, furniture, heirloom jewelry, vintage time pieces, porcelains, bronzes, silver, art glass, crystal, folk art, quilts, rugs, linens and many other unique antique treasures. The seasoned enthusiast, beginning collector or simply someone browsing should not miss this extraordinary opportunity to experience so many fine collections all in one location.

Established in 1975 by Bustamante Enterprises, this is one of Pasadena’s

finest events of its kind.

Bustamante shows are a pleasant experience for both customers and exhibitors alike, brought to yhe public in a comfortable and pleasant environment. Exhibitors must abide by an established code of ethics, one of the highest in the industry. With this assurance, customers can always shop with complete confidence.

The Pasadena Antique Show generally opens to the public Saturday from 11 am to 7 pm and Sunday 11 am to 5 pm. General admission \$8.00, Seniors (62+ years) \$5.00, and Children under 12 are admitted free. The Pasadena Center, 300 East Green Street, Pasadena, CA, just one block east of Old Town and directly across from The Paseo Colorado Mall. Ample parking is available. For more information visit bustamante-shows.com.

Learn How to Produce Your Own TV Show

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

With the opening of the new Pasadena Media studios at 150 S. Los Robles Ave, they are offering free television-training programs for producers. Plan to attend an orientation to discover the right classes for you. Producers’ Training teaches how to produce shows for The Arroyo Channel. Studio Production/Equipment training



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 and explore what Pasadena Media has to offer.

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

Station Schedule

Producers’ Training

Monday Aug. 11 at 6:00 p.m. - 8:00 p.m.

PCAC Board of Directors - Special Meeting

Tuesday Aug. 12 at 7:00 p.m. - 9:00 p.m.

Orientation & Tour

Wednesday Aug. 13 at 1:00 p.m. - 3:00 p.m.

Citizen Journalism Training

Wednesday Aug. 13 at 6:30 p.m. - 8:00 p.m.

Basic Editing

Thursday Aug. 14 at 6:00 p.m. - 8:00 p.m.

ARCADIA

Sierra Madre

Arcadia

Pasadena

Altadena

Monrovia

ARCADIA POLICE DEPARTMENT Safe Summer Campaign



With the assistance of Jan's Towing, The Arcadia Police Department Traffic Bureau has developed the Safe Summer Campaign. This campaign gives the Traffic Bureau the opportunity to reach out and educate the community of the importance of not driving while impaired. Education is one of three primary tenets of the Traffic Bureau's mission (Education, Engineering, & Enforcement). The Safe Summer Campaign falls right in line with educating the community and is a great way to remind everyone that driving while impaired is dangerous and deadly.

The Safe Summer Campaign is a display of a vehicle, which was previously involved in a DUI related traffic collision, where an occupant was killed. The vehicle will be on a trailer displayed on the center median of Huntington Drive just west of Gate Three. Surrounding the vehicle are two banners. The first banner reads "Arcadia Police Department Safe Summer Campaign"; the second banner reads "Don't Drink and Drive." Starting on Thursday August 07, 2014, the vehicle will be displayed for two weekends before being removed on Monday August 18, 2014. Nearby, there will be a brochure box containing Mothers Against Drunk Driving (MADD) brochures titled "Traffic Safety and You". The hope is to grab the attention of passers-by, to make a lasting impression, and cause them to think twice before driving while impaired.

Through the Police Department's partnership with the Arcadia Unified School District and Jan's towing, the Police Department's Traffic Bureau intends to continue their educational efforts at Arcadia High School by utilizing this vehicle display sometime after school starts this fall.

For any questions or additional information regarding the Safe Summer Campaign contact the Arcadia Police Department Traffic Bureau at 626-574-5475.

Don't forget to visit the Arcadia Police Department News & Information Blog or follow us on Facebook, Twitter or Nixle for other pertinent news and information. Remember, the solution begins with you!

City of Arcadia - Summer Concert & Movies in the Park Series!



The Arcadia Recreation and Community Services Department proudly announces the Summer Concert Series for 2014! Mark your calendar! The City of Arcadia's FREE summer concert series is approaching fast, so make sure you don't miss out on the fun in the sun! The summer concerts are held on Thursday evenings starting at 6:30-8pm on the lawn between City Hall and the Police Department (240 West Huntington Drive). Bring the kids out to participate in the FREE fun zone, featuring games, crafts, and activities each week. In addition, the City is pleased to announce The Surfer Taco Food Truck at all of the 2014 Summer Concert

Series! A portion of the proceeds will be given to the Recreation and Community Services Department! For more information, please call 626.574.5113. Listed below is the line-up next week.

Gregory Wolfe as Rod Stewart (Tribute) – August 14, 2014

Gregory Wolfe's first taste in music came at a very young age, listening to crooners like Nat King Cole and Andy Williams. At the age of 19, like most young adults in Lansing, Michigan, Gregory went to work at General Motors. He worked there for 11 years. In the summer of 1984, Gregory entered himself in a Tribute contest that would forever change his future. He would soon move to L.A. and not long after, would start making a career out of impersonating Rod Stewart. He has since taken his act world-wide, from Singapore to South Carolina, from Bangkok to Berlin, Gregory's entertained them all over the globe!

Movies in the Park

The Movies in the Park are held on Friday evenings with activities starting at 7:30pm on the lawn between City Hall and the Police Department (240 West Huntington Drive). Next Friday, August 15th, The Lego Movie (PG) will be showing. Movies in the Park provided in partnership with CHOICESS Arcadia.

The Lego Movie (PG) – August 15th, 2014

The original 3D computer animated story follows Emmet, an ordinary, rules following, perfectly average LEGO mini-figure who is mistakenly identified as the most extraordinary person and the key to saving the world.

Arcadia Police Blotter

For the period of Sunday, July 27th, through Saturday, August 4th, the Police Department responded to 1,015 calls for service of which 131 required formal investigations. The following is a summary report of the major incidents handled by the Department during this period.

Sunday, July 27:

1. Just after 8:35 p.m., officers observed a male subject drop an open can of beer onto the South sidewalk of Huntington Drive at Baldwin Avenue. An investigation revealed the 58-year-old Hispanic male was under the influence of an alcoholic beverage and unable to care for himself. He was arrested for Disorderly Conduct and Public Intoxication, and transported to the Arcadia City Jail for booking.
2. At approximately 10:46 p.m., an officer responded to the 600 block of Hampton Road regarding two subjects fighting inside a parked vehicle. An investigation revealed a 16-year-old Asian male was having a verbal argument with his girlfriend. The officer discovered the girlfriend, a 17-year-old Asian female, had several self-inflicted lacerations to her wrists. Arcadia Fire responded to the scene and transported the subject to Arcadia Methodist Hospital for evaluation and treatment. She was ultimately placed on a 72-hour psychiatric hold. The boyfriend was released in the field without incident and the report was referred to Department of Child and Family Services for review.

Monday, July 28:

3. At about 3:32 a.m., an officer was dispatched to the 800 block of West Duarte Road in reference to a disturbance. A 24-year-old Hispanic female had an argument with her boyfriend during which she stabbed him with a knife, causing a large laceration to his left hand. She was arrested for Domestic Violence, Assault with a Deadly Weapon, and an outstanding misdemeanor warrant. The suspect was transported to the Arcadia City Jail for booking.
4. At approximately 11:15 a.m., an officer responded to an injury traffic accident at the intersection of Colorado Boulevard and Santa Cruz Road. As Party-2 was making a U-turn, he was struck by Party-1 who was traveling westbound on Colorado Street. An investigation revealed Party-1 failed to stop at the stop sign. Both parties were transported to Arcadia Methodist Hospital for minor injuries.

Tuesday, July 29:

5. Around 10:29 a.m., an officer was dispatched to the area of Tenth Avenue and El Sur Avenue regarding a man exposing his genitals in public. The subject was standing on the sidewalk masturbating and exposing his penis. He is described as a Hispanic male of unknown age, 5'5" tall with dark wavy hair, wearing a black t-shirt and black shorts. An area check was conducted, but the suspect was not located. The victim explained she saw the same subject exposing himself on July 23rd, but did not report the incident. A similar incident also took place on July 21st in which the reporting party provided a similar suspect description.
6. Just after 11:00 a.m., an officer was dispatched to Arcadia Methodist Hospital (AMH), 300 West Huntington Drive, regarding a fraud report. The suspect, pretending to be a doctor from AMH, called a local CVS Pharmacy to fill a prescription for 180 pills of a schedule four opioid narcotic. When CVS called AMH to confirm, AMH discovered the doctor had never treated the patient and discovered one of the doctor's prescription pads was missing. The suspect's contact information, which she left when ordering the prescription, revealed she has an outstanding felony warrant. Further investigation is being conducted by the Detective Bureau.

Wednesday, July 30:

7. Shortly after 00:30 a.m., an officer was dispatched to the 300 block of East Norman Avenue regarding a man asleep or passed out inside his vehicle, which was still running and blocking a resident's driveway. An investigation revealed the 52-year-old Asian male was under the influence with a blood alcohol content greater than 0.08 percent. He was arrested and transported to the Arcadia City Jail for booking.
8. At about 2:50 p.m., an officer conducted a traffic stop on a vehicle in the area of Rosemead Boulevard and Huntington Drive for a broken tail light. The officer discovered the 39-year-old Hispanic male driver was in possession of methamphetamine and drug paraphernalia. He was arrested and transported to the Arcadia City Jail for booking.

Thursday, July 31:

9. At approximately 3:17 a.m., an officer was dispatched to Macy's at the Santa Anita Mall, 400 South Baldwin Avenue, in reference to a theft report. An adult suspect concealed merchandise inside used shopping bags and exited the store without making payment. The 27-year-old Hispanic female was arrested and transported to the Arcadia City Jail for booking.
10. Around 5:53 p.m., an officer responded to Arcadia Methodist Hospital, 300 West Huntington Drive, regarding an assault investigation. The victims went to the suspect's house in the 1000 block of Fairview Avenue where an argument ensued. The suspect whom they both previously dated attacked and choked them, causing visible injuries. The suspect was outstanding at the time of the report and the victims are desirous of prosecution. The suspect is described as a 24-year-old Hispanic male, 5'8" tall, 180 lbs., with brown hair and green eyes.

Friday, August 1:

11. Just before 11:40 a.m., an officer was dispatched to CVS Pharmacy, 1401 South Baldwin Avenue, regarding a battery report. An adult suspect, described as a Black female in her thirties, attempted to purchase merchandise using invalid rebate coupons. After the transaction was declined, the suspect became upset, yelled profanities, and attacked the store manager. She exited the store without making payment for the merchandise and fled southbound on Baldwin Avenue on foot.
12. At approximately 9:22 p.m., an officer responded to Macy's at the Santa Anita Mall, 400 South Baldwin Avenue, regarding a theft report. The suspect concealed merchandise inside her purse and makeup bag, and exited the store without making payment. A search of her person revealed she was also in possession of burglary tools. The 20-year-old Hispanic female was arrested and transported to the Arcadia City Jail for booking.

Saturday, August 2:

13. Around 00:37 a.m., an officer made consensual contact with two subjects in the parking lot of the Santa Anita Mall, 400 South Baldwin Avenue. One of the subjects, a 21-year-old Hispanic male, was drunk in public and had an outstanding misdemeanor warrant. The other subject, a 25-year-old Hispanic male, had two outstanding misdemeanor warrants. Both subjects were arrested for the listed violations and transported to the Arcadia City Jail for booking.
14. At about 1:45 a.m., an officer conducted a traffic stop on a vehicle in the area of Colorado Boulevard and Colorado Place for a broken tail light, broken license plate lamp, and suspended registration. An investigation revealed the driver had an outstanding misdemeanor warrant and was in possession of counterfeit money and ammunition. The 29-year-old Hispanic female was arrested and transported to the Arcadia City Jail for booking.

MONROVIA - DUARTE

Sierra Madre

Arcadia

Pasadena

Altadena

Monrovia

JULIAN FISHER PARK PLAYGROUND DEDICATION SATURDAY

By Joan Schmidt

Several times I have driven by Julian D. Fisher Park in Monrovia and wondered who Julian Fisher was. This past Saturday I found out.

Julian Fisher was a very remarkable man. He was born on August 9, 1896 in Denver Colorado and his family moved to Monrovia in 1910. He was the first African American to graduate from Monrovia High School and was Monrovia's first African American Police Officer.

Festivities began with a warm *Welcome*, followed by a beautiful rendition of the National Anthem. Many dignitaries were present including Assemblyman Chris Holden, Brian Mejia on behalf of Supervisor Mike Antonovich, and Hector Elizalde representing Congresswoman Grace Napolitano. All three presented Certificates to the City marking this great occasion. Local officials attending included Mayor Mary Ann Lutz, Mayor Pro Tem Becky Shevlin, Council Members Larry Spicer and Tom Adams, Carl Hassel, Director of Public Works, Chief of Police Jim Hunt, City Treasurer Steve Baker and School Board Members Alex Zucco and Terence Williams.

Mayor Lutz acknowledged many involved in this great project. Mayor Pro Tem Shevlin had a vision and obtained \$250,000 in grant funding with Supervisor Mike Antonovich's assistance. There were many people from Monrovia Public Works and many volunteers who brought this to fruition.

Council Member Spicer personally knew Julian Fisher and thanked his family for sharing him for seventy years. Mr. Fisher left a legacy of leadership and love to all citizens by creating harmony among people with different points of view. He was an active member of Bethel AME Church and married Gladys Hall in 1918. They had 13 children and 47 grandchildren. Two of Mr. Fisher's sisters and many other relatives attended and were acknowledged.

After the Ribbon Cutting ceremony, children raced over to the new play equipment, which is colorful and made with recycled materials. It was such a great event- this new playground equipment is the first step in rejuvenating the Park. I also felt it was wonderful for the public to learn about this great man whom the Park is named after and meet his family. Well done, Monrovia and the many who made this day possible!

Monrovia Police Blotter

During the last seven-day period, the Police Department handled 374 service events, resulting in 64 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.



Indecent Exposure

On August 4 at 2:47 a.m., an officer was dispatched to a business in the 800 block of East Huntington regarding a male suspect exposing himself outside the business. A female employee walked out of the business and witnessed the incident. The suspect fled the area prior to police arrival. An area check was made, but the suspect was not located. Through investigation, the identity of the suspect was learned and he was positively identified by the victim. August 6 at 7:08 p.m., the suspect was located at his residence and arrested. The suspect has previously been convicted for the same charge, making this offense a felony. The suspect is a sex registrant out of Monrovia.

Warrant Arrest

On August 6 at 2:44 a.m., officers responded to Walker Avenue and Duarte Road to assist Irwindale Police Department on a traffic stop. Irwindale officers had been in pursuit of the vehicle and had stopped it in this area. Irwindale conducted a DUI investigation on the driver. The passenger had a warrant issued out of Monrovia Police Department and was intoxicated. The subject was arrested by Monrovia officers for the warrant and being drunk in public.

Warrant Arrest

On August 6 at 3:25 a.m., officers on patrol observed a male subject in the 500 block of West Huntington Drive. They recognized the subject from prior contacts and knew he had outstanding warrants. The officers confirmed the warrants and arrested the suspect

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ISSUES ONLINE!**
at <http://issuu.com/mtnviewsnews>



ARCADIA UNIFIED HIRES FOUR NEW PRINCIPALS

ARCADIA-- The Arcadia Unified School District is pleased to announce the hiring of four new principals. The Arcadia Unified School District Board of Education unanimously agreed to the selections of Tom Bruce at First Avenue Middle School, Teresa Oakland at Holly Avenue Elementary School, Ben Acker at Foothills Middle School, and Lauren Leahy at Hugo Reid Elementary School.

“As leaders of our schools and our students, we approach the hiring of principals with the utmost importance here in Arcadia, and it’s a very lengthy and thorough process that involves many district representatives,” said Arcadia Unified School District Superintendent David Vannasdall. “We were fortunate to have received extremely impressive candidate pools for these positions with applicants from all over California and even some out of state.”

After seven years as Principal at Hugo Reid Elementary School, Tom Bruce takes over the top position at First Avenue Middle School. Bruce has nearly twenty years experience as a teacher, and over a decade as an administrator and principal. He has a Master’s Degree in Education from Marygrove College, and is currently pursuing his Doctoral Degree in Education

at Azusa Pacific University. Bruce succeeds Jeff Wilson, who was recently promoted to Assistant Superintendent of Educational Services for Arcadia Unified.

Lauren Leahy takes over the principal position at Hugo Reid Elementary School. Leahy joins AUSD from San Marino Unified School District, where she was an Assistant Principal at Huntington Middle School. Out of the more than 300 middle schools in Los Angeles County, Huntington Middle School, along with Foothills Middle School, ranked highest on the Academic Performance Index (API) with an API of 977 in the 2012-2013 school year. Leahy knows Arcadia and Hugo Reid Elementary School well. She was not only born and raised in Arcadia, but she was a student at the school she is now principal of. Leahy has her Bachelor of Arts Degree in Language and Literacy from Long Beach State University, and her Master’s Degree in Education from Cal Poly Pomona.

Ben Acker has been promoted to Principal of Foothills Middle School, where he has been the Assistant Principal since 2009. Acker is also a native of the San Gabriel Valley and lives with his wife and three children in Arcadia. His wife Brandy teaches first grade at Longley Way Elementary School, where their eldest child

Nathanael is entering the first grade this year. Acker earned his Bachelor of Science Degree in Business Administration from University of Southern California, and his Master’s Degree in Education from Azusa Pacific University. Acker succeeds Nadia Hillman, who accepted a district-level position at Santa Ana Unified School District as the Executive Director of Elementary Curriculum and Instruction.

Teresa Oakland takes over as Interim Principal at Holly Avenue Elementary School, where she has served as a Teacher on Special Assignment (TOSA) since 2007. Oakland has been teaching and working for Arcadia Unified since 2001. She has a Bachelor of Arts Degree and a Master of Arts Degree in Human Development, both from Pacific Oaks College, and an Education Specialist Degree from Point Loma Nazarene University. Oakland succeeds longtime Principal Christine Blackstock, who has been promoted as the Interim Director of Curriculum and Instruction for Arcadia Unified School District.

“We are very excited about our extremely talented and dedicated new principals who will all add tremendous value to our students’ education and this community,” Vannasdall said.

ANNA MUNTER RECEIVES FULBRIGHT AWARD

Anna Munter of Bates College has been awarded a Fulbright U.S. Student Program grant to Malaysia for an English Teaching Assistantship, the United States Department of State and the J. William Fulbright Foreign Scholarship Board announced recently.

Munter is one of over 1,800 U.S. citizens who will travel abroad for the 2014-2015 academic year through the Fulbright U.S. Student Program. Recipients of Fulbright grants are selected on the basis of academic and professional achievement, as well as demonstrated leadership potential.

The Fulbright Program is the flagship international educational exchange program sponsored by the U.S. government and is designed to increase mutual understanding between the people of the United States and the people of other countries. The primary source of funding for the Fulbright Program is an annual appropriation made by the U.S. Congress to the U.S. Department of State, Bureau of Educational and Cultural Affairs. Participating governments and

host institutions, corporations and foundations in foreign countries and in the United States also provide direct and indirect support. Recipients of Fulbright grants are selected on the basis of academic or professional achievement, as well as demonstrated leadership potential in their fields. The Program operates in over 155 countries worldwide.

Since its establishment in 1946 under legislation introduced by the late U.S. Senator J. William Fulbright of Arkansas, the Fulbright Program has given approximately 360,000 students, scholars, teachers, artists, and scientists the opportunity to study, teach and conduct research, exchange ideas and contribute to finding solutions to shared international concerns.

Fulbright alumni have achieved distinction in government, science, the arts, business, philanthropy, education, and many other fields. Fifty-three Fulbright alumni from 12 countries have been awarded the Nobel Prize, and 78 alumni have received Pulitzer Prizes. Prominent

Fulbright alumni include: **Muhammad Yunus**, founder, Grameen Bank, and 2006 Nobel Peace Prize recipient; **Juan Manuel Santos**, President of Colombia; **John Hope Franklin**, noted American historian and Presidential Medal of Freedom recipient; **Riccardo Giacconi**, physicist and 2002 Nobel Laureate; **Amar Gopal Bose**, chairman and founder, Bose Corporation; **Renée Fleming**, soprano; **Jonathan Franzen**, writer; and **Daniel Libeskind**, architect.

Fulbright recipients are among over 50,000 individuals participating in U.S. Department of State exchange programs each year. The Fulbright U.S. Student Program is administered by the Institute of International Education.

For further information about the Fulbright Program or the U.S. Department of State’s Bureau of Educational and Cultural Affairs, please visit our website at <http://eca.state.gov/fulbright> or contact Elaine Clayton, telephone 202-632-6445 or e-mail ECA-Press@state.gov.

DUARTE HIGH STUDENTS LEARN TO TAKE ACTION RESPONSIBLY BY ATTENDING S.T.A.R. EVENT HOSTED BY DUSD BOARD MEMBER KEN BELL AUGUST 12, 2014 AT MONROVIA CANYON PARK

Forty Duarte High School students will participate in the S.T.A.R. (Students Taking Action Responsibly) Event facilitated by DUSD School Board Member, Mr. Ken Bell. The event will also feature motivational speakers including Michael Conception and Yolanda Haro. This full day retreat held at Monrovia Canyon Park will focus on “value reinforcement.” During this time students will be able to work with adults in building their leadership skills and learn how to further enhance their ability to make positive choices. The training S.T.A.R. students will receive at the event will help

to foster a safer school campus, community and environment. Topics for the training will include: daring to be different, how your habits affect you, how to stand alone, the danger of bullying/cyber bullying, dealing with conflict, communication and peer pressure.

The S.T.A.R. event is a new program created by Ken Bell that is an expansion of his mentoring program, *Yes, We Can!*, designed for 6th grade students that has succeeded to help them prepare for the transition to middle school so that they may all grow and thrive. The students

participating in the S.T.A.R. event were selected based on their leadership skills, adeptness at problem solving and willingness to make a difference at home, in his/her school and in the community at large.

“We are very excited about the new S.T.A.R. program,” said Ken Bell. “It is a motivational program that reflects the Duarte Unified School District’s mission to provide the knowledge, skills and inspiration for each student to be successful in career and in life. The motto of our program is everyone can be a STAR!”

SCHOOL DIRECTORY

Alverno High School

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

Arcadia High School

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

Arroyo Pacific Academy

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

Barnhart School

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

Bethany Christian School

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

Clairbourn School

8400 Huntington Drive
San Gabriel, CA 91775
Phone: 626-286-3108 ext. 172
FAX: 626-286-1528

E-mail: jhawes@clairbourn.org

Foothill Oaks Academy

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

The Gooden School

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

High Point Academy

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

LaSalle High School

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

Monrovia High School

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

Odyssey Charter School

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

Pasadena High School

2925 E. Sierra Madre Blvd. Pasadena, Ca.
(626) 396-5880 Principal: Gilbert Barraza
barraza.gilbert@pusd.us
website: 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

Sierra Madre Elementary School

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

Sierra Madre Middle School

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

Walden School

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www.waldenschool.net

Weizmann Day School

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(626) 797-0204
Lisa Feldman: Head of School

Wilson Middle School

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(626) 449-7390 Principal: Ruth Esseln
E-mail address: resseln@pusd.us

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THE REEL DEAL: by Ben Show

GUARDIANS OF THE GALAXY

When it comes to Marvel movies, they all make a ton of money, whether they are good or not. Generally, they are on the better side but there have been a few flops. From the trailers, ‘Guardians’ looked like it could go either way: it had a massive, ‘Avengers’ sized cast. Yet, it looked to be a bit quirkier and was made to me more ‘family friendly’. Peter Quill (Chris Pratt) left Earth at a young age. He discovered a galaxy full of thugs, strange creatures, and backstabbing friends. After many years, he is sent on a mission to recover an item that will lead him all over the galaxy and throw him into a battle hundreds of years in the making.

Marvel has done it again. What makes ‘Guardians’ so shocking is how it is able to introduce you to five, fully fleshed out characters, while maintaining a good pace and an interesting story, with a satisfying conclusion that leaves you wanting more, in just two hours. This is the next big franchise for the studio and I cannot wait for the next installment, which will hopefully be just as amazing as this film is.



CENTRAL PARK CAFÉ...NOT SO OLD PASADENA

I have referred to Central Park Café in Pasadena's as a rising star in the competitive Pasadena restaurant scene. Central Park specializes in mouthwatering steaks, fresh fish, handcrafted pastas and gourmet pizzas. I have dined here at least once a month since it's opening over six years ago;

Hence, it's not the newest fire on the block but

TABLE FOR TWO by Peter Dills
thechefknows@yahoo.com

it remains one of Pasadena's best kept secrets. When I go here, I find myself irresistible drawn to the same dishes over and over again, as I order the Ahi Sandwich (\$10.95) with its exceptional partnering of a delicious side salad of Broccoli. If and when I get more adventurous, and break free from the spell that Central Park has placed me under, the eggplant sandwich on focaccia bread has all the makings of a new favorite (\$9.50). When I am hungry and have a big appetite, usually at dinner, I dive into the braised short ribs (\$18.95).

I love breakfast here. So, on those mornings when the sun beckons with an irrepressible invitation, I invite my friends, Kind Ken Fuller and his wife Becky to meet me for breakfast. I get a sly indicator that they, like me, know that something special is on its way. It is displayed in the little smile that forms as they sit at the table and survey the menu. Ken religiously orders the eggs benedict. Breakfast is notable here and it makes sense, since the owners also own Canoe House and the Diner on Main St. Both places are known for a good breakfast. Now, I wouldn't call Central Park upscale; however it would be wrong to translate the experience visually and flavorfully of those two restaurants to Central Park.



AM 830

To make your experience more enticing, Central Park add another allure to their award winning and hand selected wine list, they added a full Bar. It is quaint, more the appearance of a service bar than a full one, but if you are in the mood for a Martini, you can use your best James Bond to impress the ladies. It never works for me though! All the Desserts here are created in-house, and are very affordable in the (\$6) range. My recommendation is the Carrot Cake, an expressive ending to a great dining experience.

Central Park occupies the One Hundred year old flower warehouse. You might remember it as Soda Jerk's at one point. It still has the same beautifully exposed brick walls, which tease the imagination into believing that you have entered a Fifties Chicago style Restaurant. If you are a Pop Culture buff, the walls yield in homage as

a testament to that nostalgic era. There are black and white photos of celebrities from Joltin' Joe DiMaggio to the cigar taping, comedian, Groucho Marx. With the exposed brick, and the high vaulted ceilings and elegant decor, Central Park will transport you back in time.

Central Park has their own off street parking, which gives you enough time to really enjoy breakfast, lunch or dinner, without worrying if there are enough coins in the meter.

I place Central Park Café in a similar category with Parkway Grill, Houston's and Smitty's. The difference being that Central Park is a little less expensive than these other three. Check out their web page www.centralparkcafe.net hours and exact prices. Bargain Note: \$6 Martinis on Monday Nights

I am a fan of Central Park Café and I am sure with a single visit, you will be too. Central Park Café 219 S. Fair Oaks Pasadena (626) 449-4499

Visit me on my website www.peterdills.com
listen to Dining w/Dills on KLAAM 830 at 5 PM

RICH Johnson

OLD SCHOOL EATERY!



So, Sierra Madre, what's new?

Frescos Family Restaurant closed. You know the one. In the Albertsons shopping center. I miss them. Oscar (and family), Carolina, and German. Most of you

know I regularly started my day there saving the world by playing cribbage with friends. Playing cribbage in public is what gave me my journalistic career. I was spotted, queried and then asked to write for the paper.

What's new? Several months have gone by and finally the "Old School Eatery" has opened in the old Frescos location. If you have followed their first few weeks on Yelp (the restaurant review site) you have been quite entertained with reviews that run from great to really not so great.

I went to the Old School Eatery. Both times were during the slow mid afternoon hours. I experienced great service and timeliness of the delivery of the meals. I've heard the service is not so good when they are busy, but that could be written off as the growing pains of a new eatery. The first time I went I had the short rib sandwich and, to be truthful, I wasn't impressed. Not real flavorful in my opinion.

However, the second time I went, I had the meat loaf sandwich and it may very well be the best meat loaf sandwich I've ever had. And that's saying something as I am somewhat of a

connoisseur of meat loaf (Am I a classy guy or what?) What? The sandwich was served on an onion roll which was just perfect. Everything about the sandwich was perfect. I had it with the tater tots. If you're used to tater tots from the freezer section of the store, you do not know tater tots. These were great. Now get this. My friend had the short rib sandwich and loved it. I guess beauty is in the eye of the taste bud.) He also had the side of deviled eggs and shared a little bit. Now deviled eggs are tricky business. My aunts and great aunts made them for years so I know good deviled eggs. These guys make good, and flavorful deviled eggs.

I would be remiss if I didn't talk about the Chef. His name is Marc and he is from Brooklyn. Where he is from should say it all. If you've ever had any dealings with New Yorkers you probably know they are 180 degrees opposite the casual laid back Southern Californian. To your typical Huntington Beach surfer dude Marc will seem loud, abrupt, arrogant and rude. There is a good chance he will shock you.

Hopefully, the Old School Eatery will fix their service problems. A lot of time, effort, and undoubtedly money, has gone in and being a business owner myself, I want them to succeed wonderfully.

What about Chef Marc? In addition to his culinary artistry, think of him as the entertainment. I'm betting (and hoping) he will mellow out.

Try Old School Eatery out.

NSF INTERNATIONAL SURVEY REVEALS HOW CONFUSION ABOUT FOOD EXPIRATION DATES CAN IMPACT HEALTH AND WALLETS

ANN ARBOR, Mich. – Expiration date labeling on food products is a source of confusion for consumers according to a new survey from NSF International, a global public health and safety organization. The survey found that people are confused about how to interpret dates on food packaging such as expiration, "best used by" and "sell by" dates, causing many to keep some food dangerously long or prematurely throw away good food.

In fact, the survey indicated that one in four (27 percent) Americans don't throw away food by the expiration date, putting themselves, family or friends at risk of foodborne pathogens such as Salmonella, Listeria and E. coli. Additionally, half of Americans surveyed said they throw out food based on the "best used by" and "sell by" dates (51 percent and 36 percent, respectively), wasting both their food and money.

More Information:
Survey Summary | Infographic | Understanding Expiration Dates Tip Sheet

Perhaps because of this confusion, a majority of the respondents (64 percent) said they rely on the decidedly unscientific and incorrect approach of using their senses to decide when to throw out food. Nearly half (47 percent) use visual cues such as mold or a change in texture or color as an indicator of food's freshness. An additional 17 percent said they will throw away fresh foods based on smell. **This behavior can be dangerous because the germs which cause foodborne illness cannot be seen or smelled.**

"With so many different types of dates on food packaging, it's understandable that consumers may be confused about what they all mean," said Cheryl Luptowski, home safety expert at NSF International. "Some dates are references for food safety, while other dates are meant to inform the consumer of the food's quality or help retailers be aware of how long to display food. Part of NSF International's mission is to educate consumers about food safety, and our survey results clearly show that more education is needed on the subject."

Americans who are confused by the different label dates can refer to the quick guide below and visit NSF International's website for more food safety advice such as the Understanding Expiration Dates Tip Sheet and NSF Food Storage Charts.

Expiration or "use by" dates refer to food safety. Food should be thrown away once this date has passed.

"Sell by" dates are a reference for food retailers and indicate when food should be pulled from the shelves.

Consumers should check to make sure this date has not passed before purchasing food.

"Best used by" dates have nothing to do with safety. Instead they refer to the last date when the food will be at peak quality and freshness.

Other findings from NSF International's food expiration dates survey include:

Uncooked meats, dairy products and produce pose the greatest food safety threat when kept too long, yet some still ignore the dates on these products. One in four (27 percent) said they keep uncooked meat past the date on the label and 22 percent said they keep dairy products such as milk and sour cream past the date on the label. Thirty-seven percent don't throw away produce after the expiration date.

Behavior varies according to age. Those under age 34 were more likely to throw out foods regardless of the type of date posted on the package. Conversely, Americans over age 55 were the most likely to hold onto food past any date on the label, which is concerning if they are preparing meals for young children, pregnant women or immune-compromised family and friends. Consumers older than 65 may also be more susceptible to germs which cause foodborne illness.

Americans sometimes avoid eating at other people's homes due to food safety concerns. According to the survey, 39 percent of respondents have avoided eating something at a friend's or family member's house because they didn't trust the safety or quality of the food. The level of concern rises for middle-aged respondents. Nearly half (48 percent) of those aged 45-54 will say "no thanks" to food when they are a guest, while 35 percent of younger Americans aged 18-34 will decline food.

Men and women tend to throw out food for the same reasons. Overall, men and women have similar behavior when it comes to throwing away food. However, women tend to be slightly more cautious when it comes to throwing out specific foods that are past the label date (e.g. uncooked meat, canned goods, prewashed vegetables, etc.). Both acknowledge relying more on changes in appearance, color or texture rather than the date on the food package.

"Food expiration dates are meant to offer guidance to consumers," added Luptowski. "Confusion about these dates can result in many people either keeping food long past the dates on the product or throwing away food prematurely. Knowing what the dates mean can help keep you healthy, avoid food wastes and save money."



INGREDIENTS

1 onion, minced
6 garlic cloves, minced
1 tbs extra-virgin olive oil
1 tbs tomato paste
1/4 teas red pepper flakes
4 peppers, large and varied - yellow, orange, red
1 slice good white bread, torn into pieces
1/4 cup whole milk
12 oz Italian sausage, removed from casing
1 small zucchini, seeded and cut into 1/4" pieces
3/4 cup shredded Monterey Jack cheese
3/4 cup cooked rice
1/4 cup grated Parmesan cheese
salt and pepper
2 tbs fresh basil, minced

DIRECTIONS

In a microwave safe bowl, microwave the onion, oil, tomato paste and red pepper flakes, about 5 minutes, stirring often.

Cut 1/2" top off each pepper, removing the seeds and stems. Chop the tops up fine and reserve.

In a large bowl, mash the bread with the milk and the back of a fork until combined. Mix in the onion mixture and chipped pepper tops. Add the sausage, zucchini, Monterey Jack cheese, rice, Parmesan, and season well with salt and pepper. Mix the filling well by hand and pack into the cored peppers.

Pour 1/3 cup water into your slow cooker and arrange the stuffed peppers upright so that they will remain standing while cooking. Cover and cook about 4 to 6 hours on low, until the peppers are tender.

Pick up the peppers carefully with tongs, and use a slotted spoon underneath to transfer to plates.

Serve with fresh Parmesan cheese and basil on top.

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A GENTLE LEASH ON LIFE

As a dog-walker and pet sitter, I have had many clients ask me which is the best type of collar or lead to use for walking their dog. Well, to be completely honest, I am hesitant to respond to that question with full confidence until I get to know their dog on a personal level. There are so many dog walking and training collar & lead products on the market these days, each with their own specified (even patented) technique and philosophy, that it can be somewhat confusing and rather overwhelming to select the proper product for your pet. With so many types of collars available today, there are equally numerous types of dogs, at various developmental levels of human bonding and obedience. If you take a little time and effort to choose the right tools, you are bound to find a match in the mix eventually. I do not claim to be an expert on the subject, however I do know that each dog has its own specific needs and it is important to use humane handling methods to meet those needs, in order to foster positive results and establish a trusting relationship with your pet. It is also important to research the philosophy behind a dog handling product before putting it to use. Having read several articles and doing a little research of my own, I came up with a list of collar types that would most likely be found at the local pet supply store today, in hopes of informing and helping you select the proper lead product for your beloved canine companion. Be aware that this list is just a good start. It does not include every single product available in today's market, and the descriptions are brief, so you will want to research each product more specifically in consideration of your own dog's needs before

making a final selection.

Buckle Collars: These are collars that are simply fastened with a buckle. They are typically made of nylon or leather, and are either flat or rolled. Most buckle collars are adjustable, but do not tighten on the dog's neck once fastened. Rolled leather collars, although more expensive, tend to fit more comfortably. Adjustable nylon collars are recommended for growing pups. For the owner whose dog does not pull to the point of choking and gagging and who also responds well when learning commands, the buckle collar works fine.

Body Harness: Harnesses were originally designed for sled dogs. Pulling is the reaction of about 99% of dogs placed on harnesses, so unless the goal is to teach a dog to pull, it is worthless as a training tool. I recommend the harness as a dog seatbelt. A leash with a solid brass or steel clip strapped around the back of the seat and fastened to the harness makes a great restraint for a dog that might otherwise crash into the windshield upon impact.

Break-away Collars: A special quick-release collar that will unfasten if a strong pull is placed on the collar. However, the collar will not unfasten when attached to a leash. This collar was designed after the inventor's dog choked to death because its collar got caught on something.

Choke Chains / Slip Collars: Metal choke chains are still being used as a training tool in traditional methods, where the dog is corrected by a quick snap of the leash if he doesn't obey a command. Slip collars are similar, except they are made of soft materials such as nylon or cotton. These types of collars should never be left on an unattended dog, and always removed when the leash is removed.

Electronic Collars: Often

called remote or e-collars by advocates, and shock collars by detractors, these devices deliver an electrical stimulus causing pain to the dog when given a correction. It is my experience, when evaluating most dogs who have been trained using shock devices, that these collars can destroy a dog's self-confidence. I would never use nor do I advocate the use of shock collars as an obedience training device.

Head Halters: Head Halters are the latest in politically correct, morally proper tools that feed into owners' desire to treat their canine companions humanely. The halter is very effective in achieving compliance and obedience without excessive restraint, however some feel that the dog's personality is somewhat marginalized by its use. I personally feel this tool works better than most in controlling a dog's tendency to pull, without choking.

Prong or Pinch Collars: These collars may seem like a kind of medieval torture device, but they are actually humane when used properly. They should definitely be used for training "neck insensitive" dogs only.

I want to make it clear that this article is not meant to advocate the use of any particular collar type over another. A sincere, caring pet owner takes the time to try and understand how his or her dog(s) thinks, learns and bonds with human beings and the best candidate to determine which product works best for their pet is his owner. No training equipment can ever take the place of a strong, mutually respectful relationship between a dog and his master. Finally, do be gentle and loving in the way that you treat your dog and your dog will be gentle and loving in how he responds to you, of that I am sure!

LOOKING FOR A BEST FRIEND?

Maybe an itty bitty one? Think of Yum Tum!

Yum Tum is an adorable 4 month old grey and white domestic short hair kitten. He is a sweet, charming kitty with a 'take me home' expression and cute button nose. He is an affectionate boy who purrs as soon as he gets in your arms. He gets along well with his kitten friends and is very social with people. This playful guy has a lifetime of love and affection to share and would be a great addition to a lucky family. Full of life and eager to meet his family, Yum Tum is social and loves people!

Please come in to meet Yum Tum and his kitty friends in person. They will charm you with their kitty antics and love of life. If a kitty is part of your future, you won't want to miss these cuties. Its kitty season and they won't last long!

The kitty adoption fee is \$99 which includes neuter surgery, a microchip, first vaccinations and a free wellness check-up at a participating veterinarian.

Take advantage of our new cat adoption program to celebrate "Kitten Season"! The 'Me and My Shadow' companion adoption program allows you to have Twice the Fun at a Third the Cost! When you adopt a second kitty, who must be **black like a shadow**, the cost is only \$29.



Yum Tum currently resides at the San Gabriel Valley Humane Society located at 851 E. Grand Avenue in San Gabriel with his kitty friends. We are located off San Gabriel Blvd., north of Mission and south of Las Tunas.

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

His adoption fee is \$99 which includes a microchip, neuter 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 Yum Tum.

See our website at www.sgvhumane.org for information and photos of all our available pets.

PET OF THE WEEK: PRINGLE

Animal ID #A4737000

Meet Pringle (A4737000)! Pringle is a dreamy 7-month-old tan male Short Haired Chihuahua Mix puppy who was found in La Puente and brought to the Baldwin Park Animal Care Center on July 23rd. Weighing 3 pounds and expected to top out at around 6 pounds, Pringle loves to be carried and does not seem to have had experience walking on a leash. He would be a perfect purse pet. He likes everyone he meets, both human and canine. Pringle will be an affectionate and charming indoor pet and companion for an individual or a family (as long as any kids are old enough to be careful with this delicate fellow!) in any living situation. Go down to the Baldwin Park Shelter today to meet Pringle and fall in love! To watch a video of Pringle please visit: <http://youtu.be/sq3V7-VmIKU>

To meet Pringle 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 Pringle, please reference his animal ID number: A4737000. 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 Pringle or the adoption process, contact United Hope for Animals Volunteer Adoption Coordinator Samantha at Samantha@hope4animals.org. To learn more about United Hope for Animals' partnership with the Baldwin Park Shelter through its Shelter Support Program, as well as the many dogs of all breeds, ages, and sizes available for adoption in local shelters, visit <http://www.unitedhope4animals.org/about-us/shelter-support-program/>.



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A Must See!






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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.

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THE JOY OF YOGA

A POSE TO HELP WITH THAT STRESS



Last week we were talking about the parasympathetic nervous system. We want to stimulate this "rest and digest" part of our nervous system to counter the stresses of life and remain calm and cool. Yoga can help because the poses themselves can go to work on the balance of energy in our bodies. Some poses key us up and others bring relaxation. To better digest our food, to calm our overall world, we need poses that create those effects. We can do a pose called Viparita Karani to activate the parasympathetic nervous system. This is a modified should stand. It is gentle and easy. First, you lie on your back with your knees bent and your feet planted on the floor near your bum. Lift your heart slightly and draw your shoulder blades together and then settle back to the mat. The idea is to be on your shoulder blades, so they should be as close together as possible. Then press into your feet and lift your hips up off the mat and place a block

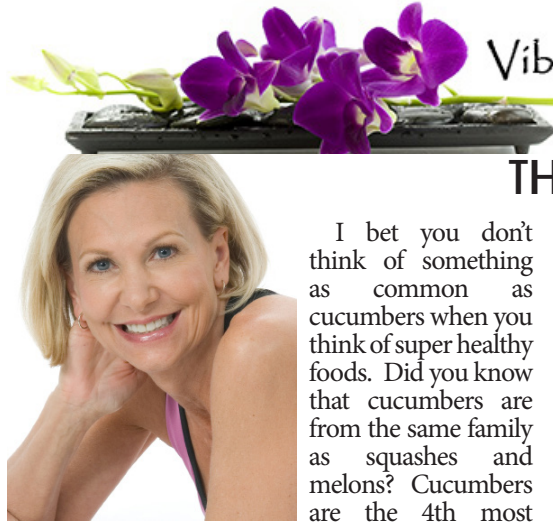
or firm cushion under your low back. Readjust your shoulders again, drawing your shoulder blades closer together. Then bend your knees and lift your feet off the floor. If you are stable, then take your feet toward the sky. The knees stay slightly bent, the feet, in the air, over your face. Your bum should be hanging off the end of the block. Many people have the block too far down and need to bring it more directly under the low back. You could also do this pose at the wall with your feet up the wall, cushion under your bum.

It is extremely relaxing and comfortable. It helps lower blood pressure and stress. Do not do it on a full stomach or if you have glaucoma. Try to keep your breathing smooth and even, through your nose. When you come out, do so very slowly. Do not stand up right away. Stay low. Work up to spending 5 minutes a day here. The health benefits are tremendous. Stay calm and cool.

See you in class.

Namasté,

René



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

Vibrant Living Wellness Center

Heathcare the Way Nature Intended

THE COOL CUKES

I bet you don't think of something as common as cucumbers when you think of super healthy foods. Did you know that cucumbers are from the same family as squashes and melons? Cucumbers are the 4th most commonly cultivated vegetable in the world and have many health benefits.

First, cucumbers are over 90% water and contain almost all of the vitamins the body requires. The skin of the cucumber contains a lot of vitamins but because cucumbers are heavily sprayed with pesticides and waxed, I would recommend washing thoroughly or peeling. The best bet for a healthier salad is to buy organic and leave the skin on.

Cucumbers are low in calories making them a great snack food. They are not only full of water but they also contain electrolytes, especially potassium. Try putting a few slices in a cool glass of water on a

hot summer day for a refreshing drink.

Cucumber peels are a great source of dietary fiber. Fiber from cucumber skins helps reduce constipation, and helps to eliminate toxic compounds from the gut. Cucumbers contain a high amount of vitamin K. Most of the vitamin K is found in the peel or near the peel so peeling reduces this greatly. Vitamin-K has been found to possibly have a role in bone mass building activity. It has also been used in the treatment of Alzheimer's disease by limiting neuronal damage in the brain.

If you find yourself having too many alcoholic beverages, try eating cucumbers before bed to avoid a hangover or headache. Cucumbers contain sugar, B vitamins and electrolytes to replenish many essential nutrients. All of these things can play a role in reducing the intensity of a hangover.

If you are looking for an easy way to improve your health, add some cucumbers. They are great in salads, they are great as a salad all by themselves (thinly sliced, then sprinkle with rice vinegar, sesame seeds and some sea salt), they are refreshing in water and they are great alone as snacks.

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Beat Summertime Blues!

Mom, I'm bored. There's nothing to do!



Is summer starting to drag a little? Is it making you feel a little antsy?

We *could* repaint your room! What color of blue do you like?

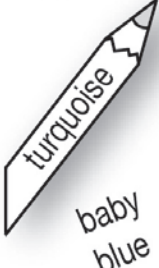
Well, you could help me sift some salt or pick more seaweed to fill this bucket or...

Uh-oh, better think up your own fun and keep busy!

The middle of the summer is here and many kids start to get bored. Well, let's beat those summertime blues with ideas for things to do! **Can you circle the ideas below in the word search?**

farmers market park
nature center movies
train station gardens
art gallery petting zoo
hatchery playground
airport planetarium
library town water park
beach science museum

Shades of Blue!



1. the color of one of the few true "blue" flowers; others are a dark blue-purple
2. bluish-gray used in uniforms
3. a dark blue, almost black
4. a light-bluish green
5. a lighter, pastel color

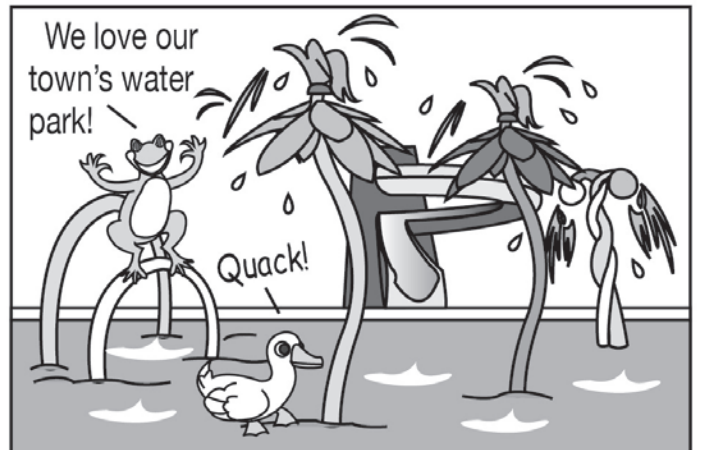
There are many shades of blue. Do you know these?

1
2
3
4
5

Air Force blue

cornflower blue

Free stuff



A A Z P L A N E T A R I U M G I H M R V
P V F S V K S X T R A I N S T A T I O N
J M T U I C D H G A X N R Q D A P H G N
P O O P A R K E R U P L A Y G R O U N D
K V W Y P L S C I E N C E M U S E U M M
P I N A T U R E C E N T E R Y Z Y Z T Y
E E W P Y A I R S N G L S D C U W E A K
T S A J F A R M E R S M A R K E T Q U T
T L T W F P N T M F K X I R F H B I R N
I D E T D E G G A R D E N S I O Q R
N V R X M A H A M X E X T G P U A I
G B P X N V L J X V U R X B L Z
Z E A V C R I L C Z I Y G Q N D
O A R G H A T C H E R Y E A V A O P V G
O C K F P L O J O Y A E U R R G G K R S
X H V L I B R A R Y J M W D Y W Z R K B

Come to print out free puzzles: **50 Boredom Busters, Summer Festivals and Super "Y" @** www.readingclubfun.com

HOW TO GET A MEDICARE COVERED POWER SCOOTER OR WHEELCHAIR

Dear Savvy Senior:

What's the process for getting Medicare to pay for an electric mobility scooter or power wheelchair? My 76-year-old mother has arthritis in her knees and hips, and has a difficult time getting around anymore.

Searching Daughter

Dear Searching:

Getting an electric-powered mobility scooter or wheelchair for your mom that's covered by original Medicare starts with a visit to her doctor's office. If eligible, Medicare will pay 80 percent of the cost, after she meets her \$147 Part B deductible. She will be responsible for the remaining 20 percent. Here's a breakdown of how it works.

Make an Appointment

Your first step is to call your mom's doctor and schedule a Medicare required, face-to-face mobility evaluation, to determine her need for a power wheelchair or scooter. For your mom to be eligible, she'll need to meet all of the following conditions:

- Her health condition makes moving around her home very difficult, even with the help of a cane, walker or manual wheelchair.

- She has significant problems performing activities of daily living like bathing, dressing, getting in or out of a bed or chair, or using the bathroom.

- She is able to safely operate, and get on and off the scooter or wheelchair, or have someone with her who is always available to help her safely use the device.

If eligible, your mom's doctor will determine what kind of mobility equipment she'll need based on her condition, usability in her home, and ability to operate it.

It's also important to know that Medicare coverage is dependent on your mom needing a scooter or wheelchair in her home. If her claim is based on needing it outside her home, it will be denied as not medically necessary, because the wheelchair or scooter will be considered as a leisure item.

Where to Shop

If the doctor determines your mom needs a power scooter or wheelchair, he or she will fill out a written order or certificate of medical necessity (CMN) form for her. Once she gets that, she'll



need to take it to a Medicare approved supplier within 45 days. If your mother happens to live in one of Medicare's competitive bidding areas, you'll need to get her device from specific suppliers approved by Medicare. To find approved suppliers and competitive bidding suppliers in your area, visit medicare.gov/supplier or call 800-633-4227.

Once you choose an approved supplier, they will send a representative to assess your mom's home measuring her doorways, thresholds and overall space to ensure she gets the appropriate mobility device.

Financial Assistance

If your mom has a Medicare supplemental policy, it may pick up some, or all of the 20 percent cost of the scooter or wheelchair that's not covered by Medicare. If, however, she doesn't have supplemental insurance, and can't afford the 20 percent, she may be able to get help through Medicare Savings Programs. Call your local Medicaid office for eligibility information.

Or, if you find that your mom is not eligible for a Medicare covered scooter or wheelchair, and she can't afford to purchase one, renting can be a much cheaper short-term solution. Talk to a supplier about this option.

For more information, call Medicare at 800-633-4227 and request a copy of publication #11046 "Medicare's Wheelchair and Scooter Benefit," or you can read it online at medicare.gov/publications/pubs/pdf/11046.pdf.

Medicare Advantage

If your mom happens to have a Medicare Advantage plan (like an HMO or PPO), she'll need to call her plan to find out the specific steps she needs to take to get a wheelchair or scooter. Many Advantage plans may have specific suppliers within the plan's network they'll require her to use.

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



KATIE Tse.....This and That FEMALE FELINES & OTHER COMMON MISCONCEPTIONS

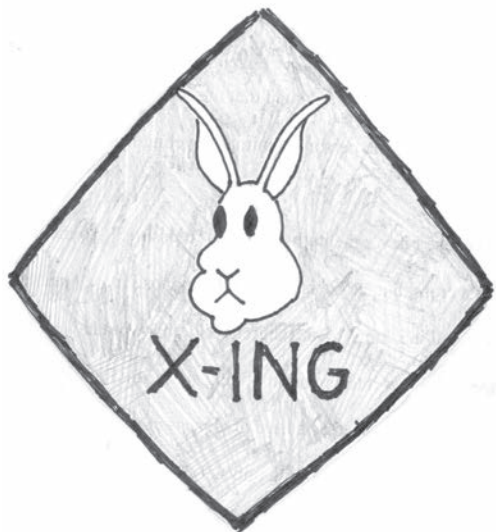
Not only does driving get you from one place to another, but it also gives you a chance to listen to the radio (something

that our Sierra Madre reception is not always great at providing). My husband and I sometimes listen to Ira Glass' radio program, "This American Life." One of my favorite episodes had to do with misconceptions people developed (usually as children) that weren't corrected until much later. The story that stood out was of a woman who assumed that the X-ing signs were pronounced "zing," and referred to any possible person or animal traveling from one side of the road to the other.

I related to this, because I never mentally read it as "crossing." To me it's "X-ing." A "t" is a cross, a "+" is a cross, but an "x" is an x. You don't say, "Cross marks the spot!" But I suppose if they painted "t-ing" on the road people would call it "ting." But I digress. So, this woman went through much of her life never questioning her interpretation of zing signs, until one day she and a friend were stopped on a country road as a herd of alpacas crossed by (I forget what the actual animals were, but they were something unusual). "Ha ha! They should put an 'Alpaca Zing' sign here!" she said. But instead of laughter, her friend gave her a vacant stare. "A what?" he asked. Then it dawned upon her...

While her zing experience is probably not that common, there are some misconceptions that seem to transcend one's own upbringing, and other cultural variables. A classic example of this is the theory that all cats are female and all dogs are male. As a child, I believed this for a while! It's easy to see how kids come to this conclusion. Cats are meticulous about grooming the way many women are about fixing their hair and makeup. They are dainty in their nimbleness and even the way they move is slinky! Dogs, on the other hand, are (generally) sloppy and couldn't give a hoot if their coat is caked in mud.

My mom had some interesting childhood theories about the world. She imagined that the human torso was completely hollow, so that when you ate too much you were literally stuffed. A more understandable misconception Mom had included old and new water. When it rained, that was "new" water, and when it got flushed away that was the end



of it. But how was she supposed to come up with the water cycle all on her own?

Not growing up with a lot of "high tech" gadgets, I had a lot of learning to do about modern innovations such as microwaves and answering machines. I remember the odd look one of my friends gave me when I placed a tin foil wrapped quesadilla in her microwave. And I was always careful to be quiet and not let the callers who left messages on the answering machine know we were actually there. Since I could hear them, I figured they could hear me! Also, have you noticed that everyone stops talking when someone is leaving a message?

As adults we tend to forget the funny things we thought as children, but working at a school lets me watch these early theories unfold. I was working with a group of five first graders. There were two boys, one tried to be a tough guy, and the other had a never ending flow of, what he considered to be, factual information (sometimes a little too much!). It was around Halloween and I had some stickers with photos of cats and dogs in different costumes. The little tough guy pointed to a cat with a leather jacket, spiked collar, and mohawk. "Check out this cool dude!" he said. Little Mr. Information wasted no time in correcting him. "Oh no, Tommy. You see, this is a cat. All cats are girls."

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:

I distrust camels, and anyone else who can go a week without a drink.
Joe E. Lewis



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 though 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 Budinich will be offering free eye testings and stock reading glasses to all interested individuals.

Dr. Budinich 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.

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SEAN'S SHAMELESS REVIEWS:

By Sean Kayden

BOYHOOD

Filmed intermittently over the course of 12 years, "Boyhood" is the extraordinary tale of one ordinary boy's life. Using the same cast the entire time, Richard Linklater started the project in the summer of 2002 alongside actors Ellar Coltrane as Mason Jr., Patricia Arquette as his mother Olivia, Lorelei Linklater as Mason's sister Samantha, and Ethan Hawke as Mason Sr. The film chronicles Mason's life from age 6 to 18. At a running time of two hours and forty-four minutes, the film is epic in technical scope, but never the less an entirely intimate portrait of what life was/is during adolescence for the majority of us. "Boyhood" doesn't rely on any trickery or the use of "big moments" to capture your attention (and heart). It's a steady stream from start to finish, but the results are clear. "Boyhood" is a thing of beauty. However, its true avowal is it allows for one to believe that life itself is the real thing of beauty.

It's amazing to see the transformation on screen. The way people become older, some wiser, nearly right in front of your eyes for two and a half hours plus. It's as if you're watching a real family journey through these twelve years. Arguably, these twelve years could be considered the most crucial, imperative years in a young man's life. Newcomer Ellar Coltrane was absolutely pitch-perfect for the role. He was convincing, sharp, and magnetic on screen. Both Patricia Arquette and Ethan Hawke are sublime. I've noticed a lot of acclaim for Arquette, even as going as far as touting her as a best supporting actress nominee for next year's Oscars. Hawke, at least for me, stole the show in his snippets throughout the course of the movie as a 30-something year old guy kind of wandering through life in the beginning, to ultimately reaching his own version of adulthood by middle age. He's never been so real, so heartfelt, and undeniably solid as

Mason's weekend dad. "Boyhood" makes you realize no matter what age you are, 17 or 40, life is a series of events and mysteries that no one could ever be completely equipped for as they come your way.

Perhaps my only quibble is the redundancy

Written & Directed By: Richard Linklater
Rated:
R for language including sexual references, and for teen drug and alcohol use

Release Date: July 18, 2014 (limited)

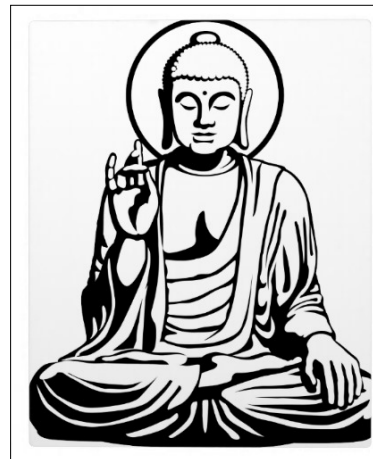
of having two stepfathers that are alcoholics. It leans a bit more on the cliché side, which the film generally stays clear of. Maybe a death in the family during Mason's life would have been another way to go. However, despite that very slight criticism, "Boyhood" could still be deemed a modern day masterpiece. It's a film that resonated with me days after seeing it. From the soundtrack (many songs I've enjoyed growing up to) to the sharp direction and completely natural presentation displayed the four leads, Boyhood is one of those films you have to see in theaters. Something of this nature has never been shown before in the cinemas. Experience a film that will have you reflecting upon your own existence, your own upbringing as oppose to wasting valuable time and money on bloated, been there, done that Hollywood mainstream garbage. This film draws you in and holds you captivated. "Boyhood" is a superlative motion picture for all ages, young and old, on the meaning of life. And as we all know, the definition of life is distinctively unique to each and every one of us.

Grade: 4.5 out of 5

Jeff's Book Picks

By Jeff Brown

THE HAPPINESS THAT NEEDS NOTHING:
POINTERS TO THAT WHICH IS ALWAYS HERE
by Colin Drake



This book is about the innate happiness and joy that can be discovered on awakening by becoming 'Aware of' and 'identifying with' Awareness. This is to be achieved by direct investigation of moment-to-moment experience which readily reveals the Pure Awareness that underlies our existence. This leads to discovering the happiness that needs nothing external to ourselves, but which is revealed as we undertake deeper investigations into this Awareness. "As the witnessing background of all experience, I, Awareness, am inherently free from all things; as the substance of all experience, I am intimately one with all things." Rupert Spira

TRAPPED UNDER THE SEA: ONE
ENGINEERING MARVEL, FIVE MEN, AND A
DISASTER TEN MILES INTO THE DARKNESS by Neil Swidey

The harrowing story of five men who were sent into a dark, airless, miles long tunnel, hundreds of feet below the ocean, to do a nearly impossible job with deadly results. A quarter century ago, Boston had the dirtiest harbor in America. The city had been dumping sewage into it for generations, coating the seafloor with a layer of "black mayonnaise." Fisheries collapsed, wildlife fled, and locals referred to floating tampon applicators as "beach whistles." In the 1990s, work began on a state of the art treatment plant and a 10-mile-long tunnel, its endpoint stretching farther from civilization than the earth's deepest ocean trench, to carry waste out of the harbor. With this impressive feat of engineering, Boston was poised to show the country how to rebound from environmental ruin. But when bad decisions and clashing corporations endangered the project, a team of commercial divers was sent on a perilous mission to rescue the stymied cleanup effort. Five divers went in; not all of them came out alive. Drawing on hundreds of interviews and thousands of documents collected over five years of reporting, award-winning writer Neil Swidey takes us deep into the lives of the divers, engineers, politicians, lawyers, and investigators involved in the tragedy and its aftermath, creating a taut, action-packed narrative. This is a story about human risk, how it is calculated, discounted, and transferred and the institutional failures that can lead to catastrophe. Suspenseful yet humane, Trapped Under the Sea reminds us that behind every bridge, tower, and tunnel behind the infrastructure that makes modern life possible, lies unsung bravery and extraordinary sacrifice.



NO PLACE TO HIDE: EDWARD SNOWDEN, THE NSA, AND THE U.S.
SURVEILLANCE STATE by Glenn Greenwald

In May 2013, Greenwald set out for Hong Kong to meet an anonymous source who claimed to have astonishing evidence of pervasive government spying and insisted on communicating only through heavily encrypted channels. That source turned out to be NSA contractor Edward Snowden, and his revelations about the agency's widespread, systemic overreach proved to be some of the most explosive and consequential news in recent history, triggering a fierce debate over national security and information privacy. Greenwald fits all the pieces together, recounting his high intensity ten day trip to Hong Kong, examining the broader implications of the surveillance detailed in his reporting for The Guardian, and revealing fresh information on the NSA's abuse of power with never before seen documents entrusted to him by Snowden. Going beyond NSA specifics, Greenwald also takes on the establishment media, excoriating their avoidance of adversarial reporting on the government and their failure to serve the interests of the people. Finally, he asks what it means both for individuals and for a nation's political health when a government pries so invasively into the private lives of its citizens, and considers what safeguards and forms of oversight are necessary to protect democracy in the digital age. No Place to Hide is an essential contribution to our understanding of the U.S. surveillance state.


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On the Marquee: Notes from the Sierra Madre Playhouse

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SIERRA MADRE PLAYHOUSE
6 RMS RIV VU
A COMEDY BY BOB RANDALL

DIRECTED BY SHERRIE LOFTON
AUGUST 1 - SEPTEMBER 6, 2014
FOR TICKETS CALL (626) 355-4318 OR VISIT SIERRAMADREPLAYHOUSE.ORG

SIERRA MADRE PLAYHOUSE

6 RMS RIV VU
A COMEDY BY BOB RANDALL
Directed by Sherrie Lofton

Cast Lena Bouton, Albert Garnica, Jeremy Guskin*, Jill Maglione*, Craig McEldowney*, Bob Rodriguez, Lynndi Scott*, Kristin Towers-Rowles*

*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.

Pre-Sale Special

All Adult & Senior tickets purchased in July - \$19.72!

Aug 1 - Sept 6

Fridays and Saturdays at 8:00


Sundays at 2:30

No performance Saturday, Aug 16

Special performances Sunday, Aug 17 at 7:00 & Saturday, Sept 6 at 2:30

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Saturday - August 16th - 8:00pm



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Thanks for the Memories



"THANKS FOR THE MEMORIES," BACK BY POPULAR DEMAND ON SEPTEMBER 7

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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.sierramadreplyhouse.org

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17 Highwood Ct., Azusa



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



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

**145 Grove St.,
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**1507 Wesley Ave.,
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This 3-Unit property offers an opportunity to an owner-user or investor. This property offers 3 units in the front section with an additional legal storage in the rear that can be used as a home office, guest quarters or hobby shop. The property offers: 2-2bed/1bth unit, 1-1bed/1bth units. \$749,000

**1926 Sierra Madre Villa Ave,
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Creative Arts Group presents



The 3rd Annual
Scarecrow Festival
September 13th – October 31st 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/

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 19th.

Take a FREE Scarecrow Building Workshop

Saturday, September 13th, 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 28th 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 17th 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!**



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Mountain Views News

Sierra Madre

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SATURDAY, AUGUST 9, 2014

SECTION B

AROUND SAN GABRIEL VALLEY

SUPERVISOR ANTONOVICH'S ANNUAL POLICE CHIEFS LUNCHEON



Left to right: Sierra Madre Police Chief Larry Gianonne, Alhambra Capt. Cliff Mar and So. Pasadena Chief Art Miller
Story and Photo By Joan Schmidt

Recently Supervisor Mike Antonovich held his annual Police Luncheon. It's a great event where old friends get a chance to visit and newly hired/promoted Chiefs meet their counterparts from other cities. Three main topics included Sheriff Scott's update on the status of LASD, Discussion on AB 109, Public Safety Realignment and Introduction of Inspector General Max Huntsman.

After a Welcome by Supervisor Antonovich, self-introductions: LASD Sheriff John Scott, Assistant Sheriffs Rich Barrantes, Mike Rothans, Terri McDonald; Chiefs Buddy Goldman, Anthony La Berge, Jim Lopez; Commanders Mike Parker, Matthew Dendo, David Halm; Station Commanders: Chris Reed (Altadena), Bill Song (Crescenta Valley), Donnie Mouldin (Temple), Don Slawson (San Dimas), Roosevelt Johnson (Santa Clarita Valley), Don Ford (Palmdale) and Lt. Randy Harris represented Palmdale; City Police Chiefs included Bob Guthrie (Arcadia), Jim Hunt (Monrovia), Rob Castro (Glendale), Dave Lawton (San Gabriel), Art Miller (South Pasadena), Larry Giannone (Sierra Madre), Scott Pickwith (La Verne), Deputy Chief Tom Angel (Burbank) and Captain Cliff Mar represented Alhambra, and LAPD Captains

Kris Pitcher Dominic Choi also attended. From the Probation Office, Chief Jerry Powers, Assistant Chief Margarita Perez and Deputy Chief Reaver Bingham.

Sheriff Scott began by speaking of a "cyclone" - his six months in office. He has initiated 83 reforms to date, made personnel changes to place people in positions where they would be most effective and revamped the structure of command. He wants to lift the "black cloud" over the Department; there is more accountability and more involvement. Each Monday, the station commanders will overlook patrol operations. The reorganization of the Department has the ENTIRE executive staff involved in all discussions. There will be a more balance approach as they deal with reality versus perception.

Supervisor Antonovich provided all attendees with a handout on the Public Safety Realignment Act of 2011. (AB 109) The first page outlines 2011-2014. Some highlights include: 2011, a PRCS 24 hour Law Enforcement Hotline, Implemented Mobile Assistance Team and LAPD Parole Compliance Unit Pilot Program. During 2012, space requests were submitted, drafting of Policies & Directives and a Draft Procedural Manual. In 2013, Chief of Police Regional Support

(COPRS) Pilot Program, and Local Law Enforcement Co-Location (LLE) During this past year, four AB 109 Offices have opened. There are Community Re-Entry Resource Centers, Specialized caseloads, and Assembly Bill 1468 and Proposition 36.

Lastly Max Huntsman, Inspector General was introduced. In March, he had urged LA County to end contracts with the Office of Independent Review and Special Counsel Merrick Bobb. I can remember several years ago, that Merrick Bobb released reports with many glaring accounts of abuse in jails, misconduct of LASD personnel, but the problems continued. Mr. Huntsman felt the problem was that the Office of Independent Review functioned primarily as part of the Sheriff's Department.

On Tuesday, August 5, by a vote of 3-2, the Board of Supervisors voted against creating a civilian oversight commission for LASD. Supervisors Antonovich, Knabe and Yaroslavsky voted against it. Yaroslavsky said the "ambiguous roles" of current oversight committees may have contributed to the lack of focus in addressing the department's problems... "Simply put, when everyone is in charge, no one is in charge."

COMMUNITY SUPPORT HELPS FOOTHILL UNITY CENTER PREPARE NEARLY 1,100 LOCAL KIDS OF VERY LOW INCOME FAMILIES FOR CLASS AT 16TH ANNUAL BACK TO SCHOOL EVENT

After months of planning and work by Center staff, over 700 volunteers and a mass of community supporters, some 1,100 preregistered local K-12 children of very low income families got the backpacks, school supplies and clothing they needed to start the school year with confidence.

Throughout the day-long event at Santa Anita Park racetrack in Arcadia, a circle of support surrounded the excited youngsters every step of the way, as DJ Party Pros kept kids, parents and volunteers dancing. Hundreds of volunteers worked the event, staffing distribution tables for everything from uniforms and shoe vouchers to notebooks and calculators. Each child wore a "passport" lanyard with check-offs to make sure no one missed a single table.

Citrus College cosmetology students contributed a full day of haircutting and manicure services. Monrovia Reads and A Foundation for Kids gave new grade-appropriate books to every child.

Health connections were a major feature. The Ostrow School of Dentistry for USC offered free dental screenings, singling out children with the most urgent needs to be treated at the Center's Mobile Dental Clinic this winter. SafetyBeltSafe U.S.A. gave families hands-on demonstrations of how to use seat belts and install car seats and booster seats, and gave free booster seats to qualified families.

Attendees also got access to information direct from an array of health resources, including American Red Cross, CalFresh, CHAP Care, Children's Hospital Los Angeles, Community Alliance of Pasadena, Department of Social Services, HEAR Center, Methodist Hospital, Monrovia Health Center, Options Child Care Services, Pacific Clinics, Pasadena Public Health Department and URDC/Bill More Community Clinic.

Fun was everywhere, as kids lined up to see a model Mars rover from Jet Propulsion Laboratories (JPL) and learn about Exelis 3-D Deep Space Exploration. Other popular destinations included hands-on ceramic art projects with Paint N Play, the Southern California Edison Big Truck display, and fire engines and crew members from the Arcadia and Monrovia Fire Departments. A snack

center featured egg rolls from Panda Restaurant Group and popcorn from LA Partyworks.

The Center still needs funds to cover the cost of the massive event, which is paid for annually by donations from hundreds of local individuals, companies and organizations. Support is also needed to underwrite the upcoming Mobile Dental Clinic for which children were screened at the event.

Key sponsors to date include Buddhist Tzu Chi Foundation, LA Party Works, Marshall's/TJX Companies, Monrovia Reads, Monrovia Family Restaurant, Panda Restaurant Group, Santa Anita Park, Southern California Edison Company, The Outlet by E.L.S., Vons Foundation and Wells Fargo Foundation.

Other supporters include 3M Company, Athens Services, Avery Office Supplies, Bowden Development, Inc., Burrtec, California Pizza Kitchen, City of Monrovia, Custom Comfort Mattress, Duarte Transit, Foothill Unity Center Auxiliary, Lakeshore Learning Materials, Monrovia Transit, Pacific Clinics, Red Lobster Restaurant, Southern California Gas Company, Starbucks and The Gables Monrovia.

"79% of our clients have incomes at or below the National Poverty Level," said Center Executive Director Betty McWilliams. "Many are employed, but don't get the pay they need to survive without help. This event helps them send their children back to class with the new items they can't afford to provide — and helps these kids start the school year on a level playing field."

About Foothill Unity Center

Celebrating its 35th anniversary next year, Foothill Unity Center is the primary provider of food, case management/crisis help, and access to health care resources across eleven San Gabriel Valley cities: Pasadena, Altadena, South Pasadena, Sierra Madre, Arcadia, Monrovia, Bradbury, Duarte, Azusa, Baldwin Park and Irwindale. 79% of the Center's clients are at or below the National Poverty Level. The number of people served by the organization has more than tripled over the last five years. The Center, the federally designated Community Action Agency for the Foothill Area, operates locations in Monrovia and Pasadena.

THREAT OF FLASH FLOODING PROMPTS NONPROFIT FLASH TO OFFER SAFETY TIPS FOR RESIDENTS

Eighteen to 24 inches of moving water can wash an SUV off of the road. In fact, according to the National Weather Service, more than half of all flood-related deaths are people driving through flooded roads. With the risk of flash flooding in the area over the next few days, the nonprofit Federal Alliance for Safe Homes (FLASH)* reminds residents to "[Turn Around, Don't Drown!](#)" and offers the following flood safety tips to protect your home and family.

Before the Flood

Clear yard of any debris, plant material or items (garden décor, foliage, or garbage cans) that can block water flow and storm drains.

When time permits, secure and/or elevate outdoor appliances, AC units or storage tanks.

Place important papers (birth/marriage certificates, passports, bank and insurance information) in a watertight container. Take photographs or videos to create an inventory of your personal possessions and keep the camera card handy in case of evacuation.

Identify and move electronics and other expensive items (computers, televisions, phone systems, area rugs, expensive furniture) on lower levels of the home and elevate if possible to keep them dry.

When using sandbags, fill one-half full, fold the top of sandbag down and rest bag on its folded top. Limit sandbag placement to three layers, unless stacked up against a building or sandbags are placed in a pyramid. Tamp each sandbag into place, completing each layer prior to starting the next layer.

Clear a path between buildings for debris flow, and lay a plastic sheet in between the building and the sand bags to control the flow and prevent water from seeping in.

During the Flood

Avoid flooded areas or those with rapid water flow. Do not attempt to cross a flowing stream. It takes only six inches of fast flowing water to sweep you off your feet.

Don't allow children to play near high water, storm drains or ditches. Hidden dangers could lie beneath the water.

[Turn Around, Don't Drown!](#) Flooded roads could have significant damage hidden by floodwaters. Never drive through floodwaters or on flooded roads. Water only two feet deep can float most vehicles.

Do not camp or park your vehicle along streams and washes, particularly when threatening conditions exist.

Be especially cautious at night when it is harder to see flooded roads.

Stay alert as conditions can be ripe for mudslides especially when driving. Watch the road for collapsed pavement, mud, and other indications of a possible debris flow.

Be aware of any sudden increase or decrease in water flow and notice whether the water changes from clear to muddy. These changes may mean there is debris flow activity upstream so be prepared to move quickly. Listen for sounds that indicate moving debris, such as trees cracking.

After the Flood

Take photographs of damage throughout the building and around the property. Assess stability of plaster and drywall. Bulging or swelling ceilings indicate damage. Press upward on drywall ceilings. If nail heads appear, drywall will need to be re-nailed but can be saved.

Check foundation for any loose or missing blocks, bricks, stones or mortar.

Clean and disinfect heating, air conditioning and ventilation ducts before use to avoid spread of airborne germs and mold spores. Use fans and sunlight to dry out interior spaces. Remove all wet carpets, curtains and fabrics. Allow to air dry completely.

To learn more about how much flooding can cost you check out this [cost of flooding tool](#) provided by FloodSmart. For information on floodproofing your home, [FLASH](#) or visit [FEMA](#)

Inside This Section:

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



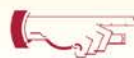
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Looking Up

with Bob Eklund



LASER-WIELDING ROBOT PROBES EXOPLANET SYSTEMS

An international team, including Dr. Christoph Baranec of the University of Hawaii at Manoa's Institute for Astronomy, is using the world's first robotic laser adaptive optics system—Robo-AO—to explore thousands of exoplanet systems (planets around other stars) at resolutions approaching those of the Hubble Space Telescope. The results, which shed light on the formation of exotic exoplanet systems and confirm hundreds of exoplanets, have just been published in the Astrophysical Journal. The design and operation of the unprecedented instrument has just been published in the Astrophysical Journal Letters.

Laser adaptive optics systems are used by terrestrial telescopes to remove the image-blurring effects of Earth's turbulent atmosphere, thereby capturing much sharper images than are otherwise possible from the ground. Baranec, Robo-AO's principal investigator and lead author of the Astrophysical Journal Letter, led the development of the innovative Robo-AO system on the Palomar 1.5-meter telescope. It is the world's first instrument that fully automates the complex and often inefficient operation of laser adaptive optics.

"We're using Robo-AO's extreme efficiency to survey in exquisite detail all of the candidate exoplanet host stars that have been discovered by NASA's Kepler mission," said Baranec. "While Kepler has an unrivaled ability to discover exoplanets that pass between us and their host star, it comes at the price of reduced image quality, and that's where Robo-AO excels."

In fact, analysis of the first part of the Robo-AO/Kepler exoplanet host survey is already yielding surprising results. "We're finding that 'hot Jupiters'—rare giant exoplanets in tight orbits—are almost three times more likely to be found in wide binary star systems than other exoplanets, shedding light on how these exotic objects formed," said Prof. Nicholas Law (University of North Carolina at Chapel Hill's College of Arts and Sciences), Robo-AO's project

scientist and lead author on the Astrophysical Journal paper. "Going further, Robo-AO's unique capabilities have allowed us to discover even rarer objects: binary star systems where each star has a Kepler-detected planetary system of its own. These systems will be uniquely interesting for studies of how the planets formed—and for science fiction about what life would be like with another planetary system right next door," added Law.

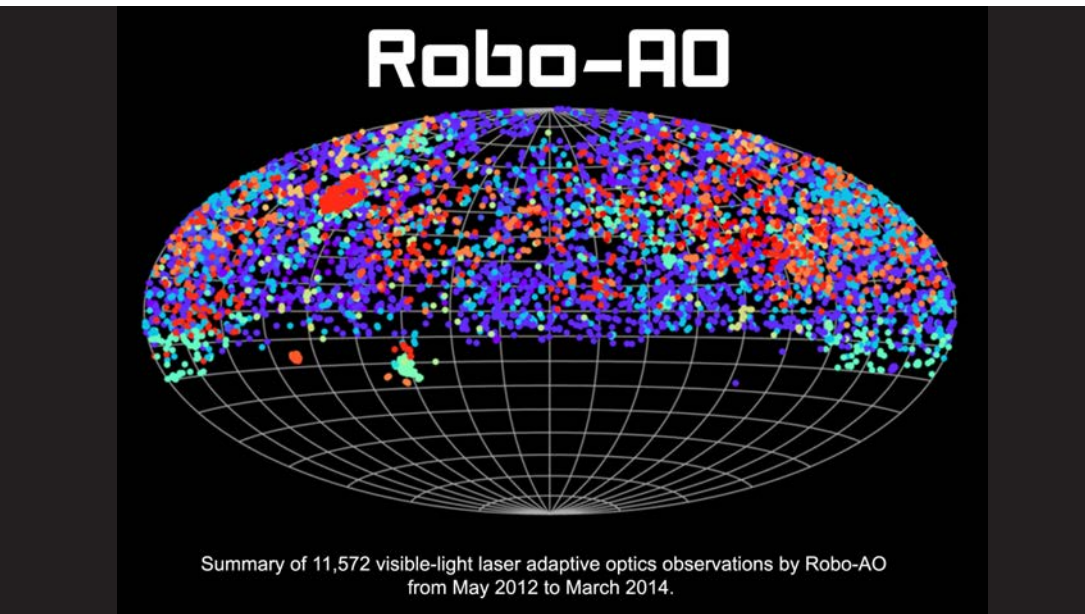
"AUGUST MOON MOST BEAUTIFUL." In the 1956 movie "The Teahouse of the August Moon," the wise Okinawa elder tells the American soldiers, "All moons beautiful, but August moon most beautiful."

I have always remembered that sentence, and over the years I have found there is something especially beautiful about the moon in August, perhaps because it is so often surrounded and framed by the altocumulus clouds that accompany the moist, monsoonal flow of air typical this time of year in Southern California.

This year's August moon will be full on Sunday, August 10. Unfortunately, the full moon will brighten the sky and so interfere with seeing this year's Perseid meteor shower, which will be at its peak on the nights of August 11 and 12.

Still, a few bright meteors may still be seen, and it's well worth "looking up" for this, the best meteor shower of the year. Caused by left-over grains of dust from Comet Swift-Tuttle, this shower takes its name from the constellation Perseus, which is the part of the sky where the meteors seem to originate as they streak across the sky. The most meteors are usually seen after midnight, though I have seen a beautiful Perseid fireball as early as ten o'clock. Happy viewing!

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



PYRACANTHA (Pyracantha angustifolia): A common urban hedge with edible berries – more or less...

By Christopher Nyerges

You tend to not notice it unless it's in fruit with the striking red-orange fruits (occasionally they are very red). Or you don't notice it until you trip or get pushed into the hedge with its many thorns!

The fruits resemble little apples, and I recall my mother telling me never to eat the fruits of this bush that grew along the driveway of our home. She said they were poisonous, and the evidence of this was that supposedly birds have been noted to eat the fruits and then fly around erratically. Really? Had my mother actually seen such a bird? Well, no, she told me, but she'd heard about it and was sure that others had seen that too.

Think about it: is observing what animals eat a good clue to what humans can eat? No, it's not! Certainly anyone and anything can eat the edible foods in nature. But some of the mildly to very toxic plants can be consumed by some of the fauna of nature without sickness. Plus, how do you know that the animal you just observed eating the questionable leaves or fruit didn't just walk off or fly off and die?

Someone may have observed a bird fly erratically after they believed the bird ate a pyracantha fruit. A bird expert told me that he wasn't sure about the story, but that he'd heard this happens mostly after a rain when the fruit is wet and swelled up. It is entirely possible that someone somewhere observed an erratically flying bird that had just munched on lots of pyracantha berries. But so what? It doesn't have any relevance to humans.

When properly prepared, humans can eat these fruits with no after-effects of flying erratically.

Raw pyracantha berries are not particularly flavorful. They are dry and astringent. Squeeze one and it will reveal the somewhat dry insides. Occasionally you might find one that is better than average raw. So if you're going to eat these, you're going to cook them and prepare them into sauces, jams, and jellies.

In the old, now defunct Desert Magazine, they used to publish recipes that you could make from plants that were common in the desert. Pyracantha was a common landscape plant because it required so little care, and is drought-resistant. I would not consider planting it if I wanted an edible landscape, but if it already grows on your property, you might as well try it in various recipes.

To make jams or jellies, you pick and wash the fruits, and then cook them, changing the water at least once. Then you add the sugar, and cook some more until the desired thickness is obtained. If you don't wish to use white sugar, use some other sweetener like honey, or molasses, or



even maple syrup. Or if you want to make your own sweetener, try adding the boiled juice from the native palm's little fruits, or grape juice, or apple juice. There are a lot of possibilities here.

I've had some of these fruits simply dried, and used as a trail nibble. They are OK, nothing really exceptional, but you might have a different opinion.

Pyracantha, also known as Firethorn, is a member of the Rose Family. The Pyracantha genus contains 10 species world-wide and at least 3 in California, all introduced. Pyracantha angustifolia is perhaps the hardiest species and can sometimes be found in the wild, having gone feral.

RECIPE

In the February 1976 issue of Desert magazine, Helen Peterson describes her experiments with making pyracantha jelly until she came up with a recipe that all her friends liked.

Peterson first collects three quarts of the

berries, and washes them. She puts them into a pot with 3 cups of water, and boils for 20 minutes.

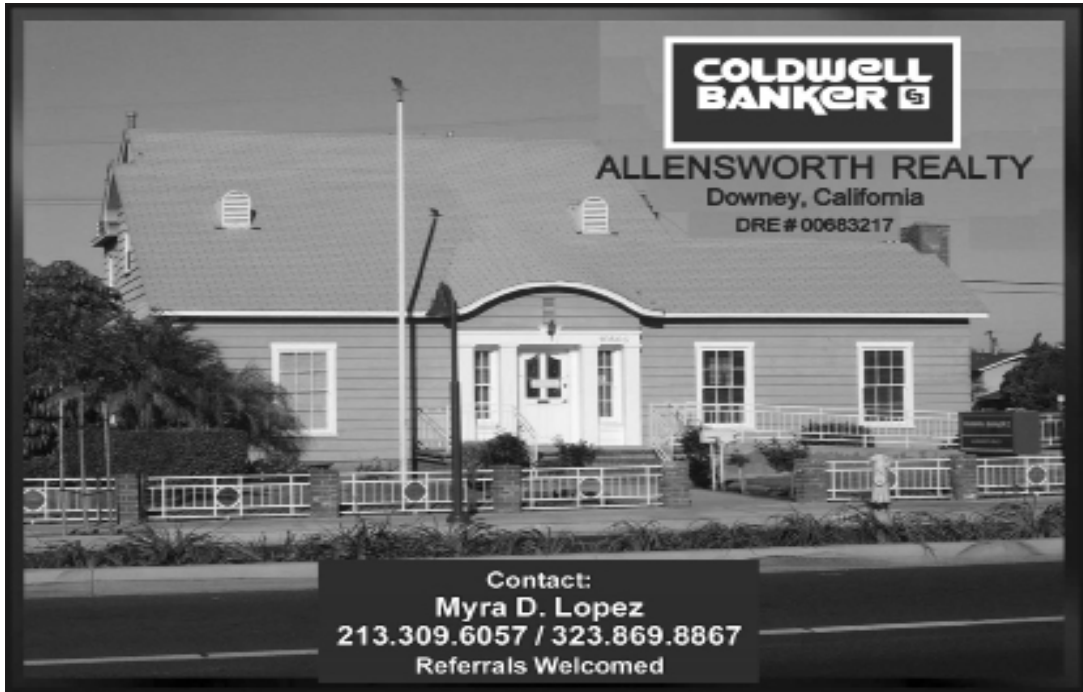
Then she adds the juice of one grapefruit and the juice of one lemon, and strains it all through a jelly bag to get rid of all the pulp.

This results in about 3 ½ cups of juice. Then, add one box of powdered pectin, and bring to a boil. Add 4 ½ cups of sugar and a pinch of salt and bring to a full boil for three minutes.

Then pour the rosy pink jelly into sterile jars, which Peterson seals with paraffin.

Nowadays, everyone is concerned about the use of white sugar, which has no nutritive value. So, since this is so heavy on the white sugar, you might experiment with other sweeteners, such as honey, or maple syrup, or even date sugar.

[Nyerges is the author of "Guide to Wild Foods and Useful Plants," "Foraging California," "How to Survive Anywhere," and "Foraging Nuts and Berries" (2015). He has led wild food outings since 1974. He can be reached at www.SchoolofSelf-Reliance.com, or Box 41834, Eagle Rock, CA 90041.]



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Make beautiful paved areas for walking and relaxing in your garden by using recycled materials such as broken concrete, local rocks, old bricks and stepping stones. These materials can also be used to build small walls for soil retention or a garden feature. The workshop will cover projects that you can do yourself with a little muscle, a little planning, and a little art.

Laramie, owner of Haynes Landscape Design, will also bring material examples, photos of projects and a handout to help guide you through your first project.

Laramie Haynes is a Pasadena-based landscape contractor and designer with ten years of field experience. Prior to purchasing his father's landscaping business, Laramie worked as a mechanical engineer in manufacturing. He has also designed innovative and wonderful gardens at Pasadena Showcase houses and the LA Garden Show. www.Hayneslandscaping.com
<http://www.latimes.com/home/la-hm-broken-concrete-20140802-story.html>

FAMILY MATTERS

By Marc Garlett



CASEY KASEM’S ESTATE PLANNING:

Not in Anyone’s Top 40

Casey Kasem, the celebrity radio host who counted down America’s Top 40 popular songs for decades, died on June 15 at the age of 82 and left behind an estimated \$80 million fortune. He also left a family feud of biblical proportions between his surviving spouse and his three children from a prior marriage. And this is exactly why I do what I do -- to help keep your family connected in love, not conflict.

Kasem married his second wife, Jean, who is 22 years his junior, in 1980. Together, they had one child, Liberty Kasem. Casey also had three children from a prior marriage: Kerri, Mike and Julie. The family was apparently in discord prior to Casey’s death; in mid-May, Mike and Julie filed a missing persons case with the Santa Monica police department saying they could not locate their father. At that time, Kerri was fighting with Jean over control of his care.

After Kasem died, news broke that his body had been taken from the Washington state funeral home and a judge awarded Kerri a temporary restraining order preventing Jean from removing his remains or having him cremated before an autopsy had been performed. Kerri hired a private investigator who says the body has been moved to Montreal, the hometown of a man that Jean has allegedly been involved with for the past two years.

A mess, right? And they haven’t even gotten to the money yet!

A little advance estate planning could have helped prevent this scenario, which is not uncommon when an older man with children from a prior marriage takes a second, significantly younger wife.

A recent [WSJ Marketwatch.com](#) article outlined four estate planning tools that could have helped head off this disaster:

Revocable trust. Placing assets in a revocable trust can help protect the trust owner’s wealth transfer wishes, and provides the flexibility to make changes as long as the trust owner has the legal capacity to make those decisions. Upon the owner’s death, the assets are dispersed as outlined in the trust without having to go through probate. A trust is also more difficult to contest than a will.

Life insurance. A life insurance policy can be a good way to provide for a surviving spouse while leaving the rest of the estate to children from a previous marriage, or vice versa.

QTIP trust. A qualified terminal interest property (QTIP) trust is used to set aside assets for a surviving spouse’s benefit while that spouse is alive. After the surviving spouse passes, the remaining assets in the trust are passed on according to the trust terms.

Family meeting. Having a family meeting so that everyone knows their beneficiary status and what will happen to the estate after the estate owner dies is a good way to head off conflict. An estate planning attorney can mediate these meetings, which is usually advisable when there is a potential for conflict.

One of the main goals of my law practice is to help families like yours plan for the safe, successful transfer of wealth to the next generation without conflict or court involvement. Call my offices today to schedule a time for us to sit down and talk about your family estate planning needs so we can identify the best strategies for you and your family to ensure you provide a legacy of love and financial security.

Call 626.355.4000 today or visit [www.GarlettLaw.com](#) for more information.

Marc, a local attorney, father, and CASA volunteer (Court Appointed Special Advocate for Children) 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

BENEFITS ON
BOTH SIDES

There are new rules regarding short sales meant to improve the experience for both sellers and buyers, but the legalities and legwork can overwhelm even the most savvy. Of course, that’s where the real estate agent shines, handling the paperwork and the phone calls, leaving you to focus on your move.

Keep in mind that if you’re expecting to buy a home on short sale, you can get a great deal, but don’t expect miracles from a bank that has agreed to accept a price lower than what the sellers owe on their mortgage. These short sales often generate multiple offers, and if a home has been approved to sell for \$200,000, don’t expect to waltz in and offer \$125,000.

The real advantage of a short sale deal is that the home will likely be in much better physical condition than its foreclosure counterpart. Often, a foreclosed home will have been abandoned for months, and perhaps trashed before being vacated. A short sale property in better condition is in and of itself a benefit with real value that offsets any lower price you could offer on a foreclosure.

And for sellers, a short sale preserves your dignity, reduces some of the stress, and won’t damage your credit history as much as a foreclosure. Whether selling or buying, consult an agent for the best results.



Social Media
Tips, Tricks & Ideas

by: MJ Finstrom



Surveys

As business owners, it’s our job to get to know our customers. The better you know them, the better you can meet their needs. The best way to know what they like and need is to ask them.

Surveys give you an opportunity to get feedback fast and they promote brand loyalty.

Our client, Palau Dive Adventures, sends a survey to their customers following a trip. They average 95-100% open rate and are able to collect valuable feedback and information about their customer’s experience. At the end of the survey they direct them back to a link with a special offer or other strategic web address. This is an important part of their customer experience and great way to follow up after a customer experience.

Tips for successful surveys:

Keep them short, no more than 5-10 questions.

Let people know upfront how many questions will be on your survey

Keep your questions simple and easy to answer (multiple choice)

Thank participants


Direct them to a page that rewards their participation (coupon etc.)

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](#).

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Mountain Views News

PUBLISHER/ EDITOR
Susan Henderson

CITY EDITOR
Dean Lee

EAST VALLEY EDITOR
Joan Schmidt

BUSINESS EDITOR
LaQuetta Shamblee

SENIOR COMMUNITY EDITOR
Pat Birdsall

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

WEBMASTER
John Avery

CONTRIBUTORS

Chris Leclerc
Bob Eklund
Howard Hays
Paul Carpenter
Kim Clymer-Kelley
Christopher Nyerges
Peter Dills
Hail Hamilton
Rich Johnson
Merri Jill Finstrom
Lori Koop
Rev. James Snyder
Tina Paul
Mary Carney
Katie Hopkins
Deanne Davis
Despina Arouzman
Greg Welborn
Renee Quenell
Ben Show
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Marc Garlett

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Letters to the editor and correspondence should be sent to:

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

Phone: 626-355-2737
Fax: 626-609-3285
email:
mtnviewsnews@aol.com

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.

OPINION

LEFT TURN/RIGHT TURN

GREG Welborn

ADMIT IT- THEY HATE THE JEWS



The most disturbing news this week is not the civilian deaths in Gaza, but the west's bigotedly misplaced moral outrage. In all quarters – European and domestic – the willingness to selectively and wrongly condemn Israel belies a resurgent Jew-hatred which has thankfully abandoned any pretense of being motivated by humanitarian concern. Those are disturbing words to write, but I've been convinced of the truthfulness in that statement thanks to the documentation provided by Andrew Nagorski, Bernard-Henri Levy and Bret Stephens in their respective articles published over the last several days.

The Israelis have hit the Gaza strip hard. There is no debate about that. They've launched airstrikes, missiles and a ground attack. In doing so, they've lost 75+ of their own soldiers and unfortunately caused the death of approximately 1,800 in Gaza. Israeli soldiers openly wear military uniform, but the other side in this conflict wears only civilian clothes. Because of that, it is easy to jump to the conclusion that the Israelis are indiscriminately killing civilians – especially easy if that's the conclusion you want to draw. Honesty demands, however, that we remember at least two things: those who started this conflict by first launching missiles from Gaza into Israel hide among civilians, and second they launch those missiles (and continue to fight from) strongholds built in the basements of hospitals and in school classrooms.

The west's reaction to the war has been swift moral condemnation directed at Israelis for defending their homeland and muted disagreement with those who purposely put civilians at risk. It follows a patterned double standard applied to the Jews.

President Obama has characterized Israel's actions as "indefensible" while the U.N. Secretary General, Ban Ki-moon has accused Israel of "a moral outrage and a criminal act". But what exactly is indefensible, a moral outrage or a criminal act? Is it simply the death toll?

If body count is to be the determinant factor, why is there no outrage at Pakistan? The Washington Post reported on June 30th that "Pakistan's military launched a major ground offensive in the northwestern part of the country". It began a "house-to-house search" which uncovered "underground tunnels and preparation factories for explosives". The "process followed "two weeks of airstrikes" which have leveled whole blocks. In a territory inhabited by 600,000, "more than half-million residents have had to flee". 1,500 have been reported dead.

Do a Google search, and you won't find any western leader expressing much moral outrage at these deaths. You also won't find many protests in western nations. That stands in stark contrast to the ugly marches and protests targeting the Jews in response to the Gaza incursion. In Germany, individual Jews and several synagogues are being attacked. People attend rallies to chant, "Hitler was right" and "death to the Jews". In Belgium, a doctor refused to treat a Jewish woman's broken rib, suggesting instead that she go "to Gaza for a few hours and she'll get rid of the pain". Here in America, perhaps we're a bit more restrained in that we only accuse Israelis of Apartheid and genocide, conveniently ignoring the moral necessity of self-defense and the lengths to which Israeli soldiers try to avoid civilian casualties.

If it's the numbers, why aren't there massive public protests against Syria's killing of 150,000, or against 300,000 murdered in Darfur, or against 200,000 Chechens killed on Putin's orders?

If it's the manner in which the victims are killed, where is the moral outrage at Syria's continued use of chemical weapons it was supposed to have destroyed by now? Since that line in the sand was drawn, there have been at least 15 additional gas attacks.

Perhaps it is the general religious component (Jew vs Muslim) to the conflict and deaths which is so disturbing. If that's true, where is there a substantive rally in support of the Christians in Mosul who have been told by ISIS to either convert to Islam or die by the sword?

Lastly, maybe it can all be explained by the very natural revulsion to the death of innocent children? But if this is our criteria, why do we not express deeper moral outrage against Hamas who A) places military facilities in schools and B) by their own admission lost 160 children in the collapse during construction of one of those nasty tunnels into Israel?

Sadly, it's almost impossible to avoid the conclusion that the determinant factor is who's doing the killing. It's not about the numbers; it's not about the manner of death; it's not about religion in general; and it's not about the age of the victims. The determinant factor is whether and how Jews are involved. If Jews are being shelled, kidnapped, murdered or besieged, well, that's life – pun intended. If the Jews are defending themselves, it's "murder", "indefensible", "a crime", or "genocide".

So, let's just be really clear about what's going on. Those who are protesting or politically posturing against Israel just hate the Jews. If we can at least have that clarity, perhaps we'll be able to get to the root of the problem and solve it.

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

HOWARD Hays As I See It



"You're very good at English."
- Rep. Steve King (R-IA), responding to an Arizona State University graduate and "DREAM Act" beneficiary (here since age 12), while explaining why the act should be repealed, she should be deported and not allowed to join our military.

There's Fourth of July, then before you know it we're in August figuring out what to cram into the few weeks before Labor Day.

We're the only developed country that doesn't mandate vacations. The EU sets a floor of 20 paid days per year, with 25 days in Scandinavian countries and 30 in France. It's 10 days in Canada and Japan. Only one in four workers here gets paid vacation days; a lot depends on income. If you're in the top quarter of earners, there's a 90% chance you're getting a paid vacation. If you're in the bottom quarter, it's less than 50%. But there's one rather elite group that annually takes the entire month of August off – and is required to by law. This is our Congress – complying with the August-off provision of its own Legislative Reorganization Act of 1970.

This doesn't mean they spend the rest of the year on the job. Last year, Congress spent 239 days in adjournment; this year it'll be closer to 250. When they return after Labor Day, predictions are they might get a couple weeks of in-session work done before the November elections – if that.

With substantive accomplishment unlikely before the election, I took a look back at what, if anything, this 113th Congress has actually gotten done.

The Republican House of the 113th Congress first had to deal with the mess left by the Republican House of the 112th Congress. Through 2012, they'd tried to get a budget passed for 2013 to prevent another round of sequestration cuts from kicking in – a consequence of tea-baggers the year before threatening to tank our economy by having the United States welch on our debts.

The president proposed letting some Bush tax cuts expire for families making over \$250k. Republicans countered with keeping all tax cuts for those making up to \$1 million – but that didn't satisfy the tea-baggers, who killed the deal, anyway. The Senate in December 2012 passed emergency aid for the victims of Hurricane Sandy, but House Republicans killed that, too.

After they lost eight seats in the November elections, Hurricane Sandy relief was one of the first bills passed by the 113th Congress. In March, they passed a Continuing Appropriations bill to keep the government from shutting down for another six months.

March 2013 also saw reauthorization of the Violence Against Women Act. It got through the Senate, but was too much for House Republicans. They couldn't accept its extending protections to same-sex couples, let alone women with undocumented status and Native American victims of domestic violence. If that wasn't bad enough, reproductive health services would be provided to victims of sex trafficking.

Republicans, though, found that even among their "base" few seemed to share their moral outrage, and the bill passed.

That spring the big news was the 13-

hour filibuster of Sen. Rand Paul (R-KY), blocking confirmation of John Brennan to head the CIA, warning of President Obama's sending drones over our skies to target Americans - the possibility under this president "to be bombed in your sleep".

The summer of 2013 saw an effort to extend the cap on student loan interest at 3.4%. It was blocked by the Republican minority in the Senate, with House Republicans insisting the matter be left to the "market".

That fall, Sen. Ted Cruz (R-TX) led a filibuster-that-wasn't-really-a-filibuster against the Affordable Care Act; remembered today (if at all) for his reading from Dr. Seuss's "Green Eggs And Ham", while totally missing its message,

Sen. Cruz and House Republicans got another crack at the Affordable Care Act when they refused to allow another "continuing resolution" to keep the government open unless it gutted the ACA. The result was the 16-day government shutdown in October 2013, putting 800,000 federal workers on "furlough" and costing our economy some \$24 billion (according to Bloomberg).

The Senate in 2013 blocked reinstatement of the ban on assault rifles, offered in response to the massacre of 20 children at Sandy Hook Elementary a few months earlier. It couldn't get through a reduction on allowable capacity for ammo clips – a measure then polling with 60% support among Americans.

Congress last February approved the Agriculture Act of 2014. It cut food stamps by \$8 billion, effecting 850,000 families. It also cut "direct payments" to farmers, but added \$5.7 billion to the program subsidizing over 60% of premiums for crop insurance.

Also this year, House Republicans voted for the 50th time to repeal the Affordable Care Act. They blocked efforts to raise the federal minimum wage to \$10.10 an hour (which would be \$10.90 had it kept pace with inflation and closer to \$25.00 had it kept pace with increased productivity). They blocked the Senate's bill on comprehensive immigration reform, which allocated \$46.3 billion over ten years for border security, with 20,000 additional Border Patrol agents. The minority Senate Republicans blocked extensions of unemployment insurance, affecting some 1.7 million long-term unemployed Americans.

In the days before the August break, Congress did manage to get a Veteran's Administration bill ready for the president, and a stopgap measure to keep the Highway Trust Fund solvent until next May. House Republicans also gave approval to sue the president for delaying action on a provision of the ACA – which they'd voted 50 times previously to repeal entirely.

NBC News reports the 113th Congress as being the "least productive in modern history", with 142 bills passed. (President Truman complained of the "Do-Nothing" 80th Congress, which passed 906.) Gallup says the 7% approval rating shown for Congress last June was "not only the lowest on record, but also the lowest Gallup has recorded for any institution."

After Labor Day they'll be in campaign mode. We'll see how many choose to campaign on their record.

OUT TO PASTOR AND THE HEAT



This past week found me in a bit of trouble with the Gracious Mistress of the Parsonage... well, more than normal. It has become rather normal for me to be in trouble with

her. No matter how hard I try "not to be," it always is "to be."

This week was a high point for me getting into trouble. I never relish getting into a pickle with her, but sometimes it is unavoidable.

All week long, I had been murmuring and complaining about how hot it was. "I've never seen such hot weather," I grumbled. "I don't know how long I can take this hot weather."

You would think that someone my age would have learned long ago that some things should not be vocalized. This is America, and we all have the right to speak our mind although much of the time we should not speak our mind aloud; at least, not to the point that someone, especially someone living under the same roof, can hear you. I have found that the thing that enhances romance is the sounds of silence.

I guess it was getting a little wearisome with all my complaining, but after all, the weather was really hot.

Then, she looked at me and said, "If I hear you complain about the weather one more time, I'm... I'm... I'm..." The look on her face indicated that she was not at a loss for words; she was just trying to control herself and save herself from early widowhood.

I truly respect people who have the ability to control themselves, especially the people who live under our roof.

I almost said something, but for some reason I had a flash of temporary sanity. I said nothing, but smiled. I am not boasting here, but I am really good at saying nothing. Even when talking, my wife tells me I am saying nothing.

A Weekly Religion Column by Rev. James Snyder

GOES ON...AND ON... AND ON

Saying nothing has gotten me out of many a jam, particularly with my wife. There are times when husbands and wives should sit down and have a rather invigorating conversation. Then there are times when the husband should shut up. I never know which time is which.

It was then that my wife laid out the facts for me to evaluate. How she can remember everything is simply beyond me. However, how do I know she is actually remembering things as they were and not making them up?

It seems, according to her impeccable recollection, that a few months ago I was complaining about how cold it was and anxious for the hot weather to come. "You were just as grumpy about how cold it was as you are now about how hot it is.

Then she put her hands on her hip and looked at me with "that look," and said, "I don't mind you complaining about one or the other but I really do mind you complaining about everything. You're going to have to make up your mind whether you hate the cold or the heat, and then stick to it."

That put a new light on the situation, and a new burden on me. Now, according to her latest admonition, I need to choose the heat or the cold. I am tempted, although I know better, to complain about this. I do not think it is fair that I have to choose one or the other. I think I should be able to hate both the cold and the heat.

However, here is the problem. If I choose to complain about the heat, then what do I do in the wintertime when it gets cold? Faced with a real dilemma I took it to my good wife and asked, "Can I hate the heat in the summer and hate the cold in the winter, if I alternate it every other year?" To me this sounded like a very reasonable request. After all, I was accommodating her request and getting in

my share of complaining.

If you would spend as much time thinking of positive things to say as you do complaining it would be absolutely wonderful.

But how can you think of something positive about the heat when you are sweltering? And, how can you think about something positive about the cold when your bones are shivering to death? Mistakenly I told my wife my dilemma.

"I think I have you figured out," she said. "You're positively negative about everything."

There is only one thing worse than having your wife figure you out. There must be, but I cannot think of any thing right now.

I will not say my wife is right, only that she is not wrong. I must say I have a tendency to complain about everything. Some people can see the silver lining in every cloud whereas I see a cloud over every silver lining. I guess it is a person's perspective.

Thinking along this line, I remembered a verse in the Bible. "Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things" (Philippians 4:8).

Some people (like me) see a glass as half empty while others see it as half-full. There are those few souls (like my wife) who are thankful that there is any water in the glass of all.

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 or website www.jamesnsnyderministries.com.

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WHAT ON 98

August 11 – August 17 , 2014

Good Time Girl is playing Friday at 3:00 p.m.

Released on April 28, 1948: A young girl in England runs away from an abusive home into a downward spiral of bad luck and crime.

I can only change and evolve who I am. I have no power to change what other people think of me, and what other people think of me is none of my business anyway. The same way that I cannot change anyone else, they have no power over me, either. I am the only one responsible for what I am today, and what I will be tomorrow. But I have felt several times over my life that the prayers of my Mother have followed me and protected me somehow when I was facing what could have been life-changing crises.

Supposedly in the 1500's a British preacher named John Bradford said when looking at condemned criminals, "There but for the grace of God, goes John Bradford." I have thought of this most of my life, and have always been grateful and happy for the path that I was on, and the ability to stay on the right side of the law. I feel very much like one of the writers of the New Testament who said something like, "By the grace of God I am what I am. I have worked harder than anyone else, but it wasn't my hard work that brought me to this place as much as it was His grace." (not an exact quote)

What happens to 16 year old Gwen Rawlings in this British movie about the rough side of life in 1948 shouldn't happen to a dog. Unfortunately, while this movie is undoubtedly fiction, there are young girls and boys around the globe that find themselves in a similar vortex of 'bad luck' and a downward spiral that seems to be out of their ability to control. I'm not sure yet where I stand on the plight of people that seem to be at the bottom of society through no fault of their own. I believe that we are all responsible for our choices, and just like one little bad choice can lead to a bigger bad choice, one better choice can lead to better choices and better days. But does everyone have the knowledge that they can choose something different? I watch Gwen make all of the wrong choices in this movie and I can clearly see the danger ahead at each turn, but at the same time I recognize that Gwen sees those same choices as the right thing to do. She isn't determined to create a life of crime, but each choice that takes her farther away from the straight and narrow seems to be her only choice.

Here's the question that I cannot yet answer - if you can, please contact me and enlighten me. I sincerely think about this and do not yet have the answer. Is there something that I can do, that any of us can do, to help someone change their destructive downward spiral before it consumes their life? I can only change me, but there should be something that I could do to positively effect someone who is on a destructive downward spiral . . . or is it none of my business. I don't know . . . do you?

by Jimbo Berkey

This is how the schedule works:

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

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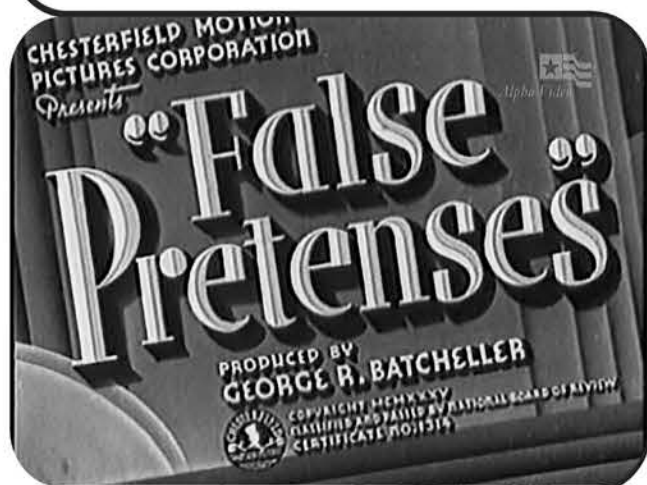
My Picks of the Week

- | | |
|-----------|--------------------------|
| Monday | With Words and Music |
| Tuesday | They Won't Forget |
| Wednesday | The Dark Hour |
| Thursday | The Most Dangerous Game |
| Friday | Good Time Girl |
| Saturday | The Girl Who Came Back |
| Sunday | The Fast and the Furious |

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

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THIS WEEK ON 98

Monday 8.11.14	Movies
7 to 8 am	Clancy Street Boys & Black Gold
9 to 10 am	The Time of your Life & Dumbs The Word
11 to 12 pm	Beverly Hillbillies, Love that Bob, The Lucy Show, Little Margie
1 to 2 pm	Algiers
3 to 4 pm	Jamaica Inn
5 to 6 pm	With Words and Music
7 to 8 pm	The Sphinx
9 to 10 pm	The Hooded Terror & Speed Reporter
Tuesday 8.12.14	Movies
7 to 8 am	Treasure of Fear
9 to 10 am	The Lady Vanishes
11 to 12 pm	Beverly Hillbillies, Love that Bob, The Lucy Show, Little Margie
1 to 2 pm	A Matter of Life and Death
3 to 4 pm	They Won't Forget
5 to 6 pm	Trocadero and Little-Women
7 to 8 pm	Port of Missing Girls
9 to 10 pm	The Lost Jungle
Wednesday 8.13.14	Movies
7 to 8 am	Just My Luck & Sky Bandits
9 to 10 am	Concrete Cowboys
11 to 12 pm	Beverly Hillbillies, Love that Bob, The Lucy Show, Little Margie
1 to 2 pm	That Brennan Girl
3 to 4 pm	T Men
5 to 6 pm	The Terror of Tiny Town & Get That Man
7 to 8 pm	Midnight Manhunt
9 to 10 pm	The Dark Hour & Sunset Range
Thursday 8.14.14	Movies
7 to 8 am	Double Exposure & Yukon Flight
9 to 10 am	The Perils of Pauline
11 to 12 pm	Beverly Hillbillies, Love that Bob, The Lucy Show, Little Margie
1 to 2 pm	Tulsa
3 to 4 pm	They Made Me A Criminal
5 to 6 pm	Swing Hostess & Ambush Valley
7 to 8 pm	The Most Dangerous Game
9 to 10 pm	I'll Name the Murderer & The Devils Daughter
Friday 8.15.14	Movies
7 to 8 am	Swing It Sailor
9 to 10 am	The Divorce of Lady X
11 to 12 pm	Beverly Hillbillies, Love that Bob, The Lucy Show, Little Margie
1 to 2 pm	Sidewalks of London
3 to 4 pm	Good Time Girl
5 to 6 pm	Sitting on the Moon & Ticket to Paradise
7 to 8 pm	She Gods of Shark Reef
9 to 10 pm	Twin Husbands and His Brothers Ghost
Saturday 8.16.14	Movies
7 to 8 am	Salome Where She Danced
9 to 10 am	My Pal Trigger and Arizona Days
11 to 12 pm	The Bells of San Angelo
1 to 2 pm	Adventures of Gallant Bess & The Red Blood of Courage
3 to 4 pm	The Girl Who Came Back & Ghost Town Gold
5 to 6 pm	Red Lights Ahead & Trail Riders
7 to 8 pm	Boys Will Be Boys & Songs of the Saddles
9 to 10 pm	Big Bluff & The Lawless Frontier
Sunday 8.17.14	Movies
7 to 8 am	Our Gang Follies & Behind Stone Walls
9 to 11 am	Kids A Cookin' - 2 hours of kids cooking shows
11 to 12 pm	Telephone Operator & Little Pal
1 to 2 pm	With Love and Kisses & Paradise Express
3 to 4 pm	One Year Later & Young Buffalo Bill
5 to 6 pm	Keep Your Seats Please
7 to 8 pm	The Fast and the Furious
9 to 10 pm	Parole Inc

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