

SATURDAY, SEPTEMBER 13, 2014

VOLUME 8 NO. 37

**Sierra Madre Kiwanis Club's  
Pancake Breakfast**



**Saturday, September 20  
7:00 to 11:00 a.m.  
in Memorial Park  
\$5.00 donation**



**Bring  
your  
appetite!**



Breakfast includes:  
Your choice of  
Pancakes &  
Sausage  
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Juice

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throughout the year.  
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helped thousands of  
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their quality of life in  
our community.

Look for our Kiwanis  
sponsored events  
throughout the year!  
Together we make a  
difference.

Proceeds to benefit Kiwanis 2014-2015 children's programs. Proceeds from the event will help fund the Creative Arts Group "Imagine Art Program" benefitting the students of the Sierra Madre Elementary School.

**EVERY DROP COUNTS!**

Residents need to be aware of the new restrictions on watering.

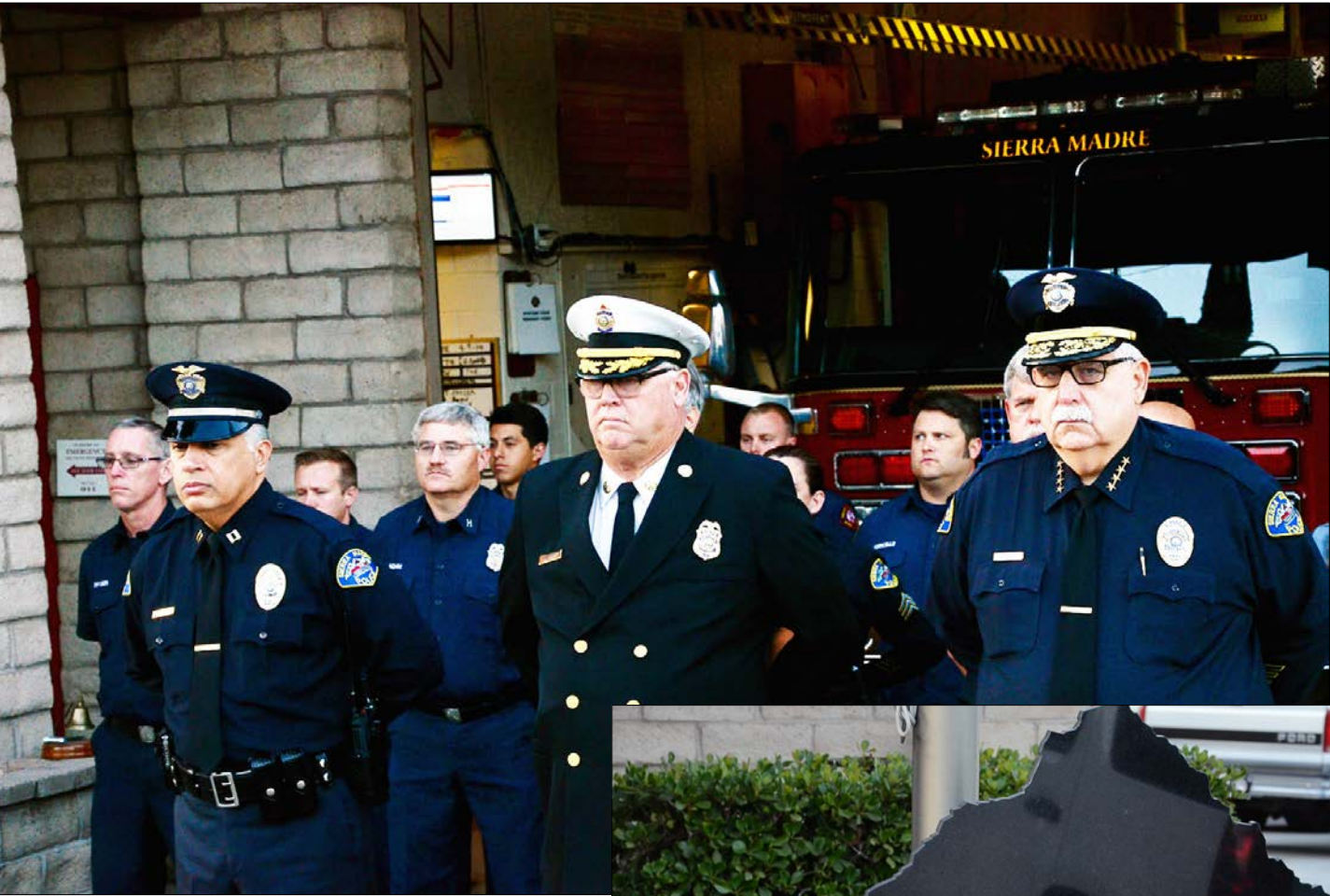
Even-numbered addresses are limited to landscape irrigation on Mondays and Thursdays. Odd-numbered addresses and addresses ending in fractions are limited to landscape irrigation on Tuesdays and Fridays.

For more information on the City's water conservation efforts, please click here or call City Hall at 626.355.7135. If you would like to report water waste you can now do so on the City's website or by emailing [water@cityofsierramadre.com](mailto:water@cityofsierramadre.com). Please describe how water is being wasted, include the location, and a photo if available. We will then send a courtesy notice to the property so the issue can be fixed. Every drop counts!

Send an Email to [water@cityofsierramadre.com](mailto:water@cityofsierramadre.com) OR use the form on the city's website: [www.cityofsierramadre.com](http://www.cityofsierramadre.com)

\*Describe how water is being wasted, include location, and photo if available.

**SIERRA MADRE REMEMBERS SEPTEMBER 11, 2001**



On Thursday, September 11, 2014, Sierra Madre's First Responders - The Sierra Madre Police and Fire Departments, along with several residents honored the memory of those who lost their lives thirteen years ago.

Led by SMPD Chief Larry Giannone, SMFD Chief Steve Heydorff and SMPD Captain Carlos, silence was observed and all officers stood at attention as the Verdugo Emergency System commemorated the precise time when the last World Trade Center collapsed.

Verdugo Fire Communications Center is a regional emergency dispatch facility serving the cities of Burbank, Glendale, Pasadena, Alhambra, Arcadia, Monrovia, Montebello, Monterey Park, San Gabriel, San Marino, Sierra Madre, and South Pasadena. Verdugo also provides contract dispatch service for the Burbank-Glendale-Pasadena Airport Authority Fire Department.

Photos by Mary Lou Caldwell



**EXCESSIVE HEAT  
WARNING FOR  
ENTIRE SAN GABRIEL  
VALLEY!\***

L.A. COUNTY OFFICE OF EMERGENCY MANGEMENT  
ISSUES EXCESSIVE HEAT SAFETY TIPS

The National Oceanic Atmospheric Administration (NOAA) National Weather Service (NWS) announced it is forecasting extended periods of hot temperatures for Los Angeles County areas including the valleys, lower mountains and Antelope Valley. The peak of the heat wave is expected to start on Saturday, September 13 and will continue on through Monday, September 15 for the Los Angeles County areas. To help prepare residents and businesses for the upcoming heat wave, the following are some safety tips from the Los Angeles County Office of Emergency Management.

**MANAGEMENT'S  
EMERGENCY SURVIVAL  
PROGRAM:**

*Avoid the sun from 10 a.m. to 3 p.m. when the burning rays are the strongest.*

*Reduce physical activity.*

*Drink plenty of fluids even if you are not thirsty. Eight to 10 glasses of water a day are recommended. Drink even more if you are exercising or working in hot weather.*

*Do not drink alcohol or caffeine since they are diuretics (i.e., promote water loss).*

*Use sunscreen with a sun protection factor (SPF) of at least 15 if you need to go out in the sun.*

*Wear a wide-brimmed hat and light colored, lightweight loose-*

*fitting clothes when you are outdoors. This type of clothing reflects heat and sunlight, which helps you to maintain a normal body temperature.*

*Avoid sudden changes of temperatures, (i.e. air out a hot car before getting into it).*

*Set your air conditioning thermostat between 75 and 80 degrees. If you do not have an air conditioner, take a cool bath or shower twice a day and visit air-conditioned public spaces during the hottest hours of the day.*

*For additional information, please go to <http://espfocus.org>.*

Los Angeles County residents and businesses, including persons with disabilities and others with access and functional needs, may call 211 LA County for emergency preparedness information, and other referral services. The toll-free 2-1-1 number is available 24 hours a day and seven days a week. 211 LA County services can also be accessed at <http://211la.org>. To register for the Specific Needs Awareness Planning program please go to <https://snap.lacounty.gov>. For disaster/emergency preparedness information, please access <http://laoca.org> and/or <http://espfocus.org>

IN SIERRA MADRE ALL PUBLIC FACILITIES, LIBRARY, POLICE STATION, ETC. ARE AVAILABLE AS COOLING CENTERS DURING REGULAR BUSINESS HOURS.

**SMPD IMPLEMENTS ADDITIONAL  
PROCEDURES AFTER TOWN HALL MEETING**

During the public comment segment of Tuesday's City Council meeting and in the wake of public outcry regarding the return of AWest a convicted sex offender who has returned to Sierra Madre, Police Chief Larry Giannone gave an update on what the department has done in an effort to address the community's concerns.

Giannone informed the council and public that he has been in contact with AWest and reviewed all 23 conditions of his release with him. Of those requirements, Giannone reiterated to the public that should they observe a violation of any of the terms, especially those listed below, they should contact the SMPD immediately. AWest is:

- 1- Not live in a place where he is in view of where children congregate;
2. Must not loiter anywhere children under 18 are present and
3. Must not contact children under 18 without parental consent and he must tell parents before they give consent that he is a registered sex offender.

Giannone has implemented, with the council's blessing the following additional procedures for making certain that the public is notified as soon as possible when predators register with the city.

These enhanced procedures include:

1. Notifying the Department of Justice within 24-48 hours of an offender registering;
2. Following up with the DOJ to make certain they have received the information and posted it on the Megan's Law website;
3. Monitoring the Megan's law website and once the information has been posted
4. Advising the public via social media and electronic communications whenever a change has been made on the site. These notifications will include notice to the schools, all of whom the SMPD has met with as of this date.

Mayor John Harabedian thanked the Chief and the department for an outstanding and timely response to this situation. Harabedian noted, however, that the issue of sex offenders living within 2000 feet of schools is a matter which the city must revisit. He is proposing that the city write a letter to all Federal, State and County agencies indicating Sierra Madre's disapproval of their failure to prosecute those who violate the proximity laws. For details on sex offenders in Sierra Madre go to: <http://www.meganslaw.ca.gov/>

S. Henderson/MVNews

*A Note from The Mountain Views News Editor:*

Earlier this week via email, this paper received an interesting communication from an attorney claiming to represent the convicted sex offender, AWest. In it, she "demanded" that I "immediately cease and desist any further publication of information regarding Mr. AWest".

It is unclear what a licensed attorney's objectives were in sending such a 'demand', as the United States Constitution is the backbone of our legal system and freedom of speech and the press is an integral part of it.

I informed the writer that The Mountain Views News is committed to reporting news of importance to our community and will continue to do so. AWest's return to Sierra Madre was and remains news of great importance.

I am deliberately omitting the name of the attorney for if her goal was to solicit free publicity for herself and/or the advocacy group for that wants to change current sex offender laws that she organizes, she has failed. As stated in this paper's mission statement every week, "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."

Committed to delivering the news our community cares about,

Susan Henderson,  
Publisher/Editor



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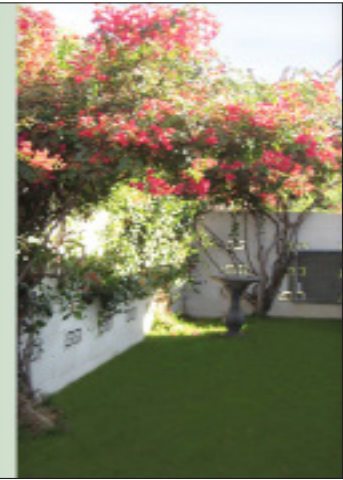
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is visiting.





## Weather Wise

6-Day Forecast - HOT

Sierra Madre, Ca.

|       |       |        |          |
|-------|-------|--------|----------|
| Sun:  | Sunny | Hi 104 | Lows 70s |
| Mon:  | Sunny | Hi 105 | Lows 70s |
| Tues: | Sunny | Hi 105 | Lows 70s |
| Wed:  | Sunny | Hi 90s | Lows 60s |
| Thur: | Sunny | Hi 90s | Lows 60s |
| Fri:  | Sunny | Hi 90s | 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, September 23, 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](mailto:radio@cityofsierramadre.com).

SIERRA MADRE CITY  
MEETINGS

## City Council

Next City Council Meeting  
September 23, 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](mailto: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

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.

Monday, September 15:  
Community Services Commission, 6:30pm

Wednesday, September 17:  
Energy, Environment & Natural Resources, 7:00pm

Thursday, September 18:  
Planning Commission, 7:00pm

Wednesday, September 24:  
Library Board of Trustees, 7:00pm

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

Do you know a senior that will  
soon be faced with making a  
move into a smaller home  
or assisted living?

When They Depend on You...You Can Depend on Me!

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I specialize in helping seniors and their family members with my unique **Silver Service Program** that is a 'one stop shopping' type approach to help you find a suitable community, determining the probable selling price and preparing the family home for selling, staging, packing, estate sales and many other services that are involved in getting your parents moved with less stress and top dollar.



I have 27 years experience specializing in working with:

- Executors and Successor Trustees
- Estate Planners
- Elder Law Attorneys
- Financial Planners
- Tax Attorneys
- Certified Professional Accountants
- Medical Professionals
- Senior Living Directors & Managers
- Families and Caretakers

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Free with consultation – a copy of Jane Wolf Waterman's *Oh, My God! We're Parenting Our Parents, How to Transform the Remarkable Challenge into a Journey of Love.*



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Leonora Moss

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## Rotary Club of Sierra Madre

Is known for its camaraderie (ComRotary).  
If you have been thinking about making a difference  
In your community, please join us for  
Breakfast created by Chef Mario at  
The Park Hart House,  
222 W. Sierra Madre Bl.,  
Sierra Madre, CA 91024,  
Tuesdays, 7-8:30 a.m.  
We have dynamic speakers each week.  
For more info go to Facebook or Meetup



## THE SIERRA MADRE KIWANIS CLUB

A PROUD MEMBER OF KIWANIS INTERNATIONAL SINCE 1927.  
THAT'S 85 YEARS OF COMMUNITY SERVICE!  
WE MEET WEEKLY AT THE LODGE (FORMERLY THE MASONIC TEMPLE) AT 33 E. SIERRA MADRE BLVD.  
MEETINGS ARE EACH TUESDAY AT NOON,  
EXCEPT FOR THE 2ND TUESDAY OF EACH MONTH,  
WHEN WE MEET AT 7:45AM. VISITORS ARE ALWAYS WELCOME!  
JOIN US, MEET YOUR NEIGHBORS, HELP YOUR COMMUNITY,  
AND HAVE SOME FUN!

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SERVICES

Seeking Nominations  
for the 2014 Honor Awards

*Sierra Madre Honors Awards* is the City of Sierra Madre's opportunity to recognize and honor the true treasures of Sierra Madre, its volunteers, City Commissioners, and employees.

Send in your nomination by 5:00 pm, Thursday September 18, 2014.

## George Mauer Lifetime Achievement Award

PAST WINNERS: Marilyn McKernan | Gordon Colwell | George Enyedi | Richard Mays  
Awarded to a person / entity whose lifetime of service embodies the spirit of volunteerism

## Wistaria Award

PAST WINNERS: MWTR Committee | Friends of the Library | Sierra Madre Little League | Historical Preservation Society  
Recognizes a City / Community partnership that assists with providing community-wide programs and services

## Police Chief's Special Award

PAST WINNERS: Patricia Gonzalez | Jeannette Dabney | Carroll Eugene Gray | Jesse Cazares  
Presented for outstanding service and duty to the community

## Public Safety Award

PAST WINNERS: Todd Conrad | Casey Morrisey | Hank Landsberg | Emergency Communications Team  
Awarded to an employee/individual for protecting and maintaining safety in the community

## Public Service Award

PAST WINNERS: Miguel Hernandez, James Carlson | Toni Buckner | Debbie Henderson | Susan Clifton, Jose Reynoso  
The Employee of the Year award for the remarkable public and customer service

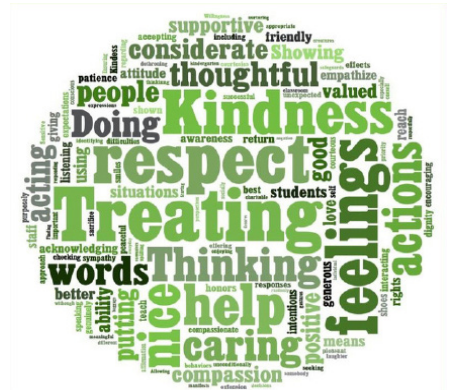
## Community Youth Service Award

PAST WINNERS: Alyah Crochettiere | Lydia Kerns | Brittany Danek  
Presented to a youth (under 18) for outstanding service and dedication to the community

To Nominate: Simply e-mail or drop off a short letter at City Hall listing qualifications of your nominee by 5:00 pm, Thursday September 18, 2014.

[DCostello@cityofsierramadre.com](mailto:DCostello@cityofsierramadre.com) 626-355-7135 ext 312

City of Sierra Madre, 232 West Sierra Madre Blvd, Sierra Madre CA 91024



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# SIERRA MADRE

Sierra Madre

Arcadia

Pasadena

Altadena

Monrovia

## WALKING SIERRA MADRE...The Social Side By Deanne Davis

By Deanne Davis

"When the goldenrod is yellow, and leaves are turning brown - Reluctantly the summer goes, in a cloud of thistledown.

When squirrels are harvesting and birds in flight appear - By these autumn signs we know September days are here." Beverly Ashour, September

September days are here, but summer is certainly being reluctant about packing its bags and getting out of town! I, for one, am ready for that to happen! Ready for another bunch of days like last Monday when it rained! Actual rain! What a treat! Of course, it only lasted for a few minutes, but for those of us here in Sierra Madre who think twice before we shower, and three times before we water, it was sooo nice.

Here's another splendid thing about September: School is back! Yes, indeed, all our adorable children are out of the house, off the couch, the refrigerator door remains closed for hours at a time, and no one is demanding lunch at 10:30 in the morning. Living around the corner from St. Rita's, we can hear the kids playing, and it's such a delightful sound. Psalm 100 says, "Make a joyful noise unto the Lord, all ye lands," and I'm sure that's exactly what a joyful noise has to be!

September gardening? Not so much. The only things that are doing fairly well are the succulents. The tomatoes are still gamely putting out blossoms which promise future tomatoes, everything else just looks sunburned.

We're seeing deer up at the top of Santa Anita fairly frequently, a herd of five, one guy with antlers, a couple of does and a couple of young kids. They leisurely wander up the median, cross over to somebody's lawn, nibble, look at all the cars waiting for them, then continue up and into the hills. Seeing deer is awesome. It really is. We know they eat everybody's flowers, but they're so elegant.

The 3rd annual Scarecrow Festival is coming up, starting this Saturday, sponsored by the Creative Arts Group. This was so cool last year, my scarecrow admiring buddy, John, and I thoroughly enjoyed all the creative scarecrows our downtown folks did and can't wait to see what's going to happen this year. Businesses AND residents can enter the contest. There's a free Scarecrow Building workshop this Saturday from 10-4 at Creative Arts Group and there is more information on this event, which will be ongoing from September 28th through the end of October elsewhere in the Mountain Views News. Sierra Madreans are so good at this kind of thing. We really like to throw ourselves, wholeheartedly, into fun town projects. You can see the picture we took of our scarecrow to inspire you to make a much better one. Maps will even be available from Creative Arts Group so you can find them all. All you need to get started is a really good hat!

Saw an excellent movie: "The 100 Foot Journey" with Helen Mirren and a wonderful cast. A family leaves India and ends up in France to open a restaurant. We highly recommend it. You'll laugh, you'll be touched, and there are no car chases, zombies or transformers. Woo hoo!

One last thing about September; in just a couple of days, our Nation will be remembering 9/11. This year marks the 13th anniversary of what is, to quote FDR, "a date which will live in infamy." In 2013, construction workers placed the final pieces atop New York City's newest skyscraper, One World Trade Center, making it the tallest building in the Western hemisphere at 1,776 feet. The single skyscraper replaces the <http://news.bbc.co.uk/hi/english/static/>



[in\\_depth/americas/2001/world\\_trade\\_disaster/default.htm](http://in_depth/americas/2001/world_trade_disaster/default.htm)" \t "blank" Twin Towers, destroyed on September 11, 2001 marking the first ever attack on US soil, considered one of the darkest days in America's history on a par with the attack on [http://www.chiff.com/home\\_life/holiday/pearl-harbor-day.htm](http://www.chiff.com/home_life/holiday/pearl-harbor-day.htm)" \t "blank" Pearl Harbor. You probably remember exactly where you were when you heard this unbelievable news, we certainly do, and we will never forget all the stories of bravery and personal heroism which followed.

"Are you guys ready? Let's roll!" — Flight 93 passenger Todd Beamer, apparently as a signal to other passengers to attack the hijackers, Sept. 11.

My book: "A Tablespoon of Love, A Tablespoon of Laughter" is available on Amazon.com; or at [blocked::https://www.createspace.com/4561071](https://www.createspace.com/4561071) <https://www.createspace.com/4561071>

## Sierra Madre Police Blotter

During the week of Sunday, August 31st to Sunday, September 7th, the Sierra Madre Police Department responded to approximately 490 calls for service.

### Monday, September 1<sup>st</sup>

At 6:30 pm, Sierra Madre Police responded to the 300 Block of North Sunnyside Avenue regarding a welfare check. The call was placed by the subject's daughter who claimed her father had been drinking all day and was not answering his phone. A previous incident of the man stating he'd drink himself to death caused the daughter's concern. When Officers arrived on scene, they were met by a very intoxicated male subject. When Officers informed him they were there because of his daughter's concern for his welfare, the man was staggering and having trouble maintaining his balance. The man informed Officers he was depressed and that was the reason for his drinking. As the man kept asking Officers why they were there, the Officers on scene felt the man was a danger to himself based on his extreme intoxication and history of wanting to drink himself to death. The man was taken into custody and transported to a local hospital to be placed on a 72 hour medical hold.

### Tuesday, September 2<sup>nd</sup>

At 5:23 pm, Sierra Madre Police responded to the 100 Block of North Baldwin Avenue regarding a suspicious vehicle in the area. Upon arrival, Officers located the vehicle and were approached by the owner. The subject informed Officers that he was visiting his child, but did not live there due to a restraining order. He stated his wife called him earlier that morning stating she needed money and wanted him to come over and that she wanted to drop the restraining order. He arrived at around 11 am and remained there all day, knowing he was in violation of his restraining order. Shortly after the wife arrived at the residence and confirmed to Officers that she had asked her husband to come over and that she would be going to the court to have the restraining order dropped. Upon review of the restraining order, it was determined it was issued as a domestic violence restraining order. Due to the man being in violation, he was taken into custody and booked for Intentional and knowing violation of a domestic violence court order.

### Friday, September 5<sup>th</sup>

At 5:52 pm, Sierra Madre Police responded to the area of Baldwin and Alegria Avenue regarding a hit-and-run incident. Upon arriving on scene, Officers were met by a subject who witnessed the incident. She informed Officers that a red truck had made a right turn into a residential drive way and then backed out. While backing out, the rear portion of the truck collided with the driver's side door of another vehicle that was unoccupied, parked along the curb. The witness stated the suspect did not attempt to stop or provide any information regarding the collision. While inspecting the substantial amount of damage of the driver's side door, Officers were approached by the vehicle's owner. The owner was shocked by the damage and informed Officers she parked her vehicle there only thirty minutes prior. She stated she desired prosecution if the suspect was found. At around 7:19 pm, the victim contacted Sierra Madre Police after she spotted what she believed to be the vehicle that hit her, parked down the street of the original collision site. Officers arrived and inspected the vehicle, noting the positive ID made by the witness and the damage to the rear end of the vehicle. When Officers made contact with the owner, he confirmed the same series of events the witness described, and explained he fled because he panicked. The man was arrested and charged with Hit and Run Property Damage Only.

### Sunday, September 7<sup>th</sup>

At 5:19 pm, Sierra Madre Police responded to the 100 Block of Rancho Road regarding a residential burglary. On scene Officers were met by a female subject who informed them that the residence belonged to her deceased parents and was currently vacant. When she arrived earlier to check the property, she noticed the master bedroom had been ransacked and items appeared to be missing. She then notified her brother who stated the real estate agent had been there at around 11 am. When Officers made contact with the agent, he informed them he went to the residence after a neighbor reported seeing the front door open. He arrived and secured the home then left. Investigation concluded the unknown suspect(s) entered the rear yard through an unlocked gate and then removed the lower window panes from a rear window to gain entry into the residence. This case has been forwarded to the Detectives Bureau.

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**The Spero Foundation**  
Wine, Rhythm & Brews  
Presented by The Spero Foundation  
October 4, 2014 4pm-7pm

## The Spero Foundation hosts the 1st Annual Wine, Rhythm and Brews Event

Join The Spero Foundation on Saturday, October 4, 2014 from 4pm to 7pm in downtown Sierra Madre.

While strolling through the historic Sierra Madre Village look forward to visiting these businesses along the Boulevard. AKA Photographix, Village Medical Spa, Centric Sport, Les Champs Elysees, Lunch Salon, Salon Zelo, Foothill HomeCare Partners, B.La, Century 21, Berkshire Hathaway, Podley, Brown's Interiors, Ruiz Shoes,

Creative Arts Group, Leonora Moss, Savor The Flavor, Attitude, Hair Upstairs, Mother Moo, Four Seasons Tea Room and Sierra Madre Playhouse.

Join us for a memorable and enjoyable evening!

Tickets available now by visiting [www.thesperofoundation.org](http://www.thesperofoundation.org) (\$40.00 per ticket)

## SIERRA MADRE POLICE TAKING BACK UNWANTED PRESCRIPTION DRUGS ON SEPTEMBER 27<sup>th</sup>

[SIERRA MADRE, CA] – On September 27 from 10 a.m. to 2 p.m. the Sierra Madre Police Department and the Drug Enforcement Administration (DEA) will give the public its ninth opportunity in four years to prevent pill abuse and theft by ridding their homes of potentially dangerous expired, unused, and unwanted prescription drugs. Bring your pills for disposal to the Police Department Lobby at 242 W. Sierra Madre Blvd. (The DEA cannot accept liquids or needles or sharps, only pills or patches.) The service is free and anonymous, no questions asked.

Last April, Americans turned in 390 tons (over 780,000 pounds) of prescription drugs at nearly 6,100 sites operated by the DEA and more than 4,400 of its state and local law enforcement partners. When those results are combined with what was collected in its eight previous Take Back events, DEA and its partners have taken in over 4.1 million pounds—more than 2,100 tons—of pills.

This initiative addresses a vital public safety and public health issue. Medicines that languish in

home cabinets are highly susceptible to diversion, misuse, and abuse. Rates of prescription drug abuse in the U.S. are alarmingly high, as are the number of accidental poisonings and overdoses due to these drugs. Studies show that a majority of abused prescription drugs are obtained from family and friends, including from the home medicine cabinet. In addition, Americans are now advised that their usual methods for disposing of unused medicines—flushing them down the toilet or throwing them in the trash—both pose potential safety and health hazards.

DEA is in the process of approving new regulations that implement the Safe and Responsible Drug Disposal Act of 2010, which amends the Controlled Substances Act to allow an "ultimate user" (that is, a patient or their family member or pet owner) of controlled substance medications to dispose of them by delivering them to entities authorized by the Attorney General to accept them. The Act also allows the Attorney General to authorize long term care facilities to dispose of their residents' controlled substances in certain instances.

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



STUDENTS  
CHARGED WITH  
CONSPIRACY  
TO COMMIT  
MURDER

The Los Angeles County District Attorney's office added new charges against two High School students from South Pasadena alleged to have masterminded a mass shooting plan thawed by police.

The charges filed Monday include conspiracy, to both, commit murder and commit assault with a deadly weapon. The teens, aged 16 and 17, denied all charges.

They are due back in court Sept. 23.

The teens were first charged Aug. 20 with one count of making criminal threats after the mass shooting plan was uncovered by school officials and then followed up by a police sting investigation.

"The South Pasadena Police Department was notified by the high school staff that they had received information of a possible treat to the school that a shooting was going to occur," South Pasadena Police Chief Art Miller said at the time.

The two teens were arrested Aug. 18. Their names are still being withheld because of age.

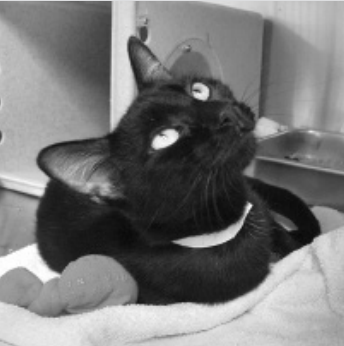
Police served search warrants at both teens' homes after investigators monitored their behavior online, which included researching tactical training, explosives, weaponry and methods for disarming police.

The two also communicated over Skype Miller said.

"As they put it, they just wanted to kill as many people as possible," He said adding that they later told detectives they were prepared to die.

No weapons or explosives were found during the search although police seized two computers they

Pet of the  
Week



Grace is a friendly one-year-old black cat. She enjoys attention and being held. Her adoption fee is reduced to \$13 on Saturday, September 13 for our Lucky 13 Black Cat Adoptions event. Adopt her and make her the luckiest cat in the world!

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

Call the Pasadena Humane Society & SPCA at 626.792.7151 to ask about A361596, or visit at 361 S. Raymond Ave. in Pasadena. Adoption hours are 11-4 Sunday, 9-5 Tuesday – Friday, 9-4 Saturday. Pets may not be available for adoption and cannot be held for potential adopters from phone calls or email. Directions and photos of all pets can be found at [www.pasadenahumane.org](http://www.pasadenahumane.org).

LA LOMA  
BRIDGE TO  
GET SEISMIC  
RETROFIT

By Dean Lee

The city council voted Monday night to move forward with an agreement between the city and Caltrans to fund over \$13 million for the long awaited construction of the La Loma Bridge Seismic Retrofit and Rehabilitation Project.

City officials said construction on the bridge would likely begin early next year and is expected to be completed in fall 2016. They failed to say if construction will close the bridge to traffic or close the walking trails underneath to the public.

Although the item was up for discussion, no one from the public spoke. The vote was unanimous with the exception of Councilmember Victor Gordo who recused himself.

"The reason that it was held [from the consent calendar], as Mr. Gordo placed on the record is, a potential economic interest involved in that matter [the La Loma Bridge Seismic Retrofit and Rehabilitation Project] because of his work," Mayor Bill Bogaard said.

The item was moved by

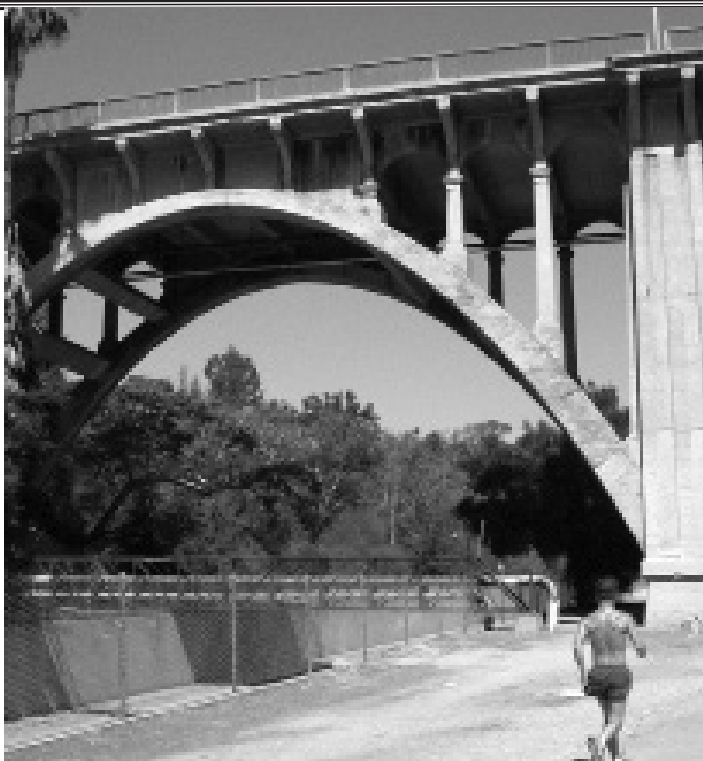
Energy Workshop for  
Historic Homes to be Held



Pasadena's historic homeowners can learn how to enjoy modern efficiency and comfort while protecting their home's character during "Energy Efficiency and Historic Homes," a special workshop sponsored by Pasadena Heritage from 9 a.m. to 1 p.m., Saturday, Sept. 20 at Polytechnic School, 1030 E California Blvd.

Pasadena is a treasure trove of hundreds of historic properties, designed by the likes of Greene and Greene, Wallace Neff and Reginald Johnson. But with little or no insulation and drafty doors and windows, vintage homes are often hot in summer and chilly in winter, which can lead to higher energy bills.

During the event, a panel of local experts will cover efficient heating and cooling options, weatherizing, lighting, air infiltration and energy audits to target waste, as well as rebates and financial incentives available for efficiency retrofits. John Hoffer, Pasadena Water and Power Department's (PWP) Public Benefits Program Manager, will be available to



La Loma Bridge photo D.Lee/MVNews

Councilmember Steve Madison. Although the original project was approved in 2007, a new design strategy had to be implemented after the discovery of a seismic fault running under the bridge.

According to a city staff report, "The City of Pasadena has obtained Federal High Priority (HP) funds in the amount of \$1,688,708 and Federal Highway Bridge Program

(HBP) funds in the amount of \$11,627,086 for the La Loma Bridge Seismic Retrofit and Rehabilitation Project. These federal funds require \$2,081,951 in local match funds, which was previously appropriated to the budget account for subject project. The State of California, acting through Caltrans, is administering the HP and HBP funds."

SIP-tember  
Finale at the  
Rose Bowl

Food from two dozen restaurants and caterers and SIP-tember Cocktail Bracket Challenge finalists available for tasting at annual event.

The annual SIP-tember: a Celebration of the Cocktail will conclude September 54 with the Cocktail Bracket Challenge Finale at the historic Rose Bowl in Pasadena from 6pm to 9pm. The four finalist cocktails will be served up in a live competition from 6pm to 8:30pm with those in attendance voting to determine Pasadena's Cocktail of the Year for 2014.

The Pasadena Chamber hosts the third Taste of Pasadena and SIP-tember Finale at the Rose Bowl. Guests can enjoy unlimited food and drink tastings from many of Pasadena's finest restaurants and help decide which SIP-tember cocktail is Pasadena's favorite.

Some Taste of Pasadena participants are:

- Bowlmor AMF
- California PIZZA Kitchen
- Celestino Ristorante
- The Chefs at Castle Catering
- Du-Par's Pasadena
- Green Street Restaurant
- The Melting Pot
- Panda Inn
- PizzeRev
- Simply Cupcakes of Pasadena
- Slater's 50/50
- Trattoria Neapolis
- Yummy Cupcakes

Along with food and drink samples for Taste of Pasadena guests, the four finalist cocktails from the SIP-tember Cocktail Bracket Challenge will be available for tasting. Taste of Pasadena guests vote live to determine Pasadena's favorite cocktail. Pasadena's Favorite Cocktail 2014 will be named at 8:45PM following the voting.

Tickets to the Taste of Pasadena and SIP-tember Finale are \$30 in advance and \$40 at the door. To purchase tickets call the Chamber at 626-795-3355 or visit [www.pasadena-chamber.org/events/sip-tember](http://www.pasadena-chamber.org/events/sip-tember).

NASA Research Aids  
Response to Napa Quake

NASA data and expertise are being used in an ongoing response to the Aug. 24 magnitude 6.0 earthquake that struck the Napa Valley in northern California, the agency said Wednesday. The quake was the strongest to occur in the San Francisco Bay Area in a quarter-century and caused significant regional damage.

Analyses by scientists at NASA's Jet Propulsion Laboratory, Pasadena, California, of airborne data from NASA's Uninhabited Aerial Vehicle Synthetic Aperture Radar (UAVSAR), GPS data and radar imagery from the Italian Space Agency's COSMO-SkyMed satellites, are revealing important details of how the ground deformed in the region and the nature of the fault movements. In addition, a NASA-funded disaster decision support system has provided a series of rapid-response data maps to decision makers at the California Earthquake Clearinghouse. Those maps are being used to better direct response efforts.

"NASA's UAVSAR radar imagery of the magnitude 6.0 Napa earthquake is being widely used to identify fault slip across the full Napa fault zone for the scientific, engineering and damage assessment communities and may result

DOGS, OWNERS, SET TO  
WIGGLE WAGGLE WALK

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

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

"The Wiggle Waggle Walk is a community event for animal lovers," says Steve McNall, president and CEO of the Pasadena Humane Society & SPCA. "This is our biggest fundraiser of the year. We would not be able to provide the level of care to all the animals in our nine-city service area without the community's support."

Participants are encouraged



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

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

Symphony to Hold Free  
'Music Under The Stars'



The family friendly event features Broadway stars Larry Blank, David Burnham, Valerie Perri, and Christina Saffran

The Pasadena Symphony is set to present the annual free "Music Under The Stars" concert on Saturday, Oct. 4, at Pasadena City Hall Centennial Square.

Under the baton of multiple Tony Award-nominated Larry Blank, Resident Pops Conductor, the Pasadena Symphony welcomes vocalists Valerie Perri, Christina Saffran, and David Burnham, who will sing a collection of hits from Broadway, the movies, and the Great American Songbook. With a selection including legendary music by Jule Styne, Stephen Sondheim, Andrew Lloyd Webber and so much more. The JPL chorus, composed of volunteer JPL employees and under the direction of Donald Brinegar, completes the line-up for this captivating evening of Music Under the Stars. Grounds open at 5:30 p.m., the concert will take place between 7:30 - 9:00 p.m.

At the concert, the Pasadena Symphony Association will honor Mayor Bill Bogaard for his leadership support of the Association over the years.

"We're thrilled to be able to offer this enchanting concert once again this year to the Pasadena community," stated Paul Jan Zdunek, CEO of the Pasadena Symphony Association (PSA). "The success of this concert is directly related to the philanthropy of the Bank of America Charitable Foundation and The Ralph M. Parsons Foundation who generously sponsored this family orientated event. Music Under The Stars holds a special place in the hearts of families in the Pasadena community, and we hope to continue to inspire their love of the symphony for years to come."

The family-friendly fun begins at 5:30 p.m. with pre-concert activities, family-style picnicking, and gourmet food trucks. Families are also encouraged to bring their own picnic along to enjoy.

The concert is sponsored in part by Bank of America Charitable Foundation and The Ralph M. Parsons Foundation.

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](http://PASADENAMEDIA.ORG) and explore what Pasadena Media has to offer.

Class offerings days and nights weekly  
Station Schedule  
PCAC Board of Directors - Regular Meeting  
Tuesday Sept. 16 at 7:00 p.m. - 9:00 p.m.  
Citizen Journalism Training  
Wednesday Sept. 17 at 6:30 p.m. - 8:00 p.m.  
Studio Camera & Floor Manager  
Wednesday Sept. 17 at 6:00 p.m. - 8:00 p.m.  
Orientation & Tour  
Wednesday Oct. 1 at 1:00 p.m. - 3:00 p.m.  
Studio Camera & Floor Manager  
Wednesday Oct. 1 at 6:00 p.m. - 8:00 p.m.



# ARCADIA

Sierra Madre

Arcadia

Pasadena

Altadena

Monrovia

## Helen Romero Shaw, Public Affairs Manager for the Gas Company, Addresses Arcadia Chamber Meeting

By Joan Schmidt

Attendees to the recent Arcadia Chamber of Commerce Government Forum Meeting were treated to a very special Guest Speaker, Helen Romero Shaw, Public Affairs Manager for the Southern California Gas Company, which oversees ten cities in the west San Gabriel Valley as well as several communities in Los Angeles County. Ms. Shaw gave quite an informative presentation.

Ms. Shaw began, "Natural Gas is a *foundation fuel* for a clean and renewable energy future, and the Southern Gas Company is the largest natural gas distribution company in the United States with 8000 employees, serving 20 million consumers from Visalia down to Mexico with its 6 million meters and 20,000 pipelines across Southern California!" Some natural gas uses include cooking, heating, and transportation- autos and even school buses in Arcadia.

The **Federal Clean Air Act of 1970 (Amended in 1990)** has facilitated California's climate change goals by regulation of ozone, a colorless, reactive oxidant gas that is a major constituent of atmospheric smog and nitrogen oxide. (Ground level smog is formed in the air by the photochemical reaction of sunlight and nitrogen oxide-NOx, facilitated by a variety of volatile organic compounds (VOCs) which are photochemically reactive hydrocarbons. Current state carbon dioxide pathways miss the federal ozone target, but natural gas is helping us reach the Federal Ozone Target. The Gas Company has been working with manufacturers and has gone beyond the benchmark. Electric vehicles may have "0" emission, but their power plants release emissions.

Ms. Shaw said the biggest polluters include trucks and railroads; "We have to work with them to go to natural gas...we are launching new research, putting more into refueling stations...currently UPS and Foothill Transit use natural gas."

Ms. Shaw also spoke of decarbonization of electricity, "If it's not windy or if the sun is not out, backup fuel is natural gas...We're the pathway-from organic waste to renewable power to gas, decarbonizing the pipeline...Take electricity, convert it to gas-methane or hydrogen gas...You cannot store electricity, but you can store natural gas-underground storage is below abandoned oil fields."

Advantages of natural gas are it's abundant, affordable, domestic and clean. Natural gas is non-transitional. Pipelines are very safe; they've been around 150 years. "We are constantly checking them for pipe corrosion or leaks...look at all pipelines under high pressure. If they don't meet criteria, they are replaced."

Ms. Shaw also told us pipelines are rented out to large companies. No more pipelines can be built, so Southern Ca Edison rents the pipelines and pays a tariff.

The big success is that the Gas Company has an energy efficiency program, "we're not producing, but buying and we make sure there is no impact on the water table."

Ms. Shaw also explained that the Gas Company gets natural gas from the Midwest. "We take custody of gas when it comes into the state."

The Federal Government is in charge of Pipelines; "We run **Smart Pig** -it tells us how thick it is, if there are leaks...we have certain standards for pipelines...we are adding valves now...companies, even cities puncture our gas lines...call 811 and a team will go out and take care of it."

Of course, Ms. Shaw feels the Gas Company has the "best crew". And after hearing her presentation, I would certainly agree.

## Arcadia Police Blotter

*For the period of Sunday, August 31st, through Saturday, September 6th, the Police Department responded to 1,022 calls for service of which 112 required formal investigations. The following is a summary report of the major incidents handled by the Department during this period.*

### Sunday, August 31:

At approximately 3:51 p.m., an officer responded to the Santa Anita Mall, 400 South Baldwin Avenue, in reference to a stolen vehicle. An investigation revealed that while a female and male were arguing, the male subject forcefully took the female's keys and stole her vehicle. Shortly after, officers recovered the vehicle in a nearby parking lot. The 21-year-old Black male was arrested and transported to the Arcadia City Jail for booking.

Just before 7:17 p.m., an officer was dispatched to Nordstrom at the Santa Anita Mall, 400 South Baldwin Avenue, regarding a theft report. The officer discovered the 24-year-old Armenian male stole a Burberry jacket and two designer watches, valued at \$1,085. The suspect was arrested and transported to the Arcadia City Jail for booking.

### Monday, September 1:

At about 6:49 a.m., officers reported to A&J Restaurant, 27 Las Tunas Drive regarding an attempted commercial burglary report. Officers discovered two unknown subjects attempted to enter the location by prying the rear door. Both suspects are described as males wearing black hooded sweatshirts and dark pants. One of the suspects was wearing a black hat, black knee high socks, and black shoes. Officers conducted an area check, but the suspects were not located.

At approximately 10:12 p.m., officers were dispatched to Metro PCS, 158 East Duarte Road, for activation of an audible alarm. An investigation revealed unknown suspect(s) cut a hole in the metal security gate, removed the recording device for the security cameras and left with more than \$20,000 worth of cellular phones. The suspect(s) were outstanding at the time of the report.

### Tuesday, September 2:

Around 2:05 a.m., an officer initiated a traffic stop on a vehicle for expired registration in the area of Baldwin Avenue and Huntington Drive. An investigation revealed the vehicle had fraudulent registration tags and the driver did not have insurance. The 26-year-old Hispanic male was issued a citation and released in the field. The vehicle was stored.

Just after 8:52 a.m., officers responded to Vons, 618 Michillinda Avenue, in reference to a theft of gasoline report. Officers discovered two unknown suspects attempted to siphon gasoline from a vehicle in the parking lot, but were scared off by a security guard. The suspects are described as two Asian males driving a 2-door, silver Mercedes Benz.

### Wednesday, September 3:

Shortly after 8:20 a.m., an officer conducted an enforcement stop on a vehicle in the area of Golden West Avenue and Huntington Drive for not having license plates on the vehicle. Upon contacting the 54-year-old Asian male driver, the officer detected a strong odor of marijuana emitting

from inside the vehicle. An investigation revealed he was in possession of 1.4 grams of marijuana. He was arrested and transported to the Arcadia City Jail for booking.

At about 7:38 p.m., an officer responded to Burlington Coat Factory, 1201 South Baldwin Avenue, regarding a theft report. An investigation revealed a store employee made numerous fraudulent returns over the course of one month. The 26-year-old Hispanic male was arrested and transported to the Arcadia City Jail for booking. During the booking process, he was found to be in possession of a controlled substance. The violation was added to his charges.

### Thursday, September 4:

At approximately 9:54 a.m., an officer conducted a traffic stop on a vehicle in the area of Huntington Drive and First Avenue for failing to yield to a pedestrian. A records check revealed the driver, a 40-year-old Hispanic male, was never issued a license. The subject was cited and released in the field. The vehicle was left legally parked.

Around 4:03 p.m., an officer responded to the Subway parking lot, 411 East Huntington Drive, regarding a traffic collision. A witness observed an unknown subject collide into a parked vehicle. The suspect fled the scene; however, the vehicle was located in an adjacent parking lot.

### Friday, September 5:

Just after 11:53 a.m., an officer was dispatched to a residence in the 1800 block of Highland Oaks Drive in reference to a sounding burglary alarm. An investigation revealed unknown suspect(s) forced entry through a rear door and fled undetected with jewelry. No evidence was located.

At about 11:08 p.m., officers responded to a residence in the 2300 block of South Baldwin Avenue regarding a battery report. An investigation revealed a male subject did not like his neighbor's decorative statues on their front porch and went to their house to demand they be removed due to their bad luck/negative energy. During the altercation, the 52-year-old White male "chest bumped" one of the neighbors. He was arrested and transported to the Arcadia City Jail for booking.

### Saturday, September 6:

Just after 9:05 p.m., an officer conducted a traffic stop on a vehicle in the area of Santa Anita Avenue and Camino Real Avenue for expired registration. Upon contacting the driver, the officer detected a strong odor of alcohol emitting from inside the vehicle. An investigation revealed the 49-year-old White male was under the influence of alcohol with a blood alcohol content greater than .08%. He was arrested and transported to the Arcadia City Jail for booking.

At approximately 10:36 p.m., an officer responded to a residence in the 200 block of Las Tunas Drive in reference to a domestic altercation between a male and female subject. Although both subjects engaged in the altercation, the 33-year-old White male was determined to be the primary aggressor. He was arrested and transported to the Arcadia City Jail for booking.

# MONROVIA - DUARTE

Sierra Madre

Arcadia

Pasadena

Altadena

Monrovia

## CITY ASKS RESIDENTS AND BUSINESSES TO COMPLY WITH NEW STATE WATER RESTRICTIONS

DUARTE, CA, September 11, 2014 – The City of Duarte has passed Resolution 14-R-21 making it a code violation for residents or businesses to fail to comply with the recently passed State Emergency Regulations addressing severe statewide drought conditions. Regulations include: (1) using potable water on outdoor landscapes causing runoff into adjacent properties; roadways, parking lots, or private/public walkways; (2) using a hose to wash a vehicle except when the hose is fitted with a shut-off nozzle; (3) using water on driveways and sidewalks; and (4) using potable water in a fountain or other decorative water feature except where water is part of a recirculating system. Violations of these regulations may result in fines. Specifically, the City is treating violations as an infraction utilizing written warnings combined with sufficient time for the violation to be corrected. If, in some cases, warnings fail, the City can then issue citations with penalties ranging from a fine of \$75 for the first offense, \$150 for the second, and \$300 for the third.

The decision to move forward with Statewide restrictions came after a State Water Resources Board survey showed previous conservation measures failed to achieve the 20% reduction in water usage sought by Governor Brown back in January of this year. These regulations were also reaffirmed more recently on August 14th when the California Public Utilities Commission (CPUC) issued a resolution requiring all water agencies such as the City's water system owner, California American Water company to inform their customers about the four statewide, mandatory water restrictions. Within 10 days of this ruling, California American Water published notice of the Emergency Regulation in both local newspapers and on their respective website. They also, within 20 days, provided direct mail notice to their customers of the newly enacted emergency regulations. They, like the City, will also continue to publicize the restrictions throughout April of 2015. Additionally, Cal Am shall assist in assuring compliance by working with the City's Code Compliance division charged with enforcing the mandatory restrictions.

In a prior resolution passed by the Duarte City Council on May 14th, the City had previously asked Duarte residents and businesses to take immediate action to "voluntarily" conserve water. Duarte residents were encouraged to take simple steps to save water, including taking shorter showers, not leaving water running, checking for leaks, washing only full laundry loads, promptly fixing defective plumbing or sprinklers, and watering only when landscaping needed it during early morning hours.

Since 2009, the City has been taking steps to conserve water. For example, City street crews have utilized drip irrigation, regularly inspected and replaced broken sprinklers, utilized weather sensing irrigation clocks, and regularly replaced turf with drought tolerant shrubs. Most recently, the Facilities Maintenance Division of the Parks and Recreation Department has also taken measures to conserve water at the City's facilities by installing water free urinals, automatic toilet flush systems, and low-flow shower heads.

California American Water is an investor-owned water utility providing water service to about 28,000 households and businesses, in the cities of Bradbury, Duarte, El Monte, Irwindale, Monrovia, Rosemead, San Gabriel, San Marino and Temple City, as well as unincorporated portions of Los Angeles County and the Baldwin Hills area. It is these communities that comprise the Los Angeles service area. The majority of the water service in the Los Angeles district is groundwater, pumped from the region's main and central basins. In the City of Duarte, California American Water has seven wells that provide approximately 95% of the local water.

For additional information on water conservation, visit the Utilities section of [www.accessduarte.com](http://www.accessduarte.com) or [www.saveourh20.org](http://www.saveourh20.org). Local residential or business violations may also be reported to the City's Code Compliance Division by calling 626-357-7938.

## Monrovia Police Blotter

*During the last seven-day period, the Police Department handled 411 service events, resulting in 81 investigations. To see a complete listing of crimes reported, go to <http://www.crimemapping.com/map/ca/monrovia> for crime mapping. For Police Department news and information, visit our website and follow us on Twitter.*

### Panhandling / Drunk in Public – Suspect Arrested

On September 8 at 10:39 p.m., an employee from a fast food business in the 400 block of West Huntington reported a male subject soliciting patrons and reaching into vehicles as they waited in the drive-thru. Officers arrived and located the subject; he was determined to be intoxicated and unable to care for himself. He was arrested and held for a period of sobering.

### Theft from a Vehicle

On September 8 at 3:16 p.m., the victim of a theft from a vehicle that occurred in the 200 block of East Cherry Avenue came to the Police Department to report the crime. The victim parked his vehicle in his driveway, but did not lock it. The victim left an iPad and laptop computer in the vehicle. When the victim returned to his vehicle the next morning, he found his property was missing. The crime occurred sometime during the night on May 25 to 26

### Missing Person Located

On September 9 at 7:39 p.m., a group home in the 100 block of East Central Avenue called police to report that an adult resident from the home was missing. The subject was described as being mentally challenged and not being familiar with the area. Officers obtained as much information as possible about the subject, then conducted a thorough investigation and eventually located the subject.

### Grand Theft Auto – Suspect Arrested

On September 9 at 10:21 p.m., a police agent conducted a traffic stop in the 1700 block of South Mayflower Avenue for a vehicle code violation. During the initial contact, the driver became belligerent and confrontational. The agent requested an additional backup unit and with assistance, the subject was detained. During the confrontation, the dispatcher was running a computer check of the license plate and learned the vehicle stopped was a stolen vehicle; the driver was arrested and taken into custody.

### Bear Incident

On September 10 at 9:57 a.m., a resident in the 200 block of East Olive Avenue called police to report a mother bear and her cub in a tree in their front yard. Officers responded and monitored the bears until the Department of Fish and Wildlife could respond. Media arrived in the area and began broadcasting the incident. California Fish and Wildlife arrived and cleared the officers from the area. They monitored the bear and her cub from a distance to allow them to leave the area and return to the Foothills, but the bears remained in the tree into the evening.

## DUARTE HIGH SCHOOL TO HOST TWELFTH ANNUAL FOOTHILL CITIES COLLEGE FAIR

DUARTE, CA., September 8, 2014— The annual Foothill Cities College Fair will take place on Wednesday, September 17, 2013 from 5:30 p.m. to 7:00 p.m. atn the Duarte High School campus, 1565 E. Central Ave. Admission is free. The event occurs annually in conjunction with Duarte High School's annual "Back to School Night."

Students and their parents can compare the programs and opportunities offered by more than 40 colleges and universities from throughout California and the United States. Among the many learning institutions already confirmed will be local community colleges, private and state

As the story was broadcast on television, a large crowd of bystanders and vehicles began to form in the area. Police shut down the 200 block of Olive to through vehicle and pedestrian traffic in an effort to allow the bears to feel comfortable and not threatened to leave the area. Officers monitored the bears throughout the evening and eventually they left the area during the night.

### Critical Missing Located / Mental Evaluation

On September 10 at 11:06 p.m., an adult female was reported missing to police. The subject is on medication and had not taken it that day. She has been reported missing several times in the past. Police conducted a thorough search for the subject, but were unable to locate her. Local hospitals and agencies were notified and the subject was entered into the law enforcement missing person's system. The subject came into the police department lobby the next morning. She was removed from the missing persons system and was picked up from the station by her mother. Later, that morning, the subject went missing again. She was located by police again and taken to a hospital, where she was held for mental evaluation.

### Detective Bureau Case Follow-up

### Grand Theft Investigation – Two Suspects Arrested

On September 5, 2014, officers investigated a grand theft at a business in the 600 block of West Huntington. The suspect had purchased an iPad from the business and later returned the box stuffed with paper and woodchips, resealed to look as if it had never been opened. Store employees discovered the crime later and reported it to police. Through investigation, the officer learned the suspect had repeated this crime at several locations. At one location, the suspect listed his driver's license number and was identified.

Surveillance of the suspect was conducted in Chino Hills, Alhambra and Walnut by the Monrovia Police Department Special Enforcement Team and the West San Gabriel Valley Anti-Crime Task Force. The suspect vehicle was located at one of the locations, so search warrants were obtained and served, which led to the recovery of the iPad and additional property, including resealing equipment. Two suspects were arrested in this case.

### Grand Theft / Burglary – Suspect Identified

On July 16, 2014, officers investigated a crime where a female suspect had cashed an altered payroll check at a business in the 1200 block of South Myrtle. The check was altered and the account listed was not for the corporation listed. A Detective investigated the case and discovered the suspect cashed several checks throughout Los Angeles County. One of the cashed checks contained a thumbprint, which later returned to a female residing in Rosemead. A photo lineup was conducted and the suspect was positively identified. A search warrant was obtained and served. Numerous computers and check writing materials were recovered. Charges will be filed with the District Attorney's Office.



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## LANCERS ON THE GRIDIRON



## PASADENA UNIFIED PARTNERS WITH HUNTINGTON MEDICAL RESEARCH INSTITUTES TO SAVE LIVES OF STUDENT ATHLETES

*Potentially life-saving head and heart scans will be offered to PUSD high school student athletes free of charge*

This fall, every high school student athlete in the Pasadena Unified School District (PUSD) will be eligible to receive a free head and heart Magnetic Resonance Imaging (MRI) scan. PUSD has partnered with the Huntington Medical Research Institutes (HMRI) to conduct a cutting-edge research program focused on diagnosis and prevention of sudden cardiac death and traumatic brain injury in student athletes. This program is motivated by increased public recognition of traumatic brain injuries by the National Football League and others and the deaths of students across the country due to sudden cardiac death. This study is a first for Pasadena high school athletes.

"I am extremely excited to partner with the Huntington Research Institute to provide this service to PUSD students and I believe this program is beneficial for our athletes," said PUSD Interim Superintendent Dr. Brian McDonald. "As someone who witnessed the sudden heart related death of a childhood friend immediately after a soccer game, I understand the importance of preventative care to protect our student athletes. We are grateful to the HMRI for their willingness to include us in this important endeavor."

Student athletes will be eligible to receive a free cardiac MRI designed to identify an inherited heart condition that predisposes a student to sudden cardiac death (SCD), a non-traumatic, non-violent, unexpected event resulting from the cessation of the heart beating within six hours of a previously witnessed state of normal health. People at risk for SCD are usually without symptoms and unaware that they have a predisposing condition. An Altadena resident and former PUSD student who was attending Harvard-Westlake succumbed to SCD last year. Devastating events such as this could potentially be prevented by the simple scan offered to PUSD athletes.

"I am excited to be able to offer this new benefit to our PUSD athletes," said Ann Rector, PUSD Coordinator of Health Programs. "This study has the potential of not only saving a life, but also helping researchers understand

sports-related trauma."

PUSD athletes can also receive brain scans designed to diagnosis and prevent brain injuries resulting from a concussion. Concussions are traumatic brain injuries that can lead to chronic cognitive and neurobehavioral difficulties especially if the concussions are recurrent. Although the majority of athletes who experience a concussion are likely to recover, an unknown number of these individuals may experience difficulties related to recurrent injury, commonly referred to as Post-Concussion Syndrome.

Two MRI head screening exams, an initial screening early in the school year and a follow-up at the end of the school year, are available to student athletes free of charge. Any athlete who experiences a concussion while participating in a PUSD sporting event will also receive a follow-up scan to see how the injury has affected the brain. Participation in both the brain and heart scans is optional and will supplement the annual physical exam that athletes receive. An MRI does not involve radiation exposure and the scans are very safe.

"HMRI's expertise in non-invasive imaging is an important resource for PUSD and we are pleased to offer these normally expensive studies to young athletes at no cost to the student or the district," said HMRI's Chief Scientific Officer, Marie Csete MD, PhD. "HMRI scientists will also benefit from studying students because there is insufficient data about the incidence of cardiac abnormalities that could lead to SCD. Importantly, HMRI is at the forefront of understanding how imaging can be used to diagnose and follow patients after they sustain a head injury, but we have focused on older patients to date, so important information about trauma to young brains can help fill in the scientific picture and, we hope, help future athletes."

For more information about these programs, contact Ann Rector at [ann@pusd.us](mailto:ann@pusd.us).

## PATRICK TIERNEY NAMED AUSD TEACHER OF THE YEAR

ARCADIA-- The Arcadia Unified School District is pleased to announce Patrick Tierney as its Teacher of the Year for the 2014-2015 school year. Tierney, who speaks fluent Spanish, Latin, and Portuguese, has been a Spanish and literature teacher at Arcadia High School since 1987.

"Patrick represents everything that is right about public education and the consummate professionals who educate our children each day," said Arcadia Unified School District Superintendent David Vannasdal.

Tierney was a college professor before a profound visit to a high school campus changed his career path and life forever.

"I was all set to continue my career as a college instructor in 1977 when I arrived in California," Tierney said. "While visiting a friend at a local high school, I was caught in a hallway as the bell rang to end class. I had never before been aware of such passion, agitation and movement all in one cramped space. I jettisoned my college career immediately to be a part of this environment, and you might say that the educational community has never

been the same. I certainly haven't."

Tierney, who established the Advanced Placement (AP) Spanish Literature program at Arcadia High School, has been teaching for 38 years. He graduated with a Bachelor of Arts Degree from the University of Pittsburgh, and also earned Masters Degrees in Spanish and Portuguese, and in Latin Literature.

"We are thrilled for Patrick to receive this worthy distinction," Arcadia High School Principal

Dr. Brent Forsee said. "Considering we have some of the most innovative and best teachers in the country in our district, it's high praise to be named Teacher of the Year in Arcadia Unified."

Arcadia Unified School District employs more than 400 teachers. Arcadia High School has been named a Gold Medal School for the past three years by U.S. News and World Report on its annual Best High Schools Rankings list. Less than three percent of the more than 19,000 schools that were evaluated nationwide in 2014 earned the gold medal distinction.

## BOSCO TECH TO HOST FREE HIGH SCHOOL NIGHT ON OCT. 1 AREA HIGH SCHOOL REPRESENTATIVES TO MEET WITH PROSPECTIVE STUDENTS

ROSEMEAD, CA--September 10, 2014--Don Bosco Technical Institute (Bosco Tech) will host a free high school fair for elementary and middle school students and their parents on Wednesday, October 1, from 6:30 to 8:30 p.m.

The fair, Gear Up for High School, will feature representatives from 25 area Catholic schools who will provide information about their school's curriculum and programs. The evening will feature a performance by the Bosco Tech marching band followed by table presentations by school representatives.

"The fair will gather several local high schools in one place for the convenience of families in the community," said Bosco Tech Principal Xavier Jimenez. "It will provide an excellent opportunity for elementary and middle school students to learn more about quality Catholic high schools throughout the area and what each one has to offer."

For more information about the high school fair, call (626) 940-2011 or email [vdeluna@boscotech.edu](mailto:vdeluna@boscotech.edu). Bosco Tech is an all-male Catholic high school, sponsored by the Salesians of Don Bosco, that uniquely combines a rigorous college-preparatory and technology-focused education. The innovative science, engineering, technology and math (STEM) curriculum allows students to exceed university admission requirements while completing extensive integrated coursework in one of several applied science and engineering fields.

## SCHOOL DIRECTORY

**Alverno High School**

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

**Arcadia High School**

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

**Arroyo Pacific Academy**

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

**Barnhart School**

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

**Bethany Christian School**

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

**Clairbourn School**

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

**Foothill Oaks Academy**

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

Co-Principals Nancy Lopez and Diane Kieffaber  
[info@foothilllooksacademy.org](mailto:info@foothilllooksacademy.org)  
[preschool@foothilllooksacademy.org](mailto:preschool@foothilllooksacademy.org)

**Frostig School**

971 N. Altadena Drive Pasadena, CA 91107  
(626) 791-1255

Head of School: Chris Schnieders, PhD  
Email: [Jackykn@frostig.org](mailto:Jackykn@frostig.org)

**The Gooden School**

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

**High Point Academy**

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

**LaSalle High School**

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

**Monrovia High School**

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

**Odyssey Charter School**

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

**Pasadena High School**

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

**St. Rita Catholic School**

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

**Sierra Madre Elementary School**

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

**Sierra Madre Middle School**

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

**Walden School**

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

**Weizmann Day School**

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

**Wilson Middle School**

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

**PASADENA UNIFIED SCHOOL DISTRICT**

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

**ARCADIA UNIFIED SCHOOL DISTRICT**

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

**MONROVIA UNIFIED SCHOOL DISTRICT**

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

**DUARTE UNIFIED SCHOOL DISTRICT**

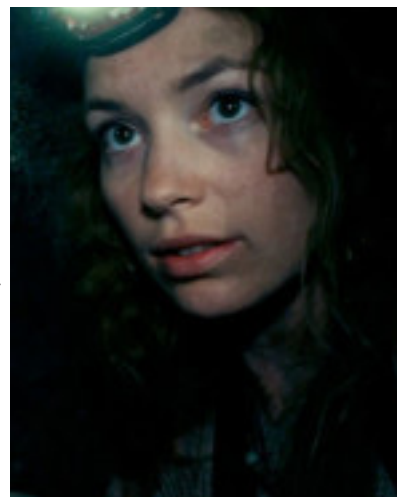
1620 Huntington Dr., Duarte, Ca. 91010  
(626) 599-5000 Website: [www.duarte.k12.ca.us](http://www.duarte.k12.ca.us)

## THE REEL DEAL: by Ben Show AS ABOVE SO BELOW REVIEW

Nowadays, horror movies are a dime a dozen. They all involve demons of some sort, stupid characters, and derivative plots that get recycled every movie. So, what makes "As Above So Below" special in the horror genre?

Absolutely nothing. Scarlett (Perdita Weeks) is looking for the fabled philosopher's stone. It is rumored to be somewhere in Paris, but she has no idea where. After tracking down several key clues, she discovers the stone lies in the catacombs, and she and a team of guides go down into the ancient tunnels to find it.

This is like "Indiana Jones" gone wrong. Weak, whiny, and downright stupid characters make the movie funny. What makes this film hilarious is the fact that there are almost no demons/ghosts/evil spirits. Ninety-nine percent of the deaths come from the characters' own negligence. The only thing that makes this film any good is a very impressive technical trick used at the end of the movie. See "As Above So Below" if you are looking for a good laugh.



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DILLS' GREEK VACATION + GREEKFEST AT SANTA ANITA

Thomas Wolfe wrote a book titled ‘You Can’t Go Home Again’ but throughout the years there have been different variations of that familiar title. Ah but this man lived in an era that didn’t include airbuses now did he? It has been some 40 years that I departed Greek Soil. I recently returned to Greece and am excited to share my experience with you. If it is history that you seek, there is plenty of that to enjoy, if you are looking for relaxation then this is your spot, how about superior cuisine? I will attest that the worst meal of the trip wasn’t really all that bad. Yes, Greece has something for everyone.

TABLE FOR TWO by Peter Dills  
thechefknows@yahoo.com

New York. We traveled on Air Canada and had a layover in Toronto. As a beer drinker, a few Molson’s at the airport restaurant helped make the time go by fast. One warning though, if you are using dollars they will give you back Canadian currency, so my suggestion is to use your credit card. Unless you want to have a couple of dollars as a keepsake. Once you make it to Athens, you’ll have the choice of a taxi, renting a car, or if you are on a tour like we were then someone will greet you at the terminal. My suggestion is that if this is your first trip a taxi or hotel shuttle would be prudent. However, if you are on the islands, renting a car is safe and easy.

Where to stay: In Athens there is a list of five star, four star and three star hotels. We stayed at the Metropolitan just outside Athens, and while the hotel was clean and a great view of the port, I wouldn’t say it was five star. But I liked that it had a view and was away from downtown Athens that is congested and a bit dirty with graffiti and scooters everywhere. Once in Santorini and Mykonos, the accommodations are very nice, in fact while our hotel in Santorini Greco, wasn’t on the beach it reminded me of staying in a storybook village: very upscale and with four different pools. In Mykonos there are many small/boutique hotels very close to the beach, while our accommodations were close to being cramped, I will call it cozy.

To tour or not: If you have traveled to Athens or any other surrounding Islands before, I don’t see any need to sign up for a tour. We did and I am glad we did, but it was the consensus of our group that if any of us were to return, that you could easily do it on your own. We agreed that once if you have seen the ruins and the stadium, that none of us would spend much time in Athens.

Getting Around: Big difference in getting around in Athens and getting around in Greece. First of all it’s much hotter in Athens then it is in the islands, and as I mention in when to go July and August have is severe heat. My mother to this day reminds me of the 100+ day in July when I was born on a US Army base. The buses in Athens are usually filled with locals and would opt for taking a taxi or even the tram. On the Islands I do recommend the buses, many of them are new, air-conditioned and dependable, a bus ride is about \$1.40 euro. On the islands you can rent a scooter by the day, it looks fun, but I was warned that many a kid has seen the hospital by crashing into the wall on a narrow road. Getting from island to island is done by Ferry, a boat that costs about \$45 euro. There are airplanes that do fly from the Athens Airport to Santorini/Mykonos, and when I return I will take advantage of them, but for your first visit it adds to the fun of the trip. Bring a book or a crossword puzzle. If you aren’t on a guided tour tickets can easily be purchased at the port.

When to go: Athens is hot, I mean temperature hot, in fact many workers and vendors take off August to visit friends and families elsewhere. If you are there to relax and get a tan, then by all means July would be OK, however just visiting the Acropolis in June we were overheated and water was our best friend, I couldn’t imagine a July tour of Athens. My suggestion is early June or late September.

Dollar v. Euro: Those looking for bargains, we found that even though Greece is in a financial crisis, they haven’t put out the distress flag yet, when shopping you can always ask for the best price. I was warned that dinners can easily run \$60 euro, while I did see that price tag, it was very few and in between. I did notice that the restaurants closest to the water were pricier. A tip is to go to supermarkets, not the markets and buy beer, water and fruit and have it in your hotel refrigerator. The fruit there is some of the best I’ve had. The beer and sodas at the hotel can be twice or three times as much as getting them at the market or a Kiosk.

Dining in Greece: Originally I was going to give a few reviews of the restaurants that I visited, and after collecting business cards of places that I dined, I came up with this conclusion, where ever you go, you really can’t go wrong. You want affordable dining? They have it. Want to dine on or near the beach? Yes, fish and chicken are the most popular items that we came across both in Athens and in Santorini and Mykonos. The items on the menus at each restaurant are very similar. You won’t find too many steaks or burgers, yes, they are available but there are no beef cattle being raised in Greece. We enjoyed the Greek Salad and the Rocket Salad pretty much with every meal. You’ll find that the Greek Salad has no lettuce, and is made up of cucumbers, olives, tomatoes and Feta Cheese. Something I found odd, the extra charges on the bill, first when they ask if you want bread, we always say yes, there is an additional charge of 2 to 3 euro. Plus sit down restaurants have a cover charge, no not the night club admission, this is a sitting charge, this charge gives you the privilege of sitting at your table for as long as you want, I think this was initiated more for the locals that like to sit for hours and conversing over cigarettes and espresso. Note.. everyone smokes, even while they are working. One spot that did stand out in Athens, near our hotel was Restaurant Kalypso. The food was above average and the waiter even assisted us with our Greek language lessons. We returned there while waiting for our flight home.

Tipping: This isn’t as big of a deal that it is in the states. Workers are working for what is called a “living wage”, don’t ask me to explain a living wage, I am restaurant reviewer not workers rights lawyer, however you won’t get the typical service that you’d expect from the waiters, it’s not bad, it’s “are you ready to order” your food is brought and you might not see your server again, at least until you flag them down/ and I did a lot of flagging down. My suggestion is 10 to 12 % tip. Taxi Cab drivers same thing, a couple of euro are sufficient. As with any trip leaving the chambermaid and if you are on a tour, a tip is suggested.

Sightseeing: The first day is full of sight seeing, visit the Acropolis, Zeus Statue, Temple of Poseidon, and the Stadium, an afternoon at the beach in Athens is also a pleasant way to end your day in Athens, a day in Athens? Yes, ! I found Athens to be hot, congested and plain dirty. If you want to see the ruins, I took a boat trip to the Island of Delos. There is a small admission charge once you get there, but you will get a sense of the history of Greece. One of the highlights of the trip was our seven-mile hike on The Santorini; we started at Fira and ended our walk in OIA, beautiful walk looking the cliffs and sights of the Volcano’s and the Aegean Sea. Two other musts while we are on Mykonos we took a small boat along the shore and you have your choice of five beaches, a beach for everyone, a party beach, a topless beach, we opted for Elia, plenty of sand and chairs to enjoy a relaxing day sun bathing. Santoroni has been voted top ten sunsets in the entire world. We took the Sunset Cruise that was quite relaxing and is a must; another bonus is the boat stop briefly at one of the volcanic hot springs, hot? No, but quite warm.

Is Greece Safe? : Yes!! On our first day on our vacation we stayed just a few miles from downtown, it wasn’t till we went to downtown did we see any police presence, you are more likely to be hit by a scooter then witness any crime that goes for the Islands of Santorini and Mykonos as well.. In fact on the Islands we noticed no police at all, I mean none. I was surprised by the text messages and facebook postings asking me if I was OK? Just like Los Angeles, some areas are better then others, if you are looking for a demonstration I am sure if you wait long enough you can find one.

Opa!! Pack your bags save your money and head to the Islands of Greece. The locals are waiting for you with open arms and a glass of Ouzo.

Opa! If you’re in the mood for fabulous homemade Greek food you’ll love the atmosphere at the 56<sup>th</sup> Annual Pasadena Greek Fest at Santa Anita Park on September 19, 20 and 21, 2014. Enjoy award winning dance group performances and live Greek music at Southern California’s preeminent Greek Festival. Come celebrate...eat...live “all things Greek”.

Pasadena GreekFest hours are from 5 p.m. to 1:00 a.m. on Friday, September 19, 2014; noon to 1:00 a.m. on Saturday, September 20, 2014; and noon to 10 p.m. on Sunday, September 21, 2014 at Santa Anita Park located at 285 W. Huntington Drive Arcadia The event is priced at \$5 for adults and children under 12 years are free. Parking is \$4 per car at the main entrance of Holly and Huntington Drive at Santa Anita Park.

Proceeds benefit educational, spiritual and community outreach programs supported by Saint Anthony Greek Orthodox Church.

For ticket information or to obtain additional information regarding the event, call 626-600-1672 or visit the official website of the festival at www.pasadenagreekfest.org.

There is more!! Please listen to my radio show at it’s new time Sunday Morning at 10:30 AM KLAA 830 AM or email me at thechefknows@yahoo.com

GALE KOHL & FRIENDS DO TOMATOES!

At the Arboretum, 301 North Baldwin Ave., Arcadia, CA 91007  
Wednesday, September 17, 3-5pm  
\$50 Arboretum members; \$60 non-members (includes garden admission)  
Reservations Required: please call the Class Reservation Line at 626.821.4623

Summer means heat...vacation...heat...watermelons...camp...AND TOMATOES!!! Just outside of the Oak Room where the Fresh Cooking classes are held is a garden filled with all varieties of tomato plants to celebrate the season. These tomato plants were all generously donated by Gary Jones of Armstrong Garden Centers so do watch their growth progress as you walk by!

However, NO picking please as those wonderful fruits (yes...tomatoes are a fruit!) plus a few others will be the main ingredient in a delectable and fun class by Gale Kohl (of Gale’s Restaurant) and Her Friends in September that focuses on “all things tomato.” How about tomato sorbet?

Gale’s Restaurant is consistently voted one of the very best and most popular establishments in the greater San Gabriel Valley!  
Gale’s Restaurant: 452 S. Fair Oaks Blvd., Pasadena, CA 91105; 626-432-6705; www.galesrestaurant.com



INGREDIENTS

- 1/2 butternut squash, peeled, seeded and cut into 1/2-inch dice (about 2 cups)
- 1 small Granny Smith apple, peeled and diced
- 2 tablespoons olive oil
- 2 teaspoons kosher salt
- 1 teaspoon ground black pepper
- 2 1/2 cups low-sodium chicken broth
- 1 medium onion, diced
- 1 cup Arborio rice
- 1/2 cup dry white wine
- 2 sage leaves, finely chopped
- 3/4 cup grated Parmesan

DIRECTIONS

1. Heat oven to 400 degrees F. Place the squash and apples on a baking sheet and toss with 1 tbsp olive oil, 1 tsp salt and 1/2 tsp pepper. Roast until very tender, tossing once, 25 to 30 min.
  2. Meanwhile, heat broth with 2 1/2 cups water in a small covered saucepan and leave it on low heat.
  3. In a medium saucepan add 1 tbsp olive oil and saute onions on medium-low heat until the onions are translucent but not browned, about 3 min.
  4. Add rice and stir to coat the grains with oil. Add wine and cook until evaporated, 2 min. Add 1 1/2 cups broth to the rice plus 1 tsp salt and 1/2 tsp pepper. Continue stirring until the broth is absorbed, about 5 min.
  5. Continue to add broth, 1 1/2 cups at a time, stirring every few minutes. Each time, cook until the mixture seems a little dry, then add more. Continue until the rice is cooked through, but still al dente, about 15 min total.
  6. Remove from heat and add sage, squash and apples. Stir in Parmesan. Serves 6
- Tip  
Butternut squash and apples lend a delicious sweetness to this classic dish. For more budget meal ideas, go to Recipe.com.;

The Four Seasons Tea Room



Indulge and rediscover the pleasures of Afternoon Tea in one of our tea parlors or in our Secret Garden Patio.

Enjoy a perfectly brewed cup of tea and a delectable array of savories, decorated with edible flowers, sweets, and our very famous baked-to-order SCONE.

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Saturday: 11:00 a.m. and 2:30 p.m. Reservation Required (626) 355-0045

Sunday: Open for a minimum of 20 guests www.TheFourSeasonsTeaRoom.com



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## Happy Tails

by Chris Leclerc



The 21<sup>st</sup> century has been ever-so-kind to the modern-day lover of the canine, wouldn't you agree? I am amazed at how much things have changed since just a few short decades ago, when your average dedicated dog lover would have been deemed obsessive compulsive if they were heard talking about their pet during a conversation in public. Anyone who may have been caught thinking or talking about their four-legged best bud in a social setting was assumed to be some kind of a weirdo, groping and hoping for love and in dire need of "getting a life".

Not so much anymore. In fact, most people I know are serious dog lovers and/or pet owners, and when we get together for a little social time in town, we are hard pressed to come up with an alternative topic to discuss! How is it that our precious pets have become such a major part of our everyday lives? I think it has to do with the fact that domesticated animals have proven to be consistently loving and affectionate through thick or thin, while we humans often choose to wiggle our ways out of being dedicated to relationships that turn out to be inconvenient or less than comfortable.

Regardless of why pets have become such a major part of the average civilized citizen's life on this planet, one thing is for sure; the human's intensified friendship with the animals has had an enormous impact on our society, and has given birth to an entirely new and fast-growing market for pet pampering services, retail pet products and pet care paraphernalia. Who knew the average family dog might end up helping America's economy stay afloat during a time when we need it most?

Among the many fantastic facets for pampering our pets with products and services that have emerged in today's market, is that of professional pet photography. There have been numerous famous photographers throughout history who've used their skills to document various subject matter since the art of photography was developed, but the concept of focusing specifically on pet photography is relatively new, and quickly becoming a prolific practice these days.

Allow me to digress to the origin of photography, if you will. The art itself dates back to the early 1800's, when daguerreotypes, ambrotypes and tintypes were the mainstream media used to preserve, print and document images captured by a rustic camera using the basic elements of light, time and an immense amount of skill to achieve desired results. Even then, way back in the day, when photography was a newly invented art form, the subject matter of photos often included animals, mostly domestic livestock or pets. Now, in 2014, vintage photos depicting animals in the subject matter tend to be more desirable and collectible than those wherein animals are absent; a known fact that I love to brag about!

I recently caught up with a friend who happens to be a professional pet photographer here in Sierra Madre. I was already working on this article, so it seemed natural to ask him for an interview to add

SIT, STAY, SMILE  
FOR THE CAMERA!

to my story. Steve Johnstone, owner of Canyon Pet Portraits is a talented artist who has photographed several of my canine clients as well as my bloodhound, Tatertotts. The photo shown is one that Steve took of Zola, a gorgeous Great Pyrenees and dear client of mine. When I first saw the results of his work, I was impressed immediately! Steve agreed to an interview, during which I became even more fascinated with his story, his work and his amazing skills.

CL: So, Steve, how did you get into pet photography? SJ: After I retired from the movie industry, I set up a small studio to continue in photography. I was doing fine art and portraits, but people kept asking me to photograph their dogs. I really enjoyed it. People seemed to like the results and I started doing more and more.

CL: So, you're a dog person?

SJ: I've had dogs, cats and other critters throughout my life and always knew they are an important aspect, another dynamic in life. They become part of the family, true companions. And I try to treat them as such, with the dignity they deserve in my portraits. Of course, you can't get too solemn because having a pet should be fun - even a little goofy at times!

CL: Today it seems everyone has a phone or camera to take pictures with. Why should they go to a pet photographer if they can take photos of their pets themselves?

SJ: Excellent point. Today's phones and point-and-shoot cameras are amazing. But nothing compares to an high-quality, archival print on the wall or in an album. There's something about prints that you just can't replace. It's the difference between receiving an email versus an hand-written letter.

CL: What distinguishes you from other pet photographers?

SJ: There are some really fine pet photographers out there. I can only give you my approach: Everything I do is in my studio. With my background in motion picture lighting and photography, I feel I can get the best results under those controlled conditions.

CL: So, how is the business going?

SJ: Great! I work with my wife, Rosemarie who is also retired from the movie industry. Only this is a lot more fun for us both. And, it is also very satisfying to give our clients something they will treasure for years to come.

CL: What is the best way for a person to contact you, if they are interested in learning more about your pet photography services?

SJ: We are always reachable by phone at 626-355-2808, or 818-292-5014, or visit our website at canyonpetportraits.com to view samples of my work and to contact us via email.

## LOOKING FOR A BEST FRIEND?

Looking For A Best Friend??

Mitzi is a 7 year old white Maltese mix, weighing around 11 pounds who came to the shelter as a stray. She looked like she had been living on the streets for a while - her fur was dirty and badly matted. Volunteers pitched in to send her for a professional grooming and the transformation was dramatic.

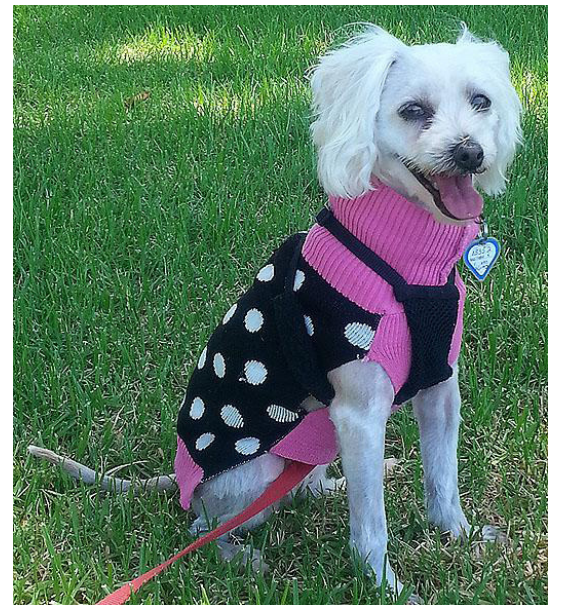
Mitzi is a very happy dog who loves people. She gets along with other dogs she has met at the shelter, including the two kennel mates she has had since she arrived with us, but her preference is being with people. She loves getting pets and cuddles, and will put her paws on your leg asking to be picked up. She will also dance on her hind legs for treats. She hasn't shown much interest in playing with toys, and would rather be getting human attention. Mitzi enjoys going on walks and is easy to handle on leash.

Mitzi is a friendly, good-natured girl who would make a wonderful family pet. She would do well with a single person, couple, or family who can give her the love and companionship she needs. She would love to have a yard to explore, but would be very happy to sit on the sofa with you to watch TV.

Mitzi would qualify for our "Senior for Senior" program, although she would be a great dog for any age person or family. Please come in to meet her and see if she is the right dog to share your home and life. She will happily meet you with a smile on her face, and maybe a kiss or two.

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

To arrange a 'Meet and Greet' with the perky



Mitzi, please stop by any time from 10:00am to 4:30pm Tuesday thru Sunday. Her adoption fee is \$120 which includes spay surgery, a microchip, first vaccinations and a free wellness check-up at a participating veterinarian. She is also eligible for our Senior For Senior reduced-fee adoption program. Feel free to call us at (626) 286-1159 for more information on Mitzi.

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

**San Gabriel Valley Humane Society**

**90<sup>th</sup> Anniversary Community Celebration**

**September 27<sup>th</sup> 2014**

**Noon - 5 pm**

**851 E. Grand Ave., San Gabriel**

**(626) 286-1159**

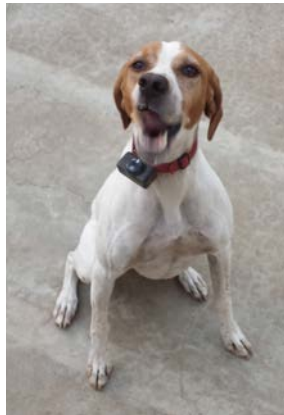
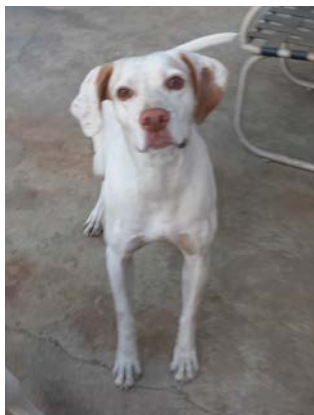
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**I'm an alumni, in fact, I'm a celebrikitty!**

## THESE GUYS COULD USE YOUR HELP



A dear friend of mine passed away recently, leaving behind his three beloved bird-hunting English Pointers. They are in good hands, with my friend's bereaved widow for now, but since she is not into hunting, she has asked if I can be of assistance in finding a new forever home for her pups. Here are photos of "Luna", the mom, and her two babes, "Chuck" and "Pearl".

All three dogs are cordial and in excellent health, with current vaccines and all vet care up-to-date. They are beautiful babes, I know personally because I had the opportunity to spend a little time with them when my friend was traveling, about a year ago. Please take a look, and share this post with anyone whom you think might be interested. They are excellent at the craft of birding, but would also make fabulous pets. Anyone interested, please contact me and I will put you in touch with the owner. [Chris@canyoncanine.com](mailto:Chris@canyoncanine.com)

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## THE JOY OF YOGA

### Thursday Night Sutras are for Everybody!

So, you have heard me say before that the "real" yoga is not about the poses. It is not about being a pretzel or balancing on one leg. It is not about stretching or downward dog. It's not about the workout or the cute clothes. It is about finding true happiness. It is about freedom. But that freedom is maybe not what we think. Doing the physical can help us get to know ourselves better. The physical helps us learn to control the physical body. The physical helps us learn a discipline. Then the real work starts: The Practice. It's about meditation. It's about learning to control your mind so that you can be free from the minds wandering, vacillating thoughts. It's about learning to choose your thoughts instead of them choosing you.

Only at this place can we be free, unaffected by drama. It is at this place that we can see what our true purpose is. We can identify and let shine our inner luminosity. This week my Grand teacher, Pandit Rajmani Tigunait will be speaking about the Yoga Sutras, the yoga text. Yoga Madre is proud to host a night of lecture and a meditation practice with this amazing man. He will also be signing books.

All are welcome. No stretching. Just listening and quieting the mind.

Please join us at the Neighborhood Church in Pasadena, Thursday evening, September 18. Details and registration at yogamadre.com.

Come find your lovely stable mind. I'll see you there!

Namasté, René

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## Vibrant Living Wellness Center

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### CHASE THE BLUES AWAY WITH GREENS

Frequent consumption of vegetables appears to cut one's odds of depression significantly. A recent review in a nutritional journal suggests that eating lots of fruits and vegetables "may present a noninvasive natural and inexpensive therapeutic means to support a healthy brain."



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

To understand this research, we need to understand the underlying biology of depression. It is thought that depression may arise out of a chemical imbalance in the brain. In order for the billions of nerves in our brain to communicate with each other they need chemical signals called neurotransmitters. Nerve cells do not touch, there is a gap between them. When one nerve wants to communicate with another nerve they release a neurotransmitter into the gap. As soon as the first nerve has got its message across the gap it sucks the neurotransmitter back up to use again some other time. The nerves also produce substances that digest the neurotransmitters so just the correct amount is kept. If the levels of our neurotransmitter digesting substances is elevated, then our levels of neurotransmitters drops, and we become depressed.

So why then would fruits and vegetables improve our mood? They contain substances that can be inhibitors of depression. Spices, such as clove, oregano, cinnamon, and nutmeg, can also inhibit the substance that digest neurotransmitters, but people don't eat enough to have an effect by themselves. There are special nutrients found in apples, berries, grapes, kale, onions, and green tea that may indeed affect our brain biology enough to improve our mood. It has been shown that those with superior mental health eat a lot of fruits and vegetables. And who doesn't want superior mental health... eat up



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Creative Arts Group presents



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

### Crows are Invading Sierra Madre!

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

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

### Make a Scarecrow and Enter the Contest

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

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

### Take a FREE Scarecrow Building Workshop

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

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

**Sept 19**  
**Enter the Contest**

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

**Vote for your Favorite Scarecrows!**



Creative Arts Group  
 108 N. Baldwin Ave.  
 Sierra Madre, CA 91024  
 626-355-8350

[creativeartsgroup.org](http://creativeartsgroup.org)



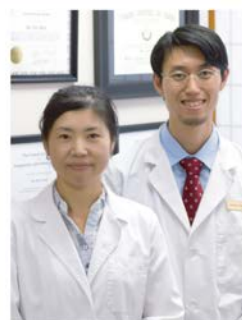
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**Digestive:** Abdominal pain, indigestion, IBS.

**Respiratory:** Common cold, sinus, asthma, bronchitis.

**Urological:** Urinary Tract Infection(UTI), urinary frequency.

**Dental:** Toothache, TMJ dysfunction.

**Harmony:** Increase energy, strengthen immune system.

**Neurological:** Headache, migraine, vertigo, stroke residuals.

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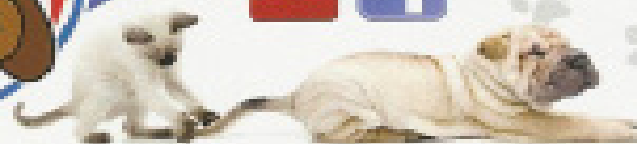
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WANDERING SOLUTIONS FOR ALZHEIMER'S CAREGIVERS

Dear Savvy Senior:  
My mother, who lives with me, has Alzheimer's disease and I worry about her wandering away. What tips can you recommend to help me protect her? Concerned Daughter



Dear Concerned:  
According to the Alzheimer's Association, about 60 percent of people who suffer from dementia wander at some point. For caregivers, this can be frightening because many of those who wander off end up confused and lost, even in their own neighborhood, and are unable to communicate who they are or where they live. But there are things you can do to guard against this and protect your loved one.

**Wandering Prevention**  
For starters, to help reduce your mom's tendency to wander, keep her occupied and involved in familiar daily activities such as preparing dinner or folding the laundry. It's also important to encourage daily exercise and limit daytime napping to reduce nighttime restlessness.  
There are also a number of simple home modifications you can make to keep her from wandering away. Some possible solutions include: adding an extra lock on the top or bottom of the exterior doors out of the line of sight; install child-proof door knobs or levers; place a full-length mirror, or put a "STOP" or "Do Not Enter" sign on the doors you don't want her going through; or get a signal device or motion sensor that lets you know when the door is opened. See alzstore.com for a variety of product solutions. And, be sure you hide the car keys to keep her from driving.  
It's also a good idea to alert your neighbors that your mom may wander so they can keep an eye out, and have on hand a recent picture to show around the neighborhood or to the police if she does get lost.

**Wandering Services**  
If you want some added protection in case she does wander off, there are a number services you can turn to for help, like the MedicAlert + Safe Return program (medicalert.org/safereturn). This service comes with a personalized ID bracelet that will have your mom's medical information engraved on it, along with her membership number and the toll-free MedicAlert emergency phone number.  
If she goes missing, you would call 911 and report it to the local police department who would begin a search, and then report it to MedicAlert. Or, a Good Samaritan or police officer may find her, call the MedicAlert number, to get her back home safely.  
Another option that could help, depending on where you live, is a radio frequency locater service like SafetyNet and Project Lifesaver, which are offered by some local law enforcement agencies.  
With these services, your mother would wear a wristband that contains a radio transmitter that emits tracking signals. If she goes missing, you would contact the local authorities who would send out rescue personnel who will use their tracking equipment to locate her. Visit safetynetbyjack.com and projectlifesaver.org to see if these services are available in your community.

**GPS Tracking**  
There are also a number of GPS tracking devices that can help you keep tabs on your mom. With these products, she would carry or wear a small GPS tracker that would notify you or other caregivers via text message or email if she were to wander beyond a pre-established area, and would let you know exactly where to find her if she did.  
To find GPS trackers, consider the PocketFinder (pocketfinder.com) or the Alzheimer's Association Comfort Zone (alz.org/comfortzone). Or, if you have concerns that your mother wouldn't wear a GPS device or would take it off, there's the GPS SmartSole (gpssmartsole.com), which is an insole with an embedded GPS device.

For more wandering prevention tips and solutions, visit the Alzheimer's Association Safety Center at alz.org/safety and This Caring Home at thiscaringhome.org.

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



KATIE Tse.....This and That  
Trader Joe's --Ambassador of Food

You've gotta love Trader Joe's! I go there at least once a week. Our relationship has had its bumpy moments (like when they discontinued bagged grapefruit).

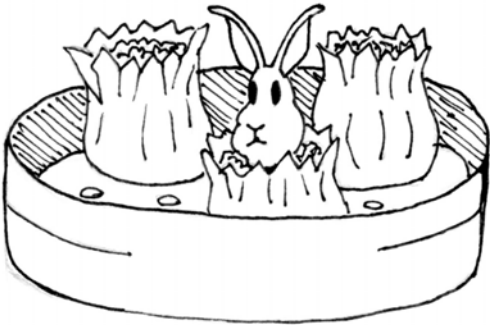
But for the most part, I usually leave the store satisfied. Besides reasonable prices and convenience, Trader Joe's bridges the gap between unadventurous shoppers and "ethnic" food.

Case in point: my family has Trader Joe's to thank for my dad's new love of dim sum, wasabi, and roasted seaweed. This is a big deal because my dad and I both love, LOVE, routines. We can eat the same four or five meals for years on end without complaining. So, you can imagine my dad's resistance when I recommended "exotic" dishes such as sushi, hummus, and Japanese snacks.

My dad claims he first came to appreciate hummus when one of his coworkers suggested they grab a meal at Zankou's. Had it been my mom or I choosing our lunch destination, my dad would've undoubtedly refused. But he's ever-accommodating to non-family members. Though he may have first tried hummus at Zankou's, I believe it was my aunt's regular inclusion of Trader Joe's hummus at holiday gatherings that won my

dad over.

Trader Joe's offers a safe haven for people to try suspicious, unknown non-American food. Some folks are intimidated by the thought of going to Super King to pick up pita bread and humus, or to go out for dim sum on Valley Blvd. But if these foods are available at Trader Joe's, in a nice, friendly container with English writing, it's okay. Similarly, when I was dating a Japanese guy, my dad declined all the classic Japanese snacks like roasted seaweed. Now that Trader Joe's carries it, my dad's hooked! He even says the original flavor's too bland, and prefers the wasabi. Recently, he also bought wasabi peas from Trader Joe's, all on his own, without any prompting. I reminded him that, years ago, I offered him the same product (in Japanese packaging), which he strongly declined.



I'm convinced that if Trader Joe's came out with chicken feet, such as is served for dim sum, there would be a great demand for it from people who would've never before considered eating the stuff. At the end of the day, the majority of us like things that are fatty, salty, sweet, or all of the above. If something seems too weird to try now, don't worry. Trader Joe's will come out with a friendlier version of it for you to try soon. Until then, enjoy the humus, seaweed, and wasabi peas!

SENIOR HAPPENINGS



HAPPY BIRTHDAY! ... September Birthdays\*

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

\*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: "Grandchildren are God's way of compensating for growing old."  
~ Mary H. Waldrip



**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



Gondola Getaway (Long Beach, CA) - 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

Oasis Camel Dairy & Julian (Julian, CA) Date: Friday, October 17, 2014

Time: 8:00am to 6:00pm Meeting Location: Hart Park House Senior Center Cost: \$20.00 (does not include lunch) Join us as we visit the Oasis Camel Dairy and Julian, California. The adventure begins with an "All About the Oasis Camel Dairy" tour led by Camel Dairy Owner's Gil and Nancy Riegler. This intimate, candid tour includes a seated "show" presentation where camels come to you followed by a leisurely, short stroll to the camel enclosures for some camel cuddling. There is also an opportunity for a camel ride, please see below for information about camel rides.  
Following the dairy we visit the historic town of Julian to eat lunch, shop, experience the fall foliage, and enjoy the tastes of homemade apple pie, cider & much more. Lunch will be on your own and there are a few restaurants to choose from in Julian; participants should bring money for lunch and souvenirs. Last day to register is Thursday, October 9th. Level of Walking: Medium to Low.

**Camel Rides**  
Camel rides are available after the group tour. The camel rides are the county fair, around in a big circle, handled kind of ride. The price is \$10.00 per person and we need a minimum of 15 people to sign up for the camel rides to occur. If you are interested in the ride please let staff know when you register for the excursion. If the minimum number is met, staff will follow up with you regarding payment. Please note that there is a 200lb weight limit to ride the camels.

**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

**SEPTEMBER 3RD: THE BOOK THIEF (2013)**  
To escape the horrors of World War II Germany, a young girl steals books to read and visits with the Jewish refugee hiding in her house. Rated PG-13, Start time: 1:00 pm (run time 131 minutes) Featuring: Sophie Nélisse, Geoffrey Rush, Emily Watson

**SEPTEMBER 17TH: MANDELA-LONG WALK TO FREEDOM (2013)**  
A chronicle of Nelson Mandela's life journey from his childhood in a rural village through to his inauguration as the first democratically elected president of South Africa. Rated PG-13, Start time: 1:00 pm (run time 141 minutes) Featuring: Idris Elba, Naomi Harris, Terry Pheto

TECH TALK: TECHNOLOGY ASSISTANCE  
Mondays, September 8th and 22nd  
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; two 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.

SENIOR HEALTH SCREENINGS

(Previously Wellness in the Park)

SATURDAY, SEPTEMBER 20TH • 9:00AM-12:00PM •  
HART PARK HOUSE

Hosted by the Senior Community Commission and City of Sierra Madre Community Services Department, this event provides a variety of free to low cost health screenings and services for seniors age 55 and older.

The event takes place on Saturday, September 20th from 9am to 12pm at the Hart Park House Senior Center located in Memorial Park, 222 W. Sierra Madre Blvd.

The following health screenings or services will be provided:

- Blood Pressure - Methodist Hospital
- Body Mass Index - Methodist Hospital
- Hearing - Hear Center
- Memory - Family Peace Inc.
- Balance - On the Move Physical Therapy
- Acupuncture - Yoon Min Acupuncture & Herbs
- Chair Massage - The Salt Studio
- Flu shots - Walgreens Pharmacy
- \*Primary insurance needs to be Medicare, otherwise \$25.00

Don't miss the opportunity to receive these free or low cost services. Screenings are drop in and appointments do not need to be made.

Held in conjunction with the Kiwanis Pancake Breakfast in Memorial park. For more information about this event please contact the Senior Center at 626.355.7394.

Open House Sunday 2-5pm

This lovely 3 bedroom, 3 bath home has hardwood floors throughout. Abundant built-ins make the office and kitchen extraordinary. Set on a huge lot this pool home is a show piece of the neighborhood.



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## SEAN'S SHAMELESS REVIEWS: VANCE JOY

By Sean Kayden

Australian James Keogh, the man who performs under the moniker Vance Joy is getting quite the attention these days. His ukulele-driven single, "Riptide" has been a huge hit over the airwaves this summer. The pop-folky sound has been played out over the years, but Vance Joy somehow makes it all fresh again. This rare feat makes up his debut record, "Dream Your Life Away." His record continues upon this folk revivalism movement made by bands prior to Vance Joy. The 13-track album is a beautiful, emotionally packed unit that is relatively upbeat but with a lyricism that has both your mind and heart in a complete whirlwind. The debut is a dreamy, warm, easy going ride. It'll tug on the strings of your endearment, which should be a warning that "Dream Your Life Away" will undoubtedly have you contemplating your own life choices.

Nearly fifty minutes of pure folk-pop rock, "Dream Your Life Away" is infectiously appealing. The simplicity is refreshing, the lyrics are heartfelt, and the honesty is fierce. While similarities can be drawn to Mumford & Sons, Keogh's record is no imitation. Even if it feels like a Jack Johnson meets Mumford & Sons kind of album, I think the comparisons are merely on the surface. When you dig deeper, which won't be difficult with such an effective piece of work, you'll discover all similarities aside are fruitless. Keogh's skillful writing abilities, beautiful melodies, and adept guitar playing are impressive on all levels. "Winds of Change" kicks off the record in a brief way. Under two and a half minutes, it's a wondrous intro to what's to come in the next 12 tracks. "Mess is Mine" feels like another radio-friendly tune. It starts

off slow before erupting into something ethereal. The lyrics grab you like a long lost love seeing you for the first time in years. Many of Vance Joy's songs are painstakingly romantic. At least the best ones are. "We All Die Trying To Get It Right" is another

Artist: Vance Joy  
Album: Dream Your Life Away  
Label: Atlantic Records  
Release Date: September 9<sup>th</sup>, 2014

melancholy take on love. When he hits the right chords, everything feels like magic. This abovementioned tune awakens the spirit when it seems to need it the most. It's one of my favorite songs of the year. "Georgia" is a mellow, guitar-picking tune that showcases Keogh's downright superlative vocal powers. The closing track, "My Kind Of Man" is brimming with beauty and saccharine vocals. "Dream Your Life Away" features the hit single, "Riptide," but it's one of these rare instances that many of the album's other tracks outweigh the depth of the single. I hope Vance Joy doesn't just ride the coattail of his radio-friendly single because there's a lot to love here, a lot to discover and a lot for the listener to connect with. In a world where it's getting more and more arduous to connect on a human level, something like "Dream Your Life Away" comes along to remind us that there is beauty still left to be found and cherished.

Grade: 8.5 out of 10

Key Tracks: "Mess Is Mine," "We All Die Trying To Get It Right," "Georgia," "My Kind Of Man"

## Jeff's Book Picks

By Jeff Brown

### The Miniaturist:

A Novel by Jessie Burton

Set in seventeenth century Amsterdam, a city ruled by glittering wealth and oppressive religion, a masterful debut steeped in atmosphere and shimmering with mystery. On a brisk autumn day in 1686, eighteen-year-old Nella Oortman arrives in Amsterdam to begin a new life as the wife of illustrious merchant trader Johannes Brandt. But her new home, while splendid, is not welcoming. Johannes is kind yet distant, always locked in his study or at his warehouse office—leaving Nella alone with his sister, the sharp-tongued and forbidding Marin. But Nella's world changes when Johannes presents her with an extraordinary wedding gift: a cabinet-sized replica of their home. To furnish her gift, Nella engages the services of a miniaturist—an elusive and enigmatic artist whose tiny creations mirror their real-life counterparts in eerie and unexpected ways . . . Johannes' gift helps Nella to pierce the closed world of the Brandt household. But as she uncovers its unusual secrets, she begins to understand—and fear—the escalating dangers that await them all. In this repressively pious society where gold is worshipped second only to God, to be different is a threat to the moral fabric of society, and not even a man as rich as Johannes is safe. Only one person seems to see the fate that awaits them. Is the miniaturist the key to their salvation . . . or the architect of their destruction? Enchanting, beautiful, and exquisitely suspenseful, *The Miniaturist* is a magnificent story of love and obsession, betrayal and retribution, appearance and truth.

### Beethoven: Anguish and Triumph

by Jan Swafford

This magnificent new biography of Ludwig van Beethoven peels away layers of legend to get to

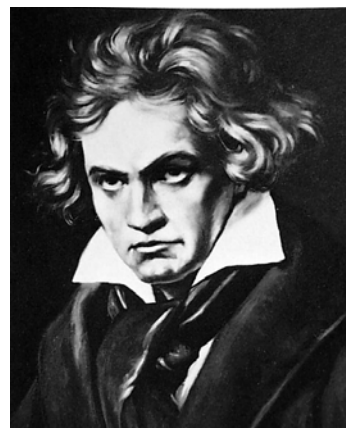
the living, breathing human being who composed some of the world's most iconic music. Swafford mines sources never before used in English-language biographies to reanimate the revolutionary ferment of Enlightenment-era Bonn, where Beethoven grew up and imbibed the ideas that would shape all of his future work. Swafford then

his ever-encroaching deafness. Throughout, Swafford offers insightful readings of Beethoven's key works. More than a decade in the making, this will be the standard Beethoven biography for years to come.

### The Keeper of Lost Causes: The First Department Q Novel

by Jussi Adler-Olsen

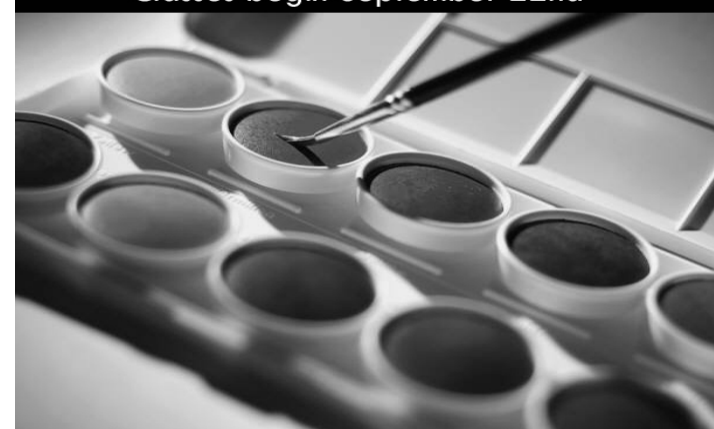
This is the first book in the N.Y. Times bestseller Department Q series. Carl Mørck used to be one of Copenhagen's best homicide detectives. Then a hail of bullets destroyed the lives of two fellow cops, and Carl—who didn't draw his weapon—blames himself. So a promotion is the last thing he expects. But Department Q is a department of one, and Carl's got only a stack of Copenhagen's coldest cases for company. His colleagues snicker, but Carl may have the last laugh, because one file keeps nagging at him: a liberal politician vanished five years earlier and is presumed dead. But she isn't dead . . . yet. Darkly humorous, propulsive, and atmospheric, *The Keeper of Lost Causes* introduces American readers to this bestselling series.



tracks his subject to Vienna, capital of European music, where Beethoven built his career in the face of critical incomprehension, crippling ill health, romantic rejection, and "fate's hammer,"

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Classes begin September 22nd



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Find us on Facebook by searching "Creative Arts Group Sierra Madre"

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

A journey's end is only the beginning.

# 4,000 MILES

by Amy Herzog  
directed by Christian Lebano

**SIERRA MADRE PLAYHOUSE**  
presents the LA County Premiere

Cost:  
Mini-Cezzons\*, Suecne Los, Christian Prentice, Alexandra Wright  
\*Winner of AEA, the Union of Professional Actors & Stage Managers

When 21-year-old Lee shows up at his 91-year-old grandmother's apartment in the West Village in New York City at 3 a.m. after riding 4,000 miles across America neither expect it to be more than a one-night stay. But over the course of a single night, these unlikely roommates risk love, bewilder, and ultimately reach each other. This beautiful and funny play was called "the best play of the year" by *Time Magazine* and was nominated for a Pulitzer Prize in 2013.

**September 26 - November 8**  
Fridays and Saturdays at 8:00 • Sundays at 2:00

No performance Friday, October 31. Intervals.  
Special performance Saturday, November 8 at 2:00

Cost blocks every Sunday  
Adult: \$25 • Seniors: \$22 • Students: \$15  
Not appropriate for kids under 15.

**SIERRA MADRE PLAYHOUSE**  
87 W. Sierra Madre Blvd  
Sierra Madre, CA 91024

**September 26 to November 8, 2014**  
For tickets: 626.355.4318 or www.sierramadreplayhouse.org



The Sierra Madre Playhouse continues making strides in its quest to join the first rank of small theaters in the greater Los Angeles area with its announcement this week of a new Mission adopted for the Playhouse and a new Management Team to lead it into the future. The new management team is comprised of Estelle Campbell as Managing Director, Ward Calaway as Director of Operations and Ben Womick as Technical Director, and most importantly, Christian Lebano as Artistic Director - the first at the Playhouse in nine years.

Christian is a familiar face on and off the Playhouse stage as the leading actor in *To Kill a Mockingbird*, *Our Town*, and *God's Man* in Texas and the director of *Driving Miss Daisy*, *Woman in Mind*, and *Battledrum*. As Artistic Director, he will be responsible for the overall artistic vision and quality of the theater through the selection of its season and the hiring of directors, designers, and other artists for each production. Christian has been the driving force behind the Field Trip Series, the Playhouse's new educational outreach program which brought over 1700 students to school-day performances of *Battledrum* last Spring, and the Sunday Music Series: Emerging Artists at the Playhouse, the Playhouse's collaboration with the prestigious Colburn Conservatory of Music bringing young classical musicians to Sierra Madre in concerts programmed by them with input from Christian.

Recognizing that the Playhouse's role in our foothill community has evolved since the theatre was first constructed in 1923 its newly defined mission reflects that change. The new Mission Statement reads:

The Sierra Madre Playhouse is dedicated to the American creative experience. It produces American plays and puts them into a historical context. It celebrates and produces music by emerging artists. It encourages and fosters an appreciation of live performance in people of all ages.

As Christian told us, "What better place to celebrate the American experience than in the All-American small town of Sierra Madre. Our vision is to make the Playhouse a cultural center in the San Gabriel Valley with a programming mix of superior theater, exciting musical performances, and quality family fare, supported by special events that put the work in an enlightening context." "I want to make SMP a destination theater - to encourage people to come for the day to hike the beautiful trails, shop in our stores, have a great meal, and see a wonderful show." "We ask you to join us as the Playhouse continues to grow and evolve. If you haven't attended a play recently or know someone who has never visited our theater, summer presents the perfect opportunity to come home to the Playhouse and introduce it to your friends. Our next production, the delightful romantic comedy, *6 Rms Riv Vu*, opens on August 1 and plays through September 6 - we hope to see you there."

The Playhouse will be announcing their new Season next week and Christian promises a season with something for everyone, mix of comedies and dramas, a charming holiday show, and a rip-roaring musical.

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**IN ESCROW**

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.

**1737 Hill Dr.,  
Pasadena**



**FOR SALE**

**OPEN HOUSE THIS SUNDAY 2-4PM**

Tastefully updated home located in the hills of South Pasadena. Home is surrounded in a wooded country setting, along with plenty of mature trees, and beautiful views. Features an open floor plan with 3 bedrooms/2 bathrooms, and updated tile floors and fixtures. NEW PRICE \$699,000

**1926 Sierra Madre Villa Ave,  
Pasadena**



**SOLD**

3BR/3BA + den. Contemporary home built in 1949 with open floor plan. Apprx. 3,347 sq.ft. on a large approx. 41,087 sq.ft. lot. Beautiful property! Call Luther for further details! \$1,498,000. SOLD in 10 Days

**2743 Santa Rosa Ave., Altadena**



**JUST LISTED**

**OPEN HOUSE THIS SUNDAY 2-4PM**

It is an updated 1 bed/2bth, 900sf (apprx) on a 7,568sf lot. Home has living room w/ fireplace, large kitchen with eating area, private yard. Listed at \$498,000 2763SantaRosa.com

**540 West Foothill Blvd., #D Monrovia**



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**OPEN HOUSE THIS SUNDAY 2-4PM**

Spacious 2bed/2bth townhome situated in the desirable Camelot Park Villas complex near the foothills and close to Old Town Monrovia. The complex offers a conference room, pool & spa. \$419,000 540WFoothillBlvd.com

**1815 Oakwood St.,  
Pasadena**



**LEASED**

Beautifully updated/remodeled home, located in the East Washington Village section of North Pasadena. Home offers 3 bedrooms/2 baths. For Lease \$2,895 mo.

**66 Birchcroft St.,  
Arcadia**



**IN ESCROW**

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. \$2,388,000

**1013 Wapello St.,  
Altadena**



**SOLD**

1352 square foot single family home has 3 bedrooms and 1 bathrooms SOLD ALL - CASH



## WEEKEND OPEN HOUSES

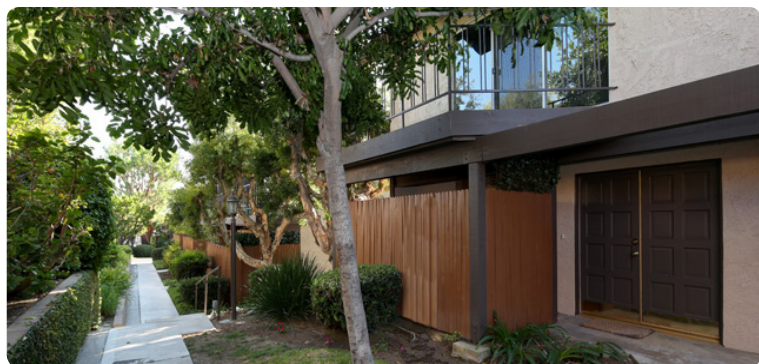
Visit [PODLEY.COM](http://PODLEY.COM) for additional open houses, news and events!



**1262 E. LEXINGTON STREET, PASADENA > \$689,000**  
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**OPEN SUNDAY > SEPT. 14, 2-4PM | 2743SantaRosa.com**



**540 W. FOOTHILL BOULEVARD #D, MONROVIA > \$419,000**  
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*Eileen Benson*

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## AROUND SAN GABRIEL VALLEY

*From the San Gabrel Valley Economic Partnership*



**By Joan Schmidt**

This past Wednesday, September 10, 2014 saw the official ground-breaking of Monrovia Station Square and what a great event it was. The turnout was awesome- many stakeholders and interested residents in addition to so many dignitaries, Police Chief Jim Hunt, Chaplain Terry Brown and members of the Monrovia Police Department, Fire Chief Chris Donovan and members of the Monrovia Fire Department and THREE of their vehicles-one truck had a ladder draping an American flag, City officials- current and past- the list just goes on.

There was a huge canopy and underneath were seating and tables of refreshments. I arrived fifteen minutes early and got a chance to mingle with many old friends: Joan Whitenack, retired from Foothill Unity with hubby Ray Wheeler; Penny Arroyo, Executive Director of the Volunteer Center of San Gabriel Valley-but also the mom of one of my former students; Brenda Trainer and a canine friend from *Wonder Ranch*; and Connie Aguilar from *Options*. Of course representatives came from Monrovia's neighbors- Arcadia's Mayor Pro Tem Gary Kovacic and Duarte's Mayor Pro Tem Tzeitel Paras-Caracci with cute Jack Russell.

All of the current Monrovia City Council attended- Mayor Mary Ann Lutz, Mayor Pro Tem Becky Shevlin, Council Members Tom Adams, Larry Spicer and Alex Blackburn; City Clerk Alice Atkins, City Treasurer Steve Baker, Director of Community Development Steve Sizemore, Interim City Manager and MC for festivities Francis Delach, Carl Hassel, Director of Public Works, School Board Members Bob Hammond and Terrence Williams and Alexis

Bakofsky, the City's Press Coordinator,

Assemblyman Chris Holden himself attended and presented Mary Lutz with a Certificate of Recognition for the City. Also present and making presentations were Joyce Roys-Aguilera from Senator Carol Liu's office, Hector Elizalde for Congresswoman Grace Napolitano, Enrique Robles and Becky Cheng for Congresswoman Judy Chu, Brian Mejia for Supervisor Antonovich, and Nicole Leiva for Assemblyman Roger Hernandez.

Why is this *History in the Making*? Station Square is the largest Public Works project in Monrovia's history. It is a community-driven project that fulfills a long and involved planning process to deliver a unique vision. Monrovia is utilizing \$25 million from the State Urban Greening grant, Measure R funds, Proposition C monies, Federal 5309 funds and \$16.5 million from the Gold Line Construction Authority from the sale of land for the Gold Line Operations Campus (Maintenance and Operations Yard) for the project and surrounding street and infrastructure improvements to benefit the community and complement the opening of the Gold Line Station.

Mayor Mary Ann Lutz thanked all of the many people who played a role in this project and their vision, including former Mayors Bob Bartlett and Rob Hammond, Council Members Joe Garcia, Dan Kirby and Lara Blakely. She also recognized the different groups, organizations and politicians involved. There was mention of South Pasadena and how the community benefited from its station: so many businesses came in, and it has become a very desirable place to visit. It is everyone's hope that this station square will bring in even more visitors to their great City of Monrovia.

*Radio, TV Food & Wine experts as Taste of Arcadia Judges Sept. 22*

A quartet of radio and TV food and wine experts will be the judges of the 2014 Taste of Arcadia Culinary Contest: radio and TV personality Peter “King of Cuisine” Dills of AM 830 KLA; and Food Network personalities Jyll Everman (“Next Food Network Star”) and Cassandra Pugh (“Guy’s Grocery Games”), and David Flood, local private chef and consultant.

The annual Arcadia Chamber of Commerce event will be held 5:30 p.m. – 9 p.m. Monday, September 22, at the L.A. County Arboretum. Food judging in four categories will be based on three criteria: Appearance, Flavor, and Originality. The categories, plus a best overall award: Best Dessert; Best Savory Dish; Best Presentation; Most Innovative Dish; Best of Show.

The judges will sample food, desserts and drinks from 45 vendors throughout the entire evening. Winners will need to be present and still serving to guests when judges announce their selections near the end of the event at 9 p.m.

Peter Dills, son of noted restaurant critic Elmer Dills, is returning for a second year as celebrity ambassador of Taste of Arcadia and will talk food

and wine with attendees and has been promoting Taste of Arcadia and interviewing participating restaurants on his weekly Sunday radio show. Everman and Pugh are also making return appearances at Taste of Arcadia. Jyll was a finalist on Season 7 of "Food Network Star" and runs Jillicious Bites in Glendora. Cassie was the youngest contestant on Food Network's "Guys Grocery Games" and advanced further than any previous woman during her season.

Taste of Arcadia features 45 food & beverage vendors offering tastes for no additional fee, all live band and dancers, and 45 Business Showcase booths, all for one admission price. Individual tickets are \$50 for Arcadia Chamber members and \$70 for non-members (\$20 non-member discount codes available in various local publications. Tickets, which are \$75 at the gate on Sept. 22, may be purchased at [www.ArcadiaCaChamber.org](http://www.ArcadiaCaChamber.org), by calling 626-447-2159, or in person at the Chamber office at 388 W. Huntington Drive, Arcadia, 91007.

More than 1,300 attendees are expected to the event. As always, \$5 is donated from every ticket sold by pre-approved local non-profit organizations.

Betty McWilliams, Executive Director of Foothill Unity Center, has been named one of 27 Women Achievers of 2014 by *Business Life Magazine*. The awards will be presented at a luncheon and expo on Monday, September 29, at the Glendale Hilton. This marks the 25th year for the awards. Criteria for nomination include contributions to the community, adversities overcome, volunteer work, recognitions and factors that make the nominee deserving of this honor.



Center, the primary provider of food, case management/crisis help, and access to health care resources across eleven cities in the San Gabriel Valley. During that time, she has played a leadership role in the growth of the organization's client base, services and supporters.

Ms. McWilliams, who holds a Bachelor of Sciences degree in Gerontology from the University of Southern California, began her career in human services as a VISTA volunteer working with low income residents of a settlement

For sixteen years, Ms. McWilliams has been instrumental in the fight against hunger, homelessness and poverty in the San Gabriel Valley as Executive Director and previously Deputy Director of Foothill United.

Center from Standard Industries, Inc., where she was Director of Administration, and had previously served as Executive Director of the Pasadena Senior Center.

**Mountain Views News** 80 W Sierra Madre Blvd. No. 327 Sierra Madre, Ca. 91024 Office: 626.355.2737 Fax: 626.609.3285 *Email: [editor@mtnviewsnews.com](mailto:editor@mtnviewsnews.com) Website: [www.mtnviewsnews.com](http://www.mtnviewsnews.com)*



Looking Up  
with Bob Eklund



Half of All Exoplanet Host Stars Are Binaries

Imagine living on a planet that has two suns. One you orbit, and the other is a very bright, nearby neighbor looming large in your sky. With this “second sun” in the sky, nightfall might be a rare event, perhaps only coming seasonally to your planet. A new study suggests that this could be far more common than we realized.

NASA’s Kepler Space Telescope has confirmed about 1,000 exoplanets. Until now, there has been an unanswered question about exoplanet host stars: how many host stars are binaries, or double stars? Binary stars have long been known to be commonplace—about half the stars in the sky are believed to consist of two stars orbiting each other. So, are stars with planets equally likely to have a companion star, or do companion stars prevent the formation of planets?

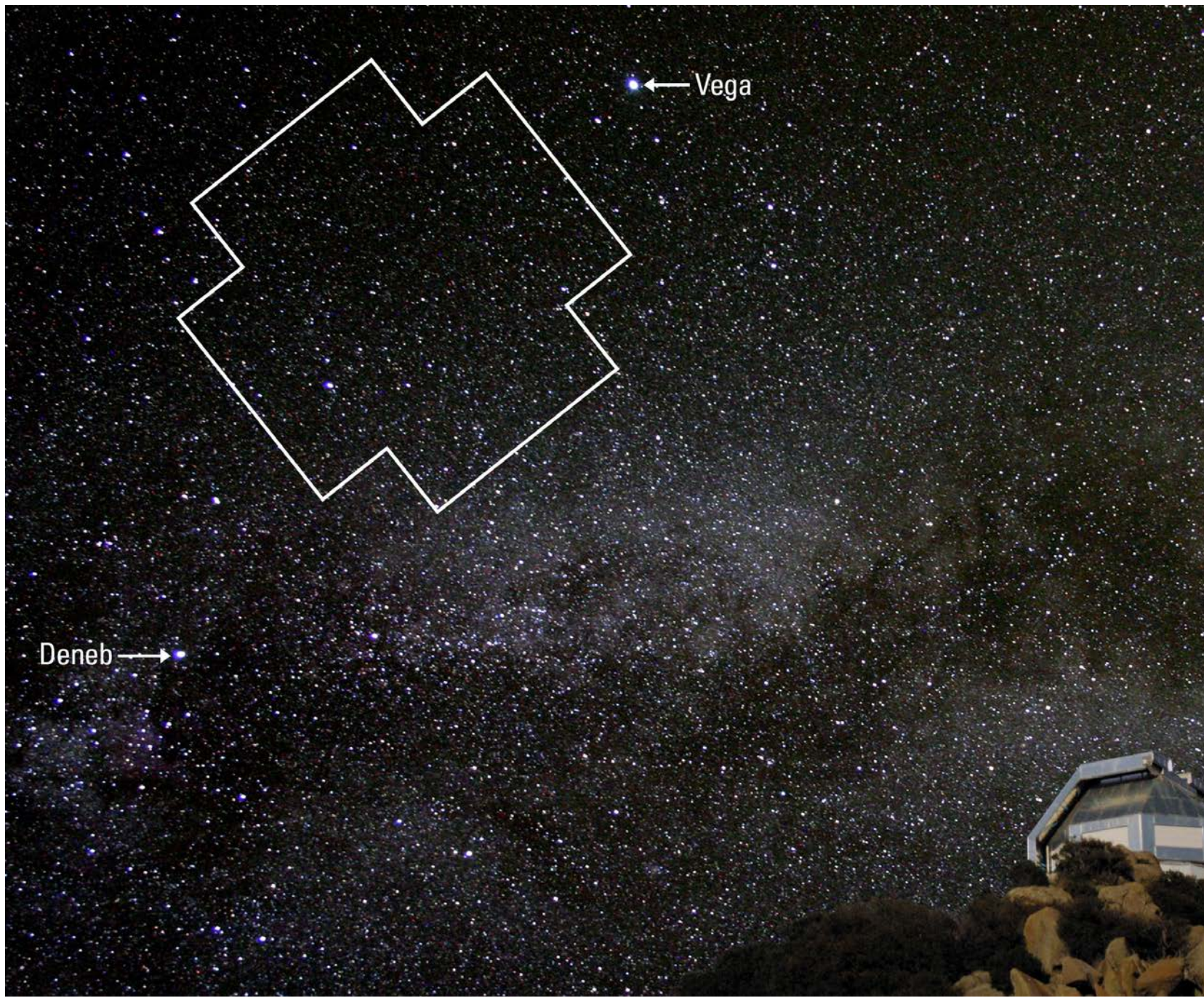
The study, by a team of astronomers led by Dr. Elliott Horch, Southern Connecticut State University, has shown that stars with exoplanets are just as likely to have a binary companion: 40% to 50% of the host stars of confirmed exoplanets are actually binary stars.

Their study makes use of very high spatial resolution observations that were carried out on the WIYN telescope located on Kitt Peak in southern Arizona and the Gemini North telescope located on Mauna Kea in Hawaii. The technique used by the team is called speckle imaging and consists of obtaining digital images (15 to 25 times a second) of a small portion of the sky surrounding a star of interest. The images are then combined in software using a complex set of algorithms, yielding a final picture of the star with a resolution better than that of the Hubble Space Telescope.

By using this technique, the team can detect companion stars that are up to 125 times fainter than the target but only 0.05 arcsecond away. For the majority of the Kepler stars, this means companion stars with a true separation of a few to about 100 times the Sun-Earth distance. By noting the occurrence rate of these true binary companion stars, the discoveries can be extended to show that half of the stars that host exoplanets are probably binaries.

Co-author of the study, Dr. Steve B. Howell (NASA Ames Research Center), commented, “An interesting consequence of this finding is that in the half of the exoplanet host stars that are binary we can not, in general, say which star in the system the planet actually orbits.”

The Kepler orbiting telescope has discovered a number of circumbinary planets, that is, a planet that orbits both stars in very close binary systems. There also exist exoplanets that are known to orbit



one of the stars in very wide binary systems. If the two stars are very close to each other and the planet far away, a circumbinary planet will be reminiscent of the planet Tatooine in “Star Wars.” If instead the exoplanet orbits one of the stars in a very wide pair, the companion star might appear

simply as a bright star among others in the night sky. “Somewhere there will be a transition between these two scenarios,” Howell said, “but we are far from knowing where.”

The accompanying figure marks out the Kepler Space Telescope’s field of view (the part of the sky

being studied here), located between two bright stars in the “summer triangle,” rising over the Kitt Peak telescope in southern Arizona.

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



PLANTING TREES IN SIERRA MADRE TO FIGHT DROUGHT

By Christopher Nyerges

*Trees, grey water recycling, and welcoming the rain are all needed Low-tech solutions to Urban Density*

We are not advocates of the “front lawn.” Our front area is planted with fruit trees, herbs, and ornamentals. Once, while we were tending this area, a visitor of ours

stated that he does not grow anything in his yard. He told us he was so concerned about dry weather conditions, and drought conditions, that he regarded any sort of plant cultivation as “wasting water.”

Of course, our visitor was tacitly suggesting that we were wasting water.

We realized that this idea was rather widespread when yet a second person suggested that we forget about planting any more trees, bushes, or vegetables due to what seems to be regular periods of drought and water shortages in Southern California.

This counter-productive idea seems to have gained a foothold in the minds of many residents of our Southland. We’ve even heard some “garden experts” suggest this idea, that to “save water” we should simply not grow plants.

We are able to grow fruit trees and roses and herbs and other edible plants partly because we direct all of our washing machine water, and most of our dish water, out into the garden areas and not down the city’s sewer line. We are using the water twice!

To the visitor who suggested that we stop growing for awhile, we casually asked, as we were showing him our water recycling system, “So where does all your used water go?” He was silent for a moment, and then told us that it all goes into the sewer.

In fact, with careful attention to the type of detergents purchased, we can direct virtually all of our water into our yards. This is done in many possible ways. The dish basin, full of used water, can simply be carried outside and poured manually around your plants. Or you can fill one gallon plastic buckets with your used bath, shower, or dish water, and then carry it outside to where it is needed. With a bit more work, you can disconnect from your sewer line and permanently direct all of your used water into your own yard, as we’ve done with the washing machine.

There are two major benefits of sending your used household water into your own yards, rather than letting it flow unceremoniously down the sewer.

As more and more people move into this coastal mountain-locked desert plain, we have quickly begun to use the water faster than nature’s ability to replenish the supply. Thus, our underground water table has steadily dropped. Directing all our household water into our yards could have at



least a minimal positive affect on the water table (as long as we avoid bleaches and dyes in our detergents that could be harmful to the soil and water).

More importantly, one of the best “weapons” to combat desertification and the serious effects of the cycles of drought is the presence of trees! Throughout recorded history, the harvest and non-replenishment of trees has led to weather changes that have resulted in large deserts. All the major deserts on earth were once forests, but the trees were cut down for making boats or other products. Conversely, since the transpiration cycle of trees releases large amounts of water into the environment, the planting of trees on a large scale can reduce the effects of drought, can alter weather and can reverse the downward cycle towards desertification.

We don’t want to stop our efforts to plant -- and to nurture -- trees just because there is a period of drought. But we must do so wisely. By using all possible grey water, we’re able to keep our necessary trees and plants alive and transpiring.

When we read that the average residence of Los Angeles County uses about 400 gallons a day, we were astounded. We’re not sure what constitutes an “average” family, but when we average out our water usage, it doesn’t come close to 400 gallons on a daily basis. Imagine how astounded we

both were to learn that Hugh Hefner’s Playboy mansion uses 25,000 gallons of water *daily*!! Or that the Hotel Bel-Air, an 11 acre retreat, uses 98,000 gallons a day!

No wonder we have water troubles. People flock her to the desert and they use water profligately, as if they were living in Canada or the Rockies or some other water-rich environment. With all this in mind, we wonder:

\* Where doesn’t every single family residence in Southern California direct all their own gray water into their own yard? This raises the water table, and allows plants to grow with water that was already used and paid for?

\* Why isn’t the city, or various water agencies, actively promoting not just low-flush toilets but composting toilets, which use NO water at all?

\* Why does the average residence pay more for the water they so-carefully use, when the “big users” get to buy their water wholesale?

\* Why do we allow any new construction at all, either residential or business? If our water situation is only going to get worse as population increases, shouldn’t we take some steps to encourage development elsewhere? Or are we

so caught up in the suicidal money-making mindset that “development is always good for business” that we are blind to what we are doing to ourselves?

We know that there are countless other “easy” and practical ways to fight water shortages and to live lightly on the earth.

Another deep-seated idea that all should root out of our thinking is that “Sunny weather is good weather, and rainy weather is bad.” Most Southern California weather reporters have interpreted the weather this way for decades (with a few rare exceptions, such as the former television meteorologist Dr. George Fischbeck). Though we are not badmouthing sunny weather, we need to begin to think about rain as a valuable, friendly, needed gift from heaven, without which our home here between the sea and the mountains would quickly revert to a semi-barren desert.

[Nyerges is the author of *Extreme Simplicity: Homesteading in the City* (along with his wife Dolores). Nyerges operates the School of Self-reliance, offering classes in self-reliance and survival. The web site is [www.self-reliance.net](http://www.self-reliance.net). Nyerges is also a member of the Highland Park-based WTI ([www.wtinc.info](http://www.wtinc.info)), which teaches city dwellers how to live better with less.]



## FAMILY MATTERS

By Marc Garlett



## WHY INHERITING IN TRUST IS A MUST

You bring your children into the world with love. You raise them with love. If you're going all the way as a parent, you also create an estate plan to safely pass on your legacy of love as well as your assets. But does your plan simply leave your assets outright, so they pass directly to your children all at once? Or are they protected via a trust?

A trust is a must if you're looking for true protection when passing on assets. Just as you protect your children from harm while you raise them, you can also protect them from any threat that could come from irresponsible behavior or external risk. The safest choice is to place the inheritance in a trust.

Trusts can be designed to protect assets from things like bankruptcy, creditors, lawsuits and even divorce. No one is immune from making a few mistakes during their lifetime, but that shouldn't have to cost them their inheritance. If your child has a marriage that dissolves, for example, their future inheritance can be safely tucked into a trust, separating those assets from marital property and rendering them untouchable by an ex-spouse.

You can also set up a trust to distribute an inheritance according to your own wishes and for specific purposes, such as education, starting a business, maintaining a family vacation home, or whatever will benefit your children the most.

Gifting a large sum of cash to a 21-year-old is not usually considered the best practice. Many parents leaving assets in trust choose to stagger distributions at certain age milestones, which helps children learn to manage their assets over time with the help of

a trustee. Then, at a later age, the child can become the trustee with full control when they have the knowledge to make better financial decisions.

If your child is still a minor or has special needs, a trust is even more critical. Under the law, minors cannot inherit outright, so a trust is necessary to safeguard the assets for their benefit until they reach the age of maturity. The trust preserves assets for their benefit, names a trustee to oversee distributions, and does not disqualify them from receiving special government benefits like an outright inheritance would.

Inheriting in trust provides substantial benefits that an outright inheritance does not. Look into the benefits of setting up a trust for your children. It can be one of the best things you do for them as a parent. All the best to you and your family,

MARC

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. Call 626.355.4000 to schedule an appointment to sit down and talk about ensuring a legacy of love and financial support for your family, or visit [www.GarlettLaw.com](http://www.GarlettLaw.com) for more information.



## Tips of the Trade: Real Estate Revealed

by Luther Tsinoglou

### GET THE CREDIT YOU DESERVE

Mortgage applications are being reviewed far more thoroughly now than in the past, and your credit score should be 680 or higher to qualify for the best interest rates. So how do you determine your score, and know you're getting the credit you deserve?

Everyone is allowed one free credit report per year from the three reporting agencies (Experian, Equifax and TransUnion). Review the reports for accuracy and act quickly to correct any errors or omissions.

Approximately 35% of your credit score is based on the timeliness of your payments. Make sure that no late payments older than seven years are still on your report.

If you have paid off loans or credit cards, a zero balance should appear on those accounts. Sometimes, agencies don't properly update those balances after settlement.

15% of your credit score is based on the length of your credit history, so make sure that the opening dates of all your accounts are accurate. Also make sure that the limits on your credit cards are correct, and keep the balances under 50% of those limits. Total debt accounts for 30% of your credit score.

Finally, think twice about closing credit card accounts with zero balances, because this negatively reduces your ratio of "available credit" to your debt. First, get the facts. Then, make corrections. Finally, apply for home financing with confidence!

## IS ACTIVE INVESTMENT MANAGEMENT GOOD?

By Greg Welborn

One of the biggest investment debates is whether "active" management is a good thing. Active management is the attempt to pick a small number of stocks (or bonds) and beat the index. "Passive" management, on the other hand, is the attempt to match the index by simply using index funds which reflect the composition of an actual index. There are solid arguments on both sides, and, we believe, there is a good compromise between the two competing philosophies.

**On the passive side of the argument,** advocates would tell you that the vast majority of all money managers fail to beat the index over the long-term. They would also argue that the transaction costs of trying to buy and sell individual stocks and bonds in an average investor's portfolio will be prohibitive and further reduce returns. Passive management advocates would be correct in all those statements.

**On the active side of the argument,** advocates would tell you that stock and bond markets are not perfect, that there are inefficiencies which a skillful manager can exploit to earn more than the index would return. Further, they would argue that there are a solid minority of excellent money managers who have beaten the index over reasonable periods of time and that the costs of using them are warranted by the extra return they earn for the investor. Active management advocates would be correct in all those statements.

**So both sides are correct; case closed, right?** No. The fact that both sides have valid points only leaves us further confused. Here's how to reconcile the competing claims. Passive and Active management are not mutually exclusive. You can use both. For some investment categories, it might make sense to use an active money manager with a solid long-term record that exceeds that category's index. In other



categories, it might make sense to simply use an index fund which matches that category's index.

**To make this work, a couple of things have to be present.** First, you have to be able to use the cheapest share class of the active managers' mutual funds by avoiding commissions. Second, you have to be able to switch between managers or index funds without excessive costs by using a discount brokerage firm. Third, you have to be able to objectively determine which active managers are worth their cost. And fourth, you have to be able to measure performance against the indexes to determine when to change to or from any given money manager.

By logically and objectively combining a bit of both strategies, you can have the best of both worlds. The goal in all cases is to identify your objectives and make sure your portfolio is consistently working toward them.

About the author: Gregory J. Welborn is the Managing Partner of First Financial Consulting, a fee-only advisory firm. He has worked with The Today Show, Kiplinger's Magazine, and USA Today to provide objective financial advice to their readers and listeners. He has 3 grown children and is honored to be married to his wife of 25 years. He can be reached at [gwelborn@ffconsult.net](mailto:gwelborn@ffconsult.net)

Social Media  
Tips, Tricks & Ideas

by: MJ Finstrom

## THE BENEFITS OF FACEBOOK LISTS

If you have friends on Facebook that fall into different categories of your life: business, personal, service clubs, school chums etc., building lists will help you organize them.

To build your lists go to: [www.facebook.com/bookmarks/lists](http://www.facebook.com/bookmarks/lists)

Your lists will show up in several areas of Facebook and you will be allowed to selectively share to different lists. For example, if you create a photo album from a family vacation, you can choose your family list and only the people on that list can see your album. If you make a post about a work related event, you can set it so it just publishes to your business list.

Your lists will also show up in the news feed area so that you can selectively listen and filter out

the noise you don't want. If you click on one of your lists in the news feed, you will just get the recent posts from those people on the list.

About MJ: MJ and her brother David own HUTdogs, a creative services business that specializes in Internet Marketing strategies and Social Media. They offer social media management services and help their clients build a strong on-line presence. "Like" them on Facebook for trending news in social media, internet marketing and other helpful tips, [www.facebook.com/hutdogs](http://www.facebook.com/hutdogs).

Sign up for their upcoming classes, webinars and presentations at: [www.hutdogs.com/workshops/schedule](http://www.hutdogs.com/workshops/schedule)



## LORI KOOP

the creative entrepreneur

by Lori Koop, Business Coach

## F.E.A.R. = FALSE EVIDENCE APPEARING REAL

For the entrepreneur, fear shows up in many ways. We worry about losing clients. We're afraid of not meeting the rent. We are scared our products won't sell. Fear lurks wherever the unknown hangs out.

The feeling of fear is created by fearful thoughts. The amygdala part of our brain sends messages designed to help us survive. Its threatening words, however, are loud and scary. Then our imagination joins in. Anything outside the status quo is reason for concern.

These thoughts trigger the body. I know you have felt that surge of fear! In this state, we cannot access peace. Or our innate creativity and problem solving abilities. Our options close, and we are in fight or flight... known as survival mode.

Never make a decision when you are here, unless it's a true issue of life or death! Wait until you return to peace. Peace is critical for wise, authentic decisions. Journal. Go for a walk. Talk to a trusted friend. Do some deep breathing. Change your thoughts. Do whatever it takes to return to calm and your imagination will open. In the right brain, you have access to your true self and your best strategies.

Maybe that's why they say "don't worry!"

LORI KOOP, helping creative entrepreneurs succeed. Schedule a complimentary session: [www.LORIKOOP.com](http://www.LORIKOOP.com) or call 626-836-1667. (Location: 47 E. Montecito Avenue, Sierra Madre 91024) I'm here every other week.

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Mountain Views News

PUBLISHER/ EDITOR  
Susan Henderson

CITY EDITOR  
Dean Lee

EAST VALLEY EDITOR  
Joan Schmidt

BUSINESS EDITOR  
LaQuetta Shamblee

PRODUCTION  
Richard Garcia  
SALES

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

WEBMASTER  
John Avery

CONTRIBUTORS

CoCo Lasalle  
Chris Leclerc  
Bob Eklund  
Howard Hays  
Paul Carpenter  
Kim Clymer-Kelley  
Christopher Nyerges  
Peter Dills  
Dr. Tina Paul  
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  
Sean Kayden  
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.

RICH Johnson BUFFET AND MY OTHER FAVORITE WORDS



Anyone know what my favorite word “buffet” means? Believe it or not the French definition is different than the British definition.  
The French word means “to strike with the hands or the fist”. That’s certainly not my favorite use of the word. The British word means “a meal at which guests help themselves from a number of dishes and often eat standing up”.  
I like the British definition better. I’ve rarely eaten at a buffet standing up (maybe in transit when I couldn’t wait to get back to the table). I wonder if, when you eat standing up, your shoe size will expand rather than your waist. Gonna have to try that.  
Currently there are two great buffets in Sierra Madre. The Peppertree Grill is back to being open on Monday Night offering an all-you-can-eat buffet to keep you occupied while you watch the Monday Night Football game (They are at 322 W. Sierra Madre Blvd). I think it starts at 5:00 on Monday nights. And Tuesday and Wednesday noon time Corfu has a buffet (They are at 48 W. Sierra Madre Blvd).  
What’s your favorite word? I read somewhere (so it must be true) that our favorite word is our name. When I asked my friend, Barney, he just laughed at me. I guess there are some exceptions to that rule.  
Along with buffet, I would have to consider my kids names as my favorite word: Olivia and Alex. But which child? Probably Olivia more than Alex cause she’s the good child. It would probably rotate. High up on my list of favorite words you would also find Beatles and guitar.  
Can acronyms count as favorite words? Acronym is a set of initials representing a name or organization. If acronyms are acceptable I know my friend Carolyn’s favorite word: NASCAR!! If they aren’t acceptable I’ll bet Carolyn’s favorite word would be “Disneyland”.  
I think it’s a pretty safe bet acronyms are peoples least favorite words. Like take IRS for example. Or DMV, or DOA. Are you someone who thinks the whole new genre of texting acronyms like LOL, are horrible and portents of the fall of Western Civilization?  
In my considerable library of useless trivia and quotes, lives a book entitled “The Superior Person’s Book of Words”, penned by Peter Bowler. It houses 500 word missiles we can use to establish our superiority. Here are a couple:  
**Acerebral:** Without a brain. Usage of this word could be aimed at species on this planet that use both two and four legs to get around.  
**Afflatus:** A sudden rush of divine or poetic inspiration. I get this a lot.  
**Alopecia:** Unfortunately this word also describes me. It’s meaning? Baldnes. My alopecia really shines on a sunny day.  
**Bastinado:** Beating the soles of one’s feet. Some people would prefer that to the ear bashing one receives at one of our JJ Jukebox golden oldies concerts. (By the way, JJ Jukebox is performing Saturday, November 8, 2014 at the Peppertree Grill. 6:30 to 8:30. 322 W. Sierra Madre Blvd. Make reservations at (626) 355-8444.)  
Be sure to try the Peppertree Grill’s Monday Night Football Buffet. It’s on Monday nights I think (I think I’m going acerebral).



CLEANING UP MESSES, PARSONAGE STYLE

By Dr. James L. Snyder

Throughout the glorious years of our marriage, the Gracious Mistress of the Parsonage and Yours Truly has had few disagreements. I suppose I could count them all on my one hand, but I am not sure if it is my right hand or my left hand so I will just leave it at that.  
I hear, of course, of many couples who do nothing but bicker and fight from morning till night. I have always wondered what the purpose of all that was and kept me in good standing.  
There are several phrases I have memorized and used throughout the years of our marriage that has kept me in good standing.  
“Yes, dear.” “You’re right, dear.” “I’ll do it right away, dear.”  
I have found that if I include the word “dear,” with all of my responses it fares better for me. Of course, I am the kind of person that does not have to be right all the time, which makes me the perfect husband. Admitting you are wrong, even if you do not think you are, is really not the end of the world. In fact, it may be the beginning of a bright new world.  
I said “few disagreements,” and I need to explain what I meant by that.  
The major disagreements that my wife and I have had throughout the years can be boiled down into one phrase, “It’s a mess.” Usually, actually all the time this phrase is being used, it is coming from the lips of my wife.  
Our disagreement is in the definition of “mess.” She has one definition and I have another definition, and the twin shall never meet. Mark my words on that.  
If you would come into our home, you will discover that every room in the house is well organized and very neat. Well, not every room. The one room that does not come up to that criterion is the room in which I occupy. It is my space. My well-organized wife will walk by my room, pause, look in and say, “It’s a mess.”  
It took me a long time to realize what she was talking about. Eventually, I got to the point where I understood that what she was referring to was “my space.” Unfortunately, we did not share the same vision of my space. I am of the mindset that if I am working I need to have organized messes all around me.  
I have tried explaining to my wife that I am a messologist. I had to explain to her that a messologist is someone who specializes in organizing intentional messes. I am not sure I have convinced her yet of this.  
I really think that one person’s mess is another person’s workspace. I cannot really work efficiently unless there are intentional messes around me, protecting me, giving me the incentive I need to pursue the job at hand. My basic philosophy is simply this, if I cannot find what I need when I need it, I probably do not really need it. It has worked for me most marvelously.  
The real trick of a messologist is knowing where to find what you need when you need it. My wife can walk into my space and look around and be utterly confused by what she calls “a mess.” Of course, it looks like a mess to her. It is not her mess! If it was her mess she would understand it and be comforted by it.  
My wife is of the idea that organization has to do with numerical or alphabetical order. Now that works for some people, I suppose. But, as I keep telling her, that is not the only circus in town! I cannot tell how many times something new has developed in my thinking while I was searching for something I could not really find. That is the genius of a messologist.  
Some people, like my wife, like to go from 1 to 2 to 3 to 4; or, A to B to C to D all the way to Z. To a normal person, and I am guessing my wife is normal, that makes a lot of sense. But to a messologist, that kind of thinking is rather confusing.  
What I want to know is, what do you do when you come to the end of the alphabet? Where do you go from there? Then, it is rather important that you have the alphabet in alphabetical order. If I would ever try to do that I would end up being so confused, they would have to admit me in some rehab facility to clean my mind out.  
So, the thing that makes our marriage so blissful is that we have an agreement and that she does things her way and I do things my way. This has been the recipe for blissfulness in our marriage. I do not make her do it my way and she cannot make me do it her way. We both have brains, but they tick after a different tock.  
I then thought of a verse of Scripture that rather fit my situation. “There is a way which seemeth right unto a man, but the end thereof are the ways of death” (Proverbs 14:12).  
My way has to be in complete harmony with His way or my life will be completely destroyed.  
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 [jamesnyder2@att.net](mailto:jamesnyder2@att.net) or website [www.jamesnyderministries.com](http://www.jamesnyderministries.com).

LEFT TURN/RIGHT TURN

HOWARD Hays As I See It



*“I’m not going to apologize for trying to do something while they’re doing nothing.”*  
- President Obama, responding to House Speaker John Boehner’s threatened lawsuit last June

I was glad to see Greg Welborn back with his column last week. Reading through it, I was almost surprised he didn’t somehow attribute the Ebola outbreak in West Africa to the president’s “incompetence”.  
I know – the world’s a mess. I also know how impatient some are to have us once again invade and occupy a Muslim country, or reignite a Cold War with a nuclear power. Dan Rather had a good response to “I will hear you out if you’re prepared to send your son, your daughter, your grandson, your granddaughter to that war for which you’re beating the drums. If you aren’t, don’t even talk to me.”  
This is being written in advance of President Obama’s address to the nation Wednesday night. I’m sure he’ll make a priority of building coalitions with allies and regional players. A German diplomat interviewed on NPR, asked to compare coordinating with the Obama Administration on Ukraine with coordinating with Bush on Iraq, had a quick response: “At least we’re talking with the Obama Administration.”  
Another ongoing priority is to make clear that for our help to do any good, nations have to get their own acts together - we can’t do it all for them. After months of pressure, there’s finally a new Prime Minister in Iraq with whom we can coordinate to help defeat the Islamic State in that country. He replaces the previous CIA-approved holdover from the Bush years, who’d become one of ISIS’ biggest recruiting tools.  
In Afghanistan, as we’re trying to get our troops out by the end of the year, we’re dealing with two presidential candidates who both continue insisting on claiming victory some three months after the June run-offs, and despite a subsequent U.N.-monitored re-count. In Libya, there’s fortunately only one government in its capital, Tripoli. The problem is, there’s another in Tobruk claiming it’s the real deal. There’s Qatar, host to one of our largest air bases in the region and also one of the largest sources of funding for Islamic terrorism.  
It’s complicated, and it’s reassuring to have a president who thinks things through before “trying to do something”. For Congressional Republicans, though, it’s simple – responding the same as to immigration reform or most any other issue: knock the president for not taking action on his own, avoid having to cast a vote on the record by “doing nothing” as a legislative body, and then threaten to sue (or impeach) the president for taking too many actions on his own (as House Speaker Boehner did last June). Aside from that, it’s hoping things go south to provide a better campaign issue against President Obama and the Dems.  
Now that Congress is back from vacation, planning for maybe two weeks in session before the November elections, it looks like they’ll manage to run out the clock “doing nothing”. If anything, the focus might be on Congressional tea-baggers toying with another government shutdown, with “establishment” Republicans concerned about re-election wishing they’d shut up.  
It’s hard to predict how evolving world crises will play out in the campaigns. Republicans have got to be hoping things only get worse, as they’re running out of issues to campaign on. There’s the Affordable Care Act, for example. Sen. Minority Leader Mitch McConnell remains opposed to “Obamacare”, but now tries to suggest it’s somehow “unconnected” to the popular Kentucky exchange, which has enrolled nearly a million in the state. Republican governors in Pennsylvania, Tennessee, Utah, Indiana and Wyoming have abandoned their initial opposition and are now moving to implement the ACA’s expansion of Medicaid in their states. Enrollment nation-wide has exceeded targets. Premium costs, which Republicans warned would skyrocket, are projected to undergo a “modest” increase at most, or to actually go down – as has per-person costs for Medicare.  
It’ll be hard for them to hit Democrats on the economy. Last week, Forbes came out with an analysis by Bob Deitrick, CEO of Polaris Financial Partners, who offered this assessment of the Obama presidency: “This is the best private sector job creation performance in American history.” The Purchasing Managers Index of the Institute for Supply Management shows 63 straight months of economic expansion, with 25 straight months of manufacturing growth.  
As for Wall Street, Deitrick points out that at this point in the Reagan presidency, a dollar invested when he took office “would have yielded a staggering 190% return. Such returns were unheard of prior to his leadership.” Under Obama, the return would be 220%. “This level of investor growth is unprecedented by any administration.”  
Continuing the comparison, “the current administration has reduced the deficit, which skyrocketed under Reagan. Additionally, Obama has reduced federal employment, which grew under Reagan . . . and truly delivered a ‘smaller government.’” Forbes concludes, “President Obama’s administration has outperformed President Reagan’s in all commonly watched categories.”  
The policies which brought this “unprecedented” economic recovery were, of course, universally opposed by the Republicans.  
With issues like the economy and the Affordable Care Act effectively taken off the table as viable campaign fodder, the most Republicans can hope for heading towards November is intensifying world crises and a bungled response from a Democratic administration. Here’s a theory: The surest way to achieve that would be to goad the president into repeating the same disastrous mistakes made under the Bush Administration; which is maybe, just maybe, why so many Republicans are urging him to rush in and “do something” without taking the time to think it through.  
Most voters, though, appreciate a leader who’s thoughtful and deliberate while actually “trying to do something”, and aren’t going to be conned by those “doing nothing” other than complaining about those who are.

GREG Welborn

THE PRESIDENT’S WAR PLAN



As we mark the 13<sup>th</sup> anniversary of 9-11, it will be interesting to see if this week’s and last week’s articles stand as philosophical book-ends to the Obama presidency. I was very critical of President Obama’s unwillingness to seriously engage the world as it really is and to therefore confront the evil which walks so much of the world unconcerned about what the greatest nation will do. If it turns out I wrote prematurely and that the President does have a coherent war plan, then I will be more than happy to commend him for that action. For now, I will simply say that he deserves hearty and unreserved public support if he is truly willing to fight this war.  
A willingness on the President’s part to do just that would be in and of itself a major accomplishment. It would mean he has undergone a sea-change and is now willing to acknowledge that we are in a “war” (not a skirmish, struggle, police action or even a conflict) and willing to acknowledge that he is a wartime leader. For someone who has gained so much political mileage from opposing past wars and has based so many of his presidential decisions on extracting the U.S. from physical military participation in, or even leadership of, the world war which rages around us, this change is no doubt difficult, but nonetheless desperately needed.  
But this change from naivety to reality, and hopefully from failure to success, will require other changes in how this president conducts his administration and chooses to lead the nation. These will not go well with his closest advisors – made up almost entirely now of sycophants – or closest supports – made up largely of the hard left who may not be able to make this same transition.  
Starting with the obvious, the war campaign he needs to launch will have to focus on the goal of destroying ISIS, not just degrading it, and certainly not on trying to manage it. Each of these verbs has been used by the President in recent speeches, and each represents dramatically different goals, strategies and tactics. His words last night were the right ones. I pray they were not just words to smooth the American public while he implements more benign and disengaged actions to satisfy his core base.  
A successful transition also means accepting the wisdom and prescriptions of an earlier president from whom Obama has so assiduously distanced himself. President Bush told us that boots on the ground would be needed for the long-term unless we wanted to “surrender the future of Iraq to Al Qaeda”, “risk mass killings on a horrific scale”, “allow terrorists to establish a safe haven in Iraq”, and to “confront an enemy even more dangerous”. President Bush is owed an apology for the mockery his words received, but at the very least, President Obama will take to heart the senior president’s advice and stop trying to distance himself from someone whose policy prescriptions he is increasingly having to continue or reinstitute. In short, President Obama will have to commit significant boots on the ground. There will have to be an American presence over there.  
President Obama also needs to quit eviscerating the U.S. military. He will go before Congress at some point to ask for funds to finance this new campaign, but those will be the tip of the iceberg. We can no longer draw down the standing forces we have, starve the services of needed technological developments or accept the current diminished size of our naval fleet. As he wages war on ISIS, it’s time to stop waging war against our own military.

His pattern of giving a speech and then moving on to another topic must stop. This topic needs President Obama’s full attention and effort, and will likely need such sustained focus for the remaining 28 months of his presidency. If September 10<sup>th</sup>’s address becomes just another speech, just another idle warning, there will be hell to pay on the shores of these United States. If that’s the type of commitment we just witnessed, we’re going to witness some mass killings of Americans very soon.  
Domestically, President Obama needs to unify the political leaders currently serving at the behest of their constituencies. Republicans can no longer be referred to as the enemy, ridiculed for having evil motives and dismissed as having no good input or place at the table. Elections do matter, as this president is so fond of saying, and every one of our representatives is there as a result of an election. Acknowledging that and negotiating accordingly is a requirement if any military campaign is to work.  
President Obama also needs to restore domestic trust in his leadership. Much has been written about how our nation’s enemies do not fear him and our friends do not trust him; a similar sentiment exists domestically because of the President’s habit of lying to the nation about known facts and his habit of threatening to simply use that magic pen and phone of his to dictate extra-constitutional executive orders. Elected officials and the public at large do not trust this man as much as a wartime president needs to be trusted. President Obama has a few short weeks (maybe even days) to correct that problem with honest, inclusive and truly transparent communications and processes.  
In summary, we need to be willing to rally around this president. The stakes are too high to not give him a full measure of the support that is needed for what lies ahead. But that is not a one-sided requirement; it is not without its quid pro quo. President Obama seems to have made a crucial and healthy transition, but there are other important actions and changes which are needed if we are to be successful and safe.

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



















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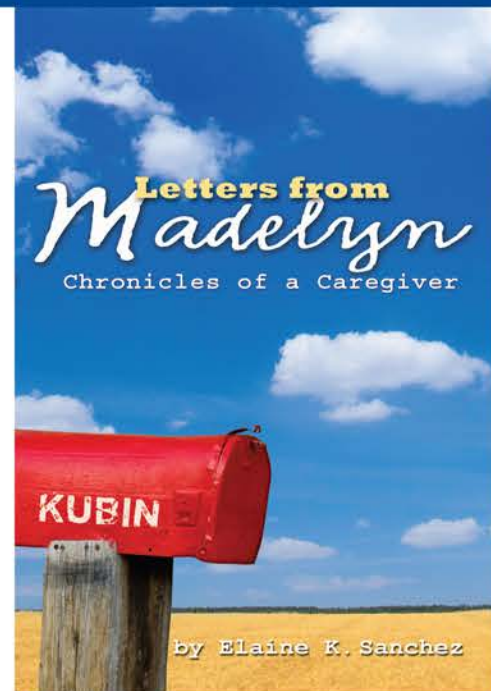


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