

Mountain Views News

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

SATURDAY, JULY 18, 2015

Breaking News:

SMPD OPENS INVESTIGATION AMID ALLEGATIONS OF UNLAWFUL SEXUAL ACTS WITH A CHILD UNDER THE AGE OF 14

The Mountain Views News has learned that the Sierra Madre Police Department is investigating allegations of sexual abuse involving a child under the age of 14.

At press time, no arrest had been made, however the primary suspect is a person believed to be in his mid-twenties, according to a SMPD spokesperson.

It also does not appear, based upon the preliminary information received from the SMPD, that the suspect is one of the known registered sex offenders living in the city.

Detective Charles Kamchamnan is heading up the case and was not available for comment Friday afternoon.

CITY ADOPTS UPDATED GENERAL PLAN - FINALLY!

After hundreds of hours of volunteer and staff time spanning several years, the updated plan will replace the previous 1996 version.

It was June 11, 1996 when Sierra Madre last approved a General Plan, which has been called the "Bible" of Sierra Madre. The plan is a "collection of policies and maps that defines what the city will look like and how it will be economically managed and developed over a long period of time." It is used to guide our elected officials in all matters of policy and is not unique to Sierra Madre. The State of California requires that every city has one.

There are seven mandatory components of a General Plan:

- 1) Circulation
- 2) Conservation
- 3) Housing
- 4) Land Use
- 5) Noise
- 6) Open Space, and
- 7) Safety and Seismic Safety.

State law requires revisions (updates) on a regular basis. The newly adopted update began more than five years ago.

On Tuesday, the council voted unanimously to approve the updated plan. This was quite an accomplishment as over the years, there has been a great deal of controversy over the issues of Conservation, Housing and Land Use.

Several public meetings and other outreach efforts were put forth in an effort to make the plan "the people's document".

With the adoption of the plan and the implementation of the changes that will result, many feel that it will help maintain the integrity of Sierra Madre's village character by preventing overdevelopment and providing a solid guide for managing

changes that may become inevitable.

To review the plan in its' entirety go to: <http://www.cityofsierramadre.com/general-plan>.

Council Prepares For August Break

With the General Plan Update completed, the council hopes to take care of a few other critical matters before they go 'dark' in August. The next meeting (July 28th) will be the final one until September 8th. On the agenda on the 28th will be the development plans for 186 W. Highland, a project that was originally Community Redevelopment Agency Workforce Housing project. With opposition from many of the immediate neighbors, it may be the first test for the Updated General Plan.

Susan Henderson/MVNews

HONOREES OF ARCADIA CHAMBER 2015 BUSINESS AWARDS INCLUDE PATRICIA COLONELLO OF THE MOUNTAIN VIEWS NEWS

A record crowd of 110 packed Dave and Buster's show room in Westfield Santa Anita mall to honor four recipients of the Arcadia Chamber of Commerce's 2015 Business Awards sponsored by Printing Control at the monthly Networking Breakfast, which is sponsored by Rose Hills Memorial Park & Mortuary.

Following music by a brass quintet of the Pasadena Symphony & Pops Random Acts of Music, the following awards were presented:

- Business Person of the Year Arcadian Kin Hui, CEO of Singpoli Group, said upon accepting the award, "Working together and understanding each other is important to a successful business. Our companies are about working together to develop creativity."

Hui and other honorees were presented with plaques by Chamber President Andrew Gregson of The Executive Factor and Arcadia Mayor Gary Kovacic, as well as certificates of recognition from the representatives of Congresswoman Judy Chu, State Senator Dr. Ed Hernandez, Assembly Member Ed Chau, and County Supervisor Michael D. Antonovich.

- In accepting the award for Business of the Year for family-owned Sierra Auto/Honda, Peter Hoffman said everyone can help the environment by purchasing a new car since they emit far less pollution than older vehicles.

- While receiving the plaque for New Business of the Year, Raquel Mc Laughlin said she and her mother, Jeanette C. Beraha could not have opened their eclectic and fun Vintage Treasures & Antiques shop on Foothill Boulevard in Arcadia and continued to be successful without the help of the Arcadia Chamber of Commerce, which she said has rewarded them with a return on their annual member dues many times over.

- Patricia Colonello of Mountain Views News was the winner of the Chamber Service Award. Community service is a part of the Mountain Views business model and Patricia spends countless hours assisting the chamber with their networking efforts.

Scott also gave surprise recognition to recent Arcadia High School graduate Emily Zheng, who has been volunteering at the Chamber for four years on her days off. Scott presented Emily with a check for \$500 to help her with her expenses while at university this fall.



SATURDAY, JULY 18TH
8 - 10 AM

BEAN TOWN
45 N Baldwin Avenue,
Sierra Madre, CA 91024

JOIN YOUR NEIGHBORS AND POLICE OFFICERS FOR COFFEE AND CONVERSATION!

No agenda or speeches, just a chance to ask questions, voice concerns, and get to know the officers in your neighborhood!

Questions may be addressed to eloazano@cityofsierramadre.com

SIERRA MADRE POLICE DEPARTMENT





MV News Sales Director Patricia Colonello with Arcadia Mayor Gary Kovacic Photo courtesy Arcadia Chamber

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City of Sierra Madre

PUBLIC HEARING NOTICE

From: The City of Sierra Madre
Subject: PARCEL MAP 15-01 (73420), Historic Designation 15-01, Certificate of Appropriateness 15-02, Mills Act Contract, Affordable Housing Incentives

Applicant: HHP Highland, LLC

Project Location: 186 W. Highland Avenue, in the City of Sierra Madre, County of Los Angeles, State of California

The City of Sierra Madre gives notice, pursuant to State of California law, that the Planning Commission will conduct a public hearing to consider 1) a request for a three-unit subdivision for condominium purposes, 2) a proposal to designate the property as a historic landmark, 3) a certificate of appropriateness to restore, modify, and change the use of the structure, 4) a request to enter into a Mills Act Contract, and 5) the use of affordable housing incentives.

DATE AND TIME OF HEARING

City of Sierra Madre
City Council
Tuesday, July 28, 2015
(Hearing begins at 6:30 p.m.)

PLACE OF HEARING

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

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

ENVIRONMENTAL DETERMINATION: The project qualifies for Class 15 Categorical Exemption Minor Land Division, and Historic Resource Rehabilitation, pursuant to Sections 15315 and 15331 of the California Environmental Quality Act (CEQA).

APPEAL: If in the future anyone wishes to challenge the decision of the City Council in court, one may be limited to raising the issues that were raised or presented in written correspondence delivered to the City Council at, or before the scheduled public hearing. For further information on this subject, please contact the Planning and Community Preservation Department at (626) 355-7138.

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Weather Wise



6-Day Forecast

Sierra Madre, Ca.

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

Forecasts courtesy of the National Weather Service

CITY OF SIERRA MADRE
CALENDAR OF EVENTS

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

NEXT REGULAR CITY COUNCIL MEETING:
Tuesday, July 28, 2015
6:30 pm

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

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

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

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

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

SIERRA MADRE CITY MEETINGS



Regular City Council Meeting

July 28, 2015 - 6:30 pm

The final agenda and staff reports will be available online no later than Friday night. Enter the date "05/05/2015" for the complete agenda packet.

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

Upcoming Public Meetings

Wednesday, July 15th, 2015, 7:00 pm
Energy, Environment and Natural Resources Commission Meeting

Thursday, July 16th, 2015, 7:00 pm
Planning Commission Meeting

Monday, July 20th, 2015, 6:30 pm (Cancelled)
Community Services Commission Meeting

Tuesday, July 28th, 2015, 6:30 pm
City Council Meeting

City Hall Hours - Monday - Thursday 7:30am - 5:30pm
Planning & Community Preservation and Public Works Service Hours
Monday - Thursday 7:30am - 2:00pm Sierra Madre City Hall 232 W. Sierra Madre Blvd. Sierra Madre, CA 91024 (626) 355-7135

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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!

SHARE SOME
GOOD NEWS!

"The Kindness of Strangers" feature encourages readers to share their stories. I can assure you, they will be uplifting especially in contrast to all the challenges and issues we have to deal with daily. So, if you have something you would like to share, please submit it to: editor@mtnews.com

It doesn't matter where you were or when it happened. Share your good experiences in hope that it might bring a little joy and/or inspire someone.

-Susan Henderson, Editor/Publisher MVNews

SUMMER FUN IN THE PARK

The Summer Fun in the Park program includes Tuesday interactive presentations provided by local organizations and Thursday fitness activities; it is targeted for children 3-10 years of age. The program will occur Tuesday and Thursday mornings from 9:30am-10:30am in Memorial Park, located at 222 W. Sierra Madre Blvd. This program is free. The 2015 Summer Fun in the Park schedule can be found here. For information please contact the Community Services Department at 626-355-7135.

YMCA Programs at the Sierra Madre Recreation Center -
Registration Available @ the Sierra Madre Recreation Center

The Community Services Department is partnering with the Pasadena YMCA to provide expanded programming and services at the Sierra Madre Recreation Center. For more information please visit www.ymca.org/pasadena or call 626-432-5880.

WATERWORKS AQUATICS AT THE SIERRA MADRE
AQUATIC CENTER

This Summer, Waterworks Aquatics is offering some exciting programming including recreation swim, lap swim, swim team, and much more! Please contact Waterworks Aquatics if you are interested in registering for swim lessons and/or any of these great programs. For more information please visit the Waterworks website



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SIERRA MADRE

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WINNERS OF THE FOURTH OF JULY GAMES

The Sierra Madre Civic Club again hosted the Fourth of July games in Sierra Vista Park. On that relatively cool Fourth of July afternoon both participants and spectators had fun competing and cheering each other on. All involved were winners. However, in the races those who went home with ribbons in the Bunny Hop (for ages 6 and under) were Nathaniel Howes and Lucas Young. In the three-legged race winners in the 16 and older group were Mike and Patrick Neuman and Jamie and Kasey Derrick; ages 12-15 winners were Nisi Nugent and Alex Gourdikian, Aaron and Jake Young, and Jake and Gavin Eckstrom; ages 7-11 winners were Jane Neuman and Harper Malone, Leilani Widjaja and Abby Kunch and Aspen Castillo and Jackson Young; winners in the ages 6 and under group were Isla Castillo and Lucas Young, Josie Malone and Desi Desmond, and Brendan and Aiden Mahoney. The wheelbarrow race was won by Jane and Michael Neuman in the 12 and over age group; ages 7-11 winners were Aspen and Makena Castillo, Lucas and Jackson Young, and Eric and Conrad Heder. Ages 6 and under winners were Doug and Camilla Heder and Miles Burk.

In addition to the races, there were other contests that tested the participants' skill and luck and which elicited much cheering and laughter. The shoe toss saw Michael Neuman,

Patrick Neuman, and Andrew Tovar winners in the ages 16 and over category; winners in the 12-15 age group were Gavin Eckstrom and Olivia Heder; ages 7-11 winners were Kyle Neuman and Harper Malone; and winners 6 and under were Jack Bev, Andre Fishman, and Lukas Young. The egg toss was open to all age groups and first place went to Ryan Haag and Anjolina Alcorn. Three partnerships tied for second place; they were Gloria Giersbach and Trent Talling, Nova Howland and Olivia Behegan, and Erica Cimino and Alexa Peterson. The water balloon toss, also open to all ages, was won by Ruth and Darren Oden; in second place were Ronni Flynn and Chris Peres; and tied for third place were Walter Roman and Rose Bennett and Nova Howland and Olivia Behegan.

Co-chairs of the games Sharon Murphy and Darlene Traxler would like to thank all who helped coordinate the events, judge the events, and pass out ribbons. But most of all they'd like to thank all who participated and all who cheered the contestants on – you made the job fun.

The Sierra Madre Civic Club is a civic and philanthropic organization that meets the second Thursday of every month at 7:30 PM in the Hart Park House. Hosting the Fourth of July games is just one of our many fun activities. Join us to see how you can become involved.

Walking Sierra Madre...The Social Side

by Deanne Davis



Elaine Holmgren during Happy Hour at Sierra Madre's Kensington Senior Living.

“The society which scorns excellence in plumbing as a humble activity and tolerates shoddiness in philosophy because it is an exalted activity will have neither good plumbing nor good philosophy: neither its pipes nor its theories will hold water.”

John W. Gardner

“Plumbing is usually boring.”

Alex Berenson

Plumbing really is boring until something goes wrong with it. Then the last thing you need is a philosopher! You need a plumber and you need him right now! We have all had moments in our lives as homeowners when something plumbing related has gone seriously and/or dangerously awry. Recently, our kitchen sink backed up and refused to drain that nasty collection of egg shells, orange peels, and goodness (actually, goodness had nothing to do with it!) knows what else. I plunged and plunged but all it did was spit back at me...yes, I did plug the other sink... all to no avail. My plumbing expert, John, and I took a trip to OSH to buy Liquid Plumber's most lethal concoctions...a complete waste of about \$15.00! Yes, I'd tried baking soda and vinegar. Nada! John took the elbow pipe off... let me just say it got uglier from there.

So, we called Mike. We've been calling Mike and his brother, Jim, for years for various projects, i.e., a new bathroom, redesign a closet, figure out why the downstairs shower didn't work, what was wrong with the main sprinkler valve, and now, the kitchen was totally out of order. Mike arrived, said the clog was in the wall between the sink on this side and the washing machine on that side, and, of course, almost impossible to get to. And ugly stuff!!! Oh my word! Our house was built in 1916 and what was clogging that pipe probably started building up then! OK, maybe not, but it was yucky and Mike fixed it all.

You're saying, "And we care, why?" OK, brace yourselves! And if the following awful story happens anywhere around your yard, be ready for pain in the pocketbook! We noticed the other day that we had this fabulous green patch in our otherwise dead backyard lawn. We thought about it sort of casually then really started to think about it! There should be no green! I stepped on it and it was like stepping into a marsh! We were horrified!

What did we do? We called Mike! He appeared late afternoon, dug a hole about 4' deep and 4' wide which exposed a broken galvanized pipe, probably installed a hundred years ago. He capped it so no more water was leaking out. Remember those pictures last week of the broken water main at Vermont and Melrose in Los Angeles? Ours wasn't quite that bad, but it was close.

Mike and his son, Matt, spent most of Saturday digging trenches, through the rose bed, under a concrete walkway, and eventually all the way to the garage. A mile of PVC pipe and we're in business again. You're saying, "And we care, why?" Because, dear friends and neighbors, we have been bending over backwards to conserve water every way conceivable. Our showers are over in seconds, teeth are brushed dry, toilets... you know... if it's yellow... Watering is three minutes here and three minutes there and we're putting in more succulents. Just like you are. Then disaster strikes and we lose more water in a week than we've saved all year. Needless to say, we've lost our status as H2OHeroes completely and will be viewing our next water bill with shock and horror.

Have to end on a good note, though, and here it is... we got to attend Happy Hour at the Kensington last week to visit Elaine Holmgren, our son-in-law, Chuck's, mother. Elaine is a delightful woman of 94 who has done much in her lifetime and has great stories to tell of her grandparents, parents, and her own exciting and productive life. Happy Hour at the Kensington, btw, starts around 4:00. Great pianists played the baby grand on two different days, then a guitarist who sang. There was a warm feeling of conviviality and happiness as the residents and guests were served the cocktail of their choice and hors d'oeuvres. I know several Sierra Madreans who have family members there. I was going to put in a picture of our incredibly expensive broken pipe, but I think I'll put Elaine in instead! Lets all hope we look as great as she does when we're 94! Cheers!

My book page: Amazon.com: Deanne Davis

Blog: www.authordeanne.com

"Tablespoon of Love, Tablespoon of Laughter" is available there...

An excellent graduation gift, by the way!

SIERRA MADRE POLICE BLOTTER

During the week of Sunday, July 5th, to Sunday, July 13th, the Sierra Madre Police Department responded to approximately 253 calls for service.

Tuesday, July 7th

At 12:24 pm, Sierra Madre Police responded to the 200 Block of West Sierra Blvd regarding a vehicle tampering report. Upon arrival, Officers were informed by the victim that someone had scratched the left side of his car. The victim stated that he had parked his vehicle in the area at around 7:30 am, then when he returned to his vehicle at around 11:15 am he discovered the scratch on the left side of his vehicle. This case has been forwarded to the Detective Bureau.

Wednesday, July 8th

At 9:48 am, Sierra Madre Police responded to the 600 Block of Ramona Avenue regarding a theft report. The victim informed Officers that the day before, his sheds were intact and all his property was accounted for. The following morning, he noticed the door to one of his sheds were open. He entered his shed and

discovered property missing. Officers discovered one of the shed's door handles had been broken and was hanging from its original position. This case has been forwarded to the Detective Bureau.

At 9:40 pm, Officers responded to the 70 Block of Ross Place regarding a residential burglary. Upon arrival, Officers were informed by the victim that he had arrived home to discover his side door wide open and his home ransacked. The victim stated he had left his home at around 6:10 pm, locked and secured. When he arrived home later and pulled into his garage, he noticed his tools and other items had been moved and placed on the floor. Upon entering, he discovered his several rooms had been ransacked. Officers concluded the suspect(s) gained access through the garage side door, located the victim's tools and used them to open a small restroom window to gain access to the home. Once inside the suspect(s) located the victim's firearms and ammunition and left the residence with them. At this time, nothing else has been reported missing. This case has been forwarded to the Detective Bureau.

City of Sierra Madre

ORDINANCE NO. 1366-U

AN URGENCY ORDINANCE OF THE CITY COUNCIL OF THE CITY OF SIERRA MADRE, CALIFORNIA RESCINDING AN INTERIM MORATORIUM ORDINANCE PURSUANT TO GOVERNMENT CODE SECTION 65858 ON THE DEMOLITION, IN PART OR IN WHOLE, OF SINGLE-FAMILY HOMES AND DUPLEXES CONSTRUCTED PRIOR TO A DESIGNATED DATE

WHEREAS, the City of Sierra Madre, which was incorporated over 107 years ago, is proud of its eclectic mix of residential architectural styles reflected in its existing neighborhoods, predominated by the natural terrain and mountain view, which lend to its character as the "village of the foothills;" and WHEREAS, this existing housing stock—some examples of which have been deemed a historic resource and many of which may be considered potential historic resources—help to create the identify and atmosphere of community, and the City actively encourages historic preservation through the use of Mills Act contracts; and WHEREAS, the historic and potentially historic quality and character of Sierra Madre's neighborhoods directly contributes to a healthy and safe life for residents, who walk, congregate, play and want to live in neighborhoods that have character and history; and WHEREAS, given the concern that a development trend in the San Gabriel Valley of demolishing existing older homes, regardless of the homes potential historic value in favor of new construction which often does not reflect the character of the neighborhood or the community, on January 27, 2015, the City Council adopted Urgency Ordinance No. 1360-U, a temporary moratorium on demolition of residential structures, pursuant to the authority and procedures under Government Code Section 65858; and WHEREAS, on February 24, 2015, the City Council adopted Ordinance No. 1362-U, extending the demolition moratorium for an additional six months, until August 24, 2015, unless earlier rescinded; and WHEREAS, the City Council has updated the provisions of its development and zoning code to implement new zoning and development requirements and conditions of approval to enhance protection of its potential and historic resources, such as revisions to Chapter 17.82 regarding historic preservation and Chapter 15.04 regarding building code and permit requirements, thus accomplishing the purpose of the temporary moratorium on demolition; and WHEREAS, until the existing moratorium expires on August 24, 2015 or is rescinded earlier by action of the City Council, the new zoning and development requirements regulating demolition and construction of replacement structures cannot be uniformly implemented.

NOW THEREFORE, THE CITY COUNCIL OF THE CITY OF SIERRA MADRE FURTHER FINDS that the purpose of the demolition moratorium has been accomplished through the adoption of revised development and zoning codes updating regulations for the demolition and construction of replacement structures and that it is necessary for the protection of the public safety, health and welfare to immediately rescind the existing demolition moratorium in order to enable the uniform use of the updated demolition and related regulations, in order to ensure well-planned development of properties in the City; and

THEREFORE, THE CITY COUNCIL OF THE CITY OF SIERRA MADRE DOES ORDAIN AS FOLLOWS

Section 1. Urgency Ordinance No. 1362-U Extending an Interim Moratorium Ordinance Pursuant to Government Code Section 65858 on the Demolition, in Part or in Whole, of Single-Family Homes and Duplexes Constructed Prior to a Designated Date and Declaring the Urgency Thereof is hereby rescinded in its entirety.

Section 2. CEQA Finding. The City Council hereby finds that it can be seen with certainty that there is no possibility the adoption of this Ordinance, and the decision to rescind the moratorium hereby, may have a significant effect on the environment, because the adopted development and zoning standards impose greater limitations on development in the City, and protect the aesthetic character of Sierra Madre, thereby serving to reduce potential significant adverse environmental impacts. The adoption of this ordinance is therefore exempt from California Environmental Quality Act review pursuant to Title 14, Section 15061(b)(3) of the California Code of Regulations.

Section 3. Severability. Should any provision of this Ordinance, or its application to any person, parcel or circumstance, be determined by a court of competent jurisdiction to be unlawful, unenforceable or otherwise void, that determination shall have no effect on any other provision of this Ordinance or the application of this Ordinance to any other person, parcel or circumstance and, to that end, the provisions hereof are severable.

Section 4. Effective Date. This Ordinance is adopted by a 4/5 vote of the Sierra Madre City Council, shall take effect immediately upon its adoption as provided by Government Code Section 36937 and 65858.

Section 5. Certification. The City Clerk shall certify to the passage and adoption of this Ordinance and shall cause the same to be published or posted according to law.

PASSED, APPROVED AND ADOPTED, this 14th day of July, 2015 by the following vote:

AYES: Mayor John Capoccia, Mayor Pro Tem Gene Goss, Council Members Rachelle Arizmendi, Denise Delmar, and John Harabedian

Presented by The Kensington & Issei Memorial Foundation

CONCERTS IN THE PARK

JULY 19
SGT PEPPER (Beatles Tribute)
Sponsored by L.A. County Supervisor Michael D. Antonovich & Senior Commission
Food Offered: Corfu & Free Popsicles Courtesy of the Senior Commission

JULY 26
CASH UP FRONT (Johnny Cash Tribute)
Sponsored by Sierra Madre Community Foundation
Food Offered: Peppertree Grill & The Ice Princess

AUG 2
ELVIS (Elvis Tribute)
Sponsored by Sierra Madre Rotary Club
Food Offered: Rounds Burger Food Truck & The Ice Princess

AUG 9
GEM CITY JAZZ CATS (Big Band)
Sponsored by Sierra Madre Kiwanis Club & Friends of the Sierra Madre Library
Food Offered: Corfu & Free Cake Courtesy of Kiwanis Club!

All concerts are free and held from 6:00pm-8:00pm at the Memorial Park Bandshell, located at 222 W. Sierra Madre Blvd. Seating is on the green. Be sure to bring blankets and lawn chairs for seating. Alcohol is prohibited. Spectators are encouraged to support local organizations that may provide refreshments. For more information contact the Community Services Department at 626-355-7135.

CITY TO ENHANCE ANTI-SCAVENGING LAWS

By Dean Lee
The Pasadena city council is set to vote Monday night to enhance the city's anti-scavenging ordinance to include special events and large venues, such as the Rose Parade, football games and concerts at the Rose Bowl. The item is on the council's regular meeting consent calendar. They will also vote to clarify the definition of "scavenging" to include all material that is placed in residential or commercial city collection containers, including organic material.

According to a city staff report, The Rose Bowl's events are of special concern since, as the Rose Bowl's waste hauler, the city provides recycling services. The city proposes incorporating the State's definition of large venue. "Large venue" means a permanent venue facility that seats or serves an average of more than 2,000 individuals within the grounds of the facility per day of operation of the venue facility. For purposes of this chapter, a venue facility includes, but is not limited to a public, nonprofit, or privately owned or operated stadium, amphitheater, arena, hall, conference or civic center, performing arts center, museum, theater, or other public attraction facility. Police will also issue tickets to drivers scavenging for materials or organized groups utilizing vehicles for large scale scavenging. Fines would start at \$106 for the first offence.

If passed, the city attorney will draft the ordinance amendments within 60 days. According to city staff, residents are also encouraged to report instances of scavenging that they observe. The Department of Public Works and the Pasadena Police Department conduct focused enforcement of the anti-scavenging Ordinance on a quarterly basis, concentrating on the residential curbside recycling program the staff report reads.



Darcy A380612 is a 7-year-old, spayed Labrador retriever mix weighing about 50lbs. This friendly girl enjoys the company of adults and children. She walks well on leash alongside small and large dogs. She knows her "sit" command. Darcy has been a regular on our Mobile Unit and is quickly becoming a volunteer favorite.

The adoption fee for dogs is \$125, which includes the spay or neuter surgery, microchip, and vaccinations.

New adopters will receive a complimentary health-and-wellness exam from VCA Animal Hospitals, as well as a goody bag filled with information about how to care for your pet.

Call the Pasadena Humane Society & SPCA at (626) 792-7151 to ask about A380612, or visit at 361 S. Raymond Ave. in Pasadena. Adoption hours are 11 a.m. to 4 p.m. Sunday; 9 a.m. to 5 p.m. Tuesday through Friday; and 9 a.m. to 4 p.m. Saturday.

Pets may not be available for adoption and cannot be held for potential adopters by phone calls or email. Directions and photos of all pets can be found at pasadenahumane.org.

PETA Files Lawsuit against Police Chief



PETA sues Pasadena police over failure to hand over records on alleged Seaworld spy

People for the Ethical Treatment of Animals filed a lawsuit Monday morning against the city of Pasadena and Police Chief Phillip Sanchez over the city's failure to comply with a Public Records Act requests relating to a SeaWorld protester arrested during the 2014 Rose Parade.

PETA is claiming that the arrested protester "Thomas Jones" was recently exposed as SeaWorld employee Paul McComb.

McComb worked at SeaWorld in human resources according to a resume at Jresume.com —which has since been taken down.

SeaWorld has also updated an earlier statement saying that it couldn't comment on its security measures to saying that McComb had been placed on paid leave.

In their own statement, PETA claims that McComb "incite animal advocates to perform illegal acts and that McComb took to social media calling for activists to "just burn it [SeaWorld] to the ground." In another Twitter post using Thomas Jones, McComb states, "grab your pitch forks and torches! Big protest tomorrow at #SeaWorld."

Also according to the

statement, McComb may have informed the Pasadena police of PETA's plan "to engage in a traditional, peaceful act of civil disobedience—sitting down in front of SeaWorld's float—during the Rose Parade."

The statement also states that McComb was only one out of 16 adult protesters who was released with no charges after they were arrested. In response to PETA's records requests, the police initially claimed that McComb, going by "Jones," had never been arrested. PETA's lawsuit looks to examine the arresting officer's notebook, which could contain details of any arrest, they said.

Jeffrey Kerr, PETA's general counsel, said "SeaWorld continually covers up the suffering of orcas in its concrete tanks, and now we wonder if the Pasadena Police Department is covering up the extent to which it has been used by this particular SeaWorld spy."

He continued, "The State of California guarantees the right of access to government records, and that includes the documents that will tell PETA how much time and taxpayer money the City of Pasadena and the Pasadena Police Department have spent catering to SeaWorld's interests."

PETA's lawsuit states that while the other protesters were booked, charged, and listed in the daily arrest log, McComb was separated from them at booking and released.

Pictured above is a photo, courtesy of PETA, claiming photographic evidence that, McComb (pictured, right, being handcuffed) was arrested and questioned by a Pasadena police officer writing in a notebook.

Motorcycle Safety Enforcement Operation

The Pasadena Police Department will be conducting a specialized Motorcycle Safety Enforcement Operation on Sunday, in an effort to lower deaths and injuries. Extra officers will be on duty patrolling areas frequented by motorcyclists and where motorcycle crashes occur. Officers will be looking for violations made by drivers and riders alike that can lead to motorcycle crashes. They will be cracking down on both those operating regular vehicles and motorcycles who are under the influence of drugs or alcohol, speeding, making illegal turns, or any other dangerous violation.

California collision data reveals that primary causes of motorcycle-involved crashes include speeding, unsafe turning and impairment due to alcohol and other drugs by both riders and drivers alike. Safety tips for riders – See and Be Seen:

- Ride with lights on during daylight hours
 - Use your lane position to increase visibility; change lanes only when there is ample room
 - Match your speed to surrounding traffic
 - Always wear a DOT compliant helmet and brightly colored, protective clothing
- Safety tips for drivers – Share the Road:

- Look twice for motorcyclists, especially when entering the roadway, turning or changing lanes
- Motorcyclist are allowed in HOV lanes unless prohibited by signage

Riders are urged to get training through the California Motorcyclist Safety Program. Information and training locations are available at www.CA-msp.org or 1-877 RIDE 411 (1-877-743-3411).

Funding for this program is provided by a grant from the California Office of Traffic Safety through the National Highway Traffic Safety Administration.

You're Invited: PHS Wiggle Waggle Walk

Dogs and their owners will again put their best paws forward at the Pasadena Humane Society & SPCA's 17th Annual Wiggle Waggle Walk, a community fundraiser for animals at Brookside Park adjacent to the Rose Bowl.

The event will be held on Sunday, September 27th from 8 a.m. to 1 p.m. The walk itself begins at 9 a.m. with registration opening at 8 a.m. The Wiggle Waggle Walk Pet Expo will be open from 8 a.m. to 1 p.m.

The shelter hopes to raise \$400,000, which will provide food, shelter and medical care to homeless animals, nearly 12,000 of which are taken in by PHS every year.

Learn more about the Wiggle Waggle Walk and register at www.wigglewagglewalk.org.

Pasadena News Briefs

Police Still Investigating Ambulance Crash

Pasadena police earlier this week again shut down parts of Fair Oaks Avenue near Hammond Street as they continued to instigate a head-on crash involving an ambulance—that killed an elderly man being transported to a doctor's appointment.

According to police, just after 4 p.m. July 11 an ambulance owned by Montebello-based Lifeline, heading south on Fair Oaks Avenue crashed into a Jaguar heading north. Police said the ambulance's lights and sirens were not on at the time of the accident.

A man in his 70s died after suffering major injuries in the crash. Lisa Derderian, Pasadena Fire Information Officer, said firefighters found the man in cardiac arrest when they arrived.

The driver of the Jaguar, a woman in her 60s, and two Lifeline ambulance workers were all taken to a nearby hospital with minor injuries.

Police shutdown Fair Oaks Avenue/ Hammond Street interstation early Tuesday morning as part of an ongoing investigation.

Pasadena Man Arrested in Connection to Violent Burbank Home invasion Robbery

Free Upcoming Events at Pasadena Senior Center



There is something for everyone in July at the Pasadena Senior Center, 85 E. Holly St. All events listed are free.

You do not have to be a member to attend. Some events require advance reservations as noted.

Reverse Mortgages – Thursday, July 23, at 10 a.m. The government-insured and -guaranteed program through FHA has undergone some recent modifications to ensure its continued viability as a retirement cash flow planning tool. Learn about the changes and whether the program is right for you.

Social Security – What You Need To Know – Thursday, July 30, at 10 a.m. Learn basic information about Social Security programs such as retirement, survivors' benefits, disability and Medicare, plus how to access online services.

Medications Review Clinic – Thursdays, July 30 and Aug. 13, from 9 a.m. to 12:30 p.m.

Are you confused about your medications? A Huntington Hospital pharmacist and a community outreach nurse will review your current medications and answer your questions so you understand how they work and why they have been prescribed. Space is limited and appointments are required by calling 626-397-

Altadena Station Crime Blotter

Sunday, July 5th

12:15 AM – Francisco Garcia-Paz, 24 years old and residing in Lynwood, was arrested in the 300 block of Figueroa Drive for domestic violence and criminal threats.

12:50 AM – A petty theft from an unlocked vehicle occurred in the 1400 block of N. Oxford Avenue. Property Stolen: black iPod.

11:35 AM – A vehicle was reported stolen from the 1700 block of E. Woodbury Road. Vehicle Stolen: silver 2013 Toyota Camry 4-dr.

9:00 PM – Antonio Perez, 19 of Altadena and Alexander Gutierrez, 23 of Pasadena were arrested for possession of illegal fireworks.

11:35 PM – Lacelle Waller, 43 of Pasadena, was arrested in the 1300 block of N. Lake Avenue for drinking in public.

11:41 PM – Isaac Villegas, 37 of Altadena, was arrested in the area of Woodbury Road and Raymond Avenue for forgery/counterfeiting of a public/corporate seal.

Monday, July 6th

No significant incidents to report.

Tuesday, July 7th

7:00 PM – A vehicle vandalism occurred in the 2800 block of Calanda Avenue. Suspect(s)



Police arrested, Lonnie Garcia, 27, of Pasadena Wednesday as a suspect in a Burbank home invasion robbery in which an 89-year-old woman was beaten and held hostage. Police said Garcia along with Eddie Baca, 39, of Highland, robbed the woman around 8:30 p.m. July 10 after offering her something to sell. Baca was also arrested in Pasadena after a short pursuit that ended in the 200 block of Madre Street.

Suspicious Device closes Area near PCC

The police bomb squad cleared out a Starbucks, and surrounding area, near Pasadena City College Monday night after an employee called about an unattended rice cooker outside the coffee store. The employee said the cooker, found to be empty, was there for hours. The area was reopened by police around 9:30 p.m.

3376.
Cardmaking Workshop -- Monday, Aug. 3, from noon to 2 p.m. Surprise a special someone with a personalized, handmade greeting card. Whether it's a happy birthday, thank you, thinking of you or other sentiment, you'll create a decorative card in your own unique style while workshop leaders help you bring your ideas to life. All materials will be provided.

Stay Connected with Social Media -- Tuesdays and Thursdays, Aug. 4 to 27, from 9 to 11 a.m. Learn how to keep in touch with family and friends via email, Skype, Facebook and other forms of social media during a 30-minute, one-on-one meeting with an instructor. You'll choose which applications you want to learn. Bring a laptop or use one of the onsite computers. If you have an email address, bring it and your password. Sign up with Edison at the Welcome Desk.

Smart Phones, Tablets and Computers -- Any Questions? -- Tuesdays and Thursdays, Aug. 4 to 27, at 10 a.m. Get the answers you need about technology devices, whether you own your own already or are considering a purchase. Learn how to text, check voicemail, set an alarm, navigate the Internet, download apps and more.

shattered the rear window with a rock.

Wednesday, July 8th

11:30 AM – A vehicle burglary occurred in the area of Midwick Drive and Altadena Drive. Suspect(s) entered the vehicle by shattering the passenger side window. Property Stolen: black leather wallet, credit cards.

6:21 PM – A shoplifting incident occurred at Toto Beauty Supply, 2311 N. Lincoln Avenue. Property Stolen: synthetic hair, hair products.

7:57 PM – Kevin Flores-Gomez, 22 of Altadena, was arrested in the 200 block Crosby Street for drinking in public.

9:33 PM – Michael Williams, 24 of Pasadena, and Dhekarai Henderson, 21 of Altadena, were arrested in the 2400 block of Lincoln Avenue for domestic violence and criminal threats.

Thursday, July 9th
No significant incidents to report.

Friday, July 10th
No significant incidents to report.

Saturday, July 11th
3:00 AM – A shooting at an unoccupied vehicle occurred in the 400 block of E. Altadena Drive. No injuries reported.
3:15 PM – Jimmy Tellman, 54 of Altadena, was arrested at Walmart, 2408 Lincoln Avenue for shoplifting.

Huge Price Reduction!
OPEN HOUSE SUNDAY 1-4PM



632 W. MONTECITO AVENUE | SIERRA MADRE

Beautiful Traditional Ranch-Style Family Home

5BR/3BA. Newly renovated Traditional Ranch home on 10,000+ square foot lot. New roof, stunning chef's kitchen and located on one of Sierra Madre's most beautiful tree-lined streets.

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SUNDAY OPEN HOUSES



20 & 22 W. LAS FLORES AVENUE

Unique Arcadia Property, 2 Homes on 2 Parcels
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OPEN SUNDAY > 1-4PM

855 W. OLIVE #C

Beautiful Hacienda-Style PUD in Monrovia
855WOlive.com \$545,000



OPEN SUNDAY > 1-4PM

30 N. Baldwin Avenue, Sierra Madre | 626.355.2384

Visit PODLEY.COM for additional open houses, news and events!

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REAL ESTATE by SUE WHEELER

New Listing!



580 N. LAKE AVENUE | PASADENA
Traditional home on very large lot with wonderful possibilities. 3BD/3BA.
580NLake.com
PRICE REDUCED! \$649,000

Sold!



44 WINDSOR LANE | SIERRA MADRE
Wonderful 1921 classic Craftsman near downtown Sierra Madre with a welcoming covered porch. 3BD/2BA.
PRICE UPON REQUEST

In Escrow!



115 LOWELL AVENUE | SIERRA MADRE
Wonderful & endless opportunities in this traditional stucco home. 2BD/1BA.
LISTED AT: \$888,000

Sold!



125 LOWELL AVENUE | SIERRA MADRE
Traditional home on very large lot with wonderful possibilities. 3BD/3BA.
LISTED AT: \$975,000



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Join us for an Open House

360 MARIPOSA AVENUE
SIERRA MADRE



OPEN HOUSE > Sunday, June 28th 2-4pm

2BR/1BA + studio guest house. Wonderful 1946 single-level California Cottage with extensive restoration & renovation. Designer kitchen and breathtaking mountain views. This beautiful home is completely turnkey and ready to move in!

Offered at: \$749,900 | www.360Mariposa.com

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Open Hearts
Open Studios
Open Hoopla!

Along with the artists of Room 13, Hoopla! Emporium invites you to the Open Studios Alta/Pasa/Dena bi-annual art tour on June 6 and 7. See the art the kids of our local Room 13 schools (John Muir High, Elliot Middle School, San Rafael Elementary) have made!

Any purchases made from Room 13 artists directly benefit Room 13, and Hoopla! Emporium will give back 20% of store purchases!

Maps available at Hoopla! Emporium.



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AN EMPORIUM OF GOOD THINGS

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For further information: www.openstudios.gallery

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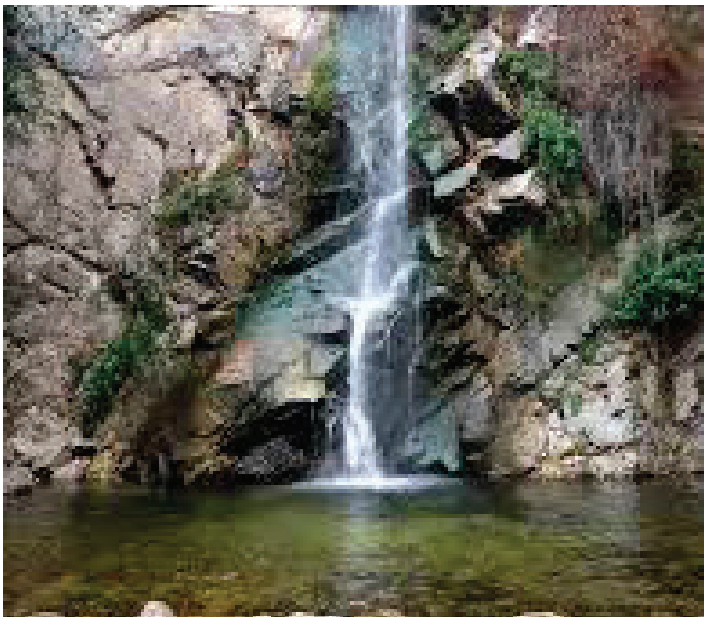
Sierra Madre

Arcadia

Pasadena

Altadena

Monrovia



FAMILY NATURE HIKE – STURTEVANT FALLS! SATURDAY JULY 25TH, 7:30AM SHARP!

We will meet at the Community Center at 7:30am sharp and board a bus to the trailhead in Sierra Madre and enjoy a relatively easy hike that totals 3.7 miles round trip. Join us as we hike through Big Santa Anita Canyon via Chantry Flat to a 50-foot waterfall. The thick chaparral and lush scenery offers a delightful saunter. Along the creek side trail you are soothed by the sights and sounds of sparkling water playfully dancing and splashing under a canopy of alder, oak and willow. Along the route you will also see dozens of rustic cabins that were built in the early 1900's. Be sure to bring sunscreen and a hat. At the end of our hike we will enjoy a picnic lunch. Children must be accompanied by an adult. Pre-registration is required. The cost is \$15 and includes lunch and transportation. You can register now, on-line or in person! To download the registration form, go on-line to the City of Arcadia's website: www.ci.arcadia.ca.us or stop by the office, 375 Campus Drive. For more information please call 626.574.5113!

CITY OF ARCADIA - SUMMER CONCERT & MOVIES IN THE PARK SERIES!

The Arcadia Recreation and Community Services Department proudly announces the Summer Concert Series for 2015!

Mark your calendar! The City of Arcadia's FREE summer concert series has begun, so make sure you don't miss out on the fun in the sun! The summer concerts are held on Thursday evenings starting at 6:30-8pm on the lawn between City Hall and the Police Department (240 West Huntington Drive). Bring the kids out to participate in the FREE fun zone, featuring games, crafts, and activities each week. In addition, the City is pleased to announce The Surfer Taco Food Truck at all of the 2014 Summer Concert Series! A portion of the proceeds will be given to the Recreation and Community Services Department! For more information, please call 626.574.5113. Listed below is the line-up for next Thursday, July 23, 2015.

Upstream (Caribbean Music) and Special Olympics Celebration – July 23, 2015

Upstream has been spreading their message of love and positivity through their exhilarating Caribbean Music, namely, Reggae, Calypso, Soca and Steel Drum Music. Through the years they have mesmerized audiences with a multi-talented line up of some of the most experienced and enlightened musicians in their camp. Bandleader and Lead Singer/Guitarist "Haile Blackman" is originally from The Republic of Trinidad & Tobago and the Son of the Legendary Creator of Soca Music, the late Ras Shorty I. Steel Drum Extraordinaire "Derek Brewstafari" is also a Trinidad and Tobago native and will tug at your heartstrings with his melodic Steel Drum tones. You will not want to miss their exciting live concerts. Upstream invites you to come do the West Indian boogie - a great time is guaranteed to be had by all! –Also come help us celebrate Arcadia being a Special



Upstream

Olympics host city and cheer the athletes on before they go onto compete in the Special Olympics.

Movies in the Park

The Movies in the Park are held on Friday evenings with activities starting at 7:30pm on the lawn between City Hall and the Police Department (240 West Huntington Drive). Next Friday, July 24, 2015, A Goofy Movie (G) is showing. Movies in the Park provided in partnership with CHOICESS Arcadia.

A Goofy Movie (G) – July 24, 2015
Join Goofy and his son Max on this hilarious cross country adventure full of fun!

ANNUAL END OF SUMMER CARNIVAL - WEDNESDAY, AUGUST 12 – 10AM-2PM

The Recreation and Community Services Department will be celebrating the end of summer with our annual carnival on Wednesday, August 12th from 10am-2pm at Eisenhower Memorial Park, located on the corner of 2nd and Colorado in Arcadia. This year's carnival has a "It's a Jungle Out There!" theme. Come spend a day with family and friends while enjoying music, raffles throughout the day, a safari animal costume contest, and much more. Carnival games are available for a nominal fee

and offer kid-friendly prizes, so make sure to bring lots of change! Bring a picnic lunch or enjoy some delicious food from the food truck on hand. Come to the carnival in your best safari animal costume. Judges will be searching for the best costumes throughout the day.

For more information please contact the Recreation Office at 626.574.5113.

ARCADIA POLICE BLOTTER

For the period of Sunday, May 17th, through Saturday, May 23rd, the Police Department responded to 1,005 calls for service of which 134 required formal investigations. The following is a summary report of the major incidents handled by the Department during this period.

Sunday, May 17:

Just before 1:35 a.m., officers responded to the Station Bar, 1218 South Baldwin Avenue, regarding an extra patrol request. Upon arrival, officers heard possible shots fired from the location. An investigation revealed a 25-year-old Chinese male was driving under the influence of an alcoholic beverage and his passenger, a 27-year-old Hispanic male parolee, was seen firing two shots into the sky. Both were arrested and transported to the Arcadia City Jail for booking.

At approximately 7:78 p.m., an officer responded to 24 Hour Fitness, 125 North First Avenue, regarding a commercial burglary report. The victim returned to the locker room, found his pad lock was missing, and cash taken from his wallet. No suspects were seen and no witnesses were located.

Monday, May 18:

At about 8:46 a.m., officers responded to Royal Construction, 11680 Goldring Road, regarding a theft report. Surveillance footage revealed two male suspects stole fuses from an unlocked electrical box on Saturday, May 16th, in the early morning hours. The suspects arrived in a white, four-door sedan. The investigation is ongoing.

At approximately 5:09 p.m., an officer responded to the Westfield Shopping Town, 400 South Baldwin Avenue, regarding a robbery report. An investigation revealed the victim placed her shopping bags in her trunk, pressed the "Close Trunk" button, and while the door was closing, two female suspects took the bags. When the victim confronted the suspects, one of the suspects pushed the victim, and both fled in a black sedan.

Suspect 1 was described as a black female in her late teens with a slim build. Suspect 2 was described as a black female in her 20's with a heavy build. The investigation is ongoing.

Tuesday, May 19:

Around 1:14 a.m., officers responded to In and Out Burger, 420 North Santa Anita Avenue, regarding a possible drunk driver. Officers located the driver asleep in her vehicle while stopped in the drive through lane. The officers detected a strong odor of alcohol emitting from her breath. Through a series of field sobriety tests, the officers determined she was driving under the influence of an alcoholic beverage. She was arrested and transported to the Arcadia City Jail for booking.

Just after 12:46 p.m., an officer responded to the 000 block of North First Avenue regarding a vehicle burglary report. A Hispanic male in his early 20's was seen smashing the front passenger-side window and stealing the victim's purse from the front seat. The suspect fled in an awaiting Honda Accord. The investigation is ongoing.

Wednesday, May 20:

Shortly after 1:38 a.m., an officer initiated a traffic stop on a vehicle in the area

of Michillinda Avenue and the 210 Freeway for having expired registration. Upon contacting the driver, the officer discovered the 21-year-old male of unknown race was driving with an expired license. He was cited and released in the field. His vehicle was left legally parked.

At about 2:24 p.m., officers responded to the parking lot of KC Studio, 1 West Duarte Road, regarding two males handling assault rifles in the trunk of their vehicle. Officers contained the area and discovered the weapons were airsoft guns. The subjects were released without incident.

Thursday, May 21:

At approximately 7:58 a.m., an officer responded to the 300 block of West Huntington Drive regarding a report of indecent exposure. During the investigation, the officer determined the indecent exposure call was unfounded but discovered the suspect, a 25-year-old black male, provided the officer with a fraudulent name. A records check of the suspect's proper name revealed he had an outstanding felony warrant. He was arrested and transported to the Arcadia City Jail for booking.

Around 12:19 p.m., an officer responded to the 200 block of East Foothill Boulevard regarding a theft report. The officer determined unknown suspect(s) removed a backflow valve from the location sometime between 8:00 a.m. and 10:30 a.m. on this date. No suspects were seen and no witnesses were located.

Friday, May 22:

Just after 9:39 a.m., an officer conducted an enforcement stop on a vehicle in the area of Mayflower Avenue and Camino Real Avenue for having expired registration. An investigation revealed the passenger willingly placed a 2015 registration tag on the vehicle because he knew it would not pass a smog inspection. The 54-year-old Hispanic male was cited and released in the field.

At about 11:54 p.m., officers responded to the Westfield Shopping Town, 400 South Baldwin Avenue, regarding a battery report. The officer discovered a boyfriend and girlfriend were arguing when the boyfriend slapped his girlfriend on the face. The 18-year-old Asian male was arrested and transported to the Arcadia City Jail for booking. The victim did not seek medical attention.

Saturday, May 23:

Just after 9:28 a.m., an officer initiated a traffic stop on a bicyclist in the area of Huntington Drive and Baldwin Avenue for riding on the sidewalk. During a consensual search of the subject and his bike, the officer located a crow bar and lock picks. The 38-year-old Hispanic male admitted to picking locks with the tools. He was arrested and transported to the Arcadia City Jail for booking.

At approximately 7:52 p.m., officers responded to a residence in the 1000 block of West Huntington Drive regarding a disturbance between a father and son. An investigation revealed the father, a 66-year-old Hispanic male, was under the influence of an alcoholic beverage and was unable to care for himself. The suspect was arrested and transported to the Arcadia City Jail for booking.

OUTDOOR ADVENTURE DAY CAMP AND SPORTS CAMP! LIMITED SPOTS AVAILABLE!

The Recreation and Community Services Department offers the Outdoor Adventure Day Camp at Wilderness Park with 5 weeks left from July 20th to August 21st. There are still some spots available but hurry because they are filling up fast. Each camp features a variety of fun summer activities for youth ages 5-12.

The Sports Camp is held at Dana Gym, 1401 S. First Avenue, Arcadia and two weeks are still available starting August 10th to August 21st. The week of August 10th is for youth ages 11-15 and the week of August 17th is for youth ages 6-10. There is limited space in the sports camps as well! This camp utilizes the school's athletic facilities and features a variety of fun sports activities for youth including swimming, flag football, basketball, softball, soccer, volleyball and other fun group games. Each week there are two excursions and two swim days.

Both day and sports camps are \$110 per week. To get a copy of the summer "Buzz" go to the city's website at www.ci.arcadia.ca.us under the Recreation and Community Services Department to download a copy. To register in person, please come by the Recreation Office, 375 Campus Drive, Arcadia. The "Buzz" also displays programs and classes for the 2015 summer season in our new, more user-friendly format for you and your family. Do you want to know what the "Buzz" is about in

Arcadia? Look on line to check out the latest copy of "The Peacock Buzz" to find out! For more questions, please contact the Recreation Department at 626.574.5113.



INFORMATIVE LECTURE ON ARTHRITIS OF THE FOOT AND ANKLE

Arcadia Senior Services in partnership with Methodist Hospital is having a health presentation on Tuesday, July 28, 2015 at 1:30pm. It will be held at the Arcadia Community Center, 365 Campus Drive, Arcadia. Arthritis is inflammation of one or more of your joints; it can cause pain and stiffness in any joint in the body, and is common in the small joints of the foot and ankle. There are more than 100 forms of arthritis, many of which affect the foot and ankle. It makes it difficult to walk and

perform activities you enjoy. Our guest speaker, Dr. Braden Criswell specialties are; injuries of the foot and ankle and surgery of the foot and ankle. Dr. Criswell will share his expertise at this informative health presentation.

Due to limited space, pre-registration is required. Please call Arcadia Senior Services by July 23 at 626. 574.5130. This program is free and for individuals age 50 and over.

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MONROVIA - DUARTE

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UPDATE REGARDING LABLAUNCH MONROVIA

Last week, LabLaunch Monrovia welcomed their first two tenants to Monrovia. Korva Labs (www.korvalabs.com) and Drywired, LLC (www.drywired.com) both moved into the science / technology incubator facility located at 605 East Huntington Drive, Suite 103, and there are several additional companies that are scheduled to move in during the coming months.

LabLaunch Monrovia is a 501c3 non-profit corporation dedicated to providing affordable, accessible lab space for the life science entrepreneurs of the Los Angeles area, and they have articulated how excited they are to be able to work in a location as outstanding as Monrovia. Once fully operational, their facility will offer a number of specialized workspaces for startup biotech / science based businesses, including:

- Chemical biology
- Biosafety-level 2+ cell culture
- Microbiology
- The only clinical Good Manufacturing Process (cGMP) suite in an incubator facility anywhere in the world

These unique capabilities will serve as a major draw for life science startups from across the Southern California area and beyond, and could serve as a game-changing development in our efforts to bring to Monrovia high-growth / high-tech businesses that are set to thrive in the 21st Century.

The establishment of the incubator facility has involved coordination and support from a number of entities, including the team at LabLaunch Monrovia, Samuelson Fetter, and the City. As part of our discussions during the past several months, and in accordance with one of our key strategic goals, staff has had multiple discussions with LabLaunch Monrovia regarding the establishment of closer ties between the City and their operation. To that end, we have discussed the possibility of the City being provided with a seat on the LabLaunch Monrovia Board of Directors to ensure that the City's interests are well represented as the overall biotech / science / technology platform continues to grow.

Based on those discussions, LabLaunch Monrovia has expressed an interest in serving as a resource for professional development and career advancement for the Monrovia community. They have been working with staff on developing an overall dedicated Open Lab that could allow groups from local schools and youth organizations to learn skills in biological sciences far beyond what is generally available in formal secondary education. In addition, beginning in the Fall 2015, we have also discussed the possibility of establishing an overall internship program whereby a small number of exceptional year students could apply for internships at the facility to learn industry-relevant biology lab skills.

Additional information about LabLaunch Monrovia can be viewed on their website (<http://lablaunch.org/>) that is now up and running. Based on the development of the working relationship between the City and LabLaunch Monrovia, we plan on bringing forward an overall partnership proposal for City Council consideration at our next meeting on July 21, 2015. At that time, Dr. Llewellyn Cox, CEO of LabLaunch Monrovia, will also be giving a presentation about their overall plans at their incubator facility moving forward.

MONROVIA POLICE BLOTTER

During the last seven-day period, the Police Department handled 421 service events, resulting in 64 investigations. To see a complete listing of crimes reported, go to <http://www.crimemapping.com/map/ca/monrovia> for crime mapping. For Police Department news and information, visit our website and follow us on Twitter.

Residential Burglary July 6 at 5:49 p.m., a residential burglary was reported in the 200 block of East Maple. The night before, the victim closed his automatic garage door and went into his house. He thought it had closed all the way, but at 7:00 a.m. the next morning, he walked outside and saw the garage door was partially open, with enough room for someone to crawl underneath. He closed it all the way and went to work. When he returned home from work, he opened his garage door and noticed several car batteries and a hydraulic fuel pump had been stolen. He immediately called the police. The investigation is continuing.

Drug Paraphernalia/Under the Influence – Suspect Arrested July 7 at 1:21 a.m., an officer was on patrol in the 500 block of South Myrtle when he saw a male subject loitering around a bank's ATM machines; however, he was not using the machines. The male had a bandana covering his face and he was sweating, appearing suspicious. The officer contacted the subject, who told the officer he was stealing electricity from the bank by charging his cell phone in their outside electrical outlet. The subject was showing signs of being under the influence of a controlled substance, so the officer conducted a drug evaluation. He was arrested for being under the influence, and he was found to be in possession of an almost empty baggy of methamphetamine and a used, glass smoking pipe.

Park Closed – Citations Issued July 7 at 2:08 a.m., an officer was patrolling a park in the 500 block of South Mountain and located two male subjects camping out and sleeping after the park closed. Signs were posted notifying the subjects that the park was closed; they were both issued citations and asked to leave the park. **Grand Theft Auto** July 7 at 4:38 p.m., a vehicle was reported stolen from the 600 block of West Huntington Drive. The vehicle is a 2015, Chevy Camaro and was stolen from a business parking lot. The victim saw the vehicle being driven away by a male suspect, but did not realize the car was hers until she found that her vehicle was gone from where she had parked it. The investigation is continuing.

Warrant – Suspect Arrested July 7 at 10:28 p.m., officers responded to a market in the 400 block of West Foothill regarding a male subject who was causing a disturbance in the parking lot with store customers. When the officers arrived, a computer check revealed the male had two outstanding warrants for his arrest. The male subject was arrested and taken into custody for the warrants.

Driving Under the Influence of Alcohol – Suspect Arrested July 10 at 120 a.m., officers were in the area of Shamrock and Colorado when they heard a male and female arguing. The female was walking and the male was driving his vehicle net to her, yelling at her. The officers stopped the male subject in the vehicle and through investigation determined he was intoxicated. He was arrested for driving under the influence and taken into custody. **Warrant** – Suspect Arrested July 10 at 820 a.m., an officer conducted a warrant service at a location in the 800 block of 1 Dorado. Per the authority of the warrant, the officer located and arrested the

suspect. The suspect was taken into custody and held until his court appearance.

Grand Theft Auto July 10 at 95 a.m., an officer responded to the 00 block of foothill on the report of a stolen vehicle. The vehicle stolen is a 2000, burgundy Saturn. The victim allowed an acquaintance to spend the night at his home. When he woke up the following morning, his vehicle and car keys were missing the acquaintance was also gone. The investigation is continuing.

Welfare Check/Juvenile No-Bail Warrant – Suspect Arrested July 10 at 100 a.m., an officer was dispatched to a residence in the 00 block of Monrovia on the request for a welfare check of an unreported, missing female juvenile. Upon arrival, the female juvenile was located and returned to her father. A second juvenile at the location was discovered to have a no-bail warrant for his arrest. The officer arrested the juvenile and took him into custody for the warrant. The juvenile was later taken to Juvenile Hall for housing.

Domestic Violence – Suspect Arrested July 10 at 5 p.m., police responded to a family disturbance at a residence in the 1500 block of South Magnolia. A 16-year-old boy at the location called police and reported that his parents were arguing. The officer arrived and arrested the husband. The female subject had visible injuries to her face and arms. The suspect was held pending his court appearance date and an emergency protective order was issued. Driving Under the Influence of

Alcohol/Traffic Collision – Suspect Arrested July 10 at 18 p.m., officers responded to the 200 block of South Mountain on the report of a vehicle that was parked and appeared to be emitting smoke. Upon questioning, the subject admitted to running into a pole at a fast food restaurant. The investigation revealed the driver was intoxicated he was arrested and held for sobering. The suspect was later released with a citation to appear in court.

Residential Burglary July 10 at 11 p.m., an officer was dispatched to the 500 block of West Hillcrest regarding a residential burglary. The resident left for several hours and returned to find her home ransacked. The unknown suspects made entry through an unlocked side door. The investigation is continuing. **Vehicle Burglary** July 11 at 1259 a.m., a vehicle burglary was reported in the 00 block of South Myrtle. orced entry was made into the vehicle and a cell phone charger and battery pack were taken. The investigation is continuing.

Driving Under the Influence of Alcohol – Suspect Arrested July 11 at 125 a.m., an officer stopped a vehicle for a vehicle code violation. Investigation revealed the driver was intoxicated and he was arrested. The driver was found to have four prior convictions for DUI, which made this arrest a felony. The suspect was held until his court appearance.

Possession of Drug Paraphernalia – Suspect Arrested July 11 at 00 p.m., an officer was on patrol in the 600 block of South Shamrock and observed a subject in the park sitting on a bench with a broken glass methamphetamine pipe on the ground in front of him. The subject denied knowledge of the broken pipe however, he was found to be in possession of another methamphetamine pipe. The suspect was arrested for possession of drug paraphernalia.

REMEMBERING ZEKE

By Joan Schmidt

Last November Bob and I attended the Retirement Party for Monrovia Police Lieutenant Zeke Cerecerez. I wrote a column, marveling at his accomplishments-besides close to thirty years in law enforcement, he had been a Navy Seal, a stint in the Army, a psychology degree, drill instructor at Rio Hondo Academy, and Desert Storm.

Last week, prior to Supervisor Antonovich's Meeting with the City of Monrovia, Police Chief Jim Hunt gave me very sad news-Zeke had passed away suddenly the day before. How could this be possible? Chief Hunt said Zeke was the most physically fit of all the MPD personnel. At Zeke's Eulogy, he told of a special Training Class, doing push-ups wearing 50 pounds of gear. Officers half his age could barely do the minimum; Zeke surpassed them by twice the amount!

I could fill ten pages telling about this extraordinary man who I knew 25+ years, but I will just explain how he was remembered.

There was a Rosary Sunday evening and his son Mark spoke of what a great father he was. Tuesday was the funeral service-a beautiful Mass at Saint Peter and Saint Paul in Alta Loma. All of Monrovia PD personnel attended because Arcadia PD covered for MPD. Great camaraderie exists among law enforcement at sad times. (Irwindale POA did the beautiful monument of Live Oak Ave.) Among the beautiful floral arrangements for Zeke was one from Arcadia POA.

An Honor Guard extended down the steps of the Church onto the sidewalk quite a distance, including all of Monrovia PD personnel, as well as representatives from Arcadia, Azusa, Fontana, El Monte, Monterey Park, South Pasadena, and LA County, San Bernardino County, Tulare County Sheriff's Departments, California Highway Patrol, the Army Reserve, Coast Guard, Navy, and Veterans



Groups. (I apologize for any group I missed)

The Mass was beautiful-Father Patrick Kirsch officiated. Police Chief Jim Hunt eulogized Zeke, tracing his career through the ranks doing everything-bike patrol, patrol officer, K-9 handler, detective, sergeant and retired as a Lieutenant. He was part of their SWAT Team and SET, both as an officer and sergeant. Zeke and the Chief worked patrol many hours. Zeke spoke of Ava and his sons-he was so proud of them. He loved his family, God and his country. Chief also spoke of how conscientious Zeke was. Officer Glenn Coleman asked

Zeke to be his mentor when Glenn was taking a special course. Zeke actually attended all classes although he wasn't getting credit just to help Glenn.

At his retirement party, Zeke told us that he wouldn't be where he was or able to accomplish what he did if it weren't for the love and support of his devoted wife Ava and their sons. None of us can imagine their grief.

At the Church, I saw many retired Monrovia PD personnel including Chief Joe Santoro, Matron Jane Millet, Captain Don Lacher, Lieutenant Rick Miglia, Detective Carlos Calderon, Officers Stacey Henry, Dottie Pershey, Bill Couch, and Chris Rawlings- to name a few.

I also need to mention Retired Chief Bill and Darlene Tubbs, Tom Wright and Phil Nelson. Distance prevented their attendance but Ava and the entire Cerecerez family were in their thoughts and prayers.

After the funeral Mass, a Police Motorcade led the procession to Riverside National Cemetery, where Zeke was laid to rest with full military honors.

Father Kirsch said it best, though Zeke lived only 63 years, he packed so much in that short time...and the greater the love, the greater the pain. RIP Zeke-you were greatly loved and admired; you will be greatly missed.



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2016 SGVHS Pet Photo Calendar

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Tell your friends, family and co-workers! Everyone is invited to compete.

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GOVERNOR SIGNS GATTO’S BILL GRANTING CHILDREN ACCESS TO AILING PARENTS

Legislation inspired by Kerri Kasem, daughter of radio personality Casey Kasem, who was denied visitation rights to her now deceased father.

SACRAMENTO, CA – Today, Assemblyman Mike Gatto’s (D-Glendale) legislation to provide access for adult children who wish to visit an ailing parent was signed into law by Governor Brown, culminating almost two-year’s worth of work on this issue. The legislation, AB 1085, will provide legal recourse for children who are denied access to a parent, by their parent’s current spouse or another family member.

With divorce and remarriage common, there is a possibility of conflict between a subsequent spouse and a child from an ailing parent’s previous marriage. Current law provides no remedial mechanism for children or relatives to petition a court for visitation.

“Conflict among family members is the last thing our loved ones want to see as they approach their final hours,” said Gatto. “I hope this bill will help decrease the heartache and stress of families already facing difficult circumstances.”

AB 1085 would give judges authority to direct, or grant, a conservator the power to enforce senior’s right to receive visitors, telephone calls, and personal mail. This will be an important mechanism for families attempting to connect with elders for what is often the last time. The measure also will require caretakers to give notice of an elder’s death to certain family members.

Assemblyman Gatto developed the legislation with several adult children who have been denied access to their ailing parents, including radio and television personality Kerri Kasem, current co-host of the “Protect Your Family” and “Gurvey’s Law” talk shows on KABC Radio. Kerri is an outspoken advocate of visitation rights for adult children as a result of her struggle to see her beloved father, broadcasting legend Casey Kasem, who struggled with poor health before his passing last year. After sharing her struggle to see her father on various media outlets, Kerri and Assemblyman Gatto received thousands of communications from across the country of similar stories of heartache. Recently, FoxNews.com reported about how other states are following Assemblyman Gatto’s footsteps on this legislation. “AB 1085 will provide hope to families experiencing isolation of a loved one by giving the court a way to provide visitation,” said Kasem. “I want to thank Assemblyman Gatto, and the Kasem Cares team that worked closely with him, for bringing more awareness to the issue of elder abuse through the passage of this important legislation.”

Mike Gatto is the Chairman of the Consumer Protection and Privacy Committee, and the longest-serving current member of the State Assembly. He represents California’s 43rd Assembly District, which includes Burbank, Glendale, La Cañada Flintridge, La Crescenta, Montrose, and the Los Angeles neighborhoods of Atwater Village, East Hollywood, Franklin Hills, Hollywood Hills, Los Feliz, and Silver Lake. www.asm.ca.gov/gatto

ASPEN FOODS RECALLS FROZEN, RAW, STUFFED & BREADED CHICKEN PRODUCTS DUE TO POSSIBLE SALMONELLA ENTERITIDIS CONTAMINATION

WASHINGTON, July 15, 2015 – Aspen Foods, A Division of Koch Poultry Company, a Chicago, Ill. establishment, is recalling approximately 1,978,680 pounds of frozen, raw, stuffed and breaded chicken product that may be contaminated with Salmonella Enteritidis, the U.S. Department of Agriculture’s Food Safety and Inspection Service (FSIS) announced today.

The frozen, raw, stuffed and breaded chicken items were produced between April 15, 2015 and July 10, 2015 with “best if used by” dates between July 14, 2016 and October 10, 2016. To view a full list of recalled products, please click here (XLS). The brands associated with this recall include:

- Acclaim
- Antioch Farms
- Buckley Farms
- Centrella Signature
- Chestnut Farms
- Family Favorites
- Kirkwood
- Koch Foods
- Market Day
- Oven Cravers
- Rose
- Rosebud Farm
- Roundy’s
- Safeway Kitchens
- Schwan’s
- Shaner’s
- Spartan
- Sysco

The product subject to recall bears the establishment number “P-1358” inside the USDA mark of inspection. This product was shipped to retail stores and food service locations nationwide.

FSIS was notified of a cluster of Salmonella Enteritidis illnesses on June 23, 2015. Working in conjunction with Minnesota State Departments of Health and Agriculture, FSIS determined that there is a link between the frozen, raw, stuffed and breaded chicken products from Aspen Foods and this illness cluster. Based on epidemiological evidence and traceback investigations, three case-patients have been identified in Minnesota with illness onset dates ranging from May 9, 2015 to June 8, 2015. FSIS continues to work with the Minnesota Departments of Health and Agriculture as well as the Centers for Disease Control and Prevention on this investigation.

Consumption of food contaminated with Salmonella can cause salmonellosis, one of the most common bacterial foodborne illnesses. The most common symptoms of salmonellosis are diarrhea, abdominal cramps, and fever within 12 to 72 hours after exposure to the organism. The illness usually lasts 4 to 7 days. Most people recover without treatment. In some persons, however, the diarrhea may be so severe that the patient needs to be hospitalized. Older adults, infants, and persons with weakened immune systems are more likely to develop a severe illness. Individuals concerned about an illness should contact their health care provider.

FSIS and the company are concerned that some product may be in consumers’ freezers. Although the product subject to recall may appear to be cooked, this product is in fact uncooked (raw) and should be handled carefully to avoid cross-contamination in the kitchen. Particular attention needs to be paid to safely prepare and cook these raw poultry products to a temperature of 165° F checking at the center, the thickest part and the surface of the product.

This frozen, raw, stuffed and breaded chicken product was labeled with instructions identifying that the product was raw and included cooking instructions for preparation. Some case-patients reported following the cooking instructions on the label and using a food thermometer to confirm that the recommended temperature was

CRESCENT FARM SERIES

I am excited to announce the Arboretum’s new class series. The Crescent Farm Series starts this Saturday @ 10AM. See below for details.

Instructors: Crescent Farm Staff- Leigh Adams, Yara Herrarte, John Latsko, and Horticultural Supervisor Jill Morganelli

Free for members / Free for non-members (with arboretum admission)

Learn about water conservation and sustainable gardening, with hands-on experience! The Crescent Farm, located in the heart of the Arboretum just west of Baldwin Lake, is a reclaimed landscape where we explore new and ancient horticulture techniques for water conservation and food production. This is an educational training series. Please bring gloves, drinking water; wear close-toed shoes and a hat.

Saturdays, at 10:00am (At the Crescent Farm)

July 18

Riparian Habitat Workshop

Come and help us recreate our riparian habitat and infiltration basin! We will be setting up an ideal water harvesting swale that will slow, spread, and infiltrate rain water using stone and native plants. You will learn what makes the system work, how to manage and benefit from run-off water that would otherwise be lost to the homeowner.

August 22

Xerigation Tour

Xerigate don’t irrigate! Learn spot-on watering techniques to achieve the best results for your landscape. In this workshop we will discuss how different types of soil absorb water, correct irrigation emitters for your yard, and

CITY OF ARCADIA KID’S NIGHT OUT FRIDAY, AUGUST 7TH CARS ADVENTURE WITH PD VEHICLES TOO!

This Kid’s Night Out will be held in a different location, the Arcadia Council Chambers, 240 West Huntington Drive, Arcadia, California 91007, from 6-11pm. This event is in conjunction with the Summer Movies in the Park Series, and will be showing Cars 2 (G). Kid’s Night Out provides kids a night of fun and play so mom and dad can enjoy an evening out or a quiet evening at home. The Arcadia Recreation Staff and Volunteers offer dinner, themed games, supervision and the movie for children ages 4 and above. After dinner the kids will go on a tour of the Arcadia Police Department which is in the adjacent building. All activities will be geared toward elementary school children; anyone younger must be potty trained. Accommodations cannot be made for special dietary needs. The cost is \$15.00 per child and also includes snacks and beverages. Pre-registration is mandatory and a \$2 registration fee is applicable for those participants not registered in any other summer classes. Registration for Kid’s Night Out can be done online at www.ci.arcadia.ca.us, by fax, 626.821.4370 or by coming into the Recreation Office, 375 Campus Drive, Arcadia, CA 91007. For more information please call 626.574.5113!

About the City of Arcadia

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

INTELLIGENCE COMMITTEE RANKING MEMBER SCHIFF STATEMENT ON NUCLEAR AGREEMENT WITH IRAN

Washington, DC – Today, Rep. Adam Schiff (D-Burbank), the Ranking Member of the House Permanent Select Committee on Intelligence, released the following statement:

“Throughout the long standoff with Iran over its nuclear program, I have expressed my preference for a diplomatic solution that would prevent Tehran from obtaining a nuclear weapon. To accomplish this, I have supported a series of ever tightening American sanctions and efforts to rally the international community to isolate Iran, raising the costs of Iran’s enrichment program and helping to dry up a portion of the funding Iran has used to carry out its nefarious conduct in the region and beyond.

“In the coming days I will be examining the terms of the agreement hammered out by Secretary Of State John Kerry and his team, with particular attention to the verification regime that is central to ensuring that Iran cannot cheat. Whether I can support the agreement will hinge on our ability to verify that Iran is complying, and whether we have timely access to any site of Iran’s potential nuclear development activities, including venues controlled by the Iranian military. It will also be necessary for the United States and our partners to get an accurate accounting of Tehran’s nuclear program from its inception. Additionally, I will be looking at the sequencing of Iranian actions and any loosening of sanctions and the mechanism for re-imposing them -- the so-called ‘snap back’ provisions -- should Tehran fail to meet its commitments.

“The nuclear program has always been the greatest threat from Iran, but not the only one, and I also remain deeply concerned about Tehran’s actions in the region -- from its efforts to dominate Iraq and Lebanon, to prop up the Assad regime in Syria, to back the Houthis rebels in Yemen, to its unrelenting hostility to Israel and its support of terror around the world. I will also be examining any relaxation of UN sanctions on Iran’s acquisition of weapons or missile technology.

“Given Iran’s long record of duplicity and the consequence of Iran’s getting a bomb or having a greater economic power to project its destructive influence, we cannot be too careful, nor can we afford to take Tehran at its word.

“As the terms and consequences of this agreement become clear during the period of Congressional review, I would urge my colleagues to give the measure the serious thought it deserves. If the agreement is flawed it should be rejected; at the same time, we must not compare the proposal to an ideal, but rather to any credible alternative. Will rejection of the deal lead to additional sanctions and an Iran willing to concede more, or to renewed enrichment and a path to war? These are the stakes and our decision should be made with sober thought and a minimum of partisan demagoguery.”

achieved. Therefore, FSIS advises all consumers to treat this product like a raw chicken product. Hands and any surfaces, including surfaces that may have breadding dislodged from the product, should be cleaned after contact with this raw product. Also, keep raw poultry away from other food that will not be cooked. Use one cutting board for raw poultry and a separate one for fresh produce and cooked foods.

Consumers with questions can contact the company directly at (844) 277-6802.

strategies to irrigate problem spots and irregularly shaped beds. We will visit the Crescent Farm for a demonstration of how we converted lawn into a beautiful, evergreen, low-water landscape through appropriate plant selection and accurate irrigation. Convert your yard into a proper California landscape and save money on water bills!

September 19

Sheet Mulching Workshop

Using what you have on hand or can source locally is truly sustainable gardening. This workshop will show you how using cardboard and mulch will build fertile productive soil. This is also a proven method for removing your lawn and reducing the weed load as you transition into a water wise landscape. There will be a visual presentation and a hands-on activity where you will actually help us to build our new Crescent Farm.

November 21

Drought Tolerant Plants

As we deal with a hotter, dryer climate, what are the wisest plant choices you can make for both food and ornamental purposes? Come see, taste, and smell some interesting variants on the gardens you currently see in Los Angeles.

December 19

Water Conservation Tour

How many ways do you know how to harvest and conserve water? What kind of irrigation systems are the best for your needs? What happens to the water that falls on your roof? How much water is leaving your property? Come and learn new strategies and applications! Books and a resource list will be provided with attendance.

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Beth Pflueger & Chad Prado, Conductors

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“Concerto Grosso Op.6 #10 in D Minor—Handel

“Pachelbel Canon”

“Capriole Suite” Warlock

“Sonata #3 in C minor—Rossini

“Eleanor Rigby,” “Hey Jude” “Yesterday”

“Here Comes the Sun”—Beatles

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And funds received from Pasadena Tournament of Roses® Foundation

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EDUCATION & YOUTH

8-9 YEAR OLD CHAMPIONS!



Photo submitted by Gene Goss

On Monday night the Sierra Madre 8-9 Year Old Little League All Stars came from behind to defeat the San Marino All Stars 14-12 and earned the District 17 - 8-9 Year Old All Star Championship Banner. This is the first District 17 All Star Banner won by a Sierra Madre Little League team since 2012. The team is managed by Meesh Montygierd.

PASADENA CHAMBER CROWDFUNDS TO RAISE MONEY FOR STIPENDS FOR SUMMER YOUTH INTERNS

Go Fund Me campaign will support provide funding for 50 or more summer interns placed with local businesses by the Pasadena Chamber

Pasadena, CA – In partnership with the Pasadena Unified School District office of College and Career Pathways, the Pasadena Chamber of Commerce placed fifty (50) student interns with local businesses this summer. When a promise of funding to support stipends for each of the students did not materialize, the Chamber chose to utilize crowdfunding through Go Fund Me to solicit financial support for the student interns. Through www.gofundme.com/pasadenayouthworks the Chamber is hoping to raise at least \$10,000 or more to provide a small stipend for the 50 students placed through the effort.

Student interns are not employees. Internships are a way for young people to become acquainted with the work environment and learn about potential careers they may want to pursue once they leave school. Stipends are not salaries or pay for work, but rather a reward for completing the program, which includes classroom instruction with PUSD, supervised placements with local businesses and follow up with Chamber and PUSD staff.

All of the students are enrolled in Pasadena Unified School District and will be high school seniors next year.

“We had hoped to secure financial support through the Human Services and Recreation Department at the City of Pasadena, but couldn’t get over some procedural hurdles,” said Pasadena Chamber CEO Paul Little. “We wanted to provide some measure of support for the students and thought appealing to the community for help through Go Fund Me would be a way to fund modest stipends for these industrious students.”

The public can help provide that support for our local students by donating as little or as much as you can. Donations are tax-deductible. Donations can be made through the website at www.gofundme.com/pasadenayouthworks. Donations can be as small or as large as the donor chooses.

“We are seeking at least \$10,000 to provide a small stipend for each of our student interns,” said Mr. Little. “Though we have many more deserving students and will distribute all the money raised to student interns. The effort is being led by a PUSD intern in our offices.”

Interns are spending the summer learning about our hospitality industry, law and government, health careers, public service, restaurant, business and much more.

The public is invited to support these students in their efforts and provide funding to modestly reward these deserving young people for their dedication and industriousness during the summer. 100% of funds received by the Chamber will be used to fund stipends for these students.

Everyone who donates will be recognized and thanked publicly.

The Pasadena Chamber of Commerce and Civic Association is a professional business organization. Since the earliest days of Pasadena, the Chamber has played a major role in the development of this internationally renowned city. Since 1888, when the organization was founded as the Board of Trade, the Chamber’s primary purpose has been the enhancement of both the business climate and the quality of life in Pasadena. The Pasadena Chamber of Commerce serves more than 1400 members.



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Registration after July 31st will increase to \$95 and may cause your child to be placed on a waiting list.

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

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

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

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

Bethany Christian School
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(626) 355-3527 Principal: James Lugenbuehl
E-mail address: jml@bcsliions.org
website: 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

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

Frostig School
971 N. Altadena Drive Pasadena, CA 91107
(626) 791-1255
Head of School: Chris Schnieders, PhD
Email: 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

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

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

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

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

Pasadena High School
2925 E. Sierra Madre Blvd. Pasadena, Ca.
(626) 396-5880 Principal: Gilbert Barraza
website: <http://phs.pusd.us>

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

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

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

Walden School
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Pasadena, CA 91107 (626) 792-6166
www.waldenschool.net

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

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

Pasadena Unified School District
351 S. Hudson Ave., Pasadena, Ca. 91109
(626) 396-3600 Website: www.pusd@pusd.us
Arcadia Unified School District
234 Campus Dr., Arcadia, Ca. 91007
(626) 821-8300 Website: www.ausd.net

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

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

THE REEL DEAL: by Ben Show MINIONS REVIEW



The Minions themselves are extremely popular characters, always being the center of attention when being talked about. Both kids and adults love the small yellow creatures, and the idea of them having their own movie has interested all of their fans. Are the Minions just as interesting without Gru (Steve Carell) or can they not survive alone in a movie?

For a long time, the Minions have lived on our planet and sought to serve the most evil masters on the planet; but when, after a while, they cannot replace a master, three of the Minions (Kevin, Stuart, and Bob) go on a quest to find the most evil super-villain to serve so they can save their species.

‘Minions’ is very quirky, strange, and funny. Made primarily in France, many of its European roots show throughout the film, making the humor of the film slightly different than you may have seen before. The Minions themselves are still their usual cute, funny selves, and their stand-alone film offers many laughs that all ages can enjoy.

"Summertime, and the living is easy," Well, maybe. Depending on your geographic location the dog days of summer are now upon you. Summer wines are defined as light, crispy, and fruitful, and generally lower in alcohol. How about a chardonnay (shar-don-ay)? Many vineyard acres in California dedicate their dirt to the chardonnay grape, and for good reason. The grape is used not only for chardonnay wine, but for California sparklers as well.

TABLE FOR TWO by Peter Dills
thechefknows@yahoo.com

A few months ago I mentioned Susan Lueker and Megan Schofield of Simi Winery as being two of a handful of female wine makers. That trend continues at Wild Horse where the director of winemaking is Chrissy Whittmann. Bravo ladies! What do we look for when purchasing a chardonnay? A few years back the term "buttery" was popular, then "oakey" took the stage. I look for how the chardonnay tastes at room temperature, and since it is July, how does it do when chilled, and of course, the price. The central coast, as represented by this Wild Horse chardonnay, passes on both fronts. You'll get more flavor from a below room temperature glass, but if you need to chill your wine the flavors of the fruit are still prominent. My suggestion is this, if you are drinking it just below room temperature, go with some summer fruit as a pairing -- watermelon, peaches, or a handful of cherries. You prefer it cold? Then have it with a nice hot pizza or grilled shrimp. The price is right, and many stores offer discounts for case purchases.

Dills Score: 88

Closure: Corked

Each week I will give you my Dills Score. Starting with a base of 50 points, I have added points for value: 8 points for color, 8 points for aroma or "nose", 8 points for taste, 7 points for finish, and 10 points for my overall impression, which includes my value rating. It's available at Vons and other local retailers for around \$10 a bottle.

Join me this Sunday at 2 PM for Dining w/ Dills AM 830 KLAA follow me on twitter kingofcuisine



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by Chris Leclerc

DOG DAYS OF SUMMER

Have you ever heard the phrase, "Dog days of summer" used to describe an extremely hot summer day, or perhaps a lazy day in the life of a vacationing student? Well, here's an article by Becky Little on the National Geographic website, that explains the origin of the phrase and why neither of those meanings actually pertain.

Why do we call them the 'Dog Days' of Summer? The "dog days" I always thought, were those summer days so devastatingly hot that even dogs would lie around on the asphalt, panting.

Many people today use the phrase to mean something like that-but originally the phrase actually had nothing to do with dogs, or even with the lazy days of summer. Instead, it turns out, the dog days refer to the dog star, Sirius, and its position in the heavens.

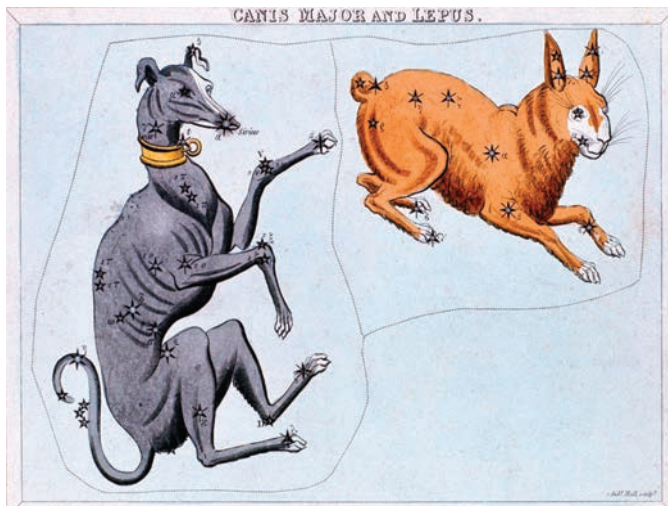
To the Greeks and Romans, the "dog days" occurred around the day when Sirius appeared to rise just before the sun, in late July. They referred to these days as the hottest time of the year, a period that could bring fever, or even catastrophe.

"If you go back even as far as Homer, the Iliad, it's referring to Sirius as Orion's dog rising, and it describes the star as being associated with war and disaster," said Jay B. Holberg, author of Sirius: Brightest Diamond in the Night Sky and senior research scientist at the University of Arizona Lunar & Planetary Laboratory. "All throughout Greek and Roman literature, you found these things."

The phrase "dog days" was translated from Latin to English about 500 years ago. Since then, it has taken on new meaning.

"Now people come up with other explanations for why they're called the 'dog days' of summer, [like] this is when dogs can go crazy," said Anne Curzan, an English professor at the University of Michigan.

"This is a very human tendency," she said. When we don't know the origin of a phrase, we come up with a plausible explanation. "The meaning has been lost," said Holberg, "but the phrase has lived on."

*The Hottest Days?*

So, did the Greeks get it right? Are the dog days, around when Sirius rises, really the hottest days of the year? Well, no.

Although July and August are generally known as the hottest months of the year in the Northern Hemisphere, the hottest period can vary from year to year. And depending on your latitude, the astronomical dog days can come at different times. In Athens, for instance, Sirius will rise around the middle of August this year. But, farther south, it'll happen earlier in the year; farther north, it'll happen later.

There's another reason that the dog days don't correspond neatly with the heat: the stars in

Earth's night sky shift independently of our calendar seasons.

"Our Earth is like a spinning top," said Bradley Schaefer, professor of physics and astronomy at Louisiana State University. "If you toss it onto a table, after it slows down...the pointing direction of the top will slowly go around in circles." Similarly to a top, "the Earth's

rotation is kind of wobbling around."

The calendar is fixed according to certain events, but the start have shifted according to the way that the Earth wobbles," said Larry Ciupik, astronomer at Adler Planetarium and director of the Doan Observatory. "So in about 50-some years, the sky shifts about one degree."

This means that the dog days of ancient Greece aren't the dog days of today. What is also means is that several millennia from now, this astrological event won't even occur during the summer.

"In 26,000 years, the dog days would completely move all around the sky," said Schaefer. "Roughly 13,000 years from now, Sirius will be rising with the sun in mid-winter." Ah yes, the dog days of winter. When it's so cold that even the dogs lie around the fire, trying to stay warm.

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PET OF THE WEEK RUPERT: ANIMAL ID #A4851718

A supremely awesome dog is available for adoption! Meet Rupert (A4851718). This little guy is a dapper, family-ready one-year-old apricot-with-white male Pomeranian mix puppy who was found in La Puente on July 3rd and brought to the Baldwin Park Animal Care Center. Weighing 9 lbs, Rupert prances daintily on leash, is very agile, appears to be house trained, and gets along instantly with everyone he meets, human and canine. He has a special talent for dancing on his back legs, so volunteers call him their "little Fred Astaire" and they delight in watching him! With his even temperament and loving nature, volunteers expect he will be great with children (as long as they know to respect his small size). Rupert is an all-around all-star dog who will be a loving and lovable indoor pet and a great addition to any loving household. Super Rupert is ready to become your best buddy - go and meet him today! To watch a video of Rupert please visit the



following link: <https://youtu.be/CAwEITE07Xs>

To meet Rupert in person, please see him at the Baldwin Park Shelter, located at 4275 N. Elton, Baldwin Park, CA 91706 (Phone: 626-962-3577). Rupert is currently available now. For any inquiries about Rupert, please reference his animal ID number: A4851718. The shelter is open seven days a week, 12 pm-7 pm Monday-Thursday and 10am-5pm Friday-Sunday. This is a high-intake shelter with a great need for adoptions. For more information about Rupert or the adoption process, contact United Hope for Animals Volunteer Adoption Coordinator Samantha at Samantha@hope4animals.org. To learn more about United Hope for Animals' partnership with the Baldwin Park Shelter through its Shelter Support Program, as well as the many dogs of all breeds, ages, and sizes available for adoption in local shelters, visit <http://www.unitedhope4animals.org/about-us/shelter-support-program/>.

LOOKING FOR A BEST FRIEND?

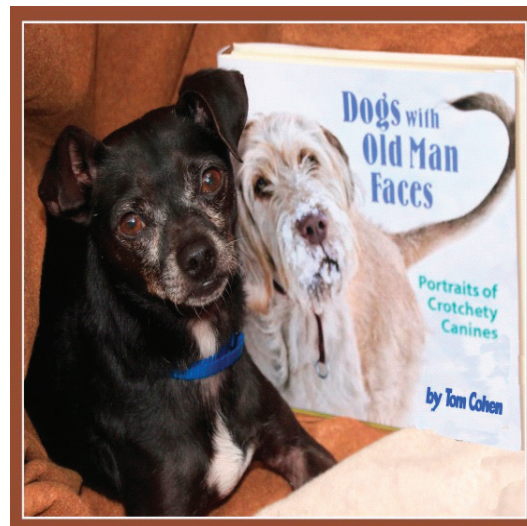
WHERE'S MY BEST FRIEND?

My name is Sylvester. Some say I look like an old man. They're probably right. I'm not a cute, fluffy thing with an adorable face. I probably never was.

Fact is, it's been going on three years I've been here at the shelter. They're very good to me...I get two squares a day, a soft bed, quality playtime, walks to the park.....but I want more. I want a home, a place to call my own with my own family - who loves me and I can love them back.

I come from a long line of energetic, intelligent and playful min pins. 'King of the Toys': that's what they call us. We make great watchdogs and companions and take our jobs seriously.

I'm a good boy. My Mama raised me right. I'm friendly, great on walks, and get along well with my friends, both human and canine. I'm known here for my famous belly crawl on the grass and don't mind showing off a bit for a treat.....I may not be pretty, but I'm no fool!



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SEAN'S SHAMELESS REVIEWS:

By Sean Kayden

MY DEAD AIR – “THE THIEF WHO KNOWS MY NAME” - Dan Ballard of My Dead Air hibernated in a basement of an old building off the Pacific Coast Highway for nine months to write and record his new album, “The Thief Who Knows My Name” out on August 14th. The

uses wavy synths to lighten up Yellen’s deeply personal lyrics. If this latest approach is any indication of what the 16-track “Ivywild” will sound like, then we’re in store for something tremendously special and unique. “Me Liquor and God” is effective on both the lyrical forefront as well as the musical backdrop. Look for a huge, defining year for Night Beds. “Ivywild” is out on August 7th.



ATLAS GENIUS – “INANIMATE OBJECTS” – In early 2013, The Australian band, which features brothers Keith and Michael Jeffery, Atlas Genius exploded onto the scene with the infectiously catchy, “Trojans.” The song had much play throughout the following year as well and now the band is back with their next intoxicating single, “Molecules.” Easily just as appealing, the indie-electronic summer jam, “Molecules” has



major hooks giving Atlas Genius a run for having the hottest summer song of 2015. I don’t think the band has strayed too far off their signature sound, but that’s a good thing. “Inanimate Objects” will arrive on August 28th as being the proper follow-up to debut record “When It Was Now.” Hopefully, the rest of the new album can match up with the pure ecstasy the single is delivering on.

On the Marquee: Notes from the Sierra Madre Playhouse

AN ACTING FAMILY

By Artistic Director, Christian Lebano

Last night was another busy night for the Playhouse. We had final callbacks for Deathtrap at the same location in which Always...Patsy Cline is rehearsing. We had a wonderful response to our call for submissions from actors for this show. As you’ll see when Deathtrap opens on October 2, it is a really fun show filled with all kinds of stuff that is appealing to the “playing make-believe” aspect of acting – deaths, and guns, and scare-inducing moments, and great laughs. We have put together a wonderful cast for this show – with two SMP veteran actors returning to work with us again: Don Savage (who first worked at the Playhouse in 1984 and was most recently in To Kill a Mockingbird, Our Town, and Morning’s at Seven) will play the attorney, Porter, and Lynn Ann Leveridge (Our Town) will play Helga, the psychic.

Once a show has been cast everything moves into a higher gear. For months now, I’ve been thinking about this play, imagining how scenes would be played, planning the setting, the music, the effects I want to build, and now I have faces and personalities to add to the mix. Each of these very talented actors will bring with them their own ideas and together we will build our production of Deathtrap. It’s as if I get to cast the members of my family. We’ll start working on the play with a “Meet & Greet” on August 10 and then we’ll have eight weeks together before we open on October 2. That’s two months of being in each other’s lives – sharing all the ups and downs of our lives while working on the lives of the characters in the play. Then after opening, the actors will be together another six weeks. It’s a commitment, and it does create a “family.”

That’s the funny thing about acting – you create this “family” and share a very intense experience for a few months and then it ends and you rarely see the actors you’ve become so close to again. When I was a young actor, I swore that I would stay in touch with each cast, but I quickly learned that rarely happens. Sometimes friendships are formed that go beyond the bounds of the run, but more often life intervenes, the next project starts, and a new “family” is formed. One of my earlier essays referred to the “ephemeral now” and that applies to many of the relationships you form in theater. In some ways that makes them sweeter and more special.



It’s an odd calling, acting.

While we were doing our final auditions, I could hear the singing coming from the rehearsal room down the hall. Cori Cable Kidder who is playing Patsy will knock your socks off. She has a remarkable voice and the work she has done with our Music Director, Sean Paxton, has made her sound so like Patsy Cline that it is a real treat to hear. What’s wonderful is that as much as she sounds like Patsy you still get Cori – our Director, Robert Marra has been so clear that he didn’t want a carbon copy, that he wanted Cori to bring her sensibilities to the role as well. I’m so very excited about this production. Tickets are selling well – don’t miss out, buy yours now! The show opens July 31. Remember we give 20% discounts for groups of 10 or more who purchase their tickets ahead of their attendance date. Please call Mary Bavielle at 626.355.4318 to arrange your purchase.

Jeff’s Book Picks

By Jeff Brown

DRY BONES IN THE VALLEY: A NOVEL

by Tom Bouman

Winner of the 2015 Los Angeles Times Book Prize for Mystery/Thriller and Winner of the 2015 Edgar Award for Best First Novel. When an elderly recluse discovers a corpse on his land, Officer Henry Farrell is drawn into a murder investigation that might tear his sleepy community apart. Tom Bouman’s chilling and evocative debut introduces one of the most memorable new characters in detective fiction and uncovers a haunting section of rural Pennsylvania, where gas drilling is bringing new wealth and eroding neighborly trust.

THE BILLION DOLLAR SPY: A TRUE STORY OF COLD WAR ESPIONAGE AND BETRAYAL

by David E. Hoffman

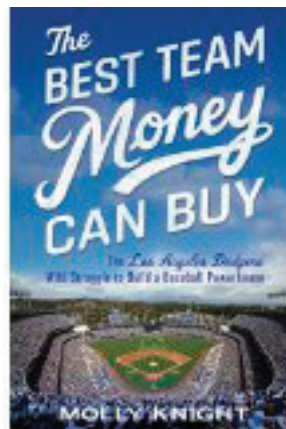
From the author of the Pulitzer Prize-winning history The Dead Hand comes the riveting story of a spy who cracked open the Soviet military research establishment and a penetrating portrait of the CIA’s Moscow station, an outpost of daring espionage in the last years of the Cold War. While driving out of the American embassy in Moscow on the evening of February 16, 1978, the chief of the CIA’s Moscow station heard a knock on his car window. A man on the curb handed him an envelope whose contents stunned U.S. intelligence: details of top-secret Soviet research and developments in military technology that were totally unknown to the United States. In the years that followed, the man, Adolf Tolkachev, an engineer in a Soviet military design bureau, used his high-level access to hand over tens of thousands of pages of technical secrets. His revelations allowed America to reshape its weapons systems to defeat Soviet radar on the ground and in the air, giving the United States near total superiority in the skies over Europe. Tolkachev was one of the most valuable spies to work for the United States in the four decades of global confrontation with the Soviet Union. The CIA had long struggled to recruit and run agents in Moscow, and Tolkachev was a singular breakthrough. Using spy cameras and secret codes as well as face-to-face meetings in parks and on street corners, Tolkachev and his handlers succeeded for years in eluding the feared KGB in its own backyard, until the day came when a shocking betrayal put them all at risk. Drawing on previously secret documents obtained from the CIA and on interviews with participants, David Hoffman has created an unprecedented and poignant portrait of Tolkachev, a

man motivated by the depredations of the Soviet state to master the craft of spying against his own country.

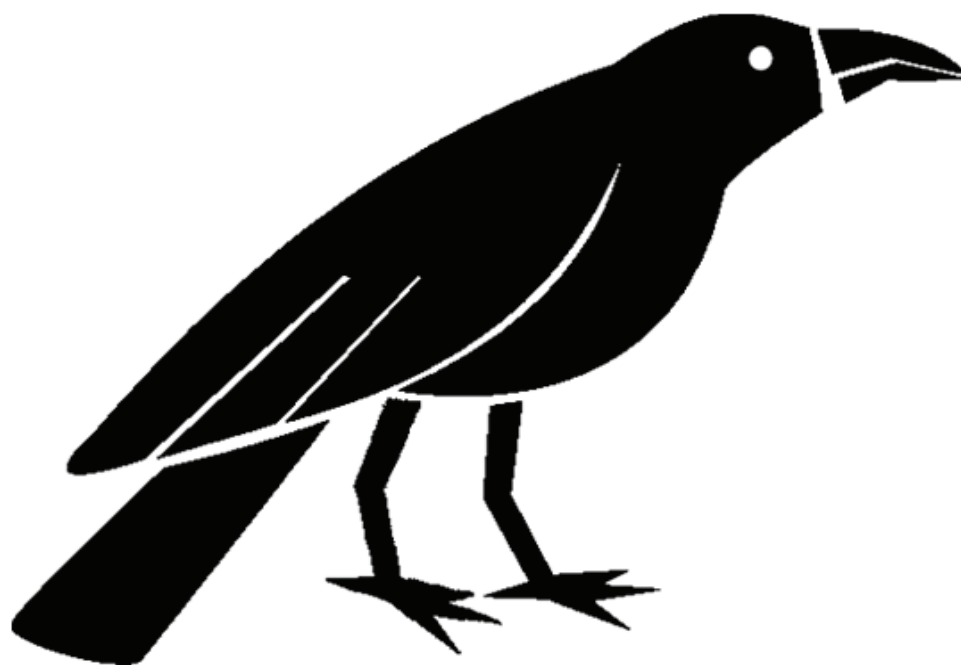
THE BEST TEAM MONEY CAN BUY: THE LOS ANGELES DODGERS’ WILD STRUGGLE TO BUILD A BASEBALL POWERHOUSE

by Molly Knight

News-making, inside revelations about the tumultuous years when the Los Angeles Dodgers were remade from top to bottom—from the ownership of the team to management to the players on the field—becoming the most talked-about and most colorful team in baseball. In 2012 the Los Angeles Dodgers were bought out of bankruptcy in the most expensive sale in sports history. Los Angeles icon Magic Johnson and his partners hoped to put together a team worthy of Hollywood: consistently entertaining. By most accounts they have succeeded, if not always in the way they might have imagined. Now Molly Knight tells the story of the Dodgers’ 2013 and 2014 seasons with detailed, previously unreported revelations. She shares a behind-the-scenes account of the astonishing sale of the Dodgers, and why the team was not overpriced, as well as what the Dodgers actually knew in advance about rookie phenom and Cuban defector Yasiel Puig and how they and teammates handled him during his first two roller-coaster seasons. We learn how close manager Don Mattingly was to losing his job during the 2013 season—and how the team turned around the season in the most remarkable fifty-game stretch (42-8) of any team since World War II. Knight also provides a rare glimpse into the infighting and mistrust that derailed the team in 2014, and resulted in ridding the roster of difficult personalities and the hiring of a new front office. Knight also reveals new facts behind the blockbuster trade with the Red Sox. She paints an intimate portrait of star pitcher Clayton Kershaw, probably the best pitcher in the game today.



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2015 SEASON

<p>ALWAYS...PATSY CLINE ★</p> <p>By Ted Swindley Directed by Robert Marra</p>	<p>July 31 to Sept 12, 2015</p> <p>Patsy Cline sings 19 of her greatest hits and meets her number one fan -A rollicking good time musical.</p>
<p>DEATHTRAP ★</p> <p>By Ira Levin Directed by Christian Lebano</p>	<p>Oct 2 to Nov 7, 2015</p> <p>After four flops in a row, Sidney Bruhl, a playwright who was once Broadway's brightest light is so desperate to come up with another hit, he says he would kill for one. Is he joking?</p>
<p>A CHRISTMAS MEMORY ★</p> <p>Based on a Story by Truman Capote Book by Duane Poole Music by Larry Grossman Lyrics by Carol Hall Directed by Alison Ellei Kalmus</p>	<p>Nov 27 to Dec 27, 2015</p> <p>Set in a small Southern town in the 1930's, A Christmas Memory is an evocative musical memoir celebrating the simple pleasures of life and the joy of giving - reminding us what Christmas, family and friendship are all about.</p>

HOW TO PROTECT YOUR EYES FROM MACULAR DEGENERATION

Dear Savvy Senior,

Is macular degeneration hereditary? My mother lost her vision from it before she died a few years ago, and now at age 65, I'm worried I may get it. What can you tell me?

Nearsighted Susan

Dear Susan, Having a parent or sibling with macular degeneration does indeed increase your risk three to four times. But the good news is there are things you can do to protect your eyesight, and a number of treatments that are available if you do happen to get it. Here's what you should know.

What is AMD? Macular degeneration (or AMD) is the most common cause of vision loss in people over age 50, affecting about 10 million Americans.

AMD is a progressive eye disease that damages the macula, the part of the eye that allows us to see objects clearly, causing vision loss in the center of your vision. This affects the ability to read, drive, watch television and do routine daily tasks, but it does not cause total blindness.

There are two types of AMD – wet and dry. Dry AMD, which affects about 90 percent of all people that have it, progresses slowly and painlessly over a period of years. While wet AMD is much more aggressive and can cause severe vision loss in a matter of weeks or months.

Factors that can increase your risk of getting AMD include age (60 and older); smoking; excessive exposure to sunlight especially if you have light-colored eyes; certain genetic components; a family history of AMD; high blood pressure; obesity; and being Caucasian.

For anyone over the age of 60, it's a smart idea to get your eyes examined by an ophthalmologist every year. They can spot early signs of AMD before vision loss occurs. Early signs, however, may include shadowy areas in your central vision or unusually fuzzy or distorted vision. The Amsler grid at amslergrid.org, is a good tool to check your eyes for AMD.

Preventing AMD

While there's currently no cure for AMD there are some things you can do if you're high risk. One



option is to talk to your doctor about taking a daily dose of antioxidant vitamins and minerals known as AREDS – vitamins C and E, plus copper, lutein, zeaxanthin, and zinc. Studies by the National Eye Institute have shown that AREDS can reduce the risk by about 25 percent that dry AMD will progress.

Most drug stores sell these eye supplements in tablet or soft gel form over-the-counter for around \$20 to \$30, but be aware that not all eye supplements contain the proper formulation. Choose either the PreserVision Eye Vitamin AREDS Formula, PreserVision Eye Vitamin Lutein Formula, PreserVision AREDS2 Formula, or ICAPS AREDS. These four options contain the right formula mix.

Other lifestyle adjustments that may help prevent or delay AMD include eating antioxidant-rich foods such as dark green, leafy vegetables, and cold-water fish for their omega-3 fatty acids; protecting your eyes from the sun by wearing UV protective sunglasses; controlling high blood pressure; exercising regularly; and if you smoke, quit.

Wet AMD Treatments

For wet AMD, there are several effective medications (Lucentis, Avastin and Eylea) available that can stop vision loss and may even restore it. These medications are given by injection into the eye, and repeated every month or two, perhaps indefinitely.

Note that each of these three drugs works equally in treating wet AMD, but there's a big cost difference. Avastin costs just \$50 per month, compared with \$2,000 for the other two. So experts recommend Avastin as the first choice for most people with wet AMD, especially if you don't have supplemental Medicare coverage.

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



iSHORTHAND

Summer is the best! It gives me a chance to work on little projects that typically get neglected during the school year. Punch needle, for one, has been really fun and relaxing. It's probably the easiest activity right after assembling peanut butter and jelly sandwiches or surfing the Internet. Although punch needle is useful as a therapeutic pastime, I felt compelled to do something in the area of self improvement, so I decided to attempt to learn shorthand this summer.

You may be wondering, "What is shorthand?" I'm so glad you asked! Shorthand, as the name implies, is a method of writing quickly. In its heyday it was used for courtroom stenography and taking dictation. Modern technology has all but done away with the need for shorthand, but there are situations in which it would be helpful to be able to "record" what people are saying in real time, without actually recording them (e.g., meetings, lectures, funny anecdotes from friends and family, etc.). The script itself looks like code, so knowing shorthand is kind of like being a member of a secret society --in a nerdy sort of way.

These were my thoughts when I embarked on my shorthand journey. Not all shorthand systems are created equal, which I quickly figured out when trying to decide which to study. Some systems are easier to learn than others, promising proficiency in a matter of weeks or months, while others take many months, possibly even years, to master. The tradeoff is that some of the simpler systems aren't likely to yield as high a rate of speed as more sophisticated ones. I mean, why settle for 80 words a minute when you could do 300?

After finally settling on classic Gregg Shorthand, the next step was to find a manual or tutor. There are some YouTube tutorials, but, as you can imagine, people who are immersed in something as antiquated as shorthand are usually just about as antiquated themselves when it comes to using modern technology in order to teach it. I watched several sessions by a couple of instructors, and much of the time was taken up with comments like "Is this thing on?" and "I'm learning how to use this new mouse to draw the forms, so bear with me." Eventually I ordered a vintage 1929 "Gregg Shorthand Anniversary Edition" from Amazon.

"Great!" I thought, "Now all my shorthand issues will be solved!" Not so. I was surprised when the book arrived because online it looked heavy and

formidable, but it is actually a slim little thing, like a pocket book. I quickly discovered that part of the reason for its diminutive size is that the practice drills and tables of short forms don't have answer keys. In other words, there are lines of shorthand that you, the student, are supposed to interpret, but there's no answer key to tell you if you're right or wrong! Clearly the book was written with the assumption that you'd be taking it with you to class where you could ask a real-life, flesh and blood human all your burning questions about shorthand. After a while I solved this problem by downloading the same edition, but with added transcription keys.

Then came the challenge of actually learning the basics of shorthand. Unlike regular writing, shorthand is completely phonetic. This is great news for me because I am the world's worst speller!



(The only reason you're able to read this article is thanks to the miracle of Spell Check. If you have any doubts as to my deplorable spelling skills, check out my article from last week about a friend's pet Chiwawa.) So, phonetically, "hour" sounds (and therefore looks) the same as "our." That's reasonable enough I supposed. Similar sounds are often formed in a similar way, differing only by length or size. So "m" is the same as "n," only longer, likewise "t" and "d." Many commonly used words are abbreviated, resulting in "good" looking just like "go," in addition to "be," "by," and "but" all written identical. To further muddy the water, vowels are often dropped, and there is no indication of where similar looking consonants start or stop. Since "m" and "n" are virtually the same, "minimum" looks like two long strings of "m" and "n" sounds with a vowel in the middle. "Okay," I thought, "I can use the context of the sentence to figure it out."

It's all well and good to assume that a particular sentence is about the "rate of grain sold" if you correctly interpreted the preceding sentences as being about buying and selling in the stock market. But taken by itself, I might mistake it for telling about a "rat in the green salad!" (I don't remember the exact examples I ran across during my shorthand folly, but you get the idea.) Admittedly, I haven't invested enough time and effort in this endeavor yet, but until I find another good supplemental resource for learning shorthand, I think I'll stick to punch needle for now!

SENIOR HAPPENINGS



HAPPY BIRTHDAY! ... July Birthdays*

Nina Bartolai, Mary Lou Caldwell, Louise Neiby, Eunice Banis, Betty Hansen, Christine Durfort, Shahrzad Azrani, Jeanne Borgedahl, Janet Cox, Dorothy Montgomery, Bess Pancoska, Janet Swanson, Linda Thunes, Barbara Watson, Pat Alcorn, Karma Bell, Alice Clark, Dorothy Jerneycic, and Betty Dos Remedios.

*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:

Seize the moment. Remember all the women on the Titanic who waved off the dessert cart. - Erma Bombeck



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

HAWAIIAN AND POLYNESIAN DANCE CLASS: Every Tuesday morning from 10am to 11am. 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.

FREE BLOOD PRESSURE TESTING: 2nd Tuesday of the month from 11am to 12pm. No appt. is necessary.

CASE MANAGEMENT: Meets the 2nd Thursday of the month. Case Management services are provided by the YWCA and provide assistance in a variety of areas. Appointments are required and can be scheduled by calling the HPH Office at 626-355-7394.

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.

TAX ASSISTANCE: Every Thursday February 5th through April 9th from 1:00pm-2:00pm. Don Brunner is available for income tax consultation. Appointments are required, call 626-355-7394.

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.

SENIOR CLUB: Every Saturday at the Hart Park House Senior Center. Brown bag lunch at 11:30am. Club meeting at noon. Bingo 12:30-3:30pm. Annual Membership is only \$10.00.



UPCOMING EXCURSIONS:

Ganna Walska Lotusland (Santa Barbara) Date: July 17, 2015 Time: 7:30am to 5:00pm

Meeting Location: Hart Park House Senior Center Cost: \$45.00 (Does not include lunch) Description: Lotusland features an enormous diversity of exotic plants from around the globe arranged in nearly 20 gardens, each distinctive in design. The garden now covering the estate were created by Ganna Walska, a well known Polish opera singer and socialite, who owned the property from 1941 until her death in 1984. She spent 43 years of her life designing unusual display gardens with exotic plants. We will take a two hour docent guided walking tour. The tour includes both horticultural and historical information. There will be time to visit the Garden Shop at the end of the tour. Lunch will be on your own at nearby restaurants. Participants should bring money for lunch and souvenirs. Last day to register is Wednesday, July 2nd. Level of Walking: Medium to High

California Science Center (Los Angeles) Date: August 12, 2015

Time: 9:30am to 5:00pm Meeting Location: Hart Park House Senior Center Cost: \$28.00 (Does not include lunch) Description: The California Science Center in cooperation with the Israel Antiquities Authority is Proud to present the largest Dead Sea Scrolls exhibition ever mounted outside of Israel, featuring over 600 ancient artifact on display. We will also see Jerusalem in the IMAX Theater. Through breathtaking aerial footage, eye-opening personal stories and remarkable historical perspective, Jerusalem takes views inside the heart of the ancient city in ways never seen before. Lunch will be on your own. There is Trimana-Grill, or Market and Coffee Bar at the Science Center for you to enjoy a meal or light snack during your visit. Participants should bring money for lunch and souvenirs. Last day to register is Wednesday, August 5th. Level of Walking: High 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 \$11 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 Dept.

SEASONAL FUN AT THE SENIOR CENTER

Need a way to keep cool during the warmer months? Paper fans are a breeze to make and a great summer craft project. Come and join us on Thursday, July 16th, in making paper fans and stay cool! Craft making will begin at 11:00am. All supplies will be provided.

Increased Fees for Senior Meals After several meetings of the YWCA Senior Services Advisory Council, the Council Members voted to increase the suggested donation for both group-dining meals and home delivered meals from \$2.00 to \$3.00 per meal and non-senior meals from \$3.75 to \$5.00 per meal beginning July 1, 2015. This was not an easy decision for the Council Members to make but unfortunately both general operating costs and the cost of purchasing meals from various caterers have increased significantly over the past years. However, it is very important for you to know that we want you to continue to participate in our meal programs and that we want to emphasize that the suggested donation is and will remain a voluntary and confidential donation. Anyone having questions about the suggested donation policy and the donation procedures may call the YWCA Senior Services Director at 626-214-9466.

Ex-covert operative Bryan Mills (Liam Neeson) and his ex-wife, Lenore (Franke Janssen), are

SENIOR CINEMA SHOWN AT THE HART PARK HOUSE SENIOR CENTER



July 15th– TAKEN 3 (2014)

enjoying a reconciliation with his ex-wife when she is brutally murdered. Consumed with rage and framed for the crime and flees, Bryan goes on the run to evade the relentless pursuit of the CIA, FBI and police. For the last time, he channels his rage and particular set of skills into hunting down Lenore's real killers, taking his revenge and protecting the one important thing left in his life: his daughter, Kim (Maggie Grace). Start time: 1:00pm (run time 89 minutes)

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FAMILY MATTERS

By Marc Garlett



IF YOU HAVE A TRUST, DON'T SETTLE FOR A FALSE SENSE OF SECURITY – PART I

It is estimated that more than 80 % of trusts fail at the trustor's death. EIGHTY PERCENT! What a shameful statistic. Think about it. Out of every five people who put the time, effort, and money into creating a trust, only one of them actually protects and provides for their family as they intended. That means the vast majority of people with a trust have nothing more than a false sense of security while they are living and leave their family with a big mess to clean up after they die. There are three equally important phases to trust-making. Neglect any of these phases and your trust is likely to fail. Phase 1 is the actual creation of your estate plan documents. This includes not only the trust, but many other critical documents as well (your will, powers of attorney, healthcare directives, HIPAA waiver, kids protection plan, etc.). Each of these documents should be customized to your own specific situation, goals, and assets. Remember, your family is unique and your estate plan should be, too.

The courts are filled with cases where simple, fill-in-the-blank, template wills or trusts, downloaded from the internet, led to family disputes, ugly probates, expensive litigation, and hundreds of thousands of dollars (or more) in lost inheritance for intended beneficiaries. The recent family quarrel over an "E-Z Legal Form" estate plan serves as one such cautionary tale. But all one really has to do with such services is read the fine print, such as the Legalzoom disclaimer, to be very clear they're just selling documents, without any legal guidance, advice, direction, or guarantee about what they mean or whether they'll even work.

Unfortunately, people who get sold on saving a few thousand dollars now by doing it themselves, often force their families to hand over tens of thousands of dollars to lawyers later, to straighten

out the mess they've left behind. Of course many times those messes cannot be straightened out at all. But it's not just online legal services selling a false sense of security. I've also heard far too many stories of cut-rate, cheaper-than-anyone-else lawyers whose plans don't work when they're needed. And yet again, it's families who are left holding the bag.

This should all be malpractice, if you ask me. Regrettably, it's common practice instead. So what can you do to protect yourself – and more importantly, protect your family? Here's how NOT to get sold a false sense of security:

- If the lawyer or service you're using to prepare your estate plan doesn't first spend some serious time asking you questions, getting to know you, your background, and your goals, they are much more interested in selling you a set of documents than a plan that will actually work. And if they quote you a fee before getting to know you first, that's a good indication they are never going to invest their time in you.

- Ask the lawyer or service if they are available to provide guidance and answer questions throughout the process. If they answer is no, move on. If the answer is yes, ask them how much they charge for that. If it's not included as part of a flat fee, they are clearly more concerned about selling documents than they are about providing good legal counsel.

- Determine if the plan fee is too good to be true. If the lawyer or service undersells everyone else, that's a big red flag. It takes a lot of work and time to customize a plan for someone so it is guaranteed to perform as intended. Cut-rate firms and services work on a volume based business model. Their goal is to sell you a set of documents with the smallest time investment possible, then move on.

You can, and should, strive to do better than that. Don't settle for a lawyer or service who's just in the business of selling documents. There's too much at stake and your family has too much to lose. The documents are critically important but they should not be the sole focus of the lawyer or service you work with. The documents alone won't give you real security – the kind of security both you and your family deserve.

To your family's health, wealth, and happiness,

MARC

A local attorney, father, and CASA volunteer (Court Appointed Special Advocate for Children), Marc Garlett 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. Schedule an appointment to sit down and talk about ensuring a legacy of love and financial security for your family by calling 626.355.4000 or visit www.GarlettLaw.com for more information.



Social Media Tips, Tricks & Ideas



by: MJ Finstrom

CONTENT CURATION

You don't always have to come up with original content for your email marketing and social media. You can probably find plenty of third party content that relates to your business, product or services that you can share but... you need to follow a few rules:

Attribute the Creator. Give credit where credit is due (to the author, photographer, publication, website etc.)

Add Commentary: Explain why the content is relevant and why you are sharing it.

Provide a link back to the original source.

For example... Let's say you sell dog products.

You send out a weekly Constant Contact email full of helpful tips for dog owners. You find a great article about dog training on ZDogTrainer's web site. Your copy might look something like this:

"This article on ZdogTrainer's website (add link) features great information about the fundamentals of dog training. These helpful tips are encouraging to the dog owner who struggles with leash anxiety and squirrel chasing." This attributes the creator, has commentary and links to the source.

If you're not quite sure if something is okay to share, it's always best to err on the side of caution; ask a lawyer or ask the creator for permission.

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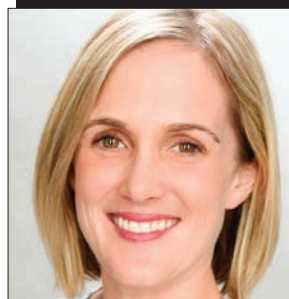
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HEALTHY LIFESTYLES



THE JOY OF YOGA PRACTICE ON VACATION?

Traveling is so much fun, but it can be hard the body. We often feel we need a vacation after our vacation! The internal systems get out of wack; sleep is not right and our digestive system is disrupted. Unless it's a super active vacation, our exercise routine can be neglected.

There are a few ways that our practice can support us when we're away. First, bring your yoga mat with you! If you don't have a travel mat, invest in one. They fold up super easy and it's available when you need it. Many people need their yoga daily to relieve back pain, joint stiffness and to treat other chronic conditions. Try not to take time off this care you give yourself. It's important that you not only take care of your health, but you feel good enough to have fun on vacation!

Don't forget those periods of relaxation and

meditation. This time can serve as a period to stabilize and re-access your energy. There's a lovely feeling of spontaneity while on vacation, but you need some stabilizers in place to balance that out. If your energy is balanced and stable, going with the flow is a piece of cake and the experience will be light and easy.

Choose wisely with food and be kind to yourself. Maybe you do need a little ice cream on vacation, but how about just one bowl? Take the quality approach rather than quantity, and eat food that is fresh and easy to digest. Finally, enjoy the beauty of wherever it is you are!

Happy travels and see you in class when you're home.

Namaste,
Keely Totten



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

some pounds. They are also incredibly rich in vitamins, minerals and have powerful antioxidant properties.

It is blueberries strong antioxidant property that help

If you haven't noticed, tis the season for blueberries in California! Blueberries are both delicious and nutritious. I'm sure you heard the term super food... which is any food packed full of health benefits. Blueberries are rank high as a super food. While blueberries are sweet, they are also low in sugar making them low on the glycemic index. This means they will not cause blood sugar levels to spike. They are full of fiber which improves digestion and aids in weight loss if you are trying to shed

them to reduce the risk of DNA damage and improve the chances of avoiding many chronic diseases that can shorten life. New studies show that eating blueberries can actually prevent some DNA damage from occurring in the first place. This means that our chances of developing life-shortening diseases are also reduced.

DNA is our genetic material that is contained in every cell of our body. Many things can damage our DNA such as exposure to toxins, illnesses, and even the aging process itself. Our bodies are usually great at repairing our DNA but as we age, that becomes more of a challenge. DNA that is damaged or malfunctioning can lead to problems/diseases that greatly shorten life expectancy. Blueberries have so many health benefits that they may even promote a longer life span.

Blueberry plants are hardy plants. They have evolved to be able to adapt to different environmental stresses like drought, high or low temperatures and other things that can threaten them. When we eat blueberries, we can take advantage of some of their beneficial compounds. Ultimately blueberries do not just aid in a longer life but more importantly, what we are all looking for, an increase in the quality of life.

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Looking Up
with Bob Eklund

NASA'S NEW HORIZONS 'PHONES HOME' SAFE AFTER PLUTO FLYBY

The call everyone was waiting for is in. NASA's New Horizons spacecraft phoned home just before 9 p.m. EDT Tuesday, July 14, to tell the mission team and the world it had accomplished the historic first-ever flyby of Pluto.

"I know today we've inspired a whole new generation of explorers with this great success, and we look forward to the discoveries yet to come," NASA Administrator Charles Bolden said. "This is a historic win for science and for exploration. We've truly, once again raised the bar of human potential."

The preprogrammed "phone call"—a 15-minute series of status messages beamed back to mission operations at the Johns Hopkins University Applied Physics Laboratory in Maryland through NASA's Deep Space Network—ended a very suspenseful 21-hour waiting period. New Horizons had been instructed to spend the day gathering the maximum amount of data, and not communicating with Earth until it was beyond the Pluto system.

Pluto is the first Kuiper Belt object visited by a mission from Earth. New Horizons will continue on its adventure deeper into the Kuiper Belt, where thousands of objects hold frozen clues as to how the solar system formed.

New Horizons is collecting so much data it will take 16 months to send it all back to Earth.

PLUTO'S ICY MOUNTAINS. New close-up images of a region near Pluto's equator reveal a giant surprise: a range of youthful mountains rising as high as 11,000 feet above the surface of the icy body.

The mountains likely formed no more than 100 million years ago—mere youngsters relative to the 4.56-billion-year age of the solar system—and may still be in the process of building, says Jeff Moore of New Horizons' Geology, Geophysics and Imaging Team (GGI). That suggests the close-up region, which covers less than one percent of Pluto's surface, may still be geologically active today.

Moore and his colleagues base the youthful age estimate on the lack of craters in this scene. Like the rest of Pluto, this region would presumably have been pummeled by space debris for billions of years and would have once been heavily cratered—unless recent activity had given the region a facelift, erasing those pockmarks.

"This is one of the youngest surfaces we've ever seen in the solar system," says Moore.

Unlike the icy moons of giant planets, Pluto cannot be heated by gravitational interactions with a much larger planetary body. Some other process must be generating the mountainous landscape.

The mountains are probably composed of Pluto's water-ice "bedrock."

Although methane and nitrogen ice covers much of the surface of Pluto, these materials are not strong



enough to build the mountains. Instead, a stiffer material, most likely water-ice, created the peaks. "At Pluto's temperatures, water-ice behaves more like rock," said deputy GGI lead Bill McKinnon of Washington University, St. Louis.

The close-up image was taken about 1.5 hours before New Horizons closest approach to Pluto, when the craft was 478,000 miles from the surface of the planet. The image easily resolves structures smaller than a mile across.

NASA TV schedules, satellite coordinates, and links to streaming video:
<http://www.nasa.gov/nasatv>

The public can follow the path of the spacecraft in coming days in real time with a visualization of the actual trajectory data, using NASA's online Eyes on Pluto (<http://eyes.nasa.gov/pluto>).

More information on the New Horizons mission:
<http://www.nasa.gov/newhorizons>
<http://solarsystem.nasa.gov/planets/plutotoolkit.cfm>

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



He leads wild food and natural history walks on a regular basis. Contact him at www.SchoolofSelf-Reliance.com, or Box 41834, Eagle Rock, CA 90041]

My latest book, "Nuts and Berries of California," is mostly about the wild nuts and berries that Native Americans used for subsistence all throughout this large state of ours. But because there are so many introduced plants in our urban areas, I included a short section in the book describing those ornamentals that are also useful for food or medicine. That section is called HIPs, for "horticulturally introduced plants." I only included those plants in that section which have also survived well on their own, even in the wild.

The Ginkgo tree is one of those HIP plants.

Botanists believed that the Ginkgo biloba tree was extinct, but then it was found in a Chinese Buddhist monastery in the 1700s, where specimens were being cultivated.

Once it was rediscovered, ginkgo has been cultivated and spread all over the world as an ornamental and street tree. It is popular because of its unique appearance, and its relative resistance to insects and disease. To Buddhists, the tree is regarded as sacred.

In Japan, and other parts of Asia, the processed nuts are added to rice and stir fry dishes. The nuts are high in protein and low in fat. The medicinal properties of the nuts, which you get by eating them, are said to include the release of stress and hypertension (the result of dilating blood vessels and increasing oxygen into the blood stream). The nuts are also reportedly good for pain and soreness, as well as aid to digestion.

Yes, I harvest the ripe ginkgo nuts, and yes, I have to hold my nose! The fleshy tissue around the seed really stinks! Some people have learned to not-mind the strong odor, generally reminiscent of fresh feces. Yes, you can get used to just about anything, and in time, you can learn to not be bothered by the "aroma" of the flesh around the ginkgo nuts.

My suggestion is that you just get over it, and it might help if you chew on some aromatic gum, like licorice gum, while collecting.

Once collected, you can let the nuts and their soft outer shell dry, which makes it significantly easier to clean. Or you can just clean them right away, as I tend to do. I always wash them outside. You can put all the fresh ginkgo nuts in a pan of warm water, and roll them around between your hands to clean off all the outer coverings, which you should then toss into your compost pile.

The cleaned nuts are then best dried, such as in the oven at pilot-light temperature. I have dried them with their shells, and without their shells. I don't know if one way is right or wrong, and I believe it is just a matter of preference. However, the ginkgo nuts in the shell seem to keep a lot longer than the shelled and dried ones. If you plan to eat them right away, then it probably doesn't matter how you prepare them.

Once roasted, you can just eat the ginkgo nuts as-is. (Yes, there are two types of people: Those who like

FORAGING FOR GINKGO
(GINKGO BILOBA)

How to use the nuts and leaves of this "living fossil"

By Christopher Nyerges

[Nyerges is the author of the new book "Nuts and Berries of California," "Foraging California," "Guide to Wild Foods," "How to Survive Anywhere," and other books.

ginkgo nuts, and those who do not...)

I have never eaten these nuts raw because of the foul odor. There have been some reports that the nuts can make you ill if you eat them raw (no doubt!), and they must be boiled or roasted for about 25 minutes. You'll know they are done when you can easily break the thin shell with a nutcracker. They taste is akin to a bean.

To extend the shelf life, they can be simply dried, though freezing might be even better.

Caution: there have been reports of sickness by some people who have eaten about a dozen nuts at one time. These were nuts that were cooked. So my suggestion is to try a few and monitor the results. Your body will tell you whether or not you should eat more.

THE LEAF

When you see pills of Ginkgo biloba in the health food stores, they are made from the leaf. The leaf extract has been subject to many clinical tests, and it apparently increases circulation for the limbs and for the brain. This is apparently why it does seem to be helpful for improving memory and assisting with retaining memories. Suggestions that ginkgo can reverse dementia don't seem to hold up to clinical tests. Nor do the claims that ginkgo can cure cancer seem to be valid, so far.

An extract from the leaf has also been found to improve the immune system, and to protect the heart by clearing plaque from the arteries. In fact, the extracts are used for many ailments such as headaches, asthma, kidney disorders, and more.

I have found that when I am experiencing a "slow day," ginkgo pills, or homemade tea from the leaves, seem to offer a subtle yet noticeable "pick-me-up" without the eventual slowdown that follows drinking coffee.

There has been some debate about the safety of gathering your own ginkgo leaves for making your own tea. From what I have concluded, it seems safe enough to brew an occasional cup of tea from the leaves. Also, apparently the best time to collect the leaves for tea is when the leaves have turned yellow and are falling from the tree. This also apparently bypasses any toxic properties (e.g. ginkgolic acid) that may be in the leaf.

But most negative reactions from using ginkgo are not from the leaf, but from eating the nuts raw.

Forager Notes:

Don't bring the raw nuts with the husks into your house without warning the family. I remember once when I brought some home when I was living with my parents. They were all in a brown paper bag in the kitchen, since I intended to clean them right after dinner. My mother insisted that everyone check the bottom of their shoes since she was certain someone stepped in dog poop. Finally, I remembered the bag and took it outside, and it seemed like years before I heard the end of that one.

Ginkgo is a smooth-barked tree, often growing upright in a very vertical fashion when young, and then producing a much larger angular crown as it matures. Each leaf is fan-shaped, and has the appearance of a fern. The leaves turn yellow in the fall. The fruits, formed only on the female trees, are covered in a light brown fleshy coating that is very odoriferous. The nut has a thin shell that is easily cracked.

The tree is widely cultivated tree, planted as a street tree, in parks, gardens, and yards.



OUT TO PASTOR

A Weekly Religion Column by Rev. James Snyder

WHY CAN'T SUMMER BE FOREVER?

Of all the seasons in the year, summer has to be my favorite. I am reminded of an uncle of mine who, when asked what his favorite piece of pie was, always said, "The one I'm eating at the time."

Maybe I have something of my uncle in me, I do not know. I just know that I love summer. It started back when I was a young boy and realized during summer I did not have to go to school.

Another aspect of summer is that it is usually the time when people take vacations. Although I am not big on vacations, I am not against them at all, particularly when it comes to my vacation.

It was right after Christmas when the Gracious Mistress of the Parsonage approached me and said, "What are we going to do for vacation this summer?"

I have been married long enough to know that that was simply a rhetorical question. It was her way of introducing the subject she had already decided upon.

Over the years, I have learned how to be a husband. It is too bad they do not teach that in high school, but you have to learn it on your own. Most men never really learn how to be a husband. If I were not so lazy, I would write a book on How to Be a Successful Husband. However, I am too busy doing nothing.

In response to my wife I said, "I don't know. What do you have in mind?" Because, I knew she had something in mind and probably had it all planned out. I do not mind that, because it is less that I have to do. The only thing I have to do about the vacation is to come up with the "Cha Ching!"

"I was thinking..." this is always the beginning of problems in my direction. Whenever my wife gets to thinking, I know I am in trouble.

"I was thinking, maybe it would be nice for us to go to St. Augustine for a week this year. What do you think?"

Well, I do not think she really wants to know what I actually think. Nevertheless, I went along with her "thinking," and told her what a great idea it was and I am all in. As far as I am concerned, a vacation is a vacation no matter where you go. I would rather go somewhere where there is no stress and plenty of harmony, particularly in the motel room.

That was in the beginning of January. For the next six months, I heard little tidbits here and there about our, "wonderful vacation in St. Augustine." I secretly smiled, knowing that all of the details were planned and prepared and I would not have to do anything.

As far as I am concerned, vacation is the whole idea of "vacating." The thing I want to vacate is doing things.

I knew exactly why St. Augustine was our destination for our vacation this summer. The whole area is infested with "thrift shops." I do not like to speak out of school, but someone in our house is addicted to thrift shops. I am not mentioning who, just that it is not me!

The time came for us to go on our vacation and the beautiful thing about it was, I did not even have to drive. My wife wanted to take her van because she had plans to visit every thrift shop in the county and bring her treasures back home.

I sat back in the van and enjoyed the ride.

We had a wonderful vacation and by that, I mean my wife visited every thrift shop in the county at least once.

Overall, it was a wonderful time of rest and relaxation. At least on my part. I would get up in the morning and she had already gone to some thrift shop, which meant that I was on my own, which can be a dangerous scenario.

My idea of a good vacation is getting in plenty of R&R (readin' and riting).

Our motel was not far from what is known as the Fountain of Youth. Every time I am in St. Augustine, I have a desire to go to the Fountain of Youth. Every time I dismissed the thought. What if it really worked? And what if my wife came with me?

I really do not want my wife to regain her youth because I can barely keep up with her now. Can you imagine the energy she would have for visiting thrift shops?

No, the Fountain of Youth is not in my plans, but may be the Swamp of Old Age. That is more my style.

Driving home from our vacation late Friday afternoon, someone in the van was very excited about the "treasures" she had discovered at St. Augustine. I was very excited that she was very excited because that makes for a happy house.

King Solomon, quite a connoisseur of women and wives, gave this advice, "Who can find a virtuous woman? for her price is far above rubies. The heart of her husband doth safely trust in her, so that he shall have no need of spoil. She will do him good and not evil all the days of her life" (Proverbs 31:10-12).

Summer is a good time for vacation, especially if that vacation creates a happy house.

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Mountain Views News Mission Statement

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

LETTER TO THE EDITOR:

MORE HOURS FOR MORE INCOME?

All of a sudden both political parties are interested in the issue of raising the incomes of the lower and middle income earners.

Last week Jeb Bush was reported to have suggested that part of the solution was that part time employees be able to find full time employment. The media and some politicians got all excited that he might be seen as saying that some other workers may need to work more hours.

I'll grab the third rail and suggest that to increase the incomes of the members of, say, the lower 60 % of earners of wages, salaries, and commissions some may need to work longer, some may need to work smarter, and some both, and that we, the taxpayers and our legislators have some responsibilities as well.

It is no longer enough to say that a mere willingness to work hard is sufficient in today's economy to earn a living wage or better. If we are going to talk about minimum wages at \$15 we should also talk about expecting everyone to have a high school diploma or equivalent and a workable command of English in order to earn such a minimum rather than it simply be charity from employers who will soon find ways to weed the least qualified out.

No longer are there enough jobs for people with minimal qualifications, no matter how willing, which means that everyone is going to need to get added education or training and keep them current.

Finally, I can't think of anyone earning in the top 40% that I think is only working a 40 hour week.

Thus, having played the role of the little boy who revealed that the Emperor was wearing no clothes and mentioned the implication for those workers are going to have to upgrade their skills and/or work more if they expect to find themselves closer to the top 40%, the taxpayers and legislators also have to face some truths:

First we need to put more money into our community colleges, CSU and University of California and technical schools so that students can get the classes and come out without a mountain of student debt (which is just a way of dumping on the younger generation burdens that we did not have to bear a generation or two earlier), and we should also find ways to ease the burdens of student debt on those who are already carrying it.

Second, we need to re-look the way we look at wage and hour laws. Presently they are predicated on the ideas that 8 hours per day and 40 hours per week are holy writ, that the nature of work is no more complex than a factory of low skilled workers screwing nuts on bolts for 8 hours and going home, that workers are not very intelligent and need to be "protected" from working beyond those limits or making other arrangements and employers should be treated like Simon Legree if they offer a 9th hour or any flexibility. The penalties against any employer who doesn't know the last idea or makes a good faith mistake in calculation or forms are so draconian that the conservative thing to do is err on the side of minimizing any chance of an hourly worker for added income or accommodation and this weighs most heavily against the lowest paid hourly workers and small businesses that do not have the resources to hire attorneys and consultants to outguess the latest ideas of Plaintiffs' lawyers and keep their paperwork perfect. The reality that workers have a stake in more complex compensation situations including flexibility to take advantage of the opportunity to receive tips (such as wait persons) or complete work where the employee shares in the fee from the customer (such as mechanics) or anyone who uses a cell phone or email outside hours.

If everyone is honest about it, we should be able to seriously improve prosperity for those who work for a living as well as everyone else.

--Eric Olson, Sierra Madre

THE FUTURE OF CALIFORNIA'S 50 MILLION RESIDENTS



By Joe Guzzardi

As California heads into high summer in the midst of its fourth year of a punishing drought, the question most residents ask is whether the state has hit the limits of growth. If the answer is yes, then radical lifestyle adjustments must be made.

University of Southern California historian Kevin Starr, who has exhaustively chronicled the fluctuations of the state's fortunes in his multi-volume series "California and the American Dream," is candid in his evaluation. Starr told the Los Angeles Times that Mother Nature didn't intend for 40 million people, today's population, to live in California, and that the culture which has since 1880 continuously invented and reinvented itself is on the brink. California is not, said Starr, about to cease functioning but will have to make major changes in the coming years. Those modifications will have to start soon, and should begin with dramatically reduced water consumption. Some experts predict that the drought could last for decades if not indefinitely.

At jeopardy during the sustained drought is California's economy. California's \$2.2 trillion economy is the world's seventh largest and is, as reported by the Times, more than quadruple 1963's \$520 billion economy, adjusted for inflation. The median household income jumped to an estimated \$61,094 in 2013 from \$44,772 in 1960, also adjusted for inflation.

In what may be California's most daunting challenge, the largest contributor to the state's economy—agriculture—also uses the most water. Approximately 80 percent of California's surface water is allocated to agriculture.

According to the California Department of Finance, California will have 50 million residents by 2050. Today's 40 million Californians struggle to comply with a mandatory and first-ever 25 percent water reduction usage to accommodate its

164,000 square miles of farmland, coastal regions, and cities. Desert cities like Palm Springs have been ordered to cut water usage by 50 percent. Forty million is more than double the 15.7 million people who lived here in 1960, and the state's labor force exploded to 18.9 million in 2013 from 6.4 million people in 1960.

Governor Brown agrees with Professor Starr but isn't as worried. Brown says that if Californians live "more elegantly," the state can easily house 10 million more people. The metaphor Brown likes to use is "Spaceship Earth," where everything is reused. Brown, however, said little about the billions in the dollar costs of planning, engineering and implementing systems that would recycle water.

Californians have taken tiny steps in the right direction. Public utilities pay their customers to replace their lawns with drought-tolerant landscaping. As a result, consumption is down in major cities like Los Angeles and San Francisco compared to the 1980s, a major triumph given that during the elapsed 30 years, California's population has soared, home construction has exploded, and thousands of new businesses have opened.

Optimists like Professor Starr predict that California will, over time, change itself into a state that can cope with the drought and whatever other natural disasters may come its way. After all, Starr reminded Californians, in previous eras the state has run out of electricity, and even money, but always rallied back from the brink.

Pessimists, however, can't envision any practical solution to coping with an additional 10 million people who will put pressure on California's water supply, and its roads, highways, schools, and hospitals. When looking ahead, Californians comfort themselves with the "one day at a time" mantra.

Joe Guzzardi is a Californians for Population Stabilization Senior Writing Fellow whose columns have been syndicated since 1987. Contact him at joeguzzardi@capsweb.org.

LEFT TURN/RIGHT TURN

HOWARD Hays As I See It



"A few months ago I told the American people I did not trade arms for hostages. My heart and my best intentions still tell me that's true, but the facts and the evidence tell me it is not . . . what began as a strategic opening to Iran deteriorated, in its implementation, into trading arms for hostages."

- President Ronald

Reagan on Iran-Contra, March 1987

Reagan wasn't referring to the 52 hostages taken at the U.S. Embassy in Tehran, but to seven Americans held years later by alleged Iranian proxies in Lebanon.

As for those hostages held earlier in Iran, candidate Reagan made clear what his approach would have been in securing their freedom. As reported by the Washington Post in September 1980, "Republican presidential nominee Ronald Reagan said last night that the United States should agree to virtually all the new demands of Iran's Ayatollah Ruhollah Khomeini in return for the prompt release of the American hostages." Reagan dealt with his own hostage crises after the retreat following the 1983 bombing of our Marine barracks in Beirut, with 241 Americans lives lost. Perhaps he sensed some "strategic opening" in shipping HAWK and TOW missiles to Iran.

President Clinton declared Iran a "state sponsor of terrorism", tightening oil and trade restrictions. But with the election of reformist Mohammad Khatami as Iran's president, he acknowledged CIA involvement in the 1953 assassination of their President Mossadegh and the harm caused by our support of the Shah. Ayatollah Khomeini insisted we lift trade restrictions, withdraw support for Israel and stop accusing his country of seeking nuclear weapons. While considering the trade restrictions, Clinton wouldn't budge on the latter two. Still, it looked like relations were improving. An indication of this improvement came nine months into the presidency of George W. Bush when, after 9/11, Iranians gathered for a candlelight vigil in Tehran's Mohseni Square in a moving expression of condolence. President Khatami released a statement "On behalf of the Iranian people and the Islamic Republic" to "express my deep sorrow and sympathy with the American people." Bush then lumped Iran in with Iraq and North Korea in his "Axis of Evil". Iranians turned to the mullahs, and the mullahs turned to Mahmoud Ahmadinejad.

As later with President Obama, Bush's policy focused on preventing Iran from acquiring nuclear weapons. Talks began, but Bush heeded the advice that "no deal is better than a bad deal", and to "walk away from the table" if demands aren't met. Bush demanded "zero-enrichment" of uranium. Iran refused, and the Bush team walked away. As a result, the number of Iran's uranium-enriching centrifuges grew from 164 at the time talks began under Bush to some 19,000 today.

With the release of this latest agreement with

Iran, Rep. Adam Schiff (D-CA) said although he had "concerns", he hesitated saying more because he hadn't yet gotten through the entire document. In wanting to first make sure he knew what he was talking about, Rep. Schiff stood in marked contrast to those contenders for the GOP presidential nomination with no hesitancy in rushing to the media to expose their cluelessness.

The deal extends Iran's break-out time for nuclear weapons from a couple of months today to over a decade. Sanctions would be lifted and assets unfrozen, but with provisions to re-impose them within 65 days of a violation. Iran's uranium would be limited to 3.67% enrichment (okay for a light water reactor; the standard for weapons-grade is at least 80% enrichment.) Inspection provisions extend for 25 years, encompassing both nuclear and military facilities, as well as the supply-chain of materials into and out of the country. Iran's barred from conventional weapons markets for five years; ballistic missiles for eight.

With new technology developed over the past years, arms control experts assess the deal's verification safeguards as better-than-expected. Nicholas Burns, undersecretary of state in the Bush Administration who helped put together the original sanctions, pointed out how the deal would also "diminish" the likelihood of Sunni states like Saudi Arabia developing nuclear arms programs of their own.

But - no matter. Sen. Marco Rubio (R-FL) didn't just comment without taking time to read the agreement, he already had a TV spot set to air showing the ultimate outcome of the deal as a mushroom cloud. Gov. Scott Walker (R-WI) promised to "revoke" the agreement on "day 1" of his presidency, and implement "crippling" sanctions. Left unexplained was how the other parties (China, Russia, France, Germany, the U.K.), who themselves spent years working towards this agreement, might regard such an action - or how sanctions would be "crippling" when those other parties go ahead and lift them anyway.

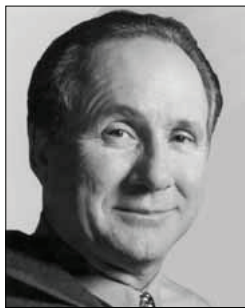
An answer was suggested by Sen. Lindsey Graham (R-SC) in an NPR interview. His alternative was to impose sanctions forcing Iran to give up all nuclear activity - and if they didn't, we'd take care of it militarily. He was asked what if allies like France and Germany decided to lift sanctions on their own. The senator's response was that we would then cease all trade with France and Germany. When reminded we'd need these allies in any military action against Iran, the answer was that we'd take on Iran by ourselves. (Among GOP candidates, Sen. Graham is regarded as the most astute in foreign affairs.)

In his press conference Wednesday, President Obama said, "My hope is that everyone in Congress also evaluates this agreement based on the facts -- not on politics, not on posturing, not on the fact that this is a deal I bring to Congress as opposed to a Republican president, not based on lobbying, but based on what's in the national interest of the United States of America."

Gov. Rick Perry (R-TX) responded that the president was "very naïve". I'll take issue with that characterization of the president as "naïve". After all, he said it was his "hope" - not necessarily his expectation.

MICHAEL Reagan Making Sense

DONALD TRUMP, FAKE CONSERVATIVE



Donald Trump has jumped to the top of the national polls for the Republican Party's presidential nomination.

It's an embarrassing moment for the GOP, the country and the planet.

But everyone knows America's richest celebrity businessman will never become the Republican candidate, much less president of the U.S.

Unfortunately for the GOP's future, however, the billionaire blowhard is not going to fade away in a week or two like Herman Cain or Michele Bachmann did in 2012.

Whether he's really worth \$10 billion, as Trump claims, or just a few billion, he has more than enough money, ego and media pull to keep him in the race all the way until Election Day.

With an ego bigger than America, Trump could pull another Ross Perot and put another Clinton in the White House.

Meantime, Candidate Trump has been a running political joke for weeks.

Underneath his criticism of America's weak and stupid leaders and his boasting about his being able to make better trade deals with foreign countries than anyone else, he really has just one issue - immigration.

An issue which he blew badly.

In trying to explain his crude position on that politically complex subject, he managed to offend every Latino in the hemisphere by implying that illegal immigrants from Mexico are mostly murderers and rapists.

As for Trump's positions on other issues important to conservatives and the future of America, they remain a total mystery.

The media won't ask, and he won't tell.

Is he pro life or pro choice?

Is he for national health care or against it?

How exactly does he plan to create all those new good jobs for Americans?

Is he going to raise taxes on the rich? Flatter taxes or fairer taxes?

What would he do to fix the education problem?

If indeed immigration is his signature issue, how is he going to stop or control it? And what's he going to do about the 12 million illegals already here?

Maybe Candidate Trump filled in Ted Cruz on where he stood on these issues the other day when Cruz made a friendly visit to Trump in his Tower.

But other conservatives need to find out if Trump is really a Republican.

He sure doesn't act like one. He's already broken Ronald Reagan's 11th Commandment - never speak ill of another Republican - dozens of times. (Trump's 12th Commandment is "Speak ill of everybody.")

So before any more conservatives jump on the Trump bandwagon, wouldn't it be better to find out where he stands?

We only get sound bites from Trump's events. But no one in the liberal media is in a big hurry to go deeper on him and his views.

They aren't going to dig deep into his "colorful" personal or business history in an attempt to discredit him or prove, as some people say, that he's not even as conservative as Bill Clinton.

If the media did some excavating, they might be surprised by Trump's answers. They might find that he doesn't say the same thing to conservatives in private as he when he bloviates in front of crowds and cameras.

What, for instance, did Candidate Trump say in private when he talked to the Friends of Abe, the support and networking group actor Gary Sinise started for about 2,000 political conservatives working in Hollywood?

Were the FOA's elite members put off by him? Did they embrace him? Who knows?

No one in the mainstream news media seems too eager to expose Trump for the conservative fake he really is.

They treasure him for his celebrity and his entertainment value and don't want to spoil the show.

But the liberal media treasure Trump even more because he spends so much time helping them discredit the Republican Party and conservatism.

Michael Reagan is the son of President Ronald Reagan, a political consultant, and the author of "The New Reagan Revolution" (St. Martin's Press). He is the founder of the email service reagan.com and president of The Reagan Legacy Foundation. Visit his websites at www.reagan.com and www.michaelereagan.com. Send comments to Reagan@caglecartoons.com. Follow @reaganworld on Twitter.



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(626) 507-3029 | Luther@Tsinoglou.com | www.tsinoglou.com



Wondering what your home is worth? Call us today for a **Free Market Evaluation!**

791 Lomora Avenue, Pasadena



Charming 2BR/1BA home on a lovely tree-lined street Living room, with hardwood floors and brick fireplace. Detached 2-car garage, ample storage!

1186 N. Chester Avenue, Pasadena



3BR/1BA. First time on the market in 40+ years! Charming home on a quiet, street in historic Bungalow Heaven. 1,048 sf home on a 8,258 sf lot.

602 Atchison Street, Pasadena



2BR/1BA. Needs TLC! Offers an eat-in kitchen, spacious living room with fireplace & 1-car garage with washer/dryer hook-ups. Probate Sale.

3139 Doolittle Avenue, Arcadia



4BR/2BA. Privacy, Privacy, Privacy! 1,365 sf. home w/updated Kitchen, family room w/fireplace, central air/heat, automatic Gate & attached 2-car garage.

81 Victoria Lane, Sierra Madre



2BR/1BA. Spacious home blocks from quaint downtown Sierra Madre w/bonus room/home office, open kitchen, washer/dryer, 1 on-site parking space and a storage shed.

156 E. Highland Avenue, Sierra Madre



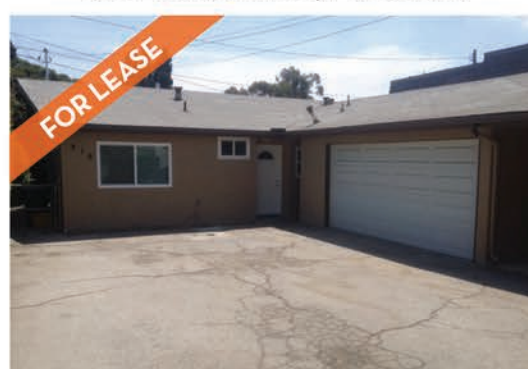
2BR/2BA. Spacious, updated home minutes from heart of Sierra Madre offering a custom kitchen, living room w/fireplace, a den, dining area & attached 1-car garage.

194 Santa Anita Court, Sierra Madre



2BR/1BA. Spacious home near downtown Sierra Madre w/spacious family room & eat-in kitchen. Main home on property, with 2 rental units at the rear of the property.

416 Lola Avenue, Pasadena



3BR/1.25BA. Updated rear home measuring 1,200 sf, updated w/new floors, windows, paint, doors, central air/heat. Attached 2-car garage & private yard.

This Market is **HOT !!!** Now is a Great time to **SELL!!**



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THE WEBB-MARTIN GROUP

Eileen Benson
Representing Addresses
of Distinction



REALTOR®
626.278.0187

168 E Sierra Madre Blvd.,
Sierra Madre



SALE PENDING

Modern Elegantly Designed and Landscaped with mountain and tree top views. 1922/1995 | 3Bd 2Ba | 2129 sq ft|6321 sq ft lot. Stunning, Must See, Fantastically Beautiful



Happy Independence Day!



**CALL ME for Details on how My Marketing
Plan can help SELL your house**

Call Eileen
626.278.0187

Check out the video tour of Sierra Madre:
www.cityofsierramadre.com

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