

The Very Best Of Sierra Madre.....

RESIDENTS FILL THE BOOT FOR SMVFD CHRIS MORRISON AND FAMILY

One of the unique characteristics of the Village of Sierra Madre is its ability to come together as a community when needed. Earlier this week, the plight of one of our volunteer firefighters was posted on social media and within a matter of days more than \$20,000 was raised to help the family of Chris Morrison.

Having lived in Sierra Madre for 39 years, "Chris Morrison has always epitomized what it meant to be part of this community. A volunteer firefighter, engineer and Captain with Sierra Madre Fire Department for over 20 years, Chris and his family have served their neighbors selflessly. Now, they need our help" said the call to action.

Chris has been diagnosed with an incredibly aggressive stage IV esophageal cancer which has moved into his lungs and has caused multiple tumors in vital organs. Chris is a valiant fighter and his wife Lori and daughter Claire have been right there by his side struggling with the symptoms of this horrible terminal disease. Chris is fighting with everything he has. For over nine months, Chris battled and endured multiple surgeries and issues.

Chris has been an inspiration in our community and someone who was there whenever someone needed his help. It's time for all of us to return the favor.

To help he and his family, the SMVFD and friends have launched an aggressive fundraising campaign. You can show your appreciation for his efforts and help the family weather this storm



Firefighters will be on hand this weekend to receive donations for the Morrison family.

by making a donation today.

Members of the SMVFD and friends of the family will be at the corner of Sierra Madre Blvd. on Saturday and Sunday with 'boots' that need to be filled with monetary donations. And, for those who cannot make it into town this weekend, you can make a donation online by going to: <http://www.gofundme.com/chris Morrison>.

There is no better way to say thanks to Chris for his service to Sierra Madre than to offer a helping hand in his time of need.

S. Henderson/MVNews

CARJACKERS STRIKE IN SIERRA MADRE

Criminals Attempt Robbery and Carjacking on Sierra Madre Blvd.

Sierra Madre, Ca - On Friday July 21, 2015 at 8:15 PM a Pasadena resident was traveling to a friend's home in Sierra Madre when he was confronted by armed suspects. The victim was traveling eastbound on Sierra Madre Blvd from Michillinda when he noticed a dark colored sedan tail gating him. As the victim stopped for the stop sign at Sunnyside Ave. the suspect vehicle pulled up on the left side of the victim's vehicle.

The victim looked over and noticed that there were four occupants in the vehicle. At first he thought it may have been some type of road rage issue but then noticed that the male in the right rear of the vehicle was exiting the vehicle with a handgun in his hand. The suspect opened the driver's door of the victim vehicle and told the victim to give him his property and car. The victim fearing for his safety accelerated away from the area forcing the suspects to retreat. The suspects were last seen making a u-turn and fleeing westbound on Sierra Madre Blvd.

The suspect vehicle is a dark colored 4-door sedan, unknown make or model. It was occupied by a Caucasian female approximately 18 to 20 years old with brown hair, who was sitting in the right front seat. The armed suspect, who was sitting in the right rear seat, was described as a Caucasian male, short brown hair, approximately 20-25 years old, 5' 10" tall, wearing a blue or turquoise colored polo shirt. The weapon was described as a black semi-automatic handgun. There was no description on the driver or left rear passenger in the vehicle.

Director of Public Safety, Chief Larry Giannone, stated "we are fortunate the no one was hurt in this incident and that the victim as able to retreat in a safe manner without the loss of any of his property". Chief Giannone also reminds members of the community that it is a good safety measure to keep your vehicle doors locked while driving. Anyone that may have witnessed this incident or has any additional information are urged to contact the Sierra Madre Police Department at 626 355-1414.

DROUGHT CONDITIONS CONTINUE TO THREATEN WATER SUPPLY

The City would like to remind its residents that the drought continues to affect Sierra Madre's water supply. The State has set a goal for the City to reduce water use by 32% over 2012-2013 water consumption. While meeting that goal is critical, it remains one of the City's highest priorities to return to the use of its high quality local water. Until those goals are reached, it is important that everyone in the community do their part to reduce water consumption. Many of the City's water customers have taken this message to heart and have done a great job of conserving. To encourage further conservation, the City started assessing penalties to those not meeting conservation goals and issuing citations for illegal irrigation practices.

TAKE THE PLEDGE AND REDUCE WATER USE...GET A FREE LAWN SIGN!

Have you done all you can to conserve water? The City has launched a new campaign to help remind everyone that this drought is no joke.



If you go to the city's website (in conjunction with the San Gabriel Valley Municipal Water District): http://www.sgvnmwd.org/water_pledge/sierra_madre_pledge.htm.

"Taking the Pledge" is easy. Just submit your contact information. As thanks for your commitment, we'll provide an educational lawn sign for your home or place of employment. Please display it proudly!"

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ATTEMPTED SUICIDE AND SMALL FIRE CLOSES LOCAL PARK & TRAIL AREA

At 09:16 hrs. Sierra Madre Police Department received a 9-1-1 call of a possible brush fire at Bailey Canyon Park in the 400 Blk of West Carter Avenue.

Police and Fire Personnel responded to the location and located a 5x5 spot fire under a tall pine tree. Officers also observed a male adult with a noose around his neck hanging from a tree branch. Fire personnel quickly extinguished the fire and then

started life saving efforts on the male.

Director of Public Safety, Chief Larry Giannone, stated "our Fire Department personnel were excellent in trying to save this individual's life. They were able to restore a pulse, continue CPR, and get him transported to a local hospital."

Jeffery Taillach, a 54 year Sierra Madre resident

is currently being treated at Arcadia Methodist Hospital. His current condition is unknown.

Bailey Canyon Park and the trail that leads to Mount Wilson will remain closed for the duration of the investigation. Anyone that may have witnessed this incident or has any additional information are urged to contact the Sierra Madre Police Department at 626-355-1414.

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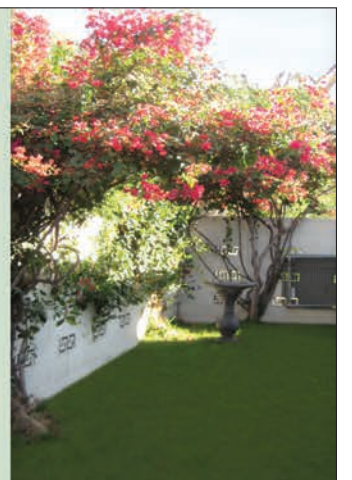
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Weather Wise

6-Day Forecast

Sierra Madre, Ca.

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

Forecasts courtesy of the National Weather Service

CITY OF SIERRA MADRE
CALENDAR OF EVENTS

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

NEXT REGULAR CITY COUNCIL MEETING:
Tuesday, September 8, 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

September 8, 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

Thursday, August 6th, 2015, 7:00 pm
Planning Commission Meeting

Monday, August 17th, 2015, 6:00 pm
Police Services Proposal Review Committee Meeting

Thursday, August 20th, 2015, 7:00 pm
Planning Commission Meeting

Tuesday, September 8th, 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



THE SIERRA MADRE KIWANIS CLUB

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



9 Kersting Court Sierra Madre, Ca. 91024
626-355-1180

EXTRAORDINARY
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ARRANGEMENTS

Rotary Club of Sierra Madre

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The Park Hart House,
222 W. Sierra Madre Bl.,
Sierra Madre, CA 91024,
Tuesdays, 7-8:30 a.m.

We have dynamic speakers each week.
For more info go to Facebook or Meetup

SUMMER NEWS FROM THE
SIERRA MADRE PUBLIC LIBRARY

Join your friends and neighbors for free family fun in the air-conditioned Sierra Madre Public Library. "Read to the Rhythm" is the theme of this year's Summer Reading Program.

Summer Reading Program Events

Saturday, August 1, 4:00 pm
Joseph Spolestra, classical guitar. Adults are invited to enjoy an hour of relaxing music.

Tuesday, August 4, 3:00 pm
Teen History Docent Tour "Our Museums" at the Richardson House Museum.

Saturday, August 8 10:00 am
Tiny Tea Party. Children, dress up and bring your favorite doll to the Tiny Tea Party. Enjoy doll-sized games and treats.

Saturday, August 8, 11:00 am
Teen History Docent Tour "Surprise Me" at the Library.

Sunday, August 9, 6:00 pm Gem City Jazz Cats Big Band Concert in the Park sponsored by the Friends and Kiwanis.

Monday, August 10, 10:00 am
Enjoy a Back-to-School Storytime Bonanza, as the entire library is filled with activities to help students get a great start on the school year.

Thursday, August 20, 11:00 am
Third Thursday Book Club. Bring and discuss your favorite book with a musical theme.

Join the Summer Reading Program

There's still time to join the 686 other adult, teen and children members of the Summer Reading Program and win prizes. Signups are open until the last day of Summer Reading on Monday, August 10. Thanks to our sponsors - Friends of the Library, Sierra Madre Volunteer Firefighters, Kiwanis Club, and the Woman's Club.

Friends of the Library Best Used Book Sale

Find bargains on great books at the Friends Book Sale on Friday, August 7 from 3:00 to 7:00 pm and Saturday, August 8 from 10:00 am to 2:00 pm.

Library Board of Trustees

The meeting of the Trustees normally scheduled for Wednesday, August 26 has been cancelled. The next Trustee meeting will be on Wednesday, September 23 at 7 pm in the City Council chambers.

Applications are being accepted to fill a vacancy on the Library Board of Trustees and are available on the website here: <http://cityofsierramadre.com/city-officials/commissions-board-committees>

New Library Catalog

The Library will launch a new and improved catalog in late August. Among new features are easier searching and access to e-books, ability to renew DVDs, notices by text or email, and soon to come, payment by credit card!

Read, Discover, Connect @ Sierra Madre Public Library, 440 W. Sierra Madre Blvd., Sierra Madre, CA 91024, (626) 355-7186, <http://cityofsierramadre.com/services/library>

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.ymcala.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, CA 91024
626-606-3600
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Sierra Madre



COMMUNITY EMERGENCY RESPONSE TEAM

WHEN:
August 2015
Saturday 15th 8:00-5:30
Tuesday 18th 6:30-9:30
Wednesday 19th 6:30-9:30
Thursday 20th 6:30-9:30
Saturday 22nd 8:00-3:30

WHERE:
Youth Activity Center
611 E Sierra Madre Blvd
Sierra Madre, CA 91024

WHAT:
• Classes are FREE!
• You must be 18 or older
• You must attend all five sessions to receive a certificate of completion (missed sessions can be made up at any other CERT training course)
• Bring a lunch or plan on eating out on the first Saturday session

WHO:
The Sierra Madre Community Emergency Response Team gives critical support to first responders, provides immediate assistance to victims, and organizes spontaneous volunteers at a disaster site. CERT members also help with non-emergency projects that help improve the safety of the community.

Sierra Madre CERT
PO Box 816
Sierra Madre, CA 91025
(626) 470-7426
info@sierramadrecert.org
501(c)(3) tax-deductible
donations welcome

ARE YOU PREPARED
FOR A DISASTER?

Did you know that when "The Big One" hits it is likely that your city's emergency services will be overwhelmed?

You may be on your own for weeks!
Learn what you need to do to protect yourself, your family & your neighbors

FREE EMERGENCY PREPAREDNESS TRAINING
Sierra Madre needs you to attend this comprehensive certified training course where you will learn how to be part of the solution and not another victim!

COURSE CURRICULUM COVERS

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Fire Safety & Fire Extinguisher Training
Planning & Organization
Terrorism Prevention
Search & Rescue Techniques
Disaster Preparedness & Psychology

**** FREE CERT Backpack with Supplies ****

Remember, you may be the only person available to help your family and friends

TO REGISTER FOR CERT TRAINING

E-mail: info@SierraMadreCERT.org
Phone: (626) 470-7426

Online: SierraMadreEmergency.org/register
Register today! Class space is limited!



SIERRA MADRE

Sierra Madre

Arcadia

Pasadena

Altadena

Monrovia

REMEMBRANCE RUTH ELEANOR (YOUNG) KING

Ruth Eleanor King passed away July 20, 2015 of heart failure. She resided in Sierra Madre for over 50 years.

Ruth was born January 5, 1931, in Carbondale, IL, the elder daughter of Otis Bigelow and Olive Eleanor Young, professors at Southern Illinois University, from which she graduated with a bachelor's degree in Art History.

She is survived by her husband, Russell W. King, whom she married in 1951. They have five children, Rebecca Floyd, Steven King, Suzanne Hammersmith, Leslie McLeod and Carol LaCorte, along with eleven grandchildren.

Known for her warmth, beauty, graciousness and love, Ruth's greatest joy and legacy was her family. She was also an accomplished artist, both in oil painting and sculpting. She was a member of Church of the Good Shepherd in Arcadia and was a supporter of the Sierra Madre Playhouse, the Humane Society and her alma mater.

A private service was held at Rose Hills
SIERRA MADRE POLICE BLOTTER

During the week of Sunday, July 19th, to Sunday, July 26th, the Sierra Madre Police Department responded to approximately 282 calls for service.

Tuesday, July 21st

At 10:23 am, Sierra Madre Police responded to the 200 block of South Canon Avenue regarding a grand theft report. Upon arrival the victim informed Officers that he parked his truck in front of the residence and walked inside to meet with the residence, while leaving some property unsecured in the bed of the truck. The victim stated that he was only inside the residence for no more than ten minutes and when he came back out, he realized his property was missing. Officers canvased the area for any witnesses and came across a nearby resident who stated he was working in his front yard when he observed a large brown SUV occupied by two male Hispanics stop near the victim's truck. The passenger then exited the SUV and walked over to the victim's truck and removed the property and placed it in the SUV. No further information or suspect descriptions were provided. This case has been forwarded to the Detective Bureau.

Thursday, July 23rd

At 12:57 pm, Sierra Madre Police responded to the 500 block of Woodland Drive regarding an auto-burglary that had just occurred. The vehicle was being followed by the witnesses. Officers arrived in the area and were able to apprehend the suspects without incident.

SIERRA MADRE ART (SMART)

Calling all Sierra Madre shutterbugs and iPhone users! We need your help!

The Sierra Madre Community Services Commission is collecting photos of local Sierra Madre Art (SMART) around town.

Now through Labor Day weekend while walking around town, if you spot some SMART, snap a photo and email it to us at communityservices@cityofsierramadre.com telling us where the photo was taken, or post it on Facebook and

The City will be using selected images to create the SMARTs database and catalog local Sierra Madre Public Art for others to enjoy. This includes sculptures, gardens, paintings, murals, stain glass, iron work, tiles – art in all shapes and sizes. If you know of hidden treasures in Sierra Madre, we want to know!

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.

Walking Sierra Madre...The Social Side

by Deanne Davis

"There's no better feeling in the world than a warm pizza box on your lap." Kevin James

"Your little chefs will have a blast earning their Pizza Diplomas! After they decorate their aprons and chef's hats, we'll teach them how to flip dough and decorate their own personal pizzas. Once they've worked up an appetite, they can take their seats for pizza and desserts!" (The Kid's Pizza Cooking Class for Birthday Parties)

Now I ask you, doesn't that sound like a great party? Having just attended a birthday party at Chuck-E-Cheese, where the noise level is...well, it's pretty intense...this party where your little birthday person and their guests can get up close and personal with their pizza sounds simply divine. Where is this, you're wondering? It's Village Pizza, conveniently located at 41 North Baldwin, or Villaggio Pizzeria to use the Italian version.

Village owner, Jinah Yang, took me out to the party patio, charmingly decorated with murals of a Venice canal, gondola and handsome gondolier. That romantic O sole mio feeling settled over me just like a balmy evening in Venice. Well, we haven't actually experienced a balmy evening in Venice, but, hey, I can use my imagination. Jinah said they have special tablecloths, balloons, games, TV and parents can bring along a piñata if they want one. Think Top Chef Pizza!

Jinah is really excited about her pizza making birthday parties. She's had at least 25 of them since last October and word is spreading. The Kid's Pizza Class includes chef's aprons and hats, decorating supplies, the pizza diploma, of course, a personal pizza with two toppings, a Nutella dessert pizza and pitchers of fountain soda. It's just \$15/child, 10 person minimum, and let's face it, you can't put on a home party for that and then there's the horrendous cleanup! Jinah described one exceptionally artistic little guy who wanted to create a pizza mountain and did exactly that with cheese, cheese and more cheese! He loved and devoured every bite of his creation! She's had very successful parties with birthday people as young as 5 up to about 14.

Originally from South Korea, Jinah and her family immigrated to the United States when she was ten. She's owned Villaggio Pizzeria for the last ten years and fell in love with Sierra Madre the first time she drove up Baldwin. "It's so cozy, like an extra vacation kind of place." Her husband, Sean, is a CPA and the Jangs have three grown children. She employs all local young people and prides herself on her gourmet pizza. There's also a catering menu which includes lasagna, several pastas and salads, buffalo wings and hot or cold sandwich baskets.

The day I stopped in to chat a young woman and her daughter were enjoying a late lunch. She had one of the best looking salads I've seen in a while...Antipasto



with mixed greens, assorted Italian meats, Provolone cheese, olives, tomatoes, red onions, pepperoncini; and they were sharing a small pizza. I'm pretty sure it was the Olive Tapenade with roasted tomatoes, pine nuts, mozzarella, romano and olive tapenade. Or it could have been the Caprese with cherry tomatoes, baby balls of fresh milk mozzarella, fresh basil chiffonade, pesto sauce and fresh basil. Or maybe the House Specialty with artichoke hearts and sun-dried tomatoes on a whole wheat crust. After Jinah handed me a menu I needed to take home The Village Works pizza with pepperoni, sausage, Canadian bacon, mushrooms, onions, green peppers, olives, extra cheese. Village has traditional pizza, California pizza and New York pizza so they've got your favorite, no matter what it is.

If you haven't been in to Village Pizza lately, you need to go! And they deliver, too! Check out their website for hours, delivery times, specials and menus. www.villaggiopizzeria.com

If you've got a birthday coming up, give Jinah a call and get yourself on the schedule. Reservations required for parties, of course. 626-355-8817. How about Chipotle Pizza?

Vegetarian? Roasted Veggie? Hungry yet?

My book page: Amazon.com: Deanne Davis

Blog: www.authordeanne.com

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

An excellent wedding gift, by the way!

SIERRA MADRE'S NATIONAL NIGHT OUT

*Hosted by the Sierra Madre Police Department
August 4th, 2015 from 6pm - 8pm at Sierra Madre Memorial Park*

Come out and meet with Sierra Madre's finest Police Officers, Firefighters, EMTs, Paramedics and the Search & Rescue Team.

There will be bounce houses, activities, food trucks and music as well as local vendors and businesses!

Boys and Girls remember to dress up as your favorite crime-fighter or hero for a chance at winning a special prize.



AUGUST 4TH 6PM-8PM

222 W. SIERRA MADRE BLVD.

This year's event will again be center stage to highlight our community solidarity in the fight against crime!

Come meet with Sierra Madre's finest Police Officers, Firefighters, EMTs, Paramedics, and Search & Rescue Team!

ENJOY JUMPER HOUSES, ACTIVITIES, FOOD TRUCKS AND MUSIC!

Enjoy local vendors and businesses!

Boys and Girls: Dress up as your favorite crime-fighter or hero and earn a chance to win a prize!

For more information or business inquiries, please contact CSO Lozano at elozano@cityofsierramadre.com or call 626.355.1414



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



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

Deadliest Catch Producer Found Dead



McMahon

Update, police now say Brandon Rafiepour of Brentwood, wanted as a suspect in the case was found dead inside his car July 24 from a self-inflicted gunshot.

Police last week identified a man, shot dead July 24, as 24-year-old Joseph McMahon, a former associate producer on Discovery Channel's Deadliest Catch.

According to police, Temple Station deputies responded to the 3600 block of Yorkshire Road, in East Pasadena, at 2:19 a.m. regarding a possible gunshot victim. When deputies arrived, they found McMahon lying on the street suffering from multiple gunshot wounds.

The County of Los Angeles of Medical Examiner Coroner later identified McMahon.

According to reports, family members said McMahon went outside after hearing a noise to investigate. Witnesses said they heard seven to eight gunshots.

Police said they found, Brandon Rafiepour, a suspect in case, inside his car on Kenter Ave. near Brentwood, later that day around 4 p.m.

"Our thoughts and prayers go out to his family and to all that knew and worked with him," the Discovery Channel said in a statement.

Police said the investigation is still on-going. Anyone with information can contact the Los Angeles County Sheriff's Department's Homicide Bureau at (323) 890-5500. Or provide information anonymously, at (800) 222-TIPS (8477).

Pet of the Week



Tofu (A380991) is a sweet eight-year-old Chihuahua and Parson Jack Russell Terrier mix. He is calm, affectionate, easy going senior who loves sitting in laps and and going for walks. Tofu has been out on our mobile unit and was loved by all! Tofu also qualifies for our Seniors for Seniors program which waives the adoption fee for adopters age 60 and up. The mandatory microchip fee of \$20 still applies. Tofu's regular adoption fee is \$125, including the spay surgery, microchip and a set of vaccines.

The regular dog adoption fee is \$125 which includes the spay or neuter surgery, microchip, vaccinations, and a free follow-up health check at a participating vet.

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

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

La Loma Bridge Closes for Retrofit



By Dean Lee

West Pasadena residents near the La Loma Bridge will now have to find another way around it, as the iconic 100-year-old structure close Monday for the next 18 months as part of a \$16 million seismic retrofit and rehabilitation project.

"This bridge closure is definitely a very positive event in terms of what's going to happen here," Councilmember Steve Madison said during a groundbreaking ceremony last week. "Obviously it's going to be a little bit of discomfort for us for these months going forward... but we are trying to mitigate that best we can."

Interim Pasadena Public Works Director, Julie Gutierrez said improvements include

replacement and widening of the bridge deck, retrofit of the arches and columns, strengthening, removal of the galvanized railing and replacing the light polls with historic railing and streetlights. She said they also plan relocating utilities such as the water lines.

Madison said most of the funding comes from grants and the Department of Transportation.

City staff said during construction traffic will be detoured to other bridges across the Arroyo Seco. Residents will be able to cross using the Colorado Boulevard Bridge to access areas, and will be able to use the San Rafael Bridge to access areas south.

Gutierrez said there will be a

temporary tunnel underneath the bridge for those jogging or walking the trail, "but only on

Councilmember Steve Madison (left) and director of Pasadena Heritage, Sue Mossman (far right) along with city staff pose during a groundbreaking Wednesday for the La Loma Bridge \$16 million retrofit. Photo, D. Lee/ MVNews.

the east side, all access on top of the bridge will be closed," she said.

Gutierrez said they anticipate the bridge opening back up December of 2016.

ARTS Bus Service Changes

Starting August 3, the city's ARTS buses will see service changes on all routes including, revised schedules with minor adjustments to further improve efficiency and on time arrival of buses Route 31/32; Increased midday frequency between 9:30 a.m. & 2:30 p.m. to approximately every 22 minutes Route 20 Clockwise and additional weekday service between 3 p.m. and 4 p.m. along Arroyo Parkway and Fair Oaks. For a complete list of revised schedules visit: cityofpasadena.net/Transportation/ServiceChange2015.aspx.

Free Mulch Program

New Mulch Pickup Location

This week the Mulch Give-Away program will be expanded to include Robinson Park.

Dates for the Robinson Park program are, August 28, September 25, and October 23, 2015.

Robinson Park is located at 1081 North Fair Oaks Ave and the mulch program will be located in the park's southern parking lot.

Residents will have access to mulch during park hours which are 6 a.m. through 10 p.m. while supplies last.

Mulch Pickup Location New loads of mulch will be delivered once per month on the follow days, August 14, September 11 and October 9.

The mulch will be available from 6:00 a.m. to 10:00 p.m. at Victory Park, 2575 Paloma Street and located in the southeast corner of the parking lot adjacent to Paloma Street.

Mulch Benefits Moderates the soil temperature and retains moisture during dry weather, reducing the need for watering.

Prevents germination of many weed seeds & reduces need for herbicides.

Protects the soil from the impact of raindrops that can cause crusting and prevents the germination of seedlings.

OFFICIALS PREVIOUSLY DISCUSSED CITY TREE DANGERS DURING DROUGHT

By Dean Lee

Although the official cause behind why a 70-foot pine tree uprooted Tuesday — injuring eight children in front of KidSpace Museum— is expected to be released this week, officials working on the city's Urban Forest Management Plan said, during a meeting last month that the city was looking at the dangers of trees during prolonged drought.

Last week, the city hired a private, independent arborist to inspect the large pine tree to help determine why the tree fell in Brookside Park July 28.

City officials said the tree fell at about 4:45 p.m., striking a group of elementary school-aged children who were outside the museum. Six children were treated at the scene and released to their parents, while two others were transported to LA County-USC Medical Center. A third child was reportedly taken to the same hospital by relatives and was later released.

"On behalf of the city, I want to extend our thoughts and prayers to the injured children, especially those still hospitalized, and their families. We are praying for their full recovery," Pasadena Mayor Terry Tornek said in a statement. "Our public spaces, especially the Arroyo, are unique and draw thousands of visitors each day, so it is a priority for the city to maintain

both the beauty and safety of our parks and open spaces for all to enjoy."

The city's certified arborist with the Department of Public Works conducted a preliminary assessment of the downed tree Wednesday but did not find any conclusive reasons for its fall, so they hired outside help, they said.

The city conducts regular maintenance and care for all of the city trees. The city has continued to maintain the grass, trees and vegetation in all city parks during the drought they added.

Representatives from the environmental and engineering consulting firm, Dudek along with Darya Barar, an arborist for the city said at a meeting July 1, that drought is associated with tree issues such as, spreading fires, insect infestation and falling trees.

Barar said the city council had just approved a plan for all the city park trees. They both said the city should take up the issue of watering all older city owed trees sometime she said they do not do with trees older than three years.

Pasadena has an "urban forest" of about 60,000 city-owned trees in parks, open spaces, along city streets and at public buildings according to city staff.

At press time, 2 of the children that were hit by the tree remain in the hospital



Firefighters help kids after tree falls, photo courtesy Pasadena Fire

Mann to Step Down As PCC Trustee

Longtime Pasadena City College Trustee, Dr. Jeanette Mann, announced last week that she will not seek another term for the upcoming November 3 elections. Mann has been on the board 32 years representing East Pasadena and Sierra Madre.

The filing period for the November 3 election ends



August 7, Former Pasadena Unified School District board member Tom Selinske and USC adjunct professor Jim Osterling have both announced they will run for the seat.

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.

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. 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.

Pinocle - Tuesdays and

Thursdays, Aug. 4 to 27, at noon. Everyone is invited to play one of the most popular card games in North America. Join other players at all levels and make new friends. For more information call 626-584-0413.

Concerts in Memorial Park - Tuesdays, Aug. 4 to 27, from 6 to 7 p.m. The band shell at Memorial Park, adjacent to the Pasadena Senior Center, will be hopping with entertainment this month! Aug. 4: Billy and the Hillbillies. Aug. 11: Inca, the Peruvian Ensemble. Aug. 18: Lisa Haley and the Zydecats. Aug. 25: Alan Chapman's Movie Music Magic. Bring a picnic or purchase dinner at the BBQ snack bar. Everyone of all ages is welcome.

Hearing Issues: Loss and Technology - Thursday, Aug. 6, at 10 a.m. Learn about your ears and hearing, hearing loss and hearing aids, the latest breakthroughs and how current technologies can help you. Presented by the HEAR Center.

Friday Movie Matinees -- Fridays, Aug. 7, 14 and 21, at 1 p.m. - Aug. 7: Timbuktu (2015, PG-13) starring Ibrahim Ahmed aka Pino and Layla Walet Mohamed (with English subtitles). Aug. 14: The Dirty Dozen (1967, NR) starring Lee Marvin and Charles Bronson. Aug. 21: Noah (2014, PG-13) starring Russell Crowe and Emma Watson.

ARCADIA

Sierra Madre

Arcadia

Pasadena

Altadena

Monrovia

TEEN'S NIGHT OUT

Friday, August 7th – 5-10pm
Arcadia Community Center!



Come down and join Arcadia Recreation Department's staff for an indoor game night at the Arcadia Community Center, 365 Campus Drive in Arcadia from 5-10pm. The fee is \$8 per person and includes pizza dinner. Dinner is served at 7pm, so make sure to be there early! Participants will enjoy activities such as basketball, dodge ball, movie nights, raffles, tournaments and more! Advance registration is required. No registration will be taken on site. Teen Night is for middle school teens ages 11-14. Registration for Teen Night can be done on-line 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!

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.

CITY OF ARCADIA RECREATION AND PARKS MASTER PLAN RESIDENT SURVEY NOW ON-LINE!

City of Arcadia Recreation and Community Services Department seeks resident input on park facilities and recreation program as part of its community outreach effort for a new recreation and parks master plan. The intent of the master plan is to develop a tool which can provide direction and planning for an achievable, fiscally responsible and environmentally sustainable recreation and parks system in Arcadia. The final document will be used to direct future park and facility improvements as well as meet future trends and community needs for Arcadia's recreation and leisure services programs and activities over the next 20 years.

One of the ways the city is assessing community needs, suggestions, and priorities is through a community survey. The survey is available both online and in paper form. Residents can pick up the paper survey form at the Arcadia Community Center Recreation Office or go online to complete and submit the survey at: <http://www.surveymonkey.com/r/ArcadiaParksRecNeeds>.

You can also access the survey link through the city's web site at <http://www.ci.arcadia.ca.us> by clicking on Recreation & Community Services under the "City Departments" heading on the homepage. Residents can also check the master plan status and get information on how to submit ideas and comments. The survey will be available

throughout the summer but must be completed and submitted by Friday September 25, 2015. The city is also planning a "Community Workshop" that will be open to all residents who would like to give suggestions about needed park improvements or future recreation programs and facilities. The public workshop is scheduled for September 22, 2015 and will be held 6 to 8pm in Police Department's Community Room. For more information call the Recreation and Community Services Department at 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.



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BOSCO TECH NAMED ONE OF BEST ALL-BOYS HIGH SCHOOLS IN AMERICA

ROSEMEAD, CA.- Don Bosco Technical Institute (Bosco Tech) has been named one of the best all-boys high schools in America.

The ranking results, compiled by Niche, are based on key student statistics and student and parent reviews. A high ranking indicates the school is an exceptional academic institution with a diverse set of high-achieving students who rate their experience very positively. The complete list is at <https://k12.niche.com/rankings/private-high-schools/best-all-boys/>

In addition to superior reviews of the school's academic, technology, counseling and extracurricular programs, the dedication of instructors was cited. One commentator wrote, "The teachers are really awesome, not just for the subject matter and talent they display, but for the fact that they initiate communication with the parent. They also make time for the boys. They are pretty amazing." Asked if they would choose the school again, 100 percent of respondents said yes.

"This school gives every student a wonderful experience, as they provide us with a great lunch service, college and counseling resource center, and a technology program much higher than any other school in the state," wrote one student reviewer.

Celebrating its sixtieth year, Bosco Tech is an all-male Catholic high school that combines a rigorous college-preparatory program with a technology-focused education. The innovative science, engineering, technology and math (STEM) curriculum allows students to exceed university admission requirements while



completing extensive integrated coursework in one of several applied science and engineering fields. Visit www.boscotech.edu or call 626-940-2000 for more information.

Founded in 2002 by Carnegie Mellon University students at CollegeProwler.com, Niche provides reviews from everyday experts on neighborhoods, colleges, and K-12 schools to provide students, families and professionals with insight into life decisions.

PASADENA UNIFIED NAMES ASSOCIATE SUPERINTENDENT FOR SCHOOL SUPPORT SERVICES

Pasadena, CA--- Pasadena Unified School District (PUSD) Superintendent Brian McDonald, Ed.D., has named Mercy Santoro as Associate Superintendent for School Support Services. Under the direction of the Superintendent, Santoro will be responsible for the district's school support programs, including after school enrichment services, enrollment, communications, parent engagement, community engagement and intergovernmental relations. She will also serve as the Superintendent's spokesperson for the district.

"After having worked closely with Mercy over the last few years through Collaborate PASadena, I am thrilled to welcome her to the district," said McDonald. "Her leadership and experience will help propel the district forward in implementing new operating principles focused on leadership, flexibility and accountability at the school and district levels so that we can provide a stimulating educational experience for today's learners and tomorrow's leaders."

Santoro has extensive experience in human services, municipal government, strategic planning and staff development. She joins PUSD from the City of Pasadena, where she has been Director of Human Services and Recreation since 2011. Santoro played a critical role in developing and leading the 2013-2016 School/City Work Plan, now known as Collaborate PASadena, that aligns resources to improve educational outcomes and the quality of life for children, youth and families of the Greater Pasadena area. Key community-building projects implemented during her tenure include Parks after Dark, the 40 Developmental Asset Survey and UCLA's Early Child Development Index.

"I am honored to be selected as the first Associate Superintendent of School Support Services for the Pasadena Unified School District," Santoro said. "During my service with the City of Pasadena, I made establishing a collaborative working relationship with the school district a top priority with a goal of aligning services to benefit students and families in and out of school. Through the development and implementation of the initial School/City/Community Work Plan, now known as Collaborate PASadena, I became familiar with many of the excellent programs and services offered. I see incredible opportunity in working with staff, educators, community partners, students, parents, and the Pasadena Educational Foundation to build on this work, to align the various services and offices this position will support, and to ultimately work toward ensuring the Pasadena Unified School District is a district of choice. This is a very exciting time for the residents of Altadena, Pasadena and Sierra Madre given the reenergized vision and leadership that the Board of Education and Superintendent McDonald are championing. I am looking forward to being a part of the team."

Prior to the City of Pasadena, Santoro was Director of Human Services for the City of Claremont and worked as an adjunct professor for the University of La Verne teaching developmental psychology.

She holds a Bachelor's degree in English Literature from California State University, San Bernardino, a Master's degree in Child Development from the University of La Verne and completed post-Master's work in Human Services Leadership at Pacific Oaks College in Pasadena.

IS YOUR TEEN READY FOR THE SEXT TALK?

– *TeenSafe Gives Parents Tips to Face the Uncomfortable "Sext" Talk With Their Child* –

Chances are you've talked to your teen about reproduction at some point, but what about the inappropriate conversations that could be happening behind the screen? If you are wondering if your child's sexual curiosity is being expressed online where they spend most of their time, it may be time to have the "sext" talk with them.

It is estimated that 40 percent of all high school students have sent or received a "sext" and 70 percent of teens admit to sexting with their boyfriend or girlfriend. Parents should talk to their kids about sexting and teach them how to protect themselves, preventing serious damage to their reputation.

Why do they do it?

Interest in sex typically enters the brain during puberty. Between 12 and 13 years old, preteens and teens look for information about sex in any way they can, the easiest way being the internet.

For 77 percent of boys, the reason for sexting is to initiate sex

For 40 percent of girls, sexting is humorous

While the other 34 percent of girls sext to feel sexy

Because of feeling pressured, 61 percent of both sexes engage in the behavior, but girls are asked to send risqué photos 68 percent more often than boys.

Is it dangerous?

A common misconception circulating among our children is that there are no threats like pregnancy or transmitting diseases associated with sexting. While this can be true, sexting has its own set of risks, and often exposes our sons and daughters to a variety of repercussions that can have a negative impact on their lives.

When to have the sext talk?

Our children's connectivity and reliance on digital devices starts at a very young age, so the conversation about online safety should begin early and should build on that foundation as a child ages. It is recommended for parents to begin teaching children social media etiquette long before they hit the teen years.

TeenSafe has compiled a list of details to help this conversation go smoothly and accurately. Here are a few key points to include in the discussion:

A sext lasts forever, with the potential to be saved, forwarded, and recovered years from now.

Never send intimate texts to people you do not know in real life.

Sexting leaves you vulnerable, giving another person all of the power in the relationship.

If you witness inappropriate sexting, tell an adult!

Teach them self-respect and to never feel pressured to do things they don't want to do.

There are legal ramifications that can negatively impact lives for decades.

If you feel you need to keep a closer eye on your child with a monitoring solution, go to TeenSafe.com, and for more resources and parenting tips, go to Teenology.com.

SCHOOL DIRECTORY

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

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

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

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

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

Clairbourn School
8400 Huntington Drive
San Gabriel, CA 91775
Phone: 626-286-3108 ext. 172
FAX: 626-286-1528
E-mail: jhawes@clairbourn.org

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

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
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THE REEL DEAL: by Ben Show ANT-MAN REVIEW

Most, if not all, Marvel movies include several main characters (usually Avengers), relate to all other Marvel movies that have come out recently, and are generally used to introduce upcoming villains. 'Ant-Man', however, seemed to be confused as to what it wanted to be; the trailers made it seem like a hodgepodge of family friendly comedy, heist film, while also trying to fit into the Marvel universe. Does 'Ant-Man' successfully blend all these genres or is it an awkward misstep for Marvel?

Scott Lang (Paul Rudd) has just been released from prison and he's looking to start a new, crime-free life to try to reconnect with his daughter; however, he is soon drawn into the world of Hank Pym (Michael Douglas) and his mysterious past. Does Lang have what it takes to save Pym's company, as well as the rest of the world, and become a superhero to his daughter?

'Ant-Man' is a complete success. It turns the idea of the Ant-Man, which is a ridiculous sounding superhero, into something awesome. The visual effects used to show the world from Ant-Man's point of view are spectacular, and the performances from the entire cast, as well as a cleverly written script and ingenious directing, make this film and unlikely and surprising summer smash hit.



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by Chris Leclerc

OLD DOG, NEW TRICKS

Ever wonder if there was more you could have done, or could be doing to keep your senior dog healthier and happier in it's golden years? Well, I often think about what I could have done to provide a better quality of life for my beloved girl, "Tater" when she started showing signs of her age before she passed away last September. She was almost 13 years old when she crossed the rainbow bridge and although I know for sure she

got plenty of tender loving care, I can't help thinking that there was more I could have done to keep her comfortable as her final day approached.

I am so pleased to have the resources we now have available to us on the internet and I have learned a lot from my veterinarian Dr. Sylvia Domotor, who liberally shares the wealth of knowledge she has gained over the many years she's been in practice. Dr. Domotor's wise advice to owners of senior dogs is to recognize that they are indeed old and are unable to do many of the things they were able to do when they were young.

It is really no different from what happens when we humans get old. "Patience is number one" she said in a conversation we had regarding caring for older canines. "Sometimes we forget how old they are. Dogs are considered seniors at 7 and that is when they begin to lose their hearing, their eye-sight and their olfactory senses. Understanding why an elderly pet might poop or pee in inappropriate places, or fail to respond to a recall is very important in having patience with them."

Although manufacturers do tend to exploit the ever-growing market for elderly pet care products, statistics indicate that dogs are living longer these days, presumably due to improved technology in veterinary care and the development of innovative products to help accommodate the special needs of our furry senior friends, and keep them more comfortable.

Specially formulated kibble, therapeutic beds, specialized food bowl designs, ramps to help "Fido" get into the car, restraining harnesses for the ride, diapers for incontinence, dietary supplements, herbs and holistic remedies designed to cosset a senior dog through its last years are among the many new products found on the shelves of most pet supply stores today. Doting pet owners find it hard to resist blowing the bundle to help their four-legged family member, and I am most definitely one of them.

While the many newfangled products now available do help when it comes to taking good care of a senior pet, there is one not-so-new thing we can do to ensure that their golden years are happy ones. Spending quality time with any dog is important, but for an older dog, time spent cuddling and snuggling is extremely important for their mental and physical health. This is particularly true if the dog's senses are waning.

I remember noticing that Tater had become much more demanding of my attention when she was about 11 years old and slowly losing her eyesight, and fortunately I knew enough to attribute that extra neediness to her age. Her favorite time of day was when I'd come home after walking several other dogs, and lay on the couch where she insisted on joining me for an afternoon nap.

I always let Tater lay with me, even though she was quite enormous and took up most of the couch, because I could tell she needed that time with me. She'd crawl up slowly, work her way around my legs, let out a low groan, and lay her huge head on my shoulder where she'd fall asleep and snore into my ear. Saying goodbye to Tater was one of the hardest things I have ever had to do, but one thing I am grateful for is the fact that she went quickly and did not have to linger on in pain.

I find it amazing how pet owners' priorities change when it comes to caring for an elderly dog. I was truly touched when singer Fiona Apple cancelled the South American leg of her tour a couple of years ago so she could fly back home to be with her ailing 14-year old pit bull "Janet". That says a lot about how much she loved her dog. In one part of a heart-warming apology letter to her fans, Apple wrote: "I know she is coming close to the time where she will stop being a dog, and start instead to be part of everything. She'll be in the wind, and in the soil, and the snow, and in me, wherever I go. I just can't leave her now, please understand. If I go away again, I'm afraid she'll die and I won't have the honor of singing her to sleep, of escorting her out..."

As dog lovers, I think we can all relate to what Fiona Apple was going through, and understand why she made it a priority to spend quality time with her beloved old girl, Janet versus continuing her tour. I can't think of anything that could keep me away from my Molly when her time is close in coming. Our pups give us so much unconditional love, and nothing - including money or fame can possibly compare to that!

Be kind to your canine, and pay close attention to their needs. They don't complain and they can't speak our language, so it is up to us to interpret the things they are telling us in the way they communicate. Don't forget to give them all the attention they need. Show them and tell them (yes, in human language) that you love them. They'll understand, as they seem to be able to interpret our way of communicating quite well. Love and let live.

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PET OF THE WEEK REX: ANIMAL ID #A4856128

No need to click your ruby heels together and wish for an awesome puppy, for Rex is already waiting at the shelter for you! Rex (A4856128) is a self-assured 1-year-old black neutered male Scottish Terrier mix puppy who was found in Altadena and brought to the Baldwin Park Animal Care Center on July 15th. Weighing 7 pounds, Rex is a confident and dapper dog who prances politely on leash and may be housebroken. He bears a striking resemblance to Toto from The Wizard of Oz, and his scruffy good looks are sure to attract attention wherever you take him—he is super-cute! He has a friendly attitude towards people and other dogs, approaching both with a wagging tail, shining eyes, and a broad smile. We think Rex would enjoy the company of kids, too, provided they are careful with his small frame. Rex is a spectacular little guy and will be an ideal indoor pet and companion in any loving household. To watch a video of Rex please visit the following link: [http://](http://youtu.be/TsMWCgKM560)



youtu.be/TsMWCgKM560

To meet Rex in person, please see him at the Baldwin Park Shelter, located at 4275 N. Elton, Baldwin Park, CA 91706 (Phone: 626-430-2378 or 626-962-3577). He is currently available now. For any inquiries about Rex, please reference his animal ID number: A4856128. 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 Rex 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?

Who enjoys the lazy, crazy, hazy days of summer? Meet Papasito!

He is a sweet, young Chihuahua mix who came to the shelter as a stray. He is around 9 months old, and weighs just less than 10 pounds. He has a beautiful tri-color coat of short fur, long legs, and big ears. His appearance is quite striking.

When he was first brought into the kennels, Papasito was very frightened. Then he was introduced to his new kennel mate, Butch – a one year old Beagle mix. Within a couple of days, Butch had helped Papasito adjust to the shelter environment, and the two boys have since bonded and become best friends. They can often be found romping and playing together in their kennel, or out on a walk.

Papasito is still a little shy when he first meets new people, but each day finds him getting a little braver and more secure in his surroundings. He likes people once he is comfortable with them, and he enjoys getting attention in the form of pets and treats. He seems to warm up more quickly to women than men at this point, although he is still learning how to trust and build his confidence.

Papasito is easy to harness and loves to go on walking adventures with shelter volunteers and his best friend and kennel mate, Butch. Papasito does not like Butch to get too far out of sight.



Papasito is still a young dog, so he needs a lot of exercise in the form of walks or playtime, as well as some basic training to help him learn to be a great family member. He would do well in an active household where he has a yard to play in, and is treated as part of the family. Papasito would especially love to have Butch join him in a loving home that has room for two dogs. Two dogs are often easier to adopt than one, as they will entertain each other. Please consider a Buddy Adoption at a reduced fee.

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

His adoption fee is \$120 and includes neuter surgery, vaccinations, microchip and a free wellness exam at a participating veterinarian. Feel free to call us at (626) 286-1159 for more information on Papasito and his buddy, Butch. If you are interested in meeting Papasito or any of the other wonderful pets at the shelter, visit the [San Gabriel Valley Humane Society](http://www.sgvhumane.org) at 851 E. Grand Ave., San Gabriel, Calif., 91776, Tuesday through Sunday. For more information, call (626) 286-1159. See our website at www.sgvhumane.org for information and photos of all our wonderful pets.

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Peter Dills Says.....

We all know restaurant locations throughout Sierra Madre and Pasadena that seem to turn over every fall. I have heard the word “cursed” used for several locations many times. For instance, the location on the corner of San Gabriel and Colorado seems to be one that is cursed for sure – it started as the Vault, then it became Rio Rio, then Ta Vu, and then a sushi joint (which I actually loved because the prices were right). Now It’s a chicken wing restaurant. Well, I love wings! For another “cursed” location, remember Jerry’s Famous Deli in Old Pasadena? Let’s name all the restaurants that went through that location: Union Cattle Company, Pasadena Brewing, Brix, Haven Gastro Pub... and it started as a gym!

When interviewing existing owners, they often point the fingers at the landlords saying the rents are too high. The excitement and the confidence of “I’ll do it better” might be too strong of a lure for restaurateurs to handle. I was bewildered that El Chollo moved from Fair Oaks (Old John Bull) to the Paseo. As the building sat empty for a few years, I thought isn’t some rent better then no rent at all? Celebrity Chef Rocco said on his TV show that the mortality rate for restaurants is 90% the first year. My father said he’d rather have open heart surgery than own a restaurant.

Let’s look at this fact: the survival rate is higher then 10%, and these numbers are not specific to our area. Several years ago, researchers at Cornell University and Michigan State University conducted a study of restaurants in three local markets over a 10-year period. They concluded the following: after the first year, 27% of restaurant startups failed; after three years, 50% of those restaurants were no longer in business; and after five years 60% had gone south. At the end of 10 years, 70% of the restaurants that had opened for business a decade before had failed. Those are far different numbers than the 90% first-year failure rate quoted by our television star chef. Another academic research study concluded that 81.4% of all small business failures result from forces within the control of the owners/managers. The bottom line is that even if the failure rate is a little daunting, failure is not inevitable.

Join me on Dining w/Dills, the radio version, right after the Angels game at 6 PM KLAA AM 830 Sunday. www.peterdills.com



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The top level has spectacular views of the valley and mountains. There are several balconies plus a massive wrap around porch on the main floor. The living room has original earth tone Batchelder tiles around the fireplace. The kitchen has recently been remodeled and leads to the breakfast room, office, mud room and walk-in pantry. The home has been lovingly restored and also recently added solar panels discreetly placed on top of roof line. *There is so much this home has, words do not do it justice, must see to love!*

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SEAN'S SHAMELESS REVIEWS: SOUTHPAW

Southpaw is an absolute knockout. Yes, you've seen this account before. It's the all-too familiar boxing tale where a man has it everything and suddenly he has nothing. However, this is a humanistic story that reaches your heart early on and stays with you until the end. Southpaw doesn't reinvent cinema but writer Kurt Sutter (Sons of Anarchy) and director Antoine Fuqua (Training Day, The Equalizer) team up providing an outstanding account of one man's journey from glory to downfall to some sort of redemption in the end. Jake Gyllenhaal stars and he is absolutely incredible. I love the trajectory of this guy's career from End of Watch to Prisoners to last year's Nightcrawler and now Southpaw, Gyllenhaal is picking the best possible projects out there in American films. His acting prowess is phenomenal and delivers yet again another powerhouse performance as he gained over 30lbs of muscle. Rachel McAdams, as Gyllenhaal's wife in the movie and Forest Whitaker, as a boxing trainer, are both solid in their own supporting roles. Curtis "50 Cent" Jackson and Oona Laurence round out the cast.

Jake Gyllenhaal plays Billy Hope, a junior middleweight boxing champion who has it going for him—a lavish lifestyle with a beautiful wife and daughter. He started from nothing, grew up in the foster care system, was in trouble with the law but prevailed in becoming a successful boxer with a family of his own. In the blink of an eye, tragedy unexpectedly strikes and his world is shattered. Ominous days lie ahead, which then leads Hope becoming suspending from boxing for a year. As things become progressively worse for Hope, he eventually attempts to crawl out of the darkness surrounding him for the sake of his daughter. She's taken away from him after he is deemed unsuitable to care for her. He needs to prove to the judge he is certainly capable to be a parent. This is when he finds Tick Willis

(Whitaker), an owner of a small, local boxing gym. Reluctant to take him on, Willis offers Hope a janitorial type job as well as access to train at the gym. Hope refuses to clean up the gym as gainful employment, but comes back to Willis as he has no other choice. This ultimately leads to a sort of friendship or at the very least a mutual respect for one another. Willis trains him, changes his style, and forces Hope to be more disciplined if he

Southpaw
Directed By: Antonie Fuqua
Written By: Kurt Sutter
Rated: R for language throughout, and some violence
Release Date: July 24th, 2015

wants his daughter back into this life.

As the film makes its way toward the last act, we find out Hope is going to get a shot at a title fight as his suspension was lifted early by his former manager. The opponent he will be going up against is the same man who taunted him, which led to the horrific accident that deeply effected Billy's world. As you have it, redemption is looming and it's less about revenge than it is to prove something to himself and his daughter. She'll finally get to watch her father fight for the very first as her mother never permitted her to do so in the past. Director Antonie Fuqua has captured not only a compelling boxing story, but also a family drama that is filled with deep catharsis. Southpaw is truly a riveting film that has your adrenaline going through the roof. Often times I found myself with misty-eyed as many moments in this film will affect you. I highly recommend Southpaw for the terrific performance from Gyllenhaal, for the exhilarating direction from Fuqua, and most of all, for being the kind of movie that reminds us we're all human.

Grade: 4.5 out of 5

On the Marquee: Notes from the Sierra Madre Playhouse

DANCING ACROSS THE FOOTLIGHTS

By Artistic Director, Christian Lebano

By the time you read this Always...Patsy Cline will have opened to a sold-out weekend! At our Thursday preview we had our first "Bloggers Night" at which we invited a dozen bloggers to live-tweet the show and then write blogs about it afterwards. It was an incredible success. They and the rest of the audience rose to their feet in a spontaneous standing ovation at the end of the performance. The universal opinion is that we have a big hit on our hands! I couldn't be more thrilled.

Over the course of the last week, I've sat in at the dress rehearsals leading up to opening, so clear that the show would be good; watching our wonderful performers work out the timing and practice quick costume changes. The role of Louise, Patsy's number-one fan and pen pal, is played by the very funny Nikki D'Amico who had the unenviable job of having to perform a role which calls for a lot of audience interaction for all of the designers and theater staff who were attentive but focused on so many other things. It made me realize again how much of a dance between actors and audience a play is.

I don't know if audiences appreciate just how much a part of the performance they are. No two performances of a show are ever the same – partly because of the actors but mostly because of the audience. When you are performing for an audience who comes in eager and ready to be entertained, brimming with energy and expectation, an actor cannot help but feel energized by them. Audiences who openly express their enjoyment and meet the actors half-way always get a better show – and not because the actors are doing anything differently. I've always said that the show doesn't happen on stage or in the audience but in the intersection of the two.

Last night Nikki had an audience to play with. Her jokes landed, she was able to flirt and charm and dance (both literally and figuratively) with the audience. That was the final element that needed to be rehearsed and added to Always...Patsy Cline to make it fly. And fly it did!

This show, which we have so long wanted to produce, has exceeded all of our expectations. Robert Marra has done a bang-up job with his direction, Sean Paxton, the music director and the extraordinary Cori Cable Kidder seemingly channel Patsy, the designers have all brought their best to this show. A special acknowledgment of Estelle Campbell, SMP's Managing Director has to be made – she got this show produced almost single-handedly while I was away on vacation. So now it's up to you, our loyal audiences, to come dance with us across the footlights.

The show runs through September 12 and has been selling very well. Remember we give 20% discounts for groups of 10 or more who purchase their tickets ahead of their attendance date. Please call Mary Bavage at 626.355.4318 to arrange your purchase.

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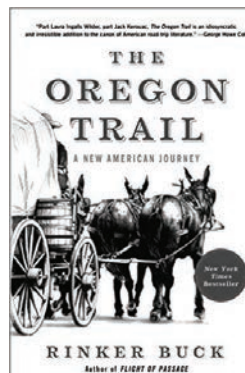
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Jeff's Book Picks By Jeff Brown

THE OREGON TRAIL: A NEW AMERICAN JOURNEY



By Rinker Buck

An epic account of traveling the length of the Oregon Trail the old-fashioned way—in a covered wagon with a team of mules, an audacious journey that hasn't been attempted in a century—which also chronicles the rich history of the trail, the people who made the migration, and its significance to the country. Spanning two thousand miles and traversing six states from Missouri to the Pacific coast, the Oregon Trail is the route that made America. In the fifteen years before the Civil War, when 400,000 pioneers used the trail to emigrate West—scholars still regard this as the largest land migration in history—it united the coasts, doubled the size of the country, and laid the groundwork for the railroads. Traveling from St. Joseph, Missouri, to Baker City, Oregon, over the course of four months, Buck is accompanied by three cantankerous mules, his boisterous brother, Nick, and an "incurably filthy" Jack Russell terrier named Olive Oyl. Along the way, they dodge thunderstorms in Nebraska, chase runaway mules across the Wyoming plains, scout more than five hundred miles of nearly vanished trail on foot, cross the Rockies, and make desperate fifty-mile forced marches for water. But The Oregon Trail is much more than an epic adventure. It is also a lively and essential work of history that shatters the comforting myths about the trail years passed down by generations of Americans. Buck introduces readers to the largely forgotten roles played by trailblazing evangelists, friendly Indian tribes, female pioneers, bumbling U.S. Army cavalymen, and the scam artists who flocked to the frontier to fleece the overland emigrants. Generous portions of the book are devoted to the history of old and appealing things like the mule and the wagon. We also learn how the trail accelerated American economic development. Most arresting, are the stories of the pioneers themselves—ordinary families whose extraordinary courage and sacrifice made this country what it became. At once a majestic journey across the West, a significant work of history, and a moving personal saga, The Oregon Trail draws readers into the journey of a lifetime.

THE ENGLISH SPY BY Daniel Silva

New York Times bestselling author Daniel Silva delivers another stunning thriller in his latest action-packed tale of high stakes international intrigue featuring the inimitable Gabriel Allon. First there was THE ENGLISH ASSASSIN. Then there was THE ENGLISH GIRL. Now comes THE ENGLISH SPY . . . Master novelist Daniel Silva has thrilled readers with seventeen thoughtful and gripping spy novels featuring a diverse cast of compelling characters and ingenious plots that have taken them around the globe and back—from the United States to Europe, Russia to the Middle East. His brilliant hero, Gabriel Allon—art restorer, assassin, spy—has joined the pantheon of great fictional secret agents, including George Smiley, Jack Ryan, Jason Bourne, and Simon Templar.

THE AUTOIMMUNE EPIDEMIC

by Donna Jackson Nakazawa

Hailed by Mark Hyman, MD, as "a ray of light and hope" for autoimmune sufferers, this groundbreaking book provides research and solutions for those affected by autoimmune disorders including Crohn's disease, type 1 diabetes, rheumatoid arthritis, and more. In the first book of its kind, journalist Donna Jackson Nakazawa examines nearly 100 debilitating autoimmune diseases—such as multiple sclerosis, lupus, Crohn's disease, type 1 diabetes, and rheumatoid arthritis—that cause the body to destroy itself, mistakenly attacking healthy cells as the immune system fights off bacteria, viruses, and other invaders. As Nakazawa shares the vivid, heartbreaking stories, including her own, of people living with these mysterious, chronic, and often hard-to-diagnose illnesses, she explores the alarming and unexpected connection between this deadly crisis and the countless environmental triggers we're exposed to every day: heavy metals, toxins, pesticides, viruses, chemicals in the foods we eat, and more. With the help of leading experts, Nakazawa explores revolutionary preventions, treatments, and cures emerging around the world and offers practical advice for protecting your immune system and reducing your risk of autoimmune disease in the future.

SIERRA MADRE'S DJIBRIL N'DOYE HONORED AT 2015 LOS ANGELES JURIED EXHIBITION



The City of Los Angeles, Department of Cultural Affairs Los Angeles Municipal Art Gallery presented HONORABLE MENTION for the 2015 Los Angeles Juried Exhibition to Djibril N'Doye

Creative Arts Group
would like to thank the
following foundations and
organizations for recently
presenting us with grants:

Pasadena Community Foundation
Sierra Madre Civic Club
Sierra Madre Community Foundation
The Spero Foundation
The Tournament of Roses Foundation

We are so very grateful
for your support!

MEDICARE OPTIONS FOR RETIREES WHO TRAVEL

Dear Savvy Senior,
What are the best Medicare coverage options for retirees who travel a lot?
Almost 65

Dear Almost,
The best Medicare options for retirees who travel extensively depends on your destination.

Let's start with a quick review of the different coverage choices Medicare offers beneficiaries today.

One option is Original Medicare, which has been around since 1966, and covers (Part A) hospital services and (Part B) doctor's visits and other medical services.

If you choose Original Medicare, you may also want to get a Medicare (Part D) prescription drug plan (if you don't already have coverage) to cover your medication costs, and a Medicare supplemental (Medigap) policy to help pay for things that aren't covered by Medicare like copayments, coinsurance and deductibles.

Or, you could get Medicare Advantage (Part C) plan, which is sold through private insurance companies, that covers everything Original Medicare covers, plus many plans also offer prescription drug coverage and extra services like vision, hearing and dental care all in one plan.

To help you evaluate your options, the National Council on Aging offers an online tool at MyMedicareMatters.org, and your State Health Insurance Assistance Program (SHIP) provides free Medicare counseling – call 800-677-1116 for contact information.

You can also shop and compare Medicare health and drug plans and Medigap policies at Medicare.gov/find-a-plan, or call 800-633-4227.

Also note that whatever Medicare plans you choose to enroll in, if you find that they are not meeting your needs or your needs change, you can always switch to a different plan during the open enrollment period, which is between Oct. 15 and Dec. 7.

U.S. Travel

If you and your husband are planning to travel domestically, Original Medicare provides coverage everywhere in the U.S. and its territories (this includes all 50 states, the District of Columbia, Puerto Rico, the U.S. Virgin Islands, Guam, the Northern Mariana Islands and American Samoa) as long as the doctor or hospital accepts Medicare.

But, if you have a Medicare Advantage plan,



your coverage may be restricted. This is because most Medicare Advantage plans (which are usually HMOs or PPOs) require you to use doctors, hospitals and pharmacies that are in the plan's network within a service area or geographic region. So if you're traveling outside that area, you may need to pay a higher fee, or your services may not be covered at all.

Before enrolling in a Medicare Advantage plan, check the benefit details carefully to see what costs and rules apply when traveling outside your service area.

Traveling Abroad

If you're planning to travel abroad, Original Medicare does not provide coverage outside the U.S. including cruising, except in rare cases, and Medicare drug plans will not cover prescription drugs purchased outside the U.S. either.

But, there are some Medigap policies that do provide limited coverage abroad. Medigap C, D, F, G, M, and N plans will pay for 80 percent of medically necessary emergency care outside the U.S., but only for the first 60 days of the trip, and you have to meet an annual \$250 deductible first. There's also a lifetime maximum benefit of \$50,000, so you'd need to cover any costs above that amount.

If you have a Medicare Advantage plan, your coverage outside the U.S. will depend on the plan. Some plans offer emergency care coverage while others don't. You'll need to check your plan for details.

If you want additional emergency medical coverage when traveling abroad, some good shopping sites are squaremouth.com and insuremytrip.com, which compare policies from major travel-insurance companies. Prices vary considerably, ranging from under \$100 to several hundred dollars depending on your age, what they cover and how long you'll be away.

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



IF YOU GIVE A CAT A STEROID...

It was summer, 1982. Regan was President, the longest baseball game at Wrigley Field lasted 22 innings, and the lowest August temperature in Cleveland was a cool 38°F. But such was not

the case in southern California. Rather than being remembered for this trivia, the summer of 1982 was remembered as a particularly bad flea season. However, the fleas didn't bother me. I was six months away from being born, so I was well insulated.

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

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

Squeaky was, as the name implies, a small, timid female cat. Boots took an instant overprotective attitude toward her, and was often subject to fits of jealous rage. Gran's living room had a large

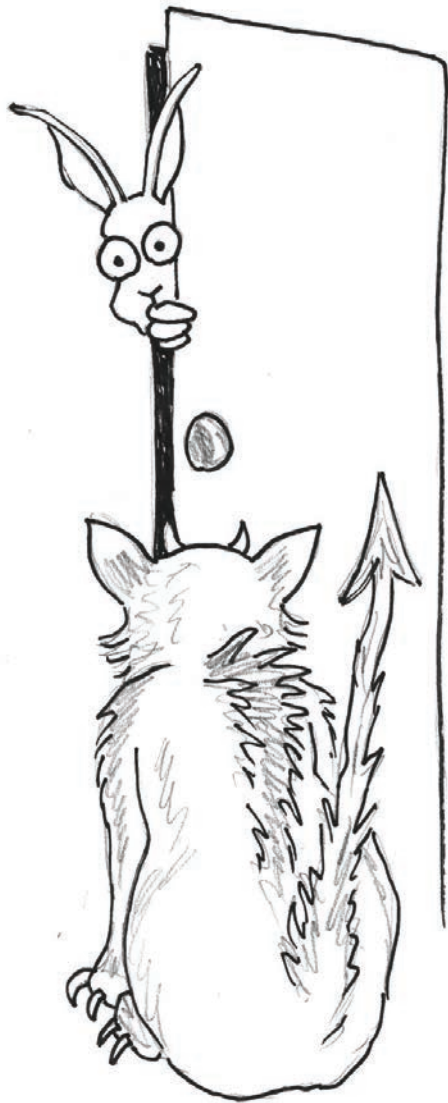
floor-to-ceiling window that looked out over the quiet street she lived on. If Boots happened to see another cat outside he hurled himself against the window, practically frothing at the mouth. But, not being able to fight off his "competitor," Boots lashed out at the closest living thing, which was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

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

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

The life and times of Boots ended a few years later when my mom and dad found him stiff behind the loveseat. We never learned what, exactly, caused his mania. Did his near brush with death push him over the edge? Had he been injected with some potent cocktail of

hormones? Whatever was to blame, the lesson of the story is to be very careful if you give a cat a steroid...



SENIOR HAPPENINGS



HAPPY BIRTHDAY! ... August Birthdays*

Bill Nelson, Karlene Englert, Juanita Fernandez, Jeanette Francis, Joseph Kiss, John Luke, Jacquie Pergola, Maury Whitaker, Pat Miranda, Phyllis Chapman, Jerry Burnett, Margaret Aroyan, Phyllis Burg, Beverly Clifton, Rosemary Morabito, Susan Poulsen, Dorothy Quentmeyer, Genevieve Stubbs, Miep Tulleners, Ellie Baudino, Marcia Bent, Daryls Brechwald, Joan Spears, Ruth Torres, Jane Zamanzadeh and Harry Enmark.

*To add your name to this distinguished list, please call the paper at 626.355.2737. YEAR of birth not required.



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

TECH TALK: TECH TALK WILL RESUME IN SEPTEMBER WHEN OUR STUDENT VOLUNTEERS ARE BACK IN SCHOOL.

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.

FREE LEGAL CONSULTATION: Wednesday, August 19th from 10:30am to Noon. Attorney Lem Makupson is available for legal consultation. He specializes in Family Law, Wills, Trusts, Estates, and Injury. Appointment are required by calling 626-355-7394.

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

BRAIN GAMES - NEW DATE AND TIME!

Thursday, August 20th, 10:30am - 11:30am (Third Thursday of Each Month) Improve your memory and strengthen your brain with fun, hands-on activities. Each month brings new games and contests to facilitate brain stimulation. Bring your friends as you engage in friendly competition for prizes. Activities facilitated by Swati Puri, New Wave Home Care of Pasadena. For more information contact the Hart Park House office at 626-355-7394.

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 at the Hart Park House. The free birthday cake is provided by the Sierra Madre Civic Club.

GAME DAY: Every Thursday starting at 12:00pm. (Please note the time change.) A regular group of seniors play poker. Other games available for use.

FREE STRENGTH TRAINING CLASS: Every Friday from 12:45pm to 1:30pm with Lisa Brandlely. 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.

LUNCH & LEARN PRESENTATION

Thursday, August 20th, 2015 beginning at 12:00pm

Learn about French painter, Henri de Toulouse-Lautrec. His immersion in the colorful and theatrical life of Paris in the late 19th century yielded a collection of exciting, elegant and provocative images of the modern and sometimes decadent life of those times. Tanya Mazzolini from The Kensington will give a talk on the painter while demonstrating a project in his style of art. If you would like to have lunch during the talk, please make a lunch reservation with the Senior Lunch Café at 626-355-0256 or you may bring your own.



UPCOMING EXCURSIONS:

THE DEAD SEA SCROLLS

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.

COCONUT DEMONSTRATION BY JONATHAN KELLEY

Jonathan Kelley, an anesthesiologist by training, is an actor, chef, and pianist with a culinary interest in cooking with coconuts, plus creating hats and baskets from coconut palm fronds and crafting bowls from the coconut shells. Please join us on Thursday, August 13, 10:30 am, Jonathan will speak at the Hart Park House about coconuts: where they come from, how to select one, extract the water, open the shell, remove the meat, how you can incorporate the coconut into your diet, how you can make use of the shell, nutritional information and how coconuts can change your life. You'll be able to sample a delicious coconut lime soup, as well as a Puerto Rican style coconut flan.

SENIOR CINEMA AT THE HART PARK HOUSE SENIOR CENTER



August 5th - Whiplash (2014) - Andrew Neiman (Miles Teller) is an ambitious young jazz drummer, single-minded in pursuit of rising to the top of his elite east coast music conservatory. Terence Fletcher (J.K. Simmons), an instructor known for his terrifying teaching methods, discovers Andrew and transfers the aspiring drummer into the top jazz ensemble, forever changing the young man's life But Andrew's passion to achieve perfection quickly spirals into obsession, as his ruthless teacher pushes him to the brink of his ability and his sanity. Winner of 3 Academy Awards, Start time: 1:00pm (run time 107 minutes)

August 19th – Breakfast at Tiffany's (1961) - An American romantic comedy starring Audrey Hepburn and George Peppard, based on Truman capote's novel, this is the story of a young woman in New York City who meets a young man when he moves into her apartment building. He is with an older woman who is very wealthy, but he wants to be a writer. She is working as an expensive escort and searching for a rich, older man to marry. This movie won two Academy Awards. Start time: 1:00pm (run time 115 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 III

There are three critical aspects to estate planning. Let's review: first, a customized set of documents unique to your situation and goals should be the foundation of your plan; second; the plan must be properly and completely funded (your assets must actually be transferred into the plan). So what's the third?

Once you have your documents in place and your plan fully funded, you can't simply stick it on your shelf, check it off your bucket list, and assume it will work like you need it to 20 or 30 years from now. If you don't periodically review (and update, when necessary) your

plan you have only managed to buy yourself a false sense of security.

Over time your assets will change. You may buy property; you may sell property. Your stock portfolio may lose value; you may receive an inheritance. There are thousands of things which can – and will – change with your estate (your estate is simply the legal way of saying, “all the stuff you own”). Your plan needs to adapt and transform to your changing financial situation.

Over time your family dynamic will change. There may be births; there may be deaths. There may be marriages; there may be divorces. Your kids will grow up; you may have grandkids on the horizon. Your plan needs to acclimate and adjust to your ever evolving family.

Over time the laws regarding estate planning will change. For example, the estate tax exemption has been as low as \$600,000 and as high as unlimited over the last two decades. The estate tax rate has been as high as 55% and as low as 35% over that same period. The laws in this area change all the time. Your plan needs to change and adapt to meet whatever new laws Washington throws at you from year to year.

My firm reviews the plans we put in place for clients every 1 to 3 years – at no additional charge. And if your plan isn't being reviewed at least as often, you may be living with a false sense of security. And ultimately, it's your family's security that's on the line. Do NOT let that happen!

You cared enough to put a plan in place. Make sure it is up to date with your present situation, your family goals, and the current laws. That's the only way to ensure your plan will protect and provide for your family as you intend, when it's needed.

If you already have a plan in place and haven't had it reviewed recently, it's time for a checkup. And if you're ready to put a plan in place to provide the protection your family deserves, be sure to ask your attorney how often they will review the plan and how much extra that will cost.

I recommend putting an attorney on your team who will take care of all that for you, so you don't even have to think about it. That's the only real way to make sure it's not forgotten about and that your plan stays up to date, providing a “real” sense of security rather than a false one.

Dedicated 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.

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



Social Media Tips, Tricks & Ideas



by: MJ Finstrom

SURVEYS

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

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

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

Tips for successful surveys:

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

Let people know upfront how many questions will be

on your survey

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

Thank participants

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

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

Sign up for their upcoming classes, webinars and presentations at:

www.hutdogs.com/workshops/schedule

How San Gabriel Valley Area Businesses Can Apply for Tax Credits: GO-Biz California Competes Workshop



Learn how your business can apply for approximately \$200 million in tax credits available during the 2015-16 fiscal year for businesses that want to expand in or relocate to California. The workshop and the California Competes program are free and available to businesses of all sizes throughout the state.

WORKSHOP: Tuesday, August 4, 2015
10:00 a.m. to 11:00 a.m.
Industry Manufacturers Council
15651 Stafford Street
City of Industry, CA 91744

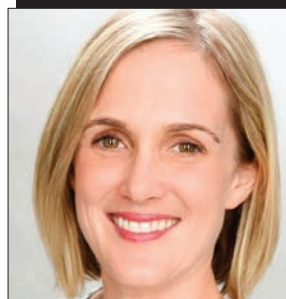


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HEALTHY LIFESTYLES



THE JOY OF YOGA COBRA/UP DOG

There are two important poses in a standard vinyasa flow that deserve a breakdown. They are cobra pose, or bhujangasana and up dog, urdhva mukha svanasana. Both are excellent backbends, but they each have their individual alignment. As a teacher, I often see a hybrid of the two that's not so good for the lower back.

Cobra pose is a lovely, strong belly backbend. In a standard vinyasa, you come into cobra from knees, chest and chin (ashtanga pronom) or chaturanga dandasana.

As you lower down, the belly comes all the way to the earth. Hands are planted right in line with the chest and elbows are in toward the ribs. Tops of the feet are pressing down onto the floor actively and triceps move toward the feet. As you inhale, press into your hands, activate the muscles along your spine and peel the heart up. Shoulder blades draw together on the back and collarbones in front become broad. Elbows stay bent the entire time in cobra. The legs and pelvis stay on the mat. Release on exhale and press back into downward dog. Upward facing dog, is usually reached from chaturanga. You have a choice to keep your toes tucked or come onto the tops of the feet. On the inhale, you powerfully press into the hands while pulling the heart and chest forward. The thighs and legs are actively engaged. Arms are straight and the entire leg(s) excluding the toes are off the mat. Find extra space right at the top with an external rotation of the inner upper arm and draw shoulder blades deeper into the back.

So, in short, elbows stay bent in cobra, while in updog, arms are straight with thighs off the mat. If the arms are straight with thighs down, there is undue compression on the lower vertebrae. It's best to work up to transitioning into updog. Both are excellent for the breath and gaining strength in the back body and stretch on the frontside.

Happy practice and enjoy your flow with comfortable alignment!

Namaste,

Keely Totten



Vibrant Living Wellness Center

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WHEN AND WHAT TO EAT?

Recently, a friend asked me about food combining and if it could help with her digestive distress. So I thought I would give you a brief idea of what food combining is and how it can work for or against you. The first thing you need to know is that all foods require different amounts of time to digest and move through our system. The next thing you need to know is that eating certain food combinations can hinder digestion. If you suffer from gas or bloating after meals you may want to give food combining a try.

One of the secrets of establishing good health as well as maintaining weight loss is to have a properly functioning digestive system. This means that you are able to absorb the maximum amount of nutrients, proteins and enzymes from your food. When this is accomplished it can prevent bloating, burping, gas and even indigestion.

Fruits digest faster than any other food. Next in line would be non-starching vegetables including herbs, nuts, seed, and seed and olive oil. The third group is your grains (products made from grains), then sugars and starchy vegetables like corn on the cob. The foods that digest slowest are meats, dairy and fish.

Raw fruits (cooked fruits take a little longer and dried fruits even longer still) take approximately 30 minutes to exit the stomach. Try to eat fruits first thing in the morning or 3 hours after a meal. Problems arise when you eat a slow digesting food followed by a quickly digestible food. The quickly digestible food will remain in the digestive track too long and can cause gas and bloating.

All non-starch vegetables may be eaten with flesh dishes.

All vegetables may be eaten with starches.

This is very basic description of food combining. You can get much more detail and fine tune what you eat but this is a quick primer for those just starting with food combining. What I take away from this is that the traditional meal I grew up on of meat, potatoes, vegetables and a raw lettuce salad is hard on the digestive system. A better meal would leave out the potatoes. Or keep the potatoes and eliminate the meat!

There are many books available on the subject of food combining. When done properly, food combining can help you feel great, lose weight and maintain weight loss.

ev80 floral design

Kiwi Feng

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Looking Up
with Bob Eklund

KEPLER SPACE TELESCOPE FINDS EARTH-SIZED WORLD ORBITING A COUSIN OF THE SUN

Scientists analyzing four years of data from NASA's Kepler mission have released a new catalog of exoplanet candidates. The catalog adds more than 500 new possible planets to the 4,175 already found by the famed space-based telescope.

"This catalog contains our first analysis of all Kepler data, as well as an automated assessment of these results," says SETI Institute scientist Jeffrey Coughlin who led the catalog effort. "Improved analysis will allow astronomers to better determine the number of small, cool planets that are the best candidates for hosting life."

The Kepler space telescope identifies possible planets by observing periodic dips in the brightness of stars. However, confirmation of their true planetary status requires observations by other instruments, typically looking for slight shifts in the motion of the host suns. Historically, the overwhelming majority of Kepler's discoveries have turned out to be actual planets.

The new catalog includes 12 candidates that are less than twice Earth's diameter, orbiting in the so-called habitable zone of their star. This zone is the range of distances at which the energy flux from the star would permit liquid water to exist on the planet's surface. Of these candidates, Kepler 452b is the first to be confirmed as a planet. At a distance of 1,400 light-years, Kepler 452b accompanies a star whose characteristics are very similar to the Sun: it is 4 percent more massive and 10 percent brighter. Kepler 452b orbits its star at the same distance as Earth orbits the Sun.

"Kepler 452b takes us one step closer to understanding how many habitable planets are out there," notes Joseph Twicken, also of the SETI Institute and the lead scientific programmer for the Kepler mission. "Continued investigation of the other candidates in this catalog and one final run of the Kepler science pipeline will help us find the smallest and coolest planets. Doing so will allow us to better gauge the prevalence of habitable worlds."

Kepler 452b has a better than even chance of being a rocky world on the basis of its size and the type of star that it orbits. It falls into a class of planets that are between the size of Earth and Neptune. While these are the most abundant type of world found by Kepler, our own solar system does not boast such a planet.

Intriguingly, while similar in size and brightness to the Sun, Kepler 452b's host star is 1.5 billion years older. It therefore can give us a peek into a crystal ball showing a possible future for Earth.



"If Kepler 452b is indeed a rocky planet, its location vis-a-vis its star could mean that it is just entering a runaway greenhouse phase of its climate history," says Doug Caldwell, a SETI Institute scientist working on the Kepler mission.

"The increasing energy from its aging sun might be heating the surface and evaporating any oceans. The water vapor would be lost from the planet forever."

now what the Earth will undergo more than a billion years from now, as the Sun ages and grows brighter," Caldwell adds.

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

"Kepler 452b could be experiencing



PROTESTORS OBJECT TO THE REMOVAL OF EUCALYPTUS TREES - Are Eucalyptus a desirable species in the California landscape?

By Christopher Nyerges
[Nyerges is the author of "Guide to Wild Foods," "Foraging California," "How to Survive Anywhere," and other books. He can be reached at Box 41834, Eagle Rock, CA 90041, or www.SchoolofSelf-Reliance.com.]

Eucalyptus has been in the news the last few weeks because naked protesters are unhappy with U.C. Berkeley's plan to remove thousands of these Australian natives.

Eucalyptus is a tree with a mixed reputation. This stately tree is renown for the "forest effect" due to the high transpiration rate of its leaves. According to one report, "In Sydney, a large gum tree [eucalyptus] transpires up to 200 litres of water a day. A well-maintained garden in Sydney will transpire nearly twice the volume of water as the total rainfall."

The tree was included in my Guide to Wild Foods book since it was so useful in its native Australia by the Aborigines: the leaves for various medicines (mostly upper bronchial issues), the bark for infections and many other uses, and even the little psyllid bugs can be harvested and eaten like a backwoods sugar. And the honey produced from eucalyptus flowers is a dark almost-medicinal honey.

But is it good for the California environment to remove the eucalyptus trees and replace them with natives? In fact, is being non-native the only reason that UC Berkeley wants to remove the trees?

In order to fully grasp the effects of eucalypti on the environment, let's look at its effect in other parts of the world.

Eucalyptus is a fast-growing tree. When you cut them down, they will sprout right back up again. Because of this, there have been major plantations in various countries throughout the world from Europe to China to Africa in order to supply the wood for lumber, paper products, and firewood. If the eucalyptus trees are planted in non-agricultural areas where nothing else will grow, they survive quite well. A eucalyptus tree in a plantation can be cut as little as every four years.

Around the time that the U.S. was experiences long gas lines during the 1970s "energy crisis," many countries around the world discovered that the eucalyptus tree seemed like a miracle tree. It grew easily anywhere, and could be regularly harvested for fuel wood, building materials, and pulp for paper. It was also a financial boom to the public and private businesses in various countries who grew these plantations. Today, eucalyptus is the number one tree planted in plantations around the world. With so many undeniable benefits, what could go wrong?

Over the last 30 to 40 years, countless business, governmental, and academic studies have been done to weight the pros and cons of the largescale use of the eucalyptus tree. I've spent time over the last year compiling hard data on the eucalyptus tree.

There were very real worries about deforestation and desertification that began in the 1980s. Eucalyptus, with its obvious economic benefits, were planted in ever-greater numbers. Today we can analyze the ecological effects of over 30 years of eucalyptus plantations.

For starters, there have actually been riots in protest of new eucalyptus plantings. Really, riots? In Northeast Thailand, most of the native forests had been completely logged by private companies, which affected the water, and forced local people to relocate. The Thai government, along with the World Bank, planted eucalyptus trees as a cash crop. However, it was noted that some results of the thousands of eucalyptus trees planted included lowering the water table for villages, drying up local wells, and making the farmable land less valuable due to the allelopathic effects of the eucalyptus leaves. When the Thai government began to grow even more eucalyptus plantations, villagers in the Tung Kula Ronghai section of Thailand, held meetings,

marches, rallies, and they also blocked roads, burned eucalyptus nurseries, ripped out eucalyptus seedlings, and chopped down eucalyptus trees, and planted fruit trees.

Because the eucalyptus tree is such a great transpirer, it follows that it generally consumes far more water than other native or non-native trees. In fact, one of the stated reasons that eucalyptus is planted in certain countries is to dry up swamps and wet areas, either for development or because the wet area was believed to be a source of malaria. The deep roots of eucalyptus, and their extensive network of small surface roots, has been noted to extend deep to the water table.

Although a eucalyptus plantation does very well in dry areas where nothing else is growing, in areas as diverse as China, Ethiopia, Vietnam, etc, local villagers of these diverse places have noted that their water wells run dry. In fact, this seems to be one of the main objections to eucalyptus plantations: it dries up the local sources since it generally consumes more water than is received by rain in any given area, which then means there is far less water for agricultural crops and orchards.

In studies done to determine if the leaf drop from eucalyptus is "allelopathic" (exuding soil toxins), various plants grown in a mixture of eucalyptus mulch and soil have exhibited a germination rate as low as 3%, compared to normal rates of germination with an oak mulch.

Another argument against the eucalyptus plantations is that there is a great depletion of soil nutrients. In general, eucalyptus take up more nutrients (and water) from the soil than other native or non-native trees because they are fast-growing. And, in theory, if all the leafy matter was left on the ground (as opposed to cleaning it up), those nutrients would degrade and enrich the soil. But unfortunately, eucalyptus mulch takes a very long time to be degraded by bacteria and fungus due to its oils, and so in actual practice, the soils around eucalyptus tend to be very desert-like due to the unavailability of nutrients. [Source: The Effect of Eucalyptus and Oak Leaf Extract on California Native Plants, Kam Watson, UC Berkley]

This effect results in the lack of biodiversity and understory that is commonly observed under and around eucalyptus trees, in stark contrast to native forests.

One study was also done with soil under the eucalyptus trees, along with a soil sample not influenced by eucalyptus. Soil samples from under eucalyptus trees proved to be less able to absorb water. This meant that though eucalyptus trees have been planted in areas to reduce runoff and flooding, this result is not usually successful because of the effect of the tree's oil on the soil.

These same results have been documented in eucalyptus plantations in China, Kenya, Ethiopia, Vietnam, and other sites.

Kenya Forest Service has published guidelines, basically aimed at promoting eucalyptus plantations in the country, called "A Guide to On-Farm Eucalyptus Growing in Kenya", December 2009.

They advise not growing eucalyptus in wetlands and marshy areas, and riparian areas. They advise not growing eucalyptus closer than 30 meters from rivers, and ideally 50 meters, so that the trees do not adversely interfere with the water source.

They add that other areas where eucalyptus should not be planted include around lakes, ponds, swamps, estuary and any other body of standing water. They advice that eucalyptus not be plants closer than 50 meters to farm lands, and other measures. In other words, even those who are pro-eucalyptus recognize the adverse effects of eucalyptus on the environment, and offer ways to minimize those effects.

U.C. Berkeley should proceed with the removal of eucalyptus trees on the lands under their control, and begin the long process of re-introducing natives, and the many benefits that will come therefrom.

[The facts stated in this article come from over a dozen research papers; source provided upon request]



OUT TO PASTOR

A Weekly Religion Column by Rev. James Snyder

ADVICE TO THE TRAVEL-WEARY VACATIONER

Summer is usually a busy time, with everybody engaging in one of the great American activities. According to the overwhelming number of citizens, no summer is actually official until every American pursues this activity vigorously. Of course, I am referring to summer family vacation.

Our American government guarantees its citizens the right to "life, liberty and the pursuit of happiness." This is the great American dream, drawing people from all over the world to our shores. Once they become full-fledged American citizens, they then dream of taking a summer vacation to Italy or France.

I am not sure how it happened, but somewhere, someone defined "the pursuit of happiness" to mean summer family vacations. Actually, if left up to me, I could find happiness in some other pursuit. Like an afternoon pursuing Apple fritters. However, who am I to buck the great American tradition?

Since the "pursuit of happiness" is the annual summer vacation, I thought it might be beneficial if I offered, out of my vast years of experience, some advice to my fellow vacationers on this crucial subject. After all, somebody needs to learn from my mistakes; I am not sure I have.

Every family vacationer consists of two categories; those who plan the vacation and those who fund the vacation.

The difference is obvious. If you plan a vacation, you are not required to fund it. If you fund the vacation, you have no say in the planning.

Rules are rules and I would like to know who made up these rules. I am guessing it was no one in the funding category.

If your responsibility is to fund the family vacation, there are certain things you are not allowed to say to those who are planning said vacation. For one, the sponsor of the vacation is never allowed to mention the word "budget." Nothing kills the exuberant spirit of the vacation planner than mentioning that foul word "budget."

If you insist on interjecting the concept of budget to the summer vacation, you might as well stay at home. Now, if you exercise this option, be prepared to endure the worst summer of your life. The entire cast of your family will work together to make you regret this option. They will find ways to finagle money out of you throughout the summer, far exceeding what you would have spent on the vacation, which brings the curtain down on your precious budget.

One year I thought I had a brilliant idea. I sent my family on vacation while I stayed at home. It was the most relaxing two weeks I had ever enjoyed in my life, not to mention the quietness.

Unfortunately, a month after my family returned from their vacation, I began getting

the credit card bills from their delightful jaunt. According to my credit card statement, my family had the time of their life and no expense was spared for their enjoyment.

The next year, and every year after, I accompanied my family on the annual summer vacation just to keep tabs on my credit card. And believe me; the tab grew each day of our vacation.

So, when anyone in your family mentions the word "vacation," bite your tongue if the word "budget" pops into your mind and take it like the man you are, which is the only sensible thing to do if you love a happy life.

I know when the first mention of the concept comes up in the family discussion, immediately you might think to yourself, "is it really worth it?"

I have wrestled with this question for many years. Every annual two-week vacation takes six months to prepare, five months and two weeks to recover, along with the mysterious disappearance of a full year's salary. Following the vacation there is no logical explanation as to where that money went.

Someone said a picture is worth a thousand words. Let me modify this to apply it to the family summer vacation. A vacation picture is worth \$1,000.

Following every vacation, there is the necessary time to recover. Recuperating from the summertime vacation is like recovering the living room couch. The sofa looks refreshed and refurbished, but you know what is underneath and you know it really is not what it boasts to be.

No matter how much you recover that old living room sofa, it is still old and worn out. Appearances can be deceiving and appearances at the summer vacation can also be deceiving.

After years of financing the annual summer vacation, I have concluded that fun is expensive. I have found no way of getting around this truth.

On the other hand, grumpy is free. Lately, I have been leaning toward grumpy.

Summer vacations are necessary and a person just has to learn to deal with it and make the most of it, or the least of it, depending on your perspective.

Everybody needs to get away and rest. Even Jesus understood this concept.

He invites us to "Come unto me, all ye that labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. For my yoke is easy, and my burden is light" (Matthew 11:28-30).

The best thing about the "rest" Jesus offers is he has already paid for it. Now I can really enjoy that vacation.

Mountain Views News

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Mountain Views News has been adjudicated as a newspaper of General Circulation for the County of Los Angeles in Court Case number GS004724; for the City of Sierra Madre; in Court Case GS005940 and for the City of Monrovia in Court Case No. GS006989 and is published every Saturday at 80 W. Sierra Madre Blvd., No. 327, Sierra Madre, California, 91024. All contents are copyrighted and may not be reproduced without the express written consent of the publisher. All rights reserved. All submissions to this newspaper become the property of the Mountain Views News and may be published in part or whole.

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

WILL Durst Raging Moderate MORE THE MERRIER



I've got to congratulate Donald Trump for how fast he's become more annoying to the Republican Party than a mouse in an air conditioning unit. He's like that popcorn husk that gets stuck in the back of your molars and you can't pry it out with a cord of toothpicks. He's almost as grating as the Kars for Kids commercial. The aerodynamically coiffed real estate developer recently announced that if the GOP big boys don't stop saying mean things about him, he might run as a third party candidate. "Be nice or I'll poop on your parade" is pretty much the bombastic billionaire's blackmail. And the way he looks when he purses his

lips in concentration, you kind of get the feeling he ain't speaking figuratively.

In other professions, behavior like this is commonly called extortion, but with these guys, it's just politics. It's effective politics that rekindles memories of 1992, when Ross Perot deprived Jeb's daddy of a 2nd term. Or so GOP party stalwarts would have you believe. Of course, they also would have you believe that Ronald Reagan never raised taxes and George W. was a wartime genius.

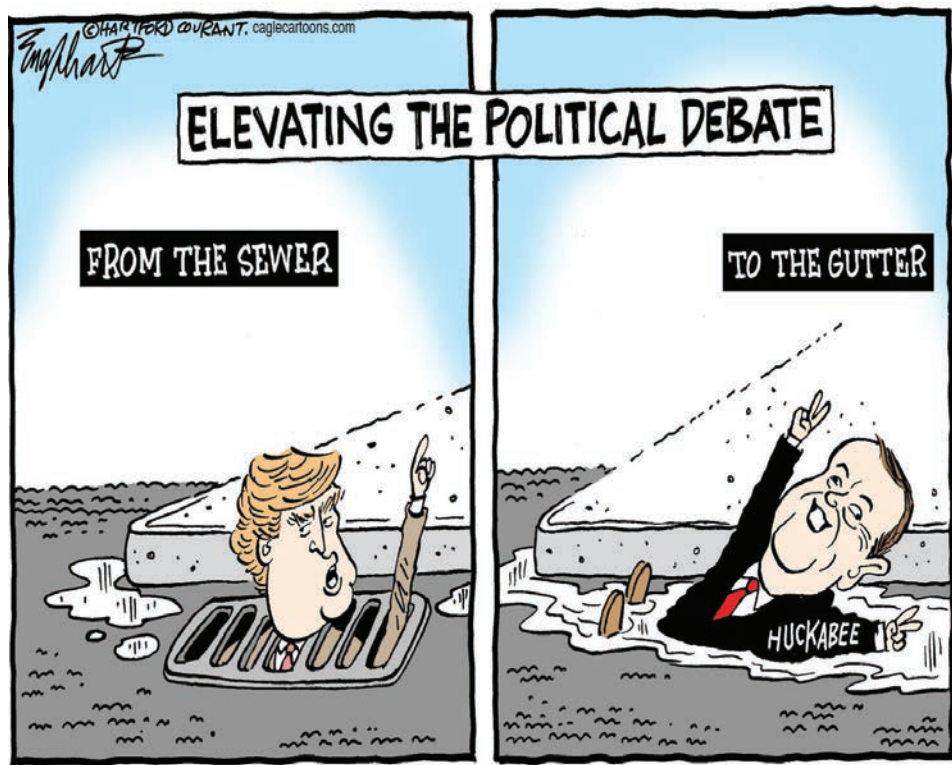
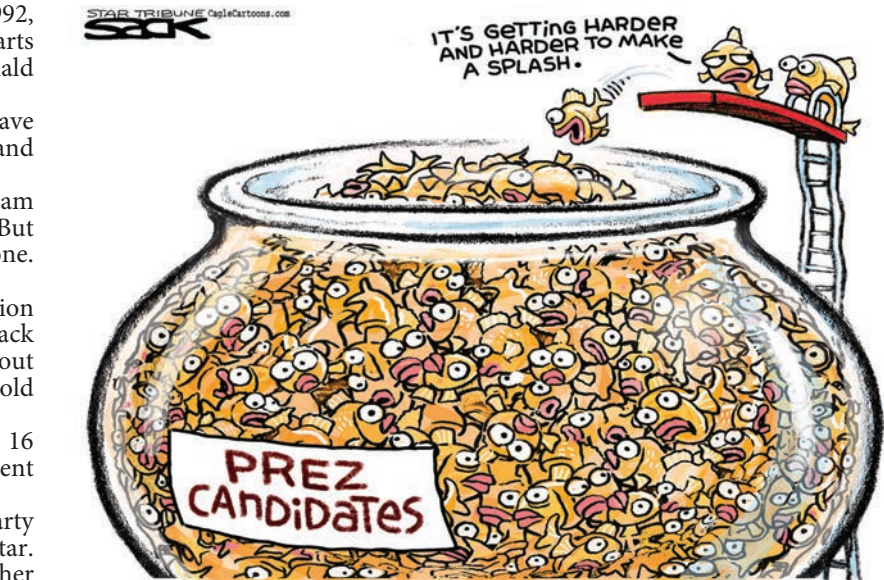
Trump is sucking up so much oxygen from the airwaves that his rivals have resorted to shooting off verbal flares trying to climb into the top ten of any poll and be considered Foxworthy come debate time.

Ted Cruz accused his own majority leader of lying to his face. Lindsey Graham destroyed his cell phone on video because Trump gave out his private number. But the major takeaway by most viewers was that Lindsey Graham still uses a flip phone. Way to appeal to the young, Mr. Modem.

Scott Walker said if elected, he's willing to start bombing Iran on Inauguration Day. And that's if he's in a good mood. God have mercy should he have a flashback and think he's dealing with a Wisconsin teachers' union. Jeb Bush talked about phasing out Medicare and moving on to some sort of coupon plan. Because old people love coupons.

So far, Republicans have managed to frighten minorities and seniors, and it's 16 months before the election. Figure the over/under on a "legitimate rape" comment to be eight weeks.

On the Democratic side, Bernie Sanders vowed never to run as a third party candidate but that was before he started drawing stadium crowds like a rock star. A 73-year-old socialist rock star, but a rock star nonetheless. Without the leather pants. Thank god.



LEFT TURN/RIGHT TURN

HOWARD Hays As I See It



"If you look at the number of Americans killed since 9/11 by terrorism, it's less than 100. If you look at the number that have been killed by gun violence, it's in the tens of thousands."

- President Barack Obama

A week ago Thursday I logged onto a site lo

learn President Obama told the BBC, the "greatest frustration" of his presidency was "the fact that the United States of America is the one advanced nation on Earth in which we do not have sufficient common-sense gun safety laws, even in the face of repeated mass killings."

I then turned on the TV and saw the "breaking news" of the shootings in which two women were killed, plus the gunman, with nine others injured at a movie theater in Lafayette, Louisiana – an event taking place after the president made his remarks to the BBC.

The next morning I tuned in NPR and heard a discussion about armed guards, searches and metal detectors. It wasn't about some military or CIA complex, but whether these things should become part of a family's experience in going to the local multiplex; whether security for catching a movie shouldn't be as routine and intrusive as for catching a plane.

Responding to the Lafayette shootings, Republican presidential candidate Rick Perry of Texas told CNN he advocated more people bringing more guns into more places – as if the prospect of a firefight breaking out in a darkened movie house should make us feel more secure.

Louisiana's Gov. Bobby Jindal, another GOP hopeful, didn't think this was the "appropriate time" to discuss gun policy, while acknowledging "folks will want to score political points off this tragedy". It wasn't time a week earlier, either, when four Marines and a Naval officer were killed at recruitment facilities in Chattanooga.

A month before that, President Obama spoke at the White House the morning after nine were killed at the Emmanuel AME Church in Charleston; "I've had to make statements like this too many times. Communities like this have had to endure tragedies like this too many times. . . . once again, innocent people were killed in part because someone who wanted to inflict harm had no trouble getting their hands on a gun."

Back then, Gov. Jindal said "Now's not the time", and accused the president of "trying to score cheap political points".

Louisiana has no background checks for private gun sales (including assault weapons), no registration requirements, no state licenses for gun dealers, and no limits on how many guns can be purchased at one time. Local governments are prohibited from enacting their own gun laws. Thanks to Gov. Jindal, it's now okay to bring concealed firearms into places that serve alcohol and to church.

Louisiana has the second-highest gun death rate in the country (after Alaska). A study from

the Violence Policy Center shows that states with the weakest gun laws and highest rates of gun ownership have the highest per capita rates of gun deaths, while states with the strongest laws and lowest rates of ownership have the lowest rates of gun deaths ("Surprise!").

Louisiana has a 45.6% household gun ownership rate and ranks no. 2 at 19.15 annual gun deaths per 100,000 in population. New York has relatively strong gun laws, a gun ownership rate of 18.1% and comes in 48th with a 4.39 death rate per 100,000. California is 42nd with a 7.89 death rate. With all the shootings in Chicago despite tough gun laws, Illinois' rate of gun deaths per 100,000 is 8.67 – less than half that of Louisiana's.

Data came from the Centers for Disease Control, with another CDC-funded study showing having a gun in the home brings a threefold increase in the risk of a homicide. Republicans in Congress responded, right after the shootings in Charleston, by moving to block further CDC research into gun violence.

John Houser, accused of the Lafayette shootings, had a decades-long criminal record and history of mental illness. Ten years ago, his wife and family members filed a domestic violence complaint against him. That was enough to prevent him from getting a concealed carry permit in Alabama, but not from walking into a pawn shop there and buying his .40 caliber semi-automatic.

Mohammad Abdulazeez went online to get his AK-74, AR-15 and Saiga-12. "Armslist.com" maintains it doesn't deal in arms, but is there to connect private buyers and sellers who do. Abdulazeez made those connections before heading to the Chattanooga recruitment centers.

When the FBI can't complete a background check in three days, as happens with 2% of the 58,000 checks it runs each day, the gun dealer can go ahead with the sale anyway. Wrong information was entered when Dylann Roof was booked on a drug charge. An FBI examiner says she faxed county officials for information but received no response. When those three days were up with the investigation still "pending", Roof was able to buy the .45 Glock he took to the Emmanuel AME Church.

Responding to Gov. Jindal referring to these shootings as "unthinkable" and "unspeakable", Esquire Magazine's Charlie Pierce says, "If at this point you cannot think about how one of these things happens, then you haven't been paying attention. And if we don't speak about it, then they're going to keep on happening."

Democratic candidate Sen. Bernie Sanders (I-VT) says we need at least to enact universal background checks, close the gun show loophole and ban the sale of assault weapons. Meanwhile, Republicans fret over how many days it took President Obama to order flags to half-staff following the shootings at the Chattanooga recruitment centers. On Fox News, Megyn Kelly asks a Lafayette Police Sergeant about any connection to ISIS.

In June, the Iowa General Assembly took up gun permits, but not to limit them. You can now no longer be denied a permit in Iowa to carry a gun in public – just because you're legally blind.

What could go wrong?

MICHAEL Reagan Making Sense DUMB AS TRUMP



Trump can't help being Trump. He says outrageous or dumb things about immigrants or his fellow Republican primary candidates five times a day. But no one – not even the liberals of the mainstream media – really takes Donald Trump or what he spews seriously. No one thinks the billionaire's mix of egotistical bloviating and off-the-cuff policy positions represents the Republican Party or conservatism. Mike Huckabee and Rick Perry are a whole other story.

They're not clowns. They're ex-governors. They're supposed to be serious candidates for the Republican nomination for president. Yet last week, they each said something dumb as Trump. Perry's statement, at least, was made, more or less, in defense of the Second Amendment. But in the wake of last week's theater shooting in Lafayette, La., he said that the way to prevent future shootings would be to encourage moviegoers to take their guns into the theaters.

I'm a fervent Second Amendment guy. And I agree with Perry that gun-free zones are always a bad idea because they attract the well-armed crazies who want to commit mass murders. But even I wouldn't want to go into a movie theater where everyone was packing – especially a John Wayne or Clint Eastwood movie. Especially in West Texas. Gov. Perry should have held his Texas tongue. All he did was make himself – and by extension the GOP – look like he was exploiting a tragedy to make a political point about gun rights.

Then there's Mike Huckabee.

What he said about the effect the Obama administration's nuclear deal with Iran was going to have on the state of Israel caused a national political hissy fit. Huckabee was right on target when he charged that the president's foreign policy "is the most feckless in American history" and that trusting the Iranians was "naïve." Where he got himself in trouble was when he said the Iran deal was so bad it "will take the Israelis and march them to the door of the oven." Huckabee's Holocaust reference was not the real problem. As the leaders of some Jewish American groups protested, the real problem was his premise that the state of Israel is a weakling that can't defend itself from Iran.

Israel counts on our support, but it can take care of itself if it has to. It has a strong government, a strong leader and a strong military, not to mention lots of tanks, jet planes and scores of nukes. Israel's leaders also have something else -- courage. They're not afraid to act decisively or preemptively when their nation is threatened, as they proved 35 years ago when their jets bombed Iraq's nuclear research facility. Huckabee's Holocaust rhetoric was tut-tutted by some other Republican candidates who thought it was too strong.

Hillary Clinton and other phony Democrats, plus the usual liberal crybabies in the media, made faces and agreed that it was "offensive" and "out of line."

What Huckabee said didn't hurt his already slimmer-than-slim chances, but he hurt the GOP team.

He set up an easy layup for the Democrats so they could rise up in fake outrage and paint all the other Republicans as nuts as Trump.

Perry and Huckabee are desperately trying to boost their low poll numbers to qualify for next week's "Top 10" primary debate.

They tried to out-trump Trump. But all they did was cause trouble in their own ranks and give Democrats a boatload of fodder that will be used against the GOP next fall.

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.michaelreagan.com.

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