

# Mountain Views News

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SATURDAY, JULY 16, 2016

VOLUME 10 NO. 29

## MEET BASEBALL CELEBRITIES AT THE SIERRA MADRE PUBLIC LIBRARY



One Book One City celebrates hometown baseball this July. Don't miss a rare opportunity to meet two of Los Angeles' most delightful Dodger experts at the Sierra Madre Public Library. Team Historian Mark Langill (Tuesday, July 19) and KPCC's All Things Considered Host Nick Roman (Monday, July 25) will offer two different and fascinating takes on the heroes and characters of the LA Dodgers.

LA Dodgers Team Historian Mark Langill takes a look back at Vin Scully's seasons with the team. Langill will also share personal stories of how he, a little



league klutz hanging onto Vin Scully's every word, parlayed reference books and otherwise useless trivia into his dream job. A member of the Dodger front office since 1994, Langill previously covered the ball club as a Pasadena Star-News beat reporter from 1989 - 1993. The Cal State Northridge graduate has written five books about the Dodgers, including Game of My Life and Dodger Stadium. His television appearances include the ESPN 30-for-30 documentary Fernando Nation and the History channel's American Restoration. Join Mark Langill at the Library on Tuesday, July 19, 2016 at 7:00pm.

Nick Roman of KPCC's All Things Considered examines the all-American pastime, explains what he loves about the game and shares stories about his time covering the Dodgers in the World Series. Roman's love of sports has led him to file numerous stories for NPR's Only A Game. Roman has been a fixture in Southern California news radio for more than 20 years. He served as a producer, anchor and news director at KLOS/KKJZ in Long Beach from 1984 - 2004. Roman also helped create CALNET, a daily statewide news program, where he was a producer, news editor and host. For the past 15 years he has taught broadcast journalism to students at Cal State Long Beach and Cal State Fullerton. Don't miss your chance to meet Nick Roman on Monday, July 25, 2016 at 7:00pm.

Appearances by Langill and Roman are part of One Book One City (OBOC), the popular community reading program sponsored by the Sierra Madre Public Library. The Natural, by Pulitzer Prize-winning author Bernard Malamud, is this year's OBOC choice. OBOC invites everyone in the area to read and discuss the same book during a month of exciting programs with the goal of building a sense of community, promoting literacy and having fun.

Read, Discover, Connect @ Sierra Madre Public Library, 440 W. Sierra Madre Blvd., Sierra Madre, CA 91024, phone: 626-355-7186, text: 626-662-1254, [www.cityofsierramadre.com/services/library](http://www.cityofsierramadre.com/services/library).

## JOIN THE SIERRA MADRE PLAYHOUSE FOR LUNCH WITH KIWANIS

**When:** Tuesday, July 19, 2016  
**Where:** The Lodge - 33 E. Sierra Madre Bl.  
**Time:** Noon Lunch: \$10  
**Call 626-355-0728 to reserve your seat!**

## SIERRA MADRE CONCERTS IN THE PARK



*Be sure to mark your calendar for Sunday, July 24 from 6:00 to 8:00 PM. Sierra Madre Civic Club Concert in the Park featuring The Peter Kavanaugh Quartet.*

Peter Kavanaugh, a jazz guitarist, will perform on guitar, DJ Bonebrake on vibraphone, Paul Eckman on upright bass, and Mark San Filippo on drums.

Our award-winning musician, whose music is played on stations across the country, has performed with rave reviews in Sierra Madre at a number of community events. He will perform songs from his recent album "Whisper Not." Civic Club members will be selling prepackaged ice cream sandwiches and ice cold bottled water.

### Future Concerts include:

*Sunday, July 31*  
Gem City Jazz Cats (Big Band)  
Sponsored by Sierra Madre Kiwanis Club & Friends of Sierra Madre Library

*Sunday, August 7*  
Rock This Town (Elvis Tribute)  
Sponsored by Sierra Madre Rotary Club



*Sunday, August 14*  
Pat O'Brien & the Priest of Love (Blues & Rock)  
Sponsored by Sierra Madre Volunteer Firefighters Association

It all happens in the Band Shell at Sierra Madre Memorial Park located at 222 W Sierra Madre Blvd, Sierra Madre 91024 and is free of charge. Bring your own picnic, and chairs or blanket for sitting. For more information about this Concert and others, contact the Sierra Madre Community Services Office at: 626-355-5278

## OFFICIAL RENDERING FOR THE 2017 SIERRA MADRE ROSE PARADE FLOAT ENTRY:



Concept Designer, Richard

The Sierra Madre Rose Float Association is well on their way preparing the 2017 entry, "The Cat's Away", ready for Tea complete with mice! Construction progress was viewed by residents at the Sierra Madre July 4th parade. If you'd like to help, come by the barn and help with the construction.

In addition to preparing for another Award Winning float, the Association granted a scholarship award earlier this month to Kristine Kuhn, pictured with a member of the SMREA Board of Directors.

SMREA is a non-profit, all volunteer organization dedicated to entering a float in the annual Pasadena Tournament of Roses Parade. We are a totally "Self-Built" float - we design, construct, decorate and raise the necessary funds

to produce our float every year. Funding is achieved through donations, memberships and local fund raising activities.

The community of Sierra Madre is one of the oldest participants in the Pasadena Tournament of Roses Parade, having entered a float since 1917. The 2017 entry will be its 85th entry into the Pasadena Tournament of Roses Parade.

Today, the Sierra Madre Rose Float Association designs, builds, decorates and completely funds the community's annual entry. Carrying on a local tradition, ours is one of only a few all-volunteer-built floats remaining in the parade.

To learn more about the association go to: <http://www.smrosefloat.org>

## Words From the Sierra Madre PD: SEE SOMETHING, SAY SOMETHING!

Our neighbors Arcadia and Monrovia have experienced nighttime home invasion robberies in the past two weeks. The SMPD is asking that you continue to remain aware of your surroundings and to report anything that appears suspicious. SEE SOMETHING, SAY SOMETHING!

**A home safety tip:** You might keep the deadbolt locked on the front door at all times, but what about the back door off the patio? Or maybe you leave the garage door wide open during the afternoons? Please be as conscientious about your less-used entrances as you are with your main one.

Sierra Madre Police Department: would also like to remind you of the 210 Freeway closure for the next two weekends. Please see information on page B1.

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## Weather Wise

6-Day Forecast Sierra Madre, Ca.



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

Forecasts courtesy of the National Weather Service

CITY OF SIERRA MADRE  
CALENDAR OF EVENTS

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

NEXT REGULAR CITY COUNCIL MEETING:  
 Tuesday July 26, 2016  
 6:30 pm

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

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

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

Your event must:

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

Just write a Public Service Announcement that describes your event and e-mail it to [radio@cityofsierramadre.com](mailto:radio@cityofsierramadre.com).

SIERRA MADRE CITY  
MEETINGS

Regular City Council Meeting  
 Tuesday, July 26, 2016, 6:30 pm

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 [cityofsierramadre.com](mailto:cityofsierramadre.com) before 5:30 the night of the meeting and your statement will be delivered to all the Council Members.

Monday, July 18, 2016, 6:30PM  
 Community Services Commission Meeting

Wednesday, July 20, 2016, 7:00PM  
 Energy, Environment and Natural Resources Commission Meeting

Thursday, July 21, 2016, 7:00PM  
 Planning Commission Meeting

Tuesday, July 26, 2016, 6:30PM  
 City Council Meeting

Wednesday, July 27, 2016, 7:00PM  
 Library Board of Trustees Meeting

Sierra Madre City Hall 232 W. Sierra Madre Blvd. Sierra Madre, CA 91024 (626) 355-7135



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MEETINGS ARE EACH TUESDAY AT NOON,

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 JULY 8

**TOY STORY 3**  
 JULY 22

**GOOSEBUMPS**  
 AUG. 5

**ZOOTOPIA**  
 AUG. 12

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For More Information Please Call (626) 355-7135

See something.  
 Say something.

Inside this week:

CALENDAR Pg. 2

SIERRA MADRE NEWS Pg. 4

PASADENA/ALTADENA Pg. 6

ARCADIA NEWS Pg. 7

MONROVIA/DUARTE Pg. 8

EDUCATION &amp; YOUTH Pg. 9

FOOD &amp; DRINKS Pg. 10

THE GOOD LIFE Pg. 11

THE WORLD AROUND US Pg. 12

BEST FRIENDS Pg. 13

SECTION B:

AROUND SAN GABRIEL VALLEY B4

THE ARTS B5



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## Walking Sierra Madre...The Social Side

by Deanne Davis



"Many flowers open to the sun but only one follows it constantly. Heart be thou the sunflower, not only open to receive God's blessing, but constant in looking to him." Jean Paul Richter

"I don't think there's anything that more trumpets life than the sunflower. For me that's because of the reason behind its name. Not because it looks like the sun, but because it follows the sun. During the course of the day, the head tracks the journey of the sun across the sky. A satellite dish for sunshine. Wherever light is, no matter how weak, these flowers will find it. And that's such an admirable thing, such a lesson in life." 2003 movie, "Calendar Girls"

We saw this sunflower, my Walking Sierra Madre best buddy, John, and I this morning, Monday, July 11th, on Highland and couldn't resist taking its picture. It is the brightest, most vibrant yellow and its leaves are a deep healthy green. To me, sunflowers mean hope. Here are a few more things that speak hope to us today: Our grandson, Luke, turns 19 today. He was born on my Aunt Helen's birthday, long after she had left us behind to take up residency in heaven. Luke, I think, has taken on at least one of Auntie Helen's best qualities, i.e., he is kind. He is also a talented actor-singer-dancer with many credits to his name, and he gives us hope. Actually, all our grandchildren give us hope. There are the little girls in Texas: Jessie, who is 8 and Emily, who is almost 6; taking swimming lessons – valiantly jumping off the side of the pool, bravely putting their faces in the water, heroically stroking and kicking. And there's our granddaughter, Ashley the R.N., who has been married a whole month today. She and Trevor have just moved into their very own condo as homeowners. Grandson, Chad and wife, Hayley, are expecting a little girl next month. Hope!

We are looking for hope as this last week in our Nation has been a very grim week with shootings and death seemingly on every side. We have wept over the pain which surrounds us...a four year old boy in Altadena, Salvador Esparza III, shot to death on his front porch; the police officers in Dallas and so many more

this past week. We see these tragedies as ripples of pain extending out through family after family...parents, brothers and sisters, children...touching literally hundreds of lives. Even though we don't know these people personally, we see their faces on television, hear their families weep tears that will never dry. We are reminded of God's Word in 2 Chronicles 7:14: "If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven and will forgive their sins and will heal their land."

We hear our next door neighbor's chickens clucking around, making cheerful chicken noises and we can't help but smile. The vinca plants I put in last week are looking happy and I've bought some succulents that were on sale 20% off to replace seven roses.

Some roses are pink, yellow or white, Some are a bright, cheery red. But thanks to the spider mites, Those nasty little aliens, Most of our roses are... About to be outta here!

If you do much Walking Sierra Madre, I'm sure you've seen Belle, the absolutely gorgeous great white dog who might possibly be a Great Pyrenees, but who is the most dignified lady we've ever seen, making her stately way around the neighborhood. Her owner, Lois, is starting a new dog walking business here in town and if you'd like someone to walk your dearest canine friend, try Lois: [HYPERLINK "mailto:walkthedog9@gmail.com"](mailto:walkthedog9@gmail.com) walkthedog9@gmail.com.

The giant pumpkin vines are already taking over their area and we are watching for blossoms. More hope! "Once you choose hope, anything's possible!" Christopher Reeve. May your week abound with hope.

My book page: Amazon.com: Deanne Davis Blog: [www.authordeanne.com](http://www.authordeanne.com)

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

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### New Art Exhibition at Sierra Madre City Hall Through August 2016

#### W. JACK SAVAGE

W. Jack Savage is a retired broadcaster, actor and educator. He is the author of seven books including Imagination: The Art of W. Jack Savage ([wjacksavage.com](http://wjacksavage.com)). To date, more than fifty of Jack's short stories and over eight-hundred of his paintings and drawings have been published worldwide. He has appeared in over fifty plays including Susan Slept Here at the Sierra Madre Playhouse in the 90s. He was an avid runner and in addition to several marathons, was finisher in the Annual Mount Wilson Trail run. Jack and his wife Kathy live in Monrovia, California

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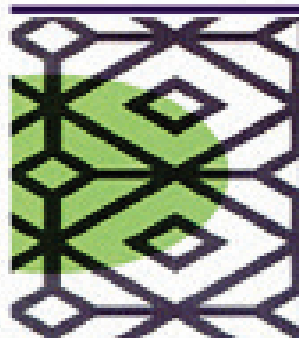
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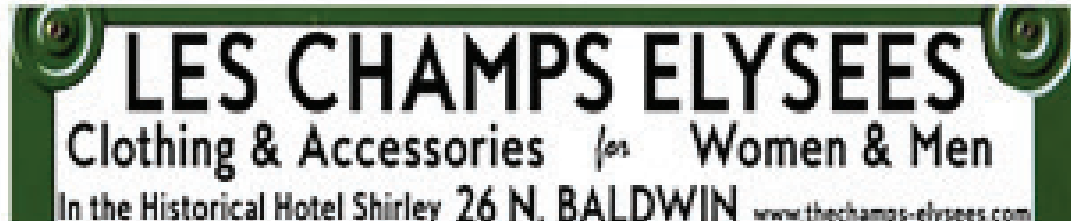
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## Caltrans Closes Part of I-210 Two Weekends

Residents, visitors and businesses in Pasadena are advised that Caltrans will shut down part of the westbound I-210 Freeway, near Highway 134, between Lake Avenue and Mountain Street, for 55 hours this weekend, beginning at 10 p.m., Friday, July 15, until 5 a.m., Monday, July 18, 2016

Roadway pavement work is prompting the closure this weekend and a second weekend as well, according to Caltrans.

The two separate, 55-hour full weekend closures on the I-210 in Pasadena are scheduled to be:

10 p.m., last night, to Monday, July 18 and 10 p.m., Friday, July 29 to 5 a.m., to Monday, August 1.

This weekend's closure means the eastbound Highway 134 connector to the westbound I-210 will be closed during this time. The westbound I-210 offramps for Marengo Avenue and Mountain Street will also be closed, as well as the onramp for the I-210 at Walnut Street.

Motorists are urged to slow down and use caution while driving in the freeway construction area; to be extra alert and to follow all freeway detour signs if you must travel through the area. Motorists should consider seeking alternative routes to avoid this part of I-210 during the closures.

For online map information about Caltrans work projects, go to <http://quickmap.dot.ca.gov/>. Additional Caltrans info can be found at [www.dot.ca.gov/d7](http://www.dot.ca.gov/d7) and on Twitter [@CaltransDist7](https://twitter.com/CaltransDist7).

## Pet of the Week



Sweet Inky (A152822) is a twelve-year- old, neutered male, black and white, shorthair cat. This precious cat comes running for love and attention the second you enter the room.

The adoption fee for cats is \$70 (or two for \$85), which includes the spay or neuter surgery, microchip, and vaccinations. Inky qualifies for our Seniors for Seniors program, which waives the adoption fee for adopters age 60 and over. The mandatory \$20 microchip fee still applies.

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

Call the Pasadena Humane Society & SPCA at (626) 792-7151 to ask about A152822, or visit at 361 S. Raymond Ave. in Pasadena. Adoption hours are 11 a.m. to 4 p.m. Sunday; 9 a.m. to 5 p.m. Tuesday through Friday; and 9 a.m. to 4 p.m. Saturday.

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



## Group Holds March in Wake of Violence

*Survey shows confidence in Pasadena police.*

A group of about 100 people, led by the city's youth and community leaders marched in solidarity over recent violence Thursday evening from La Pintaresca Park in Northwest Pasadena to City Hall.

Many of the marchers wore t-shirts the read, "let me live" as they chanted "this is what democracy looks like."

Loveland Life Center Pastor BJ King compared the climate of young kids today as post-traumatic stress disorder, "where they don't want to go outside, they don't want to be involved, they don't trust... not only don't they trust the people in the neighborhood, but they don't trust the police.

The peace walk was organized

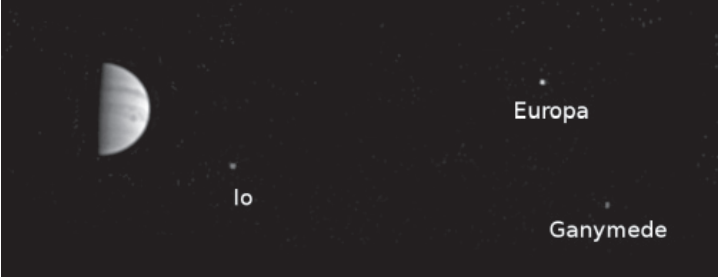
by students at John Muir High School as a way to show they care and direct feelings about gun violence both locally and across the country, including the five police officers killed in Dallas Texas July 7.

Locally, last week, an unidentified man fired at least 13 shots as he walked up to the residence and fired at victims on the porch of a home in the 300 block of Figueroa Drive in Altadena. A 4-year-old boy, later identified as Salvador Esparza III, was pronounced dead at a nearby hospital.

Unrelated to Thursday night's march, earlier in the day during a special meeting of the Pasadena City Council Public Safety Committee, members heard findings on a study "Community Perceptions of Policing in Pasadena."

The study conducted by Lisa

## NASA'S Juno Spacecraft Sends First In-Orbit View



*View from Juno spacecraft is made from some of the first images taken by JunoCam after the spacecraft entered orbit around Jupiter on July 5th (UTC).Photo NASA.*

The JunoCam camera aboard NASA's Juno mission is operational and sending down data after the spacecraft's July 4 arrival at Jupiter. Juno's visible-light camera was turned on six days after Juno fired its main engine and placed itself into orbit around the largest planetary inhabitant of our solar system. The first high-resolution images of the gas giant Jupiter are still a few weeks away.

The new view was obtained on July 10, at 05:30 UTC (1:30 a.m. EDT, 10:30 p.m. PDT on July 9), when the spacecraft was 2.7 million miles (4.3 million kilometers) from Jupiter on the outbound leg of its initial 53.5-day capture orbit. The color image shows atmospheric features on Jupiter, including

the famous Great Red Spot, and three of the massive planet's four largest moons -- Io, Europa and Ganymede, from left to right in the image.

During its mission of exploration, Juno will circle the Jovian world 37 times, soaring low over the planet's cloud tops -- as close as about 2,600 miles (4,100 kilometers). During these flybys, Juno will probe beneath the obscuring cloud cover of Jupiter and study its auroras to learn more about the planet's origins, structure, atmosphere and magnetosphere.

The Juno team is currently working to place all images taken by JunoCam on the mission's website, where the public can access them at [nasa.gov/juno](http://nasa.gov/juno).

## Crime Blotter for Altadena

**Sunday, July 3rd**

2:20 PM – A residential vandalism occurred in the 70 block of W. Pine Street. Damage: shattered window

**Monday, July 4th**

12:24 AM – Jimmy Mejia, 24 years old of Pasadena was arrested in the area of Lake Avenue & Washington Boulevard for being under the influence of a controlled substance.

6:45 PM – William Depaz, 24 years old of Los Angeles was arrested in the area of Altadena Drive and Ganesha Avenue for possession of drug paraphernalia.

8:45 PM – Jose De La Torre, 29 years old of Pasadena and Lorenzo Robles, 18 years old of Pasadena were arrested in the 200 block of Ventura Street for illegal possession of fireworks.

9:00 PM – Christopher Lomeli, 26 years old of Altadena was arrested in the 100 block of W. Figueroa Drive for illegal possession of fireworks.

9:20 PM – A residential vandalism occurred in the 1700 block of Allen Avenue. Damage: shattered window.

10:15 PM – Kelvin Brady, 48 years old of Altadena was arrested in the 600 block of W. Figueroa Drive for illegal possession of fireworks.

11:25 PM – Humberto Acosta, 47 years old of Altadena was arrested in the 2100 block of Marengo Avenue for illegal possession of fireworks.

**Tuesday, July 5th**

5:22 PM – Efrén Pano-Gutiérrez, 41 years old of Altadena was arrested in the area of Woodbury Road and Glenrose Avenue for possession of a controlled substance.

10:40 PM – A shooting occurred in the 300 block of W. Figueroa Drive. Deputies arrived at the location and discovered (2) gunshot victims. Victims were transported to the hospital for treatment. Victim #1 succumbed to injuries and victim #2 remained in stable condition. Investigation currently being handled by LASD Homicide Bureau.

**Wednesday, July 6th**

12:00 PM – A vehicle burglary occurred in the area of Loma Alta Drive and Lake Avenue. Suspect(s) entered the vehicle by shattering the window. Stolen: Louis Vuitton handbag, wallet, and credit cards.

1:00 PM – A vehicle burglary occurred in the 2200 block of Pinecrest Drive. Suspect(s) entered the vehicle by shattering the window. Stolen: currency.

**Friday, July 8th**

9:15 AM – A battery occurred in the 2600 block of Porter Avenue. Suspect has been identified as the victim's daughter-in-law.

**Saturday, July 9th**

6:45 AM – A petty theft from a vehicle occurred in the 100 block of W. Loma Alta Drive. Stolen: black wallet.

7:30 AM – A vehicle burglary occurred in the 100 block of W. Las Flores Drive. Suspect(s) entered the vehicle by shattering the window. Stolen: unknown.

Graziano, a professor at Cal State LA, found that 78 percent of residents had confidence in Pasadena police, saying they were effective in preventing crime and responding to calls.

The survey also stated that half of those asked felt that the wealthy were better treated than the poor as well as whites over minorities.

The survey was only heard as the committee lacked a quorum needed for discussion.

## Holden to Hold Summer Block Party



Join Assemblymember Chris Holden, 41st District, for the 17th Annual Block Party and Community Resource Fair. Saturday, July 30 11 a.m. – 3 p.m.

The event will be at N Madison Ave. & E Jackson St. Pasadena.

Come discuss legislative and community issues while enjoying live music, a classic car show, game trucks and much more.

Information on local and state resources will also be available. A brief community recognition program starts at noon so please give yourself time to drive and park, bike, walk, or ride public transportation.

## Free Concert at Farnsworth Park Tonight

The Hollywood Hillbillies will be performing at Farnsworth Park in the amphitheater tonight, the park is located 568 E mount Curve Ave. Admission to this concert is free.

Chris Johnson and the Hollywood Hillbillies are a Southern California based country band that specializes in music from such legendary country icons as Waylon Jennings, Willie Nelson, George Jones, Buck Owens, Merle Haggard Etc. Performing over 100 dates a year since 2005 at various nightclubs, casinos, rodeo's and special events, the band is also a regular in Laughlin, NV at the Aquarius and Colorado Belle Casinos.

Chris Johnson - Lead Vocals and Guitar

Originally from Lakeside CA, Chris started singing and performing at age 12 and at 18, was performing around the San Diego area with "The Border Tones" a local country rock band.

In 1995, Chris started a Musician Production company in Los Angeles that consists of backline rental, studio cartage, touring production, storage, rehearsal rooms and recording studios. His clients include John Fogerty, Van Halen, The Goo Goo Dolls, Don Henley, Rolling Stones, Red Hot Chili Peppers, Rob Zombie, The Killers, Toto, Pink Floyd, Men and Work. In January, Chris purchased the famous Cowboy Palace Saloon in Chatsworth CA.

The event starts at 7:00p.m. tonight at Farnsworth Park. For more information visit [lasd.org](http://lasd.org) or call 626-798-1131.

## Steve Mermell Appointed Pasadena City Manager

Pasadena Mayor Terry Tornek announced that the City Council has appointed Steve Mermell as Pasadena's new City Manager, effective immediately. Mermell had been serving as the Interim City Manager since February 15.

The unanimous decision by Mayor Tornek and the City Council occurred at the Monday council meeting following a nationwide recruitment.

"After conducting a nationwide search with many well-qualified candidates, the Council concluded that long-term City employee Steve Mermell was the best choice," Mayor Tornek said. Contract terms for Mr. Mermell's appointment still need to be finalized, he said.

Mr. Mermell has devoted his government service career to Pasadena, having joined the City first in 1989 as an analyst for the Water and Power Department. He has served in a variety of positions including Purchasing Administrator, Budget Administrator, Deputy Finance Director, as well as temporary acting assignments as Finance Director, Planning



*Mermell*

Director and Health Director. He has served as one of two Assistant City Managers since 2009.

"I am humbled by the Council's action. I don't know if this is the best day of my career or if it was the day I was first hired by Pasadena," the new City Manager said. "I want to thank the Council for their confidence in me and I look forward to my continued service for our community," Mermell added.

About 50 applications were received by the City for consideration.

## Pasadena POPS Sinatra Project Vol. 2

On the heels of last summer's sold out hit concert, Michael Feinstein brings the second installment of his Grammy-nominated Sinatra Project back to the Arboretum by popular demand.

Sinatra Project Vol. 2 Saturday, July 30 at the LA County Arboretum 301 N Baldwin Ave, Arcadia.

Gates open at 5:30pm for picnicking concert begins at 7:30pm.

Hear many more of Sinatra's biggest hits and maybe a few you've never heard before as Feinstein shares both his legendary music and personal anecdotes recalling the life and times of Ol' Blue



Eyes. The multi-platinum-selling, Emmy and Grammy-nominated entertainer puts down the baton and picks up the mic for one night only in this exclusive engagement with the Pasadena POPS.

Come celebrate under the stars with timeless hits like "Young at Heart," "Pennies from Heaven," "Nice 'n Easy," and more of your favorites as only the Ambassador of the Great American Songbook can deliver.

## Board of Supervisors to Identify Funds for Homeless

The Board of Supervisors unanimously approved a motion by Supervisor Michael Antonovich directing the County CEO, the Health Agency and other departments to identify existing funding that can be redirected to fund the County's homelessness effort. It also asks the CEO to continue lobbying the state legislature on behalf of local governments for additional resources to address the homeless crisis.

"To avoid placing an additional burden on local taxpayers, this action requests that the county look within its own budget, and appeal



to the state in our mutual effort to address the statewide homelessness crisis," said Antonovich. "It is the state's responsibility to take a proactive role in reimbursing local governments for the costs associated with homelessness."

## Free Events Roundup at the Pasadena Senior Center

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

**Smart Phones, Tablets and Computers – Any Questions? – Tuesday and Thursday from 10 to 11 a.m.** Get the answers you need about technology devices, whether you own them already or are considering a purchase. Learning how to text, check voicemail, set an alarm, navigate the Internet and download apps is easier than you may think!

**Reverse Mortgages: Myths, Realities and Strategies – Thursday, July 21, at 10 a.m.** Learn what a reverse mortgage is and how to use one to enhance your retirement, plus the myths, realities and new strategies available. Presented by K. Antoun and J. Thompson, First Priority Financial.

**Low Vision Screenings – Thursday, July 21, from 10 a.m. to 2 p.m.** Low vision screenings are designed to assist partially sighted people in the selection of magnifiers and other devices to improve reading and other visual tasks. Registration is required in advance for one-hour appointments: 626-795-

4331. Presented by the Braille Institute.

**Diabetes Empowerment Education Program – Thursdays, July 21 to Aug. 25, from 2 to 4 p.m.** Whether you are diabetic or pre-diabetic, this six-week program will encourage you to make lifestyle changes while learning more about your diabetes and how it affects your health. Presented by Health Services Advisory Group.

**Alzheimer's Disease Research: An Update – Thursday, July 29, at 10 a.m.** Learn about the latest research findings related to the causes and symptoms of Alzheimer's disease as well as available future treatments.

**Concerts in the Park – Tuesdays to Sept. 6.** The bandshell at Memorial Park, just behind the Pasadena Senior Center, will be hopping with entertainment with this series for people of all ages! July 19: Billy and the Hillbillies. July 26: Pasadena Summer Youth Chamber Orchestra. Bring a lawn chair and picnic or purchase dinner at the park.

For more information visit [www.pasadenaseniorcenter.org](http://www.pasadenaseniorcenter.org) or call 626-795-4331.



# ARCADIA

Sierra Madre

Arcadia

Pasadena

Altadena

Monrovia

## JERRY COLLINS PICNIC PAVILION DEDICATION CEREMONY

July 15, 2016 – The Arcadia City Council is honoring the life and service of Jerry Collins by dedicating the Picnic Pavilion at Wilderness Park with a memorial plaque to commemorate his unique achievements and contributions to the Arcadia community. The ceremony will be held on Tuesday, July 19, 2016 at 5:00 p.m. at Wilderness Park, located at 2240 N. Highland Oaks Drive in Arcadia. The public is invited to attend.

Jerry Collins began his service with the City of Arcadia in 1970 as Assistant Director of Recreation and became Director of Parks and Recreation in 1978. During his 24 year career with the City, Jerry led efforts for the planning, construction, and opening of the Arcadia Community Center, in addition to developing innovative Senior Programs designed to focus on the physical, social, and financial well-being of Arcadia seniors. Mr. Collins also championed Youth Programs that focused on the holistic importance of exercise, healthy diets, sports, music, and dance.

As a recognized pioneer in the field of recreation services, the Southern California Municipal Athletic Federation (SCMAF) established the Jerry Collins Award which is presented annually to individuals who are, “actively involved in the

SCMAF San Gabriel Valley and committed to future success of the organization; a person who believes in the purpose of the organization and stands by it through their support and dedication.”

By commemorating the Jerry Collins Picnic Pavilion at Wilderness Park – a classic venue in Arcadia that symbolizes the unique and far-reaching impacts of recreation that Jerry embraced—the City is recognizing an exceptional public servant whose accomplishments continue to have a profound and lasting impact on the Arcadia community.



About 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.

## BUSINESS WATCH PROGRAM

The Arcadia Police Department is starting up a Business Watch program. This is a crime prevention program similar to Neighborhood Watch but geared toward our business community. There is no cost to participants in the program. Business owners are encouraged to join Business Watch and get to know their business neighbors. By becoming familiar with neighboring businesses, owners and employees will become more alert to strangers and suspicious activities in their business districts. The program encourages the business community to stay in touch with each other by means of formal Business Watch meetings,

informal community meetings, phone calls and social media. In doing this they can get to know each other better and discuss areas of concern. Part of the program includes training by the Arcadia Police Department Community Affairs Office on crime trend information, business security and personal safety for business personnel and customers. If you are interested in the Business Watch program an informational and sign up meeting will be held at the Arcadia Police Department community room 250 W. Huntington Dr. Arcadia (626) 574-5150 on Wednesday July 20th 2016 at 6:30 pm. All are welcome to attend.

## ARCADIA POLICE BLOTTER

*For the period of Sunday, July 3rd, through Saturday, July 9th, the Police Department responded to 938 calls for service of which 100 required formal investigations. The following is a summary report of the major incidents handled by the Department during this period.*

### Sunday, July 3:

1. At about 7:05 p.m., an officer initiated a traffic stop on a vehicle in the area of Longden Avenue and Doolittle Avenue for equipment violations. A consensual search of the driver's vehicle revealed methamphetamine. The 51-year-old male from Monrovia was arrested and transported to the Arcadia City Jail for booking. His vehicle was impounded for having expired registration over six months.  
2. Just after 8:47 p.m., an officer responded to the 700 block of Arcadia Avenue regarding a report of a man down. An investigation revealed the subject was found unconscious by his wife. He regained consciousness and was found to be in possession of cocaine. The 36-year-old male from Arcadia was cited and released at the scene.

### Monday, July 4:

3. Just after 12:29 a.m., an officer initiated a traffic stop on a vehicle in the area of Baldwin Avenue and Gate 7 of the Santa Anita Race Track for speeding. Upon contacting the driver, the officer detected a strong odor of alcohol emitting from the driver. Through a series of tests, the officer determined the 24-year-old male from Pasadena was driving under the influence of an alcoholic beverage. He was arrested and transported to the Arcadia City Jail for booking.  
4. At approximately 8:45 p.m., officers were dispatched to the 000 block of Alta Avenue regarding a report of domestic violence. An investigation revealed the suspect head-butted the victim causing injury to her jaw. He then held her against her will preventing her from calling police. The victim was able to escape with her children to a neighbor's house. The suspect fled the scene. An emergency protective order was issued. The investigation is ongoing.

### Tuesday July 5:

5. At about 5:02 a.m., an officer patrolling the area of Santa Anita Avenue and Huntington Drive noticed a vehicle stopped in a turning lane with a driver who appeared to be unconscious. An investigation revealed the subject had fallen asleep at the wheel and was in possession of drug paraphernalia. The 36-year-old male from Lancaster was arrested and transported to the Arcadia City Jail for booking.  
6. Around 10:55p.m., officers responded to the 500 block of West Live Oak Avenue regarding a residential robbery. An investigation revealed three suspects entered the residence while the elderly couple was sleeping. The suspects ransacked the entire residence then woke the victims and demanded money and gold. The victims reported minor injuries. No weapons were seen by the victims. The investigation is ongoing.  
Suspect #1 is described as a male, dark complexion, 20 to 30-years-old, 5 feet 5 inches tall, thin build, wearing a hooded sweatshirt. Suspect #2 is described as male, 20 to 30-years-old, wearing dark clothing. Suspect #3 is described as male, 20 to 30-years-old, wearing dark clothing.

### Wednesday, July 6:

7. Around 2:59 p.m., an officer was dispatched to the 1500

block of Clark Street regarding the report of a man in the street. The officer made contact with the subject and an investigation revealed the 24-year-old male from El Monte had an outstanding warrant for his arrest. He was arrested and transported to the Arcadia City Jail for booking.  
8. Just after 12:07 p.m., an officer responded to the 1500 block of Cambury Avenue regarding the report of an auto burglary. An investigation revealed the victim left her vehicle locked and parked on the street. The victim returned to her car and discovered her credit card and cash missing from the trunk. No suspects were seen. No witnesses were located.

### Thursday, July 7:

9. At about 7:54 a.m., officers responded to Srisiam Thai Kitchen, 106 East Foothill Boulevard, regarding a burglary report. An investigation revealed an unknown suspect(s) gained entry into the restaurant by smashing the front window with a rock. The suspect(s) fled undetected with the cash register and an unknown amount of cash. The investigation is ongoing.  
10. At approximately 10:46 a.m., an officer conducted a traffic stop on a vehicle in the area of Tenth Avenue and Bungalow Place for false display of registration. An investigation revealed the driver was driving the vehicle without insurance and the vehicle registration had expired in August of 2015. The driver had placed a red 2016 registration tab on his rear license plate. The 33-year-old male from Pomona was cited and released at the scene.

### Friday, July 8:

11. At approximately 1:13 a.m., officers responded to the 400 block of East Santa Clara Street regarding a report of a man down. An investigation revealed an unknown suspect shot the victim multiple times before fleeing the scene. The Arcadia Fire Department responded and administered medical aid. The victim, an adult male, was transported to a local hospital for further treatment. The investigation is ongoing.  
12. At about 3:40 p.m., an officer was dispatched to Sephora, 400 South Baldwin Avenue, regarding a shoplifting report. A loss prevention specialist witnessed the suspect conceal merchandise in her purse before exiting the store, failing to make payment. The 18-year-old female from Pasadena was arrested and transported to the Arcadia City Jail for booking.

### Saturday, July 9:

13. At about 1:45 p.m., an officer responded to Boutique Hailey, 400 South Baldwin Avenue, regarding a fraud report. An investigation revealed a female suspect entered the store and purchased over \$1,000 worth of children's clothing and a car seat. The store owner received notification after the transactions had been completed, that the purchases were made with two fraudulent credit cards. The investigation is ongoing.  
14. At approximately 5:17 p.m., an officer was dispatched to Sephora, 400 South Baldwin Avenue, regarding two female suspects that were detained for shoplifting. A loss prevention specialist witnessed the suspects conceal several items in plastic shopping bags before exiting the store, failing to make payment. The suspects were contacted by the loss prevention officer and a consensual search of the plastic bags revealed additional stolen merchandise taken from other stores located inside Westfield Santa Anita. The 19-year-old and the 20-year-old females, both from Pasadena, were arrested and transported to the Arcadia City Jail for booking.

# MONROVIA - DUARTE

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## PILOT MANDATORY STREET SWEEPING PROGRAM LAUNCHED JULY 1ST

In response to concerns about street cleanliness and litter, the Duarte City Council voted at its May 10th meeting to launch a pilot street sweeping program effective July 1, 2016. The program involves a designated area of the City which will have new signs posted to reflect mandatory parking restrictions which will be enforced by citation. The pilot program launched on July 1, 2016 for a period of six months. The program involves the mandatory removal of vehicles on both sides of the street on street sweeping days to facilitate unobstructed access to curb and gutter by the sweeper. Street sweeping will occur on the second and fourth Wednesdays of every month. The area involved in the pilot program is defined as Quadrant No. 2 which will be divided into north and south sections. The northern section of the quadrant includes the Duarte Mesa, every street above Freeborn St. with the outer boundary of Woodbluff Ave. The southern section of the quadrant is defined as Freeborn Street and all streets south of it, with the west boundary at Mt.

Olive, the south boundary at Central Ave. and the easterly boundary consisting of Las Lomas Rd. to Royal Oaks and Fernley Drives. The northern portion of the Quadrant 2 will be swept during the period of 10:00 a.m. to 2:00 p.m. and the southern portion will be swept from 7:00 am to 11:00 am. Street signs indicating parking restrictions with days and times were posted in the pilot area during the month of June prior to the beginning of the program. The program also features a thirty-day grace period where written warning notices will be left on windshields in order to both educate and familiarize affected residents with the program. Actual parking enforcement will commence after August 1st. Citations will cost approximately \$45.00. Prior to the introduction of the program, staff will be involved in extensive public outreach. Staff will return to council in January of 2017 with pilot program findings. For additional information on the proposed street sweeping program, contact Duarte Public Safety at 626-357-7938.

## SHOWING OF COMMUNITY SUPPORT FOR THE MONROVIA POLICE DEPARTMENT APPRECIATED BEYOND MEASURE, POLICE OFFICERS SET TO WEAR MOURNING BANDS IN HONOR OF THE LAW ENFORCEMENT OFFICIALS MURDERED IN DALLAS

As our nation continues to mourn and react and respond to the vicious and despicable sniper attack against police officers in Dallas, here at the City, we have felt emotions that range from shock to anger to sadness... to hope. Because as the situation and our emotions have developed these past few days, a feeling we didn't expect to associate with Dallas has developed throughout our organization... a feeling of gratitude. All of us in the City are having trouble putting into words the depths of our gratitude for the entire Monrovia community. In the wake of the shooting in Dallas, the tremendous outpouring of support for the Monrovia Police Department has left us all a bit speechless, and all of us feel so blessed to serve this community. Thank you so very much, Monrovia, for the calls, and the letters, and the visits, and the vigils, and the rally's... all in support of the Monrovia Police Department. Also of note, in the wake of the shooting in Dallas, all members of the Monrovia Police Department will be wearing a mourning band over their police badge to honor, recognize, and remember the five police officers who were killed.



The mourning band is a solid black band that is worn around the police badge, and here in Monrovia, we will be wearing the band until all of the fallen officers have been buried. And while we grieve and mourn the five police officers who gave their life in protection of others in Dallas, no matter how angry or sad or frustrated we feel about the current state of affairs in our nation, the picture attached to this email really shows how here in Monrovia... we should all feel a sense of hope that we can figure this out together.

## LEVITT PAVILION CONCERTS AT STATION SQUARE MONROVIA

The City of Monrovia and the acclaimed Levitt Pavilion have partnered to offer a special concert series at Station Square Park this summer! We hope that you'll make plans to come on out to Station Square Park by the new Gold Line Station every Wednesday evening from 7:00 p.m. – 8:15 p.m., beginning on July 13, 2016 and lasting through August 17, 2016. The 6 week concert series will feature a variety of Jazz, Latin, Americana, and Children's music performances. In addition to the concert series at Library Park and Levitt Pavilion, the City is also offering an additional summer concert series at Station Square Park in light of this being the inaugural summer of activity at Monrovia's newest park! To that end, we hope that you'll stop by Station Square Park by the new Gold Line Station on select Thursday evenings from 6:30 p.m. – 8:00 p.m. for a series of four concerts beginning on July 14, 2016. The musical features will include a tribute band collective playing songs from The Who, Journey, Fleetwood Mac, and the Doobie Brothers. The concerts are being sponsored by the Monrovia•Arcadia•Duarte (MAD) Town Council.



## GET YOUR DOG VACCINATED & LICENSED JULY 16 - NEW DATE

Due to the San Gabriel Complex Fire, the City of Duarte in cooperation with VET CARE, has rescheduled its annual, low cost Vaccination Clinic to Saturday, July 16, from 8:00-10:00 a.m. The clinic will be held at Duarte Park, 1344 Bloomdale Street, adjacent to the Teen Center. Rabies vaccinations will be available for \$8 each, microchip registration for \$40, and other vaccinations will also be available upon request. Participants will also be able to purchase Duarte dog licenses. Dog Licensing Fees: One Year, unaltered \$48 One Year, spayed/neutered \$25 Senior citizens, 65 years and older are eligible

for one free dog license if the pet is spayed or neutered. A \$50 late penalty will be added to the cost, if the license is purchased after August 31. Remember, all dogs over the age of 4 months must be vaccinated for rabies to comply with state law. With the foothills in our back yard, the chance of your dog having contact with local wildlife is great. Don't hesitate...Vaccinate! If you cannot make this event your license can be purchased at Duarte City Hall, 1600 Huntington Dr. or at the Public Safety Office located in the Target Shopping Center, 1042 Huntington Dr. during regular business hours Monday - Thursday 7:30 am 6:00 pm. For more information, call Duarte Public Safety at (626) 357-7938.

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



## HOW TO CHOOSE AN ADULT DAY CARE SERVICE

Dear Savvy Senior,  
Can you offer any tips on finding and choosing a good adult day care service for an elderly parent? My 82-year-old mother, who is moving in with me, has Alzheimer's and needs attention during the day while I'm at work. Looking for Help



geriatrics to learn more.

## How to Choose

Your first step in shopping for an adult day center is to determine the kinds of services your mother and you need. After you do that, here are some tips to help you locate and choose a good provider.

Start by contacting your Area Agency on Aging (call 800-677-1116 to get your local number) to get referrals to adult day service programs in your area. You can also search online at the National Adult Day Services Association (NADSA) website at [NADSA.org/locator](http://NADSA.org/locator), or check your phone book yellow pages under "Adult Day Care" or "Seniors Services."

Once you have a list of a few centers, call them to find out their eligibility criteria, if they offer the types of services your mother needs, if they are accepting new clients, their hours of operation, if they're licensed and/or registered with a state agency (this is not required in all states) and what they charge.

After you identify a few good centers, go in for a visit. Find out about the staffing ratio (at least one staff member for every six participants is recommended) and what kind of training they have. While you're there, notice the cleanliness and smell of the facility. Is it homey and inviting? Does the staff seem friendly and knowledgeable? Also be sure to taste the food, and consider making an unannounced visit.

To help you rate your visit, the NADSA offers a helpful checklist of questions to ask at NADSA.org – click on "Choosing a Center."

Then, after your visit, be sure to check their references. Get names and phone numbers of at least two or three families who have used the center you are considering and call them.

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

## Adult Day Services

The business of adult day care services has grown rapidly in recent years. According to the National Adult Day Services Association, there are around 5,700 programs operating in the United States today.

As the name implies, adult day care provides care for elderly seniors who cannot care for themselves at home. While services will vary from center to center, they typically provide personal care, meals and snacks, various activities and social interaction in a safe supportive environment. Additionally, many centers also provide health services such as medication management, various therapies, exercise and transportation to and from the facility.

Adult day care centers generally operate programs during normal business hours five days a week. However, some centers may offer services in the evenings and on weekends, too.

Costs for care will vary as well, usually between \$25 to more than \$100 per day (the national average is \$65/day), depending on where you live.

Unfortunately, in most cases original Medicare (Part A and B) does not pay for adult day care, but some Medicare Advantage (Part C) plans, and many long-term care insurance policies do. But, most seniors or their families pay for care out-of-pocket.

If your mom is lower income and can't afford this, many states offer Medicaid waiver programs, and some have PACE programs that provide financial assistance. Contact your state Medicaid office (see [Medicaid.gov](http://Medicaid.gov)) for more information. The VA even provides adult day care to eligible veterans enrolled in their Medical Benefits Package. See [VA.gov/](http://VA.gov/)

FOOD AND DRINK  
NEW KIDS ON THE BLOCK

This one might be tough to explain, but in my quest to keep you, my loyal reader, educated we will discuss organic and natural wines. Last week I visited the new Urban Plates Restaurant on South Lake Avenue in Pasadena. The lunch crowd was dense and there was quite the buzz about the new addition to the local restaurant scene.

Much like Chipotle or your work cafeteria, you wait in line, but the comparisons end there. My task was to try the food, but also see what kind of wines matched up with their "protein-focused" menu. I sampled their free-range chicken, California line-caught albacore, and a turkey meatloaf that my grandmother would have been proud of. Other entrees on my list for my next visit are sautéed brussels sprouts and organic potatoes. Organic potatoes? I can't tell the difference between organic, natural, or farm-to-table, but we live in a new generation of "foodies" and reading the labels in the grocery store seems to be the norm, not the exception.

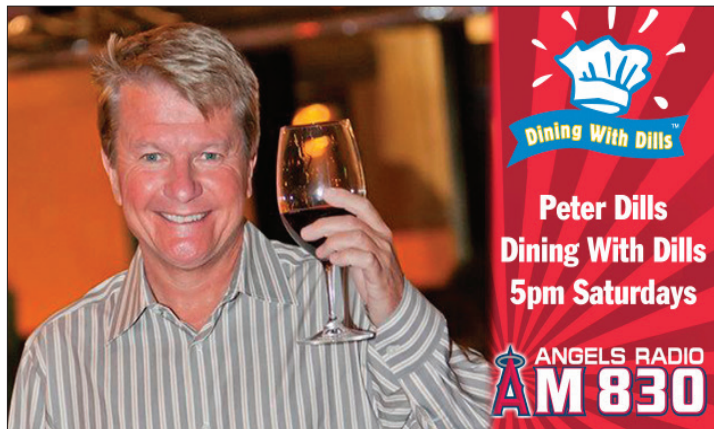
While menu boasts many healthy choices like beet salad with goat cheese, you can live it up with an order of pork ribs and macaroni and cheese. Both of these go great with Stone Pale Ale or the pride of San Diego Mission Blonde Ale. All entrees are in the \$10 to \$16 range and come with char grilled focaccia bread. The wine list, though small, offers a wine-by-the-glass program that I really appreciate. I counted 11 wines by the glass and have been told once management gets requests for additional wines they will expand. A few notables include Santa Barbara's Seaglass unoaked chardonnay at \$7.50, which will go great with aforementioned chicken or the albacore. For pork ribs, it's got to be the Predator Cabernet (\$9) – it's sustainable, with eco-friendly production. Sauvignon blancs are quite popular, and the Bonerra from Mendocino is certified organic. All and all they have great food and a nice wine list!

So what exactly is "organic wine"? Urban Plates carries a few that are and a few that are not. I



love the fact that you can get a great glass of wine with your lunch or dinner for \$7 and up. Here is my best explanation: the term "organic" has the same meaning as when applied to other products of our everyday consumption such as organic poultry or produce, and conveys the concept of natural growing practices. Organic winemakers use only natural fertilizers and never use pesticides. It is simply a pure and natural method of wine growing and wine making! Simple, right? I find there is no taste difference. It might cost you a few more pennies, but give it a shot! All winemakers are farmers and their intent is to keep all of their wines/farms goods as close to natural as possible. Side note: Each morning I stop at my local grocery store for a bottle of Kombucha - Urban Plates has it on tap!

Urban Plates 269 S. Lake Avenue, Pasadena; Lunch and Dinner  
Listen to Dining with Dills Sunday 5 PM KLAA AM 830 [www.peterdills.com](http://www.peterdills.com)



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## SENIOR HAPPENINGS



## HAPPY BIRTHDAY! ....July Birthdays

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

\* To add your name to this distinguished list, please call the paper at 626.355.2737. YEAR of birth not required but you must be over 60.



**ACTIVITIES:** Unless listed differently, all activities are at the Hart Park House (Senior Center) 222 W. Sierra Madre Blvd., Sierra Madre

## YWCA San Gabriel Valley - Intervale Senior Cafe

Seniors 60 years of age and up can participate in the YWCA Intervale daily lunch program held at the Hart Park House Senior Center. Meals are served Monday through Friday at 12:00 pm and participants are encouraged to arrive by 11:45 am. Meals are a suggested donation of \$3.00 for seniors 60 and over or \$5.00 for non-senior guests. Daily reservations are necessary, space is limited. Please reserve your lunch by calling 626-355-0256.

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

Bingo: Every Tuesday beginning at 1:00pm. Cards are only \$0.25 each! Everyone is welcome to join. May be cancelled if less than 5 people.

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

**Brain Games:** Thursday, June 16, 10:30 - 11:30am. Improve your memory and strengthen your brain. Activities facilitated by senior volunteers.

**Free Legal Consultation:** Wednesday, June 15th 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.

**Sing-A-Long:** Music brings joy to the soul. Come join us Thursday, June 9, 10:30 - 11:30am. No music skills needed! This month: "Silly Folk Songs".

Balance Class: Monday, June 20, 11:00 - 11:45am with Paul Hagen. A variety of balance exercises are practiced; all ability levels are encouraged and welcomed.

**Chair Yoga:** Mondays and Wednesdays from 11:00 to 11:45 am. A suggested donation of \$5 at one of the classes is requested, but is not required.

**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 Brandley. The class utilizes light weights for low impact resistance training. All materials for the class are provided.

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

## Lunch and Learn - Thursday, June 23 - 12:30 - 1:00pm

Did you know 1 out of 5 people 65 or older is eligible for a SilverSneakers membership! This active adult wellness program is offered through many Medicare plans. Increase your energy and your overall well-being is possible with SilverSneakers. A representative from Healthways SilverSneakers will give a brief presentation about this wonderful benefit and find out if your health plan offers the SilverSneakers Fitness program. If you are interested in having lunch with the Senior Lunch Café before the presentation please call 626-355-0256 to make a reservation.



## UPCOMING EXCURSIONS:

## LAKE ARROWHEAD QUEEN

Date: Wednesday, July 20  
Time: 9:00am - 4:00pm  
Meeting Location: Hart Park House  
Cost: \$17.00 (Does not include lunch)



Description: Ride in style in the enclosed Lake Arrowhead Queen paddlewheel boat. Experience the beauty and excitement of a narrated tour of Lake Arrowhead aboard the elegant Arrowhead Queen. The splendor and serenity of Lake Arrowhead's lush forest, sparkling water and blue skies glide by, as you sit back and enjoy close-up of exquisite lakefront homes and learn about the fascinating history of the lake. Lunch is on your own around Lake Arrowhead Village. Participants should bring money for lunch and souvenirs. Level of walking: Medium. Please call the Hart Park House 626-355-7394.

## SENIOR CINEMA • 1st &amp; 3rd Wednesday Shown at the Hart Park House Senior Center

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Looking Up  
with Bob Eklund

## NASA'S JUNO SPACECRAFT SENDS FIRST IN-ORBIT VIEW

The JunoCam camera aboard NASA's Juno mission is operational and sending down data after the spacecraft's July 4 arrival at Jupiter. Juno's visible-light camera was turned on six days after Juno fired its main engine and placed itself into orbit around the largest planetary inhabitant of our solar system. The first high-resolution images of the gas giant Jupiter are still a few weeks away.

"This scene from JunoCam indicates it survived its first pass through Jupiter's extreme radiation environment without any degradation and is ready to take on Jupiter," said Scott Bolton, Juno principal investigator from the Southwest Research Institute in San Antonio. "We can't wait to see the first view of Jupiter's poles."

The view was obtained on July 9, when the spacecraft was 2.7 million miles from Jupiter on the outbound leg of its initial 53.5-day capture orbit. The color image shows atmospheric features on Jupiter, including the famous Great Red Spot, and three of the massive planet's four largest moons—Io, Europa, and Ganymede, from left to right in the image.

"JunoCam will continue to take images as we go around in this first orbit," said Candy Hansen, Juno co-investigator from the Planetary Science Institute, Tucson, Arizona. "The first high-resolution images of the planet will be taken on August 27 when Juno makes its next close pass to Jupiter."

JunoCam is a color, visible-light camera designed to capture remarkable pictures of Jupiter's poles and cloud tops. As Juno's eyes, it will provide a wide view, helping to provide context for the spacecraft's other instruments. JunoCam was included on the spacecraft specifically for purposes of public engagement; although its images will be helpful to the science team, it is not considered one of the mission's science instruments.

The Juno team is currently working to place all images taken by JunoCam on the mission's website, where the public can access them.

During its mission of exploration, Juno will circle the Jovian world 37 times, soaring low over the planet's cloud tops—as close as 2,600 miles. During these flybys, Juno will probe beneath the obscuring cloud cover of Jupiter and study its



auroras to learn more about the planet's origins, structure, atmosphere and magnetosphere.

This color view from NASA's Juno spacecraft is made from some of the first images taken by JunoCam after the spacecraft entered orbit around Jupiter on July 4th. The view shows that JunoCam survived its first pass through Jupiter's extreme radiation environment, and is ready to collect images of the giant planet as Juno begins its mission.

Juno was launched from Cape Canaveral in 2011. The spacecraft is in a polar orbit to study

Jupiter's composition, gravity field, magnetic field, and polar magnetosphere. Juno will also search for clues about how the planet formed, including whether it has a rocky core, the amount of water present within the deep atmosphere, mass distribution, and its deep winds, which can reach speeds of more than 300 mph.

The spacecraft's name comes from Greco-Roman mythology. The god Jupiter drew a veil of clouds around himself to hide his mischief, but his wife, the goddess Juno, was able to peer through the clouds and see Jupiter's true nature.

NASA's Jet Propulsion Laboratory, Pasadena, Calif., manages the Juno mission for the Southwest Research Institute. The Juno mission is part of the New Frontiers Program managed at NASA's Marshall Space Flight Center in Huntsville, Ala. Lockheed Martin Space Systems, Denver, built the spacecraft.

More information about Juno is online at <http://www.nasa.gov/juno> and <http://missionjuno.swri.edu>.

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



## CHRISTOPHER Nyerges

## "BUT WHAT SHOULD I CARRY IN MY BUG-OUT BAG?"

*Some real-life considerations about how to think about this topic*

*[Nyerges has been teaching survival skills in the field and in the classroom since 1974. He is the author of "How to Survive Anywhere" and other books. He can be reached at Box 41834, Eagle Rock, CA 90041, or [www.SchoolOfSelf-Reliance.com](http://www.SchoolOfSelf-Reliance.com).]*

During one of my survival skills courses that I teach at a local college, a student asked me to list the items that should be carried in an evacuation bag, also known as the "bugout bag." In other words, if she had to immediately leave her home for some reason, she wanted to know what she should carry in her survival pack. Of course, this led to a big portion of that evening's discussion.

"First," I responded, "what scenario are we talking about?" The student was thinking of a serious emergency where even a car wouldn't be useful, where she'd have to evacuate on foot.

So my first order was to convey the fact that one would rarely choose to leave one's home – where everything is familiar and where you know everyone in the neighborhood – unless you absolutely had no other choice.

"You don't want to leave your home and randomly wander the streets after an emergency," I told her, "because you are now entering into the chaos and randomness of street mobs and possible violence." I tried to impress upon the entire class how dangerous it can be to wander on foot in the aftermath of a major disaster – whether it be an earthquake, or the results of war, or flooding, or something else.

And though the effects of natural disasters can be devastating, the fear and chaos that will possess other people could be your greatest threat.

OK, so we established that wandering around may not be your best choice.

"OK," responded the student, "but if I have no other choice, then what should I carry?"

I responded, "I want you to tell me where you would be going. You haven't told me what disaster would compel you to leave your home. But let's assume that you absolutely have to evacuate. Tell me where you intend to go?"

While she was thinking about it, I asked all the students, "If there was an emergency tonight after you get home and you had to evacuate, where would you go? And why would you go there?" Not a single person in the class had any idea of where they could go, and where they would go, and in all probability, they would follow crowds to some likely safe place, or would simply follow the orders of whomever happened to be giving orders.

I urged each student to obtain topographical maps of their local area and to begin to learn about their local environment. Find out where there are sources of water, reservoirs, pools, train lines, etc. In a disaster, your knowledge is far more important than your stuff.

After a bit more prodding, the student asking the question about pack contents told me that she'd go to a campground in the nearby canyons, about 3 miles from her home. I'd been to that campground many times, but she had never been there. She at least knew that there was an outhouse there, tables and fire pits, and a river that never failed to flow.

I told her that the campground was a good choice. "But," I added, "do you think anyone else in town knows about that camp?"

I answered my own question. "Yes, you are the only one who knows about that ideal camp, along with a few thousand other people." I paused. "So do you actually know how to get there? Have you ever walked there?"

She responded "no" and "no." "So, then, who do you intend to go there with?" I could see that she was growing impatient with my queries. "Of course I would go by myself. And I just want to know what to carry in my pack" she said with a bit of exasperation.

"Yes, yes, I know," I told her. "So if you plan to evacuate to this campground by yourself, what sort of weapons do you intend to carry? Or, are you a martial arts expert?"

She almost laughed at me saying that she would go alone, and "I don't believe in guns."

"OK, you may not believe in guns – whatever that means – but other people do," I told her carefully. "You need to realize that if you want to have any chance of getting there after an emergency – and maybe in the dark – you will need to travel in a group and with some weapons. You're an attractive woman, and you'd be a target. You realize that, don't you?"

The class was quiet, and thoughtful, but I could hear her thoughts that I was now somewhat sexist. "I only want to know what to carry in my pack," she persisted.

"OK, we'll get there," I told her. I urged each student to get involved in their local Neighborhood Watch, and to do the CERT trainings, and Red Cross emergency first aid. In other words, we need to realize the fact that other people in our community, and our relationships with them, is a far greater "survival tool" than merely having a pack with some knick-knacks in it.

Most people would be surprised to learn the level of preparedness that already occurs in most cities, and within various agencies such as the Red Cross, Police and Sheriff departments, and City Hall. It is to each of our advantage to get to know what has already been planned in our own towns.

Everyone was getting the picture. Get to know your town, your geography, and get to know who's who in your town, and learn about systems that have already been established in the event of emergencies. Of course you must still do your own home preparedness, but just don't do it in a vacuum.

But the student persisted. She still wanted to know what to carry. So I polled the students who'd already been in my class for several weeks. What should one carry in a survival pack?

Someone said a knife. Yes, I wrote that on the board. You should carry some sort of useful knife that you're comfortable with, like a Swiss Army knife, a Leatherman, and so on. Someone suggested that a bow and drill be carried for fire making. No, I said. We learn how to make fire with those primitive methods so we can do it when there is nothing else. You must have fire, but keep it simple. Carry a Bic or a magnesium fire starter. Water. Yes, you need it, and should carry at least a quart container and a water purifier. And you need to know where to find water. And we continued this way – first aid kit, small flash light, toilet paper, twine, etc. It was more important to get people to consider their individual needs than it was for me to list things that someone else thinks are important.

Survival can be deadly serious, but it can be a very enjoyable pursuit along the way. Learn what you can little by little, but apply your knowledge as you go. That way, your skills are useful and your confidence level is increased. It is never sufficient to say "I saw that on YouTube" and think that you know what it's all about.

## MORE KIT ITEMS

For some idea of what you might carry, look at Francisco Loaiza's blog spot, where he describes 30 essential items that he recommends to his Boy Scouts. <http://loaizas.blogspot.com/2010/03/franks-30-essential-items-for-hiking-or.html>.

For more ideas of what to consider in a kit, you should check out John McCann's "Build the Perfect Survival Kit," as well as my own "How to Survive Anywhere."

## THE HOLY TRINITY

One should always practice some degree of readiness, wherever you are, at all times. Yes, I know that every modern made relies on the "smart phone," as well as credit cards and keys to provide all possible earthly needs. However, my Holy Trinity of items you should always carry are a knife, fire starter, and cordage. Everyone has their own preferences for each of these three, but if I was pressed to make a recommendation for a beginner, I'd suggest a Swiss Army knife, both a Bic lighter and a Doan magnesium fire starter, and a small roll of parachute cord.

## A FIRST AID KIT QUERY

I'm fairly certain that the lady who wanted to know what to carry in her survival kit felt that I was being unduly harsh with her. But that was not my intent. Her question was simply the wrong question, and if I merely answered that question, she might know what to put into a kit, but her mental context about it would be all wrong.

This interaction reminded me of the time I interviewed two paramedics. My main question for both of them was "What should I put into a first aid kit?" After an hour, my question was not answered, and I realized that I was asking the wrong question. I was told that I should take anatomy and first aid courses, and learn how the body works, and how to treat some of the common emergency problems, such as cuts and bleeding, burns, poisoning, etc. "Don't fixate on the items in the kit," I was told, "because once you know how to treat a particular first aid emergency, you can use a variety of makeshift things."

The same is true about a bug-out bag for the average person. Don't fixate on the stuff.

Develop skills and experience that deal with your basic human needs, in the environment where you live. Develop relationships with others of like mind. The things will take care of themselves.

## OUT TO PASTOR

*A Weekly Religion Column by Rev. James Snyder*

## HOW MANY MONDAYS ARE THERE IN ONE WEEK?



I must admit I am not up to date with all of the technology and gadgets today. Just when I think I have something mastered, they upgrade it or replace it was something that I cannot figure out. I guess that is why God gave grandfathers grandchildren.

It started on a Monday morning and I thought I would use the latest technology and order something online from Staples and then go over and pick it up. I would save a lot of time and it would look like I knew what I was doing. I love it when a plan comes together.

I must say it was very easy to give them my money online, just a little too easy for my comfort.

Then I went to Staples to pick up my order. When I got there, unfortunately, I had ordered the wrong product. I wanted black ink and I ordered, by mistake, colored ink. I had plenty of colored ink but I was completely out of black ink.

When I found out that I had made this error, I was beside myself. Believe me, standing beside me is no picnic.

I went to the customer window and explained to them my problem, which they were most gracious to help me with and cancel the order and refund my money. Being elated I then went and picked up the black ink that I wanted for my printer.

I do love it when a plan comes together.

I remember my grandmother saying, "As your Monday starts, so shall your week end." Driving back to my office, I chuckled to myself thinking that maybe good old grandmother was wrong on this one.

Getting to my office, I began to put the ink cartridge in my printer only to find out that, although I had black ink, I had the wrong ink cartridge! When will Monday end!

I started out the day trying to save time and trips, now I had to go back to the store and exchange the wrong cartridge for the right one. I am not sure, but I think I heard some snickering behind the customer window, but I refused to look in their direction. They can keep their snickers to themselves.

Driving back from the store I thought again of my dear old grandmother. Perhaps, looking at my experience today, she was absolutely right.

When I got back to the office, I remembered I had an appointment to take my truck in for a check up and new tires. So, back into town I went thinking about dear old grandmother.

The end result of the truck inspection was to cost me an arm and a leg. How do they expect me to drive my truck without an arm or a leg?

I was so happy when Monday was over thinking

that the worst of my week concluded.

The next day I had a doctor's visit. It was one of those annual visits that you have to take so that the doctor can feel good about his doctoring. As much as he examines me, he can never find anything wrong with me. I am sure glad he is not a psychiatrist.

As he was looking at his chart, he looked up at me and said, "You haven't had a blood test in over a year." With one of those Dr. Smiles he said, "I'll have my nurse set up an appointment for you."

Of course, it would have to be the next day because of what they call their "fasting rules." I asked the nurse if that included coffee. Of course, it did and then I said, "Are you sure you want to see me before I have my morning coffee?"

I came in the next morning feeling a little nervous because, one, I didn't have my morning coffee, and two, Ms. Dracula was going to poke me with a needle the size of the Empire State building and suck all the blood out of my body. Talk about being a nervous wreck!

Stumbling out of the doctor's office, I headed for my truck and drove directly to McDonald's to get my morning coffee.

I settled down in my office and began to think that this week is over as far as the problems are concerned. As I drove home for lunch, I noticed the new wheels on the truck shivered and so I had to take it back and have them check it.

Every once in a while, I have a week where every day is Monday and this week seems to be one of those weeks. My grandmother certainly was right. As your week begins, so shall it end. My prayer was that it would end very quickly.

I would like to see a week that has no Monday in it at all, but that is not going to happen.

My grandmother was trying to explain to me that there are no perfect days. Some days may be better than other days, but there are really no perfect days for us. Just when you think you got everything organized, something happens that puts everything in a disheveled mess.

Solomon spoke of a perfect day. "But the path of the just is as the shining light, that shineth more and more unto the perfect day" (Proverbs 4:18).

Everybody has their definition of a perfect day, but I choose to rest in God's definition of a perfect day.

*Rev. James L. Snyder is pastor of the Family of God Fellowship Ocala, FL 34483 where he lives with the Gracious Mistress of the Parsonage. Call him at 1-866-552-2543 or e-mail [jamesnyder2@att.net](mailto:jamesnyder2@att.net). His web site is [www.jamesnyderministries.com](http://www.jamesnyderministries.com).*

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## PARROTS GET A SECOND CHANCE

While visiting some kitties in the canyon last week, I crossed paths with a dear friend, Terri Owens. It's always a pleasure to see her and it had been a while since we'd talked so I took a few minutes to say hello and catch up. She shared with me an experience she and her boyfriend had while out walking his dog, Bonnie a few days prior.

As the three were out walking about town, they suddenly heard a high-pitched screech coming from somewhere nearby. They looked around and eventually found what was making all that noise. It was a really small baby parrot, apparently abandoned or orphaned and far too young to fly. The tiny creature appeared to be in much distress, scared out of it's wits and clearly in need of help. They immediately sprang into action.

After getting the bird coddled safely into a towel, they began their search for a place where their new found friend could be cared for properly. Fortunately, they were successful in finding a an organization called SoCal Parrot where kind and caring bird lovers specialize in rescuing orphaned or injured Amazons (the green parrots we see locally). They called right away and SoCal promptly sent a volunteer out to pick up the baby bird and take it to their refuge for immediate medical attention.

I was so pleased to hear that there is an organization focused on helping local parrots in need of human intervention. I was particularly impressed with the fact that they had someone on hand willing to drive all the way to Sierra Madre to rescue the little chick Terri and her friends had found. I was so impressed I decided to find out more about this intriguing organization to share with my readers, in case there are other locals who might come across a parrot in distress, and need to know where to go for help.

SoCal Parrot was officially launched in 2011 by Brooke Durham who'd previously volunteered at Project Wildlife in San Diego. While she's always loved animals of every kind, somehow the naturalized parrots in southern California really put a bee in her bonnet to reach out and assist those in need of her help.

Now Durham and her husband, Josh Bridwell are the 24-7 caretakers of many Amazon parrots that have come to them for rehabilitation and potential release back into the wild. These two avid ave lovers transformed the first floor of their San Diego County home into a refuge and rehab for the birds, and if you ask Durham, she'll tell you she wouldn't have it any other way.

In spite of legal hurdles they've had to clear over the past few years (apparently Fish and Game took issue with the release process for whatever reason), Durham and Bridwell have succeeded in maintaining SoCal Parrot as a legitimate non-profit rescue organization and have become a valuable resource for local veterinarians who are unable to keep the Amazons they've taken in and tended to, until they are healthy enough to (hopefully) be returned to wild where they can fly again with the flock.

## PET OF THE WEEK PEANUT: ANIMAL ID #A4970523

This is the most unique looking dog! Meet Peanut (A4970523), a gentle, sweet-natured golden 7-year-old male Longhaired Dachshund and Corgi mix whose owner surrendered him to the Baldwin Park Animal Care Center (volunteers don't know why) on July 8th. Weighing 38 pounds, which is a few pounds too many, and bearing a heavy, matted and unkempt coat, Peanut is pretty stressed out in the heat and the scary environment of the shelter. He appears to be great with other dogs and walks expertly on leash; he also appears to be easygoing and sweet. But the #1 thing about Peanut that struck volunteers is how much he is panting and how not-well he is doing in the shelter. He desperately needs a haircut and a spa day to bring him some relief, and getting to safety is a priority for him. We think he will do fine in any loving household that will give him the care and love he's obviously lacked, and with an owner who will appreciate him for the loving and gentle creature he is, ready to devote himself to being your love muffin. Peanut is a sweet and awesome boy that deserves a good home. To watch a video of Peanut, please visit the following link: [https://youtu.be/hTaQb8\\_DGuw](https://youtu.be/hTaQb8_DGuw)

To meet Peanut in person, please see him at the Baldwin Park Shelter, located at 4275 N. Elton, Baldwin Park, CA 91706 (Phone: 626-962-3577). He is currently available now. For any inquiries

The parrots we see in our local area are native to Mexico, Central and South America. They are presumed to have landed in our neck of the woods as remnants of the exotic avian trade dating back to the 1950's. These contemporaries are naturalized individuals from 13 species - descendants of birds smuggled or imported years ago from their native lands. That is how they wound up thriving (or trying to thrive as it were) in San Diego, Los Angeles and Orange County.

As is true with most displaced species, the Amazon parrots have had their own hurdles to clear in order to simply be okay with living here. Southern California cannot possibly offer the kind of lush vegetation or arboreal advantages they originally enjoyed in Mexico and the Central/South American regions.

In case you haven't already noticed, we live in a desert, folks! Yes, we do have trees that we've, for the most part, imported, but if nature were allowed to take her course without the "help" of the human, southern California would eventually revert back to a sandy, desolate valley with practically bald hillsides and an occasional natural spring of well water. Not exactly ideal landscape for an Amazon parrot, ya think?

And so it is, once again we humans find ourselves forced into a position to try and mend the fallout of a ridiculous trend set forth by those before us. Trends come and go and most trends are okay, I guess, if they don't involve some form of cruelty to animals. I am so grateful for the people who dedicate their energy, time and resources to righting our collective wrongs on behalf of animals who've suffered as a result of our foolish mistakes.

If you do happen to find a local wild parrot in distress, don't just guess about what you should do about it. Avoid touching it and do your best to secure it in a soft blanket or towel, then call SoCal Parrot and let them do what they do best...rescue, rehabilitate and release. Here's how: If you have an injured or orphaned wild parrot, call their emergency hotline number: 858-522-0852.

For more information about this awesome 501(c)3 non-profit organization, visit [www.socalparrot.org](http://www.socalparrot.org), follow them on Facebook or keep up with them on Instagram. You can also call 1-855-REP-44WLD (855-737-4953) and select from the following extensions: Wild Parrot EMERGENCIES, ext.1; General Questions, ext.2; Volunteering, ext.3. If you do visit their website, you'll be given the opportunity to donate to their worthy cause. Do what your heart tells you to do. Love and let live!

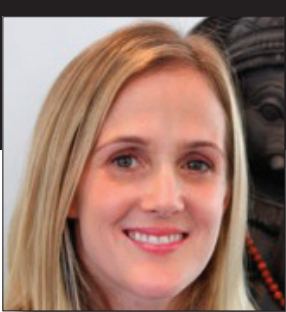


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about Peanut, please reference his animal ID number: A4970523. The shelter is open seven days a week, 12 pm-7 pm Monday-Thursday and 10am-5pm Friday-Sunday. This is a high-intake shelter with a great need for adoptions. For more information about Peanut or the adoption process, contact United Hope for Animals Volunteer Adoption Coordinator Samantha at [Samantha@hope4animals.org](mailto:Samantha@hope4animals.org). To learn more about United Hope for Animals' partnership with the Baldwin Park Shelter, 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/>.



## THE JOY OF YOGA SVASTHA

Svastha is a sanskrit term that means "established in the self" or being in one's natural

state. It's our true self – the one that's secure, solid, stable and peaceful. We know these times when we experience this entirely and are able to honor ourselves. There is no conflict inside.

This way of being, Svastha, is very different from being self-centered which comes from the ego. Selfishness and self-centeredness usually drives people away from us, creates trouble in relationships and is rarely peaceful.

The first steps to take to become "established in the self" are through self healing, of course.

Dr. Mark Halpern, a leading Ayurvedic Doctor and Educator, reminded me again of a point of universal wisdom. Our experience in the world reflects what's going on inside. As you heal yourself, the world reacts differently to you. Love

and light comes to you.

Our yoga practice, however much, is working in ways big and small to facilitate this building of love and light. By nourishing the body and mind, our well being (in present moment and long term) is changed. We are granted stability, lightness, confidence and freedom. The more we can experience this the better. We can be well on our way to living "established in the self". We will attract healthy relationships and people will love our secure, blissful nature.

So what kind of practice will give you balance, nourish your body and calm your mind?

Consider your physical practice of yoga: does it include rest and systematic relaxation? How about meditation and self-study/reflection? Are there other ways you can honor who you are? Explore this and keep practicing!

Namaste friends,

Keely Totten

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## LOOKING FOR A BEST FRIEND?

Toot is the new guy on the block in Meow Manor. He came in as a stray and he's made himself right at home. He's a handsome brown tabby and what really makes him stand out is the pleasant greetings he sends out to all visitors inviting their attention. If the pets stop too soon, Toot politely approaches and butts his head vocalizing his request for more socializing. He prefers to lay on the high beds and doesn't enter into the games of other cats chasing toys on the floor. He will bat at strings and flying things brought to his perch. Toot gets along with his roommates so would do well in a multi-cat household, or as an only fur kid.

He's 10 years young so is eligible for the 'Senior for Senior Adoption Program' discount. His adoption fee is \$99 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 Toot. He 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 Drive. To arrange a 'Meet and Greet' with Toot, please stop by any time from 10:30am to 4:30pm Tuesday



through Sunday. Website: [www.sgvhumane.org](http://www.sgvhumane.org)

Go to [smile.amazon.com](http://smile.amazon.com) and find the San Gabriel Valley Humane Society and every time you buy something 0.5% will be donated to the shelter! It's easy to do and helps the shelter with every purchase you make! Let your friends know about this simple way to make a difference!

We are always looking for hard working, dedicated animal lovers to join our team to fulfill our goal of 'Putting People and Pets Together'. If you have what it takes to succeed in our life-saving work, we want to meet you! Check out our employment opportunities at <http://www.sgvhumane.org/career-opportunities/>

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## Katnip News!



Sugar, age 3, is a beautiful, all white feline, and is very affectionate to humans. She enjoys being petted, and is very playful. Her favorite toys are strings and ribbons. She is comfortable being held and likes sitting on laps. Right now, Sugar will be happiest if she is the only cat in the home. We show some of our cats most Sunday afternoons at PetSmart, 3347 E. Foothill Blvd. in Pasadena, 12:30-3:30. Adoption fee is \$100, which includes spay/neuter, microchip, &

vaccines. Our cats are negative FELV/FIV unless otherwise indicated. We know our cats very well to find the right match for you, and when you adopt from Lifeline for Pets, you know you are getting a healthy, much loved pet who will fit well into your family and have a lifelong home. Convenient adoption application, more pictures, and videos on our excellent website, [www.lifelineforpets.org](http://www.lifelineforpets.org), email: [info@lifelineforpets.org](mailto:info@lifelineforpets.org).





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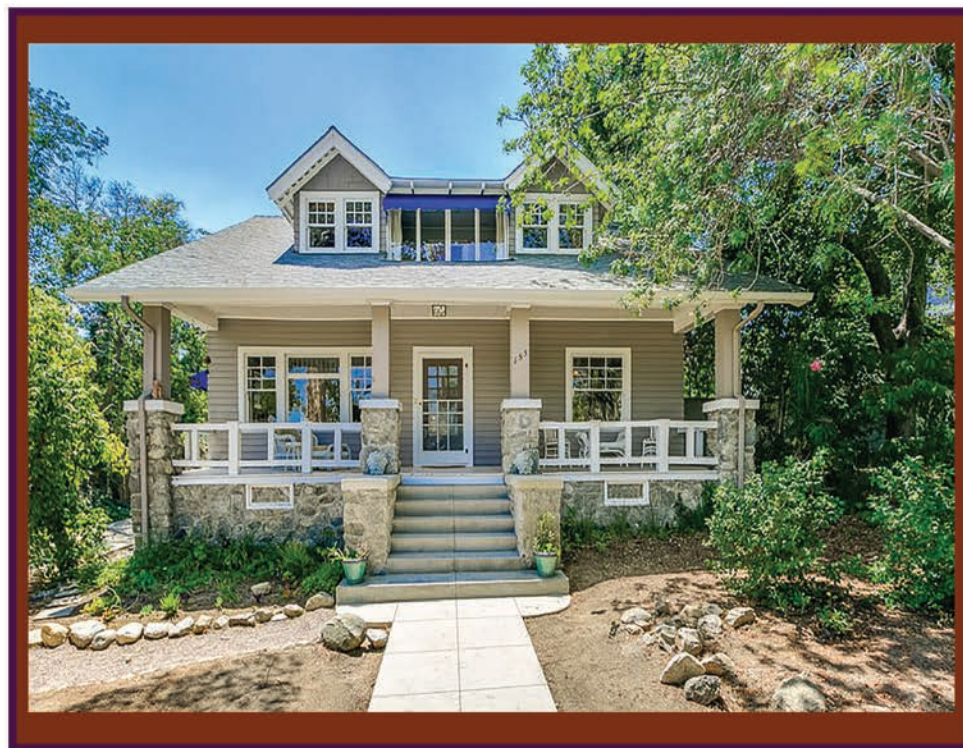
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SATURDAY, JULY 16, 2016

SECTION B

## AROUND SAN GABRIEL VALLEY



### Caltrans Construction Notice

#### 🚧 Foothill Freeway (I-210) 55-Hour Weekend Closures 🚧

##### WHAT

As part of construction activities, the westbound Foothill Freeway (I-210) between Lake Avenue and Mountain Street in the city of Pasadena will be closed for 55-hours on two separate weekends. The eastbound SR-134 connector to westbound I-210 will also be closed.

The closures are part of a \$148.5 million pavement rehabilitation project in both directions of I-210 in the cities of Glendale, La Cañada Flintridge and Pasadena. Once the project is completed in 2018, the new surface will provide a smoother drive for motorists, reduce time required for maintenance and minimize the need for further lane closures.

##### WHEN

55-hour full weekend closures will take place:

- Friday, July 15 at 10 p.m. through Monday, July 18 at 5 a.m.
- Friday, July 29 at 10 p.m. through Monday, August 1 at 5 a.m.

\* Closures are weather permitting and subject to change

##### WHAT TO EXPECT

Detour signs will be posted. Motorists may experience delays and are advised to avoid the area, use alternate routes, and check traffic conditions before travelling. Caltrans reminds you to "Be Work Zone Alert"



For real time freeway traffic information, please visit the Caltrans Quickmap, <http://quickmap.dot.ca.gov>  
Caltrans thanks you for patience and understanding during construction.  
Caltrans Public Affairs (213) 897-3656  
[dot.ca.gov/dist07](http://dot.ca.gov/dist07)  
Twitter: @CaltransDist7



### CALTRANS CLOSURES PART OF WESTBOUND I-210 IN PASADENA THIS WEEKEND, JULY 15-18, 2016

PASADENA, Calif.--Residents, visitors and businesses in Pasadena are advised that Caltrans will shut down part of the westbound I-210 Freeway, near Highway 134, between Lake Avenue and Mountain Street, for 55 hours this weekend, beginning at 10 p.m., Friday, July 15, until 5 a.m., Monday, July 18, 2016

Roadway pavement work is prompting the closure this weekend and a second weekend as well, according to Caltrans.

The two separate, 55-hour full weekend closures on the I-210 in Pasadena are scheduled to be:

- 10 p.m., Friday, July 15 to 5 a.m., Monday, July 18, 2016
- 10 p.m., Friday, July 29 to 5 a.m., Monday, August 1, 2016

This weekend's closure means the eastbound Highway 134 connector to the westbound I-210 will be closed during this time. The westbound I-210 offramps for Marengo Avenue and Mountain Street will also be closed, as well as the onramp for the I-210 at Walnut Street.

Motorists are urged to slow down and use caution while driving in the freeway construction area; to be extra alert and to follow all freeway detour signs if you must travel through the area. Motorists should consider seeking alternative routes to avoid this part of I-210 during the closures.

Although the I-210 and related roadways might be closed, Pasadena remains open for business and welcomes everyone to visit, dine and shop here instead of being stuck in freeway traffic!

For online map information about Caltrans work projects, go to <http://quickmap.dot.ca.gov>. Additional Caltrans info can be found at [www.dot.ca.gov/d7](http://www.dot.ca.gov/d7) and on Twitter [@CaltransDist7](https://twitter.com/CaltransDist7).

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### ADVISORY: ARREST MADE - GRAFFITI TAGGER WANTED FOR DEFACING VIETNAM VETERANS MEMORIAL WALL IN VENICE

Angel Castro, a 24-year old, male, Hispanic, was taken into custody on Wednesday afternoon, July 13, 2016. He was wanted by LASD Transit Policing Division detectives in connection with the defacement of a Vietnam Veterans Memorial Wall in Venice, California just before Memorial Day this year. The wall is located at the rear of the Metropolitan Transportation Authority Division 6.

Castro, who uses the moniker "LITER" (pronounced LIGHT-er) was one of the four monikers identified earlier this month by the lead detective on the case, Michael Thibodeaux. Detective Thibodeaux secured a warrant for Castro's arrest. Castro was taken into custody without incident in the Exposition Park area of Los Angeles by members of the Sheriff's Department's Transit Policing Division Crime Impact Team.

During the initial interview with Detective Thibodeaux, Suspect Castro admitted to his role in the vandalism of the Veterans

Memorial Wall. Castro was booked at the LASD Century Regional Detention Facility for violation of 594(b)(1) PC - Felony Vandalism. His bail is currently set at \$95,000. He is scheduled to be arraigned later this week and could face additional charges as the investigation is still ongoing. LASD Transit Policing Division detectives continue to seek additional information regarding additional suspects, with monikers "PHEB", "NONER", and "SNAKE", that are connected with the tagging of the Veterans Memorial Wall.

If you have information regarding the identities of the other monikers believed to be connected to this crime or any additional information please call the LASD Transit Policing Division detectives at (888) 950-SAFE(7233), or if you wish to remain anonymous, you can call "LA Crime Stoppers" by dialing 800-222-TIPS (8477). You also can text the letters "TIPLA" plus your tip to CRIMES (274637), or use the website <http://lacrimestoppers.org>

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On the Marquee: Notes from the Sierra Madre Playhouse

ON THE ROAD



By Artistic Director, Christian Lebano

I've taken a short vacation and am writing this from the Pacific Northwest. A few days ago, I attended my first show at the Idaho Shakespeare Festival in Boise – Agatha Christie's And Then There Were None. I was reunited with a classmate of mine from my conservatory training program. He has made a life for himself as a professional actor there. The Festival is part of a three-theater consortium all run by the same Artistic Director – Charles Fee. He has the unique position of heading THREE theaters at the same time: the Idaho Shakespeare Festival, the Great Lakes Theater, and the Tahoe Shakespeare Festival. The plays that they put on go from one theater to the other – sometimes starting in Cleveland and finishing in Boise, or starting in Tahoe and ending in Cleveland. This model allows them to save costs at each theater and gives his actors up to 40 weeks of work a year. The logistics of juggling a single season at SMP is daunting, I can only imagine how maddening juggling the schedules for three theaters would be.

Sharing plays between theaters like that has always been an intriguing idea to me. I think it is a model that would work well here in the Los Angeles area where we are so loathe to drive across town. What if two theaters – say one in Santa Monica and SMP decided to collaborate on a show and play

it for 5 weeks each at two different theaters? The production costs for both theaters would be much lower and it would give a show a longer life. I am a member of the Theatre Producers League of Los Angeles and this is an idea I will pursue with some of the other theaters who are members.

The Christie was great fun. They used a new ending which follows the ending in the book rather than the happy ending that the original producers talked Christie into writing. Reminded me how much fun a good mystery is. We had such a hit with Deathtrap – audiences loved it. Seeing the Christie has made me determined to schedule another mystery – and I know just the one I'll choose – for the beginning of the season which will start in the fall of 2017. Yes, my friends, I plan that far ahead! We are announcing our next season this week and I promise you a wonderful one. I can't wait. \* \* \*

Spelling Bee had a wonderful opening and has gotten smashing reviews. The show isn't selling as well as I had hoped it would. I'm not sure why. Audiences are loving this very funny and ultimately heartwarming show. I do hope you will plan to see it soon.

This is your Playhouse. Please let me hear from you. Please visit our website at [SierraMadrePlayhouse.org](http://SierraMadrePlayhouse.org) or call Mary at 626.355.4318 to purchase tickets.

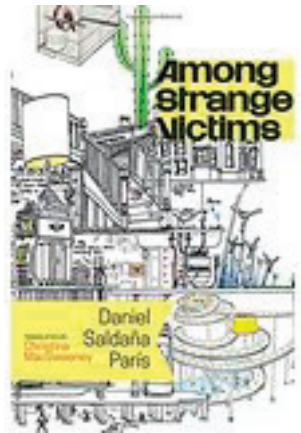
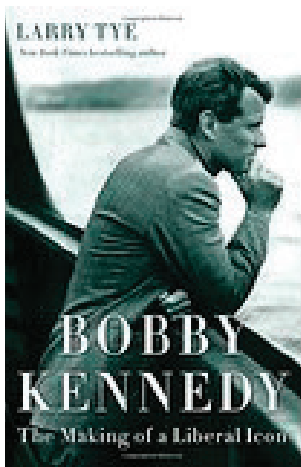
Jeff's Book Pics By Jeff Brown

**Bobby Kennedy: The Making of a Liberal Icon** by Larry Tye  
From the New York Times bestselling author comes an in-depth, vibrant, and measured biography about the most complex and controversial member of the Kennedy family. History remembers Robert F. Kennedy as a racial healer, a tribune for the poor, and the last progressive knight of a bygone era of American politics. But Kennedy's enshrinement in the liberal pantheon was actually the final stage of a journey that had its beginnings in the conservative 1950s. In Bobby Kennedy, Larry Tye peels away layers of myth and misconception to paint a complete portrait of this singularly fascinating figure. To capture the full arc of his subject's life, Tye draws on unpublished memoirs, unreleased government files, and fifty-eight boxes of papers that had been under lock and key for the past forty years. He conducted hundreds of interviews with RFK intimates—including Bobby's widow, Ethel, his sister Jean, and his aide John Siegenthaler—many of whom have never spoken to another biographer. Tye's determination to sift through the tangle of often contradictory opinions means that Bobby Kennedy will stand as the definitive one-volume biography of a man much beloved, but just as often misunderstood. Bobby Kennedy's transformation from cold warrior to fiery liberal is a profoundly moving personal story that also offers a lens onto two of the most chaotic and confounding decades of twentieth-century American history. The first half of RFK's career underlines what the country was like in the era of Eisenhower, while his last years as a champion of the underclass reflect the seismic shifts wrought by the 1960s. Nurtured on the rightist orthodoxies of his dynasty-building father, Bobby Kennedy began his public life as counsel to the red-baiting senator Joseph McCarthy. He ended it with a noble campaign to unite working-class whites with poor blacks and Latinos in an electoral coalition that seemed poised to redraw the face of presidential politics. Along the way, he turned up at the center of every event that mattered, from the Bay of Pigs and the Cuban Missile Crisis to race riots and Vietnam. Bare-knuckle operative, cynical White House insider, romantic visionary—Bobby Kennedy was all of these things at one time or

another, and each of these aspects of his personality emerges in the pages of this powerful and perceptive new biography.

**Among Strange Victims**

by Daniel Saldaña París (Author), Christina MacSweeney (Translator)  
Praise for Daniel Saldaña París: "His tools are brilliant syntax, the ability to achieve highly powerful, recurrent images, a set of relationships between the plot strands that are more than a forced structure, and humor, a corrosive humor that never leads to laughter, but is present in every phrase of the book, charged with relentless sardonic irony." — Factorcritico "Daniel Saldaña París knows how to talk about those other tragedies populating daily life: a boring, unwanted marriage; mind numbing office work; family secrets. He builds on those bricks of tedium a greatly enjoyable and splendidly well-written suburban farce." — Yuri Herrera. Rodrigo likes his vacant lot, its resident chicken, and being left alone. But when passivity finds him accidentally married to Cecilia, he trades Mexico City for the sun-bleached desolation of his hometown and domestic life with Cecilia for the debauched company of a poet, a philosopher, and Micaela, whose allure includes the promise of time travel. Earthy, playful, and sly, *Among Strange Victims* is a psychedelic ode to the pleasures of not measuring up. Daniel Saldaña París



All Things Considered By Jeff Brown

WATER USE AVERAGES

In the posh parts of northern San Diego County, residents on average used more than 580 gallons of water a day in September 2014. During the same month, Angelenos in less-affluent East L.A. used an average of 48 gallons a day, according to data that state water officials released, which shows for the first time just how dramatically water use varies among California communities. Hoping to increase conservation, the State Water Board released estimates of residential daily water use per person in September, as reported by more than 300 urban water suppliers. The heaviest water users, the data showed, used more than 10 times as much as those who used the least. Statewide, residents in some districts used an average of more than 500 gallons per capita a day, while others used as little as 46 gallons. The

San Joaquin Hills Irrigation District, which self-evaluation: How are people serving residents in their area doing and how they can do better?" Water Resources and coastal San Diego County, Chairwoman Felicia Marcus recorded the highest average, said. "It's not a report card; It's 584 gallons. Southland water an instructive thing." Experts users served by the Desert Water Agency and Coachella Valley make sense in areas where lot sizes Water District, both in desert are larger and in hotter regions of areas, weren't far behind, using the state where water evaporates more than 360 gallons per capita faster. A recent UCLA study also a day. San Francisco and one in found that household income East Los Angeles recorded the is a primary driver of increased lowest average totals, 46, 46 and water use. Sierra Madre used an 48, respectively. In Santa Cruz, average of 143.63 daily gallons per which has some of the toughest resident for May 2016. Residential conservation measures in the customers in Sierra Madre used state, residents used an average 66.48 percent more water in of 49 gallons per person a day. May 2016 when compared to Beverly Hills residents used 286 the statewide average daily per gallons per person daily, while capita residential water use of Compton residents used only 86.28 gallons. Water use by Sierra 65. Residents served by the Los Madre residential customers has Angeles DWP used 93 gallons decreased by -35.39%, going from a day. About four-dozen water an average of 222.31 gallons used districts did not report their by each resident per day in June data "We're hoping water agencies 2015 to the current 143.63.

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## FAMILY MATTERS

By Marc Garlett



### EVEN CELEBRITIES LIKE QUEEN LATIFAH ACT AS CAREGIVERS FOR THEIR AGING PARENTS

We may not think about it often, but even celebrities take care of their aging parents. For example, actress, singer, and songwriter Queen Latifah plays an active role in caring for her mother, Rita Owens, who was diagnosed with heart failure more than 10 years ago.

Owens learned of her condition when she passed out at work one day. She moved from New Jersey to California to recover and be close to her daughter. There, Queen Latifah cared for her mom and acted as a coordinator for a network of healthcare providers, family, and friends.

After her recovery, Owens was able to return to her home in New Jersey. Now, the two are working

with the American Heart Association to raise awareness of heart failure.

Queen Latifah's story is far from unique, and can help you remember that if you are a caregiver of an elderly or sick parent, you are not alone. And there are resources available to support you.

AARP reports of a study that found more discontent in relationships between U.S. elderly parents and their adult caregivers than in five other countries. In the U.S., 20% of the relationships were rated as disharmonious. In the five other countries surveyed—England, Germany, Israel, Norway, and Spain—less than 10% were similarly ranked. Here in the US, it is sadly “normal” for caregivers of elderly or sick parents to feel frustrated, unappreciated, and resentful. But, it doesn't have to be that way. With advance planning, strong communication, and family coordination, the potential for a disharmonious relationship can be greatly reduced. Proper planning should not only account for the legal issues involved, but also the personal and interpersonal issues, too. Schedules should be worked out, structures put in place, and legal documents prepared. Getting your lawyer involved early in the process ensures all issues are identified, contingencies prepared for, and the transition into caregiving is as easy as possible for both you and your parents.

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A local attorney and father, 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 626.587.3058 or visit [www.GarlettLaw.com](http://www.GarlettLaw.com) for more information.

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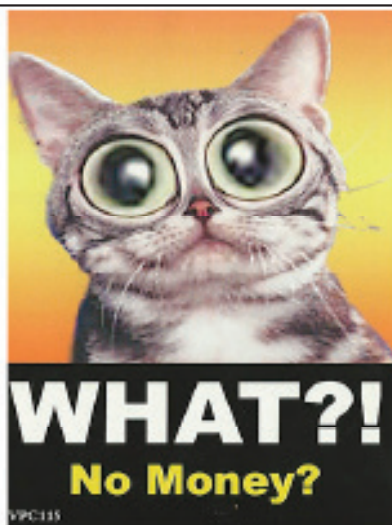


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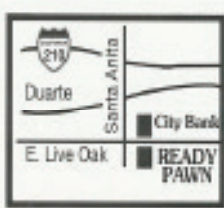
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The traditions of community newspapers and the concerns of our readers are this newspaper's top priorities. We support a prosperous community of well-informed citizens. We hold in high regard the values of the exceptional quality of life in our community,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



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**TOM Purcell**

## NOSTALGIC FOR THE DRIVE-IN THEATER



Here's something I miss more each summer: the drive-in movie theater.

It's a uniquely American creation, after all.

According to Kerry Segrave, author of "Drive-in Theaters: A History from Their Inception in 1933," only two other countries, Canada and Australia, were able to come close to America's "intense love affair with drive-ins."

In order for drive-ins to spring up over America during the post-World War II boom, a unique blend of conditions had to exist.

First, there had to be an abundance of relatively inexpensive land, as drive-ins take up a lot of real estate — and America had lots of affordable farmland near our newly formed suburbs.

Second, there had to be wealth. Families needed to not only be able to afford comfortable automobiles but to also "enjoy an emotional relationship" with them.

"A country whose inhabitants regarded automobiles as simply a mode of convenience to get from A to B would never develop a drive-in industry of any extent," writes Segal.

The next ingredient necessary to the success of the drive-in theater was large baby boom families.

Whereas taking the kids to an indoor theater in the city was a costly hassle, the drive-in was convenient and affordable. Parents could load all of the kids into the car, enjoy their family theater event, then return home with minimal hassle.

At a time when mom and dad wore formal wear to the office every day, the last thing they wanted to do on the weekends was dress up — and the younger kids could be dressed in pajamas, allowing mom and dad to put them directly to bed as soon as they returned home.

The first large-scale drive-in movie theater was built in Camden, N.J. in 1933, the brainchild of a young entrepreneur, Richard Hollingshead.

His idea wouldn't catch on in big numbers until after World War II — in part because of Hollywood moguls who only screened their A features in the movie theaters they owned. Drive-in theaters were limited to B features until 1949 when the courts broke up Hollywood's monopoly system.

Another change happened in 1949. Hollingshead lost his patent on the drive-in movie concept and outdoor theaters began popping up everywhere. The '50s and '60s became the golden era of the drive-in theater with nearly 5,000 in operation across America.

Some argue that federal laws mandating an extended Daylight Saving Time in the early '70s — which made the shows start an hour later — is what began to kill the drive-in phenomenon. But there are lots of other reasons for its decline.

As the suburbs continued expanding, real estate costs soared. Increasing lawsuits eliminated the drive-in playground and insurance costs soared. The family unit began to change in the late '70s into the '80s — families had fewer children and lots more divorce. Increasing fuel costs caused cars to get smaller — making them less suitable to a comfortable drive-in experience.

One of my last great drive-in memories dates to 1969, when my parents took my five sisters and I to see "Herbie the Love Bug." My father tested several parking spots before finding a speaker that worked.

Soon, the blue sky fell dark and the film projector began rattling behind the concession stand. Black and white numbers — "5, 4, 3, 2, 1..." — flashed onto the screen. Yellowed 1950's footage advertised hot dogs, popcorn and other concession items. And then the feature film would begin and our eventful family outing kicked into high gear.

So I am nostalgic for the golden era of the American drive-in, a historic slice of Americana that I long for this time every year.

©2015 Tom Purcell. Tom Purcell, author of "Misadventures of a 1970's Childhood" and "Wicked Is the Whiskey," a Sean McClanahan mystery novel, both available at Amazon.com. Purcell is a Pittsburgh Tribune-Review humor columnist.

# LEFT TURN/RIGHT TURN

**DICK Polman**



## TAKE A BREATH, FOLKS, 2016 IS NOT 1968

The latest fad, propagated by many members of the commentariat, is to equate the America of 2016 with the America of 1968. I heard it more recently from Chuck Todd of NBC News: "Not since the summers of the '60s and violence in Watts, Detroit, and Chicago has the nation felt so hopelessly divided."

This meme is particularly popular among those who have no living memories of 1968. Todd, in fact, was not on this earth in 1968. But I myself was very much alive — as a high school kid who paid close attention to the news — and if it's any comfort to those of you who are freaked about the latest race-based events, I can state with a high degree of confidence that America was far, far worse in 1968.

That year, the nation's most prominent civil rights leader bled out on a motel balcony after his jaw was shattered by a racist's bullet that traveled at a velocity of 2,670 feet per second. Just two months later, a major presidential candidate got whacked in a hotel kitchen moments after winning a pivotal primary. In the time between the King and Kennedy assassinations, huge swaths of our nation's capital went up in flames.

Twelve people died in the D.C. riots, and 1,600 were injured. And the death toll was higher in the two most serious riots that raged a year earlier — in Detroit (43 dead, more than 1,000 injured) and in Newark (27 dead, roughly 1,000 injured). Chuck Todd also mentioned Watts, the L.A. neighborhood that burned in 1965, but the toll there — 34 dead, another 1,000 injured — was far more dire than any of the disturbances today. The U.S. Army was sent to Detroit as well. Imagine the hysteria today, fanned by social media and the 24/7 cable cycle, if the U.S. Army was fighting in our streets.

Todd also mentioned "Chicago." Presumably this was a reference to the street violence outside the Democratic Convention, where Mayor Richard Daley's cops clashed with kids protesting the Vietnam War.

It's almost an insult, to those of us who experienced 1968, to equate it with 2016. According to the official stats, 16,592 Americans died that year alone in Vietnam. An average of 45 guys each day. Imagine if that was happening now — 45 a day in a futile war — with millions of kids at home fearing the draft.

Obviously, I'm not trying to minimize our current civil unrest. But we should be able to console ourselves with the knowledge that 1968 was more horrific by every objective measure — even the homicide rate was markedly higher (6.9 per 100,000 Americans) than it is now (4.5 per 100,000, in 2014) — and that somehow we as a nation survived. Heck, today we have black police chiefs (thankfully, including Dallas), whereas, back then, big-city departments were overwhelmingly white. And today, the electorate is far more enlightened about race; according to a 2014 CNN-ORC poll, 51 percent of Americans said that blacks are treated unfairly by the criminal justice system.

Unfortunately, we also have a presidential nominee who has romanced aggrieved white people like nobody since George Wallace — in the campaign of 1968. The good news is that not even Trump dares to traffic in the kind of hate rhetoric that Wallace employed in 1968 ("the nigger would still be in Africa in the brush if the white people of this country had not raised their standards"). On the other hand, Wallace never got near a major party nomination. Leave it to the Trump Republicans to keep Wallace's spirit alive, albeit semi-sanitized.

But lest we forget, we have prominent voices eloquently urging calm. Republican House Speaker Paul Ryan, for instance: "This has been a long week for our country .... Every member of this [House], every Republican and every Democrat, wants to see less gun violence. Every member of this body wants a world in which people feel safe regardless of the color of their skin .... Sometimes we disagree on how to get there. But let's not lose sight of the values that unite us. Let's not lose sight of our common humanity."

Those shared values helped us survive the nadir of 1968. I can't help but believe that this time should be easier.

Dick Polman is the national political columnist at NewsWorks/WHYY in Philadelphia ([newsworks.org/polman](http://newsworks.org/polman)) and a "Writer in Residence" at the University of Pennsylvania. Email him at [dickpolman7@gmail.com](mailto:dickpolman7@gmail.com).

**JOHN L. Micek**

## BLACK AND WHITE AND TRAFFIC STOPS



A couple of years back, when I was driving down to Florida, I got pulled over on U.S. Route 41 in a little town called Waldo near Gainesville.

It was late - past 2 a.m. -- and I was pretty sure I wasn't speeding. So when the dome lights of an Alachua County cruiser flashed to garish life in my rearview mirror, I had no idea what was happening.

As it turned out, not only was I speeding, I was clocking in around 55 mph in a 35 mph zone. I was befuddled and polite. So, taking pity on the exhausted Yankee, even as he slapped me with a wince-inducing fine, the deputy gave me an alternate route to Interstate 75 so I could avoid his ticket-writing brethren.

Not once did I worry that I wouldn't come out of the encounter alive. Not once did I fear for my safety.

Then again, I'm a white guy in my 40s.

Now consider the experiences of two of my PennLive colleagues, Jamar Thrasher and Rhonda Mays, both of whom are black, that are the complete opposite of my own.

Thrasher found himself at the business end of a patrol officer's service weapon when he tried to report a tutu-wearing lost dog that he'd found on a Pittsburgh street.

Thrasher, in a peacoat and dress clothes, had his hands in his pockets on a cold January night — which made the young, white officer he talked to a tad jumpy.

"I tried reporting [the incident]. I called 911, but they said I had approached a police officer with my hands in my pockets," he recalled. "I thought I was being a good citizen. This interaction made me more cautious when interacting with law enforcement."

Mays said she found herself frequently stopped for phantom car problems when she was living and working in Washington D.C. and its suburbs.

"I was repeatedly pulled over, usually for something like 'You have a burned out tail light,'" she said. "That reason is particularly frustrating because there is no way to prove the reason is true or not at the time. I had even had the tail light checked by a mechanic to make sure it wasn't going off and on, and found it was fine."

The experiences, she said, which sometimes involved her sitting on the curb with her hands behind her back, were "very humiliating," she said.

"One wrong move, such as not laying completely still, not placing both hands on the steering wheel as soon as the stop ensues or reaching in a glove compartment or jacket pocket for I.D. could be the end of your life," Mays said. "Most of us in the [African-American] community recognize these realities."

I don't know what that's like. I likely never will. So when I hear people (always white) say, "Well, it never would have happened if he'd just obeyed police commands," it just rings hollow, especially after what happened last week in Baton Rouge and St. Paul.

"I don't know what to do anymore. I don't know how to allow myself to feel grief and outrage while also thinking about change," Roxane Gay wrote in The New York Times last week. "I don't know how to believe change is possible when there is so much evidence to the contrary. I don't know how to feel that my life matters when there is so much evidence to the contrary."

And I don't know how that kind of desperation feels when there's a new headline, seemingly every few weeks, about a black person whose run-in with a police officer turns fatal.

I never will. And if you're white and reading this, you probably never will either. In June, U.S. Supreme Court Justice Sonia Sotomayor wrote in heart-rending terms, about what it's like to be a person of color and to deal with law enforcement.

"We must not pretend that the countless people who are routinely targeted by police are 'isolated,'" she wrote. "They are the canaries in the coal mine whose deaths, civil and literal, warn us that no one can breathe in this atmosphere. They are the ones who recognize that unlawful police stops corrode all our civil liberties and threaten all our lives. Until their voices matter too, our justice system will continue to be anything but."

And that's why we need to listen - harder than ever now.

An award-winning political journalist, Micek is the Opinion Editor and Political

Columnist for PennLive/The Patriot-News in Harrisburg, Pa. Readers may follow him on Twitter @ByJohnLMicek and email him at [jmicek@pennlive.com](mailto:jmicek@pennlive.com).















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special or discount. 1 coupon  
per table. Discounted entrée must  
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**MONDAY**

**Free** piccolo cheesecake  
with any purchase

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other offer, special or promotion.  
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**TUESDAY**

**\$50 DINNER**  
**FOR TWO**

1 APPETIZER, 2 ENTRÉES, 1 BTL OF WINE, 1 DESSERT

SEE SERVER FOR DETAILS

cannot be combined w/ any  
other offer, special or promotion.  
Expires 7/31/16

**THURSDAY**

**\$12 Burger**  
**& Beer**

ZUGO'S BURGER & 12OZ DRAFT BEER

cannot be combined w/ any  
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**FRI & SAT**

**\$10 OFF**

(\$40 OR MORE)

**SUNDAY**  
**KIDS EAT FREE**

1 KIDS MENU MEAL  
FREE PER ADULT ENTRÉE  
PURCHASED

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**We'd like to hear from you!**  
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