

# Mountain Views News

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SATURDAY, JULY 23, 2016

VOLUME 10 NO. 30

## SIERRA MADRE 10U ALL-STARS WIN GOLD



The Sierra Madre Girls Softball Association's 10U All-Stars were the big winners at the California Jr. Olympic Games last week.

"It was a tough and hard tournament, but the girls dug deep at times when we needed it most and pulled out come from behind victories. Undefeated in this weekend's California State Games/ASA Regional tournament with a record of 5-0 and an overall All-Star tournament record of 28-3."

Photo and text courtesy SMGSA

## THE SIERRA MADRE POLICE DEPARTMENT IS HIRING!

Description:

Under direction of a Police Lieutenant/Captain and/or the Police Chief the Police Officer patrols an assigned area, enforces public safety laws, codes, and regulations and maintains order, prevents, detects and investigates crime, and carries out special assignments in the protection of life and property; and performs other related duties as assigned.

If you are interested in becoming a police officer in our city, read the following description, visit the City of Sierra Madre web site, view instructions and submit an application.

## SIERRA MADRE WELCOMES PETUNIA'S



The Sierra Madre Chamber of Commerce along with Mayor Gene Goss and Mayor Pro-Tem Rachelle Arizmendi officially 'cut the ribbon' for Petunia's, one of the city's newest downtown businesses. Read more on page 3. Photo by Riley Kerr

**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.**

*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](tel:626-355-5278)



## Help Us Find a Cure!



The Sierra Madre Police Department is proud to announce the official launch of the 2016 Pink Patch Project, a collaborative cancer awareness fundraiser in partnership with the Los Angeles County Police Chief's Association and many other L.A. County Police Agencies. The goal of this project is to raise funds to further the research, treatment, and care of those who are and have battled cancer. Equally important during this time is to educate the public as much as we can about the early detection and prevention. The collective effort of law enforcement throughout Los Angeles County during this endeavor is expected to yield a tremendous amount of support from many in the communities that we so proudly serve. Between now and through the month of October, participating police agencies will sell their commemorative collectors patches with all profits going to cancer treatment, research and education. In the month of October, uniformed personnel will be able to proudly wear the Pink Sierra Madre Police Patch as a reminder of our dedication and commitment to this project.

The commemorative Pink Sierra Madre Police Patch (\$10) and T-Shirts (\$15) will be available starting July 1<sup>st</sup>. Patches & T-shirts can be purchased at the Sierra Madre Police Department, MAIL BOX & POSTAL – 80 W. Sierra Madre Blvd. and at various events throughout the community.

Contact Lt. Cayson at [dcayson@cityofsierramadre.com](mailto:dcayson@cityofsierramadre.com) for further details.



#PinkPatchProject



@pinkpatchproject



#pinkpatchprjct

*A special thank you to the Sierra Madre Police Officers Association for providing the funds for this project!*

## SPACE, BOTS AND MORE!

*Daniel Winterhalter, Chief Scientist, NESC (NASA Engineering and Safety Center) To Speak At Sierra Madre Kiwanis Club*

Dr. Winterhalter received his M.S. and Ph.D. in Geophysics and Space Physics from UCLA. He has been employed by the Jet Propulsion Laboratory for 34 years. As a Principal Research Scientist in the Science Division, he is involved in research concerning the Solar Wind, the Moon, Mars, and Extrasolar Planets. He has published many articles and edited two books, and regularly gives presentations, both contributed and invited, detailing his research results at international conferences. As a member of project teams or investigator teams, Daniel worked on Voyagers I and II, Cassini, Mars Observer, and several other spacecraft and space science missions.

Dr. Winterhalter joined the Office of the Chief Engineer in 2005 and serves as the Chief Scientist for the NASA Engineering & Safety Center. Further, he serves as JPL's Program Scientist for Human/Robotic Mission Systems.

**When: Tuesday, July 26, 2016**

**Where: The Lodge - 33 E. Sierra Madre Bl. - Sierra Madre**

**Time: Noon Lunch: \$10 Program 12:30 FREE**

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## Weather Wise

6-Day Forecast Sierra Madre, Ca.



Sun: Sunny Hi 90s Lows 70s  
 Mon: Sunny Hi 90s Lows 70s  
 Tues: Sunny Hi 90s Lows 70s  
 Wed: Sunny Hi 90s Lows 70s  
 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.

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,

EXCEPT FOR THE 2ND TUESDAY OF EACH MONTH.

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

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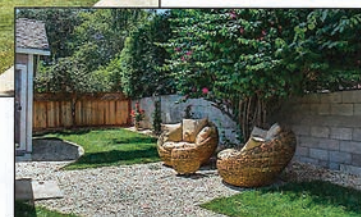


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*This information is deemed reliable, but has not been verified and is not guaranteed.*

~ COMPLETELY REMODELED in 2016 ~

Everything has been updated and or replaced! All new main water lines, sewer line, electrical and copper plumbing! A gorgeous designer kitchen, with new solid maple cabinets and Carrera marble counter tops, opens to a dining area. The fireplace is in the large living room complete with Carrera marble accents. The whole house has brand new hardwood floors and is freshly painted inside and out. Both full size bathrooms have Carrera marble counters also with beautiful marble flooring! The yard has been landscaped with drought resistant grass, new patio in the front and back of home, along with new fencing. This home is a masterpiece!



*Berkshire Hathaway HomeServices is independently owned and operated.*

## Inside this week:

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**CITY OF SIERRA MADRE Library & Community Services Department**

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**STAR WARS THE FORCE AWAKENS** JUNE 17

**GREASE** JULY 2  
 Sponsored by Sierra Madre 4th of July Committee

**THE NATURAL** JULY 8  
 Sponsored by Friends of Sierra Madre Library

**TOY STORY 3** JULY 22

**GOOSEBUMPS** AUG. 5

**ZOOTOPIA** AUG. 12

START TIME: 8:00 PM  
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Sunday	9:00 am - 4:00 pm



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## by Deanne Davis

The Natural – The Library’s Pick For The Sierra  
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This is such a great idea for community involvement. When you're sitting out at Beantown or Starbucks, having your morning latte, you can ask the guy next to you, "So, how ya liking The Natural," and they'll say, "huh?" and you can talk about the One Book, One City and feel superior because you know about it and they don't! But ya gotta get the book!

There's a nifty new store on Baldwin, 26 North, to be specific. It's Petunia's, owned by Karen Byrne and staffed by Marsha McBurney. Their grand

of our own personal mountains...the Petunia's perspective.

Have you stopped by City Hall to see the Art Exhibition of W. Jack Savage's work? It will be hanging till August so you don't have a lot of time. My fellow art enthusiast, John, and I stopped by this week, taking a few extra minutes to admire the drought resistant gardens, which are doing so well. We put in our own succulent garden this week with just a few plants to start and some big rocks we found lying about in the far reaches of our yard. Looks good and the seven roses they replaced will no longer torture me with their totally uncooperative attitude!

Leaving the gardens behind, we spent a pleasant half hour looking at Jack's work which is framed, matted, original acrylic paintings, uniform in size



opening was yesterday and I see an exciting future ahead for Petunia's. You'll find some really nice original art, including the painting shown here (Marsha on the left and Karen on the right), which is huge and gorgeous, an original oil by Lim Hall, of Paris back in the horse and buggy era, sighting down the Blvd. des Invalides to the Eiffel Tower. The colors are exquisite and it's got to be 8' long by 5' high. Look for the fantastic screen/room divider in front and some Asian art pieces in the back - my mother would have swooned over - her whole house was a trip to China and Japan. Petunia's has clothing that is charming, beautiful and would fit most of us. Jewelry - all original pieces, some hair ornaments people who have longer hair would just love, along with rhinestone decorated baseball hats that are perfect for those days when the hair really doesn't need to be seen. They've got some unique Hawaiian shirts for guys, too.

Karen's goal with Petunia's is to provide a place with a sense of peace. As her passion is what she calls, "good old American stuff," that's exactly how you feel when you walk in the door, peaceful. Karen says she's not a decorator, she just puts things where they fit, like the baker's cabinet in the corner full of those hats. You'll find Henredon wing chairs, a Tiffany-style lamp, some stunning antique plates and silver trays that would give you next event a very classy look. Petunia's is an eclectic collection of fine furniture, art and apparel. Some of the items in Petunia's have traveled from Maine and New Jersey to provide a sense of peace right here in Sierra Madre. Come in and take a look, sit out at the umbrella table in front and enjoy the view.

at about 10 x13, priced at \$65/each. We especially liked "Not For The Weak," a work featuring vultures perched on a barren tree atop a granite mountain with a field behind it of deep orange-red. Hades came to mind. Also really liked "Dancing With That Tall Girl Downtown," which showed two abstract figures, dancing, before a field of yellow, and "Only In My Dreams," showing tiny people on a street scene. Great colors, exciting compositions. Take a look! Mr. Savage has led an interesting life as a broadcaster, actor, educator, author and a prolific artist. We so admire people who can successfully make a difference in a variety of life opportunities. Go on in there and say hi to Selena and all those nice folks in there working to keep Sierra Madre on track. The art exhibit is on the back wall.

Back a kid's birthday coming up? Village Pizzeria on Baldwin next to Beantown is still doing their kid's pizza cooking class for birthday parties. It's \$16/child with a minimum of ten people. They get hats, aprons, a pizza diploma, a personal pizza with two toppings, a dessert pizza and drinks. Now I ask you...where can you get a great party like that where you don't have to clean, shop, cleanup, deal with the kid who's bored, and your own little chef can teach you how to flip pizza dough. You can call and make your reservation: 626-355-8817. They have terrific salads, too, for the parents. Stay cool, friends and neighbors!

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Rebates of up to \$2,000 are still available for removing turf and replacing it with water-wise landscapes through a program administered by the California Department of Water Resources.

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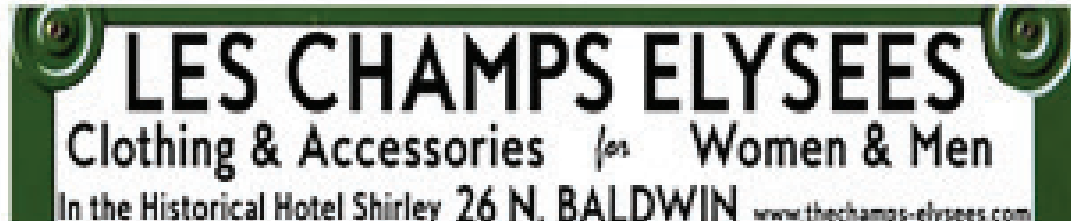
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## Local Police Fire Depts.to Hold National Night Out

The Pasadena Police and Fire Departments invite the community to meet their local police officers and fire fighters during National Night Out on August 2. National Night Out is an annual community-building campaign that promotes police-community partnerships and neighborhood camaraderie to make their cities an enjoyable and safe place to live, work and visit. Pasadena's kick-off event will begin at 5:00 PM at Washington Park, (700 E. Washington Blvd., Pasadena, CA). Your first responders will then spread out throughout Pasadena joining various neighborhood block parties being held in the city. This national event is an excellent opportunity to form long-term bonds between police, fire and the community. All persons welcome. For more info call 626-744-4550 or go to ci.pasadena.ca.us/police/ under "Community Outreach" for a list of block party locations.

### Altadena Sheriff

Altadena Sheriff's Station will be hosting National Night Out on Tuesday August 2nd, from 6:00 pm to 8:00 pm at Farnsworth Park, located at 568 E. Mount Curve Ave.

The various agencies will be setting up booths and equipment in the park on the grass area just north of the baseball field. We have LA Co. Fire, our Special Enforcement Bureau (SWAT), California Highway Patrol, and our various volunteer and neighborhood watch groups in attendance. A Barbecue dinner will be served, along with cotton candy, popcorn, snow cones and a bounce house. A face painter from the LA Co. Parks department will be helping out also. Eaton Canyon Nature Center will have a presentation, plants, and live animals on display.

This event is meant to increase awareness about police programs in Altadena, such as Explorers, radio service, volunteers, Reserve Deputies, neighborhood watch and other anti crime efforts.



Augustine (A398279) is a fun-loving 7-year-old, neutered male Catahoula/Pit Bull mix. Augustine has a goofball personality that has endeared him to staff and volunteers. Out on the PHS Mobile Unit, he gets along well with dogs of all sizes, but has a special fondness for Lily (A400517), a 3 year-old-pit bull.

The adoption fee for dogs is \$125, which includes the spay or neuter surgery, microchip, and vaccinations. Augustine 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 A398279, 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.

## Next Mars Rover on Target for 2020 Launch

*The rover mission will investigate the Martian rocks for evidence of past life.*

NASA, along with scientists at Jet Propulsion Laboratory, announced last week they are ready to advance with final design and construction of its next Mars rover, currently targeted to launch in summer of 2020 and arrive on the red planet in February 2021.

The Mars 2020 rover will investigate a region of Mars where the ancient environment may have been favorable for microbial life, probing the Martian rocks for evidence of past life. Throughout its investigation, it will collect samples of soil and rock, and cache them on the surface for potential return to Earth by a future mission.

To reduce risk and provide cost savings, the 2020 rover will look much like its six-wheeled, one-ton predecessor, Curiosity, but with an array of new science instruments.

The Mars 2020 rover will use the same sky crane landing

## Rose Parade Equestrians Groups Selected

Tournament of Roses President Brad Ratliff announced Thursday the 20 equestrian groups to ride in the 128th Rose Parade, themed "Echoes of Success."

The equestrian groups selected are:

1st Cavalry Division Horse Cavalry Detachment (Fort Hood, Texas)

Backcountry Horsemen of California - Mid-Valley Unit (Sonora, California)

Budweiser Clydesdales (St. Louis, Missouri)

California Highway Patrol Mounted Patrol Unit (Sacramento, California)

Kern County Sheriff's Mounted Posse (Bakersfield, California)

Los Hermanos Bañuelos Charro Team (Altadena, California)

Mane Attraction Equestrian Drill Team (Riverside, California)

Medieval Times Dinner and Tournament (Buena Park, California)

The New Buffalo Soldiers (Shadow Hills, California)

The Norco Cowgirls & The Little Miss Norco Cowgirls Rodeo Drill Team (Norco, California)

Philippine Scouts Heritage Society - U.S. Army's 26th Cavalry Regiment (Los Angeles, California)

Santa Barbara County Sheriff Mounted Enforcement Unit (Santa Barbara, California)

## Crime Blotter for Altadena

### Sunday, July 10th

8:45 AM - A battery occurred in the 900 block of E. Woodbury Road. Suspect described as a male Hispanic, approximately 20 to 30 years old, 6 feet, short black hair, no facial hair, wearing a turquoise short sleeve shirt and blue jeans. The suspect was seen leaving the area in a silver 1990's Honda Accord. 5:00 PM - A grand theft occurred in the area of Sonoma Drive and Mar Vista Avenue. Stolen: black MacBook Pro and black computer bag.

### Monday, July 11th

12:51 AM - Larry Hughes, 49 years old of San Pedro was arrested in the 2200 block of E. Crary Street for possession of a controlled substance. 1:15 PM - A vehicle was reported stolen from the 2500 block of N. Lake Avenue. Vehicle described as a red 2012 Chevrolet Cruze. Vehicle is currently outstanding. 10:40 PM - Two vehicle burglaries occurred in the 2100 block of N. Lincoln

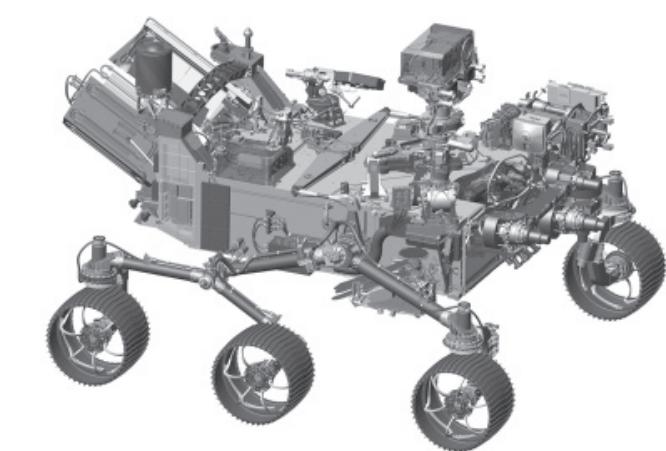


Image Computer-Design Drawing for NASA's 2020 Mars Rover, credit: NASA/JPL-Caltech

system as Curiosity, but will have the ability to land in more challenging terrain with two enhancements, making more rugged sites eligible as safe landing candidates.

"By adding what's known as range trigger, we can specify where we want the parachute to open, not just at what velocity we want it to open," said Allen Chen, Mars 2020 entry, descent and landing lead at NASA's Jet Propulsion Laboratory in Pasadena, California. "That shrinks our landing area by nearly half."

There will be a suite of cameras and a microphone that will capture the never-before-seen or heard imagery and sounds of the entry, descent and landing sequence. The information will provide valuable data to assist in planning future Mars landings.

"This will be a great opportunity for the public to



Scripps Miramar Saddlebreds (San Diego, California)

Seven Oaks Farm Miniature Therapy Horses (Hamilton, Ohio)

Spirit of the West Riders (Leona Valley, California)

Union Rescue Mission - Los Angeles (Los Angeles, California)

United States Marine Corps Mounted Color Guard (Barstow, California)

Valley Hunt Club (Pasadena, California)

Victorian Roses Ladies Riding Society (San Diego, California)

Wells Fargo Stagecoaches (Los Angeles, California)

Equestrians participating in the Rose Parade showcase a variety of breeds as well as unique tack and costumes. In addition to riding in the Rose Parade route, these equestrian groups are invited to take part in Equestfest presented by Wells Fargo, which will take place Dec. 30, at the LA Equestrian Center.

hear the sounds of Mars for the first time, and it could also provide useful engineering information," said Mars 2020 Deputy Project Manager Matt Wallace of JPL.

The Mars 2020 mission is part of NASA's Mars Exploration Program.

## Caltrans to Close Part of I-210 Again

Residents, visitors and businesses in Pasadena are advised that Caltrans will again shut down part of the westbound I-210 Freeway, near Highway 134, between Lake Avenue and Mountain Street, next weekend, beginning at 10 p.m., Friday to 5 a.m., to Monday, August 1.

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).

## Free Tours of Tournament House Ends Next Month

Tournament House, the operating headquarters of the Pasadena Tournament of Roses, which oversees the annual Rose Parade, is winding down weekly free public tours each Thursday at 2 p.m. and 3 p.m. the tours will end Aug. 25. Reservations are not required except for groups of 10 or more people.

Located at 391 S. Orange Grove Blvd., the mansion was once the home of chewing gum magnate William Wrigley Jr. and his wife, Ada. After Ada's death in 1958, the Wrigley family presented the property to the city of Pasadena, with the request that it become the base of operations for the Tournament of Roses Association. The Wrigley family had long enjoyed the Rose Parade as it unfolded just beyond their front yard.

Guided tours allow visitors to see the 21-room, Italian-Renaissance-style mansion designed and built in 1906 by architect G. Lawrence Stimson and his father George W. Stimson, a local builder. Volunteers from the Association's Heritage Committee, well-versed in the organization's 128-year history as well as in the details of the house itself, conduct the tours.

The interior of the house features richly paneled rooms, inlaid marble floor and an ornate molded plaster ceiling-a design element that made Stimson famous. Displays related to Rose Bowl Games, Rose Queens and Royal Courts, Grand Marshals and Tournament Presidents are part of the décor.

Surrounding Tournament House are the Wrigley Gardens, which feature a 4.5-acre floral display of more than 1,500 varieties of roses, camellias and annuals. The gardens feature the All-America Rose Selections (AARS) award-winning Tournament of Roses rose developed especially for the Tournament of Roses Centennial.

Groups of 10 or more may call (626) 449-4100 for tour reservations.

## City Appoints Planning Department Director

City Manager Steve Mermell announced Monday he appointed David Reyes as the new Director of the Planning and Community Development Department. Reyes had been serving as interim director for the past six months. The appointment was made effective July 25.

Reyes will oversee a department of about 80 employees who review planning proposals and develop land-use policies for the City. The department includes the Planning, Building and Safety, Cultural Affairs and Code Compliance divisions; including the City's Permit Center for new and remodel construction, zoning and code enforcement and public art.

Reyes brings nearly 20 years of professional planning experience to the position from the public and private sectors. He joined the City of Pasadena's Planning Department in 2012 and has been the department's Deputy Director Department since 2014 before becoming the department's interim director earlier this year.

"I am honored to have been selected to lead Pasadena's Planning and Community Development Department at a time of great challenges for the City in terms of future growth, land-use issues, and the overall financial and economic health of the City," Reyes said. "I look



David Reyes

forward to serving Pasadena's residents and businesses and continuing the tradition of outstanding community service."

Assistant City Manager Julie Gutierrez said Reyes "combines effective executive leadership skills with a strong sense of community values that, together with his planning expertise, makes him an outstanding fit to lead our planning department into the future."

Prior to Pasadena, Reyes worked for 10 years in a variety of positions for the planning departments of the cities of Beverly Hills, Santa Monica and Malibu. Reyes has a bachelor's degree in Urban Studies and Planning from the California State University, Northridge.

The maximum salary for the position as posted on the City's website is \$18,333.47 per month.

## Free Admission to Flying Horses & Mythical Beasts



Inside the exhibition; photo by Joanne Wilborn/Marlyn Woo

This Monday is National Carousel Day and the Pasadena Museum of History will feature free admission to the exhibition Flying Horses & Mythical Beasts: The Magical World of Carousel Animals. The event from noon to 5 p.m. celebrates the 145th anniversary of the modern carousel in the U.S.

This exhibition is curated by local conservator and collector Lourinda Bray, featuring material from the renowned Bray Collection. The collection spans the history of carousels, from the mid-19th century to

modern day, with many examples from the Golden Age of Carousels, 1861-1920. Menagerie carvings, from Europe, England, the United States and Mexico, of brilliantly painted and gilded horses, lions, elephants, giraffes, sea serpents and more are shown. The Bray Collection also features carousel art, miniatures, posters and postcards, and more.

The Pasadena Museum of History is located 470 W. Walnut Street.

Light refreshments will be severed.

## Free Events Roundup at the Pasadena Senior Center

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

**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! July 26: Pasadena Summer Youth Chamber Orchestra. Bring a lawn chair and picnic or purchase dinner at the park.

**Cardmaking Workshop - Monday, Aug. 1, from noon to 2 p.m.** Surprise a special someone with a personalized, handmade greeting card. Whether it's a happy birthday, happy holidays, thank you, thinking of you or other sentiment, you'll create a decorative card in your own unique style and have fun discovering your creativity while workshop leaders help you bring your ideas to life. All materials will be provided.

**Stay Connected with Social Media - Tuesdays and Thursdays, Aug. 2 to 25, from 9 to 11 a.m.** Learn how to keep in touch with family and friends via email, Skype, Facebook and other forms of social media during a 30-minute, one-on-one meeting with an instructor. You'll choose which applications you want to learn.

Bring a laptop or use one of the onsite computers. If you have an email address, bring it and your password. Sign up with Edison at the Welcome Desk.

**Smart Phones, Tablets and Computers - Any Questions? - Tuesdays and Thursdays, Aug. 2 to 25, 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.

**Friday Movie Matinees - Fridays, Aug. 5, 12 and 19, at 1 p.m.** Everyone enjoys movies and the pleasures they bring. Aug. 5: "Concussion" (2015, PG-13) starring Will Smith and Alec Baldwin. An accomplished pathologist uncovers the truth about brain damage in NFL football players who suffer repeated concussions in the course of normal play. Based on a true story. Aug. 12: "Hello, My Name is Doris" (2016, R) starring Sally Field and Max Greenfield. A self-help seminar inspires a 60-something woman to romantically pursue her younger coworker. Aug. 19: "Shutter Island" (2010, R) starring Leonardo DiCaprio and Mark Ruffalo. A U.S. Marshal investigates the disappearance of a murderer who escaped from a hospital for the criminally insane. For more information visit [pasadenaseniocenter.org](http://pasadenaseniocenter.org) or call 626-795-4331.



# ARCADIA

Sierra Madre

Arcadia

Pasadena

Altadena

Monrovia

## BREAKFAST AND BUSINESS AWARDS

The Arcadia Chamber honors members of committed service at July Networking Breakfast



“The goal for today is to have fun,” asserted Arcadia Chamber CEO Karen Mac Nair with a certain smile. Considering the gusto of such a promising morning, the nearly 80 attendees gathered at the DoubleTree by Hilton in Monrovia gladly agreed with the aforementioned agenda as they sampled the buffet of golden waffles, chilled fruit, and refreshing juices. The Business Awards and Networking Breakfast (July 21) was held in honor of those members who have contributed their time and talent to the community and Arcadia Chamber of Commerce.

Those dutifully honored were John Villa of Dance Syndicate Entertainment for New Member of the Year, Naomi Briones of Embassy Suites by Hilton Arcadia for Business Person of the Year, John Sun of Budget Blinds San Gabriel for the Chamber Service Award, and Andrew Gregson of Hart, Mieras & Morris for Business of the Year.

Leading into the awarding ceremony, Arcadia Chamber CEO Karen Mac Nair confirmed, “the future is bright with this community” in regards to the honorees. Their illuminating character will continue to impact the community because they are passionate not only in profession, but also with involvement. Chamber President Vicki Knight of Century Rooter Service & Plumbing, Viola Van of Congresswoman Judy Chu’s office, Clayton Arick of Senator Hernandez’s office, Brian Mejia of Supervisor Antonovich’s office, and Mayor of Arcadia Tom Beck each conferred recognition upon the esteemed guests.

John Villa, Dance Syndicate Entertainment, is the chosen New Member of the Year for both his gift of heart and giving time whenever he DJs, making those enjoying his productions feel valued. His dedication has been one of lasting impact, considering that it was his 8th grade graduating class that first witnessed his aptitude of stirring joy with music. John has been the cherished DJ for Chamber events such as mixers and the Installation Dinner due to his ability to connect with the audience and elevate their experience in a simple and profound way.

Naomi Briones, Embassy Suites by Hilton Arcadia, is the Business Person of Year for her position of Director of Sales that allows her to reach into the community with her natural hospitality. From a young age, she has wanted to work in hotels and has since extended her caring nature with participation as a Chamber Ambassador and board member of the Downtown Arcadia Improvement Association. Her positivity and endless encouragement of Chamber undertakings proves that she is not only a professional leader but also a dear friend.

John Sun, Budget Blinds San Gabriel, receives the Chamber Service Award for his unyielding contributions to the Chamber. His dependability as an Ambassador and support of other Chamber members with his consistent attendance and unquestionable lend of hand renders him an example as a volunteer; his van is always the first vehicle on the scene. He even helped set up for the morning festivities. His work ethic is truly extraordinary and thankless.

Hart, Mieras & Morris is Business of the Year for the company’s proactive approach to planning and involvement in the community and Chamber. Andrew Gregson, the Chief Operating Officer, and Gary Morris, Senior Partner, both accepted the award and thanked their team seated at the table before them. Andrew Gregson’s reliability and accommodating attitude ensures that Chamber operations and goals are not only met, but succeed since serving his time as President and on the Executive Board.

The next Networking Breakfast will be held at the DoubleTree by Hilton in Monrovia on August 18, 2016. Tickets to the event, which runs from 7:30 a.m. – 9 a.m. are \$20 in advance (\$25 at the door) and discounted to \$15 for Chamber members who pay by the previous Friday (\$20 at the door for Chamber members. No additional charge for those with an All Access Pass. Tickets: (626) 447-2159 or in the “Shop” page at [www.arcadiachamber.org](http://www.arcadiachamber.org), or at the Chamber office, 388 W. Huntington Dr. during regular business hours.

## ARCADIA POLICE BLOTTER

For the period of Sunday, July 10th, through Saturday, July 16th, the Police Department responded to 966 calls for service of which 120 required formal investigations. The following is a summary report of the major incidents handled by the Department during this period.

### Sunday, July 10:

1. At about 3:00 a.m., an officer initiated a consensual contact with a subject walking with a bicycle in the area of Baldwin Avenue and Duarte Avenue. An investigation revealed the subject had two outstanding warrants for his arrest. He was also found to be in possession of methamphetamine. The 56-year-old male from El Monte was arrested and transported to the Arcadia City Jail for booking.

2. Just after 8:14 p.m., an officer responded to Savers, 16 East Live Oak Avenue, regarding the report of a man seen pacing in front of the store with a possible gun in his waistband. An investigation revealed the subject did not have a gun, but was found to be in possession of drug paraphernalia. Through a series of tests, the officer determined the 30-year-old male from Azusa was under the influence of methamphetamine. The suspect was arrested and transported to the Arcadia City Jail for booking.

### Monday, July 11:

3. Just after 11:58 a.m., an officer initiated a consensual contact with a subject seen riding a bicycle on the sidewalk in the area of Las Tunas Drive and El Monte Avenue. An investigation revealed an outstanding warrant for the subject’s arrest. He was also found to be in possession of drug paraphernalia. The 43-year-old male from Pomona was arrested and transported to the Arcadia City Jail for booking.

4. At approximately 5:52 p.m., officers were dispatched to the 1300 block of Michillinda Avenue regarding a residential burglary in progress. An investigation revealed the victim heard glass shatter and several voices of suspects inside the home. She also heard suspects opening and closing doors. The victim locked herself in a bedroom. One suspect kicked in the locked bedroom door where the victim was hiding. The suspect fled the scene after seeing the victim in the bedroom. The investigation is ongoing.

The suspect is described as a male black, approximately 18 to 20-years-old, 6 feet tall, thin build, light complexion with a goatee, wearing a grey hooded sweatshirt.

### Tuesday July 12:

5. At about 2:57 p.m., an officer was dispatched to REI, 214 North Santa Anita Avenue, regarding a theft suspect inside the store. An investigation revealed an employee recognized the suspect who had entered the store a week prior with an accomplice and made several purchases with fraudulent gift cards. The 27-year-old female from Bellflower was arrested and transported to the Arcadia City Jail for booking.

6. Around 3:04 p.m., an officer responded to the 200 block of Hacienda Drive regarding a residential burglary. The officer determined unidentified suspect(s) entered the residence by shattering a glass door, then ransacked the residence before fleeing. No suspects were seen and no witnesses were located. The investigation is ongoing.

### Wednesday, July 13:

7. At approximately 03:30 a.m., officers received a license plate

reader notification of a stolen vehicle in the area of Huntington Drive and Fifth Avenue. Officers located the vehicle and detained the driver. An investigation revealed the driver of the stolen vehicle also had three outstanding warrants for his arrest. The 21-year-old male from El Monte was arrested and transported to the Arcadia City Jail for booking.

8. Just after 7:07 p.m., an officer responded to Macy’s, 400 South Baldwin Avenue, regarding a robbery. An investigation revealed loss prevention officers witnessed the suspect select several items and place them into a plastic shopping bag then exit the store. When loss prevention officers attempted to detain the suspect, she threatened one and punched the other in his chest before fleeing the scene in a vehicle. Arcadia Police Officers with assistance from the Pasadena Air Bureau, located the suspect and her vehicle at her residence. The 38-year-old female from Monrovia was arrested and transported to the Arcadia City Jail for booking.

### Thursday, July 14:

9. At about 7:07 a.m., an officer contacted subjects sleeping in a car at Par 3 Golf Course, 620 East Live Oak Avenue. An investigation revealed the male subject was listed as a restrained person in an active restraining order and the female subject was the listed protected person. The 32-year-old male from El Monte was arrested and transported to the Arcadia City Jail for booking.

10. At approximately 7:47 p.m., an officer responded to Hai Di Lao Hot Pot, 400 South Baldwin Avenue, regarding a fraud report. An investigation revealed the suspect had been swiping customers’ credit cards through a portable card reading device. The 27-year-old female from San Gabriel was arrested and transported to the Arcadia City Jail for booking.

### Friday, July 15:

11. At approximately 1:54 p.m., an officer conducted a traffic stop on a vehicle in the area of Stanford Drive and Baldwin Avenue for having expired registration. An investigation revealed the driver was driving with a loaded firearm under the driver’s seat. The 33-year-old female from Arcadia was arrested and transported to the Arcadia City Jail for booking. Her boyfriend responded to the Arcadia Police Station to claim the firearm. He was found to have an outstanding warrant for his arrest. The 30-year-old male from San Bernardino was also arrested and transported to the Arcadia City Jail for booking.

12. At about 7:35 p.m., an officer was dispatched to BJ’s, 400 East Huntington Drive, regarding the report of a battery. An investigation revealed the suspect became upset at a bartender who refused to serve him more alcohol. The suspect threw his beer at her face. The suspect also slapped a nearby customer before fleeing the scene. With assistance from the Pasadena Air Bureau and Monrovia Police Department, the suspect was apprehended. The suspect also spat on an officer during transport. The 25-year-old male from Los Angeles was arrested and transported to the Arcadia City Jail for booking.

### Saturday, July 16:

13. At about 4:03 p.m., an officer responded to the parking lot of CVS, 188 West Las Tunas Drive, regarding a welfare check on a child. An investigation revealed the suspect struck the victim child with a three foot long umbrella stick. The 43-year-old male from Arcadia was arrested and transported to the Arcadia City Jail for booking.

# MONROVIA - DUARTE

Sierra Madre

Arcadia

Pasadena

Altadena

Monrovia

## CITY ANNEX FACILITY (200 EAST LIME AVENUE) LISTED FOR SALE, BIDS FOR THE PROPERTY START AT \$670,000

Last week, the City listed the Annex Facility (200 East Lime Avenue) on the Multiple Listing Service (MLS), and we have already had multiple calls from realtors inquiring about the property! A copy of the MLS listing has been included as an attachment below for your review and reference. If you or anyone you know is interested in this terrific opportunity to own a landmarked home right in the heart of Old Town Monrovia, please contact Caroline Velarde, Management Analyst with the City of Monrovia, at (626) 303-6601, or via email at [cvelarde@ci.monrovia.ca.us](mailto:cvelarde@ci.monrovia.ca.us).

Known as the Tillapaugh House, the 2,331 square-foot, American Foursquare style home was originally built in 1906. The house sits on 8,000 square feet of land, and given that the building has been designated as Historic Landmark #100, the property is eligible for a Mills Act Contract, which can offer the new owner significant property tax savings.

Currently owned by the City, the house has for years been used as office space. The home features 3 bedrooms, a den, ½ bathroom, a sizeable living room, and includes a detached one-car garage. Yes, the home is in need of repairs, but with a little TLC, you could live on a tree-lined street just steps away from all that Old Town Monrovia has to offer!

The City is currently accepting bids for the

home, with the minimum required bid price being \$670,000. If you have any questions, and for any additional information, please contact Caroline Velarde, Management Analyst with the City of Monrovia, at (626) 303-6601, or via email at [cvelarde@ci.monrovia.ca.us](mailto:cvelarde@ci.monrovia.ca.us). You can also find additional information regarding the sales process for this amazing house by visiting the City’s website at <http://www.cityofmonrovia.org/rfps>.

One last update regarding the sale of the Annex Facility... as we assessed the best way to list the property, the most cost effective option was offered by Mayor Adams, who was willing to place the property on the MLS through his real estate company at no cost to the City. It is important to note that Mr. Adams will not be compensated in any way for listing the property, and as outlined on the MLS overview for the Annex Facility attached to this email, the following remarks are included on the listing:

The City of Monrovia is seeking bids for the sale of this home. Please contact Caroline Velarde, Management Analyst with the City of Monrovia, at (626) 303-6601, or via email at [cvelarde@ci.monrovia.ca.us](mailto:cvelarde@ci.monrovia.ca.us). Showings Monday-Thursday. The commission will be paid to the agent representing the successful buyer only. There is NO LISTING COMMISSION BEING PAID.

## TRANSIENT AND HOMELESSNESS SPECIAL RESPONSE TEAM BEING DEVELOPED, CAPTAIN SANVICTORES SET TO LEAD THE TASK FORCE

During the past several months, staff has been closely monitoring the transient and homeless issues that are occurring throughout the City. Based on recent reports and observations, the situation is becoming more visible and impactful here in Monrovia.

Given that Proposition 47 has eroded our ability to utilize traditional law enforcement tools to address this overall situation, staff has spent some time brainstorming to develop ideas for new and non-traditional methods of managing this overall situation. To that end, we are working now on assembling a special response team that will be tasked with the responsibility of developing and implementing new strategies for reducing the impact that the transient population is having on the community. Simultaneously, the special response team will also be charged with exploring ways in which we can connect those struggling with homelessness to available services.

The special response team will be led by Captain Alan Sanvictores, and he will be assisted by our new Recreation Manager, Katie Distelrath, who has a license in marriage and family therapy. These two members of our team will be working on assembling a few additional City personnel during the next few weeks to assist with the situation, and we plan on having an initial program outline of available options to address the transient and homeless issue within the next several months. This is an important issue to review properly, and to address the situation effectively, it will require us to look beyond traditional law enforcement tools by incorporating both social service options while also examining other creative ways to address the issues at hand. We are confident that Captain Sanvictores and Ms. Distelrath will be able to come up with new ways for Monrovia to address the situation and we will be sure to keep everyone informed as to our progress moving forward.

## MONROVIA POLICE BLOTTER

Following are the weekend’s highlighted issues and events. To see a complete listing of crimes reported, go to the City of Monrovia website and click on the crime mapping link. Sign up to follow us on Twitter for police notifications.

**Domestic Violence** – Suspect Arrested July 14 at 9:45 a.m., an officer responded to the report of a domestic violence that occurred in the 300 block of W. Duarte where a male battered a female. The suspect came in to the Monrovia Police Department lobby to speak to an officer about the case and was a wanted person for the domestic violence case. The suspect was arrested. The suspect was able to post bond and was released from custody. The case will be submitted to the District Attorney’s office for filing consideration.

**Warrant** – Suspect Arrested July 14 at 9:46 p.m., an officer stopped the driver of a vehicle for a vehicle code violation in the area of Shamrock and Foothill. Further investigation revealed the driver had an outstanding warrant. The officers arrested the driver for the warrant.

**Residential Burglary** – Suspect Arrested July 15 at 11:16 a.m., officers were dispatched to the 500 block of Diamond to the report of a Residential Burglary. The caller reported that a subject whom he did not recognize was in his home in the upstairs bedroom. While the officers were in route to the home, the suspect was confronted by the residents who live in the home and chased the suspect out. The suspect was detained and investigation revealed the suspect forced entry into a side gate, entered the home through an open side door and went upstairs into a bedroom. When the suspect was confronted by the residents, he ingested a small baggie of narcotics. The suspect fled on foot but was captured nearby and taken into custody. The suspect is being held pending his court appearance.

**Theft** July 15 at 4:00 p.m., a resident in the 1000 block of Orange called to report a theft. The victim had a package delivered to her home which contained dog food. When she arrived home the package was missing, but a short time later, good Samaritans delivered the package to her door. They told her they found the open package at the intersection of Foothill and Mountain and returned it to the listed address.

**Battery** July 15 at 4:35 p.m., an officer was dispatched to the Monrovia Police Department lobby regarding a battery that occurred in the 200 block of Los Angeles. A male came to the Monrovia Police Department to report that he was battered by his cousin who lives in the home. Further investigation revealed that the two cousins got into a physical fight over a family issue. The case will be presented to the District Attorney’s office for filing consideration.

**Bear Sighting** July 15 at 11:52 a.m., officers responded to the 300 block of Grand on the report of a bear sighting. The resident was in her back yard watering the grass when a bear that was on the tree near her, climbed down and confronted the resident. The elderly resident fearing for her safety backed up and tripped over a rock. The resident fell, struck her head and broke her right arm. The victim was taken to the hospital for treatment and is doing well. Fish & Game were called and a solution is being sought.

**Robbery / Possession of Paraphernalia** – Suspect Arrested July 16 at 8:31 a.m., a business in the 100 block of W. Foothill called police to report a robbery.

The caller who is the manager of the location called to report a subject entered the store, selected merchandise and exited without paying. The suspect was stopped in the doorway and confronted about the theft. The suspect pushed the manager and fled the area. Officers located the suspect a short distance away where he was found to be in possession smoking paraphernalia and hypodermic needles. The suspect was positively identified and taken into custody. The suspect is being held pending his court appearance.

**Domestic Violence** – Suspect Arrested July 16 at 10:35 p.m., officers responded to the 300 block of S. Myrtle to the report of a male and female fighting. The subjects, husband and wife, were arguing and when the wife tried to walk away, they began to fight. The male aggressor was arrested for domestic violence.

**Trespassing** – Suspect Arrested July 17 at 2:56 p.m., a resident in the 100 block of N. Canyon called the police to report a subject walked down his driveway to the back house and was looking into windows and touching the entry door. When the resident confronted the subject, he fled on foot. Officers located the suspect a short distance away. Further investigation revealed a trespassing occurred and the suspect was arrested, booked and later issued a citation to appear in court.

**Driving Under the influence** – Suspect Arrested July 17 at 11:43 p.m., officers were dispatched to a call in the area of Mayflower and Olive regarding a vehicle driving erratically. Officers saw the vehicle as it was attempting to park. The officers contacted the driver and during their investigation concluded the driver was intoxicated. The suspect was arrested and taken into custody.

**Vehicle Burglary** July 18 at 7:05 a.m., an officer was dispatched to a business in the 200 block of Taylor regarding two vehicle burglaries. Two work trucks were broken into and specialty tools were taken. The suspects gained access to the property by cutting a lock off a gate. The investigation is continuing.

**Possession of Illegal Weapon** – Suspect Arrested July 18 at 8:45 a.m., a driver was observed by police personnel driving in front of the police station and yelling obscenities as he passed. The driver parked the vehicle in the 100 block of East Lime, exited the vehicle and walked out of sight. All officers were informed of the incident and the vehicle description.

A short time later, police received a call from the Monrovia Fire Department reporting the same individual was now at the fire station, yelling and screaming obscenities. Officers responded and found the subject driving his vehicle in the area. The officers stopped the vehicle for a vehicle code violation. During the contact, the subject gave consent for the officers to search his vehicle. During the search, an illegal weapon was located under the driver seat. The subject was arrested for the illegal weapon and released on a citation to appear in court.

**Robbery** July 18 at 11:33 a.m., a robbery was reported at a business in the 900 block of West Huntington Drive. A male adult subject entered the business and ordered product from the business. He gave the employee a \$50.00 bill to pay for the product. When the employee began to process the payment and provide change, the suspect grabbed the \$50.00 bill and the change from the employee’s hand and fled the business. The investigation is continuing.



## 10 WAYS SENIORS CAN AVOID IDENTITY THEFT

Dear Savvy Senior,  
What can seniors do to protect themselves from identity theft? My brother-in-law, who's 77, recently had his identity stolen and I want to make sure it doesn't happen to me.  
Worried Relative

Dear Worried,  
Great question! Each year around 17 million people fall victim to identity theft, which happens when someone gets access to your Social Security number, bank or credit card account number, or other identifying information and uses it to steal from you. Here are some free steps you can take to reduce your risks.

Guard your personal information: Never give your Social Security number, credit card number, checking or savings account numbers to anyone unless you initiate the contact. Also, do not carry your Social Security card around in your wallet or purse, and don't carry around your Medicare card either unless you're going to the doctor.

Get off mailing lists: Put a stop to preapproved credit-card offers, which is a gold mine for ID thieves. To do this visit optoutprescreen.com or call 888-567-8688 – they will ask for your Social Security number and date of birth. You can stop other junk mail at dmachoice.org, and reduce telemarketing calls at donotcall.gov.

Use strong passwords: To safeguard your personal data on your smartphone or tablet don't use a password that's easy to hack, like 1234 or 0000. Also, make your computer passwords more than 8 characters long, with uppercase and lowercase letters, numbers, and symbols like # and %, and use different passwords on different accounts. If it's hard to remember them, try a password manager service like dashlane.com, truekey.com or lastpass.com.

Be wary of unknown emails: Never click on links in emails from strangers, or those that claim to be from the Social Security Administration, IRS or other government agencies, or from your bank, phone or credit card company warning of a "problem." This can result in identity-stealing malware being installed on your computer. To protect your computer from malware, install antivirus software (see avg.com and avast.com for free options) and set up automatic security updates



and full weekly scans.

Secure your mail: Empty your home mailbox quickly or buy a locked mailbox to deter thieves. And mail outgoing payments from a U.S. Postal Service mailbox or the post office, not from your more vulnerable home mailbox.

Get safer credit cards: If you don't already have one, get an EMV chip credit card from your credit card provider. They're much more difficult for fraudsters to hack than magnetic strip cards.

Shred unneeded documents: Buy a crosscut paper shredder so you can shred all unneeded records, receipts, statements, preapproved credit offers or other papers you throw out that has your financial or personal information.

Monitor your accounts: Review your monthly bank and credit card statements carefully, and see if your bank or credit card issuer offers free alerts that will warn you of suspicious activity as soon as it's detected. If they do, sign up for them or use eversafe.com, which will do it for you for a small fee.

Watch your credit: Check your credit report at annualcreditreport.com or call 877-322-8228. You can receive one free report a year from each of the three major credit bureaus (Equifax, Experian and TransUnion), so consider staggering your request so you can get one free copy every four months.

Set up security freezes: If you don't plan to apply for new credit, loans, insurance or utility services, freeze your credit reports so crooks can't open up new accounts in your name. Rules vary by state, but the \$5 to \$20 fee is waived if you're 65 or older, or show proof of past ID theft. Security freezes are set up at all three credit bureaus at equifax.com, experian.com and transunion.com.

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

## I H8 8-LEGS

In regard spiders, it's been a good summer. One day early last summer my mom and I were returning from errands when we were met in their driveway by a guy who asked if we were having trouble with brown widows. "Brown widows?" we asked. We'd only heard of black widows. Yes, he explained, a huge wave of brown widows had hit the area and we would soon be engulfed with these eight-legged pests. Luckily for us, his company provided a wide variety of measures to deal with these invaders. He whipped out an iPad and showed us charts and graphs to illustrate the different services we could take advantage of with his limited time offer. He was a clean cut kid in a company polo shirt, and we listened politely to his spiel. (Now that I'm 33 I call anyone in their 20's a "kid.") "We'll think about it," we lied to him after he finished and gave us a business card. "Gosh, what will people think up next to try to come between us and our cash?" I joked to my mom as soon as he was out of earshot. But I wasn't laughing at all the following week.

My husband and I are often guilty of neglecting our plants, so I decided to cut back a ficus vine that constantly threatens to take over our yard. After a couple hours I had filled a trash barrel with clippings and was feeling very industrious. Then I saw it! The tell-tale red hour glass on the underbelly of a big, dusty black widow that was casually suspended near the top of the trash barrel. Since I had only filled the barrel a few minutes ago, I would've noticed it. How did it get there and build a web so fast? The spider was just sitting there like it was in its right mind, not tucked away in the safety of a crevice, but totally out in the open, as if taunting me. "Nah Nah! Look where I am!" With great trepidation I leaned in for a closer look. What I had first mistaken for dust was actually a different body color than the typical black sheen of a black widow. Was this a black widow? I peered over it again. The hour glass, body shape, and legs looked like a black widow, so I figured that's what it must be. I looked around for something to kill it with.

As I was searching for a suitable weapon, something else caught my eye. A second spider with the characteristic hour glass shape on its underside was sitting in a different part of the opened trash can. Great, now I've got to kill two widows! Wait, here's another! And another! In fact, they weren't just in the trash barrel, but all over the stray clippings on the ground. I cautiously approached the ficus vine and discovered that it was infested with them! Did any fall on me while I was clipping away at it? My skin started to crawl.

I looked for insecticide, but only found a feeble bottle of ant spray. No, this situation called for something more heavy duty. I went to Arnold's and found a big bottle of Spider Killer, "For Black Widows and Brown Recluses" the canister read. I bought two.



The brown widows in the trash barrel were my first victims. I probably used more spray than I needed to, but I wanted to make sure those creeps were dead before I put my hands anywhere near that barrel again. The rest of the spiders in the ficus presented more of a problem. I couldn't just go spraying poisonous stuff all over the yard. We have the neighbor's cat who comes over and various other wildlife. I didn't want them dead or sick just because of the spiders. Besides, I had a stinking suspicion that once I started on the widow war path there would literally be no end to it.

Where had these brown widows come from, and how are they different from black widows? It seemed like all the articles I read referenced each other with the same information. They're from Africa. Their first California spotting was in Torrance a number of years ago. Their body starts out with a white pattern that eventually fades into a dusty gray. Their legs look striped at the joints. Their behavior is different from black widows in that they do not limit themselves to undisturbed places (Yeah, tell me about it!). But not to worry. Although brown widows' venom is just as deadly drop for drop as a black widow, they are not able to deliver the full-force punch of the toxin. (I'd rather not find out for myself.)

Wouldn't it be nice if there were some environmentally friendly way to get rid of them? I wondered what ate brown widows. Apparently I wasn't the first person to have this idea, and quickly discovered that many people had entered that same search online. In little time I found myself falling in love with blue mud dauber wasps. These creatures are amazing! They find their widow (black or brown), paralyze it, and air lift it back to their nest where they lay an egg on it that will eventually consume the spider from the inside out. One spider per egg, so they need a lot of widows! There are numerous videos of people discovering used nests stuffed with eaten out spider carcasses. Creepy to find in your home, but if you hate spiders, you'll love these wasps. I saw that other people had the same idea. Many posted questions like, "How can I get mud dauber wasps to come to my yard?" and "Can I order mud dauber wasps?"

Probably the worst time in our spider saga happened when we discovered countless egg sacks lining the row of bricks along our outdoor planter. Let's see, each egg sack contains hundreds of eggs, and if each baby female spider goes on to make egg sacks of her own... You can see where this is going. I wish I could say that we had a spider apocalypse and wiped them all out for good. Although we haven't seen as many around lately, I know that they'll come back when the conditions are right. I just hope I have enough Spider Killer.

## 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.

Senior Excursion: Queen Mary  
(Long Beach)

Date: Thursday, August 25, 2016  
Time: 9:00am - 4:00pm  
Meeting location: Hart Park House  
Cost: \$55 (includes lunch)  
Level of walking: High

Limited space available! You've heard the stories, the myths and legends, now get the straight scoop on the Queen Mary. The Glory Days Tour is full of interesting anecdotes, fun facts and compelling true stories. Participants will enjoy lunch at the Promenade Café. Entrée choices are: Queen Burger, grilled chicken ciabatta sandwich, Queen Mary Club Sandwich, and Caesar salad with chicken. Dessert and beverage are also included. Please call the Hart Park House to make your meal selection.

Participants should bring money for souvenirs. For more information call the Hart Park House at 626-355-7394.

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# Looking Up

with Bob Eklund



## X MARKS THE SPOT AT THE CENTER OF THE MILKY WAY GALAXY

Two astronomers—with the help of Twitter—have uncovered the strongest evidence yet that an enormous X-shaped structure made of stars lies within the central bulge of the Milky Way Galaxy.

Previous computer models, observations of other galaxies, and observations of our own galaxy have suggested that the X-shaped structure existed. But no one had observed it directly; and some astronomers argued that previous research that pointed indirectly to the existence of the X could be explained in other ways.

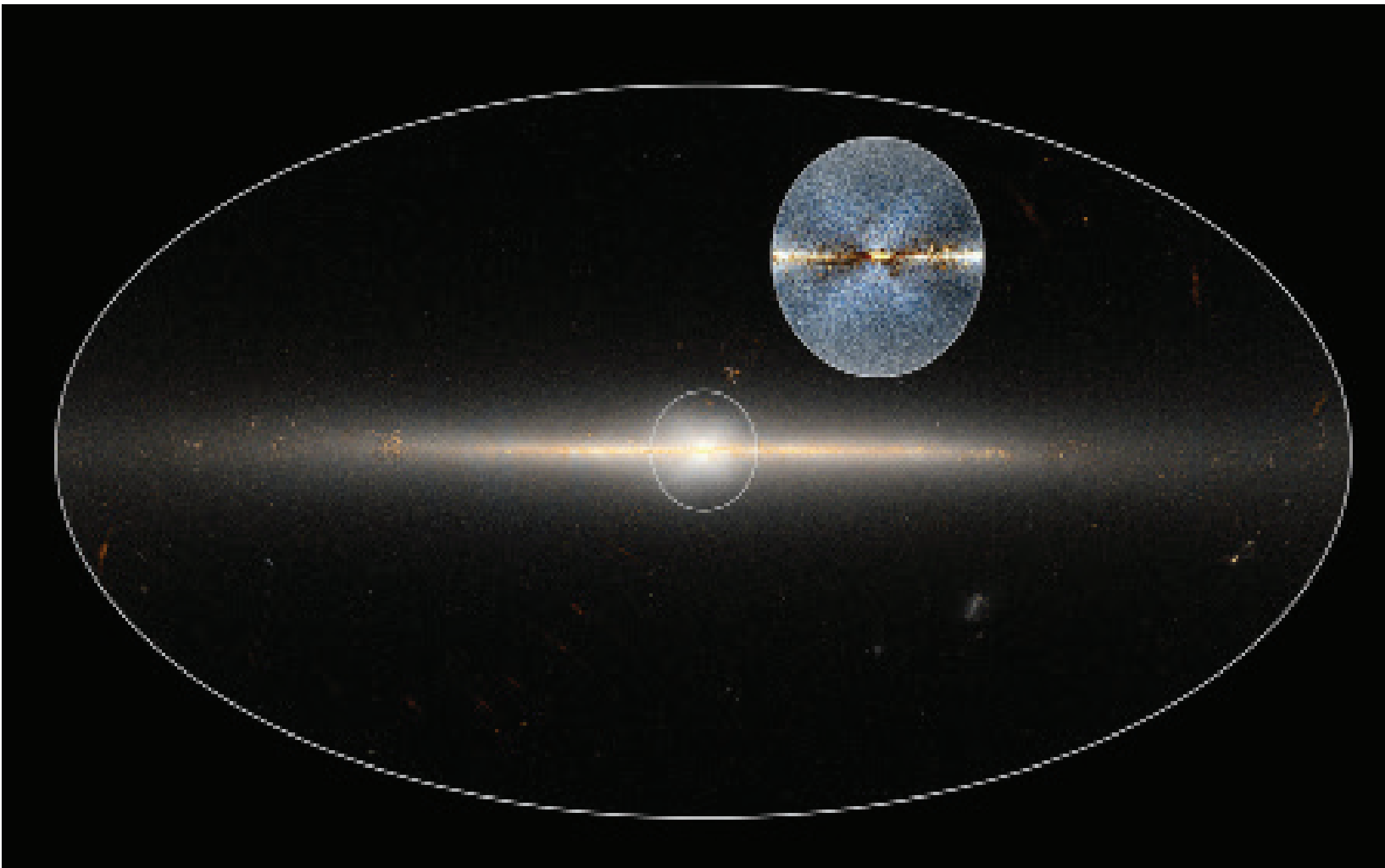
“There was controversy about whether the X-shaped structure existed,” says Dustin Lang, a Research Associate at the Dunlap Institute for Astronomy & Astrophysics, University of Toronto, and co-author of the paper describing the discovery. “But our paper gives a good view of the core of our own galaxy. I think it has provided pretty good evidence for the existence of the X-shaped structure.”

The results appear in the July issue of the *Astronomical Journal*. The lead author is Melissa Ness, a postdoctoral researcher at the Max Planck Institute for Astronomy in Heidelberg.

The Milky Way Galaxy is a barred spiral galaxy: a disk-shaped collection of dust, gas and billions of stars, 100,000 light-years in diameter. It is far from a simple disk structure, being comprised of two spiral arms, a bar-shaped feature that runs through its centre, and a central bulge of stars. The central bulge, like other barred galaxy’s bulges, resembles a rectangular box or peanut when viewed -- as we view it -- from within the plane of the galaxy. The X-shaped structure is an integral component of the bulge.

Astronomers think the bulge could have formed in two different ways: it may have formed when the Milky Way Galaxy merged with other galaxies; or it may have formed without the help of external influences as an outgrowth of the bar, which itself forms from the evolving galactic disk. Lang and Ness’s finding supports the latter model which predicts the box- or peanut-shaped bulge and the galactic X.

This latest, clearest view of the bulge emerged when Lang re-analyzed previously released data from the Wide-field Infrared Survey Explorer



(WISE), a space telescope launched by NASA in 2009. Before ending its initial mission in 2011, WISE surveyed the entire sky in infrared—imaging three-quarters of a billion galaxies, stars and asteroids.

“The bulge is a key signature of formation of the Milky Way Galaxy,” says Ness. “If we understand the bulge we will understand the key processes that have formed and shaped our galaxy.”

“The shape of the bulge tells us about how it has formed. We see the X-shape and boxy morphology

so clearly in the WISE image and this demonstrates that internal formation processes have been the ones driving the bulge formation,” Ness adds.

It is also evidence that our galaxy did not experience major merging events since the bulge formed. If it had, interactions with other galaxies would have disrupted its shape.

Lang’s analysis was originally intended to aid in his research in mapping the web of galaxies beyond the Milky Way. To help explore the maps he’d developed from the WISE data, he created an

interactive map-browsing website and tweeted an image of the entire sky.

“Ness saw the tweet and immediately recognized the importance of the X-shaped structure,” says Lang. “We arranged to meet at an upcoming conference we were both attending. The paper was born from that meeting. That’s the power of large surveys and open science!”

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



## CHRISTOPHER Nyerges

### MUGWORT: A VERSATILE AND COMMON HERB WITH MANY SURVIVAL USES

*[Nyerges is the author of Guide to Wild Foods and Useful Plants, How to Survive Anywhere, and other books. His schedule of outings is available from School of Self-Reliance, P.O. Box 41834, Eagle Rock, CA 90041 and can be viewed on-line at [www.SchoolofSelf-Reliance.com](http://www.SchoolofSelf-Reliance.com).]*

Mugwort is an aromatic plant with species found all over the world. It is perhaps one of the few herbs widely steeped in lore and mythology. Mugwort (*Artemisia douglasiana* and other closely-related species) is a multiple use plant, having been used for food, medicine, fire-starting, dreaming, and more.

I have known people who ate the raw mugwort leaves in salad and added to sandwiches, in much the same way as you’d add a pickle or a piece of lettuce to a sandwich. However, I have always found it too bitter for my taste to eat raw. But once simmered in water and cooked like spinach, its appeal is greatly increased. If you’re really hungry and there’s nothing else, this will be acceptable.

Southern California Indians gathered the mugwort seeds and ground them into meal to make bread products. And in Japan, the dried and powdered mugwort is often used to flavor and color rice cakes. Still, the food value of mugwort is not its greatest asset.

#### MEDICINE

As an infused tea, mugwort is used by herbalists to improve the appetite and digestion, and to relieve stomach pains and fevers. The dried herb is commonly sold in Mexican herb shops under the name “estafiate.”

An infusion from the dried leaves is applied externally for inflammatory swellings. Bruises are reputed to heal quicker if bathed with a mugwort infusion. As a bath additive, it’s used for tired legs and feet. Plus, in the bath water, mugwort gives the bathroom a pleasant aroma!

In areas where poison oak grows, it’s a very old custom to mush up the fresh leaves of mugwort and rub the wet poultice over exposed portions of the body before entering poison oak areas in order to prevent the rash. Some western Indians used the fresh leaves externally as a cure for poison oak and wounds.

Before I immunized myself from poison oak, I have used the freshly crushed leaves of mugwort rubbed over newly-developing poison oak rash with good results. Aloe vera is the best treatment for poison oak that I have found, but you don’t usually find aloe in the wild.

#### BEER

Mugwort gets its name from the English practice of putting a leaf of it in their mugs of beer to improve the flavor. (“Wort” is an Old English word meaning “herb.”) This is still practiced in London pubs.

Mugwort is also used by home beer-brewers, such as Pascal Baudar in Southern California. The results depend on the recipe, ranging from a mead-like beer, to a very crisp, light beer.

#### FOR FIRE BUNDLES

One of the most effective wilderness “punks” is made by gathering the mugwort leaves that have dried and browned on the stalk. Slide your hand along the lower stalk to gather the dried leaves and then roll them into a cigar. By lighting the end of this “cigar” and then wrapping the entire cigar in larger fresh mugwort leaves, you can effectively carry fire over long distances. This was the technique practiced by Southwestern Indian tribes for transporting fire from camp to camp. It can still come to the aid of today’s campers where matches are scarce or unavailable. In fact, I have tested dozens of tinders using both natural and man-made materials, and mugwort has consistently proven to be one of the best natural tinders. [Note: Survival Seeds (Box 41-834, L.A., CA 90041) sells bags of mugwort for tinder, for \$7 a bag. ]

When we teach and practice the art of fire-making with the hand drill, or the bow-and-drill, we nearly always have a good supply of the mugwort leaves on hand. It is the ideal tinder to shape into a birdnest, and to drop your ember into it. By gently blowing on this ember, it slowly gets larger and larger. Dried grass or pine needles are then added around the mugwort, and one continues to blow until it bursts into flame.

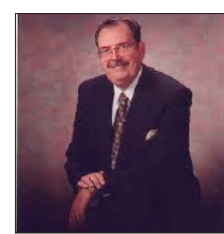
#### DREAMING

Sleeping on “pillows” of dried mugwort leaves is said to induce wild, vivid dreams and visions of the future. To test this, I placed several of the fresh leaves around my pillow. Those nights, I had very colorful dreams, though they were not what I would describe as “lucid” nor did I ever receive visions of the future. Nevertheless, some enterprising folks have begun to sell “dream pillows” which are small pillows stuffed with mugwort leaves.

#### STIMULATION

Folklore from various parts of the world states that a leaf of mugwort in the shoe will enable you to walk all day without leg fatigue.

Nathaniel Schleimer of Pasadena, California, a student of acupressure, pointed out to me that there may be some factual basis for this “folklore.” Schleimer told me that there is an acupuncture point on the bottom of the foot which is said to “regulate fatigue.” The mugwort leaves which have naturally dried on the plant are collected and used in a therapeutic technique called acupressure. These dried leaves, when rolled into small balls or into a cigar-shaped cylinder, are called “moxa.” A Chinese species is said to be the best, but all species can be used in the following fashion, described by J.C. Cerney in his book *Acupressure -- Acupuncture Without Needles*: “On the outside of the lower leg, below the level of the knee, is the head of the fibula. Just below and slightly in front of the head of the fibula is what the Japanese refer to as sanri or S-36. This is an important vitality-stimulating zone. It’s a point where weary Oriental foot travelers applied a burning ball of moxa and with energy restored, traveled on.”



## OUT TO PASTOR

A Weekly Religion Column by Rev. James Snyder

### SO, THIS IS SUMMER, IS IT?

It was just another day and I was indulging a carefree moment of complaining about the weather. “I can’t believe it’s so hot today,” I muttered. I thought I was talking to myself but obviously, I had an audience.

Have you ever said or did something not realizing somebody was watching you?

Every time I am in a restaurant eating, I endeavor to remember there is an audience and try my very best not to spill the soup on my lap. Although, I must admit that that kind of lap dance always gets a vigorous round of applause from the audience. Don’t ask me how I know.

I thought in my own special way of thinking that I was alone only to find out the Gracious Mistress of the Parsonage was within earshot of my remarks. I must say she is rather remarkable. Those “earshot moments” are quite extensive. I will not go as far as to say that she can read my mind, although I think she can, but she seems to know what I am thinking even before I go through the effort and labor of thinking.

I do not know why I even spend the energy thinking on my own. Even when I do think up a thought of my own and go so far as to express it I am always challenged. The challenge is, do not think that way. The challenger is my wife. Life would be so much easier, not to mention less stressful, if I just would quit thinking my own thoughts. It is when I am thinking my own thoughts that I get into trouble. Life would be so much easier if I allowed someone else to think my thoughts for me. After all, isn’t that why men get married? Why women get married still baffles me.

Getting back to my moment of complaining. “I can’t believe,” I muttered, “it’s so hot today.” To which, my wife said, “Don’t you know it’s summer? And don’t you know that it’s supposed to be hot during the summer?”

I did know that but it did not make the heat any more bearable. Then she said something that rather confused me. I have been confused before. Confusion is a familiar territory to me. But this confusion was different.

“If,” my wife said rather sternly, “you can’t stand the heat get out of the kitchen.”

What the kitchen had to do with it being hot outside is way beyond my pay scale. There was a brief moment when I almost threw caution to the wind and asked my wife what she meant by that comment. Boy, am I glad I didn’t.

I make it a practice to stay as far away from the kitchen as possible, especially when my wife is present. There is something about a kitchen that makes me rather nervous to the point of dropping her favorite cup and having it break

all over the floor. I stay out of the kitchen, heat or no heat.

“If I remember correctly,” my wife said as she stared at me rather intently, “a few months ago you were complaining about how cold it was.” She was right. It was not but a few months ago, I was complaining that it was so cold outside that I just could not bear it.

“You’re going to have to make up your mind.” That was a serious admonition from her. For her to tell me to make up my mind sends some very contradictory messages to me. After all, she is forever making up my mind for me. She seems to know exactly what I want at the restaurant and before I can get a word in edgewise or otherwise, she has ordered for me. I’m not complaining. She knows exactly what I want.

“Either,” she continued, “it’s too hot or it’s too cold. Now make up your mind.”

I smiled demurely in her direction and nodded in the affirmative. Not wanting to further the conversation I whispered very gently, “Yes, dear.” It concluded our tête-à-tête. Later on in the evening, we were watching television. It was the local news and special report of the day had to do with the record heat wave across our country. “It’s been a long time,” the weatherman said, “since we’ve seen temperatures this high. Boy, is it hot out there.” I glanced in her direction as covertly as possible and noticed she was staring at me, just daring me to say something.

There is a time to say something and then sometimes something should not be said at all. I concealed my infectious grin as much as possible knowing that someone was watching me. Under my breath I whispered, “I can’t believe it’s so hot today.” After all, it is summer and it is supposed to be hot. I just believe that everybody has the right to complain about the weather. I also believe that some people have the right not to hear me complain about the weather.

It is a well-noted mark of wisdom to know when to speak and when not to speak.

Solomon in the Old Testament had it right when he said, “Even a fool, when he holdeth his peace, is counted wise; and he that shutteth his lips is esteemed a man of understanding” (Proverbs 17:28 KJV).

So, this is summer, but you did not hear it from me.

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 [jamesnsnyder2@att.net](mailto:jamesnsnyder2@att.net). His web site is [www.jamesnsnyderministries.com](http://www.jamesnsnyderministries.com).



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## DARN THAT DOGGIE DIABETES DISEASE!

I received a call from one of my clients a couple of years ago. Colleen is one of those people who loves her dog more than most, even. She takes her out for a vigorous walk every day, keeps her on a balanced diet, and calls me to keep up the routine when she has to travel for work. I was happy to hear her voice, but unfortunately she was calling to give me some not-so-happy news.

"Hannah", her sweet senior shepherd mix, was diagnosed with canine Diabetes Mellitus (DM). I was surprised to hear that because I've always associated diabetes with obesity or a lack of exercise. Hannah has a normal energy level for her age, and has had healthy exercise & eating habits all her life. To me she seemed like a very unlikely candidate for the disease.

When I asked Colleen about exactly what prompted her to pay a visit to the veterinarian, she said Hannah had been camping out at the water bowl, drinking like a fiend. She first noticed Hannah's increased water intake a few weeks ago, but with unusually warm weather and more road trekking and trail hiking in the canyon than usual, it seemed natural that Hannah would be so thirsty.

Eventually, when the temps dropped and Hannah continued to swill water, Colleen knew something wasn't quite right. Hannah showed no other symptoms or signs of sickness, but her obvious need to drink was enough to cause concern. Fortunately, the vet was able to diagnose the problem and prescribe the proper treatment right away with little delay. I couldn't help feeling frustrated, thinking "Darn that doggie diabetes disease!". It just seems unfair for a responsible, loving & caring pet owner who does all the right things to have their dog be stricken with such a drastic disease.

After hearing the news about Hannah, I looked further into the facts about this serious, yet manageable disease, and I learned that canine DM is nowhere near as selective as I thought it was in choosing it's victims. Much like it does for humans, Diabetes Mellitus causes major concerns and complications for the canine, and is not at all limited to overweight or sedentary dogs. It is known to attack canines of various activity levels, ages, sizes and breeds and it can even show up in dogs with excellent exercise regiments and healthy diets, such as Hannah.

According to the information I found on this subject, canine DM is caused by a variety of factors. While it is indiscriminant as to which dog it chooses to attack, there are certain breeds known to have a stronger pre-disposition for developing the condition. A 2007 study published in "Journal of Heredity" ranked several popular canine breeds

from high to low risk, in developing diabetes. The top 2 breeds on the risk list were the Cairn terrier and the Samoyed.

The same study showed that German Shepherds and Golden Retrievers are less susceptible than previously assumed. These findings came as a surprise to many in the canine community, since traditional preconceptions (including my own) indicate that larger breeds are more at risk due to an overly healthy appetite, while medium to small breeds tend to respond to the dinner bell with a more picky pallet.

A canine's tendency to succumb to the detriments of diabetes can be associated with previous health complications such as pancreatitis (inflammation of the pancreas), or hyperadrenocorticism (Cushing's disease). And if a dog's health has been marginalized by a condition resulting in problems with insulin production or processing, it is inherently more vulnerable to contracting DM. The jury is still out for some vets as to the accuracy of the 2007 study findings, but the general consensus is that diabetes can occur in any dog, whether active or sedentary.

The happy side of this otherwise sad saga, is that canine DM is manageable if detected in a timely manner and treated properly. Because Hannah's owner was observant of her increased water intake, she was diagnosed and treated before her condition deteriorated to a point of no return. Hannah is now receiving daily injections of carefully measured insulin, per doctor's orders. Daily insulin therapy allows her to process glucose that would otherwise overpopulate her blood stream, creating a virtual garden for the growth of infection and risking major damage to her kidneys.

Another course of action taken to get Hannah's system back on course was to put her on a high fiber diet for more expedient excretion of potentially sugar producing food particles in her digestive system. Thankfully, Hannah is doing great! As pet owners, we can learn from Hannah and Colleen's experience, by paying closer attention to our dog's drinking habits, and consulting the vet if we detect anything other than normal thirstiness. All the best of health & happiness to you and yours.



by Chris Leclerc



## THE JOY OF YOGA GOOD MEASURE – SUMMER PRACTICES

Are you finding yourself overheated during these hot weeks? Cool down through your practice, breath

and meditation! We want to have fun and enjoy all the outdoor activities available during summer, but don't wear yourself out. Here are my top three tips for enjoyment in these warmer months:

1) Get your cardio in, but keep rigorous exercise to a minimum. If you walk or run, do it early and keep the rigorous stretches to a minimum. Swim in cool water when possible. Consider a yoga practice that's gentle or moderately paced. Stay away from practices in rooms that are artificially heated. Too much heat leads to irritation, anger and general unsettled-ness and unsteadiness. Yoga poses to do more of include forward folds, gentle twists and classic inversions, such as shoulderstand. These are generally going to have a cooling (and rejuvenating) effect.

2) Watch what you eat. Add in cooling foods to your diet. Cucumber, Avocado, Cilantro, Watermelon are wonderful cooling foods, some with high water content. They can be very re-hydrating. Drinks can be cool, but leave out the ice to maximize digestion. Meals should be light and refreshing. Avoid excess spice and pepper.

3) Do keep your self-care practices in place. Make time for your meditation to maintain well-being and emotional balance. Go for massage whenever possible. Check in regularly with how you feel and get adequate rest. Rest, refilling your energy reserve and maintaining a spiritual connection are vital parts of a regular yoga practice.

Enjoy your practice! And remember to keep yourself cool in advance of excess heat. This is going to give you the energy (and level-headed ness) you need to live, work and play without overheating and burning you out.

Namaste and Love,  
Keely Totten

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Cadbury gets along well with the other young cats at the shelter, and would probably do well either alone or in a multi-cat home. He will be a great companion to his forever family. 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 Cadbury. 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 Cadbury, please stop by any time from 10:30am to 4:30pm Tuesday through Sunday. Website: www.sgvhumane.org The San



Gabriel Valley Humane Society is located at 851 E. Grand Avenue in San Gabriel. We are off San Gabriel Blvd, north of Mission and south of Las Tunas Drive. To arrange a 'Meet and Greet' with Cadbury, please stop by any time from 10:30am to 4:30pm Tuesday through Sunday. See our website at www.sgvhumane.org for information and photos of all our wonderful pets.

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!

## Katnip News!



Pick 1,2, or even 3! Our "Panda Triplets," Colette, Natasha, & Sebastian, are just the cutest ever! Soooo sweet and cuddly! See more pictures of them and their video on our website, or call to arrange a "Meet &

Greet." Kittens grow fast, so adopt now to not miss out on their cute and funny antics. Please remember that even though kittens are totally adorable, they do grow up. Pets, like children, develop a strong bond with their humans. We strive to make sure that potential adopters are able to provide kittens a LIFELONG home, and not just a home until the "cuteness" wears off. Thank you for understanding. Call 626-676- 9505, or fill out our online adoption application.

Lifeline for Pets is a small no-kill rescue organization.



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. When you adopt from Lifeline for Pets, know that you are getting a healthy, much loved kitty 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). Facebook: [www.facebook.com/lifelineforpets.pasadena](http://www.facebook.com/lifelineforpets.pasadena) Email: [info@lifelineforpets.org](mailto:info@lifelineforpets.org)

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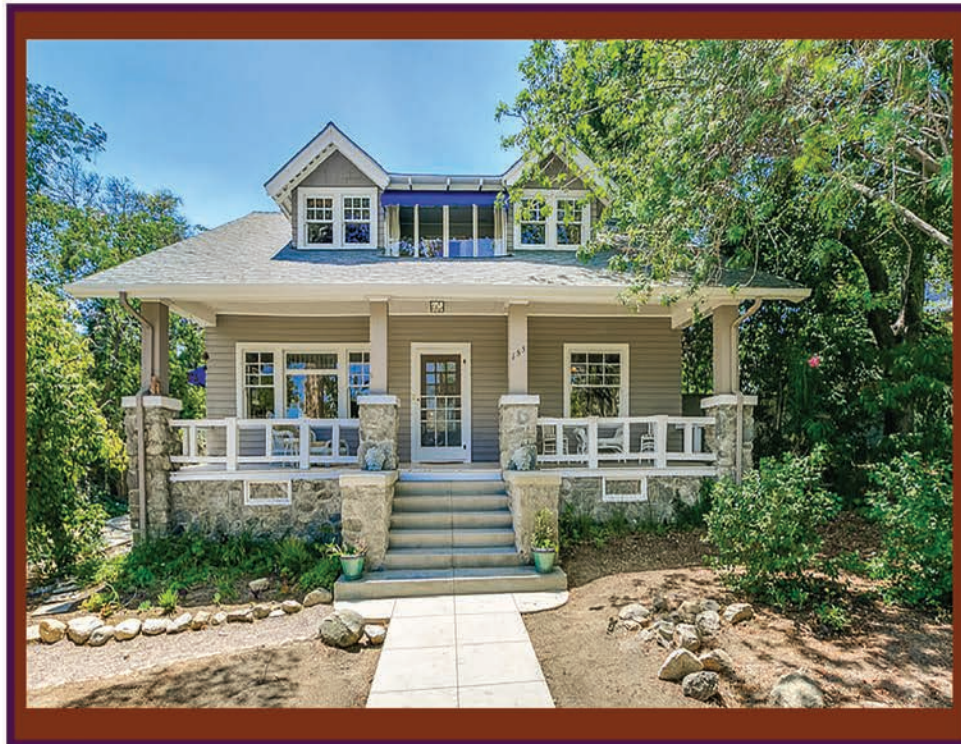
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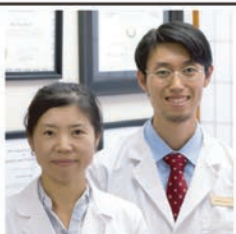
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## FAMILY MATTERS

By Marc Garlett



### WRITING YOUR LIFE STORY: WHY

How often do you wish you knew more about your family? When we're young, we don't necessarily pay attention to the stories our elders tell us. But later in life, we often become interested in knowing more about who and where we come from.

We want to learn more about what makes us who we are, and many of us even become interested in genealogy – there are over 2 million subscribers to [ancestry.com](http://ancestry.com). Unfortunately, for most of us, the older generations that were there when we were younger have faded memories or have already passed on.

Enter a great idea by the website [FamilySearch](http://FamilySearch) which makes recording memories easier than ever for younger generations.

A common strategy is to take large tasks and break them into smaller parts. FamilySearch has taken the task of writing your life story and broken it into 52 separate parts which you can do once a week for a year. When you're finished, you'll have captured the memories your loved ones will value and created a true legacy for your family.

The questions posed on this website will allow you to catalog what's unique about yourself, including the following:

The basics about you, such as your full name, how you got your name, where you were born, and where you grew up;

Information about your immediate and extended family, including memories of your parents and the work they did;

Important genetic information that could be helpful to your descendants, such as unusual genetic traits and medical conditions that run in your family;

Information about family traditions and how you spend your holidays;

Your memories about your schools and your friends;

Information that you have learned about yourself and the world, such as your greatest strengths and challenges, as well as your life philosophies; and

Funny stories you remember, such as fads while you were growing up and tales about pets.

You can even add pictures. FamilySearch makes it easy to store your life story online, so your family can access it easily.

I believe capturing your values, insights, stories and experiences is so important, in fact, that I incorporate a "Legacy Interview" into the estate planning process with my clients.

By ensuring you are passing on not just your financial assets, but your whole human wealth as well, you are able to leave a lasting, meaningful legacy for your family.

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MARC

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.

## FOOD & DRINK

### HALF YEAR

It's Time for a half-year summary. Want to make sure you are all following my advice!

If I learned one thing from my father, it was the KISS method – "keep it simple, stupid". Keeping that in mind, I do just that - maybe not for you so much, but to this day I could not tell you what wine fermentation is unless I looked it up on Google.

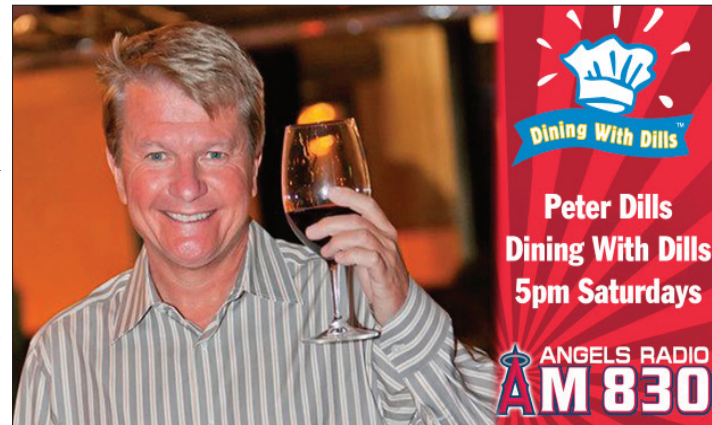
We learned together that wine doesn't have to be expensive to be great, and that champagne cannot be produced in California; it must be from the Champagne region of France to be called "champagne". We learned that blends from California could be some of the best-valued wines on the market today. We visited wineries up and down the coast (though I must admit I really didn't give the region of Temecula much attention).

I preached, "buy what you like" and "buyer beware". I always ask for a fresh bottle to be opened when at restaurants that sell the wines by the glass. I have done this for twenty years, and not once did I get attitude from the server.

A few months ago I wrote about storing your wines at home. We can't all afford a true wine cellar. For us casual wines drinkers, all

you need is space at the bottom of your closet. There's no need to buy a refrigerator for just wines. My recommendation is that you don't chill wines until you are ready to drink them. And, speaking of chill, never ever freeze your glass – making wine too cold will take away from the taste of the wine. Don't believe me? Trust me again from experience. Sure, a couple of ice cubes in your house chardonnay is acceptable, but don't let me see you putting orange juice in your champagne.

Catch me on AM 830 KLAAs Sundays at 5 PM and on PBS TV every Thursday night at 7:30 PM. [www.peterdills.com](http://www.peterdills.com)



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### Mountain Views News Mission Statement

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

# DONALD TRUMP IS A UNIQUE THREAT TO AMERICAN DEMOCRACY

*By The Washington Post Editorial Board July 22 at 3:59 PM - Reprinted by permission*

DONALD J. TRUMP, until now a Republican problem, this week became a challenge the nation must confront and overcome. The real estate tycoon is uniquely unqualified to serve as president, in experience and temperament. He is mounting a campaign of snarl and sneer, not substance. To the extent he has views, they are wrong in their diagnosis of America's problems and dangerous in their proposed solutions. Mr. Trump's politics of denigration and division could strain the bonds that have held a diverse nation together. His contempt for constitutional norms might reveal the nation's two-century-old experiment in checks and balances to be more fragile than we knew.

Any one of these characteristics would be disqualifying; together, they make Mr. Trump a peril. We recognize that this is not the usual moment to make such a statement. In an ordinary election year, we would acknowledge the Republican nominee, move on to the Democratic convention and spend the following months, like other voters, evaluating the candidates' performance in debates, on the stump and in position papers. This year we will follow the campaign as always, offering honest views on all the candidates. But we cannot salute the Republican nominee or pretend that we might endorse him this fall. A Trump presidency would be dangerous for the nation and the world.

Why are we so sure? Start with experience. It has been 64 years since a major party nominated anyone for president who did not have electoral experience. That experiment turned out pretty well — but Mr. Trump, to put it mildly, is no Dwight David Eisenhower. Leading the Allied campaign to liberate Europe from the Nazis required strategic and political skills of the first order, and Eisenhower — though he liked to emphasize his common touch as he faced the intellectual Democrat Adlai Stevenson — was shrewd, diligent, humble and thoughtful.

In contrast, there is nothing on Mr. Trump's résumé to suggest he could function successfully in Washington. He was staked in the family business by a well-to-do father and has pursued a career marked by some real estate successes, some failures and repeated episodes of saving his own hide while harming people who trusted him. Given his continuing refusal to release his tax returns, breaking with a long bipartisan tradition, it is only reasonable to assume there are aspects of his record even more discreditable than what we know.

The lack of experience might be overcome if Mr. Trump saw it as a handicap worth overcoming. But he displays no curiosity, reads no books and appears to believe he needs no advice. In fact, what makes Mr. Trump so unusual is his

combination of extreme neediness and unbridled arrogance. He is desperate for affirmation but contemptuous of other views. He also is contemptuous of fact. Throughout the campaign, he has unspooled one lie after another — that Muslims in New Jersey celebrated after 9/11, that his tax-cut plan would not worsen the deficit, that he opposed the Iraq War before it started — and when confronted with contrary evidence, he simply repeats the lie. It is impossible to know whether he convinces himself of his own untruths or knows that he is wrong and does not care. It is also difficult to know which trait would be more frightening in a commander in chief.

Given his ignorance, it is perhaps not surprising that Mr. Trump offers no coherence when it comes to policy. In years past, he supported immigration reform, gun control and legal abortion; as candidate, he became a hard-line opponent of all three. Even in the course of the campaign, he has flip-flopped on issues such as whether Muslims should be banned from entering the United States and whether women who have abortions should be punished. Worse than the flip-flops is the absence of any substance in his agenda. Existing trade deals are "stupid," but Mr. Trump does not say how they could be improved. The Islamic State must be destroyed, but the candidate offers no strategy for doing so. Eleven million undocumented immigrants must be deported, but Mr. Trump does not tell us how he would accomplish this legally or practically.

What the candidate does offer is a series of prejudices and gut feelings, most of them erroneous. Allies are taking advantage of the United States. Immigrants are committing crimes and stealing jobs. Muslims hate America. In fact, Japan and South Korea are major contributors to an alliance that has preserved a peace of enormous benefit to Americans. Immigrants commit fewer crimes than native-born Americans and take jobs that no one else will. Muslims are the primary victims of Islamist terrorism, and Muslim Americans, including thousands who have served in the military, are as patriotic as anyone else.

*[Fareed Zakaria: America would be Trump's banana republic]*

The Trump litany of victimization has resonated with many Americans whose economic prospects have stagnated. They deserve a serious champion, and the challenges of inequality and slow wage growth deserve a serious response. But Mr. Trump has nothing positive to offer, only scapegoats and dark conspiracy theories. He launched his campaign by accusing Mexico of sending rapists across the border, and similar hatefulness has

surfaced numerous times in the year since.

In a dangerous world, Mr. Trump speaks blithely of abandoning NATO, encouraging more nations to obtain nuclear weapons and cozying up to dictators who in fact wish the United States nothing but harm. For eight years, Republicans have criticized President Obama for "apologizing" for America and for weakening alliances. Now they put forward a candidate who mimics the vilest propaganda of authoritarian adversaries about how terrible the United States is and how unfit it is to lecture others. He has made clear that he would drop allies without a second thought. The consequences to global security could be disastrous.

Most alarming is Mr. Trump's contempt for the Constitution and the unwritten democratic norms upon which our system depends. He doesn't know what is in the nation's founding document. When asked by a member of Congress about Article I, which enumerates congressional powers, the candidate responded, "I am going to abide by the Constitution whether it's number 1, number 2, number 12, number 9." The charter has seven articles.

Worse, he doesn't seem to care about its limitations on executive power. He has threatened that those who criticize him will suffer when he is president. He has vowed to torture suspected terrorists and bomb their innocent relatives, no matter the illegality of either act. He has vowed to constrict the independent press. He went after a judge whose rulings angered him, exacerbating his contempt for the independence of the judiciary by insisting that the judge should be disqualified because of his Mexican

heritage. Mr. Trump has encouraged and celebrated violence at his rallies. The U.S. democratic system is strong and has proved resilient when it has been tested before. We have faith in it. But to elect Mr. Trump would be to knowingly subject it to threat.

Mr. Trump campaigns by insult and denigration, insinuation and wild accusation: Ted Cruz's father was involved in the assassination of President John F. Kennedy; Hillary Clinton may beguile of murder; Mr. Obama is a traitor who wants Muslims to attack. The Republican Party has moved the lunatic fringe onto center stage, with discourse that renders impossible the kind of substantive debate upon which any civil democracy depends.

Most responsible Republican leaders know all this to be true; that is why Mr. Trump had to rely so heavily on testimonials by relatives and employees during this week's Republican convention. With one exception (Bob Dole), the living Republican presidents and presidential nominees of the past three decades all stayed away. But most current officeholders, even those who declared Mr. Trump to be an unthinkable choice only months ago, have lost the courage to speak out.

The party's failure of judgment leaves the nation's future where it belongs, in the hands of voters. Many Americans do not like either candidate this year. We have criticized the presumptive Democratic nominee, Hillary Clinton, in the past and will do so again when warranted. But we do not believe that she (or the Libertarian and Green party candidates, for that matter) represents a threat to the Constitution. Mr. Trump is a unique and present danger.



# LEFT TURN/RIGHT TURN

## DICK Polman



## DONALD TRUMP'S FACT-FREE MARKETING OF FEAR

CLEVELAND - I knew it would be a long night when Donald Trump launched his acceptance speech with a promise to speak "honestly," telling the crowd, "There there will be no lies. We will honor the American people with the truth, and nothing else." As if. When a con man offers to sell you Arizona land with a view of the ocean, it's best to guard your wallet.

Trump's inspiration was clearly that canny fearmonger of 1968, Richard Nixon. Trump borrowed heavily from Nixon's "law and order" template - he bellowed, "I am the law and order candidate!" - but, perhaps more importantly (and oh so predictably), he emulated Nixon's well-honed gift for shameless lying. Not that Trump actually needs any help in that department, from anyone.

And by the way, it's a bit rich that a guy with a record of mob ties and a looming trial for his fraudulent university, has the gall to parade himself as the candidate of law and order.

If credibility still means anything, if we still have any standards, then his portrait of a dark America begs to be challenged. It's hard to know where to begin.

He harangued a lot about "the crime and violence that today afflicts our nation," about the "lawlessness that threatens their communities." What he didn't say - and this is what the FBI stats say - is that violent crime has steadily fallen over the past 25 years, and that crime today is much lower than it was in '68 when Nixon campaigned for law and order.

He was particularly incensed that a "border-crosser" had recently killed a young woman in Nebraska. He assailed the "nearly 180,000 illegal immigrants with criminal records (who) are tonight roaming free to threaten peaceful citizens." What he didn't say - and this is from a Department of Homeland Security Study - is that you have a far greater chance of being killed in this country by a white citizen. Between 2010 and 2014 a grand total of 121 people released from immigration custody were later charged with murder. That's roughly one-thousandth of a percent of all the undocumented immigrants in America.

Another Trumpian scare: Syrian refugees. In his words, "there's no way to screen these refugees in order to find out who they are or where they came from." Truth is, we've had a vetting system since 1980. Multiple federal intelligence and security agencies vet the refugees, and the process for each one typically takes one to two years. Trump also riled up the crowd with Clinton's supposed legacy of "death, destruction, terrorism, and weakness." In his version of history, Clinton is the reason we have ISIS, because "in 2009, pre-Hillary, ISIS was not even on the map." The truth is that ISIS was birthed in Iraq in 2006 - three years before Clinton became Secretary of State. It was a byproduct of George W. Bush's disastrous American invasion. And even though it's true that ISIS gained steam during the Syrian civil war, Secretary Clinton had pushed at the time - unsuccessfully - for the delivery of arms to rebel forces.

During his speech, the lies and cons took a number of forms. Early in the speech he took a stab at substance, promising to "outline reforms" that would bring America "millions of new jobs and trillions of new wealth." He said, "these reforms...I will outline tonight." But somehow he never got around to the outline. As usual, hewing to the Great Man Theory of History, he simply said, "Nobody knows the system better than me, which is why I alone can fix it" - just like he vowed to erase crime by dint of his Oval Office presence. Someone outside his fawning family cocoon should remind him that there are three branches of government and the separation of powers. Did his speech resonate beyond his credulous fan base? Can he craft an electoral majority with his magical thinking? We'll soon find out. But it appears that he has long prepared to test that proposition.

As he boasted nearly 30 years ago in a best-selling book, "I play to people's fantasies.... That's why a little hyperbole never hurts. People want to believe that something is the biggest and the greatest and the most spectacular. I call it truthful hyperbole." I call it something else.

## JOHN L. Micek

## THE RELUCTANT EMBRACE OF TRUMP



CLEVELAND — U.S. House Speaker Paul Ryan (R-Wisc) wanted to talk about a bunch of stuff during his primetime address at the Republican National Convention.

But Donald Trump wasn't high on that list. He barely mentioned him at all.

Instead, the ever-wonkish Ryan focused on the House GOP's legislative agenda.

He hammered home how important "a conservative governing majority" was to its chances and how Republicans needed the win the White House to ensure its success.

"There is a reason people in our country are disappointed and restless," he said. "If opportunity seems like it's been slipping away, that's because it has. And liberal progressive ideas have done exactly nothing to help. ... It's the latest chapter of an old story: Progressives deliver everything except progress."

Ryan's embrace of Trump, with whom he has publicly differed even as he supports him, was reluctant at best.

"We Republicans have made a choice," Ryan said, seemingly trying to convince himself that it was a good idea - as much as he was the thousands of delegates crammed onto the floor of the Quicken Loans Arena here.

Ryan, at least, was animated.

Senate Majority Leader Mitch McConnell looked like he was filming a hostage video while undergoing a root canal.

To be fair, the disdain was mutual. The Kentucky Republican was booed as he took the stage. But he managed to warm up the crowd with some scathing criticism of Democrat Hillary Clinton.

"There is a clear choice before us, and it is not Hillary," McConnell said. "You know what the next four years will look like with Hillary. And you know that if Hillary is president, we will continue to slide, distracted by the scandals that follow the Clintons like flies."

The most McConnell could offer for Trump was that, unlike Clinton, at least, he wouldn't veto or disregard the bills that Senate Republicans send to his desk.

The party leaders' continued reticence in the face of the Trump juggernaut is a reminder of the challenges the billionaire could face in dealing with a Congress that mostly acknowledges him as a Republican, but not a conservative fellow traveler.

"These guys never saw Trump coming," Phil English, a former Republican Congressman from Erie, Pa., said. "He's not their flavor of Republican and they don't agree on many issues."

Still, McConnell's and Ryan's speeches "were good tactics," English said.

By focusing on policy and the GOP down-ballot, "it's not putting them on a collision course [with Trump]," he noted.

U.S. Rep. Lou Barletta, a Republican from northeastern Pennsylvania and an early Trump supporter, said he thinks Ryan has a "much higher confidence level" in Trump than he did when he first announced his support in early June.

Trump's "willingness to work with Paul Ryan gives him a greater confidence level and that will be good," Barletta said. "He knows that if the House sends legislation to Ryan's desk, [Trump] will sign it. If Ryan takes our proposals to Hillary Clinton, it will go from her desk to the wastebasket."

But according to at least two veteran observers, Ryan and McConnell have their eyes on a greater set of concerns than whether Trump is ideologically simpatico to their respective agendas.

"Their most important goal right now is protecting the House and Senate," Kyle C. Kopko, a political science professor at Elizabethtown College said. "They're very aware that the [national] polls have it at an advantage for Clinton or are close."

For Ryan, who has one of the biggest GOP advantages in recent memory, that's less of a concern.

But for McConnell, it's an animating concern: a swing of just five seats in November could hand control of the Senate back to the Democrats. Among the seats on the line is Toomey's. And to make sure it stays Republican, both need a motivated GOP base.

"That was very much their focus - the whole ticket," Terry Madonna, a political science professor and pollster at Franklin & Marshall College, said. "The last thing they want to do is lose the Senate."

And if that means that Ryan and McConnell have to give clearly reluctant support to Trump, then that's what's going to happen, Kopko added.

"The people may have spoken [at the convention], but Ryan and McConnell need to be thinking about governing for more than just four years," he said.

But first they have to survive November - which seems very far away, indeed.















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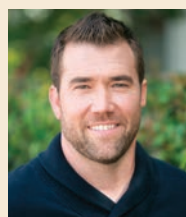
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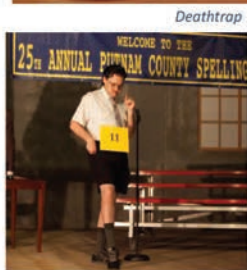
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