

NO SKYZONE FOR OLD ALBERTSON’S LOCATION

The City of Pasadena dashed the hopes of many, local residents on Wednesday when the Planning Department informed the multinational recreational company, Skyzone, that the site of the old Albertson’s Supermarket on Sierra Madre Blvd., in Pasadena was not zoned to accommodate such a facility.

Skyzone is an Indoor Trampoline Park that offers adults and children a variety of activities including Open Jump, Dodgeball, Basketball, etc. They currently operate facilities worldwide. The closest one is in Covina.



Ultimate Basketball At Skyzone Covina Photo Courtesy Skyzone

The issue is that the current zoning, CL (Commercial Limited) prohibits recreational use. The zoning would have to be changed to Commercial Recreational - Indoor Land Use in order to allow Skyzone to locate there.

Representatives for Skyzone were not available at press time for comment. Whether or not they will seek a zoning change is not known. MVNews

MEMORIAL SERVICES FOR EMILY DUGGAN SET FOR AUGUST 6, 2016



Well known Sierra Madre resident and realtor, Emily Duggan passed away after a valiant fight with cancer on Tuesday, July 26th. She was 63 years old.

The Sierra Madre community raised over \$28,000 to help Emily and her family defray some of the expenses for her care through a Go Fund Me account spearheaded by her longtime friend, Sandy Duvall. (See Mountain Views Story on April 23rd by going to: <http://mtnviewsnews.com/v10/htm/n17/index.htm>).

A Memorial Service will be held on Saturday, Aug. 6, 2016
3:00 pm at Cabot & Sons Chapel 27 Chestnut St. Pasadena, CA US 91103

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.

Household Hazardous Waste and E-Waste Roundup



Many common household products contain an assortment of potentially hazardous ingredients. When not disposed of properly, the chemicals found in these products can pollute the environment and pose a risk to human health. Residents can reduce hazardous waste in their home for free at the upcoming Household Hazardous Waste and E-Waste Roundup taking place from 9:00am – 3:00pm on Saturday, August 13, 2016.

Leftover household products that contain corrosive, toxic, ignitable or reactive ingredients are considered to be household hazardous waste (HHW). The average home can accumulate as much as 100 pounds of HHW in the basement, garage and storage closets. Disposing of HHW by pouring them down the drain, on the ground, into storm drains, and in some cases putting them out with the regular trash is illegal. The Household Hazardous Waste and E-Waste Roundup is designed to help residents dispose of potentially dangerous materials the right way.

Acceptable materials:
Brake fluid, paint, paint thinner, cleaners with acid or

lye, pesticides or herbicides, household batteries and car batteries, pool chemicals, motor oil, oil filters, expired pharmaceuticals, anti-freeze and fluorescent light bulbs. Household electronic waste such as computer monitors, televisions, computer CPUs, keyboards, printers, cell phones, etc.

Unacceptable materials:
Hazardous waste and electronic waste from businesses.
Explosives, ammunition and radioactive materials.
Trash and tires.
White goods such as refrigerators, stoves, washing machines, etc.

Controlled substances.
The Household Hazardous Waste and E-Waste Roundup event is open to all Los Angeles County residents. The collection is free and will take place in the Mariposa Avenue parking lot (just west of Baldwin Avenue) in Sierra Madre from 9:00am – 3:00pm on Saturday, August 13, 2016. This event is brought to you by the County of Los Angeles, and presented by the Department of Public Works and the Sanitation Districts of Los Angeles County in cooperation with the City of Sierra Madre. For a complete listing of what you can and cannot bring to the event, please contact: 1-888-CLEAN-LA or visit www.CleanLA.com.

COMMERCIAL BURGLARY ATTEMPT FOILED
One Suspect In Custody- Alleged Accomplice Remains at Large



The tranquility of Kersting Court was interrupted on Friday as Los Angeles County Sheriff Deputies and Officers from the Sierra Madre Police Department cordoned off the area in pursuit of two burglary suspects.

According to Detective Henry Amos and LASD Sgt. Oscar Lopez, two suspects attempted to gain entry to Best Buy Drugs via the roof. The incident occurred between 4:30 - 5 am and the SMPD immediately sent out notices via social media for residents to avoid the area while they search businesses and yards around Kersting Ct., Montecito and Windsor. K-9 officers were used to assisting in the search.

As a result of the quick response, Deputies were able to arrest 30 year old Jeremy Jamar White. Bail is currently set at \$20,000 and he is scheduled to appear in court in Pasadena on Tuesday.

According to LA County records, White has been charged with a variety of crimes over the last ten years including domestic violence, vandalism, assault with a deadly weapon, attempted murder and one drug related offense. He served 60 days in 2015 for spousal abuse.

Law enforcement believes that the second suspect may in fact be a woman.

Best Buy, like other Pharmacies have been the target of thieves seeking drugs like Oxycodone. In 2014 and 2015 the store was targeted. This time, however, quick response from the Sheriff and SMPD prevented the burglars from gaining entry.

If you have any information regarding this incident, please call Detective Amos at the Sierra Madre Police Department 626-355-1414. S. Henderson/MVNews
Photo Courtesy Google Earth

BE SURE TO MARK YOUR CALENDAR FOR SUNDAY, JULY 30 FROM 6:00 TO 8:00 PM. SIERRA MADRE KIWANIS CLUB AND FRIENDS OF THE LIBRARY’S CONCERT IN THE PARK FEATURING THE GEM CITY JAZZ CATS
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



LEARN ALL ABOUT SIERRA MADRE’S
COMMUNITY EMERGENCY RESPONSE TEAM

Have lunch with the Sierra Madre Kiwanis Club and learn about the city’s citizen powered emergency response team.

When: Tuesday, August 2, 2016
Where: The Lodge - 33 E. Sierra Madre Bl. - Sierra Madre
Time: Noon Lunch: \$10 Program 12:30 FREE

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 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 September 13, 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.

SIERRA MADRE CITY
MEETINGS

Regular City Council Meeting
 Tuesday, September 13, 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 before 5:30 the night of the meeting and your statement will be delivered to all the Council Members.

Tuesday, September 13, 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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 AUG. 5

ZOOTOPIA
 AUG. 12

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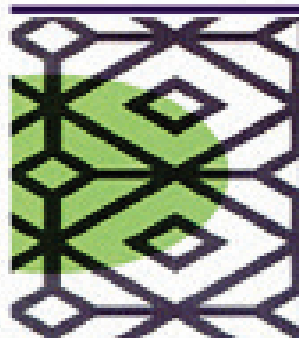
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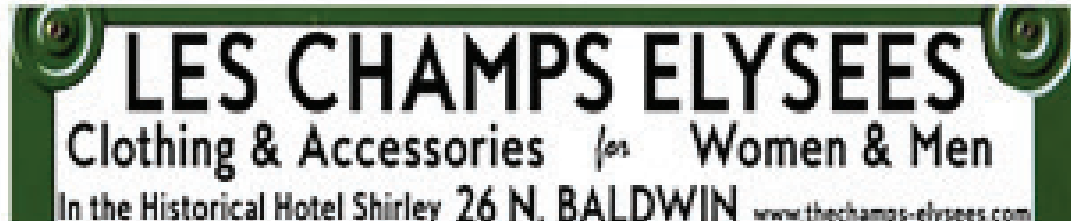
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Pasadena Altadena

News From Your Community For Your Community

City Council Meetings Canceled

Transit-Oriented Development Ordinance hearing set for Sept. 19.

For the second week in a row, the Pasadena city council has canceled their regular meetings, including this Monday night.

A public hearing set for Monday night's meeting "Substantial Amendment to The annual Action Plan (2016 - 2017) For the Community Development Block Grant Program" will be continued to the regular city council meeting of August 8 at 7:00p.m.

According to the city staff, The Annual Action Plan sets forth the projected uses of the U.S. Department of Housing and Urban Development funds (HUD), and addresses the available resources for program implementation, activities to be undertaken, program guidelines, and monitoring. The Annual Action Plan also addresses the efforts made toward accomplishing the goals and objectives included in the City's Five-Year Consolidated Plan (2015-2019).

At the council's last meeting, July 18, they also postponed a contentious amendment to the Transit-Oriented Development Ordinance that would restrict certain types of businesses within .25 mile of the Gold Line stations including auto repair shops, vehicle sales or leasing, and car washes.

About 40 auto businesses that currently exist would be allowed as "non-conforming." The public hearing is set to be head Sept. 19 at 7:00 p.m.

The city council meeting for Aug. 22 and Aug. 29 are also scheduled to be canceled. The council regularly meets in the council chambers City Hall, 100 North Garfield Avenue.

For more information visit ci.pasadena.ca.us and click on Mayor, Council and Commissions, or call (626) 744-7311.

Applications Open for Royal Court

99th Rose Queen to be announced and crowned on October 20.

Officials said applications for the 2017 Tournament of Roses Royal Court will be available starting Monday via the Tournament of Roses website. Young women from the Pasadena area who meet the eligibility requirements can apply and participate in one of the initial interview sessions on September 10 and 12 at Tournament House.

The application and additional information can be found at roseparaderoyalcourt.com.

To be eligible, an individual must be an unmarried female resident of the Pasadena Area Community College District; be a senior in high school or enrolled as a full-time student in an accredited school or college in the Pasadena Area Community College District; possess at least a 2.0 ("C") cumulative, non-weighted grade point average; be at least 17 years of age by December 31, 2016, and not more than 21 years of age before January 5, 2017, with no children; complete an official online application and participate in one of the initial interview sessions.

In recent years, as many as 1,000 young women have participated in this Pasadena



Tournament of Roses Royal Court 2015

tradition, hoping to become an official ambassador for the Tournament of Roses. All individuals who participate in the initial interview sessions will receive a ticket for two people to attend the Royal Ball, a semi-formal dance hosted by the Tournament of Roses at the Pasadena Convention Center on September 23.

After the initial interview sessions, approximately 250 participants will be invited back for a second round of interviews. From that group, about 75 young women will be asked to participate in the third round of interviews. On September 28, approximately 25 of the candidates will be announced as finalists. The seven-member Royal Court will be announced on October 4 at Tournament

House. The announcement and coronation of the Rose Queen is scheduled for the evening of October 20 at the Pasadena Playhouse.

The grand finale for the Royal Court will be riding on a float in the 128th Rose Parade and attending the 103rd Rose Bowl Game on January 2.

LA County Studies Increasing Firefighting Air Fleet

The Los Angeles County Fire Department and the Chief Executive Office will review the feasibility of purchasing, leasing, and partnering with other public entities for the operation of SuperScoopers, rotary, and fixed-wing aircrafts, on a motion by Tuesday LA County Supervisor Michael Antonovich.

"As a result of the County's 52-week fire season, it is vital that we maintain the best arsenal and resources to protect life and property," Antonovich said.

This report will include a comprehensive assessment of the current aircraft program to provide strategic replacement and expansion recommendations for rotary and fixed-wing aircrafts.

Kitten Go: Gotta Adopt 'Em All

Pasadena Humane Society & SPCA to hold Pokémon-themed adoption event

On the hunt for a Pikachu or an elusive Mew? Adopt 'em all during the Kitten GO adoption weekend at the Pasadena Humane Society & SPCA. On August 5, 6 and 7, PHS is lowering the adoption fee for all available kittens to just \$15. Take home two for \$25.

From Charmander to Meowth, adoptable kittens will don the names of beloved Pokémon. The "Kittendex" will list all adoptable kittens in the Neely Cat Center. Cat kennels will be adorned with coveted Kitten GO trading cards, a souvenir for each adopter.

Visitors who share snapshots of Kitten GO trading cards on Facebook, Twitter and Instagram, tagging @pasadenahumane with the hashtag #PHSKittenGO will get a free toy in the PHS Shelter Shop.

Pokémon GO players are encouraged to set lures in the shelter to draw more Pokémon and adopters to PHS. PHS has two PokéStops onsite with many more nearby, including a fountain in Central Park presented by the National Humane Alliance in 1905. A Pokémon gym is just down the road at Del Mar station.

All feline Pokémon will be spayed or neutered, microchipped and receive a set of vaccines before going to their new homes. PHS will be open during normal adoption hours, Friday, 9:00 a.m. to 5:00 p.m.; Saturday, 9:00 a.m. to 4:00 p.m.; Sunday, 11:00 a.m. to 4:00 p.m. Regular adoption screening applies.

The Pasadena Humane Society & SPCA is located at 361 S. Raymond Avenue. Parking is available onsite. View all animals at the shelter at pasadenahumane.org/adopt.

Pasadena Sister Cities Armenia Honored

The Pasadena Sister Cities Committee Armenia Subcommittee announced Wednesday they have received the Innovation: Humanitarian Assistance Award from Sister Cities International during the organization's annual conference July 16 in Washington, D.C. Vanadzor, Armenia, is one of Pasadena's five sister cities. With the assistance of the Pasadena community and the Pasadena Sister Cities Committee, the Armenia Subcommittee raised funds to have heaters installed at Vanadzor Kindergartner School #3 to bring much needed warmth during harsh winters. The total cost of the project was \$5,000. Vanadzor Mayor Samvel Darbinyan assisted with coordination of the project and the school principal, Gohar Kocharyan, conveyed her thanks in a letter to the subcommittee.

Isabelle Warner, chair of the Pasadena Sister Cities Armenia Subcommittee, and Maggie Gihanian, vice chair, led the effort.

The Pasadena Sister Cities include, Ludwigshafen, Germany; Mishima, Japan; Järvenpää, Finland; Vanadzor, Armenia; and the Xicheng District of Beijing, China.



Health Department Advises Protecting from Mosquitoes

Maximize your outdoor fun this summer by protecting yourself, your family and pets against mosquitoes. The Pasadena Public Health Department advises you to clean up, cover up and use bug repellent to help fight the bite.

As of Tuesday, there have been no reported human cases of mosquito-borne diseases including Zika, West Nile, Chikungunya and Dengue fever in Pasadena this year. While that's good news locally, California's drought and travel plans outside of Pasadena can increase your chances of being bitten by a mosquito, and possibly contracting one of these diseases, if precautions are not taken.

"There are some easy things you can do to help prevent mosquito bites," Pasadena Public Health Officer Dr. Ying-Ying Goh said. "Clean up habitats where mosquitoes can breed and grow; cover up by wearing long pants and long-sleeved shirts when weather permits, and use bug repellent."

Some mosquito eggs can survive without water and drought cycles of heat and intermittent moisture can actually spur mosquito breeding, said Dr. Goh, who offers the following tips and reminders.

Around the home: Eliminate all outdoor sources of standing water. Use a scrub brush and hot soapy water to clean unused, outdoor containers you intend to keep, such as tires, buckets and flower pots, that have had standing water in them; then turn over those unused containers to prevent new standing water from accumulating inside. Keep swimming pools clean

and water circulating; keep filter equipment in good repair. Check for larvae in ornamental water sources and treat as necessary with "mosquito dunks" available from hardware stores. Change bird bath water every five (5) days.

Keep ornamental & fish ponds stocked with mosquito fish; use a pump to keep water moving. Screen and cover rain barrels. At home and when traveling: Wear repellents containing DEET or oil of lemon eucalyptus. If possible, wear long-sleeved shirts and long pants when outdoors, as conditions permit. Regularly check yourself for bugs and bites if outdoors for long periods.

Make sure your hotel or lodging has air conditioning and window screens. Check window screens for holes or tears.

West Nile, Chikungunya and Dengue are not contagious from person to person and are spread through mosquito bites. Although primarily transmitted by mosquitoes, Zika virus can be transmitted by sexual partners. Pregnant women or women who may become pregnant should take precautions against Zika infection because a Zika infection is now known to cause birth defects.

The U.S. Centers for Disease Control & Prevention recommends pregnant women postpone travel to areas with ongoing Zika virus issues. If you return from an affected region and experience fever with joint pain or rash within two weeks following your return, contact your doctor immediately. For more on mosquito-borne diseases, visit www.cdc.gov/features/StopMosquitoes.

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.

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 pasadenaseniorcenter.org or call 626-795-4331.

Live Longer and Stronger at Every Age – Thursday, Aug. 11, at 12:15 p.m. Explore the challenges to living fully as you age and focus on concrete steps to adapt to successful aging. Dr. Bonnie Olsen of Keck USC Family Medicine will help you develop goals for achieving a more satisfying balance in physical health, cognitive stimulation and social engagement. A boxed lunch will be served to the first 50 people who RSVP to 626-795-4331.

Altadena: Free Concert Tonight at Farnsworth Park



Heartbeat City, a tribute band to The Cars

Named for one of the Cars biggest selling albums, Heartbeat City faithfully re-creates the look and sound of the Cars. They dress in the period-correct 80's style of the Cars and, being accomplished musicians, their sound is amazingly close to the real thing. Seeing Heartbeat City is as close as you can come to seeing an 80's Cars concert. As a San Diego promoter once said... "This isn't just a Tribute to the Cars...this is The Tribute to the Cars"

The members of Heartbeat City have come together from a few different well-known national level Tribute acts, as well as some pretty famous 80's recording acts... On the Tribute scene, various members have worked with Hotel California - a Salute to the Eagles, Wild Child - a Tribute to the Doors,

Belladonna - a Tribute to Stevie Nicks/Fleetwood Mac, Get Back with the cast of Beatlemania (featuring members from the Broadway cast and movie), and many more. Heartbeat City's Drummer has also worked with members of the real Cars.

On the recording front, members have come from 80's recording acts like Mastodon (former Kansas members), Berlin, Survivor, and have recorded on the 80's classic movie soundtrack St. Elmo's Fire along with many other movie soundtracks and film & television placements... plus they have worked with dozens of other recording acts too numerous to list. This band has a solid background in the music business.

Farnsworth Park amphitheater located at 568 E. Mt. Curve Ave., at 7:00pm Heartbeat City will be performing a tribute to The Cars... Let the Good Times Roll.

Crime Blotter for Altadena

Sunday, July 17th

2:00 PM – Frank Garcia, 34 years old of Los Angeles was arrested in the 300 block of Crosby Street for battery.

5:43 PM – A package theft occurred in the 10 block W. of Pine Street. Suspect described as a male Black. Stolen: climbing shoes.

Monday, July 18th

11:50 AM – A vehicle vandalism occurred in the 2100 block of N. Lincoln Avenue. Suspect(s) shattered the front passenger window.

4:00 PM – A business vandalism occurred in the 2300 block of N. Lincoln Avenue. Suspect(s) shattered the front glass door.

Tuesday, July 19th

12:00 PM – A vehicle burglary occurred in the 2400 block of N. El Molino Avenue. Suspect(s) entered the vehicle via the rear window. Stolen: 3rd row seats to a Chevrolet Suburban.

Thursday, July 21st

1:00 PM – A telephone scam incident occurred in the 1000 block of Alta Pine Drive. The victim received a phone call from an unknown male who posed as her grandson and requested money to be bailed out from jail. The victim wired money to Florida and she later

discovered her grandson was not incarcerated nor in Florida. Stolen: currency.

7:30 PM – A vehicle vandalism occurred in the 20 block of E. Mariposa Street. Damage: shattered front and rear windshield.

Friday, July 22nd

12:34 AM – Siaee Shaw, 21 years old of Los Angeles was arrested in the 1200 block of Rubio Vista Road for receiving stolen property. Deputies later discovered that the stolen property; a firearm, was stolen during a residential burglary in Altadena.

2:04 AM – A petty theft from an unlocked vehicle occurred in the 400 block of E. Alta Pine Drive. Stolen: brown wallet and currency.

2:06 AM – Derrick Henry, 25 years old of Ontario was arrested in the 1200 block of Rubio Crest Road for vehicle vandalism. Damage: punctured tire.

11:00 AM – A business vandalism occurred in the 100 block of Mountain View Street. Suspect(s) cut the cable wires leading to a residence.

Saturday, July 23rd

10:26 PM – A shooting was reported in the 2200 block of Marengo Avenue. No injuries. No suspect information.

Pet of the Week



Susan (A401603) is a sweet, 1-year-old, spayed female, longhair calico cat. She perks up the second you enter the room to greet you by rubbing against your legs and purring. She especially enjoys head rubs, and after she gets to know you, she's happy to relax in your lap for a quick cat nap. This affectionate kitty gets along well with the other cats in our communal room, and would get along very well with you in your home!

The adoption fee for cats is \$70 (or two for \$85), which includes the spay or neuter surgery, microchip, and vaccinations.

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

Call the Pasadena Humane Society & SPCA at (626) 792-7151 to ask about A401603, or visit at 361 S. Raymond Ave. in Pasadena. Adoption hours are 11 a.m. to 4 p.m. Sunday; 9 a.m. to 5 p.m. Tuesday through Friday; and 9 a.m. to 4 p.m. Saturday.

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

ARCADIA

Sierra Madre

Arcadia

Pasadena

Altadena

Monrovia

MARK YOUR CALENDAR FREE COMMUNITY SUMMER DANCE NIGHT! SATURDAY, AUGUST 13, 2016

The Arcadia Performing Arts Foundation, the City of Arcadia and the Arcadia Unified School District proudly present a Free Community Summer Dance Night on Saturday, August 13, 2016 from 7-9:30pm on the quad of the Arcadia Performing Arts Center, 188 Campus Drive, Arcadia 91007. There will be karaoke singing and dancing under the stars. Tours of the Arcadia Performing Arts Center facility and desserts will also be available.

Mark your calendar and make sure you don't miss out on this special fun night! Please RSVP to jwang@sempراطilities.com if interested in karaoke singing or sign up at <https://goo.gl/dfPnMd>. Bring the whole family out to participate in this FREE event! For more information, please call 626.574.5113.

About The Arcadia Performing Arts Center and Arcadia Performing Arts Foundation

The opening of the Arcadia Performing Arts Center, which anchors the northwest corner of the campus of Arcadia High School, on October 18, 2012, was the realization of a long-standing dream for the citizens of Arcadia to have a major center for arts and culture in the community. This 40,000 square foot, state-of-the-art facility includes a main performance hall with seating for 1,150, a stage that holds 200 musicians, tunable acoustics and professional lighting and sound. In addition, the center boasts an orchestra room with practice rooms and music library, a dance studio with sprung wood floors, a professional stagecraft workshop and a Black Box theater with separate control room and flexible seating that can host 125 guests.

The realization of the Performing Arts Center clearly

shows the commitment of the Arcadia community to the arts. With this realization comes the need for another commitment – to the future of the building, arts education and arts programming. The Arcadia Performing Arts Foundation is dedicated to maintaining the Performing Arts Center as a nucleus for the arts, education and engagement where the lives of students and the greater community are enriched.

The Arcadia Performing Arts Foundation has currently set a fundraising goal \$10 million that will result in an endowment to provide regular funding for the school district arts programs and the Performing Arts Center. The Arcadia Performing Arts Center provides a first-class venue for the San Gabriel Valley where the public can enjoy major concert and performing arts attractions, and where student talent can be fostered and supported with a venue for their work.

About the City of Arcadia

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

ARCADIA CHINESE ASSOCIATION INSTALLS NEW OFFICERS

Aaron Rose will be installed as president of the Arcadia Chinese Association (ACA) on July 31, 2016 at Arcadia Masonic Lodge. Also installed are Vice Presidents Francine Chiu, Jamie Lee, Lily Lam, Treasurers Ning Liu, Alice Wang, and Secretaries Sherry Liang and Caroline Rose.

The immediate past president is Francine Chiu. She will continue to serve as Vice President for the next year.

The Arcadia Chinese Association has been serving the community for 35 years and is committed to supporting the city of Arcadia in building a safe, prosperous and loving community by helping new immigrants from China integrate into American society. This year's theme is "West Meets East" with the goal of facilitating interaction between the

Chinese community and other ethnic groups in and around Arcadia as the city grows to create a larger and closer community in the San Gabriel Valley. Several new ACA initiatives are underway to provide new and exciting services to the residents of Arcadia and surrounding communities. Traditional activities such as Law Day, the Chinese New Year's Party for seniors, and the Recognition Luncheon for the city's employees will continue in the effort to serve the community.

Anyone interested in volunteering or becoming a member of ACA is welcome to attend the monthly board meetings held at the Arcadia Chamber Of Commerce Board room. Specific Times and dates can be found at www.arcadiachineseassociation.org, or on facebook at www.facebook.com/arcadiachineseassociation.

ARCADIA POLICE BLOTTER

For the period of Sunday, July 17th, through Saturday, July 23rd, the Police Department responded to 1,007 calls for service of which 115 required formal investigations. The following is a summary report of the major incidents handled by the Department during this period.

- Sunday, July 17:**
1. At about 4:00 p.m., officers responded to Nordstrom, 400 South Baldwin Avenue, regarding a report of fraudulent activity. An investigation revealed the suspects were planning to make a large purchase using fraudulent credit cards with stolen account information. The suspects were contacted and found to be in possession of fraudulent cards and movie tickets that had been purchased with the cards. The 28-year-old male and the 25-year-old male, both from San Gabriel, were arrested and transported to the Arcadia City Jail for booking.
 2. Just after 10:19 p.m., an officer was dispatched to the area of Santa Anita Avenue and Colorado Boulevard regarding the report of a possible drunk driver. The vehicle was located. Upon contacting the driver, the officer detected a strong odor of alcohol emitting from the driver. Through a series of tests, the officer determined the 69-year-old male from Arcadia was driving under the influence of an alcoholic beverage. The suspect was arrested and transported to the Arcadia City Jail for booking.
 - Monday, July 18:**
 3. At approximately 11:14 a.m., officers conducted a traffic stop on a vehicle, on the 1100 block of West Huntington Drive, for equipment violations. An investigation revealed the driver was in possession of a baton, stolen credit cards and drug paraphernalia. The 30-year-old male from Phoenix, Arizona was arrested and transported to the Arcadia City Jail for booking.
 4. At approximately 4:08 p.m., an officer responded to Cricket Wireless, 1108 South Baldwin Avenue, regarding a theft report. An investigation revealed an unknown suspect stole the victim's wallet from a service counter while she was engaged in a conversation with an employee. The investigation is ongoing.
 - Tuesday July 19:**
 5. At about 12:47 a.m., an officer conducted a traffic stop on a vehicle near the area of Peck Road and Clark Street for swerving in and out of lanes. Upon contacting the driver, the officer detected a strong odor of alcohol emitting from the driver. Through a series of tests, the officer determined the suspect was driving under the influence of an alcoholic beverage. The 32-year-old male from Monrovia was arrested and transported to the Arcadia City Jail for booking.
 6. Around 02:30 a.m., an officer responded to the 1400 block of South Baldwin Avenue regarding the report of a woman walking in lanes of traffic. Upon contacting the 49-year-old female from Arcadia, the officer noticed symptoms of alcohol intoxication and determined the suspect was unable to care for herself. She was arrested and transported to the Arcadia City Jail for booking.
 - Wednesday, July 20:**
 7. At approximately 10:22 a.m., an officer responded to

- IHOP, 1113 South Baldwin Avenue, regarding the report of a female causing a disturbance in the area. An investigation revealed the suspect had an outstanding warrant for her arrest. The 31-year-old female from Los Angeles was arrested and transported to the Arcadia City Jail for booking.
8. Just after 11:40 p.m., an officer conducted a traffic stop on a vehicle near the area of First Avenue and Camino Real Avenue for an equipment violation. An investigation revealed the driver was in possession of concentrated cannabis and marijuana. The 18-year-old male from Arcadia was arrested and transported to the Arcadia City Jail for booking.
 - Thursday, July 21:**
 9. At about 4:06 p.m., officers responded to the 000 block of West Palm Drive regarding a tree fire. An investigation revealed the fire was caused by a downed power line. The fire spread to two trees, the front lawn of a residence, and a truck parked on the street. Arcadia Fire Department responded to the scene and extinguished the flames. No one was injured.
 10. At approximately 5:19 p.m., officers responded to the scene of a traffic collision at West Foothill Boulevard and North Santa Anita Avenue. Officers contacted an involved driver who began screaming profanities at them. Officers detected a strong odor of alcohol emitting from the driver. Through a series of tests, the officer determined the suspect had been driving under the influence of an alcoholic beverage. The 22-year-old male from West Covina was arrested and transported to the Arcadia City Jail for booking.
 - Friday, July 22:**
 11. At approximately 8:00 a.m., officers and Arcadia Fire personnel responded to the parking structure of AAA, 420 East Huntington Drive, regarding the report of an unresponsive subject lying in the stairwell. An investigation revealed the subject was sleeping and in possession of drug paraphernalia. The 25-year-old male from Arcadia was arrested and transported to the Arcadia City Jail for booking.
 12. At about 3:40 p.m., an officer responded to a residence in the 1000 block of Singing Wood Drive regarding a burglary. The officer determined unidentified suspect(s) entered the residence by prying windows and a rear door. The suspects ransacked the residence and left water faucets on in the kitchen and bathroom before fleeing. No suspects were seen and no witnesses were located. The investigation is ongoing.
 - Saturday, July 23:**
 13. At about 1:43 p.m., an officer conducted a traffic stop on a vehicle near the area of Live Oak Avenue and Fourth Avenue for expired registration. An investigation revealed the driver was driving with expired registration and had placed a current year tab sticker, belonging to a different vehicle, on his license plate. The tab was confiscated as evidence and the driver was cited and released at the scene.
 14. At approximately 9:44 p.m., an officer responded to a residence on the 1900 block of South Third Avenue regarding the report of a subject passed out in the driveway. An investigation revealed the subject had no lawful business at the location and was extremely intoxicated. The officer determined the subject was unable to care for himself. The 23-year-old male from Alhambra was arrested and transported to the Arcadia City Jail for booking.

MONROVIA - DUARTE

Sierra Madre

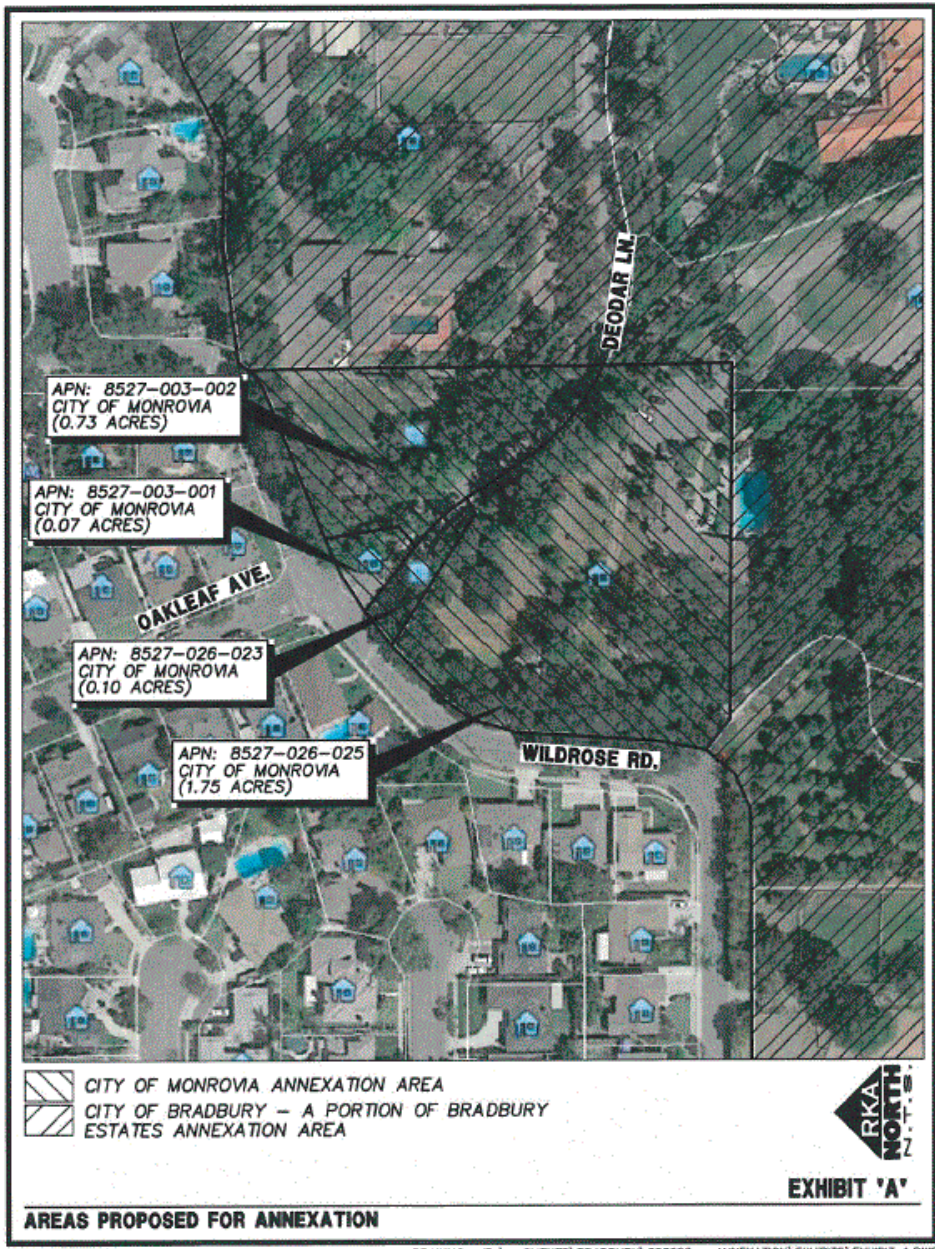
Arcadia

Pasadena

Altadena

Monrovia

DISCUSSIONS WITH BRADBURY REGARDING ANNEXATION OF FOUR PARCELS CONTINUES



As you may recall, we have for a few months been discussing with Bradbury the possibility of annexing four parcels currently located in Monrovia into the City of Bradbury. The four parcels in question are located on the eastern edge of Monrovia off of Wildrose Avenue near Deodar Lane (see the map attached below). In total, the parcels combined make up 2.65 acres of property, and of particular note, the land in question also falls under the purview of the Bradbury Estates Association / Community Services District. A more detailed description of the four parcels includes the following:

- A vacant 0.73 acre residentially zoned parcel (APN 8527-003-002)
- A 0.07 acre parcel (APN 8527-003-001) owned by the Bradbury Estates Association that houses

the guard house entrance to Bradbury Estates

- A 0.10 acre vacant sliver parcel (APN 8527-026-023) owned by the Bradbury Estates Association
- A 1.75 acre parcel (APN 8527-026-025) that houses a developed residential estate.

Based on the assessment that has been conducted by staff, we believe that it would be appropriate to allow the annexation of the four parcels into the City of Bradbury. Two of the properties in question are actually owned by the Bradbury Estates Association and serve as an entry point into Bradbury. In addition, the other two parcels are connected to properties that have structures which were built and are located in Bradbury.

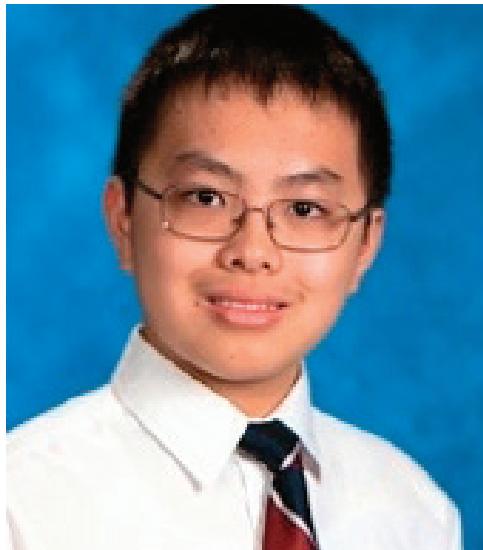
Given this overall situation, staff plans on taking this item to the City Council for review and consideration at our August 2, 2016, meeting.

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.

- Warrant** – Suspect Arrested July 21 at 8:46 a.m., an officer stopped a bicyclist for a vehicle code violation in the area of Mayflower and Fano. Further investigation revealed the bicyclist had a warrant for his arrest. The suspect was arrested and taken into custody.
- Warrant** – Suspect Arrested July 21 at 1:04 p.m., officers were on patrol in the 600 block of W. Huntington when they saw a suspect they knew had an outstanding warrant for his arrest. The subject was located inside a business. After the warrant was confirmed, the suspect was arrested and taken into custody.
- Vehicle Burglaries / Theft From a Vehicle** July 21, two vehicle burglaries and a theft from a vehicle were reported to police. The two vehicle burglaries occurred at an apartment complex in the 200 block of W. Lime. Unknown suspects broke into the vehicles and stole miscellaneous items that were left inside, including a purse. The theft from a vehicle occurred in the 300 block of S. Primrose. The victim left the vehicle unlocked and a personal checkbook and some cash was taken. The investigations are continuing.
- Bear Incident** July 23 at 9:37 a.m., a bear was reported in the 200 block of W. Hillcrest Drive. The resident reported that the bear was in the crawl space under their home, which had been left unsecured. Officers arrived at the location and made attempts to get the bear to flee, but the bear did not respond. The Department of Fish and Wildlife responded and were able to get the bear to leave the crawl space and to go back into the foothills.
- Grand Theft Auto Recovered** July 24 at 10:42 p.m., officers were dispatched to the 100 block of N. Encinitas on the report of a recovered stolen vehicle. The vehicle was located outside of Monrovia by another police department. The officers requested assistance with locating the owner of the vehicle to confirm if he knew the whereabouts of his vehicle. The vehicle owner stated his vehicle should be parked in his complex in Monrovia and that he did not give anyone permission to take it. A grand theft auto report was taken and the victim was told where to pick up his vehicle. The investigation is continuing.
- Grand Theft Auto Recovery / Possession of Drug Paraphernalia / Fraud / Warrants** – Suspects Arrested July 25 at 2:05 a.m., officers were on patrol in the area of Duarte and Tenth when they stopped a driver for a vehicle code violation. Further investigation revealed the vehicle was stolen out of Fontana. The passenger was found to be in

- possession of drug paraphernalia and had warrants. The driver was in possession of stolen credit cards, checks and identifications. Both suspects were arrested and taken into custody.
- Grand Theft Auto Recovered** – Suspect Arrested July 25 at 3:00 p.m., officers were advised of a stolen vehicle possibly traveling north on Myrtle. An officer in the area saw the vehicle near Myrtle and Lime. He confirmed the plate, which showed it was reported stolen to Signal Hill Police Department. Officers stopped the vehicle in the 200 block of N. Alta Vista and arrested the female driver. The suspect was also found to have warrants for her arrest, which were added to her charges.
- Shoplifting – Suspect Arrested** July 26 at 10:29 a.m., loss prevention personnel from a business in the 500 block of W. Huntington called police to report a shoplifter that left the store without paying. The suspect was last seen getting on a public transit bus headed west on Huntington Drive. Officers stopped the bus in Arcadia and learned the suspect had exited at the prior stop. The officers returned to the prior stop and searched the area. The suspect was detained by an officer. He was positively identified and arrested. The stolen property was recovered outside of the store during the course of the investigation.
- Possession of a Controlled Substance/Possession of Drug Paraphernalia/Warrant – Suspects Arrested** July 26 at 11:06 p.m., officers were on patrol in the 100 block of W. Walnut and conducted a traffic stop on a vehicle for a vehicle code violation. There were two female subjects in the vehicle. During the traffic stop, the driver was found to have a warrant for her arrest. The passenger admitted to having methamphetamine concealed on her person and drug paraphernalia was located in the side door of the vehicle. Both suspects were arrested and taken into custody.
- Battery – Suspect Arrested** July 27 at 12:42 a.m., officers were dispatched to the 100 block of W. Walnut regarding the report of a battery incident. The victim lives at a group facility in the 200 block of W. Colorado. He reported that his roommate accused him of taking his cell phone. When the victim denied taking the cell phone, the roommate started hitting the victim. The victim ran from the location and called the police. Officers responded to the residence, where the victim placed the roommate under private person's arrest. The roommate was arrested and taken into custody.
- Shoplifting – Suspect Arrested** July 27 at 4:54 p.m., an employee from a business in the 500 block of W. Huntington called police to report a shoplifter. The suspect left the store with merchandise without paying. An officer arrived, located the suspect and a short foot pursuit occurred. The suspect was apprehended and arrested. The stolen property was recovered.



La Salle Junior Howard Ho

LA SALLE JUNIOR HAS PERFECT ACT SCORE

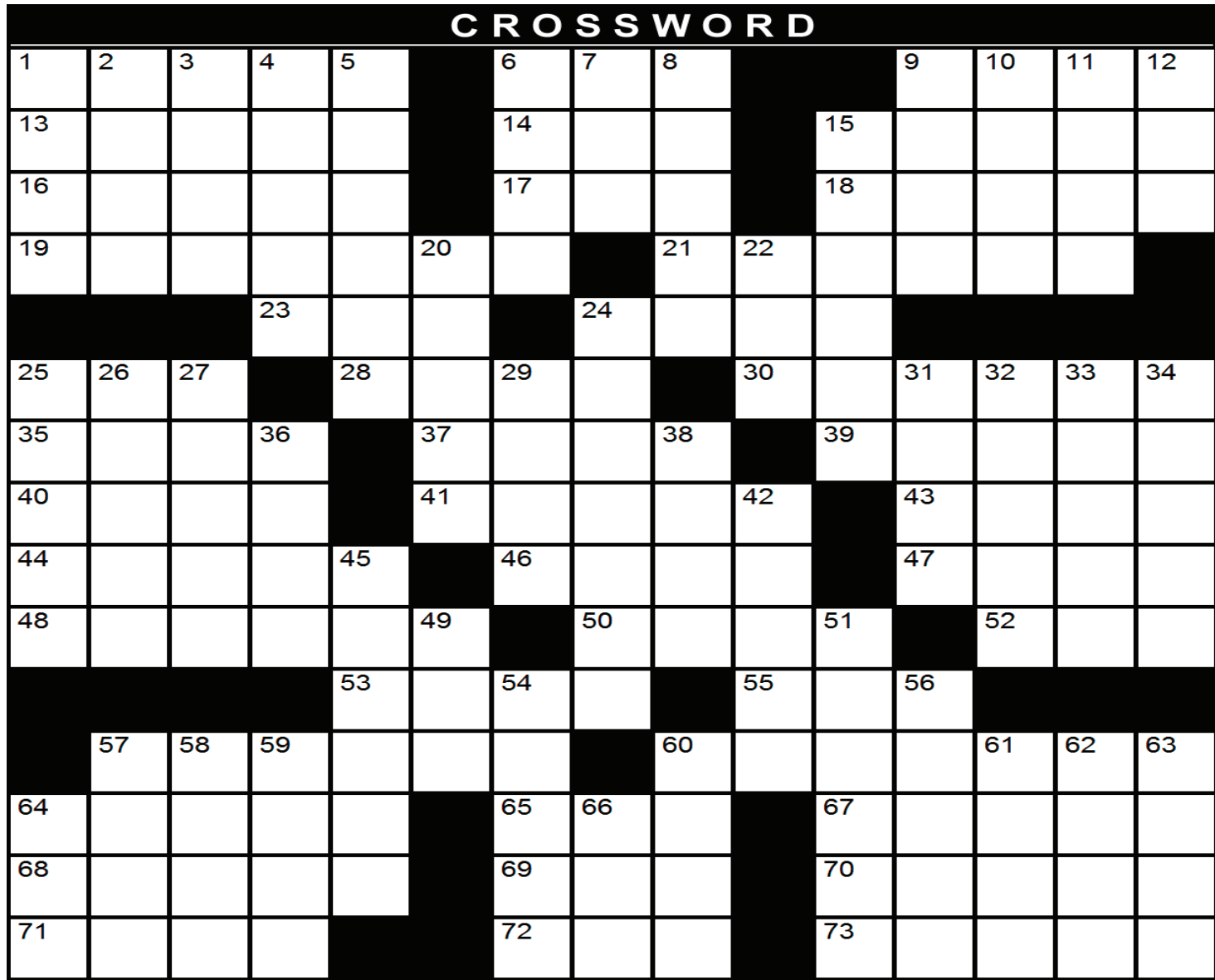
Pasadena, CA – La Salle junior Howard Ho earned the highest possible ACT Composite score of 36. Howard's achievement on the ACT is significant and rare. On average, less than one-tenth of 1% of all test takers earn the top score. Among ACT-tested US high school graduates in the class of 2015, only 1,598 out of 1.92 million students earned an ACT Composite score of 36.

PRATT INSTITUTE HONORS STUDENTS WHO MADE THE SPRING 2016 PRESIDENT'S LIST

Pratt Institute congratulates more than 1,000 students who made the President's List in the Spring 2016 semester including Ashley Poon of Arcadia and Jereth Senese of Sierra Madre. Founded in 1887, Pratt Institute is a global leader in higher education dedicated to preparing its 4,700 undergraduate and graduate students for successful careers in art, design, architecture, information and library science, and liberal arts and sciences. Located in a cultural hub with historic campuses in Brooklyn and Manhattan, Pratt is a living lab of craft and creativity with an esteemed faculty of accomplished professionals and scholars who challenge their talented students to transform their passion into meaningful expression.

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ACROSS

- *Grace Kelly was first actress on a U.S. one
- Brow shape
- *Audrey Hepburn starred in "My Fair ____"
- Dugout vessel
- Ciao in the U.S.
- Post-employment insurance
- "Welcome to my humble ____"
- *Thompson of "Some Kind of Wonderful"
- Like a neon sign
- *She portrayed Crawford
- *Actress with most Oscar nominations
- Hawaiian wreath
- Pauper's permanent state
- A great distance away
- River in Bohemia
- Crazy ____ card game
- Words from Wordsworth
- Makes mistakes
- First sound of the day?
- Lymphatic swelling
- *Geena or Bette
- Red carpet purse
- Turns grape into raisin
- Mongolian desert
- Post-deductions amount
- Singer ____ Bocelli
- One on drugs
- "Be quiet!"
- Shining armor
- Gloppy stuff
- *Star of seven Woody Allen movies
- *Katharine or Audrey
- "Bring back!" to Fido
- *Kate Winslet starred opposite him in "Titanic"
- Suggestive of the supernatural
- Absurd
- As opposed to St. or Blvd.
- Dismantles
- Facial protrusion
- *Kathleen Turner star of "____ of the Roses"
- "Thou ____ not...," in the Bible

DOWN

- Common tropical marine fish
- Not to be mentioned
- At another time, to Romeo or Juliet
- Most frequent value, statistics
- ____ Aloysius Herman
- Competently
- Pastrami holder
- ____ and desist
- Opera house box
- Up to the task
- Between stop and roll
- Swerve
- Opening between esophagus and stomach
- Was sick
- Golf peg
- Like a certain Nellie?
- *She's also known for workout videos
- Bedazzle
- Made over
- Toot your own horn
- Mountain valley
- Dislikes intensely
- It's a fact
- *This Maggie is a Dame
- Nostradamus, e.g.
- *Magda, Zsa Zsa and Eva Gabor, e.g.
- Military blockade
- Be full of anger
- In the past
- Stanley and Helen on "Three's Company"
- Jon Voight to Brad Pitt
- African sorcery
- Bingo-like game
- Greek H's
- High school breakout
- Field worker
- Celestial bear
- Cambodian money
- Empty ____
- Shark part
- *Mendez or Langoria

SCHOOL DIRECTORY

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(626) 355-3463 Head of School: Ann M. Gillick
E-mail address: agillick@alverno-hs.org

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Phone: (626) 821-8370, Principal: Brent Forsee
bforsee@ausd.net

Arroyo Pacific Academy
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(626) 294-0661 Principal: Phil Clarke
E-mail address: pclarke@arroyopacific.org

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(626) 446-5588 Head of School: Ethan Williamson
Kindergarten - 8th grade
website: www.barnhartschool.org

Bethany Christian School
93 N. Baldwin Ave. Sierra Madre, Ca. 91024
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website: www.bcsliions.org

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FAX: 626-286-1528
E-mail: jhawes@clairbourn.org

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preschool@foothilloaksacademy.org

Frostig School
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Email: jenny@frostig.org

The Gooden School
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(626) 355-2410
Interim Head of School, Merrily Dunlap
website: www.goodenschool.org

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

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

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

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

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Principal Joan Harabedian (626) 355-9028
website: www.st-rita.org

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E-mail address: salinas.esther@pusd.us

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HAPPY HOUR PASADENA STYLE

A friend in the wine business says that selling wine to restaurants and supermarkets is like “hand-to-hand combat”. I guess what he means is there is

TABLE FOR TWO by Peter Dills
thechefknows@yahoo.com

a lot of competition. Wines lists have certainly evolved in the past twenty years. The happy hour scene in the San Gabriel Valley has really heated up. It used to be that McCormick and Schmick's was the only game in town for upscale surroundings and low prices. Although the time of the \$1.99 burgers and \$3 beer is long gone, there are four restaurants in a one-mile radius that are fighting for your last dollar with some pretty impressive wine/beer selections.

First, how did the happy hour first come into our lives? It was an old Navy term - the sailors would get a break from their daily activities and drink beer and fight on the ship. Drinking on the ship was soon outlawed and the “happy” part went away. During Prohibition, adults would meet in speakeasies or friends' homes before going out to dinner. Since it was illegal, alcohol could not be served in restaurants, so friends would say, “let's meet for happy hour”. It took some forty years for restaurants and bars to catch on with drinks and food specials, though some states, to this day have banned the term “happy hour”.

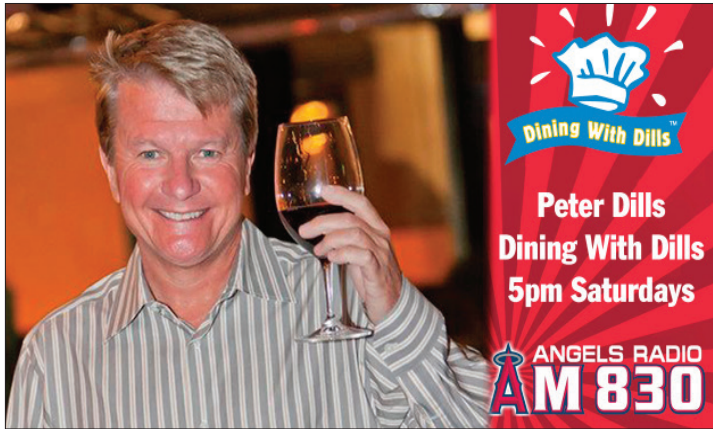
Sip and share at Del Frisco's from 4 PM to 6:30 PM. Their menu has what is called “food to fight over”, including deviled eggs, pork nachos and waygu corn dogs, a nice selection of wines (including a Josh Cellars Cab that will go well any other appetizers). What I like is that they have all of their tap beers for \$5, and all sip and share items are reasonably priced at \$6. Get the White Sangria, a perfect drink for summer, plus it comes with a popsicle! I wish they had a bit more food to fight over, but the price is right. 55 S. Lake Ave Pasadena.

Various locations

Paul Martins, also on South Lake, starts at 3 PM and has \$5 beers and wines from \$5 to \$9. If you get the burger for \$15, they throw in the beer gratis. The educated Guess Cabernet (\$13) is a stand-out. 455 S. Lake Pasadena.

Various locations

As far the food, Ruths Chris gets the nod over the others. Their Swizzle and Stir menu is \$9 and



includes a steak sandwich that is the bargain of all bargains. Happy hour includes selected mixed drinks and wines by the glass. 369 E. Colorado Blvd. Pasadena. Various locations

Alexander's, located at the aforementioned McCormick's old spot, offers their Social Hour. This is definitely a business hour with no shortage of incredible eats at more of a white linen price, but still a reduced price point. Try the Waygu Burger (\$16) and the Imperial Waygu Pastrami (\$22) which goes great with Simmone Brut \$8. If draft beer is your style, try Anderson Valley ale (\$4). Stop here Monday through Friday 5 PM-6:30PM. 199 N. Los Robles Pasadena

A wide choice of prices for my Happy Hour Round Up.

Be safe. Don't drink and drive. Did I miss a spot? Listen in to Dining with Dills on AM 830 KLA on Sundays at 5 PM, and tune into PBS on Thursday nights at 7:30 PM

Julie's favorite Family Recipes

JULIE'S KAHLUA CAKE

INGREDIENTS:

1 pkg. yellow cake mix
3 eggs
1/3 c. oil
1 ½ c. cold water
½ c. Kahlua
1 c. chopped macadamia nuts
1 c. brown sugar
1/3 c. coconut oil/ 1 stick unsalted butter
½ c. flaked coconut
2/3 c. chocolate chips (optional to add to cake batter)

DIRECTIONS:

Mix altogether. Grease bundt pan. Mix macadamia nuts & coconut and spread evenly in bottom of bundt pan.

Pour cake mixture over the nut & coconut layer and bake at 350 degrees for 38-40 minutes. Let cake cool for 30-45 minutes. Use a spatula or knife around cake edge & middle to flip cake unto a plate or cake plate. In a small saucepan, melt butter or coconut oil with ¼ c. water and 1 c. brown sugar. Bring to a boil stirring for a couple of minutes. Remove from heat & let cool. Add ½ c. kahlua. Using a skewer or chop stick, poke holes inside the middle and outer circle of the top of cake. Slowly, pour the mixture all over the top of cake. Tastes best when cake sets overnight.

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Dinner: Steaks • seafood • pasta • Greek cuisine

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The athletes have been training for years and are among the best in the world. They will compete in events in 42 different sports such as gymnastics, table tennis and judo.

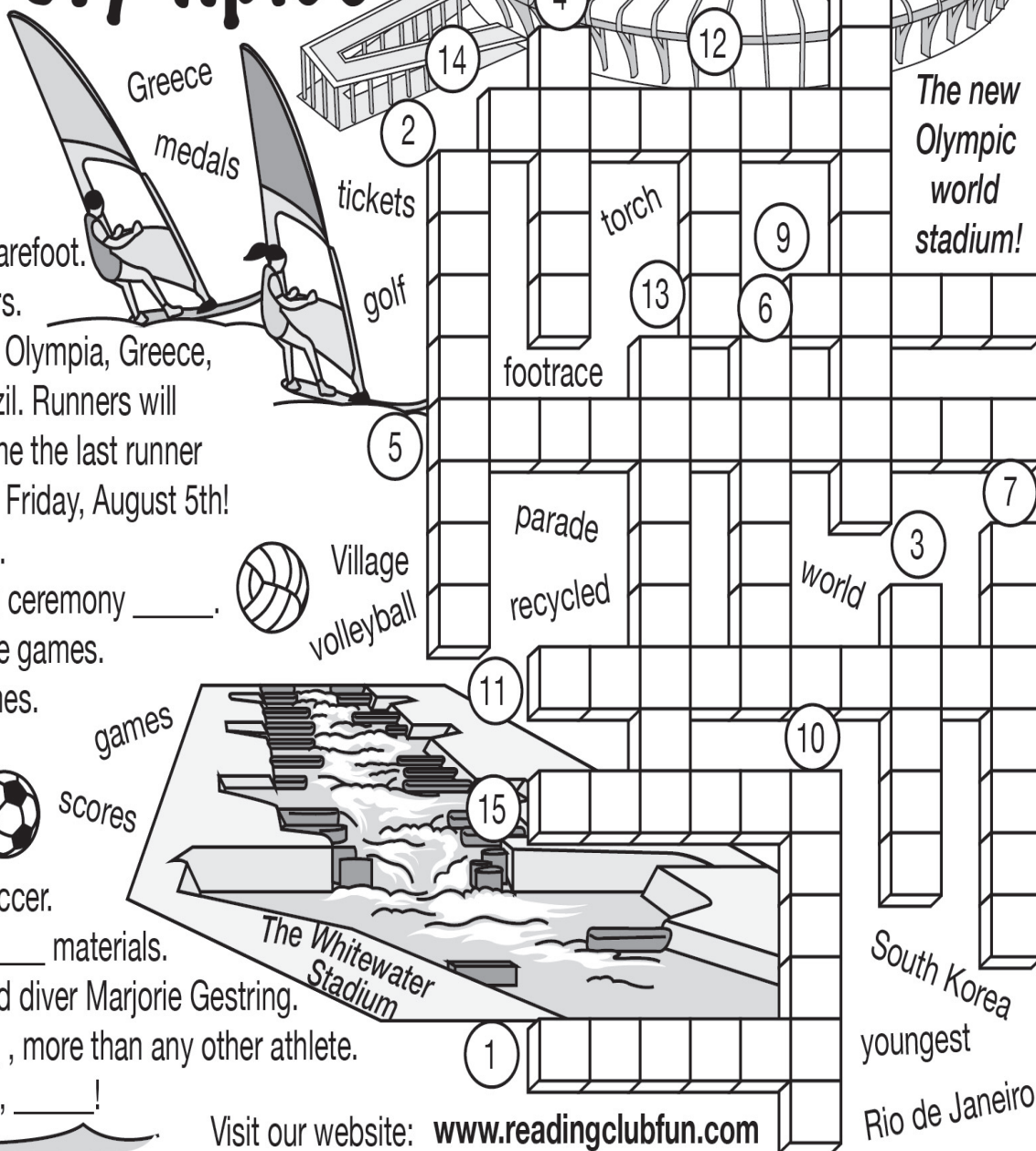
2016 Summer Olympics

August 5th – August 21st

Welcome to Rio de Janeiro! Welcome to the 2016 Summer Olympic Games!

Read the clues to fill in the crossword puzzle:

- The first Olympic games were held in Olympia, _____.
- The first Olympic competition was a _____, which was run barefoot.
- Our modern winter or summer _____ are held every two years.
- Months ago, runners began to carry the Olympic _____ from Olympia, Greece, to the country where the Olympics will be held – Brasília, Brazil. Runners will have carried the torch throughout Brazil for 95 days by the time the last runner with the torch arrives – in time for the opening ceremonies on Friday, August 5th!
- This year, the host city of the summer games is _____, Brazil.
- About 10,500 athletes from 206 nations will be in the opening ceremony _____.
- The athletes will live together in the Olympic _____ during the games.
- About 7.5 million _____ are sold for people to watch the games.
- People all over the _____ watch and cheer for the athletes.
- We hold our breath while we wait for the _____.
- _____ will be played for the first time since 1904.
- The most watched sports are expected to be _____ and soccer.
- This year's Silver and Bronze medals contain about 30% _____ materials.
- The _____ person ever to win a Gold Medal was 13-year-old diver Marjorie Gestring.
- Michael Phelps, a U.S. swimmer, has won 22 Olympic _____, more than any other athlete.
- Look for the 2018 Winter Games to be held in Pyeongchang, _____!



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ACUPUNCTURE CAN HELP RELIEVE PAIN AND MANY OTHER AILMENTS

Dear Savvy Senior,
Is acupuncture a proven treatment for arthritis pain? I have a lot of back and neck pain and am wondering if it's worth trying. What all can you tell me about acupuncture?

Afraid of Needles

Dear Afraid,
Many well-designed studies over the years – funded by the National Institutes of Health – have found acupuncture to be very effective in easing arthritis pain, and can help with a variety of other ailments too. Here's what you should know.

First used in China more than 2,000 years ago, acupuncture has become increasingly popular in the United States over the past 40 years.

While acupuncture isn't a cure-all treatment, it is a safe, drug-free option for relieving many different types of pain including osteoarthritis, low back pain, neck pain, migraine headaches, fibromyalgia, postoperative pain, tennis elbow, carpal tunnel syndrome, dental pain, menstrual cramps and more. Studies have also shown that it can be helpful in treating asthma, depression, digestive disorders, addictions, menopause symptoms like hot flashes, and nausea caused by chemotherapy or anesthesia.

Exactly how or why acupuncture works is still not fully understood, but it's based on the traditional Eastern theory that vital energy flows through pathways in the body, and when any of these pathways get blocked, pain and illness result. Acupuncture unblocks the pathways to restore health.

However, today most U.S. medical doctors tend to believe that acupuncture works because it stimulates the nerves causing the release of endorphins, which are the body's natural painkiller hormones. It's also shown to increase blood circulation, decrease inflammation and stimulate the immune system.

What to Know

If the thought of getting needles stuck into your body makes you a little uneasy, you'll be happy to know that an acupuncture treatment is nothing like getting a shot. In fact, it's quite relaxing. Here are some additional points you should know:

The needles: They're solid, sterile and disposable (used only once), and as thin as a cat's whisker. The number of needles used for each treatment can vary anywhere from a few, up to a dozen or more. And where the needles are actually stuck depends on the condition being treated, but they are typically inserted about one-quarter to 1-inch deep, and are left in place for about 20 minutes. After placement, the needles are sometimes twirled or manipulated, or stimulated with electricity or heat.

Does it hurt? You may feel a brief, sharp sensation when the needle is inserted, but generally it's not painful. Once the needle is in place, however, you may feel a tingling sensation, numbness, mild pressure or warmth.

Treatments: How many treatments you'll need will depend on the severity of your condition – 12 treatments done weekly or biweekly is very common. It's also important to know that acupuncture can be used in conjunction with other conventional medical treatments, or by itself.

Cost and coverage: The cost per treatment typically runs anywhere from \$50 to \$100 or more. Unfortunately, most private health plans including Medicare, do not cover acupuncture.

To find an acupuncturist in your area ask your doctor for a referral, or you can do a search online at the National Certification Commission for Acupuncture and Oriental Medicine (nccaom.org) and acufinder.com. Both sites provide a national database of certified and/or licensed practitioners. Or visit the American Academy of Medical Acupuncturists (medicalacupuncture.org), which offers a directory of MDs who are certified to practice acupuncture.

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.



SENIOR HAPPENINGS



HAPPY BIRTHDAY!July Birthdays

Nina Bartolai, Mary Lou Caldwell, Louise Neiby, Eunice Banis, Betty Hansen, Christine Durfert, Shahrzad Azrani, Jeanne Borge Dahl, 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



ANCIENT EYE IN THE SKY

Light from a distant galaxy can be strongly bent by the gravitational influence of a foreground galaxy. That effect is called strong gravitational lensing. Normally a single galaxy is lensed at a time. The same foreground galaxy can—in theory—simultaneously lens multiple background galaxies. Although extremely rare, such a lens system offers a unique opportunity to probe the fundamental physics of galaxies and add to our understanding of cosmology.

One such lens system has recently been discovered—and the discovery was made not in an astronomer's office, but in a classroom. The lens system has been dubbed The Eye of Horus, and this ancient eye in the sky will help us understand the history of the universe.

CLASSROOM RESEARCH PAYS OFF. Subaru Telescope organizes a school for undergraduate students each year. One such session was held in September 2015 at the National Astronomical Observatory of Japan (NAOJ) headquarters in Mitaka, Tokyo.

Subaru is currently undertaking a massive survey to image a large area of the sky at an unprecedented depth with the Hyper Suprime-Cam (HSC) as part of the Subaru Strategic Program. A group of astronomers and young students were analyzing some of that HSC data at the school, when they found this unique lens system. It was a classic case of a serendipitous discovery.

"When I was looking at HSC images with the students, we came across a ring-like galaxy and we immediately recognized it as a strong-lensing signature," said Masayuki Tanaka, lead author of a science paper on the system's discovery. "The discovery would not have been possible without the large survey data to find such a rare object, as well as the deep, high quality images to detect light from distant objects."

Arsha Dezuka, a student who was working on the data, was astonished at the find. "It was my first time to look at the astronomical images taken with Hyper Suprime-Cam and I had no idea what the ring-like galaxy is," she said. "It was a great surprise for me to learn that it is such a rare, unique system!"

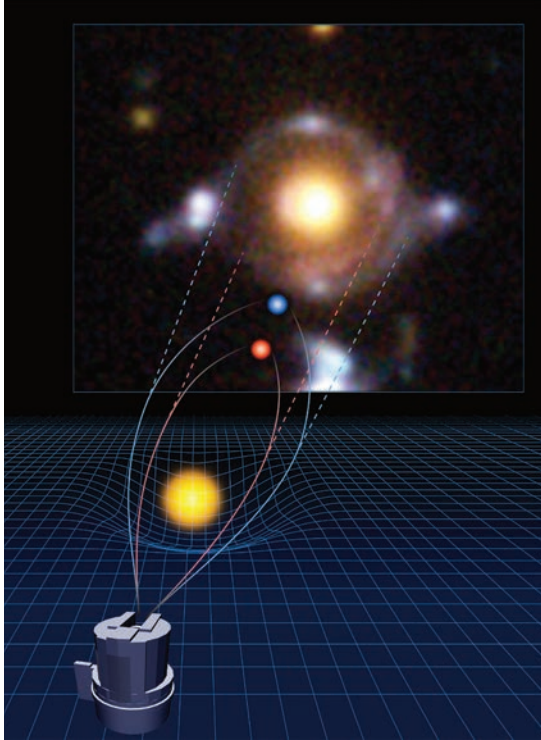
WHAT THEY SAW. A close inspection of the images revealed two distinct arcs/rings of light with different colors. This strongly suggested that two distinct background galaxies were being lensed by the foreground galaxy. The lensing galaxy is 7 billion light-years away. Follow-up spectroscopic observations of the lensed objects using the infrared-sensitive FIRE spectrometer on the Magellan Telescope confirmed that there are two galaxies behind the lens, lying at 9 and 10.5 billion light-years away.

"The spectroscopic data reveal some very interesting things about the background sources," said Kenneth Wong from NAOJ, the second author of the scientific

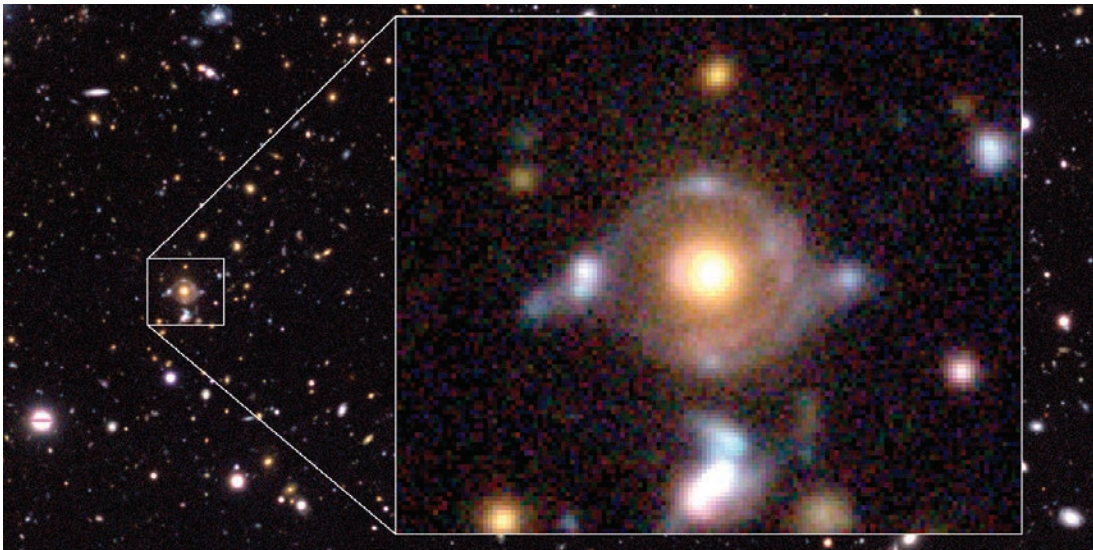
paper describing the system. "Not only do they confirm that there are two sources at different distances from us, but the more distant source seems to consist of two distinct clumps, which could indicate an interacting pair of galaxies. Also, one of the multiple images of that source is itself being split into two images, which could be due to a satellite galaxy that is too faint for us to see."

The distinct features for the system (several bright knots, an arc, a complete Einstein ring) arise from the nice alignment of the central lens galaxy and both sources, creating an eye-like structure. The astronomers dubbed it "Eye of Horus," for the sacred eye of an ancient Egyptian goddess, since the system has an uncanny resemblance to it.

You can contact Bob Eklund at: beklund@MtnViewsNews.com



A schematic diagram showing the location of galaxies creating the gravitational lens effect of the Eye of Horus. A galaxy at 7 billion light-years from the Earth bends the light from the two galaxies behind it, one at 9 billion light-years, and the other at 10.5 billion light-years. (Credit: NAOJ)



Eye of Horus in pseudo color. Enlarged image to the right shows two arcs with different colors. The inner arc has a reddish hue, while the outer arc has a blue tint. These arcs are lensed images of the two background galaxies. There are blobs in and around the arcs, which are also the lensed images of those background galaxies. The yellowish object at the center is a massive galaxy 7 billion light-years away, which bends the light from the two background galaxies. (Credit: NAOJ)



Data analysis workshop for undergraduate students, held at the Mitaka Campus of the National Astronomical Observatory in September 2015. (Credit: NAOJ)



CHRISTOPHER Nyerges

THE PROBLEM – AND SOLUTION – OF THE FRONT LAWN

an excerpt from "Extreme Simplicity: Homesteading in the City"

[Nyerges is the author of "Extreme Simplicity," "How to Survive Anywhere," "Foraging California," and other books. For information on his classes and books, contact him at www.SchoolofSelf-Reliance.com, or Box 41834, Eagle Rock, CA 90041.]

When we first moved into our home, the front yard was ugly – barren and oily. The previous residents had used the yard to park their cars, an area of about 35 by 15 feet. Just a bit of crabgrass grew around the edges. The inner front yard, which we called the courtyard, was almost as barren, though there were a few trees there.

One of our first improvements, once we had removed bits of old metal, wood scraps, logs, and an old shack, was to very heavily mulch the barren yard and the neglected courtyard areas. Mulch consisted of natural materials such as wood chips, leaves, grass clippings – organic matter that can be spread on the ground to hold in moisture. As the mulch decomposes, it helps to increase the soil's fertility.

While driving home one day, we saw a yard that was covered with fall leaves. We had our rakes and bags with us, so we pulled over and knocked on the door.

"May we rake up your front yard and take the leaves with us?" we asked the elderly man who came to the door.

He was silent for a moment, uncertain what we had said, or perhaps suspicious of our intentions. We repeated the request.

"We'd like to rake up your yard. We don't want to charge you. We just want the leaves to use for mulch."

By now, his wife had come to the door and we had to repeat the request again. They seemed to realize that we were sincere, and agreed.

As we raked, they began to laugh at their good fortune with sheepish smiles – someone had actually knocked on their door requesting to do something for free that they usually had to pay for.

"Take all you want!" the man told us, cheerfully and loudly.

We busied ourselves filling up about four large trash bags of the yellow leaves, and

they watched us from their window with large grins. We laughed to ourselves too, and wondered if they would be telling and re-telling this curious story to their friends and grandchildren.

When we got home, we scattered all those leaves around the needy front and courtyard areas. We knew that we'd have to add more and more organic matter before the soil would be fertile enough to grow plants, so we collected leaves from other sources as well and spread them in our yard.

Neighbors watched our leaf mulch project curiously.

We contacted an acquaintance who runs a tree-pruning service. This man and his crew prunes trees and then chips up the prunings, and when their truck is full of chips, they take it to the local landfill and pay to unload the chips. In response to our invitation, they were happy to bring a load to our place instead and dump it in a huge pile onto our front yard.

The huge pile covered most of the front yard, and the central peak was nearly five feet tall. We knew the pile would get smaller over time as the chips decomposed. In fact, the pile had sunk down about a foot after the first week, and we spread the chips out on each side so we'd have a mulch that uniformly covered the entire area.

If you've ever been around a big compost pile, you know how it generates lots of heat as the contents decompose. We noticed our pile steaming in about two weeks, and we also watered it to help the decomposition process.

One morning, a neighbor from next door yelled, "Your front yard's on fire!"

We ran out expecting to see flames somewhere but saw only the steaming chip pile. We assured our neighbor that everything was fine.

In two years, after two big truckloads of wood chips, we were able to sink our hand down into the soil in the front yard, and wild plants had begun to grow and thrive.

FOR THE CONTINUATION OF THIS STORY, get a copy of "Extreme Simplicity: Homesteading in the City" wherever quality books are sold.



OUT TO PASTOR

A Weekly Religion Column by Rev. James Snyder

PLEEEEEASE DON'T SAY YOU'LL GO FIGHT FOR ME, MR. CANDIDATE

Lately I have been listening to political campaign speeches, which has helped me catch up on some sleep I have missed in the last two years. Don't get me wrong on this issue. It is not that I am bored with this whole business. It is simply the fact that if you have heard one political campaign speech, you have heard one too many.

I once read about a politician making an impressive campaign speech sometime after the Civil War.

"Fellow Citizens," he bellowed passionately from his campaign stump, "I have fought against the Indians. I have often had no bed but the battlefield, and no canopy but the sky. I have marched over the frozen ground till blood has marked every step."

By the time he finished with his speech everyone was impressed with his illustrious record. Everyone, that is, except one old codger in the back of the crowd. Loud enough so the speaker could hear he said, "By golly, if you ain't done enough fer your country. Go home and rest. I'll vote fer the other fellow."

Our country sorely misses that "old codger." One common thread in campaign speeches, I have noticed, is each candidate wants to go to Washington and "fight for me."

I want to go on record and say that I am not mad at anyone, really. Honesty compels me to admit that I do not have any charitable thoughts toward the Devil, but that is where I draw the line. In many regards I am a pacifist and I will punch anyone in the nose who says otherwise.

That is the trouble with our country today. Everyone thinks he can solve his problem with violence and looks around for someone to fight. I am violently opposed to violence in any fashion (except my wardrobe which makes a malicious fashion statement). Politicians should set an example and stop fighting.

If these candidates want to fight for me, what I want to know is where were they when I was in the third grade and Ricky Callahan beat me up. I sure could have used a fighting hand back then. As far as I know, all of them looked the other way while I got my nose bloodied and I have not forgotten.

Time has healed my wounds and I cannot think of anyone I am mad at, with the exception, maybe, of politicians who insist on fighting for me. My advice is, don't fight for me, Mr. Candidate.

I do not need a politician to fight for me, but they could do something, if they have a mind to (and try to find one with a mind).

For example, start with bringing me a hot cup of coffee each morning. I have a hard time getting awake without that Java Jolt. My day would be a lot better with this bedside service and I would even

supply the coffee.

Another little chore around the house that needs expert attention is taking out the trash. I say expert because we try to recycle at our home. My wife has a saying around our home: A bag for everything and everything in the bag. One morning I awoke and found myself in a garbage bag on the back porch. I'm sure it was not intentional.

Each candidate has some solution to balancing the National Budget. Forget about the national debt. I could use some help balancing my checkbook each month.

No matter how often I add those figures, I never get the same result twice. The best I can do is add up the figures at least three times and then take the average.

Those politicians boast of how they will handle International Affairs. As for me, time could be better spent helping me with some neighborhood affairs. I am not too concerned about the dog in Baghdad. The dogs running around my neighborhood have me all hot and bothered. I would be eternally grateful for an amicable solution to this problem.

Once a politician is in office, he spends a lot of time passing House bills. Just come and help me figure out my monthly telephone bill. The telephone companies in our country are destroying a thousand square miles of trees each month just to make the paper to bill us. I have no idea what all those fees are on my monthly statement. One month I decided to call the telephone company to ask about my bill. That was in 1989 and I am still on hold!

This is just my short list, and, given more time, I am sure I could come up with enough little jobs to profitably occupy an entire four year term of office. I have all but given up on politicians. I am sure most of them mean well, but the practical things in life are important to the individual.

When I need practical, personal help, I turn to one place and am never disappointed.

When I feel the stress and burden of daily life, I turn to the Lord Jesus Christ. His cordial invitation is found in Matthew 11:28-30, "Come unto me, all ye that labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. For my yoke is easy, and my burden is light."

I can always count on God to fight my battles.

Rev. James L. Snyder is pastor of the Family of God Fellowship Ocala, FL where he lives with the Gracious Mistress of the Parsonage. Call him at 1-866-552-2543 or e-mail jamesnsnyder2@att.net. His web site is www.jamesnsnyderministries.com.

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



Contact us at: editor@mtnewsnews.com or

www.facebook.com/mountainviewsnews AND Twitter: @mtnewsnews



ARE WE LOVING OUR PETS TO DEATH?

I love my dog so much and it makes me very happy when I know she is happy. I make sure she gets lots of loving and attention, daily walks and plenty of play time. I take her to the vet for check-ups and other visits when she needs them. It gives me great pleasure to spend time with her and care for her.

I realize my dog is not a child, and I do try to keep it all in perspective, but I have to admit I am very attached to that cuddly canine critter. She gives me so much in terms of entertainment, fur therapy and relentless love. I just want to give back to her at least as much as she gives to me. I also believe it is my responsibility to be a good steward of God's creatures, particularly the one I adopted into my home and family. In doing that, I made a promise to God that I would take care of her for the rest of her life.

There is nothing wrong with wanting to please our pets, however I do find myself wondering if it is possible to kill them with kindness by allowing them to eat more than they actually need. For example, we have a cookie jar that sits atop our kitchen counter. The outside of the jar is decorated with a fancy dog bone design. The handle on the lid is even in the shape of a dog bone. That's where we keep all the canine cookies and other tasty treats for Molly to enjoy now and then. The problem is, the times we hand out goodies is more often NOW than THEN! We really have to be careful not to give her too many treats.

Pet obesity in America is on the rise. Did you know that there is actually an organization focused specifically on researching the blight of pet obesity in our country? The Association for Pet Obesity Prevention conducts an annual survey to analyze the percentage of pets considered technically obese in the US, and a recent study showed that 54% of dogs and cats in the US are indeed overweight. How embarrassing is that, with people - much less dogs - starving in other parts of the world?

I'm sure most pet owners are not intentionally trying to fatten up their furry friends, and I understand how tempting it is to feed our darling dogs and kitties when the notion arises, but food is not the only way we can show our love to them. It's time we start to reign it in when it comes to feeding our pets as a means of showing them love. As it is, it seems we are on the verge of loving them nearly to death.

Animals are a lot like humans when it comes to how obesity affects their health. The difference is, we humans are the ones in charge of what goes on the plate, and in the bowl. Our pets have to rely on us to do the right thing by making healthy choices for their daily diet and regulating their rations. Remember the old adage, "You are what you eat"? Well this phrase rings true for your pets as much as does for you.

I first realized how important it is to be careful in selecting the quality and quantity of

food I feed my pets, while reading an article in the waiting room at my vet's office. The article compared the affect of certain foods on animals versus human beings. It listed "people food" items such as cookies, cheese, hot dogs, and other foods that (heaven forbid) one might want to share with the pets as leftover scraps after a meal. It showed the caloric equivalent for a dog eating those particular items compared to the human. The biological results were mind-boggling and potentially devastating to the health of a dog.

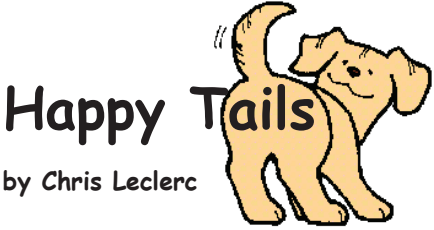
For example, a chocolate chip cookie falls to the floor only to be gobbled up within seconds by your beloved buddy, right? Well, if you had eaten that cookie it would have rendered a somewhat reasonable number of calories that could be easily burned by a basically healthy person. But the caloric value and physical affect of a single cookie consumed by a canine becomes the relative equivalent of eating an entire hamburger.

The article also showed the compared caloric value of a one ounce chunk of cheddar cheese, which to the human is not a big deal, but to a dog it becomes equivalent to the caloric value of 1 ½ hamburgers! For a cat, a single potato chip is equal to half a hamburger, and one cup of whole milk equals three entire burgers for your favorite furry feline.

When we take a close look at these 'fat facts', we begin to realize how important it is to limit the types and amounts of foods we feed our pets. Their little bodies are simply not designed to process the amount of food we are accustomed to consuming. And it wouldn't hurt us to back off a bit on our own binging as well!

The Treat Translator article is meant to encourage us animal lovers to resist feeding our pets poor quality "people food", but it also shows the importance of rationing the quantity of healthy food we give them. Some animals are pretty good about not eating more than they need while others will eat every bit you put out for them. It is up to us to control their daily caloric intake.

We all like to think of ourselves as good pet owners, and for the most part I believe most people are, but let's not forget that food should never be the main means of showing love to our furry four-legged friends. We need to focus more on giving them lots of affectionate encouragement, grooming, exercise and play time, and a lot less treats if we want them to live long, happy, healthy lives.



by Chris Leclerc



THE JOY OF YOGA PHILOSOPHY INTO EVERYDAY LIFE

Yoga studies and the wisdom of great teachers never cease to amaze me. I am inspired and led out of ignorance

one class at a time, one lecture at a time, and one book at a time. By bringing yogic philosophy into everyday life, your yoga practice will actually change who you are. I draw from the vast, greatly influential Sankhya Philosophy.

To live happy and content lives, we want to be in a place mentally and emotionally that's clear, calm, content and intelligent. It's the state of being that we want to move towards --always. This clear, pure state of being is called Sattva, which is one of the gunas (or the mental doshas) derived from Sankhya.

There are things we cannot control and there are things that we can control. To create the life we want, we have to work within the things that are in our control such as diet, thoughts, and actions/activities. There is a dynamic interaction between all three that shapes how we are in each moment and each day.

Take a look at diet; every food we ingest affects our body and mind. If we choose to eat a great amount of sweets or fatty food, we're going to feel sluggish and out of energy. If we consume spicy food all the time, it could cause indigestion or heartburn, and it

may aggravate our feelings of irritability and anger. Imagine good food choices-- freshly-made with love—that are easy to digest. One good choice leads to another, helping the body and mind function cleanly when we're eating well.

How about our thoughts? Yoga and Meditation are perfect for that! The mind is being nourished and trained with sustained focus, inner awareness, and the use of Mantra. Consider the power of this thought: Each time you breathe in a deliberate, smooth way, you are changing your energy and changing your mind.

Lastly, contemplate your actions and activities. This primarily refers to your environment and the company you keep. Our friends and people we see regularly are vital to our well-being and balance. We take on the attributes of the individuals with whom we associate. Surrounding ourselves with balanced, loving, and highly functioning people can help us recognize when we are out of balance. They provide an example of serenity and engagement in life.

Diet, thoughts, or environment. Choose just one area, then pay attention and nourish it. There are many choices within each and there is great power in that. What will you change first to move toward balance and the life you want to create?

Love and Namaste, Keely Totten

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PET OF THE WEEK: VANILLA: ANIMAL ID #A4503549

There is so much love in this tiny package! Meet Vanilla (A4503549), a ladylike 9-year-old white female Chihuahua mix who was left at the Baldwin Park Animal Care Center on July 4th by her former owner for no known reason. Weighing 6 pounds, Vanilla immediately drew our volunteers' attention because of her short stature and her eagerness to wolf down Egg McMuffins. Friendly and appreciative, Vanilla walks well on leash and shows signs of being housebroken. She has a medium energy level and gets along nicely with other dogs. A bit cautious at first, Vanilla warms up quickly with human companionship. Vanilla will thrive as an indoor companion for just about anyone. To watch a video of Vanilla, please visit the following link: <https://youtu.be/3wUQUFq0d8I>

To meet Vanilla in person, please see her at the Baldwin Park Shelter, located at 4275 N. Elton, Baldwin Park, CA 91706 (Phone: 626-962-3577). She is currently available now. For any inquiries about Vanilla, please reference her animal ID number: A4503549. The shelter is open seven days a week, 12 pm-7 pm Monday-Thursday and 10am-5pm Friday-Sunday. This is a high-intake



shelter with a great need for adoptions. For more information about Vanilla or the adoption process, contact United Hope for Animals Volunteer Adoption Coordinator Samantha at Samantha@hope4animals.org. To learn more about United Hope for Animals' partnership with the Baldwin Park Shelter, as well as the many dogs of all breeds, ages, and sizes available for adoption in local shelters, visit <http://www.unitedhope4animals.org/about-us/shelter-support-program/>.

LOOKING FOR A BEST FRIEND?

Prim is a 2 year old tabby domestic short hair, and has the perfect calm and proper demeanor to fit her name. When visitors come into Mini Manor, Prim politely meows inviting them to meet her. And once she has the attention she seeks, she loves to be petted and rolls over to have gentle lady-like belly rubs. When she is comfortable with her visitor, Prim enjoys sitting in a staff or volunteer lap for one on one attention. She is an affectionate girl and when you look into her bright green eyes, you'll see a lady just waiting to give and receive love. Prim will come after the laser light and feathery toys to play with people. While she gets along fine with the other cats in her area, she just prefers to watch their antics from a distance. Prim is looking for her forever family where her sweet, calm disposition will be appreciated. Her adoption fee is \$49 from July 29th through August 14th along with all of her other feline cat and kitten friends at the San Gabriel Valley Humane Society. This fee includes spay/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 Prim. She currently resides at the San Gabriel Valley Humane Society located at 851 E. Grand Avenue in San Gabriel which is located off San Gabriel Blvd, north of Mission and south of Las Tunas Drive. To arrange a 'Meet and Greet' with Prim, please stop by any time from 10:30am to 4:30pm Tuesday through Sunday. Website: www.sgvhumane.org.



Go to 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!



Meet adorable kitten, VENUS, age 3 months. Venus is a beautiful dilute calico, very soft. She is sweet, playful, athletic, and super-loving. Your heart will melt when she gazes at you

with such love, and purrs instantly upon your caress on her silky fur. See her video at <https://www.youtube.com/watch?v=q2UtnQ4sVo>. Since Venus is currently being fostered, please call 626-676-9505 to arrange for a Meet & Greet.

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 F E L V / F I V unless otherwise indicated.

Adoption application, more pictures, and videos on our website, www.lifelineforpets.org. Facebook: www.facebook.com/lifelineforpets. pasadena Email: info@lifelineforpets.org



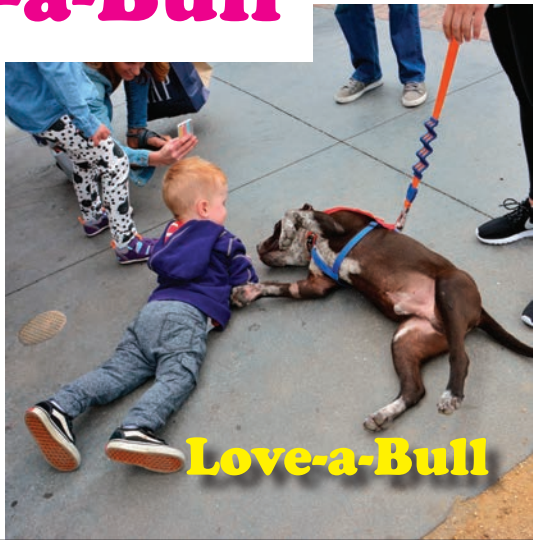
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AROUND SAN GABRIEL VALLEY

CONGRESSWOMAN JUDY CHU'S 7TH ANNUAL LEADERSHIP AWARDS

By Joan Schmidt

Recently, I was privileged to attend Judy Chu's 7th Annual Congressional Leadership Awards at the Alhambra Masonic Temple. After a sumptuous lunch, (Thank you Chef Carmen Richardson), Congresswoman Chu welcomed us and introduced Master of Ceremonies, actor and South Pasadena resident, James Reynolds. James, a 45 year veteran of stage, screen and television, is well-known for his long-running role of Abe Carter on NBC's Days of Our Lives. He and his wife Lisa are owners and directors of Fremont Centre Theatre in South Pasadena, working hard to enhance the City's image.

The Presentation of Colors was by the Blair High School Junior ROTC and a beautiful rendition of the National Anthem was performed by April Lin and Leanna Rongavilla. Following was a superb Performance by the Taiko Center of Los Angeles.

The honorees are as follows: Margaret Mgrublian, Volunteer of the Year: This tremendously involved woman, serves on the board of Pasadena Community Foundation, Armenian International Women's Association and So CAL Regional Council of the Armenian Assembly of America. After a successful career in the electronics industry, she now is dedicated to Mother's Club Learning Center, Cancer Support Community, Haven House, AIDS Service Center, St. Mark's School, Westridge School, Armenia Tree Project and St. Gregory Armenian Apostolic Church.

Business Person of the Year-East San Gabriel Valley- Andrew Behnke is a very active business advocate who firmly believes that business has an obligation to make the community they live in better. He is the General Manager of Doubletree By Hilton Claremont and has been a hospitality executive for over twenty years, Andrew belongs to SIX different Chambers of Commerce and has received several awards.

Business Person of the Year-West San Gabriel Valley- Kin Hui is a very prominent local businessman whose desire to reach out has caused him to enrich the Greater Los Angeles community. He is the owner and manager of Singpoli Group which specializes in real estate investment and development, general construction, property management, architecture and building



design. Kin has invested in 8sian Media, the first and largest Chinese/Asian-focused multi-channelled network with over 200 million monthly video viewers.

Rosalyn Collier, Educator of the Year was born and raised in Bronx, NY. After a trip to CA and learning of free tuition Community Colleges, she relocated. Rosalyn has taught in Alhambra Unified for 30 years. She has been Site Representative, Organizing Chair, Member of Bargaining Team of the Alhambra Teacher's Association, and reconstructed the Peer Assistance and Review Program, a mentoring program.

STEAMCODERS , Non-Profit -West San Gabriel Valley was founded by Raymond Ealy in Pasadena in 2014 to bridge the achievement gap for students of Color by teaching fundamentals of Science, Technology, Engineering, Art and Math. (STEAM)

EYE-DAS-Non-Profit-East San Gabriel Valley

founded by Ida Fracasse has been serving the greater San Gabriel Valley community for 41 years and is open to any adult with impaired, partial or no vision and continually strives to improve the quality of life and enable its members with greater independence.

Yesenia Acosta-Building Bridges Award-is the daughter of migrant workers who put herself through college and law school. She volunteers free legal services for immigrants such as applying for Citizenship and Dreamers, applying for work permits.

Monterey Park Sgt. Bob Hung-Building Bridges Award is the only officer fluent in Mandarin. The son of immigrants from Taiwan, he understands their struggles and strives to bridge the cultural and language divide of the immigrant population and the community that serves them.

Arcadia's Gene Glasco-Community Activist of the Year-This amazing man is a Viet Nam Vet.

He always regretted that he lost three friends in the War and wished there was a monument for Arcadian Viet Nam Veterans. In less than one year's time, Gene was able to accomplish this feat. He first mentioned it to Supervisor Antonovich who thought it was a great idea. Then the site was chosen-Arcadia County Park and it was approved. Gene spearheaded various fundraisers and with help from the Elks Lodge and MANY private contributors, it happened. Many don't realize Gene was undergoing radiation treatment for cancer towards the end of this mission. He is surely a most deserving honoree and Mayor Pro Tem Peter Amundson, Council Member April Verlatto, former Mayor Gail Marshall, Joe and Julie Harris and Linda Candy were among the MANY friends who came to see him honored.

Thank you Congresswoman Chu. Your honorees are true leaders working to improve their communities and the lives of fellow residents.

BRADBURY DECIDES TO ENTER INTO A SIX-MONTH EXTENSION WITH THE SHERIFF'S DEPARTMENT FOR LAW ENFORCEMENT SERVICES

During the past several months, the City of Bradbury has been considering their law enforcement options by reviewing proposals submitted by their current service provider, the Los Angeles Sheriff's Department (LASD), along with a proposal from the City of Monrovia. Both the LASD option and the City option provided Bradbury with excellent policing service options, and last week, the Bradbury City Council engaged in a substantial deliberation regarding this particular matter.

Ultimately, the City of Bradbury decided to enter into a 6-month contract with the LASD, and also asked that their staff assess ways of working with the Sheriff's Department to improve the service delivery for their community. Furthermore, in discussions with representatives from Bradbury, they indicated that they were very appreciative of the support and the proposal that Monrovia put forward. As we move ahead, we'll continue to monitor this situation and we will of course keep everyone informed about any changes that may occur in the future.

MOUNTAIN VIEWS NEWS GOES TO GERMANY!



Sierra Madre resident Eva Poet proudly carries the Mountain Views News with her where ever she goes! While visiting her homeland in Germany with son, former Sierra Madre Mayor Glenn Lambdin, the stop for a photo shoot with last week's paper. Neuschwanstein Castle is in the background - The real Sleeping Beauty Castle!

CALTRANS CLOSES PART OF WESTBOUND I-210 IN PASADENA THIS WEEKEND, JULY 29 - AUGUST 1, 2016

PASADENA, Calif.--Residents, visitors and businesses in Pasadena are advised that Caltrans will shut down part of the westbound I-210 Freeway, near Highway 134, between Lake Avenue and Mountain Street, for 55 hours this weekend, beginning at 10 p.m., Friday, July 29, until 5 a.m., Monday, August 1, 2016

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

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

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

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

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

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

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

Stay connected to the City of Pasadena! Visit us online at www.cityofpasadena.net; follow us on Twitter @PasadenaGov, www.twitter.com/pasadenagov, and Instagram @PasadenaGov, www.instagram.com/pasadenagov; like us on Facebook at www.facebook.com/cityofpasadena; and subscribe to our YouTube channel at www.youtube.com/pasadenagov. Or call the Citizen Service Center, 7:30 a.m. to 5 p.m., Monday through Friday at (626) 744-7311.

JUST SOLD | by Jan Greteman

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On the Marquee:

Notes from the Sierra MadrePlayhouse

OVATION RECOMMENDED! CONUNDRUM



By Artistic Director, Christian Lebano

We got wonderful news this week when we learned that Putnam County Spelling Bee is Ovation Recommended! That means that enough Ovation voters (working theater professionals all) saw the show and scored it highly enough to place within the top 20% of all scores for shows this year. This is our second Ovation Recommended in a row following the citation for The Glass Menagerie.

I loved being able to email the cast, crew, and design team of the show with this great news which is such a testament to their hard work and dedication. Unfortunately, I had to follow that email with another – cancelling the show this Saturday, July 30 and next, August 6 because of incredibly low ticket sales.

I am perplexed. We scheduled this show after being turned down for 3 other shows we wanted to do and deciding against a fourth as being too expensive. I was told by everyone I spoke to about it that this show sold well wherever it played and was an audience favorite. I hired Robert Marra who did such a lovely job on Always...Patsy Cline last year and staffed the show with terrific designers who all came through with great work. We received wonderful reviews (although I'm beginning to doubt the value of reviews), we have gotten a coveted Ovation Recommended from our peers (this may boost our sales – but we'll have to see),

AND, most importantly, audiences who have seen the show LOVE it (but it is not turning into word-of-mouth sales). There are no sure things in theater – but this has me shaking my head.

Everyone has a different theory why this show isn't selling: the political season, Summer, the heat, low name recognition, the perception that it is a kids show – and now the Olympics will be starting. I would chalk it up to another learning experience if it weren't so decimating to our already fragile budget. We just can't afford the loss that we are facing for this show. So in the interest of saving some money, we are cancelling those two performances.

Advertising would probably help, but we just don't have the money. All I can ask is that you, our loyal patrons and friends, come see the show and bring people with you. We run until August 21 and I promise you a good time.

This Sunday we are featuring Suburban Showgirl starring Palmer Davis. It is a delightful one-woman show drawing from her years as a showgirl in Vegas and on Broadway. It is funny and delightful and definitely family-friendly. The show is at 7pm. She will be performing the show again on August 7 at the same time. It really is a blast.

This is your Playhouse. Please let me hear from you. Please visit our website at SierraMadrePlayhouse.org or call Mary at 626.355.4318 to purchase tickets.

Come Home to



SIERRA MADRE Playhouse

LA's Destination for Great American Plays



Deathtrap



The Glass Menagerie



Always, Patsy Cline



The 25th Annual Putnam County Spelling Bee

All Photos by Gina Long



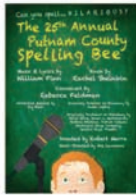
A Christmas Memory



Charlotte's Web

And here's to the start of a great 2016-17 season!

The 25th Annual Putnam County Spelling Bee July 8-Aug 21
Bee Luther Hatchee Sep 23-Oct 22



"The Sierra Madre Playhouse brings you wonderfully produced shows that tell of the American Experience – from comedies to dramas to musicals both heartfelt and toe-tapping and plays for youth to inspire a life-long appreciation for theater. Come see how we've grown. You'll be glad you did!"

TICKETS: Call 355-4318 or visit SierraMadrePlayhouse.org

SIERRA MADRE Playhouse 87 West Sierra Madre Blvd., Sierra Madre, CA 91024



Christian Lebano, Artistic Director

CALL TO ARTISTS!

Last chance to apply for our
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Creative Arts Group



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Jeff's Book Pics

By Jeff Brown

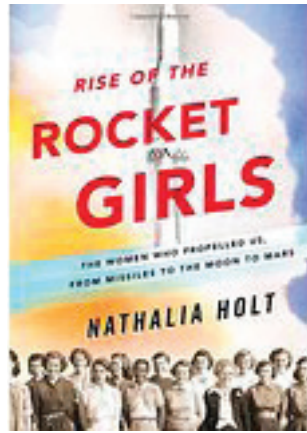
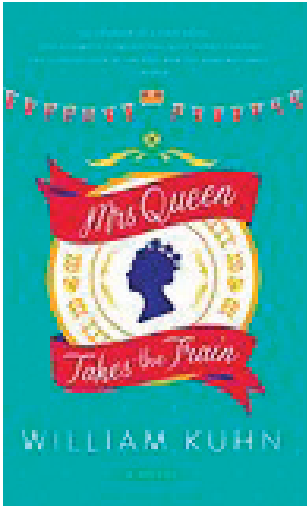
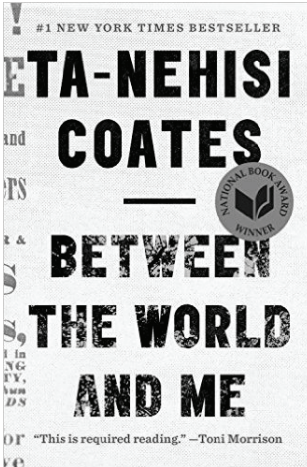
Rise of the Rocket Girls: The Women Who Propelled Us, from Missiles to the Moon to Mars by Nathalia Holt

The riveting true story of the women who launched America into space. In the 1940s and 50s, when the newly minted Jet Propulsion Laboratory needed quick-thinking mathematicians to calculate velocities and plot trajectories, they didn't turn to male graduates. Rather, they recruited an elite group of young women who, with only pencil, paper, and mathematical prowess, transformed rocket design, helped bring about the first American satellites, and made the exploration of the solar system possible. For the first time, this book tells the stories of these women--known as "human computers"--who broke the boundaries of both gender and science. Based on extensive research and interviews with all the living members of the team, *Rise of the Rocket Girls* offers a unique perspective on the role of women in science: both where we've been, and the far reaches of space to which we're heading.

Between the World and Me by Ta-Nehisi Coates

Hailed by Toni Morrison as "required reading," a bold and personal literary exploration of America's racial history by "the single best writer on the subject of race in the United States" (The New York Observer).

This book was a National Book Award Winner. "This is your country, this is your world, this is your body, and you must find some way to live within the all of it." In a profound work that pivots from the biggest questions about American history and ideals to the most intimate concerns of a father for his son, Coates offers a powerful new framework for understanding our nation's history and current crisis.



Americans have built an empire on the idea of "race," a falsehood that damages us all but falls most heavily on the bodies of black women and men, bodies exploited through slavery and segregation, and, today, threatened, locked up, and murdered out of all proportion. What is it like to inhabit a black body and find a way to live within it? And how can we all honestly reckon with this fraught history and free ourselves from its burden? This book is Coates's attempt to answer these questions in a letter to his adolescent son. Coates shares with his son and readers, the story of his awakening to the truth about his place in the world through a series of revelatory experiences, from Howard University to Civil War battlefields, from the South Side of Chicago to Paris, from his childhood home to the living rooms of mothers whose children's lives were taken as American plunder. Beautifully woven from personal narrative, reimagined history, and fresh, emotionally charged reportage, *Between the World and Me* clearly illuminates the past, bracingly confronts our present, and offers a transcendent vision for a way forward.

Mrs. Queen Takes the Train: A Novel by William Kuhn

Mrs Queen Takes the Train wittily imagines the kerfuffle that transpires when a bored Queen Elizabeth strolls out of the palace in search of a little fun, leaving behind a desperate team of courtiers who must find the missing Windsor before a national scandal erupts. Reminiscent of Alan Bennett's *The Uncommon Reader*, this lively, wonderfully inventive romp takes readers into the mind of the grand matriarch of Britain's Royal Family, bringing us an endearing runaway Queen Elizabeth on the town, and leading us behind the Buckingham Palace walls and into the upstairs/downstairs spaces of England's monarchy.

All Things Considered

By Jeff Brown

Your True Nature by Bentinho Massaro

Free Awareness is a term we use to point at our most fundamental nature. It's our intrinsic and natural condition already. Awareness is the uninterrupted 'knowing' and the only source by which we know that we exist. Awareness is the only means by which we experience everything we experience and it is always freely present in every experience, equally, as the aware substratum of the perception/experience. Awareness is 'free' in the sense that it cannot be located anywhere, and in that it isn't affected by any experience that is perceived within its view. Awareness is that open space in which all experiences are recognized. The slogan: "Recognizing What is Always Already Present" refers to the simple fact that we are not trying to become anything new. We are merely in the process of noticing and befriending that clear cognizance

of Being, which is always already here. With a bit of clear instructions and some pointers to remind you consistently of your recognition of free awareness, the freedom, fulfillment, love, wisdom and clarity of already available awareness, will become more naturally obvious in your own direct experience of life, just as it is. You don't need to be a certain way, look a certain way, feel a certain way or act a certain way. Awareness is equally present in, and as, everyone, and everyone can start to notice the very simple fact that something knows that this present moment is here, regardless of what is experienced within it. Just this confirmation of awareness being always already present, is enough to discover a stable presence of freedom and resourcefulness that will start to pervade and benefit your every area of living.

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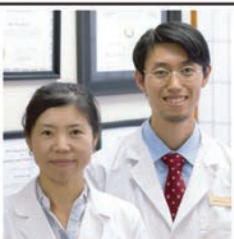
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FAMILY MATTERS

By Marc Garlett



CLEAN BURIALS: NEW MUSHROOM SUIT REMOVES BODY TOXINS

If you have ever wondered about the impact your body will have on the environment when you are gone, you are not alone. Traditional burial and cremation both present significant environmental challenges.

When traditional burial is used, embalming fluid—typically a formaldehyde cocktail—is injected into the body to delay decomposition. While these chemicals achieve the desired effect (preserving the body, particularly for viewing by family and friends), they remain in the body after burial and may seep into the soil.

Cremation, on the other hand, comes with its own set of environmental concerns. The non-profit Funeral Consumers Alliance of Southern California reports that “an average of 28 gallons of fuel” is used in a typical cremation, releasing “approximately 540 pounds of carbon dioxide.”

Recognizing the lack of eco-friendly options, two designers created the Infinity Burial Suit and related products. The handcrafted suit is made from infinity mushrooms - I kid you not - and was designed to quickly decompose body tissue and excretions, as well as industrial toxins. The company which sells the suit suggests that “[t]he cultivation process promotes acceptance of and a personal engagement with death and decomposition.”

While it can be difficult to think about death and the decomposition of our bodies, the fact is that we will all die. Once we come to terms with this, we can become proactive in arranging things our way. Accepting death allows us to plan our own funeral/burial and leave a legacy of love for our family after we're gone.

Whether you choose to be buried in a suit made of mushrooms is not the point. The point is that if you face and plan for the reality of death it will actually make your life better now. You will get to decide what's important to you rather than leaving that burden to someone else. You will also experience peace of mind and relief knowing you have taken the steps to make things as easy as possible for those you love most. You see, estate planning is a combined gift of life for yourself and a lifetime gift of love for your family. How great is that?

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A local attorney and father, Marc Garlett is on a mission to help parents protect what they love most. His office is located at 49 S. Baldwin Ave., Ste. G, Sierra Madre, CA 91024. Schedule an appointment to sit down and talk about ensuring a legacy of love and financial security for your family by calling 626.587.3058 or visit www.GarlettLaw.com for more information.

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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.

LETTERS TO THE EDITOR

Dear Donald Trump,

I just want to thank you for being the spoon that skimmed back all of the surface fat which was sitting on top of a pot of racism, homophobia, sexism, sectarianism, and so many other isms and phobias.

Thank you for exposing your true self and so many others like you who have for decades been hiding behind false smiles of acceptance and inclusion for those who are darker than you, speak different languages than you, have different beliefs than you, have different socioeconomic experiences than you, who have different sexual orientations than you, who wear different clothing than you, who work as hard or harder than you, who arrived in the United States of America differently than you, who are just plan different than you.

Thank you Donald Trump for letting me know that your definition of humane is to build a wall that separates (SEGREGATES) people from each other.

Thank you Donald Trump for letting me know that you are comfortable acting like a child, having temper tantrums, and calling people names. Most of us outgrew that phase of life when we became adults.

The road that the people of this "ALREADY GREAT" Country must travel is long and winding and full of hills and mountains that must be climbed and valleys that must be trekked across. We as a Nation have travelled through horrid times when men and women did unspeakable things to other men and women just because of differences. And there you are... wanting to be president of this "All Ready Great Nation" with your broken GPS wanting to drag us all back to and through those times again when we need to be moving forward.

Being different makes us great. As a Nation we still have so much more that we have to do in order to equalize everyone who lives here and who chooses to come and live here. We are going to make mistakes and take missteps. We are going to royally screw up. We are going to make bad decisions, but we are also going to make things work along the way.

Just about every brick and mortar business has a sign that reads "We Reserve the Right to Refuse Service". Thank you Donald Trump for making me realize that your presidency will make those who are like you feel comfortable enough to change those signs to read "We Reserve the Right to Refuse Service to: MUSLIMS, BLACKS, ASIANS, MEXICANS, WOMEN, LGBTQ, THE DISABLED, SPECIAL NEEDS, and anyone else who is DIFFERENT....need I go on?

Thank you Donald Trump for making it so easy for me to decide that I don't want you as my president. Thank you Donald Trump for helping me to decide that I'm voting for Hillary Clinton in November because this election is personal.

Adrianne Marie Hall

A Very Proud Woman, Mother, Life Partner, African American - Native American, Democrat & Citizen of the "Already Great" United States of America.

MOODY'S: TRUMP'S PLANS WOULD COST 3.5 MILLION JOBS

Electing Donald Trump president would be terrible for the economy, according to a new [report](#) from Moody's Analytics.

The super rich would get richer and everyone else would be worse off, Moody's concludes.

Just how bad would it get? The downturn under a President Trump would last

longer than the Great Recession. About 3.5 million Americans would lose their jobs, unemployment would jump back to 7%, home prices would fall, and the stock market would plummet, Moody's predicts.

"The economy will be significantly weaker if Mr. Trump's economic proposals are adopted," writes Moody's. "It will be a difficult four years for the typical American family."

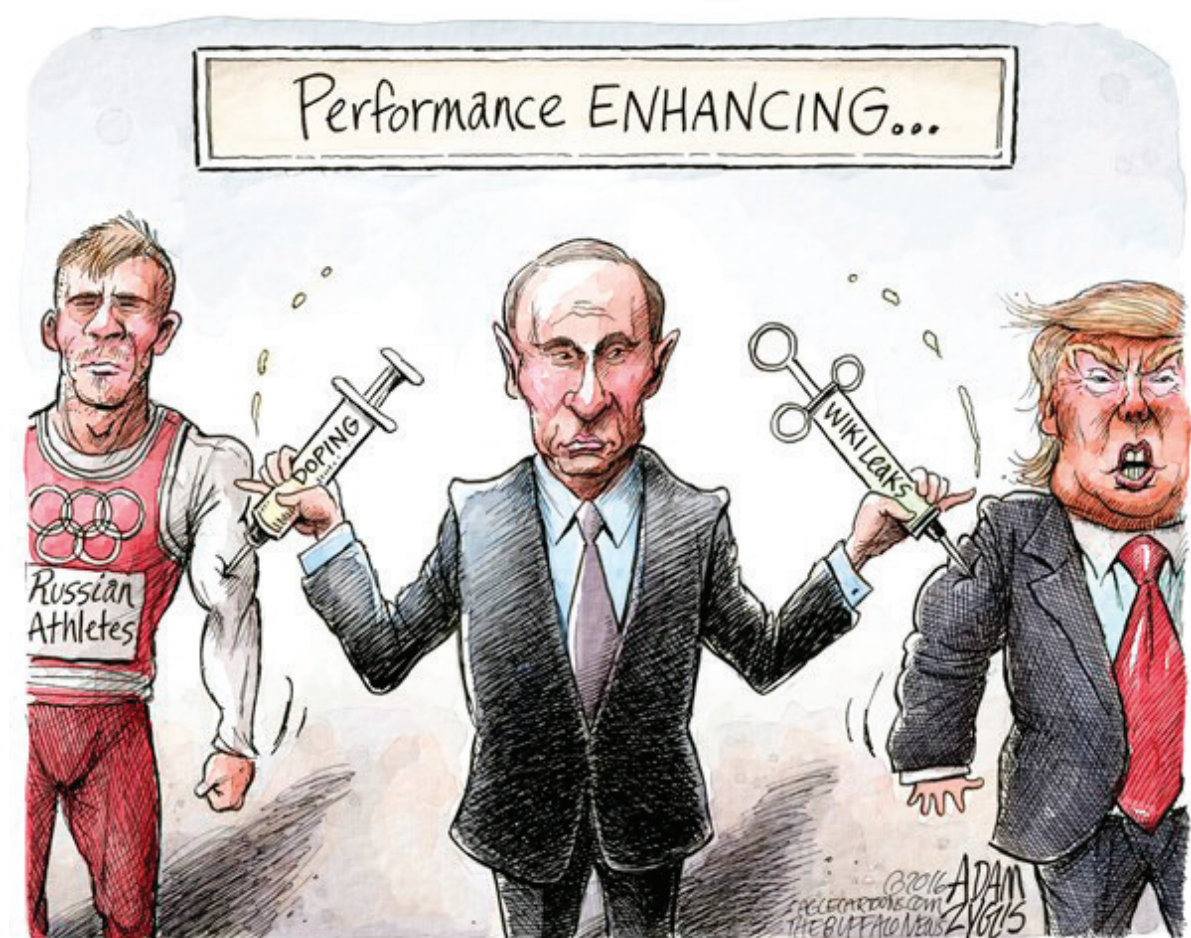
MOODY'S: CLINTON ECONOMY WOULD CREATE 10 MILLION JOBS

Hillary Clinton's plans for the economy would boost growth and create millions of jobs, according to a new analysis. Moody's Analytics estimates that if the Democratic presidential nominee's proposals are enacted, the economy would create 10.4 million jobs during her presidency, or 3.2 million more than

expected under current law.

The pace of GDP growth would also accelerate to an annual average of 2.7%, from the current forecast of 2.3%. "The upshot of our analysis is that Secretary Clinton's economic policies when taken together will result in a stronger U.S. economy under almost any scenario," Moody's writes in its report.

Moody's Analytics is an independent research group, providing essential insight for global financial markets



LEFT TURN/RIGHT TURN

DICK Polman



like "Lock Her Up." Instead, they simply whacked Donald Trump with substance throughout their four day convention in Philadelphia.

Take for instance New York congressman Joe Crowley, who assailed Trump for grabbing federal money that was intended to help small businesses crippled by 9/11. Crowley's indictment has the added advantage of being true.

"Where was Donald Trump in the days and months and the years after 9/11? He didn't stand at the pile, he didn't lobby Congress for help, he didn't fight for the first responders," Crowley noted. "Nope, he cashed in, collecting \$150,000 in government funds intended to help small businesses recover — even though days after the attack Trump said his properties were not affected."

One goal of the Democratic National Convention was to draw stark character contrasts between Hillary Clinton and Trump. Case in point, their divergent reactions after the planes leveled the towers.

Clinton, as a newbie senator, worked successfully on health legislation to address the needs of first responders who'd spent weeks breathing toxic PCBs. In '04, the responders staged a ceremony to thank her. Trump, on the other hand, did precisely what Crowley described. He made money off the attack.

This has been well-documented by the New York Daily News, and seconded by two conservative media outlets, Red State and The Weekly Standard. A state grant program was set up to help small busi-

nesses recover and rebuild. But because the rules were so loose, Trump and some big corporations jumped in. The state program defined "small business" as 500 employees or less; Trump, in his application, said that his building at 40 Wall Street had 28 employees. Voila, he got \$150,000 — even though, as he told German TV shortly after the 9/11, his property "wasn't, fortunately, affected by what happened to the World Trade Center."

Did he break any laws? Nope. Instead, as the conservative Weekly Standard wrote last winter, "through a loophole in the rules, Trump was able to squeeze \$150,000 of money from taxpayers."

Is this a character issue? Absolutely. As the Red State site wrote last winter — and it's great to see these conservative outlets in sync with a Democratic congressman — we're talking here about a despicable human being:

"This simply goes to Trump's sense of entitlement. If he wants your house for a limousine parking lot, well, he's entitled Support abortion and then expect to be believed when he changes his tune? Entitled. Money for small businesses affected by 9/11? Entitled. He took this grant money, and I'm sure he'd tell you that \$150K is chump change He didn't need it. But he wanted it."

And sure enough, Trump does think it's chump change. Two months ago, when The New York Times asked him about it, he described it as "this small amount of money." That's probably news to the median American household, which, according to the Census Bureau, posts an annual tally of \$54,000.

Still, the odds are high that compared to the many other faults and failures of the Republican presidential nominee, this episode of "Donald Trump, 9/11 Leech" will look like chump change.

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

MAKING SENSE by Michael Reagan

FORGIVING JOHN HINCKLEY

A federal judge has ruled that John Hinckley Jr., the mentally disturbed man who tried to assassinate my father 35 years ago, will be set free in about a week.

Many people, including members of my own family, think it's a terrible injustice that Hinckley, now 61, will be allowed to leave the mental hospital and live permanently with his elderly mother in Virginia.

I don't. Before I explain, I'd like to remind people of what my father said and did in the days following the events of March 30, 1981.

When I walked into his hospital room the next day and saw my wounded father, the first thing he said to me, after "Good morning," was "Michael, if you're ever going to be shot, don't be wearing a new suit."

What? I thought to myself. "Well, yesterday I was shot."

"I know, father. I know."

"Well, I was wearing a brand new suit I had just picked up the day before. And I'm telling you, if you're going to get shot don't be wearing a new suit."

"When I was on the gurney they cut that suit off me and the last time I saw it it was in shreds in the corner of my hospital room. That's what they do. They cut it off you."

My father was only half done with his story.

"That young man who shot me, John Hinckley Jr., I understand his parents are in the oil biz."

"Yes they are, Dad."

"I understand they live in Denver."

"Yes they do, Dad."

"Do you think they have any money?"

"Dad," I said, "they are in the oil business and live in Denver. Of course they have money."

My dad looked at me and said, "Well, do you think they'd buy me a new suit?"

Humor was my dad's way of making strangers feel comfortable in his presence. He was the same way with his family.

Before my father was well enough to go

back to the White House he did something completely serious. He said he had forgiven Hinckley.

Not only that, he wanted to go to meet Hinckley face-to-face and tell him that he had forgiven him.

Hinckley's doctors didn't think that was a good idea because Hinckley was too mentally unstable, so it never happened. But it proves, as I always like to say, that my father didn't just recite "The Lord's Prayer," he lived it.

A lot of people can't forgive Hinckley even today. They were shocked in 1981 when he was found not guilty by reason of insanity and they were angry when they found out he'd become eligible for release some day.

Because of Hinckley, the laws were changed. Today if you shoot at the president you stay in prison for life, no matter how crazy you are.

Over the years all of us in the families hurt by Hinckley have watched the courts and doctors slowly but surely release him through the mental health system.

Hinckley's not a threat to my family or anyone else's. But he's not totally free and never will be.

He may not have bars to look through, but he has his own type of jail. People will be watching him all the time. So will the Secret Service.

At first I was very upset and angry when Hinckley got off on the insanity defense. How could a person shoot the president of the United States and be allowed to ever have any freedom at all?

Fifteen years ago I was still angry. But 15 years later I want to be more like my father and have a forgiving heart, not an angry heart.

So at the same time John Hinckley has been set free, maybe I have been too.

Michael Reagan is the son of President Ronald Reagan, a political consultant, and the author of "The New Reagan Revolution" (St. Martin's Press).



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The following person(s) is (are) doing business as: MR. AKA, 111 N FAIRWAY LN, APT 31, WEST COVINA, CA 91791. Full name of registrant(s) is (are) TAMIR JORDAN GREEN, 111 N FAIRWAY LN, APT 31, WEST COVINA, CA 91791. This Business is conducted by: AN INDIVIDUAL. Signed: TAMIR JORDAN GREEN. This statement was filed with the County Clerk of Los Angeles County on 07/06/2016. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: Mountain Views News Dates Pub: July 09, 16, 23, 30, 2016

FICTITIOUS BUSINESS NAME STATEMENT File No. 2016-169011
The following person(s) is (are) doing business as: OPEN ACADEMY LOS ANGELES, 255 S. GRAND AVE. #1714, L.A., CA 90012. Full name of registrant(s) is (are) JIAH KIM, 255 S. GRAND AVE. #1714, L.A., CA 90012. This Business is conducted by: AN INDIVIDUAL. Signed: JIAH KIM. This statement was filed with the County Clerk of Los Angeles County on 07/06/2016. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 02/2016. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: Mountain Views News Dates Pub: July 09, 16, 23, 30, 2016

FICTITIOUS BUSINESS NAME STATEMENT File No. 2016-168532
The following person(s) is (are) doing business as: ORAD JOHNSON MUSIC, 665 W. ORANGE PATH ST., GLEN DORA, CA 91741. Full name of registrant(s) is (are) DARO BRIAN JOHNSON JR., 665 W. ORANGE PATH ST., GLEN DORA, CA 91741. This Business is conducted by: AN INDIVIDUAL. Signed: DARO BRIAN JOHNSON JR. This statement was filed with the County Clerk of Los Angeles County on 07/06/2016. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: Mountain Views News Dates Pub: July 09, 16, 23, 30, 2016

FICTITIOUS BUSINESS NAME STATEMENT File No. 2016-169922
The following person(s) is (are) doing business as: POPS, 3909 ROSECRANS, HAWTHORNE, CA 90250. Full name of registrant(s) is (are) EDUARDO NASER AGHIBAS, 4542 W. 140TH ST., HAWTHORNE, CA 90250. This Business is conducted by: AN INDIVIDUAL. Signed: EDUARDO NASER DAGHBAS. This statement was filed with the County Clerk of Los Angeles County on 07/07/2016. The registrant(s) has (have) commenced

to transact business under the fictitious business name or names listed above on N/A. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: Mountain Views News Dates Pub: July 09, 16, 23, 30, 2016

FICTITIOUS BUSINESS NAME STATEMENT File No. 2016-167894
The following person(s) is (are) doing business as: REDEEMED TAX AND INSURANCE, 2817 E VALLEY BLVD. UNIT 9C, WEST COVINA, CA 91792. Full name of registrant(s) is (are) LOUETTE BRIDGET CAMELO CAMELO PAVON, 2817 E VALLEY BLVD. UNIT 9C, WEST COVINA, CA 91792. This Business is conducted by: AN INDIVIDUAL. Signed: LOUETTE BRIDGET CAMELO CAMELO PAVON. This statement was filed with the County Clerk of Los Angeles County on 07/07/2016. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: Mountain Views News Dates Pub: July 09, 16, 23, 30, 2016

FICTITIOUS BUSINESS NAME STATEMENT File No. 2016-166322
The following person(s) is (are) doing business as: RIVAS UNLIMITED CARPETING, 1421 3RD AVE., L.A., CA 90019. Full name of registrant(s) is (are) PEDRO RIVAS, 1421 3RD AVE., L.A., CA 90019. This Business is conducted by: AN INDIVIDUAL. Signed: PEDRO RIVAS. This statement was filed with the County Clerk of Los Angeles County on 07/01/2016. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 01/1991. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: Mountain Views News Dates Pub: July 09, 16, 23, 30, 2016

FICTITIOUS BUSINESS NAME STATEMENT File No. 2016-167606
The following person(s) is (are) doing business as: SANAMLIANG THAI CUISINE, A/J & JINN, INC., 710 S INDIAN HILL BLVD., CLAREMONT, CA 91711. Full name of registrant(s) is (are) A/J & JINN, INC., 710 S INDIAN HILL BLVD., CLAREMONT, CA 91711. This Business is conducted by: A CORPORATION. Signed: AURAPIN J WATSON. This statement was filed with the County Clerk of Los Angeles County on 07/05/2016. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 06/2016. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: Mountain Views News Dates Pub: July 09, 16, 23, 30, 2016

FICTITIOUS BUSINESS NAME STATEMENT File No. 2016-170199
The following person(s) is (are) doing business as: STATEMENT, TREND THEORY, 100 CITADEL COR. ST. L.C. COMMERCE, CA 90040. Mailing address: 6244 OTIS AVE., BELL, CA 90201. Full name of registrant(s) is (are) TREND THEORY, INC., 6244 OTIS AVE., BELL, CA 90201. This Business is conducted by: A CORPORATION. Signed: ABDEL SAAB. This statement was filed with the County Clerk of Los Angeles County on 07/07/2016. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 07/2016. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a

Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: Mountain Views News Dates Pub: July 09, 16, 23, 30, 2016

FICTITIOUS BUSINESS NAME STATEMENT File No. 2016-170340
The following person(s) is (are) doing business as: SUBURBAN SONNY HANDI WORKS, 4829 FIR ST., PICO RIVERA, CA 90660. Full name of registrant(s) is (are) SANTIAGO GUTIERREZ, 4829 FIR ST., PICO RIVERA, CA 90660. This Business is conducted by: AN INDIVIDUAL. Signed: SANTIAGO GUTIERREZ. This statement was filed with the County Clerk of Los Angeles County on 07/07/2016. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: Mountain Views News Dates Pub: July 09, 16, 23, 30, 2016

FICTITIOUS BUSINESS NAME STATEMENT File No. 2016-168171
The following person(s) is (are) doing business as: SUPER HEROES T-SHOP, 3928 WALNUT ST. APT D, CUDAHY, CA 90201. Full name of registrant(s) is (are) ANGEL SEGURA, 3928 WALNUT ST. APT D, CUDAHY, CA 90201. This Business is conducted by: AN INDIVIDUAL. Signed: ANGEL SEGURA. This statement was filed with the County Clerk of Los Angeles County on 07/06/2016. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: Mountain Views News Dates Pub: July 09, 16, 23, 30, 2016

FICTITIOUS BUSINESS NAME STATEMENT File No. 2016-168780
The following person(s) is (are) doing business as: THE HAND OF GLORY, 165 W. COLDEN AVE., L.A., CA 90003. Full name of registrant(s) is (are) MALIKA LATI SHARIF, 165 W. COLDEN AVE., L.A., CA 90003. This Business is conducted by: AN INDIVIDUAL. Signed: MALIKA LATI SHARIF. This statement was filed with the County Clerk of Los Angeles County on 07/06/2016. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: Mountain Views News Dates Pub: July 09, 16, 23, 30, 2016

FICTITIOUS BUSINESS NAME STATEMENT File No. 2016-169569
The following person(s) is (are) doing business as: VIVA LA MUSICA ENTERTAINMENT, VIVA LA MUSICA PUBLISHING, 1217 E. 109TH ST., L.A., CA 90059. Full name of registrant(s) is (are) VIVA LA MUSICA, LLC, 1217 E. 109TH ST., L.A., CA 90059. This Business is conducted by: A LIMITED LIABILITY COMPANY. Signed: DAVID S. DIAZ MARISCAL. This statement was filed with the County Clerk of Los Angeles County on 07/07/2016. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: Mountain Views News Dates Pub: July 09, 16, 23, 30, 2016

FILE NO. 2016-166336
STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME

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The following person(s) ANA DE LA CRUZ GONZALEZ, 620 S LOCUST CIR., COMPTON, CA 90221, has/have abandoned the use of the fictitious business name: ANALEXA'S RENTAL & DECOR, 620 S. LOCUST CIR., COMPTON, CA 90221. The fictitious business name referred to above was filed on 07/16/2015, in the county of Los Angeles. The original file number of 2015187030. The business was conducted by: AN INDIVIDUAL. This statement was filed with the County Clerk of Los Angeles on 07/01/2016. The business information in this statement is true and correct. (A registrant who declares as true information which he or she knows

to be false, is guilty of a crime.) SIGNED: ANA DEL LA CRUZ GONZALEZ/OWNER. Publish: Mountain Views News Dates Pub: July 09, 16, 23, 30, 2016

FILE NO. 2016-169889
STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME
The following person(s) LOUETTE PAVON, 11430 SOUTH ST., CERRITOS, CA 90703, has/have abandoned the use of the fictitious business name: ML TAX AND INSURANCE, 11430 SOUTH ST., CERRITOS, CA 90703. The fictitious business

name referred to above was filed on 06/28/2013, in the county of Los Angeles. The original file number of 2013135418. The business was conducted by: AN INDIVIDUAL. This statement was filed with the County Clerk of Los Angeles on 07/07/2016. The business information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false, is guilty of a crime.) SIGNED: LOUETTE PAVON/OWNER. Publish: Mountain Views News Dates Pub: July 09, 16, 23, 30, 2016



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