



# Mountain Views News

Sierra Madre

Arcadia

Pasadena

Altadena

Duarte

Monrovia

SATURDAY, JUNE 17, 2017

VOLUME 11 NO. 24

## FATHER ROGER WOOD, A TRUE SIERRA MADRE TREASURE, PASSES AWAY



The Reverend Canon Roger H. Wood died at home on Wednesday, June 14, 2017. Father Wood was born in Pasadena on November 9, 1923 and was baptized at Church of the Ascension, where he had a strong family legacy; his family had donated the land on which the church stands. Father Wood served in the U.S. Navy during World War II as an officer aboard a landing ship, then earned a bachelor's degree at Stanford University in 1948. He also earned a law degree from Stanford, and became a member of the California state bar. He worked in Sacramento for the state legislature's legal bureau, where his former Stanford classmates and colleagues included future U.S. Supreme Court Justices William Rehnquist and Sandra Day O'Connor. He also did graduate work at the London School of Economics.

Discerning a call to the priesthood, he attended the Church Divinity School of the Pacific, earning a bachelor of divinity degree in 1957. He was ordained to the diaconate June 29, 1957, and to the priesthood on Dec. 21 of that year.

He served at St. Francis' Church in Moab, Utah, then a missionary district, from 1957 to 1960, left for a brief stint at a congregation in Pennsylvania, then returned to Utah as rector of St. Mary's Church in Provo. He also served the Utah diocese as chair of its Christian education department.

In 1966 he was called as associate priest at Church of the Epiphany, Los Angeles. In 1973, upon the retirement of the Rev. John Luce, he was called as rector, serving until 1982. He returned briefly to law practice with the Legal Aid Society of Los Angeles County before becoming chaplain of The Episcopal Home (later known as The Kensington, now closed) in 1988. He retired in January 1995 and returned to his home parish of Ascension where he served as an assistant until 2005, continuing thereafter as a member. He also served for many years on the board of the Sierra Madre Pioneer Cemetery.

At the time Father Wood served at Epiphany, it was known as the Parish of East Los Angeles and included the mission congregations of St. Bartholomew's in El Serena and The Redeemer in Boyle Heights (both later united with Epiphany). Then as now, the congregation carried out an active ministry to the Latino community, and was a center of the Chicano movement during Father Wood's tenure. Father Wood was a close associate of Cesar Chavez and Delores Huerta. In recognition of Father Wood's long service to the community, Bishop J. Jon Bruno named him an honorary canon of the Cathedral Center in 2007.

Over the years, Father Wood wrote several opinion articles for The Episcopal News. In one of these, written in 1979, he evoked the tension between St. Peter and St. Paul who, he said, based on Paul's letter to the Galatians, "flirted with schism" over the question of circumcision. However, he noted, the two leaders agreed "that we should remember to help the poor." Father Wood wrote:

"Concern for the poor is something worth having a fight about -- even to and beyond the point of schism! The agreement 'that we should remember to help the poor' keeps me in community, figuratively if not literally, with all sorts of Anglicans, Roman Catholics, Protestants, Jews, Unitarians and Humanists. (I fail to mention Muslims, Buddhists and Hindus only for lack of experience.) On the other hand, I can feel deep alienation and separation from a sister or brother Episcopalian for whom 'the poor' are at best a casual concern or at worst vaguely defined as to include anyone with a material, psychological or spiritual need. If we are going to have a schism, let's have one about the right thing. Peter and Paul had their priorities straight: agree to disagree about circumcision, but about the poor ... never!"

Funeral services are scheduled for Wednesday, June 21 at 10 am at the Church of the Ascension. Burial will follow immediately in the Sierra Madre Pioneer Cemetery. A reception will be held back at the Church of the Ascension.

### SIERRA MADRE POLICE DEPARTMENT LAUNCHES FACEBOOK PAGE

The City of Sierra Madre Police Department is pleased to launch its new Facebook social media page in an effort to stay connected to the community and keep residents informed on current issues regarding public safety. Chief of Police Joe Ortiz continues to make community partnerships and technology top priorities. The new Facebook page will enable the SMPD to post matters of public interest concerning the Police Department's programs, activities, news

stories, photos, and enable members of the public to comment on those posts.

The Department's intent is to create a limited forum devoted exclusively to its postings from the public relevant to the subject matter of the post they are responding to.

In addition to the new Facebook page the SMPD also uses Twitter (@SierraMadrePD) and the Department website as media outlets. Check back for the Sierra Madre Department of Library and Community Services social media page launching later this year. Please Click Here to visit the Sierra Madre Police Department Facebook Page.

###

## SACRAMENTO COMES TO THE CITY



California State Senator Anthony Portantino met with the Sierra Madre City Council and city staff for a special council meeting on Friday morning at Coru Restaurant in Sierra Madre. Among the items on the agenda was the current status of the 710 Freeway. Photo courtesy City of Sierra Madre.



SIERRA MADRE HISTORICAL PRESERVATION SOCIETY presents its

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## Weather Wise

6-Day Forecast Sierra Madre, Ca.

<b>Sun</b>	Sunny	Hi 70s	Lows 50s
<b>Mon:</b>	Sunny	Hi 70s	Lows 50s
<b>Tues:</b>	Sunny	Hi 80s	Lows 60s
<b>Wed:</b>	Sunny	Hi 90s	Lows 60s
<b>Thur:</b>	Sunny	Hi 90s	Lows 60s
<b>Fri:</b>	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 June 27, 2017  
6:30 pm

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

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

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

Your event must:

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

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



### SIERRA MADRE CITY MEETINGS

Regular City Council Meeting  
Tuesday, June 27, 2017,  
6:30 pm

Can't make it to the meeting, but still want to share your thoughts? You can mail or drop off a written statement to City Hall or email [cityofsierramadre.com](mailto:cityofsierramadre.com) before 30 the night of the meeting and your statement will be delivered to all the Council Members. Sierra Madre City Hall 232 W. Sierra Madre Blvd. Sierra Madre, CA 91024 (626) 355-7135

City Council  
June 27, 2017 at 6:30 pm

Planning Commission  
June 15, 2017 at 7:00 pm

Community Service Commission  
June 19, 2017 at 6:30 pm

Senior Community Commission  
July 6, 2017 at 3:00pm

Library Board of Trustees  
June 28, 2017 at 7:00 pm

Energy, Environment, and Natural Resource Commission  
June 21, 2017 at 7:00 pm



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**Scholarship Awards**

**SMWC gave**

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Journey House a total of \$7,000 in  
Scholarship Awards  
May 10, 2017**

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[GFWCSierraMadreWomansClub.org](http://GFWCSierraMadreWomansClub.org)

Facebook/SierraMadreWomansClub 355-4379

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### LUNCH WITH KIWANIS.... BE A MEMBER FOR A DAY

Tuesday, June 13, 2017

### EMERGENCY COMMUNICATIONS

Guest Speaker: Allen Wolff

Meetings are held at The Lodge  
33 E. Sierra Madre Blvd., Sierra Madre, Ca.

Lunch begins at Noon and is \$10.  
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## SIERRA MADRE 4TH OF JULY PARADE ENTRIES OPEN NOW!

Parade Registration is also OPEN now through June 1. If you'd like to enter this hometown event, as an organization or business or individual group featuring community members, organizations, classic cars, a marching band, kids on their decorated bikes and so much more. Join us for the 2017 parade on July 4, from 10:00am - 12:00 pm. The parade route will begin at the corner of Sierra Madre Blvd. and Sunnyside Avenue, and will travel the length of Sierra Madre Blvd. to Sierra Vista Park.

Parade participation is open to all; young, young-at-heart, and everything in between. There is NO FEE to participate in the parade thanks to Official Sponsor of the 2017 Parade a The Kensington. The Kensington-Sierra Madre is an assisted living and memory care residence in the heart of Sierra Madre. The committee and community join us in thanking them for their partnership this year as we work together

to bring the community and outstanding All-American Celebration.

Parade registration is now open and all applications must be submitted by Thursday, June 1st. Due to staging concerns, no late entries will be accepted. Please make sure to fill out all fields and hit the submit button!

For questions regarding parade registration please contact the 4th of July Committee at [4thofjulysiemramadre@gmail.com](mailto:4thofjulysiemramadre@gmail.com) or the Community Services Department at 626.355.7135

Remember that registration closes June 1st. Due to staging concerns, no late entries will be accepted. To register visit our website at <https://sierramadre4thofjuly.wordpress.com/>

For more information on all of the 4th of July Festivities, please visit [www.sierramadre4thofjuly.com](http://www.sierramadre4thofjuly.com).

## SIERRA MADRE 4<sup>TH</sup> OF JULY SPERO FOUNDATION 7<sup>TH</sup> ANNUAL FIRECRACKER 5K FUN RUN JULY 4, 2017 ★ 8:00AM

The Firecracker Fun Run is a 5K for entire family to enjoy  
Show your support for the **STARS & STRIPES**

Welcome to runners of all ages- Unofficial time clock.  
Walkers with dogs and strollers are welcome as well.  
Check in from 7:00 am - 7:45 am in Kersting Court

Registration is open **NOW** at City Hall. Register prior to June 15<sup>th</sup> for a guaranteed T-shirt.

Adults - \$ 23.00 or Youth under 10 - \$ 18.00  
All participants are \$ 25.00 after June 15<sup>th</sup>

Also register online at:

<https://apm.activecommunities.com/sierramadre>

Fourth of July Website: [www.sierramadre4thofjuly.com](http://www.sierramadre4thofjuly.com)



### The Amazing Patsy Cline Performed by Cori Kidder

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## Walking Sierra Madre...The Social Side

by Deanne Davis



"Faubourg: A suburb or quarter outside a French city!"

Unless, of course, you are speaking of Sierra Madre's very own Faubourg French Restaurant, formerly Zugo's. Faubourg is the creation of Chef Anthony Bar, coaxed in by owner, Ricky Budiono, to transform this popular local restaurant into a thing of beauty, joy, and amazingly fresh dishes with a true French flavor.

Chef Anthony is originally from Lille, a city in northern France, in French Flanders near France's border with Belgium, so when we speak of a French chef, he really is one! Starting work in the kitchen with his father when he was just 15, Chef Anthony worked and studied six years in France, including four years of Culinary school, and, yes, some French chefs do indeed yell at their students just like Gordon Ramsey. With so many skills and so much talent at the ready, he began to travel with an eye on the goal of broadening his experience and knowledge of perfectly prepared food. Always looking for new tastes and flavors to add to his considerable French background, he covered a great deal of territory including the Caribbean, Belgium, Spain, Germany and ended up in Austin, Texas! "I love Texas," he says, mentioning the music scene there and his work at La Maison French Restaurant in Georgetown, just outside Austin, and now he loves California, "skiing, sun, and the produce!"

So! How did Chef Anthony arrive in Sierra Madre? Ricky Budiono, owner of Faubourg, has been wanting to make exciting changes to his restaurant (Zugo's), right here on Sierra Madre Blvd., for some time now and has been calling Chef Anthony. Three weeks ago, it was decided that Anthony would be the spirit...actually, the heart of Faubourg and, friends and neighbors, he is well and truly qualified to bring the heart of freshness, quality, and beautiful food lovingly prepared from scratch! Nothing frozen, nothing prepared, Anthony even blends his own mayonnaise, catsup and other condiments. He has found that place in Los Angeles on Spring Street where all the best restaurants and hotels buy their seafood, which is the freshest possible. And the produce! Chef Anthony waxed eloquent about carrots and mushrooms and his plan to serve the freshest seasonal goodies, like this one: Housemade lobster ravioli, creamy lobster bisque and wild mushrooms. Now I ask you, doesn't that sound incredible. How about this one: Tarte Aux legumes: Croquant (French for crisp) vegetables, yellow and red baby beets, goat cheese crumble, pickled carrots, radish, watermelon radish, onion marmalade in puff pastry. With eyes shining, he lovingly described his rack of lamb with plum sauce, making our mouths,

mine and my restaurant reviewer buddy, John's, water.

Wisely making his way down the street to Taylor's Meat Market, Chef Anthony found all the bones needed to make his special demi-glace sauce. Again, fresh, fresh, fresh! Not only that, but all the breads and buns on the menu are made right there at Faubourg. Starting with a basic menu, he plans to make frequent changes, introducing new dishes and, of course, seasonal goodies. There are already folks who are dining at Faubourg for both lunch and dinner every day and Anthony's goal is to create a delicious experience with every dish every time. French pastries are also on the way!

Arriving daily at about 7 a.m. to prep for the day, and leaving around 10 p.m. or so doesn't leave much time for a life for this exceptionally fit young (31) chef. Married to another chef, California girl, Shawna, who is a fitness-personal chef, and living in downtown Los Angeles, doesn't leave much free time, but when you love what you do as much as Anthony does, that's just a detail. French cooking is different now from the Julia Child days... lighter, fresher. No longer centered on escargot and garlic butter, he said, curling his lip slightly, and real onion soup is nothing like that dish so frequently served with a pound of cheese melted on top. He feels strongly that training of staff is essential. Focus is a necessity and common sense rules in the kitchen. Each dish must be created exactly the same way every time. There is nothing in the kitchen that Chef Anthony hasn't mastered and we will be the ones who benefit from his years of training and schooling.

Chef Anthony praised the wine choices that Ricky has made and suggests coming in for a glass of excellent wine and staying for a delicious bite to eat, stressing that his menu will always feature dishes that you simply can't get at home.

Lunch at Faubourg is daily from 11:30 a.m. to 4:00 p.m., followed by dinner from 5 p.m. to close. The address: 74 W. Sierra Madre Blvd. You have to try it. We love it already! Faubourg!

My book page: Amazon.com: Deanne Davis

Blog: www.authordeanne.com

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## FREE LAWN CONCERT

Saturday, June 17, 2017 7:00 p.m.

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Big Band Theory is composed of musicians affiliated with Jet Propulsion Laboratory (JPL) in Pasadena. The band features selections from the swing era, with a dose of 50's Sinatra and 60's hipsters.

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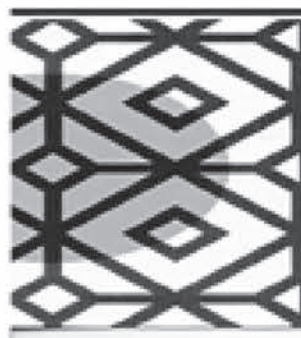


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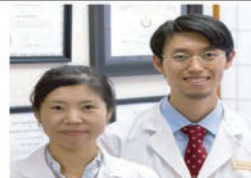
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## WHAT'S A DOGGIE TO DO?

We have had such a mild and mellow spring, for a minute there I almost forgot just how hot it could get in our neck of the woods. But, just as it does every year during the summer months, the heat has returned with a vengeance and we pup lovers find ourselves, yet again in a quandary as to what to do to keep it cool with our furry four-legged friends.

There are numerous activities in Southern California you can participate in along with the family dog, to help keep your mind off the heat. The trick is finding which activities best suit your own personal preference and at the same time, best accommodate the physical and social comfort level of your beloved best friend.

This past week, I did a little research and came up with a list of local dog-friendly outings, as well as a few less-local pet-friendly getaway ideas, all specifically designed with you and your canine in mind.

Adventure Dog LA offers pack walks for you and your dog to join other teams like yourselves on a trail hike in the local hills. Owner and trainer, Will Hathaway gives free training tips along the way and it's a great way to spend a day exercising and socializing your pet, and yourself for that matter! [adventuredogla.com](http://adventuredogla.com); 541-520-6748

Hermon Park is an off-leash dog park adjacent to the historic Arroyo Seco in northeast Los Angeles. The park has two fenced areas, one for large dogs and one for small, elderly and disabled dogs. Facilities include a double-gated entrance, trees, benches, and water dispensers for the dogs. The park is open daily from dawn to dusk. 5568 Via Marisol, Los Angeles; 323-255-0370.

Angel City Brewery in downtown LA specializes in craft beer, and they welcome dogs to join their humans in nearly every area of the pub with the exception of the brewing area. Just abide by the basic rules - keep your dogs leashed at all times and clean up after them. 216 Alameda St., Los Angeles; 213-622-1261

The Grove in Los Angeles is the ultimate destination for entertainment. The Grove offers shopping, dining and enjoyment in a pet-friendly (and child-friendly) atmosphere. Also check out the adjacent park and historic farmers market! 189 The Grove Dr., Los Angeles; 888-315-8883

If you prefer to cool your paws (and feet) at the beach, here are a few dog-friendly spots that are close enough to include in a day trip: Rosie's Dog Beach 5000 E. Ocean Blvd., Long Beach 562-

570-3100; Huntington Dog Beach 100 Golden West St., Huntington Beach 714-841-8644; Arroyo Burro Beach (aka Hendry's Beach) 2981 Cliff Dr., Santa Barbara 805-687-3714.

If you're looking for a great getaway for more than a day where your precious pup will be equally welcome, San Diego County is one of the most pet-friendly destinations on the west coast and with a mere 2-hour journey from here to there, it's a must-do for us dog-loving Sierra Madreans. Here are a couple of hot dog spots in No. SD County.

Cardiff State Beach North is a sweet seaside spot that allows dogs on leash from dawn to dusk. If your pup loves the water and you are looking for a beautiful beach to enjoy together, this is it. Located 1 mile south of Cardiff on Old Highway 101, it's a fabulous place for you and your pup to keep it cool in the heat. If you plan to sleep over, Cardiff by the Sea Lodge comes recommended. With reasonable rates and awesome accommodations, they will make you and your furry four-footers welcome throughout your stay.

Maggie Houlihan Memorial Dog Park is a two-acre space dedicated to dogs and dog lovers in Encinitas Community Park. There's a show circle, a large turf area and separate off-leash fenced areas for large dogs, small dogs and shy dogs. Open 5am-10pm, this park has everything you'll need including benches, water stations and bags for your best bud's droppings. 425 Santa Fe Dr., Encinitas.

Now in case you're one of those folks who've yet to find the perfect pet to spend leisurely time with, you may want to visit the Pasadena Humane Society for FREE ADOPTION DAY on Thursday June 22, 9am to 5pm. On this special day, adoption fees for all available pets - including dogs, cats, rabbits, birds and reptiles - will be sponsored by Carol Ann Kirby at no cost to you. You can check out their adoptables at [pasadenahumane.org/pets](http://pasadenahumane.org/pets)

Enjoy the summer months with your darling dogs. Have lots of fun and remember to be careful in the sun. Love and let live!

## Happy Tails

by Chris Leclerc



## HEALTHY LIFESTYLES

THE JOY OF YOGA  
WISDOM & COURAGE

There's a lovely prayer I use often, "God grant me the serenity to accept the things I cannot change, courage to change the things I can, and the wisdom to know the difference."

It's such a complete picture and remedy for almost any trouble. The words courage and wisdom always have an impact. Both play a huge role in our progress as yogis on the path. There are many who practice yoga solely for the the physical benefits; but most practitioners do seek the opportunity for greater development that yoga offers.

My teacher Yogarupa Rod Stryker, states, "the single hardest yoga practice is the same for everyone. It's called change." Evolving and transforming isn't easy and nor is the path always clear. Courage is an essential ingredient in not only implementing change, but sustaining the effort. Remember, courage is not fearlessness, it's taking actions in the face of fear. You may have had to summon the courage to attend your

first yoga class, or chose to take a risk that benefitted the greater good. There are many experiences of courage in life, big and small.

What we fall back upon is wisdom and resolve. Wisdom comes from many sources: pivotal texts, wise and truthful people, and straight from divinity. Often, it's the inner wisdom that provides the clarity and stamina we need to proceed forward. There's no comfort quite like knowing we're on the right path in the midst of challenging circumstances. As courage and wisdom become cornerstones of practice, self-empowerment follows.

Explore your yoga practice on the mat and through self inquiry. You'll most likely uncover courage and wisdom you did not know you possessed. Feel free to email me at [keely@yogamadre.com](mailto:keely@yogamadre.com) with questions and inquiries.

Namaste,  
Keely Totten,  
E-RYT 500,  
Teacher at Yoga Madre

## THE MISSING PAGE

## Real Life Tips from Life's Instruction Manual



When I travel, I note that each community has a space dedicated to spirit. Often they are the most opulent and ornate edifices of the city. Historical markers of time and the buildings are representative of the finest artisans of the period.

In countries with a monarchy, grand mausoleums are erected to honor dead royalty, military or political leaders.

Mosques sometimes become cathedrals. Cathedrals can become monasteries.

Temples or Mosque  
Sanctuary or Synagogue  
Basilica or Abbey  
Sanctuary or Chapel

These houses of worship are symbols of spirit. They are not God itself, and God is everywhere it cannot be contained.

Dynasties end, rulers are overthrown, empires are broken. Everything changes.

It doesn't matter if we worship in a temple or a building with the tallest minaret, or the biggest dome. It doesn't prove a thing.

It doesn't matter if one, in life, is addressed as your Honor, your Majesty, Sir or Dame; we are all going to die.

What is important is how we treat people while we are living and the good we do on a day to day basis.

We may not build great monuments or have a title or letters of distinction behind our name.

We can all live our very best life while we are here.

What we all can do is be kind and care for each other.

Be still and know.

A relationship with the Divine is personal and need not be displayed. To the extent that religious buildings serve to emphasize the need an intermediary, they do a spiritual disservice to each of us.

Don't be fooled into believing a false duality. We are one with Spirit.

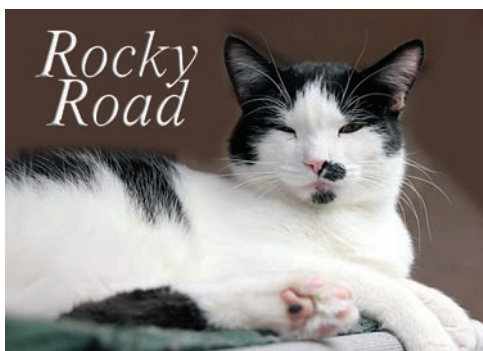
We are unique emanations of Spirit.  
Be still and know. All is well.

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and includes spay 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 Rocky Road. 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 Rocky Road, please stop by any time from 10:30am to 4:30pm Tuesday through Sunday. Website: [www.sgvhumane.org](http://www.sgvhumane.org). ID#5330

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## BEST BICYCLES FOR AGING BABY BOOMERS

Dear Savvy Senior,  
My husband and I are interested in getting a couple of bicycles for leisurely exercise and fun, and would like to get your recommendation. We're both approaching 60 and are a little overweight, and it's been a while since we rode.

Easy Riders

Dear Easy,

If you're interested in leisurely, recreational riding for fitness and fun, a great option is a "comfort bike," which is very popular among baby boomers. Here's what you should know about this option, along with some tips to help you shop and choose.

Comfort Bikes

A comfort bike is a style of bicycle that's easy on an aging body because it lets you ride in a more comfortable upright position. These bikes have high handlebars so you don't have to hunch over, which eases lower-back strain and reduces pressure on the wrists and hands. They also come with wide tires for a smooth ride, offer fewer gears, and have soft, wide seats to eliminate saddle soreness.

Most comfort bikes also come with shock-absorbing forks and seat posts for additional comfort. And some offer unique design features like an ultra low step-over bar that makes getting on and off easy for people with limited flexibility (like the Biria Easy Boarding at Biria.com), or the "flat-foot" design offered by many manufacturers where the pedals are moved forward, away from the seat. This allows you to get a full-leg extension when you pedal, but keeps the seat in a lower position so when you're stopped, you can put your feet down flat on the ground while seated, which is a great safety feature for older riders.

Most major manufacturers including Electra, Sun, Raleigh, GT, Giant, and Trek all make a line of comfort bikes that costs between \$300 and \$800 or more depending on its features.

Shopping Tips



To find a quality comfort bike, your best option is to find a good bike shop in your area. Bikes from big box stores, like Walmart and Target, are mass-market bikes that may be less expensive, but the quality isn't as good and they're typically seven to eight pounds heavier. They also come in only one size, so you're not likely to get a great fit.

Before you buy any bike, be sure you take it for a test ride first to ensure that the seat and fit of the bike is comfortable, the brakes and shifters are easy to use, the gears can go low enough for climbing hills, and the frame and suspension adequately smooth the bumps.

Recumbent Bikes

If the comfort bikes don't meet your needs, another popular style among older riders is a recumbent bike. These are the low-to-the-ground, stretched-out frame bikes with La-Z-Boy style seats that allow you to recline with your legs positioned in front of you.

Recumbent bikes are very comfy, easy on the back, arms and shoulders, and aerodynamic which make them ideal for long rides. The disadvantages, because they are low-to-the-ground, they can be harder to balance and maneuver, and are more difficult for other vehicles to see.

If you worry about falling or want more stability when you ride consider a three-wheel recumbent trike. See SunSeeker.bike and TerraTrike.com for a nice variety, but be aware that recumbent bikes are more expensive, typically ranging between \$1,000 and \$2,500.

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! ...June Birthdays\*



Joanne Thrane, Nellie Haynes, Dorothy McKay, Theresa Daley, Donna Doss, Mary Carney, Carol Handley, Marilyn McKernan, Pat Fujiwara, John Shier, Beth Smith-Kellock, Ann Disbrow, Joan Ellison, Anne Montgomery, Trini Ornelas, Martha Spriggs, Pat Starkey, Kathleen Coyne, Suzanne Decker, Jacque Persing, Jeanne Peterson and Grace Sanders

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

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



**Hawaiian & Polynesian Dance Class:** Every Tuesday morning from 10a.m. to 11a.m. Join instructor Barbara Dempsey as she leads you in the art of Hula.

**Bingo:** Every Tuesday beginning at 1:00p.m. Cards are only \$0.25 each! Everyone is welcome to join. May be canceled if less than five people.

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

**Brain Games: Thursdays,** 10:30a.m. to 11:30a.m., improve your memory and strengthen your brain. Activities facilitated by Senior Volunteers.

**Free Legal Consultation:** Wednesdays from 10:30a.m. to Noon. Attorney Lem Makupson is available for legal consultation. He specializes in Family Law, Wills, Trusts, Estates, and Injury. Appointments are required by calling 626-355-7394.

**Senior Club:** Meets every Saturday at the Hart Park House Senior Center. Brown Bag Lunch at 11:30a.m.

**Tax Assistance:** Every Wednesday beginning on February 1st through April 12th from 1:00p.m. to 2:00p.m. - Don Brunner is available for income tax consultation. Appointments are required by calling 626-355-7394.

**Chair Yoga:** Mondays and Wednesdays from 11:00 to 11:45a.m. with Paul Hagen. 3rd Monday of each month, a variety of balance exercises are practiced. All ability levels are encouraged and welcomed!

\*A suggested donation of \$5 at one of the classes is requested, but is not required.

**Case Management:** 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 Hart Park House Office at 626-355-7394.

**Birthday Celebrations:** Every 2nd Thursday of the month at the Hart Park House, share some free birthday cake provided by the Sierra Madre Civic Club.

**Game Day:** Every Thursday starting at 12:00p.m. Come join this group of Seniors in a poker game. Other games are offered to all. Please note time change.

**Free Strength Training Class:** Every Friday from 12:45p.m. to 1:30p.m. with Lisa Brandley. This energetic class utilizes light weights for low impact resistance training. All class materials are provided.

**Stress, Resilience, Positivity: Finding Balance** - by The Kensington Sierra Madre Four Tuesdays, March 7 - 28th from 2:00 - 4:00p.m. Register by calling 213-821-6919 or 213-821-6908.

## SEASONAL FUN AT THE SENIOR CENTER

Thursday, May 25th from 10:30a.m. – 11:30a.m. at the Hart Park House!

Just in time for spring! Join us in making a silk flowers planter. All supplies will be provided. Let's get creative... Please call the Hart Park House, 626-355-7394, to make your reservations.

Invite your friends and family for some arts and crafts fun and take home your planters for the season



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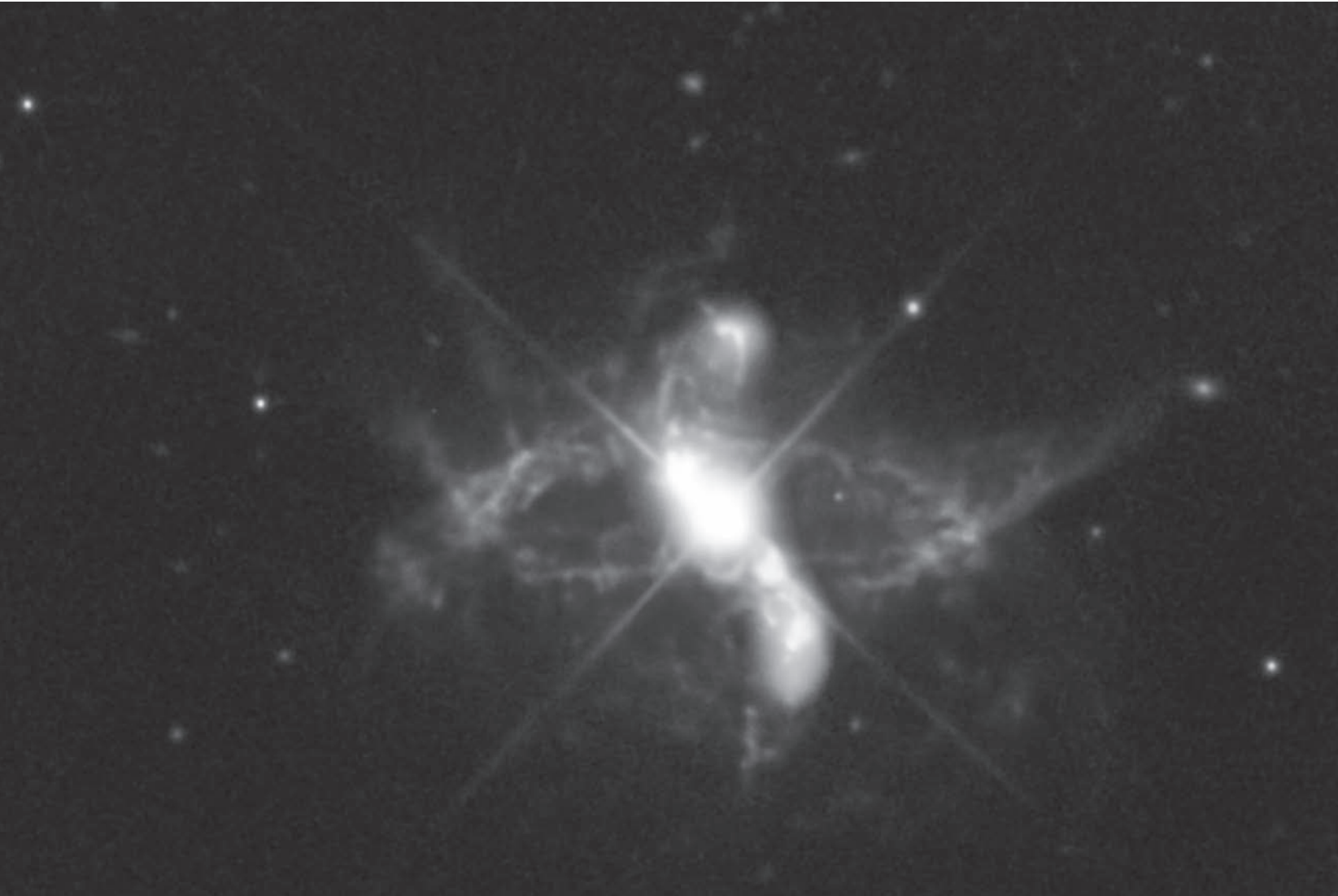
In biology, “symbiosis” refers to two organisms that live close to and interact with one another. Astronomers have long studied a class of stars—called symbiotic stars—that co-exist in a similar way. Using data from NASA’s Chandra X-ray Observatory and other telescopes, astronomers are gaining a better understanding of how volatile this close stellar relationship can be.

R Aquarii (R Aqr, for short) is one of the best known of the symbiotic stars. Located at a distance of about 710 light-years from Earth, its changes in brightness were first noticed with the naked eye almost a thousand years ago. Since then, astronomers have studied this object and determined that R Aqr is not one star, but two: a small, dense white dwarf and a cool red, giant star.

The red giant star has its own interesting properties. In billions of years, our Sun will turn into a red giant once it exhausts the hydrogen nuclear fuel in its core and begins to expand and cool. Most red giants are placid and calm, but some pulsate with periods between 80 and 1,000 days like the star Mira and undergo large changes in brightness. This subset of red giants is called “Mira variables.”

The red giant in R Aqr is a Mira variable and undergoes steady changes in brightness by a factor of 250 as it pulsates, unlike its white dwarf companion that does not pulsate. There are other striking differences between the two stars. The white dwarf is about ten thousand times brighter than the red giant. The white dwarf has a surface temperature of some 20,000 K while the Mira variable has a temperature of about 3,000 K. In addition, the white dwarf is slightly less massive than its companion but because it is much more compact, its gravitational field is stronger. The gravitational force of the white dwarf pulls away the sloughing outer layers of the Mira variable toward the white dwarf and onto its surface.

Occasionally, enough material will accumulate on the surface of the white dwarf to trigger thermonuclear fusion of hydrogen. The release of energy from this process can produce a nova, an asymmetric explosion that blows off the outer layers of the star at velocities of ten million miles per hour or more, pumping energy and material into space. An outer ring of material provides clues

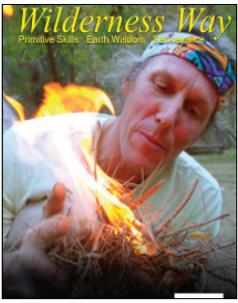


to this history of eruptions. Scientists think a nova explosion in the year 1073 produced this ring. Evidence for this explosion comes from optical telescope data, from Korean records of a “guest” star at the position of R Aqr in 1073 and information from Antarctic ice cores. An inner ring was generated by an eruption in the early 1770s. Optical

data (red) in a new composite image of R Aqr shows the inner ring. The outer ring is about twice as wide as the inner ring, but is too faint to be visible in this image.

Since shortly after Chandra launched in 1999, astronomers began using the X-ray telescope to monitor the behavior of R Aqr, giving them a better

understanding of the behavior of R Aqr in more recent years. Chandra data (blue) in this composite reveal a jet of X-ray emission that extends to the upper left. The X-rays have likely been generated by shock waves, similar to sonic booms around supersonic planes, caused by the jet striking surrounding material.



CHRISTOPHER Nyerges

REMEMBERING MY FATHER

*[Nyerges is the author of “Til Death Do Us Part?”, a series of stories describing how he and his wife attempted to deal with death in an uplifting manner. The book is available on Kindle, or from School of Self-reliance, Box 41834, Eagle Rock, CA 90041 or [www.ChristopherNyerges.com](http://www.ChristopherNyerges.com).]*

When my father’s 80th birthday coincided with Father’s Day some years ago, I wrote a pictorial booklet for my father which outlined key aspects of our life together. It was my way of thanking my father. My wife Dolores and I went to his home after the wild cacophonous family gathering had ended. We didn’t want an audience in an atmosphere of laughter, sarcasm, and possibly ridicule. I only wanted to share the thank you story with my father in a somewhat serious atmosphere.

Dolores and I brought some special foods, put on some music, and I began my short presentation beginning with my earliest significant memories. I shared with him my memories of how he told me I would be an artist when I grew up. He always told me to put my bike and toys away, so “the boogeyman” wouldn’t steal them. As I grew older, I learned that the world was indeed full of very real “boogeymen” and my father attempted to provide me with ways to protect myself against these unsavory elements of life.

I recalled to my father, while my mother and Dolores listened on, the birthday party adventures, getting hair cuts in the garage, and how my father tolerated my interest in mycology and wild edibles.

Everyone found the recounting amusing, even funny, but there were also tears mixed with the laughter. As with most memories, some things my father recalled quite differently from me, and some he didn’t recall at all. Some things that I saw as life-and-death serious, he saw as humorous, and vice versa.

But above it all, I felt I’d finally “connected” with him at age 80 in a way that I’d never managed to do before. My “fathers day card” wasn’t pre-made by a card company, but consisted of my own private and secret memories that I shared with him. I managed to thank him for doing all the things that I took for granted – a roof over my head, meals, an education, a relatively stable home.

Of course, all our family members – “insiders” – knew that my father was no saint. But I was at least acknowledging the good, and sincerely thanking him for it. My mother died two years later, and we all knew my father would be lost without her. They’d been married over 50 years. His health and activities declined and he finally passed away on the Ides of March a few years later.

Though his death did not come as a surprise – I was nevertheless left feeling his absence. That early Saturday morning when I learned of

his death, I even felt parent-less. My view of the world changed and I was forced to acknowledge the limits of life and the futility of pursuing solely a material existence.

After I learned of his death via a phone call, I walked out into the morning rain, in shock, crying, thinking, remembering. I was not feeling cold or wet, and somehow I was protected by that unique state of mind that enshrouded me.

During the next three days, I did as I had done with my mother when she died. I spent the next three days reviewing my life with my father.

At first I allowed the random memories and pain to wash over me. I talked to Frank constantly during those three days, inviting and allowing him to be with me as we did the life review together. I felt his pain, his frustration, his emptiness and loneliness in his last few years of life. I did nothing to stop the pain of this – I allowed myself to feel it all.

I spoke to Frank as I’d speak to anyone living. I felt his presence and even his responses. I did this for myself as much as for Frank and his on-going journey.

I began to see him as a young man, who met, fell in love, and married my mother. Somehow, this was a major revelation to me. I had never seen my own father in that light before. He had simply been “my father.” Suddenly, he was a unique individual, with his own dreams, aspirations, and goals. Amazingly, I’d never viewed him in this way during our life together.

And then, after perhaps 12 hours of this, and miles of walking, I began a more chronological review of my life with my father, point by point by significant point. I saw his weaknesses and strengths, as well as my own. As I did this review, I looked for all the things that I’d done right with my father, all the things I’d done wrong, and all the things that I could have done better. I wrote these down, and the “wrong” list was shockingly long. The “right” list only contained a few items!

I asked my father to forgive me, and I resolved to do certain things differently in order to change and improve my character. I know I would not have imposed such a rigor upon myself had it not been for the death of my father.

A week later, when there was the funeral at the church, I felt that I’d come to know my father more than I ever was able to do in life. I briefly shared to the congregation my three days of “being with” my father, and learning what it was like to be Frank, in his shoes, and how we forgave one another.

More importantly, I shared to family and friends gathered that day the importance of constantly finding the time to tell your living loved ones that you indeed love them, not waiting until they die to say the things that you should be saying all along.

I remember Frank now on Father’s Day, and continue to express my heart-felt thanks for all that he – and my mother – gave to me.



OUT TO PASTOR

A Weekly Religion Column by Rev. James Snyder

TWO IN A ROW OKAY, BUT THREE IS SUSPICIOUS

So that you know, I am not suspicious (knock on wood). I take a rather practical approach to life and try my best not to get bent out of shape. At my age, it’s rather difficult to keep my shape. I try to keep my guard up, but no matter what I do, I drop it.

Tuesday I was engaged in a “project,” when the Gracious Mistress of the Parsonage came and brought me an apple fritter. “I thought,” she said rather cheerfully, “that you could use an apple fritter.”

I was most gracious for this apple fritter. Nothing raises your spirits and encourages you to do your best like an apple fritter. I know my wife and I disagree as to the nature of these apple fritters so it surprised me that she brought one to me.

My insistence is that an apple fritter is an apple and an apple is an apple. She, on the other side of the breakfast table, insists that it is a doughnut. We have never resolved this difference in our relationship. When she brought me an apple fritter I was a little bit surprised, but was thinking deep in my heart it may be I have convinced her that an apple fritter in deed is a fruit.

I smiled most graciously, thanked her and enjoyed the apple fritter like I enjoy every apple fritter I eat. It was the highlight of my afternoon, I can tell you that.

Nothing more was said about it because I do not like to spoil a good thing. I just enjoyed it and went on thinking that perhaps we have come to a conclusion about this contradiction.

Then Wednesday came around and in the middle of a project in the afternoon, my wife came in and said, “Here, I thought you might enjoy an apple fritter for today.”

Without thinking, I took it, smiled and thanked her most graciously for this afternoon treat. Nothing bolsters my day more than a warm apple fritter. Nothing goes better with a cup of coffee than an apple fritter. I am quite convinced that in heaven we will enjoy apple fritters.

With me whenever I have an apple fritter in the afternoon the day goes by so smoothly. I enjoyed that apple fritter to the nth degree, whatever that may mean.

I did not think much of it, because you should just enjoy your day and whatever blessings come, like an apple fritter, just enjoy it to the best of your ability.

Let me repeat that I am not a very superstitious person (knock on wood), but I do like to take precautions. Once it is over, I like to move on.

Then on Thursday, the inconceivable happened.

“Here,” my wife said most cheerfully, “I thought you would enjoy an apple fritter for the afternoon.” I did not know what to do or say. I put on a

greasy smile, accepted the apple fritter, nodded my head and said, “Thank you.”

For her to bring me one apple fritter was a wonderful thing, and I deeply appreciate it and did not give it too much thought.

For her to bring me the second apple fritter was a little suspicious, but I was not going to say anything or spoil the moment or discourage her in any way, so I accepted it.

Now the third apple fritter, three days in a row has made me more than suspicious. I do not want to be judgmental here. I certainly don’t want to do anything that would spoil the next apple fritter that might come. But I was suspicious. I mean, I was very suspicious about the whole scenario.

For her to bring me three apple fritters in a row, knowing that she does not like apple fritters, caused me to rethink the whole situation. Why, for example, was she doing this? What was she expecting from me in return? How much trouble am I really in now?

All of these questions jammed my brain so that I could think of nothing more.

Has she come over to my side concerning these apple fritters? Or, was she setting me up for something?

As I slowly munched on the third apple fritter, my mind went a million miles an hour. My mind was going so fast I almost could not enjoy the apple fritter. Never fear, I took the time to enjoy the apple fritter, then I resumed my suspicious thinking.

The first thing I thought about Friday morning when I got up was the suspicious apple fritters. Was she going to bring me another apple fritter today? Would I find out today the scheme behind this apple fritter scenario?

Friday afternoon as I was involved in some work my wife passed by and said, “How’s everything going? You getting some work done?” I nodded and she continued walking without presenting me with an apple fritter.

To this day, she has never mentioned the apple fritter scenario. I, loving life in all its amenities, have never questioned her about it. What she meant by it and what was happening, I probably will never know.

Thinking about this I was reminded of what David once said, “This is the day which the Lord hath made; we will rejoice and be glad in it” (Psalm 118:24).

I do not know the story behind the apple fritters, but I certainly rejoice in those apple fritters.

Dr. James L. Snyder is pastor of the Family of God Fellowship, 1471 Pine Road, Ocala, FL 34472. He lives with his wife in Silver Springs Shores. Call him at 352-687-4240 or e-mail [jamesnyder2@att.net](mailto:jamesnyder2@att.net). The church web site is [www.whatafellowship.com](http://www.whatafellowship.com).

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## AROUND SAN GABRIEL VALLEY

### THE ARTISTS TO SEE AT ARROYO SECO WEEKEND



Dawes

By Sean Kayden

The first annual Arroyo Seco Weekend hosted by Goldenvoice will be kicking off next weekend at the Brookside Golf Club near the Rose Bowl. It will feature an eclectic array of artists performing at the event with genres and musical eras that are expansive. The headliners for the two-day event are Tom Petty and The Heartbreakers (Saturday) and Mumford & Sons (Sunday). Both artists have headlined other festivals in the past, with Tom Petty headlining Kaaboo Music Festival later this summer at the Del Mar Fairgrounds. However, I want to focus on some of the acts you should be excited for that you may not know.

Athens, Alabama quartet Alabama Shakes probably could have headlined this festival and everyone would have been cool with that. They are the second tier band behind Tom Petty on day one. In 2015, they released their sophomore record, “Sound & Color,” which was soulful, magical, and quite original. The foursome currently consists of lead singer and guitarist Brittany Howard, guitarist Heath Fogg, bassist Zac Cockrell, and drummer Steve Johnson. Despite an indie grounded tone, they are fairly well known as they’ve won three Grammys for their last record, including Best Alternative Album. This is the kind of band to appeal toward individuals of all ages as they can easily connect to today’s youthful generation as well as an older one too that fancy bluesy rock. Be sure to check them out before Tom Petty comes out because they easily may be the best live attraction across the two-day event.

Personally, my most anticipated act to see is Canadian indie rockers, Broken Social Scene. With an experimental sound, an extensive catalogue of songs, and up to a dozen members at a given time on stage, they may just be the best band you’ve never heard of. If you have heard of them, you should know the band is releasing their 6th studio record, “Hug of Thunder” next month, the first record together in seven years. The group, founded by Kevin Drew, features artists such as Emily Haines and James Shaw of Metric, Amy Millan and Evan Cranley of Stars, solo artist, Feist and many other talented musicians. Their soundscape is widespread, ranging from hypotonic instrumental tracks in the beginning of their career to full-fledge arena ready indie jams. With the balance of multiple female vocals and Drew’s soothing voice, the collection of songs never sounds alike. They’re one of the most authentic rock bands of the past decade and a half and surely a band that should not be missed on Saturday.

Lastly on day one, you won’t want to pass up Los Angeles folk/Americana rockers, Dawes. Off the heels of their 2016 critically acclaimed fifth

LP, “We’re All Gonna Die,” the band’s grand storytelling, sumptuous sound, and Laurel Canyon vibe is easy listening, especially here in Southern California. Dawes is composed of brothers Taylor (guitars and vocals) and Griffin Goldsmith (drums), along with Wylie Gelber (bass) and Lee Pardini (keyboards). They had originally formed in 2009 and haven’t looked back as their popularity grows from opening act to headliners. I think Dawes has major appeal for a festival like this. They may feel more like “dad rock” with their style sounding like one of your father’s old 70s rock albums in vein of Neil Young, Poco, or The Eagles. However, with a touch of youthful exuberance to offer than your typical folk act, Dawes is a tight-knit group of musicians with honest and earnest songs that bleed pure red, white, and blue American rock.

As for Sunday, you have mega-rockers Mumford & Sons and southern California darlings, Weezer leading the charge, but I want to take a look at some of the upcoming acts in today’s rock scene. While day one has some heavy weight indie rockers lined up such as The Shins and Fitz and The Tatrums, Sunday’s card has some young talent worth seeking out. First up is Los Angeles indie-pop trio Magic Giant. The threesome act consists of Austin Bisnow (lead vocals, cello, synthesizer, percussion), Zambricki Li (banjo, fiddle, viola, cello, harmonica, mandolin, octave mandolin, acoustic guitar, dobro, lap steel, backing vocals) and Brian Zaghi (acoustic guitar, cello, bass, percussion, backing vocals). If you’re bringing the family out, this is the band your teenage kids, probably daughter(s) will want to check out. A cross between The Head and The Heart and Young The Giant, Magic Giant is a young, fun pop-rock band with pleasant tunes off their 2017 debut LP, “In The Wind.” Ideal band to kick off the early part of the festival and one that may be a surprise to some.

Los Angeles indie-alternative sextet The Mowgli’s is an impressive band merging the sounds of modern folk and pop. They’re another rising act in the indiesphere as they share quirky qualities to more familiar acts, FUN and Grouplove. The band features Katie Jayne Earl (vocals), Colin Louis Dieden (vocals/guitar), Josh Hogan (vocals/guitar), Matthew Di Panni (bass/vocals), Dave Appelbaum (keys/vocals) and Andy Warren (drums/percussion/vocals). With three LPs under their belt within four years (2013-2016) and a brand new infectious single for 2017 entitled “4AM”, there’s no slowing down for these pop-infused rockers. If you want to dance, head over to The Oaks stage on Sunday where The Mowgli’s will be doing what they do oh so well.

Check out arroyosecoweekend.com for the full line-up.

Homeless Services Team that will collaborate with other public safety agencies, County Departments, and emergency service providers.

“As we move forward in our efforts to implement Measure H, it is vital that all of our county agencies collaborate effectively with our partners in law enforcement who are on the frontlines dealing with the homeless crisis.” Supervisor Kathryn Barger said, “This motion also requires a review of methods to engage agencies that have not been traditionally part of the discussion, but should be. In addition to law enforcement, these include agencies who are also impacted by homelessness and will be helpful in combatting it; Libraries, the Department of Parks and Recreation, Public Works, the Coroner and METRO.”

### NAPOLITANO, FRANKEN, AND KATKO PROUDLY REINTRODUCE BIPARTISAN MENTAL HEALTH IN SCHOOLS ACT

(WASHINGTON, DC) Today, Rep. Grace F. Napolitano (D-CA-32), Senator Al Franken (D-MN), and Rep. John Katko (R-NY-24) proudly reintroduced the Mental Health in Schools Act (H.R. 2913; S. 1370) to fund on-site mental health services for youth in schools nationwide.

“Supporting our children early in life can prevent mental health problems from growing more serious over time, helping our youngsters lead healthy, productive lives,” said Congresswoman Napolitano, Chair of the Congressional Mental Health Caucus. “The Mental Health in Schools Act does this by educating the entire school community—from students and their families, to teachers, administrators, and support personnel—on the warning signs and symptoms of mental illness to help identify and treat mental health issues before they escalate. In this stigma-free environment students are referred directly to a clinician on school grounds, to receive services in a culturally and linguistically appropriate manner. I thank Senator Franken and Congressman Katko for being at the forefront on mental health issues in Congress, and I look forward to working with them and all of our colleagues to ensure mental health services are available for every child in America.”

“We need to do a better job of treating mental health problems the same way we treat other health problems, and that’s certainly true for our kids who struggle with mental and behavioral health issues,” said Sen. Franken, a member of the Senate Education Committee. “But unfortunately, schools often don’t have enough resources to help support the one-in-five kids in our country who experience mental illness. That needs to change, and that’s why I’m working so hard to pass this bill to ensure that every student has access to the kinds

of services they need.

“In Central New York and in communities nationwide, there is a critical need to improve access to mental and behavioral healthcare in our schools,” said U.S. Rep. John Katko. “Early intervention and preventative mental health programming is critical to treating and building better lives for the many children and families nationwide whose lives are impacted by mental illness. I’m proud to once again join my colleague Rep. Napolitano in introducing the bipartisan Mental Health in Schools Act and thank her for her leadership on this critical issue.”

The Mental Health in Schools Act, which Napolitano introduced in the previous five Congresses, would create a total of \$200 million in grant funding for 100 schools across the country to partner with local nonprofits to provide on-site, culturally and linguistically appropriate mental health services for students. It is patterned after a successful pilot program started in 2001 in Napolitano’s area, which began in four schools that has now expanded to 26 schools throughout Los Angeles County, including much of the San Gabriel Valley.

“We know not every school has the same resources, which is why our bipartisan measure ensures flexibility, allowing schools to improve their services to meet the needs of their students,” Napolitano added. “The Mental Health in Schools Act builds on the success of our suicide prevention program in Los Angeles County where we are raising mental health awareness, reducing harmful stigma, and connecting students to lifesaving care.” If you or someone you know needs help, call the National Suicide Prevention Lifeline: 1-800-273-TALK (8255).

### THE ROLE OF THE CALIFORNIA HIGHWAY PATROL IN THE M.A.D. AREA



By Joan Schmidt

After we moved into our County area home in 1987, I learned that LASD (Sheriff’s Department) handled crime; CHP, traffic issues. For several years, the CHP Community Help Team attended Town Council meetings and addressed traffic issues. However, the CHP lost funding and several programs.

At current Town Council meetings, residents mention their concerns: increase in crime, code enforcement and traffic issues. Since the CHP covers traffic, I’d like to write a little about them. (Visit <https://www.chp.ca.gov> and click on History for more info-interesting, clear, concise outline-easy reading)

How did the Highway Patrol begin? Officially on August 14, 1929, the State Legislature created the CHP as a section of the Division of Motor Vehicles, Department of Public Works. At the time, Eugene W. Biscailuz, was Undersheriff of Los Angeles County. The governor summoned Biscailuz to Sacramento and Biscailuz was appointed the CHP’s First Superintendent. 1929 also saw officers employed by various county motor squads absorbed into the CHP as its first members. CHP was given statewide jurisdiction to enforce the State Vehicle Act; their uniforms/enforcement vehicles were standardized.

In 1947, the CHP was separated from the Department of Motor Vehicles and elevated to a department of state government.

Although programs have been dropped, the CHP still is very involved in the Community. Did you know they are responsible for state buildings? While touring the Capitol, I met Officer Eric Homme! (Previously assigned to our Baldwin Park Office) Years ago, I attended a wonderful “Night of Inclusion” featuring the talents of various ethnic groups, hosted by Assemblyman Mike Eng. Two CHP officers were on hand in the lobby to cover this event; it was a “state” function.

Current Commander at the Baldwin Park Office

is Captain Greg Hammond. His Public Information Officer Rodrigo Jimenez told me a frequent question is “If I am in a traffic collision, what should I do and what information should I obtain?”

“Call 911 if necessary, but remember that number is for emergencies only. Attend to the medical needs of anyone involved. If there are no injuries, move vehicle out of traffic to nearest place of safety. If you did not call 911, notify the police agency with investigative authority based on your collision location.”

In the County area, if there are no life-threatening injuries, call Temple Station. 626-285-7171. They will contact the Paramedics and the CHP. I know several people don’t have the CHP number. It is 626-338-1164.

Officer Jimenez said, “Regardless of who you may think is at fault, THE LAW REQUIRES YOU TO EXCHANGE INFORMATION WITH THE OTHER DRIVER(S) INVOLVED. You will need to exchange driver license, vehicle registration, and insurance information.”

“You may also want to take a moment while the event is still fresh in your mind to write down the details of the collision such as the time of the day, weather conditions, and the events that led up to the collision. While taking steps to document the collision, if it is safe to do so, consider taking a few pictures including the other vehicle and its license plate. Do not stand in the roadway to take pictures.”

“In the event of a hit-and-run collision, call 911. Provide the best description of the driver if you are able to, and the vehicle description including the color, make, model and license plate number. Do not attempt to chase the vehicle. Your safety and the safety of others is the priority.” Thank you Officer Jimenez!

Reminder: TOWN COUNCIL MEETING  
Wednesday, JUNE 21, 7pm  
Pamela Park Gymnasium  
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### BOARD APPROVES MEASURE H FUNDING RECOMMENDATIONS

LOS ANGELES COUNTY - Following the Board of Supervisors approval of the Measure H funding allocation strategy recommendations, Supervisor Kathryn Barger said, “Education is the key to addressing NIMBYism in the full rollout of Measure H. The County now has the duty and obligation to educate the community. This cannot be a one-size-fits-all approach. We need to be flexible and listen to our cities and non-profits. Government cannot fix it alone -- nor should it. We need to work together to end homelessness.”

The Board also passed a motion, co-authored by Supervisors Hilda L. Solis and Kathryn Barger, that calls for the allocation of funds for the Los Angeles County Sheriff’s Department, and other local law enforcement agencies, to create an expanded



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## Jeff's Book Pics

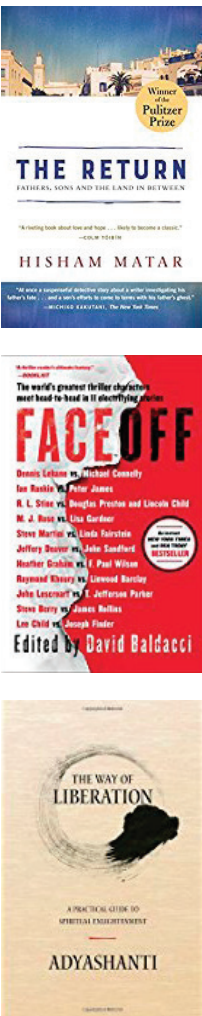
By Jeff Brown

**The Return: Fathers, Sons and the Land in Between** by Hisham Matar

Winner if the Pulitzer Prize • The acclaimed memoir about fathers and sons, a legacy of loss, and, ultimately, healing—one of The New York Times Book Review's ten best books of the year. When Hisham Matar was a nineteen-year-old university student in England, his father went missing under mysterious circumstances. Hisham would never see him again, but he never gave up hope that his father might still be alive. Twenty-two years later, he returned to his native Libya in search of the truth behind his father's disappearance. The Return is the story of what he found there. The Pulitzer Prize citation hailed The Return as “a first-person elegy for home and father.” Transforming his personal quest for answers into a brilliantly told universal tale of hope and resilience, Matar has given us an unforgettable work with a powerful human question at its core: How does one go on living in the face of unthinkable loss?

**Face Off** by Lee Child , Michael Connelly

An instant New York Times and USA TODAY bestseller and “a thriller reader’s ultimate fantasy” (Booklist), this one-of-a-kind anthology pulls together the most beloved characters from the best and most popular thriller series today. Worlds collide! In an



unprecedented collaboration, twenty-three of the world's bestselling and critically acclaimed thriller writers pair their series characters in an eleven-story anthology curated by the International Thriller Writers. So sit back and prepare for a rollicking ride as your favorite characters go head-to-head with some worthy opponents in FaceOff—it's a thrill-a-minute read.

**The Way of Liberation: A Practical Guide to Spiritual Enlightenment** by Adyashanti

This book is Adyashanti's stripped-down, practical guide to spiritual awakening. With a profound simplicity it outlines the Foundations, Orienting Ideas, and Core Practices that are essential in the process of waking up to the absolute nature of Reality and living it to the fullest extent possible. May this book serve as an insightful companion on your journey to that place of sacredness, to the flow and flowering of existence beyond all notions of self. This is not a book about spiritual betterment, self-improvement, or altered states of consciousness. It is about spiritual awakening going from the dream state of ego to the awakened state beyond ego as quickly and efficiently as possible. -- ADYASHANTI

## All Things

By Jeff Brown

### THE OBAMAS WILL DONATE \$2 MILLION TO SUPPORT SUMMER JOBS IN CHICAGO THIS YEAR

The former president said he wanted to get to work on his presidential center right away to combat the perception Chicago is a dangerous place. Former President Barack Obama said Wednesday that he and Michelle Obama would personally donate \$2 million to support summer jobs for Chicago young people this year. Obama made the announcement while presenting preliminary plans for his presidential library and center in Chicago's Jackson Park neighborhood. Construction will take four years, but Obama said he wanted the facility to start offering programs immediately. “We don’t want to wait for a building,” he said. “One of the things that we will be starting this year is Michelle and I personally are going to donate \$2 million to our summer jobs programs here in the community, so that right away, young people can get to work and we can start providing opportunities to all of them.” “As somebody who has not been right here in Chicago over the last couple years, whenever I visit, I tell people, Chicago’s never looked more beautiful. It

has, it has never sparkled more,” Obama said. “And yet, if you ask a lot of people outside of Chicago about Chicago, what’s the first thing they talk about? They talk about the violence.” Obama said his presidential center’s programming will aim to make a lasting impact on the community. “We’ll be working with the city, we’ll be working with the county, we’ll be working with businesses, because part of what we want to do is reach young people who might be at risk if they don’t have something to do during the summers,” Obama said. “But part of what we also want to do is to reach older youth who may be prepared for apprenticeships because one of the things that this project is going to do is generate jobs. We want to make sure that some of those young people can get trained so people don’t say, ‘Why didn’t you hire anybody from the neighborhood?’ “What we want this to be is the world’s premier institution for training young people and leadership to make a difference in their communities, in their countries and in the world,” Obama said.

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## FAMILY MATTERS

By Marc Garlett



### NAPOLITANO, FRANKEN, AND KATKO PROUDLY REINTRODUCE BIPARTISAN MENTAL HEALTH IN SCHOOLS ACT

(WASHINGTON, DC) Today, Rep. Grace F. Napolitano (D-CA-32), Senator Al Franken (D-MN), and Rep. John Katko (R-NY-24) proudly reintroduced the Mental Health in Schools Act (H.R. 2913; S. 1370) to fund on-site mental health services for youth in schools nationwide. “Supporting our children early in life can prevent mental health problems from growing more serious over time, helping our youngsters lead healthy, productive lives,” said Congresswoman Napolitano, Chair of the Congressional Mental Health Caucus. “The Mental Health in Schools Act does this by educating the entire school community—from students and their families, to teachers, administrators, and support personnel—on the warning signs and symptoms of mental illness to help identify and treat mental health issues before they escalate. In this stigma-free environment students are referred directly to a clinician on school grounds, to receive services in a culturally and linguistically appropriate manner. I thank Senator Franken and Congressman Katko for being at the forefront on mental health issues in Congress, and I look forward to working with them and all of our colleagues to ensure mental health services are available for every child in America.” “We need to do a better job of treating mental health problems the same way we treat other health problems, and that’s certainly true for our kids who struggle with mental and behavioral health issues,” said Sen. Franken, a member of the Senate Education Committee. “But unfortunately, schools often don’t have enough resources to help support the one-in-five kids in our country who experience mental illness. That needs to change, and that’s why I’m working so hard to pass this bill to ensure that every student has access to the kinds of services they need.” “In Central New York and in communities nationwide, there is a critical need to improve access to mental and behavioral healthcare in our schools,” said U.S. Rep. John Katko. “Early intervention and preventative mental health programming is critical to treating and building better lives for the many children and families nationwide whose lives are impacted by mental illness. I’m proud to once again join my colleague Rep. Napolitano in introducing the bipartisan Mental Health in Schools Act and thank her for her leadership on this critical issue.” The Mental Health in Schools Act, which Napolitano introduced in the previous five Congresses, would create a total of \$200 million in grant funding for 100 schools across the country to partner with local nonprofits to provide on-site, culturally and linguistically appropriate mental health services for students. It is patterned after a successful pilot program started in 2001 in Napolitano’s area, which began in four schools that has now expanded to 26 schools throughout Los Angeles County, including much of the San Gabriel Valley. “We know not every school has the same resources, which is why our bipartisan measure ensures flexibility, allowing schools to improve their services to meet the needs of their students,” Napolitano added. “The Mental Health in Schools Act builds on the success of our suicide prevention program in Los Angeles County where we

are raising mental health awareness, reducing harmful stigma, and connecting students to lifesaving care.” If you or someone you know needs help, call the National Suicide Prevention Lifeline: 1-800-273-TALK (8255). How to Protect Your Child’s Inheritance from a Future Untrustworthy Spouse A big reason parents develop an estate plan is to provide for their children financially. It’s not the only reason. And if you’ve heard me talk about “legacy” you know I don’t think it’s the most important reason. But it is important! Most of us want to make sure hard-earned assets, family heirlooms, or closely held businesses stay within the family. Within that context I’m often asked how to protect children’s inheritance from a future spouse in the event of untrustworthiness or divorce. It’s a thoughtful and significant question. And thankfully, there are many ways to structure your child’s inheritance to help ensure it will remain in the family for future generations. Let’s look at a few of the options.

**Create a Trust** A trust involves three parties: (1) the person creating the trust (you might see this written as the “settlor,” “trustor,” or “grantor.”), (2) the person or entity holding the trust property for the benefit of the beneficiary, known as the “trustee,” and (3) the person(s) that benefit from the creation of the trust, known as the “beneficiaries.” Choosing a trustee who is independent can be a great way to eliminate any arguments that one beneficiary has more control to receive assets than what is actually provided in the trust documents than other beneficiaries, a helpful situation when you have an untrustworthy son- or daughter-in-law. A lifetime trust is a type of trust that - as is evident from its name - lasts for the lifetime of the beneficiary and passes to the next generation of beneficiaries upon his or her death. It is commonly referred to as a “generation-skipping trust” and can also dramatically reduce or eliminate estate taxes. Assets in a lifetime trust are protected against commingling in the marriage and, therefore, cannot be pursued by a spouse. When assets are held by a trust your children - and, by extension, their spouses - cannot access these assets. Therefore, even in the event of a divorce, an ex-spouse cannot pursue them.

**Use Prenuptial Agreements** In addition to creating a trust to protect your children’s inheritance from an untrustworthy spouse, your children can use a prenuptial agreement as a tool for asset protection. A prenuptial agreement is a document that details an agreement between your child and his or her spouse about the characterization of assets owned at the time of marriage and those earned after marriage. This legal document also provides the couple to agree upon the division of assets in the event there is a divorce. This may be an uncomfortable suggestion to bring up with your children, but it can be an huge benefit in the event of a later divorce.

**Other Planning Ideas** Beyond the actual legal tools, it is important for you to let your wishes be known to the family. One way to do this is to have a family discussion about your estate plan, explaining your intentions and reasons as to why it is set up in this manner. Additionally, using clear language in your estate planning documents that specify the intent or purpose in leaving the inheritance to benefit descendants - and not their spouses - can further solidify your wishes are followed. Finally, choosing a trustee that is independent will keep control over the funds in the trustee’s hands and not your child’s untrustworthy spouse. This will also allow you to manage or overcome any conflict that you may not have been expecting.

**Bottom Line: Be Proactive** If you wish to make sure your descendants receive a portion of your estate, discuss these intentions with your children and devise an estate plan that will guarantee this desire is fulfilled after your passing. Whether you have no estate plan, or have one that’s more than a few years old, sit down with a trusted estate planning professional to create or update this plan to suit your goals. Dedicated to empowering your family, building your wealth and securing your legacy,

MARC

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

## BUSINESS TODAY

### The latest on Business News, Trends and Techniques

By La Quetta M. Shamblee, MBA



### BEST KEPT SECRETS FOR RETIREMENT AND HEALTH INSURANCE OPTIONS

South Pasadena resident and independent agent, Idelle Steinberg understands the full spectrum of what is available to help people find the best fit for retirement and health insurance. Initially inspired by her personal feelings of uncertainty about the future, she immersed herself into learning everything she could about planning for retirement. In 2004, she became a licensed insurance agent. Her education also encompassed learning about the full range health insurances and staying abreast of regulations and changes. When asked what she likes best about the financial services industry, she says, “I really like helping people and educating them about what is available.” Certainly the current upheaval and politics surrounding health insurance, along with the wide range of investments promoted for retirement, have made it more challenging for people to understand which direction to take. Idelle provided insight into her expertise in advising consumers about how to get higher returns on retirement investments with private plans. Unlike qualified plans that impose limits on the amount that can be contributed annually, these allow individuals to put in more money. They also provide tax-free income and to the delight of account holders, generate stock market-like gains without the risk of losses and feature very low fees that become non-existent after about 15 years. The most intriguing information Idelle shared is regarding a Health Sharing Program that meets the requirements for the Affordable Care Act. Initially known as Health Care Sharing Ministries established by large faith-based organizations, this type of co-op model of sharing health care cost has been around for about 25 years. However, access to these types of plans was limited to parishioners of the participating church and faith organizations and required adherence to specific practices to maintain eligibility and participation (i.e. church attendance, adherence to a certain code of conduct). The current network of independently managed Health

Sharing Program has more than 1 million members sharing about 1 billion in expense annually. Due to very recent changes in regulations, this model of coverage is now available to the public, without the religious caveat. These plans meet the government requirements for Minimal Essential Coverage (MEC), which include annual check-ups, and preventative screening. With the exception of the annual MEC visit to a doctor in the plan’s network, member can choose their own non-network doctors for all other services. “It’s not a solution for everyone, but there are lots of benefits for those who are interested,” stated Steinberg. To start, the plan does not encompass all pre-existing conditions and is best suited for individuals who subscribe to overall healthier lifestyles. Although there is leniency for some pre-existing conditions that are common, including hypertension, high-cholesterol, non-insulin Type 2 diabetes, sleep apnea and hemorrhoids. In spite of this, the 30% to 60% lower cost than traditional health insurance is catching the attention of more people as a viable option. Every member in the Health Sharing Plan pays a monthly amount and an “initial shared amount” annually of \$500 or \$1,000, which is similar to a deductible. Members can go to any doctor as a self-paid patient, have access to a 24-hour Teledoc for phone consultations and prescriptions, and a list of other benefits. Since this model is traditional health insurance, no insurance company is involved. This seems the perfect fit for a growing group of people seeking for a practical and affordable way to address their health care needs. There are different ways to approach the management of one’s health and wealth. Idelle is one of the industry professional paying attention to what’s on the horizon and what’s readily available to assist with both. Idelle Steinberg can send you information about the range of private retirement plans and Health Sharing Programs. Contact her at [idelle@securemoney101.com](mailto:idelle@securemoney101.com) or (626) 441-7332.



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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.

JOHN L. MICEK



'RUSSIAGATE' IS OBSCURING EVERYTHING, INCLUDING GUN LEGISLATION

On Wednesday morning, Washington rightly fretted over the fate of a Republican congressman and three others felled by a gunman's fire in suburban Alexandria, Va., as they practiced for a charity baseball game.

But just a few miles away, on Capitol Hill, a Republican member of Congress from South Carolina was pushing a bill that would ease restrictions on silencers, making it easier, as The Washington Post noted, for shooters such as those involved in Wednesday's incident to open fire without being heard.

According to published reports, U.S. Rep. Jeff Duncan wants to fold his euphemistically named "Hearing Protection Act," into a broader sportsmen's bill.

The measure, which would exempt silencers from regulation under the National Firearms Act, has attracted 148 co-sponsors and the enthusiastic backing of both the National Rifle Association and the eldest son of the President of the United States.

Duncan's bill was set to get a hearing before the House Natural Resources Subcommittee on Wednesday, but it was delayed in the wake of the shooting.

Still, you can bet your bottom dollar there will be no gavel-to-gavel coverage of that bill the way there was for the Congressional circuses involving former FBI Director James Comey and Attorney General Jeff Sessions.

Allegations of Russian interference, Trumpian self-dealing, serial Tweeting, and general malfeasance and incompetence at one end of Pennsylvania Avenue are worthy of public attention, they're entirely obscuring what's going on at the other end.

Republicans in the House and Senate, emboldened by their majorities, are pushing through bills like Duncan's, even as they stealthily cobble together the votes on a so-far top secret Obamacare replacement, and marshal the votes to gut financial protections for millions of Americans.

This is boring, but no less important stuff - even if it doesn't play well as the visuals of the hearings or of Cabinet secretaries expressing North Korean "Dear Leader"-like loyalty to a chief executive who often cannot be bothered to immerse himself in the tiny details of policy.

President Donald Trump on Tuesday, in fact, during a meeting with Republican senators said the very healthcare bill he helped ram through the House earlier this spring (and, apparently, forgetting his threats of running against Republicans who opposed him) was "mean."

Trump urged the Senate to pass a "more generous" alternative" to a House bill that would leave tens of millions without coverage and cost hundreds of thousands of jobs nationwide, The Associated Press reported.

So that's what Senate Republicans are doing - behind closed doors. There have been no hearings, no debate. The details of the proposals are a closely guarded secret.

And as The Washington Post reports, the back-channel process is working.

Republicans have apparently put together the 50 votes they need to repeal and replace Obamacare with an alternative that, while surely odious, may be slightly more gentle than the assault on consumers that passed the House.

Senate Majority Leader Mitch McConnell is pressing to get both a Congressional Budget Office cost estimate and a vote before Congress' July 4 recess. That would allow Republicans to pass the bill, skedaddle out of town, and then spend the rest of the summer doing their best to dodge outraged constituents at the town halls they surely won't be holding.

In the meantime, the banking industry is rejoicing in a light-speed House vote this week to repeal the law popularly known as "Dodd-Frank," which is supposed to protect consumers in the event of another financial meltdown.

As CNN Money reports, the bill sponsored by House Financial Services Committee Chairman Jeb Hensarling, R-Texas, was passed over the objections from Democrats, who argued that it would put the interests of the financial sector ahead of those of working Americans.

The bill, which is Hensarling's marquee legislative initiative, faces an uncertain fate in the Senate, where it will need Democratic support to garner the 60 votes required for passage, The Texas Tribune reported.

So it has that going for it, at least.

And that's why you don't see Republicans clamoring - at least for now - for Trump to come clean on Russia or to untangle the birds nest that are his financial conflicts of interest, or even moderate the belligerent tone he's taking with America's overseas allies.

Yes, it's true that Trump might well end up being a nightmare for Republicans during next year's mid-term elections.

But right now, the GOP is heeding one of the real estate industry's most compelling maxims (and one that Trump would surely understand):

It's all about location, location, location.

Trump's in the White House. And he's holding the pen that will sign all this stuff into law. And, at least for now, that's exactly where Republicans want him.

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TOM PURCELL



FOR FATHER'S DAY – GRATEFUL FOR AN OLD-SCHOOL DAD

My father made me wear hand-me-downs - even though I was our family's only boy, with five sisters.

It wasn't too bad most of the year, but Easter Sunday was a bear. You know how hard it is to outrun the neighborhood bully with your panty hose bunching up and your bonnet flopping in the wind?

My father was born during the Depression, in 1933, when life was a lot tougher. When he was only 3, his father, who had a good job working for the Mellon family, died at age 34.

My father and his sister and mother moved from a nice home into a cramped apartment in the city. Without a father to nurture him, and with his mother at work all day, he had to fend for himself.

Bigger kids bullied him - until he fought back. Money was tight, so he scrimped and saved and set some aside for rainy days. Unsavory people tried to cheat him, so he developed the street smarts that guide him still.

He longed for a family of his own and, more than 50 years ago, at age 23, he married my mother. They never gave my sisters and me material wealth, but we had an abundance of other riches. So strong was their love, devotion and stability, optimism came naturally to all of us.

Oddly, my optimistic childhood proved to be a source of worry for my father. He feared I was not being fully prepared for the hardships of adulthood.

I did little to dissuade him of his concerns.

I failed early at self-defense. Whereas he learned how to fight off bullies on his own, my sisters taught me how to fight. While being harassed, I looked a neighborhood tough dead in the eye and said, "You are so immature!"

I failed at common sense. Once, when I was 11, I flushed an apple core down a toilet. It produced a massive clog that took my father hours to unplug. He still calls to ask me why I did that.

I failed at money management. He watched me squander all of the money from my first lawnmowing jobs on baseball cards and ice cream sandwiches - rather than put half in the bank. He struggled for years to teach me how to plan ahead for rainy days.

I didn't take care of my things. I beat the heck out of the first couple of bikes he got me and, when I began driving, I beat the heck out of his cars.

I chose an impractical college major. He begged me to at least minor in something job-worthy. I'm the only person to graduate from Penn State with a major in English and a minor in air conditioning and heating.

For years, my father saw it as his duty to polish me, a lousy lump of coal, into a diamond. For years, his old-school methods were a constant source of agitation.

Until I began experiencing the unforgiving realities of adulthood.

Everything he warned me about proved to be true. I didn't begin to succeed as an adult until I embraced his many lessons.

To borrow from Mark Twain, when I was a young man of 20, my father was so ignorant I could hardly stand to have the old man around. But when I got to be 28, I was astonished by how much he'd learned the prior eight years.

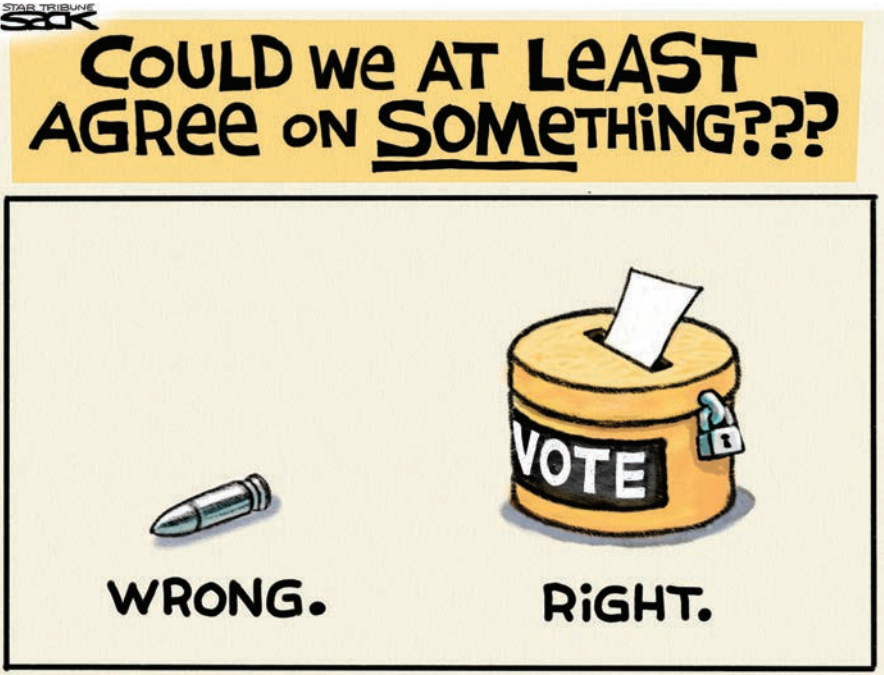
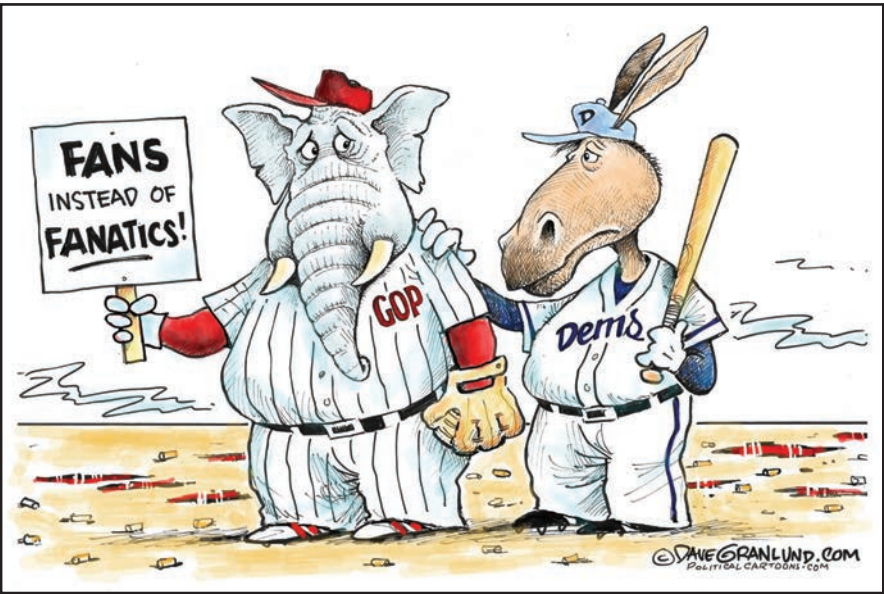
My father is 83 now. With every passing year, I admire and respect him more for the sacrifices he made for my sisters and me.

He taught us the meaning of love, honesty, kindness and sacrifice - without talking about them.

That's why I'm grateful for my old-school dad.

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©2017 Tom Purcell. Tom Purcell, author of "Misadventures of a 1970's Childhood" and "Wicked Is the Whiskey," a Sean McClanahan mystery novel, both available at Amazon.com, is a Pittsburgh Tribune-Review humor columnist and is nationally syndicated exclusively by Cagle Cartoons Inc. For info on using this column in your publication or website, contact Sales@cagle.com or call (805) 969-2829. Send comments to Tom at Tom@TomPurcell.com.



CHRISTINE FLOWERS

COSBY TAKING THE HIT FOR MEN WHO'VE WRONGED WOMEN



The jury is deliberating, and all we know at this point is that no one will be happy when the verdict is returned in Bill Cosby's indecent assault trial.

We don't know the answer to the question "guilty or not guilty?" but we do know that the six or nine words will not be enough to put an end, a coda, to one of the saddest stories that has been spun about a man who made us laugh. The debates, the doubts, the recriminations will go on long after the lawyers put their papers back in their briefcases and shuffle, slowly, out of the courtroom.

If I had my way, we'd never come to verdict on this case. The greatest damage has already been done, and that is the shattering of beloved myths and comforting relationships by the proxy of television and nostalgia. Cosby is Cliff Huxtable, regardless of what the critics say. We are all made up of perception and reality, fact and fiction, aspiration and confirmation. It is ridiculous to argue that a man who was capable of creating the character that fathered a generation did not, at some deep level, possess those nurturing characteristics.

And yes, he is an adulterer who admitted to giving women drugs for sex. He has confessed in a secular confessional to betraying the trust of his wife, and perhaps of the women who considered him a mentor before he moved them to another spot on the sliding scale of human interaction. I'm not able to say, now, that he is completely good and that his legacy is one of pudding pops, gentle mugging and pitch-perfect tributes to a disappeared city on the edge of a cultural revolution.

It now includes qualaludes, sex with women not his wife, and betrayal.

But I am allowed to refuse to believe that it includes rape. I am entitled, at least while this jury is out and well beyond, to craft a different narrative from the bits and pieces of complaints and testimony of women who waited years - decades - to come out of their own self-imposed shadows and say "me too, listen to me, too." I will be called a slut shamer, a cruel skeptic, the reason that rape victims hide their shame in silence.

I'm prepared for that, even after the verdict is announced, because I think this case is sui generis. There is too much of everything here, too many women reciting the same story (and instead of showing consistency, I think it could signal the mob effect.) Too many people willing to pull down a man who, because he happened to say the taboo things that shamed young black men for living down to expectations, is considered a traitor to the race. Too many women who see in this an opportunity to exorcise the ghosts of all the meanness in the world, the assault on their presumed dignity, the Trump effect.

This, I think, is the real reason so many people want to see a conviction: It will confirm that the world is a dangerous place for my gender, and get a condemnation, by proxy, of the patriarchy.

And that's my problem with this prosecution. Bill Cosby is an easy target, able to stand in for all the men who might have mistreated us in a distant past, and a cautionary tale to those college frat boys who might take advantage when we lie supine and drunk on the floor in the future. After a year of leaked commentaries and conversation, evidence and prognostication, we are left with the words of one woman and one man, and yet it's as if the tidal wave of feminist history is set to engulf that one man as some kind of vindication for all the women who've been wronged. The 50 other accusers, like a finger-wagging Greek chorus in the back of the courtroom, stand in for the wronged women of the past. Gloria Allred leads them in righteous chant, and we look on.

It's not that I think Bill Cosby is a victim, here. He's lived a good life, and he's reaped the bounty of serendipity, hard work and just reward. Right place, right time, right stuff.

But I do hate these trials that pit an evolving societal ethic against a flawed human being, albeit a person greatly privileged, to make a point that "we're better, because now we get it."

This type of proceeding, with breads and circuses and wailing choruses, shows we really haven't, after all.

© 2017 Christine Flowers. Flowers is an attorney and a columnist for the Philadelphia Daily News, and can be reached at cflowers1961@gmail.com.















May 27; June 3,10,17,2017

FICTITIOUS BUSINESS NAME STATEMENT  
File No. 2017102641  
The following person(s) is (are) doing business as:  
ALEX & SON DEMOLITION 7129 VINELAND AVENUE, NORTH HOLLYWOOD, CA. 91605. Full name of registrant(s) is (are) ANA JACOBO 7129 VINELAND AVENUE, NORTH HOLLYWOOD, CA. 91605. This Business is conducted by: An Individual. Signed: Ana Jacobo, Owner. This statement was filed with the County Clerk of Los Angeles County on 04/21/2017. 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)  
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NOTICE OF PETITION TO ADMINISTER ESTATE OF:  
BARBARA RUTH TUTTLE  
CASE NO. 17STPB05086

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the WILL or estate, or both of BARBARA RUTH TUTTLE.

A PETITION FOR PROBATE has been filed by STEPHEN JAMES TUTTLE in the Superior Court of California, County of LOS ANGELES.

THE PETITION FOR PROBATE requests that STEPHEN JAMES TUTTLE be appointed as personal representative to administer the estate of the decedent.

THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.

A HEARING on the petition will be held in this court as follows: 07/10/17 at 8:30AM in Dept. 67 located at 111 N. HILL ST., LOS ANGELES, CA 90012

IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.

IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code.

Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.

YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk.

Petitioner Appearing Pro Per  
STEPHEN JAMES TUTTLE  
95 W. CARTER  
SIERRA MADRE, CA. 91024  
6/17,6/24/7/1, 2017  
MVN

### City of Sierra Madre

#### PUBLIC HEARING NOTICE

From: The City of Sierra Madre  
Subject: MUNICIPAL CODE TEXT AMENDMENT 17-04 (MCTA 17-04)  
Applicant: City of Sierra Madre  
Project Location: Properties in the City of Sierra Madre, County of Los Angeles, State of California

The City of Sierra Madre gives notice, pursuant to State of California law, that the City Council will conduct a public hearing to consider recommending adoption of Ordinance 1389 amending Chapter 17.28 R-3 Zone (Multiple-Family Residential), Chapter 17.08 Definitions, Chapter 17.20 R-1 Zone (One Family Residential), Chapter 17.30 RC Zone (Residential Canyon), Chapter 17.60 Variances and Conditional Use Permits, and Chapter 17.72 Signs. The purpose of the amendments is to provide consistency in the zoning requirements of the abovementioned chapters. The City Council will also consider deleting Chapter 17.76 Condominium and Apartment Projects.

The purpose of the R-3 Zone amendment is to revise the standards applicable to residential-medium/high density residential development and to provide consistency with other zoning requirements that affect multiple chapters of the Zoning Code. The amendments include the following revisions:

- Chapter 17.08 Definitions – Amend the definition of height for the purpose of simplifying the reference point on the roof of a structure used to measure its height; and change the title of a minor conditional use permit to administrative design review permit.

- Chapter 17.20 R-1 Zone – Incorporate new design review and administrative design review permit requirements for certain projects that currently require a minor variance, minor conditional use permit or conditional use permit.

- Chapter 17.28 R-3 Zone – Amendments include a revision to the title of the ordinance to ‘R-3 Medium/High Density Residential Zone;’ a title change to 17.28.070 to “Design review permit required;” Omitting Section 17.28.130 Signs; incorporates new graphics to illustrate the calculation of building height, angle-plane measurement for yards abutting an R-1 Zone, and articulation of exterior walls. Further amendments include revisions to ‘Legal non-conforming R-3 sites,’ ‘Rezoned, newly created or reconfigured lots,’ ‘Permitted uses’ and ‘Conditionally permitted uses,’ ‘Other uses and construction activities,’ and ‘Standards for development.’ Section 17.28.130 omits the multi-family building sign standards and incorporates them in Chapter 17.72 Signs.

- Chapter 17.30 R-C Zone amendments incorporates new design review and administrative design review permit requirements for certain projects that require a minor conditional use permit or conditional use permit.

- The purpose of the amendment to Chapter 17.60 is to revise the title of the chapter to “Variances and Discretionary Permit”, and revise Section 17.60.041 to incorporate the purpose, reviewing authority, review procedure and findings for administrative design review permits and design review permits; The amendment also includes the addition of Section 17.60.058 to include a procedure to address projects with multiple discretionary applications, and eliminates the requirement for approval of a conditional use permit for all development in the R-3 Zone.

- The purpose of the amendment to Chapter 17.72 Signs is to revise the existing sign requirements for the R-3 Zone under Section 17.72.050, include regulation that all signs be non-illuminated and a requirement that all signs are mounted flat to the wall.

- Chapter 17.76 Condominium and Apartment Projects – The proposed amendment is to delete the Chapter in its entirety. Justification for removal is that the Chapter is obsolete in that the definitions within the Section are not cross referenced anywhere else in the Zoning Code and are already defined in Chapter 17.08 Definitions; The R-3 Ordinance already provides development procedures for multi-family projects; and Title 16 of the Sierra Madre Municipal Code provides regulations regarding Subdivisions.

At the meeting on June 15, 2017, the Planning Commission conducted a public hearing and recommended to the City Council adoption of MCTA 17-04.

#### DATE AND TIME OF HEARING


City of Sierra Madre  
City Council meeting  
Tuesday, June 27, 2017  
(Hearing begins at 6:30 p.m.)

#### PLACE OF HEARING

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

All interested persons may attend this meeting and the Planning Commission will hear them with respect thereto. ENVIRONMENTAL DETERMINATION: The project qualifies for an exemption from the California Environmental Quality Act review pursuant to Title 14, Section 15061(b)(3) of the California Code of Regulations as it can be seen with certainty that there is no possibility the adoption of this Ordinance may have a significant effect on the environment, because it will impose greater limitations on development in the City thereby serving to reduce potential significant adverse environmental impacts.

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



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