

Mountain Views News

Sierra Madre — Arcadia — Pasadena — Altadena — Duarte — Monrovia

SATURDAY, JUNE 24, 2017

VOLUME 11 NO. 25

***** 2017 *****

SIERRA MADRE

FOURTH OF JULY FESTIVITIES

PRE-PARADE PICNIC

JULY 3
MEMORIAL PARK
5:30PM-10:30PM

LIVE MUSIC BY GROOVY LEMON PIE
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BUBBLE WRAP FIREWORKS
NON PROFIT BOOTHS
KIDS FUN ZONE

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JULY 4
SIERRA MADRE BLVD
10:00AM - 12:00PM

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OPEN TO ALL

FREE SHUTTLE
JULY 4
12:00PM - 2:00PM
STOPS ON SIERRA MADRE BLVD AT SUNNYSIDE MEMORIAL PARK, BALDWIN & SIERRA VISTA PARK

COMMUNITY PICNIC & GAMES

JULY 4 SIERRA VISTA PARK
11:00AM - 2:00PM

MUSIC FROM THE WABASH WAILERS
NON-PROFIT BOOTHS
FOOD TRUCKS
FREE ADMISSION TO WATERWORKS
@ THE SIERRA MADRE POOL
CIVIC CLUB CONFETTI EGGS
COMMUNITY GAMES

SIERRA MADRE WOMAN'S CLUB

JULY 4
550 W SIERRA MADRE BLVD.
8:00AM - 10:00AM

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SIERRA MADRE POLICE DEPARTMENT

Arrest of Interest

Chief of Police
Joe Ortiz

On Sunday, June 18th at approximately 1:53 p.m., Sierra Madre Police Officers were dispatched to the 500 block of Lotus Lane regarding a man brandishing a firearm. The victim reported that the suspect(s) were in his driveway removing items from his truck. As the victim came out onto his balcony, one of the suspects pointed a handgun at him causing the victim to retreat back into his house.

Responding officers observed a vehicle and its occupants, (matching the description given by the caller) leaving the area. Officers conducted a vehicle stop in the area of Santa Anita Ave. south of Orange Grove Ave. and safely detained the occupants of the car. During the interview of the occupants and search of the vehicle, the officers located a BB gun, (resembling a handgun), under the front passenger seat.

The suspect that pointed the gun was positively identified by the victim during a field show-up at that location and all three occupants were eventually arrested.

Arrested for Assault with a Deadly Weapon, Conspiracy to Commit a Crime and Attempted Robbery were:



Cameron Behny
Altadena



Daniel Berry
Duarte



Kamar McClendon
Altadena



BB Gun

THE CITY COUNCIL WILL CONSIDER AMENDMENTS TO CHAPTER 17.10 USES RELATING TO MARIJUANA - PROHIBITING MARIJUANA BUSINESSES AND REGULATING CULTIVATION OF MARIJUANA FOR PERSONAL USE

The City Council will hold a public hearing to consider an ordinance amending Chapter 17.10 Marijuana Cultivation and Dispensaries. The purpose of the amendment is in response to Proposition 64 entitled Adult Use of Marijuana Act (AUMA) passed by California voters in November 2016. Under state law the use of marijuana for recreational purposes by persons at least 21 years or older is legal. AUMA also intends to create a state-run system to license and regulate commercial marijuana operations, including dispensaries and commercial cultivation for medical and non-medical marijuana businesses by January 2018.

The Planning Commission conducted a public hearing on June 15, 2017, forwarding a recommendation to approve the municipal code text amendment. The City wishes to ban all commercial marijuana activities and marijuana

cultivation with the City's limits to the extent allowed by California law with the exception that any person 21 years of age or older may cultivate up to six marijuana plants indoors or outdoors on the ground of a private residence for personal use, subject to reasonable regulations.

The City Council meeting will be held on June 27, 2017, at 7:00 p.m., in the City Council Chambers at the Sierra Madre City Hall located at 232 West Sierra Madre Blvd. The meeting is open to the public and there will be opportunities to make comments. Information regarding the draft amendments will be available on Friday, June 23rd at 5:30 PM on the on the City's website at www.cityofsierramadre.com. Copies of the report are available at the City Hall public counter and at the City's Library.

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**—NO—
FIREWORKS
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As the 4th of July approaches, the Sierra Madre Police Department would like to remind you that fireworks are not permitted within the city limits.

Janette Ledea

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SUMMER IS HERE AND THE LIVING IS EASY

This week we go back to basic training. A few years ago, an unnamed restaurant had a sandwich board in which read "Come on in and try Sal's award-winning chili". The local health inspector (perhaps not a fan of chili) wanted to see the "award". The restaurant was unable to produce documentation, and was ordered to erase the claim. It was the health department's responsibility to enforce truth in advertising.

If I've seen it once I have seen it a hundred times: banners for a "Champagne Sunday Brunch". Champagne? No way. California produces some top-notch sparkling wine, many produced in the "methode champenoise", but any inspection will reveal that it is not "real" champagne, even though yes, champagne is sparkling wine. Real champagne is made from white grapes (usually chardonnay), red grapes such as pinot, and sometimes they are blended and always from the region of Champagne, France.. If you find a brunch that serves real champagne by all means let me know the health inspector and I will be first in line.

Here are two sparkling wines to consider for the upcoming summer:

Domaine Chandon was my father Elmer Dills' favorite sparkling wine, so much so that he'd often wait for those great 30% off wines sales and, literally, stock up his garage with it. The amazing thing is

TABLE FOR TWO by Peter Dills thechefknows@yahoo.com

that price hasn't changed much over the past few years. It retails for \$18, and you can find it for \$14 on sale. My favorite sparkler is top of the sparkling wine price ladder, but well worth it, Domaine Carneros



Brut. This estate bottles sparkling wine that comes as close to the champagne variety bottled in France that I have found, and it should since it comes from the Taittinger family of French wines. The flavor is a little toasty in the beginning with a clean, long finish. Domaine Carneros and Chandon are best enjoyed with oysters and goat cheese, or any fried foods. Domaine Carneros retails for \$30, and on sale for around \$22

Join me this Sunday for Dining with Dills Radio AM 830 KLA and the TV Show on Charter 188 3 PM Sundays. Follow me on twitter kingofcuisine and Face book Peter Dills

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Podley PROPERTIES WEEKEND OPEN HOUSES

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OPEN SUNDAY 2-4PM

560 BROOKSIDE LANE, SIERRA MADRE > \$858,000

OPEN SAT 2-5PM, SUN 1-4PM

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30 N. Baldwin Avenue, Sierra Madre | 626.355.2384
Visit PODLEY.COM for additional open houses, news and events!

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HOW TO FIGHT DRY EYES AND PROTECT YOUR VISION

Dear Savvy Senior

What all can be done to combat dry eyes? Since I turned 50, my eyes have become increasingly dry and irritated.

Constantly Blinking

Dear Blinking,

Dry eyes is a common problem that affects more than one-third of middle-aged and older Americans. But you don't have to just put up with it. There are lifestyle adjustments and multiple treatment options available today to keep your eyes moist and healthy. Here's what you should know.

Dry Eye Issues

Dry, red, irritated eyes are one of the most common reasons for visits to the eye doctor, but discomfort isn't the only problem of dry eyes. Light sensitivity and blurred or fluctuating vision are common problems too, and worse yet, dry eyes are more likely to get scratched or infected, which could damage your vision permanently.

The reason people get dry eyes are because they either don't produce enough tears to keep their eyes properly lubricated, or because they produce poor quality tears.

In some cases dry eyes can be triggered by medical conditions such as diabetes, thyroid diseases, allergies, rheumatoid arthritis, lupus and Sjogren's syndrome. It can also be brought on by age (tear production tends to diminish as we get older), eye conditions, eyelid problems, certain medications, environmental factors and even LASIK and cataract surgery. Dry eyes are also more common in women, especially after menopause.

Lifestyle Adjustments

The first step experts recommend in dealing with dry eyes is to check your lifestyle and surroundings for factors that might be contributing to the problem and make adjustments:

Avoid blowing air: Keep your eyes away from air vents, hair dryers, oscillating and ceiling fans and consider buying a home humidifier.

Blink more: When you're reading, watching television, or using a smartphone, tablet or computer, take frequent breaks because these activities cause you blink less often.

Avoid irritants: Avoid smoke-filled places and if



you swim, wear goggles to cut down exposure to chemicals.

Use protection outside: When you go outdoors, use sunglasses that wrap around the sides of your face to protect yourself from sun, glare, wind, and dust.

Check your meds: Dozens of prescription and over-the-counter (OTC) drugs like antihistamines, decongestants, diuretics, beta-blockers, antidepressants, tranquilizers, and Parkinson's medications can all cause dry eyes. If you're taking any of these, ask your doctor about alternatives.

Get more omega-3s: Studies show that eating more fish and other foods rich in omega-3 fatty acids (or take a supplement) helps some people.

Treatment Options

If adjusting your environment and habits doesn't do the trick, there are a variety of OTC artificial tears that can help. If you experience a lot of burning, try another product or opt for a preservative-free formula. If your dry-eye is persistent, use gel-containing drops like Refresh, Systane and GenTeal. The gel will keep your eyes lubricated for longer periods. If you need a product that's even longer lasting, consider OTC lubricating ointments like Refresh PM.

If the lifestyle and OTC treatments don't help, see an ophthalmologist. He or she can offer additional advice and may prescribe a medication. There are several FDA approved medications for dry eye including Xiidra and Restasis, and one in development called LacriPep.

If your dry eye is severe and does not improve, your doctor might recommend a simple office procedure that plugs the small openings (tear ducts) that drain tears away from the eyes. Blocking these openings with punctual plugs keeps tears in place longer.

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

KATIE TseThis and That



"BUSY FUN"

One of the best times in my life was my childhood, and with every passing year I appreciate more and more a childhood spent in the 1980's rather than in the 2010's. Afternoons following dismissal from school

were blissfully unscheduled for me, and summers were as free as the open prairie. My mom did enroll me in the occasional craft class and swimming lessons, but none of it had the disciplined rigor of, say, competitive gymnastics or classical violin. Not to say that gymnastics or violin are bad, but to put your kid in it at age four with the anticipation that they will compete in the Olympics or perform at the Music Center is a bit much. There seems to be a growing trend of parents overbooking their kids in activities during any free time in their schedules. "Busy work" is something teachers sometimes give students to fill up class time. "Busy fun" is something parents do to fill up children's free time with activities that are meant to be enriching, but which I believe are often stressful or just a drag.

One time that this really stood out for me was when I volunteered for Vacation Bible School (VBS) at Church. To say that the day was hectic would be an understatement. Whoever organized the events packed about 10 different activities into a three-hour time frame. It started with frantic herding of children into one area to focus on an activity for about half an hour, then they were relocated somewhere else, all accompanied with a lot of directives from the adults. Heck, I was getting stressed out and I was in my 20's at the time! I wonder how the poor kids felt.

Just as the VBS day was drawing to a frenzied close, I heard with dread one of the mothers announce that her kids only had a few minutes to

change into their soccer uniforms. What? You mean they didn't have enough structure, enough of following directions, and enough pre-planned activities already? They needed more? As I leisurely strolled away from Church I pitied the first graders who were already pulling on their shin guards.

I have no research to back this up, but I really feel that over packing kids' days does them a disservice developmentally. How can they learn to be creative if they are constantly being told what to do and how to do it? There is a certain invaluable lesson in learning how to entertain oneself and keep oneself

occupied without direct instruction. I think one of the best lessons parents can give their kids sometimes is just the simple response, "Find something to do."

Why are parents feeling this pressure to fill every empty space in their kid's schedule? I think some obvious reasons include the logistics of their own work schedules and childcare. Some obstacles can't be avoided. But for others I think they have a dread fear that unscheduled time will cause their child to fall behind or not reach their fullest potential. Instead of viewing their child as fruit that will blossom and grow of itself, they see them as machines that must be built and maintained in order to function. And besides, "All the other parents are doing it." Like everything in society, there's a certain "Keeping up with the Joneses" mentality coloring people's perception.

Of course it's easy for me to say all this, seeing as I don't have kids of my own. The last thing I want is to come off as judgmental if you have your kids in afterschool or summer programs. There are a lot of great activities that truly are interesting and enriching. And not all kids are the same, I'm sure that there are some who need that extra structure and level of engagement. I just thank my parents that they didn't think I was one of them.



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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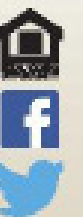
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Looking Up with Bob Eklund



SOLAR ECLIPSE ACROSS AMERICA: SCIENCE AND SO MUCH MORE!

Astronomers and solar physicists will be out in force during this summer's total eclipse of the Sun (<https://eclipse.aas.org/eclipse-america>), now just two months away. They'll use ground-based telescopes, airborne instruments, and orbiting satellites to shed new light on some of the Sun's best-kept secrets. But if there's one thing the American Astronomical Society (AAS) wants you to know, it's that the August 21st solar eclipse is much more than a scientific bonanza—it's an opportunity for everyone to experience what is arguably nature's most awesome spectacle.

When the Moon totally blocks the Sun's bright face (<https://eclipse.aas.org/eclipse-america/eclipse-experience>), the landscape darkens suddenly, bright stars and planets shine forth in a twilight-blue sky, pastel hues of sunset glow around the horizon, the temperature drops noticeably, and birds and animals behave as if night has fallen. But the star of the show hangs in the sky where the brilliant Sun used to be: the impossibly black silhouette of the Moon, ringed by our star's faint outer atmosphere: the pearly white, gleaming solar corona. Made of rarefied gas heated to millions of degrees, the gossamer corona gets sculpted into streamers and loops by the Sun's powerful magnetic field and shines with a light seen nowhere else. It is hauntingly beautiful.

According to AAS press officer Rick Fienberg, a veteran of 12 total solar eclipses, "Going through life without ever experiencing 'totality' is like going through life without ever falling in love."

On Monday, August 21st, the Moon's 70-mile-wide dark shadow will sweep across the United States from Oregon to South Carolina. Some 12 million Americans live within this narrow path, and they'll be joined by millions of visitors eager to stand in the Moon's shadow for 2 minutes 40 seconds.

The rest of the continental U.S.—outside the total eclipse path—will see a deep partial eclipse in which the Moon covers half or more of the Sun's bright face. But a partial eclipse offers almost none of the drama and beauty of a 100% total one. "It's literally the difference between day and night," says Fienberg.

Here's another difference: the totally eclipsed Sun is safe to look at directly. But a partial solar



Photo by Robert Slobins

eclipse, even a very deep one, is unsafe to look at directly without using a special-purpose solar filter, namely, one certified to meet the ISO 12312-2 international safety standard (<https://eclipse.aas.org/eye-safety/iso-certification>). Such filters are commonly available in the form of cardboard- or plastic-framed "eclipse glasses" and handheld viewers (<https://eclipse.aas.org/eye-safety/eyewear-viewers>).

"Never wear eclipse glasses while looking through binoculars, a telescope, or a camera lens," warns Angela Speck, professor of astronomy at the University of Missouri. "Sunlight focused by the

optics will burn right through the filters and injure your eyes." Speck co-chairs the AAS Solar Eclipse Task Force, which is helping to prepare the country for the August 21st event by maintaining the Solar Eclipse Across America website (<https://eclipse.aas.org>), which provides basic information about the eclipse, links to other authoritative resources, and safety tips.

"If you don't have a safe solar filter," says Speck, "you can view the partially eclipsed Sun indirectly, for example, by pinhole projection as described on our website (<https://eclipse.aas.org/eye-safety/projection>)."

The August 21st total solar eclipse is the first to touch the continental U.S. since 1979 and the first to cross from coast to coast since 1918. It's also the first to be visible exclusively from the U.S. since we became a sovereign nation.

Solar eclipse eye safety: <https://eclipse.aas.org/eye-safety>
Solar eclipse resources, including books, maps, equipment suppliers, and much more: <https://eclipse.aas.org/resources>

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



CHRISTOPHER Nyerges

[Nyerges is the author of such books as "How to Survive Anywhere," "Self-Sufficient Home," and "Extreme Simplicity." He teaches at Pasadena City College and through the School of Self-Reliance. He can be reached at www.SchoolofSelf-Reliance.com.]

One day I went to Bean Town in Sierra Madre and started talking with my friend Michael, who was reading a book about love. Love, one of the few topics you can study your entire life and never really "get it." "The problem," I told Michael, as if I knew what I was talking about, "is that we think about this way too much, whereas the animals – at least some animals – don't think about it. They just act. The basic fundamentals of what most of us mean by love – protection, providing food for the young, some training – are simply done without all the considering and evaluating and vacillation that humans are so famous for."

Michael nodded. He didn't talk a lot but he listened, and when he spoke, he asked a deep question or he had a pithy comment.

We agreed upon certain things that every human should know about "love" and its many facets and tangents. A man cannot have more than one woman at a time, whether wife or girlfriend. OK, some try and seem to get away with it, and some are even involved in consensual polygamy. But that seems to be the exception, not the rule. One woman at a time, period. That works and other arrangements do not. Even when people try to have "open" arrangements, they all seem to fail in the long run.

We agreed that the Masai men in Africa might have four wives there and "get away with it," because that is the social norm. It is done in plain view with everyone knowing that's what's happening. But it won't work here.

Don't have sex if you're not prepared for children. Don't have children until you're ready to devote the next 15 or so years to them, as a child without involved parents is part of the formula called "How to make a criminal."

Michael and I agreed on some of these basics, and we occasionally brought up the principles in the "Art of Loving" book by Eric Fromme.

I liked chatting with Michael because he was not dogmatic, and listened in a conversation as much as he talked. It was clear that when we talked, he was seeking answers as much as he was telling me his opinions.

We tried to clarify the difference between "love" and sex in a relationship, and how they are actually very different things. Michael brought up the case of a man who divorced his wife because he learned she'd had plastic surgery, and was therefore not as naturally beautiful as he'd assumed.

"The man was in love with the woman's body," said

Michael with a bit of anger in his voice. "He wasn't in love with the person – just her body." Unfortunately, we both agreed that most people are hopelessly confused about this, often falling in love with a body and never really getting to know the person inside. "I mean," said Michael, "a meaningful relationship can't be built on just good looks and sex. You've got to have a lot more going for you than that!" I agreed.

We tried to define those traits that make a good relationship. It wasn't hard. We identified many traits that are desirable, and many that were not. We both started shouting out the traits as I tried to write them down. "You've gotta really like the other person," said Michael. "And you absolutely must have some common interests, whether it's religions, or TV shows, or exercise, or academics. Something! And I still don't know what love is," laughed Michael, "but I think even more than love is basic respect. You've got to have mutual respect." A few people from the next table were listening, and begin to add to our lists.

Here's what we came up with:
Things you want in a relationship:
Affinity to one other, for whatever reason.
Respect.

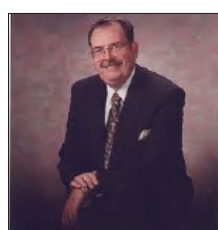
Communication. We both agreed that men and women can barely communicate with each other because they see the world so differently. But at least – if you want a good relationship – you have to work at communication, and continue to resolve issues whenever they come up.

Courtesy.
Caring about the relationship, per se, and working on it.
Clarification about how you deal with money.
Religion and politics: Some relationships work when there are diverse religious and political beliefs, but it is a strain. Stick to those who share your core beliefs.
Someone who shares your core beliefs about life, hygiene, use of time, etc.

Things you don't want in a relationship:
Jealousy
Possessiveness
Immaturity
Extreme focus on outward appearances.
Incompatibility with money.
Each person always trying to be the Alpha dog.
Lack of cleanliness. Yes, we agreed that no one wants to live with a slob.

After a while, we realized that neither of us brought up that nebulous word "love," nor did we include sex in our list. We both agreed that mutual respect is at the top of the list to cultivate, and that jealousy and possessiveness will kill any relationship.

[This essay is part of an unpublished book written by Nyerges, about growing up in Pasadena. He plans to publish it in the next few years.]



OUT TO PASTOR

A Weekly Religion Column by Rev. James Snyder

CAN TWO WALK TOGETHER, EXCEPT THEY BE GOING TO THE SAME STORE?

After about a million days of toil, sweat and aggravation, the Gracious Mistress of the Parsonage and I decided to take a few days off and relax.

I am not a real expert when it comes to relaxing. I have not pursued a PhD in relaxing and therefore it is a foreign theme to me.

Of course, I have advised many people to chill out, relax a little bit and not get so excited about things. What doctor do you know who takes his own medicine? Or, what pastor do you know that listens to his own sermon?

I could preach a sermon to beat all sermons on relaxing and not getting so uptight about things. You would think after listening to some of these sermons that I was an expert in this area. My expertise is only in telling other people what they should be doing. I do not have time to listen to my own sermons.

My wife and I realized a month or so ago that we have not taken a day off in over six months. Actually, we were trying to figure out the last time we did take a day off.

"I think," my wife said most reflectively, "that we should take a day off and relax."

It has been my policy throughout my marital life to not disagree with my wife. This was one of those times when I was in full agreement with her statement. It doesn't happen often, when it does, it is time to celebrate.

For us, a couple days off takes a couple months of planning and when I say planning, I mean planning.

We had to coordinate the date with the rest of our family, and with the church schedule.

I fully understand that the church will run quite well without me, but I have conned myself into believing that it can't. That means, I have to make special plans for when I take a day off.

It did not take me long to rearrange my schedule, but it was a different story with my wife.

She had to coordinate her schedule for a couple days off with both of the daughter's schedule because she watched the grandchildren while the parents were working. It took several months for her to coordinate all of the schedules and finally, voilà, we arranged a time that we could "leave Dodge," and head to St. Augustine for a couple days off.

We left after the Sunday evening service and our plan was to return Wednesday before the Wednesday night service. If you plan something right, it all comes together.

We left that Sunday night and headed for our motel to settle down for several days of rest and frivolity. I do admit that I have a PhD in frivolity and so I was ready to for frivole. (Pardon my

French).
When we woke up Monday morning, I began to realize that my definition of rest was not exactly the definition my wife embraced.

For me rest is staying in bed with a cup of coffee in one hand and a good book in the other hand. Actually, in my hand was my tablet, which had my Kindle app, which contains over 300 books. The hardest decision I had was to choose which book I was going to read first.

I had recently purchased the Kindle edition of The Complete Father Brown Mysteries by G. K. Chesterton. Oh, that Father Brown. What an interesting character he is. I had just got into the first story when I heard from my wife, "Well, are you ready to go?" It was then I discovered her definition of rest is not my definition of rest.

Her definition of rest is to visit all the thrift stores in the St. Augustine area. Unfortunately for me, she knows every one of them.

With a little bit of persuasion on her part I got out of bed, dressed and walked with her to the car so she could drive us to the first thrift store.

It has been a long time since I have been in a thrift store and so I had forgotten pretty much what it was all about. I walked in the first one and that thrift store aroma smack me right in the face.

"Doesn't that," my wife said with a giggle in her throat, "smell wonderful?"

Obviously, we have noses from different resources and my nose said, "Yuck, what stinks?" I was afraid to give the information to my nose in fear that it would start a sneezing fit.

After five minutes I had seen everything in that thrift store I wanted to see. So, I said to my wife, "Could I borrow the car keys?"

"You're not done shopping?" she said zic-zally.

I nodded my head and with a great deal of hesitation, she handed over the car keys and I exited the thrift store and three steps out of the door my nose said to me, "Thanks."

I must say that my wife and I are good partners in just about everything except in this area of relaxation. However, every good relationship has its opposites. The important thing is to recognize the opposite and not allow that to define the relationship.

I like what the prophet Amos said, "Can two walk together, except they be agreed?" (Amos 3:3).

The best part of a relationship is walking together.

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. The church web site is www.whatafellowship.com.

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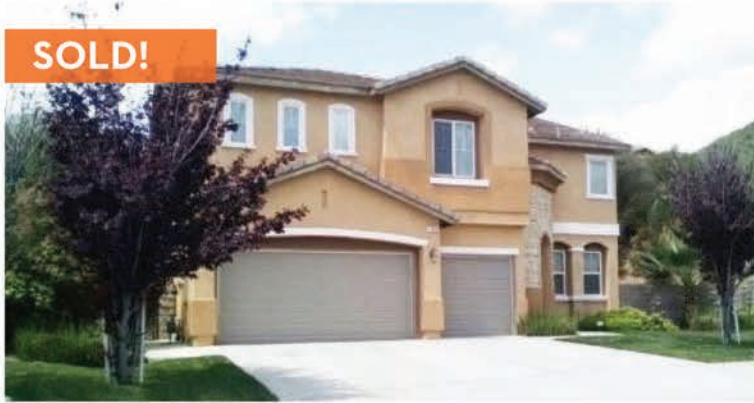
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AROUND SAN GABRIEL VALLEY

REP. SCHIFF REINTRODUces LEGISLATION TO REFORM RESIDENTIAL TREATMENT PROGRAMS NATIONWIDE SCARPTA INCLUDES STRONG ANTI-DISCRIMINATION PROTECTIONS FOR LBGT YOUTH AND YOUTH WITH MENTAL ILLNESS

Washington, DC – Today, Rep. Adam Schiff (D-CA) reintroduced the Stop Child Abuse in Residential Programs for Teens Act (SCARPTA), a bill to hold residential treatment programs accountable to a set of minimum health and safety standards, including strong anti-discrimination protections for LBGT youth and youth with mental illness. The bill will also crack down on offenders who attempt to move abusive facilities across state lines by requiring all states to improve their licensing and oversight processes, and help families weed out bad programs by requiring they publicly disclose their licensing status and any history of violations.

“There are hundreds of good residential treatment programs that provide services which can truly help youth recover and transition from serious behavioral problems or traumatic experiences,” Rep. Schiff said. “But without stronger federal regulation and oversight, programs that engage in abusive practices will continue to slip through the cracks, leaving behind traumatized and abused children and families.”

Residential treatment programs have existed for several decades as a last resort treatment option for children with serious mental health issues. Families opt for these programs when in need of more assistance than traditional inpatient mental health services or intermediate therapy programs can provide. Many residential treatment programs have successfully helped children and adolescents with severe behavioral problems, drug and alcohol addiction, and rehabilitation from a traumatic experience.

But in 2008, the U.S. Government Accountability Office (GAO) documented over 1,300 reports of maltreatment by staff at programs spanning across 34 states, including substantiated accounts of starvation, excessive use of physical restraints and isolation, severe verbal abuse and intimidation, and neglectful medical practices. The GAO made clear that the lack of federal oversight and patchwork of state regulations has failed to properly license and monitor residential facilities which put an already vulnerable population of children at higher risk for abuse, and even death.

“Abusive facilities that operate under the

guise of providing real therapy have no place in our society and families who turn to residential programs for help, often as a last resort, deserve to know that their children are safe and in the care of professionals,” Rep. Schiff said.

SCARPTA is based on a bill championed by Rep. George Miller (D-CA) before his retirement. Miller’s bill passed the House twice but was not signed into law. Schiff’s legislation would:

- Prohibit all programs from withholding food, water or shelter from a child, putting a child in seclusion, and all other forms of physical and mental abuse
- Require licensed medical staff on hand at all times in case of an emergency and require all staff members to be properly trained in recognizing and responding to signs of child abuse and neglect, and mental health crises
- Allow youth to stay in contact with their parents so that they know their children are safe, and provide uninhibited access to a child abuse reporting hotline
- Publicly disclose any past record of child abuse and their state licensing status so families can make informed decisions about where to send their children
- Prohibit programs from using anything other than safe and evidence-based treatment -- meaning that any form of junk science such as conversion therapy or electric shock would be banned in these programs

SCARPTA is backed by a large coalition of child-serving, mental health and disability rights, and LGBT-rights organizations.

“It is long past time for the federal government to follow California’s lead and finally regulate the for-profit, ‘Troubled Teen’ industry,” said Lorri L. Jean, CEO of the Los Angeles LGBT Center. “Many of these facilities and camps commit horrible physical, mental and sexual abuses under the guise of disproven and harmful conversion therapy for LBGT youth. Sometimes these ‘therapies’ even result in death. No purported religious affiliation -- often claimed by these camps -- excuses such atrocities. We commend Representative Schiff for his continued efforts to protect all young people including some of the most marginalized youth in our country.”

WINDING DOWN AT THE GREAT RACE PLACE

By Joan Schmidt

All good things come to an end and the current Meet at Santa Anita Park ends on July 4th. However there is still plenty of time to go there and enjoy some fun events in addition to great Thoroughbred Racing.

The current contest for “Jockey with the MOST Wins” is REALLY heating up! Right now there are four running neck-and-neck! Flavien Pratt who hails from France has 34; Peruvian Rafael Bejarano, 31; Louisiana’s “Smokin Joe Talamo”, whose Grandfather was from Sicily and Cajun on Mom’s side, 30 wins; and Apprentice Evin Roman, from Puerto Rico has 28! I think Evin’s got a shot at the Eclipse Award in the “Apprentice Category.” Good luck to all these fine men!

Upcoming events: First, they canceled the last three Thursdays of the Meet. However Friday has FREE PARKING and FREE GENERAL ADMISSION. Weekdays are relaxing to me, not real crowded and the kids even get a chance to pet the outriders’ horses in addition to watching great races!



Evin Roman



Flavien Pratt

Friday, June 30-Sunday, July 2 will feature the 6th annual 626 Night Market. This is a MUST-DO if you haven’t done it already. It’s the LARGEST Asian-themed night market in the United States. The growing entertainment tradition features merchandise vendors, games, food offerings galore, music and more! There’s something for ALL AGES at the 626 Night Market. For

more information, visit www.626nightmarket.com.

On Saturday and Sunday, July 1st and 2nd, there will be the Family Fun Zone on the Infield. First Post is 1pm.

On Sunday, July 2nd, a special family event: Bombclub So Cal Car Show, 10am-5pm. FREE PARKING and ADMISSION. Enter Gate 6 off Colorado Place.

Over the weekend, Clockers Corner is a great place for breakfast. In addition, James Corral, a retired jockey is usually there and has a table set up with his great creations: unique key chains, pens, signs, wall plaques and more. His awesome creations can be seen on the walls of many barns at Santa Anita, Del Mar, and Breeding Farms.

Monday, July 3rd, and Tuesday July 4th will offer Dollar Beers, Hot Dogs and Sodas, in addition to Great racing.

Lastly, one of my favorite things to do in the AM is stop by Clockers Corner for a free coffee and just watch workouts. Last time I stopped by, Gary Stevens, Brice Blanc, Kyle Frey, Modesto Linares, Ruben Fuentes and Mario Gutierrez were there. Several owners and trainers also are there and jockeys’ agents diligently working to book races. It’s a very interesting experience.

Hope to see at 626 Night Market, Bombclub So Cal Car Show, Clockers Corners or just enjoying great Thoroughbred Racing.

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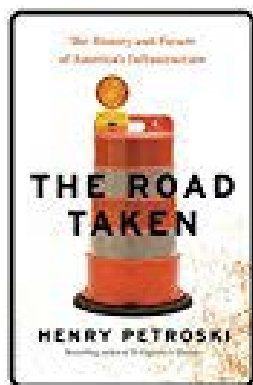
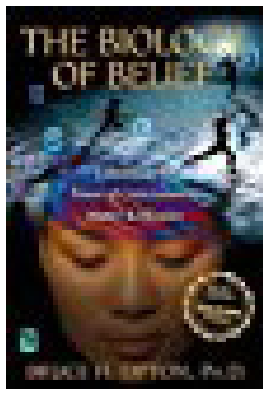
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Jeff's Book Pics By Jeff Brown

The Road Taken: The History and Future of America's Infrastructure by Henry Petroski
A renowned historian and engineer explores the past, present, and future of America's crumbling infrastructure. Henry Petroski explores our core infrastructure from both historical and contemporary perspectives, explaining how essential their maintenance is to America's economic health. Petroski reveals the genesis of the many parts of America's highway system--our interstate numbering system, the centerline that divides roads, and such taken-for-granted objects as guardrails, stop signs, and traffic lights--all crucial to our national and local infrastructure. A compelling work of history, *The Road Taken* is also an urgent clarion call aimed at American citizens, politicians, and anyone with a vested interest in our economic well-being. Physical infrastructure in the United States is crumbling, and Petroski reveals the complex and challenging interplay between government and industry inherent in major infrastructure improvement. The road we take in the next decade toward rebuilding our aging infrastructure will in large part determine our future national prosperity.



Biology of Belief Unleashing the Power of Consciousness, Matter, and Miracles by Bruce H. Lipton

This book is a groundbreaking work in the field of new biology, and it will forever change how you think about thinking. Through the research of Dr. Lipton and other leading-edge scientists, stunning new discoveries have been made about the interaction between your mind and body and the processes by which cells receive information. It shows that genes and DNA do not control our biology, that instead DNA is controlled by signals from outside the cell, including the energetic messages emanating from our thoughts. Using simple language, illustrations, humor, and everyday examples, he demonstrates how the new science of "Epigenetics" is revolutionizing our understanding of the link between mind and matter and the profound effects

it has on our personal lives and the collective life of our species.

Raven Rock: The Story of the U.S. Government's Secret Plan to Save Itself - While the Rest of Us Die by Garrett M. Graff

A fresh window on American history: the eye-opening truth about the government's secret plans to survive a catastrophic attack on US soil, even if the rest of us die - a road map that spans from the dawn of the nuclear age to today. Every day in Washington, DC, the blue-and-gold 1st Helicopter Squadron, codenamed MUSSEL, flies over the Potomac River. As obvious as the presidential motorcade, most people assume the squadron is a travel perk for VIPs. They're only half right: While the helicopters do provide transport, the unit exists to evacuate high-ranking officials in the event of a terrorist or nuclear attack on the capital. In the event of an attack, select officials would be whisked by helicopters to a ring of secret bunkers around Washington, even as ordinary citizens were left to fend for themselves. For 60 years the US government has been developing secret doomsday plans to protect itself, and the multibillion-dollar Continuity of Government (COG) program takes numerous forms - from its plans to evacuate the Liberty Bell from Philadelphia to the plans to launch nuclear missiles from a Boeing-747 jet flying high over Nebraska. In *Raven Rock*, Garrett M. Graff sheds light

on the inner workings of the 650-acre compound (called Raven Rock) just miles from Camp David as well as dozens of other bunkers the government built for its top leaders during the Cold War, from the White House lawn to Cheyenne Mountain in Colorado to Palm Beach, Florida, and the secret plans that would have kicked in after a Cold War nuclear attack to round up foreigners and dissidents and nationalize industries. Equal parts presidential, military, and cultural history, *Raven Rock* tracks the evolution of the government plan and the threats of global war from the dawn of the nuclear era through the War on Terror.

FAMILY MATTERS By Marc Garlett



that's easiest for you - anything from a handheld cassette recorder to the Voice Memos app on your iPhone. There are some easy-to-use **digitizing services** that can compile your stories into audio files to make available to your family and descendants.

Video files: The same goes for home movies and other video recordings. Older film formats can be easily digitized and organized along with the videos from your phone. Today's technology also makes it easier than ever to add narration (and context) to a video, making the story all the richer.

Photo albums: Many families have prized photo collections that catalog generations. It's a tragedy when something like this is lost in a fire or misplaced in a move. Creating a digital database is a gift to your family in more ways than one: Not only will they have access to these memories at any time, they can also feel secure knowing that these family treasures won't be lost anytime soon and that multiple copies can be made for the different branches of the family.

Letters and other writings: If you enjoy writing, you can also include handwritten or typed letters or stories to your family members in your legacy plan to be received and read at the time of your choosing. You can also include past letters and postcards that might be tucked away in the attic. It's not only a personal delight to relive the memories of the past by reviewing your old letters and postcards, but it's also a great way for younger generations to get to know and sincerely appreciate your life journey and legacy.

Your financial assets are important. Protecting and planning to pass those assets is a key part of any estate plan. But focusing only on those types of assets leaves a hole for your loved ones and does a disservice to the biggest part of your wealth. Your estate plan becomes exponentially more valuable when it incorporates and showcases your memories, history and values in a long-lasting way that truly benefits your heirs. And that is really what estate planning should be all about.

Dedicated to empowering your family, building your wealth and securing your legacy,

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

MONEY ISN'T EVERYTHING IN ESTATE PLANNING

How to Pass Your Stories and Values to the Future Generations

Money may be the most talked asset within a person's estate, but the riches of experience and wisdom can - and often do - mean even more to family members down the line. Reinforcement of family traditions can be built into your estate plan alongside your wishes regarding your money, property, and belongings. After all, what really makes a family a family is its values and traditions - not the way its finances read on paper.

It's an excellent idea to hold a family meeting in which you discuss the sorts of things that matter to you most. In addition to the value of sharing your wisdom, you can also make it more likely that your heirs will handle their inheritance wisely if they understand the motives behind your choices. This is just one of the many reasons to have a family discussion about your estate plan and your legacy.

How to tell your story through your estate plan

It's a delight to get to hear your elders' stories of their fondest memories and wildest adventures, as well as the struggles they overcame to get the family where it is today. This wisdom provides connection and meaning for a financial inheritance that otherwise might just be viewed as a windfall. So as part of your estate and legacy planning, I encourage you to record your own personal history. Here are a few ideas:

Audio files: With the broad range of audio formats available today, you can record in the way

BUSINESS TODAY

The latest on Business News, Trends and Techniques

By La Quetta M. Shamblee, MBA

3-D PRINTING? LOCAL EXPERTS ARE MASTER TRAINERS FOR THIS GLOBAL TECHNOLOGY

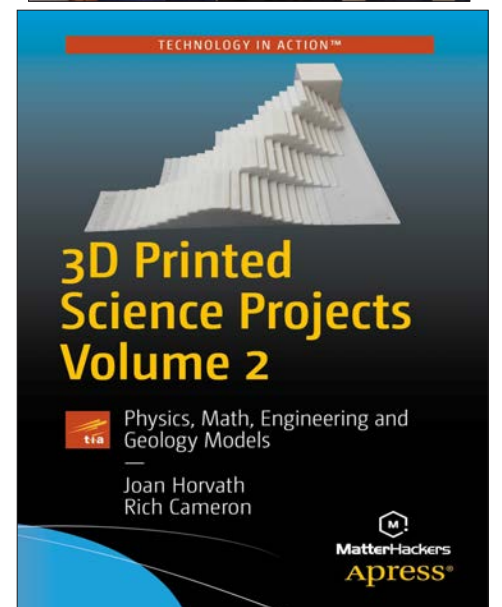
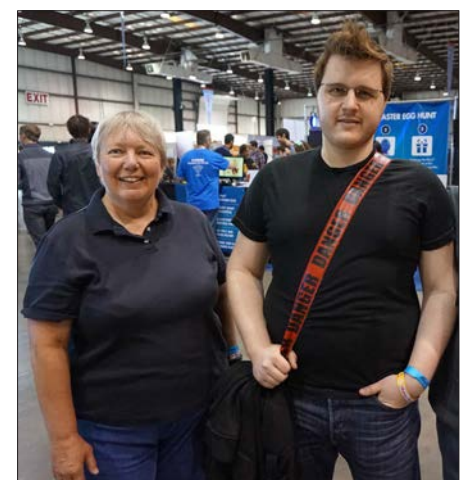
Pasadena resident and former JPL employee Joan Horvath, along with business partner Rich Cameron have carved out a special niche in the fast growing 3-D printing industry. "Mastering 3D Printing" published by Apress is 2014 was authored by Joan, one of six books on 3-D printing written by them in three years. They have created a series of workshops to teach students and adults how to use the technology. Their workshops are popular with educators, which include in-person customized courses, as well as online courses like "Intro to 3D Printing," and "3D Printed Science Projects." Their company name, Nonscriptum, is Latin for "unwritten." Unlike traditional printing that is associated with applying the written word and images onto paper or other surfaces, a 3-D printer creates a tangible three-dimensional item.

Joan Horvath explained 3D printing as a computer design of something that can be made quickly and is ideal for making less expensive prototypes and models that have traditionally been made out of wood or clay. When asked to describe the process, Horvath stated, "A 3-D printer basically functions like a hot glue gun, creating layers to build the item." The printers range from small desktop versions, to machines large enough to print 3-D furniture.

To the surprise of many, 3-D printing has been around since the 1980's, but was primarily used in university settings. When patents ran out in 2006, the business ecosystem for this technology evolved very quickly. Like all emerging industries, there was in initial explosion in the number of companies manufacturing 3-D printers until the process of consolidations and fall-outs occurred.

Nonscriptum gets a pretty steady stream of inquiries from individuals who have just gone out and bought a 3-D printer, and from schools that have received the donation of a 3-D printer, but have no idea how to get started. In Horvath's role as adjunct faculty for National University (Azusa, CA Campus), she was approached to create curriculum that could be delivered remotely for students pursuing teaching degrees. Some of them are preparing to enter into the profession and realize they need to be prepared to establish a "maker space" for students. Described as a center or space with tools to enable participants to design or create prototypes and manufactured works, establishing an on-campus "maker space" is a growing trend; and a 3D printer is becoming a standard feature in these settings. With all of the focus on science, technology, engineering and math (STEM) programs for children, this resource is ideal to provide students with the opportunity to apply these academic disciplines throughout interactive class projects.

Timing is everything, and the timing was perfect when Horvath and her business partner met while working for a 3-D printing company, which is no longer in business. They affiliation paved the way for an entrepreneurial journey that is leading



them to new opportunities, including a new in-person course they will be teaching at LA Cleantech Incubator (LACI), which exists to accelerate the development of cleantech start-up companies. In August, they will be conducting a workshop at the college preparatory Winward School in Los Angeles.

Years ago, Horvath could not have know groundwork was being laid for the role that she would play in the application of this popular printing platform of the modern era. As she was pursuing an undergraduate degree in Aeronautical Engineering from MIT and a Masters in Engineering from UCLA, there is no way she would have foreseen the rendezvous with a co-worker, turned business partner, who has teamed with her to become a "go to" for "how to" for 3-D printing.

For information on this Pasadena-based company and upcoming 3-D printing workshops, books or inquiries about consultations visit: www.nonscriptum.com or contact Joan Horvath at joan@nonscriptum.com. Photo by: Ethan Etnyre

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Family Fun with Clay
Saturdays, July 8, 15 & 29
Round up the family and try something new. Never tried ceramics? No problem! This workshop is all about kick-starting creativity in a friendly and relaxed atmosphere. Adults accompanied by children age 5 and up can explore creating with clay either on the wheel or by hand. Wear old clothes. All materials will be provided.

Mosaics
Sundays, July 16 & 23
Learn the pique assiette style of mosaic. Course covers materials, tools and cutting techniques with a focus on design. All materials for the project are included.

Register online, by phone or in person

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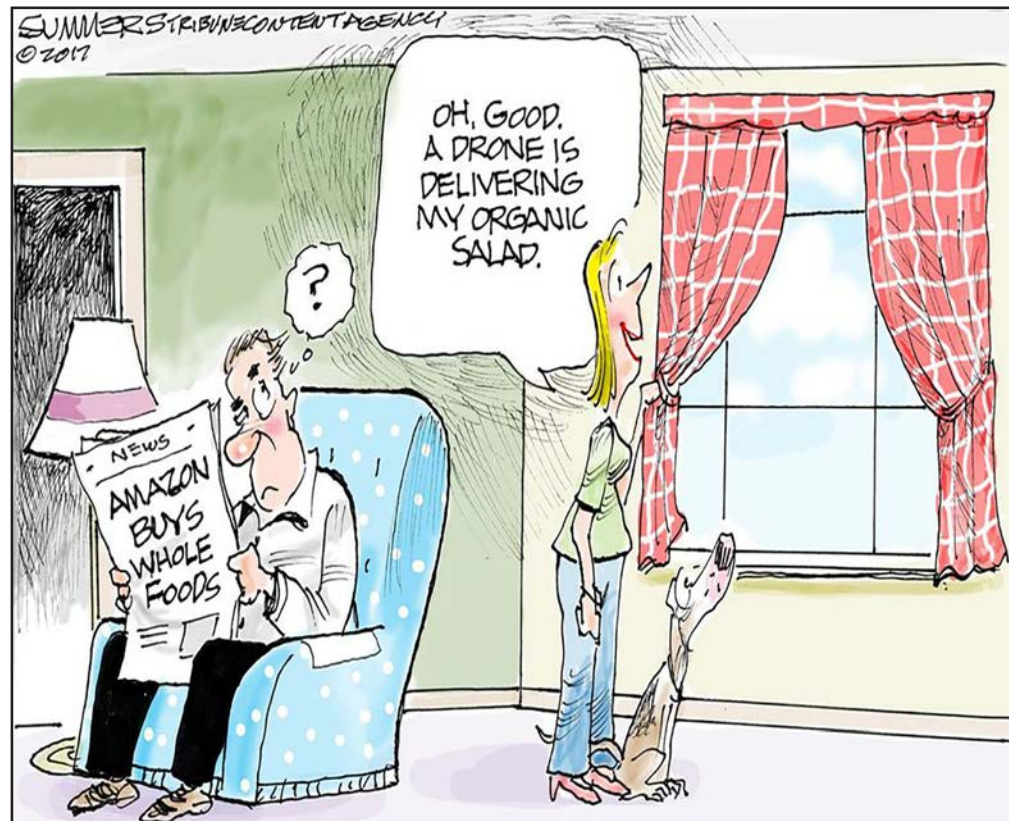
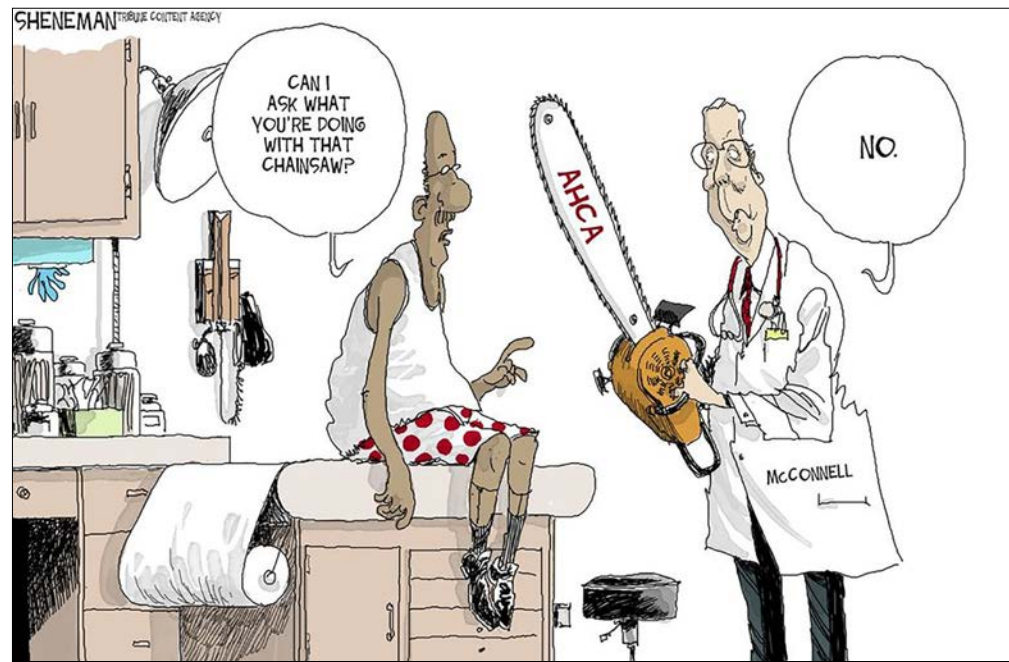
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Mountain Views News Mission Statement

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.



"I HAVE TODAY'S SCHEDULE FOR YOU, SIR. WE START AT 4 A.M. WITH AN UNHINGED TWEET, FOLLOWED BY YELLING AT THE TV UNTIL NOON. AT 1 YOU HAVE THE SYCOPHANT'S LUNCH, THEN MORE CABLE NEWS FLAGELLATION UNTIL BEDTIME OR THE APOCALYPSE, WHICHEVER COMES FIRST."

OPEN LETTER TO REPUBLICANS AND ROGER STONE



Californians have had enough! Because our government has gone rogue and become the largest cartel in existence, supplying 60 to 70% of the entire US market with marijuana, we have had an influx of druggies from all over the world. Now, Washington D.C. lobbyist Roger Stone plans to create his own pot farm called "Tricky Dick" and lobby congress to make it legal. He is just one more drug dealer seeking fortunes on the backs of our youth. Since even conspiring to violate federal CSA laws in a crime, perhaps Stone should be fitted for an orange jump suit, along with a few others.

If you don't understand the problem, you can't fix it. So, let's talk candidly about the problem.

The march to legalize this dangerous drug really got underway during the Clinton years. The plan was orchestrated in 1996 and subsequently funded for 20 years by America's Drug Lord, George Soros. Working, in his words, as a team with Bill and Hillary, he crafted and helped fund the propaganda campaign that duped California voters into passing Prop 215, "The Compassionate Use Act." In reality, it had nothing to do with compassion. President Clinton could have, and should have, stopped its implementation. But then, Clintons were part of the "team".

Working together, Soros, Hillary and Harold Eckes, formed the Shadow Party. By using the IRS 527 loophole, they found a way to invest significant funds into organizations that backed their political purposes, without directly financing politicians. According to The Shadow Party written by David Horowitz and Richard Poe, in 2003 Eli Pariser, Executive Director of Soros' MOVEON.ORG, proclaimed... "We bought the Democratic Party. We own it." And so it seems. To the detriment of citizens of both parties, the Democratic party has made legalization of marijuana a party plank. Except for a few Republicans defectors like Rorhabacher and McClintock, the Democratic Party owns the drug problem. The question is...where are the Republicans?

One third of American families (85 million people) are directly impacted by a family member who has a mental illness or is addicted. Gang members outpace law enforcement two to one. America is last (24th) among industrialized nations academically, with a one-third dropout rate. According to UC Santa Barbara research, the life time cost of one high school dropout is \$392,000. Multiply that by 1.3 million drop outs, and the annual cost is about \$500 billion. Add public sector costs for physical and mental health care, the justice system, traffic deaths at \$1.4 million each, homelessness, incarceration et al, and the economic cost is well over \$1 trillion a year ... for a preventable disease. Nothing in modern history compares in terms of death, destruction, pain, suffering and economic cost; and nothing offers a greater opportunity to save lives and tax dollars. Yet, it isn't even on the Republican radar. Why not?

Marijuana causes physical changes in the developing brain for anyone under 25. It causes psychotic breaks leading to horrific crimes and suicide, mental illness, addiction, suicide, birth defects, cancer, and traffic deaths. Over 50% of arrestees test positive for pot. It is a gateway to crime, homelessness, academic failure, lost productivity and other drugs. It is tied directly to the pandemic of 144 overdose deaths every day from heroin and opioids. But overdose isn't the only cause of death, nor the only adverse outcome. Today's nuclear powered pot is very dangerous and can be lethal.

As to the State's rights for "medical marijuana," I challenge anyone, including the President, to define what is meant by the term. Marijuana is a fat-soluble complex drug with somewhere

GOP IN A BIND OVER GOVERNMENT ROLE IN HEALTH CARE

From Politics Today

There's considerable irony in the sudden and desperate quest of Republicans in Congress to repeal and replace Obamacare, in light of the party's longstanding dread and disdain of government involvement in any sort of national health care.

For decades, the GOP war cry of "socialized medicine" was a unifying theme and the backbone of conservative resistance to all aspects of Democratic liberalism. Republicans conjured all sorts of bugaboos, such as hostile Washington bureaucrats making medical decisions that should be left to doctors, to sway opinion against it.

The notion reigned among Republicans that a person's health care was a private concern between an individual and his or her personal physician, with Uncle Sam staying out of the way, whether in terms of treatment or manner of payment for it.

From the earliest days of Franklin D. Roosevelt's New Deal concept of public responsibility for the general welfare of all Americans regardless of income and social status, the Republican Party pushed back hard, preaching individual responsibility and, in its harshest terms, every man for himself.

The Great Depression had ushered in a public imperative for community responses to unemployment, poverty and associated social ills. Government cures such as welfare relief and social security benefits for the elderly gained broad acceptance in liberal thought and policy. But many conservatives dominating the Republican Party clung to their opposition to what they saw as unnecessary and excessive government intrusion into the lives of Americans.

"Socialized medicine" endured through the 1930s and beyond as a prime GOP banner in the political and philosophical wars between the two major parties. Succeeding Democratic administrations fought a long, uphill struggle in the field of national health care. They most notably failed during the Bill Clinton administration when the president turned the challenge over to his wife, Hillary, who wasn't able to produce a bill that could be enacted.

Throughout this time, the private health insurance industry, solidly supported in the Republican Party, fiercely and effectively defended its role in providing coverage against liberal efforts to enlarge government's role in facilitating and financing broader public health coverage. Not until 2010 did Democratic President Barack Obama finally win congressional approval of an historic Affordable Care Act, soon contemptuously dubbed Obamacare by its partisan critics.

The Republican Party quickly set its sights on eradicating it. Although the Democratic plan ran into heavy trouble during implementation stage, millions of Americans did sign up. But major growing pains in the plan, and rapidly rising costs to enrollees, soon spurred fueled a GOP crusade to "repeal Obamacare."

But many of the millions of enrollees eventually began to have second thoughts about losing their new health care, as problem-laden as it was. As a result, the Republican war cry was broadened to "repeal and replace Obamacare." Soon it became clear that many GOP enrollees didn't want the baby thrown out with the bath water.

Donald Trump made repealing Obamacare a prime campaign promise. After he took office, House Republicans in two tries slapped together a bill, and the Senate Republicans have now vowed to pass their own version. Yet Senate Majority Leader Mitch McConnell finds himself hard-pressed to find enough Republicans to pass it, as protesting recipients of Obamacare packed the hall outside his office Thursday and were hauled or wheeled away by U.S. Capitol police.

In a bizarre turnaround, the party historically against "socialized medicine" is struggling to enact a version of it, fearful of losing the support of millions of covered enrollees who desperately want some manner of government-run and government-financed health care. An earlier Congressional Budget Office estimate said 24 million would lose their coverage if the House bill passed, and the CBO assessment of the Senate version is nervously awaited.

Accordingly, GOP control of the Senate and even of the House in the 2018 congressional election could be at stake if the party fails on its pledge to scuttle Obamacare, with speculation growing that Trump's hold on the Oval Office itself could be in peril from disappointed supporters and other voters who already have had enough of what the last election has wrought.

(The Author, Jules Witcover's latest book is "The American Vice Presidency: From Irrelevance to Power," published by Smithsonian Books. You can respond to this column at juleswitcover@comcast.net.)

between 500 and 750 chemicals and cannabinoids. The potency (i.e. THC content) today ranges from 25% (+/-) in smoked form, 50 to 80% in edibles and almost 100% in oils and waxes used for dabbing and vaping.

CBD (cannabidiol), often called "medical marijuana," is a non-psychoactive component that has medical benefits for some, but not all. Calling CBD "medical marijuana" is analogous to calling penicillin "medical moss." To allow states to call pot "medicine" and consumers "patients" so the federal government won't enforce the law is an outrage.

California doesn't want or need any more out-of-state drug dealers. What we do need is for the Republican Party to step up and support AG Sessions and enforce the law. If neither party is going to protect the people, it begs the question...why do we need government at all?

ABOUT THE AUTHOR ...

ROGER MORGAN Chairman/Founder, Take Back America Campaign, 20 year anti-drug activist dealing with drug prevention at the local, state and national level. (www.tbac.us). Formerly Chairman and Executive Director of the Coalition for A Drug-Free California. Owner/CEO of Steelheart International LLC, engaged in international business development and an entrepreneur and businessman in California for 37 years. He was Founding Chairman of the Coronado SAFE Foundation in 1997, a non-profit dealing with drug prevention; prior Board Member of the San Diego Prevention Coalition; member of the National Coalition for Student Drug Testing; and Special Advisor to the Golden Rule Society in Coronado

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More pets get lost on July 4th than any other day of the year.

Keep your cat safe this Independence Day. Check out these seven tips for enjoying the Fourth of July with your cat.

Source: HomeAgain



1. Be sure your cat is wearing an up-to-date and visible ID tag on her collar at all times.



2. Take a current photo of your cat, just in case.



3. Give your cat a good play session before people come over for any celebrations.



5. Keep charcoal, fireworks, sparklers and glow sticks far from curious cats.



6. Put your cat in a safe, escape-proof room during parties and fireworks.



7. If your cat is afraid of loud noises, leave gentle music playing to cover the fireworks.



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