

## FIREFIGHTING SUPER-SCOOPERS RETURN



Story and photos by Dean Lee

Supervisor Kathryn Barger (pictured above left) along with L.A. County fire personnel showcased a leased pair of Bombardier CL-415s from Canada Friday morning, the aircraft will stay in Southern California for 140 days to help firefighting in areas that include, Altadena, Pasadena, Sierra Madre and other cities along the San Gabriel foothills. "The jurisdictional agency fighting the fire, [Pasadena, Sierra Madre] they would make a request to us through their dispatch," said Assistant Fire Chief Thomas Ewald (pictured above right). "If Pasadena were to have a fire they would make that request." Last year the planes were dispatched more than 50 times and dropped water in at least 20 of them. He said in the case of fire that spreads into the National Forest, there is an "initial action zone." "When there is a 911 call, who knows? Is the fire

actually in the forest or on our side, so instead of taking any chances, when it's in that zone we respond." He also said they lease the scoopers this time of year because of wind, "you add that one component that makes an average fire extremely difficult." County Fire Chief Daryl L. Osby urged residents in wild land areas to comply with brush clearance regulations. He also said when asked to evacuate, to evacuate. "We can always rebuild a house if it's lost, the grass and vegetation will always grow back, but we can never bring back a life," he said. Osby also said there is no reason for anyone to have or fly drones near wildfires. "If you do we will hunt you down, you can be arrested, and convicted and fined up to \$25,000." This is the 24 year that the county and Canada partnered leasing the planes and Barger thanked everyone involved.

## HELP TRIM THE SIERRA MADRE CHRISTMAS TREE!

Preparations are underway to decorate Kersting Court for the Winter holidays! Join in the holiday spirit. Purchase an ornament for the Sierra Madre Community tree and help raise funds for civic improvements. It's easy just visit Leonora Moss (9 Kersting Court) or the Bottle Shop (58 W Sierra Madre Blvd) and fill out a postcard and leave your donation. Checks should be payable to Sierra Madre Community Foundation. Volunteers will be decorating Kersting Court in mid-November for the holidays and in preparation of the Support

Small Business Saturday and Sierra Madre's Holiday Winter Events. Program Sponsored by the Sierra Madre Community Foundation and Sierra Madre Chamber of Commerce Sierra Madre Community Foundation is a charity singularly devoted to Sierra Madre. SMCF solicits donations to enhance our community by making direct grants, both large and small, to worthy people and organizations that might otherwise be overlooked and also assists other community groups in collecting and distributing funds for programs



## SEARCH FOR MISSING SIERRA MADRE RESIDENT ENDS TRAGICALLY



Carl Foote

The body of Sierra Madre resident Carl Foote, 59, was found last Saturday near Jones Creek in Bailey Canyon. In a press release issued shortly after the time of the discovery, the Sierra Madre Police Department could not officially confirm the identify of the body although preliminary identification indicated that the remains were those of Foote. On Thursday, the Los Angeles County Coroner's office, positively identified the body to be that of Carl Foote.

Foote had been missing since the previous Sunday and was reported missing by his wife. Immediately, the Sierra Madre Search and Rescue and the Sierra Madre Police Department, along with volunteers from the community began searching for him.

Local authorities also recieved assistance from the LA County Sheriff's Search and Rescue, Dogs, Altadena Mountain Rescue, Montrose Search and Rescue Team, Antelope Valley Search and Rescue Team, San Dimas Mountain Rescue Team, LASD Air5, LA County Fire Dept Air Ops and LA County Fire Search Dog Team.

The SMPD continues to work with ith Los Angeles County Sheriff's Homicide Division, and the coroner's office as the investigation into the cause of Carl's death is determined."

As reported in the Mountain Views News last week, Foote was well known in Sierra Madr where he lived his entire life. Foote was Vice President of a well known aerospace industry firm and formerly served for 16 years as the Director of Human Resources at the Huntington Library. At the time of his death, he served on the Board of the Foothill Unity Center.

Mary Ann Lutz, former Mayor of Monrovia said upon learning of Carl's death issued a statement on Facebook: "Our worst fears have come true. Carl Foot, my friend and fellow Foothill Unity Center Board Member is gone. Devastation is the best way to describe these events. My love and prayers to Carl's wife and family! We never know what is instore for us, make sure those around you know you love them".

There has been an outpouring of support for the Foote Family on social media and even a heartwarming thank you from Carl's wife to the Sierra Madre community.

At press time, no further details were available. S. Henderson/MVNews



Monday | Sept. 18th | 5:30-8pm  
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## Weather Wise

6-Day Forecast Sierra Madre, Ca.



Sun	Sunny	Hi 90s	Lows 70s
Mon	Sunny	Hi 90s	Lows 70s
Tues	Sunny	Hi 90s	Lows 70s
Wed	Sunny	Hi 90s	Lows 70s
Thur	Sunny	Hi 90s	Lows 70s
Fri	Sunny	Hi 90s	Lows 70s

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 September 12, 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, September 12, 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 [city@cityofsierramadre.com](mailto:city@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

August, 2017 - Dark  
September 12, 2017 at 6:30 pm  
September 26, 2017 at 6:30 pm

## Planning Commission

September 7, 2017 at 7:00 pm  
September 21, 2017 at 7:00 pm

## Community Service Commission

August, 2017 - Dark  
September 18, 2017 at 6:30 pm

## Senior Community Commission

August, 2017 - Dark  
September 7, 2017 at 3:00 pm

## Library Board of Trustees

August, 2017 - Dark  
September 27, 2017 at 7:00 pm

Energy, Environment, and Natural Resource  
Commission

August, 2017 - Dark  
September 20, 2017 at 7:00 pm



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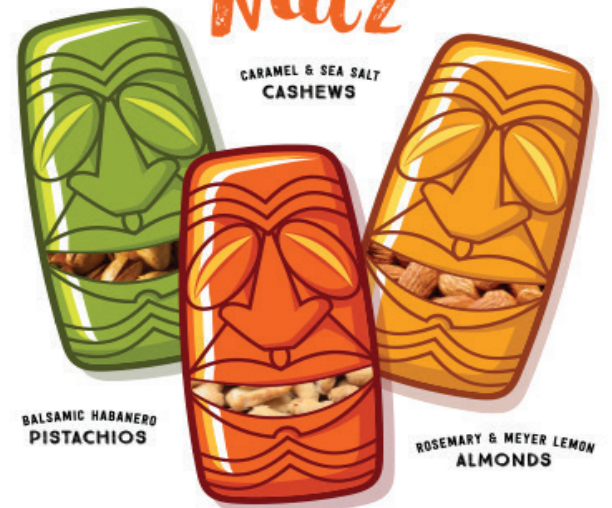


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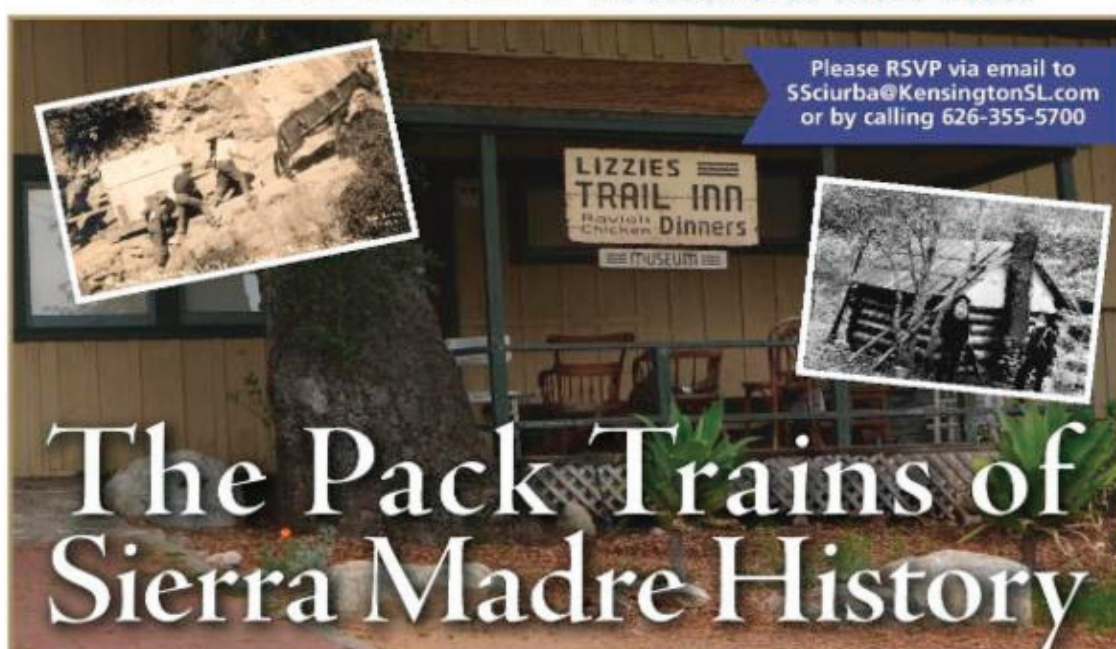
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YOUR INVITATION TO AN EVENT AT THE KENSINGTON SIERRA MADRE



Our speaker, Dr. William White, will talk about the history of the Sierra Madre pack trains and mountain trails. He will also talk about the hospital, located where The Kensington Sierra Madre now stands.

Dr. White earned his medical degree from Loma Linda University in 1962. He did his internship at White Memorial Hospital from 1962-1963. This is the same hospital that was named after Dr. White's Great Grandmother.



For 31 years Dr. White's medical office was located where The Kensington now stands and in 1994 he moved his office into the Arcadia Medical Group.

Speaker:  
Dr. William White

## EVENT DETAILS

THURSDAY, AUGUST 31, 2017  
From: 6:30pm - 8:00pm

at The Kensington  
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## Walking Sierra Madre...The Social Side

by Deanne Davis



"We promise to care for your family as we do our own. Very deliberately, we built a residence that looks and feels like home."

My son-in-law, Chuck's, mom, Elaine Holmgren, spent the last couple of years of her life at The Kensington. I went to visit her frequently there, usually around 4:00 or so, which was Happy Hour. I could count on a really nice glass of wine, an hors d'oeuvre or two, and someone talented playing the piano or singing. I looked forward to this as an oasis of pleasant peace among folks who were having a good time at the end of a busy day.

I haven't visited The Kensington since Elaine left us – just one more remembrance about her – she was one fun-loving gal and we frequently went down to the Cheesecake Factory for cheesecake and champagne. Anyway, I got to be part of a tour group led by Steve Sciarba, who is Director of Community Outreach at The Kensington; he's also currently President of the Sierra Madre Chamber of Commerce. Also included were two of Congresswoman, Judy Chu's, staff: Ellen Hamilton, Legislative Assistant, and Maile Z. Plan, Field Representative/ Caseworker. These delightful women have been taking a look at medical facilities all over Judy Chu's 27th District of California. Ms. Hamilton said she's been to Huntington Hospital, to Methodist, to Kaiser and all sorts of other places on fact-finding missions to help Congresswoman Chu in her role as a member (since last February) of the Ways & Means Committee. Needless to say, The Kensington is the crown jewel of healthcare and Ms. Chu and her staff would really love it if everyone could be in a facility like The Kensington should they ever need healthcare of this type in their later years. Judy Chu is also a strong advocate for Veteran's health care and she is still working tirelessly for a Veteran's clinic in our area.

As far as touring the Kensington was concerned, I was ready to go home, pack my bag and move in today. I want to live like that! The Kensington has been open for a little more than two years now, is a real asset to our community, and is just gorgeous, too. We toured the Art Therapy room, which fronts on Sierra Madre Blvd. and saw all sorts of works in progress that the residents are completing. They also have Karaoke, Tai Chi classes and Bingo! Let me just tell you, friends and neighbors, when Bingo is in progress, don't bother trying to talk to any of the residents. These people are dead serious about their Bingo. If I arrived during Bingo, Elaine could hardly lift her head to say Hi!

We walked past the Heroes Wall, where pictures and stories of these brave men and women residents who served so long ago are documented. We walked through the dining room, which faces out to the gardens in back

of the building. We saw the Cinema Theater where two current movies or great classics are shown daily. We saw the Physical Therapy, Occupational Therapy and Speech Therapy facility on the lower level and the full-service beauty salon right on the northeast corner of the building, which also serves customers from the community.

The art on the walls is spectacular and abundant and I'm thinking The Kensington should have an Art Walk through their facility just to see the paintings and photographs, most of which were created by local artists. The art features many local landmarks: The Rose Bowl, The Pinney House right here in town, and various bridges in our area. Walking past each resident's room, we were charmed by the shadow boxes above each resident's name, depicting their interests, family, pets – and we met Ferne's pet cat Purrfect! Yes, residents may have a pet!

The ratio of caregivers to residents, especially in the Memory Care, more extensive care area, is five to one, which is amazing. We passed through the kitchen in that area where they had just taken trays of fresh cookies out of the oven. See what I mean? I want to live there! There was music, there was laughter, there were people involved in all sorts of activities, and everyone gets outside at least once a day. And there are outings! Santa Monica Pier last week... nice!

I guess what I noticed most was dignity, respect, and affection. Residents are encouraged to live in the moment, and are surrounded by beauty. The upstairs herb garden looks so much better than my yard currently. Steve Sciarba compared The Kensington to Disney facilities in that so much attention is paid to the comfort of the guests and their family. I'm ready! And I already love Happy Hour! Great to meet part of Judy Chu's excellent staff and to see their sincere interest in the people of the 27th District of California. Thanks for letting me be part, everyone!

Thursday, August 31st from 6:30 to 8:00 p.m. Dr. William White will be at The Kensington talking about the Pack Trains of Sierra Madre! Call and RSVP.

My book page: Amazon.com: Deanne Davis  
Blog: www.authordeanne.com

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## LETTER TO THE EDITOR

Dear Editor,

I am writing to gratefully acknowledge and thank the Sierra Madre Fire Department for their response to flooding from a catastrophic pipe break at my home last month. As I arrived at my door one night after a long day's work, I was surprised to hear the sound of running water. I had just made my place sparkling clean in anticipation of the arrival of out of town guests. As I opened the door, water came out and the sound became a roar. I had no clue where the water was coming from, but I enrolled the manager in attempts to turn the water off to no avail. When we called in an emergency, we were eventually connected to the fire department. Who knew the Fire Department deals not only with fire in this town but with all kinds of emergencies, including floods? Needless to say, once called, the fire department responded immediately. In the dark, they quickly located curbside water cutoff locations while

continuing to look for cutoff locations on the property. They managed to turn the water off to the house, while minimizing the impact on surrounding neighbors. After that, they carefully and gently, hand to hand, moved books and furniture from the most flooded locations to 'higher ground.' I'll never forget that sight! From the moment they arrived, they were extremely polite and sympathetic, professional and neighborly. Because the pipe break happened when I was not at home and had been going on for who knows how long, the flooding was severe enough so that I had to be out of my house for a month of mitigation and repair activities. Nevertheless, the most memorable part of this incident for me will always be the response of the Sierra Madre Fire Department. They are one of the many things I love about Sierra Madre. What a blessing!

Pamela Clark  
Grateful Citizen

## SIERRA MADRE POLICE BLOTTER

During this time period, the Sierra Madre Police Department responded to approximately 374 day and night time calls for service.

**Sunday, August 6** An SMPD officer was dispatched at about 6:17 p.m., to the 100 block of Merrill Ave. to take a missing person report. The wife of the missing person stated that he was last seen earlier that morning. A missing person report was taken. Case to Detectives and local agencies

**Monday, August 7** Officers conducted a traffic stop at about 12:30 a.m. for a vehicle code violation. Officers made contact with the driver and determined that the subject was on probation. After a search of the subjects vehicle officers found drugs and drug paraphernalia. The subject was arrested and transported to the Pasadena Jail. It was later revealed from the Pasadena PD Jail staff that the subject had provided a false name to the officers. Case to Detectives 6:37 p.m. Officers responding to a call for a welfare check discovered that the subject was in possession of drug paraphernalia and on probation for possession of methamphetamine. Subject was arrested and transported to Pasadena Jail. Case to Pasadena DA's office

Friday, August 11 A report of a home burglary that oc-

curred sometime from 8:45 a.m. to 11:30 p.m. in the 700 block of Auburn Ave. The unknown suspect(s) entered the property through the driveway then removed the window screen of the guest room. Several rooms in the home were ransacked. Apparently no items were taken. Case to Detectives

**Saturday, August 12,**

Following an exhaustive search of the local foothills by members of the Sierra Madre Search and Rescue and partner search teams from Altadena, San Dimas, Antelope Valley and Montrose a body was found northeast of Jones Peak at about 4:10 p.m. The deceased person found, fit the physical and clothing description of the reported person missing on 8/6/17. Positive identification by the Los Angeles County Coroner's Office is pending.

**Sunday, August 13** Officers responded to a report of a home burglary in the 500 block of Auburn Ave. The burglary occurred sometime between 11:00 a.m. on 8/11/17 and 6:23 p.m. on 8/13/17. The unknown suspect(s) shattered a rear window with a rock and entered through the window. Multiple rooms were ransacked through the suspect(s) taking jewelry and a small amount of cash. Case to Detectives

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# Pasadena Altadena

News From Your Community For Your Community

## Local Area News Briefs

### NFL Player Charged with Assault on Man in Pasadena



According to officials, an Oakland Raiders cornerback has been charged with an assault on his sister's boyfriend in Old Pasadena.

Deputy District Attorney Christopher Stogel said Sean Lee Smith faces one felony count each of assault by means of force likely to produce great bodily injury and battery with serious bodily injury, the Los Angeles County District Attorney's Office announced Thursday.

The criminal complaint includes an allegation that Smith inflicted great bodily injury upon the victim.

Arraignment is scheduled on Sept. 29 in Department D of the Los Angeles County Superior Court, Pasadena Branch. The case was filed for warrant on Aug. 16.

Smith allegedly beat and then stomped on the victim's head near the corner of Arroyo Parkway and Colorado Boulevard early in the morning on July 4, the prosecutor said.

If convicted as charged, the defendant faces a possible maximum sentence of seven years in state prison. The case remains under investigation by the Pasadena Police Department.

## Pet of the Week



Dallas (A356029) is a mellow 4-year-old terrier mix. This friendly boy loves people of all ages. He even participated in our Summer Critter Camp with kids ages 9-12. He loves going for walks and does great on leash. Dallas likes getting petted and especially enjoys belly rubs. He already knows his "sit," "down" and "stay" commands, reducing his adoption fee to just \$100. Dallas appears to get along well with other dogs, but would prefer a home with no cats. If you're looking for a fun-loving big dog, stop by and meet Dallas.

The adoption fee for dogs is \$130. All dogs are spayed or neutered, microchipped, and vaccinated before being adopted.

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

Call the Pasadena Humane Society & SPCA at (626) 792-7151 to ask about A356029, or visit at 361 S. Raymond Ave. in Pasadena. Adoption hours are 11 a.m. to 4 p.m. Sunday; 9 a.m. to 5 p.m. Tuesday through Friday; and 9 a.m. to 4 p.m. Saturday.

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

## 'Say No to Styrofoam' Update

The next phase of the Pasadena's ban against the use of "Styrofoam" or polystyrene materials such as cups, plates, bowls, meal-serving trays and take-out containers takes effect on Tuesday. Restaurants and retailers doing business in Pasadena will no longer be able to sell or distribute food that uses such materials. This is the second phase of the City's polystyrene food packaging ban. The first year's ban applied only to City facilities, operations and permitted events.

The purpose of the polystyrene food packaging ban is to eliminate polystyrene and Styrofoam litter and to encourage the use of environmentally friendly or reusable products that can be readily recycled or composted or decompose when buried at a landfill.

Polystyrene or Styrofoam materials are lightweight and can easily become litter,



blown by wind or carried through storm drains into wetlands, creeks and waterways. These materials do not decompose, but can easily break into small pieces that are mistaken for food by birds, fish and other animals, and, when consumed, can cause illness or death.

Starting this week, all Pasadena restaurants and food retailers are required to use alternative materials and resources, which may include:

Reusable service ware that can be cleaned and used multiple times

Paper plates, bowls and cups

Corn starch-based and other

## Rose Bowl Game Tickets to go on Sale on September 1

The Tournament of Roses this week announced that tickets for the 2018 College Football Playoff Semifinal at the Rose Bowl Game presented by Northwestern Mutual will go on sale to the general public on Friday, September 1, at 9 a.m.

Tickets will be available online or by calling Ticketmaster at 1-800-653-8000. The sale will give fans the first opportunity to secure tickets for the Granddaddy of Them All\*, which will take place Monday, January 1, at 1 p.m. PT at the Rose Bowl Stadium.

This year's Rose Bowl Game will play host to a College Football Playoff Semifinal, featuring two of the top-four teams in the country. The four teams that will play in the College Football Playoff Semifinal will be announced on Sunday, December 3, via a national broadcast on ESPN. The Rose Bowl Game will host

either the semifinal between the No. 1 and No. 4 teams in the nation or the No. 2 and No. 3 teams.

In addition to the Rose Bowl Game, there will also be a semifinal played at the Allstate Sugar Bowl in New Orleans. The winners of the two semifinal games will advance to play in the College Football Playoff National Championship in Atlanta on January 8.

A maximum of four tickets per person will be available during the Rose Bowl Game ticket pre-sale. Individual ticket prices start at \$185 plus Ticketmaster handling fees.

In addition to the Ticketmaster pre-sale, fans can also purchase official Rose Bowl Game travel and VIP Ticket and Hospitality Packages online through PrimeSport.

For more information about the 2018 College Football Playoff visit: [tournamentofroses.com](http://tournamentofroses.com).

## ALTADENA POLICE BLOTTER

### Sunday, August 6th

6:28 AM – A vehicle was reported stolen from the 2000 block of Sinaloa Avenue. Vehicle described as a gray 2009 Toyota Corolla. Vehicle was recovered on 8/9/2017 by Gardena PD.

11:30 PM – A petty theft from an unlocked vehicle occurred in the 400 block of Concha Street. Stolen: red/silver Homelite electric weed eater, white coin purse, and vouchers.

### Monday, August 7th

7:00 AM – Jose Perez, 38 years old of Los Angeles was arrested in the 100 block of E. Las Flores Drive for battery.

### Tuesday, August 8th

2:29 AM – A residential burglary occurred in the 1000 block of E. Palm Street. Suspects described as two males in their 20's, 5 feet 9 inches and 170 pounds. Suspects entered the location via the unsecured kitchen door. Stolen: Mercedes and Porsche key fob, black Nine West purse, black iPhone 5S, and currency.

6:00 AM – A battery occurred in the 2200 block of Lincoln Avenue. Suspect described as a male, 25-28 years old, 5 feet 8 inches – 5 feet 9 inches, and 160 – 170 pounds. Suspect last seen in a dark colored 4-door vehicle.

4:24 PM – Larry Root, 61 years old of Altadena was arrested in the 1100 block of Beverly Way for assault with a deadly weapon.

4:30 PM – A vehicle burglary occurred in the area of Altadena Drive and Roosevelt Avenue. Suspect(s) entered the vehicle by shattering the window. Stolen: black Tory Burch purse, pink Tory Burch wallet, and currency.

### Wednesday, August 9th

2:30 AM – A vehicle burglary occurred in the 3900 block of Old Toll Road. Suspect(s) entered the vehicle via unknown means. Stolen: pink Remington hair dryer, silver padlocks, and pink pouch containing earbuds.

10:15 AM – A residential

burglary occurred in the 1200 block of Sunny Oaks Circle. Suspect(s) entered the residence by shattering the bedroom window. Stolen: watch.

11:44 AM – A vehicle was reported stolen from the 90 block of E. Pine Street. Vehicle described as a black 2006 Honda Civic.

2:00 PM – A vehicle burglary occurred in the 700 block of E. Mariposa Avenue. Suspect(s) entered the vehicle by shattering the window. Stolen: black Hurley backpack, black Bose headphones, black Von Zipper sunglasses, and black wallet.

7:20 PM – Jesus Carrillo, 20 years old of Altadena was arrested in the 2200 block of Raymond Lane for possession of a controlled substance.

### Thursday, August 10th

8:45 AM – A residential burglary occurred in the 1400 block of E. Palm Street. Suspect(s) entered the residence by shattering a window. Stolen: men's jewelry.

8:45 AM – A residential burglary occurred in the 2000 block of Skyview Drive. Suspect(s) entered the location by removing the window screen. Stolen: silver iPad and black Monte Blanc pen.

9:25 AM – An attempted residential burglary occurred in the 3600 block of Canon Boulevard. Suspect attempted to make entry via the front door. No entry made.

7:10 PM – Phillip Saravia, 28 years old of Pasadena was arrested in the area of Hill Avenue and Washington Boulevard for possession of a controlled substance.

### Friday, August 11th

5:10 AM – A vehicle burglary occurred in the 2700 block of Olive Avenue. Suspect(s) entered the vehicle by punching the door lock. Stolen: red/black Snap On electric drill and red/white Makita electric drill.

11:03 PM – An assault with a deadly weapon occurred in the 400 block of W. Mariposa Street. No injuries reported.



decomposable products

Violations should be reported to the Pasadena Citizen Service Center by calling (626) 744-7311 or online at the website address noted below in this announcement. A free smart phone app is also available to use on cell phones or tablets.

## E-Waste, Document Shredding

Residents and businesses can safely dispose of electronic waste and have personal and business documents shredded at the City's popular free event 9 a.m. to 3 p.m.

The event will be held in Parking Lot I near the Rose Bowl Stadium and Brookside Park, 360 N. Arroyo Blvd.

Look for signs directing you to the shredding trucks and e-waste collection sites that will be arranged at different stations in Parking Lot I. All motorists and bicyclists are advised to use caution while traveling through the area as these events are popular.

E-waste items include computers, keyboards, printers, monitors, laptops, docking stations, scanners, shredders, fax machines, computer mice, telephones, televisions, flat screens, VCRs, DVD players, PDAs, cassette players, tape drives, stereos and household batteries. Many of these products have parts that can be recycled.

Public Works is also helping residents and businesses prevent identity theft by providing free paper shredding during the event. The public can bring a maximum of five legal-size boxes for shredding. Sensitive documents such as receipts, checks, pre-approved credit applications, credit card statements, outdated tax returns, are suggested items for shredding.

The event is sponsored by the City's Department of Public Works. For more information go to [cityofpasadena.net/PublicWorks](http://cityofpasadena.net/PublicWorks) or call (626) 744-7311.

## Kings of 88 to Play Free Concert

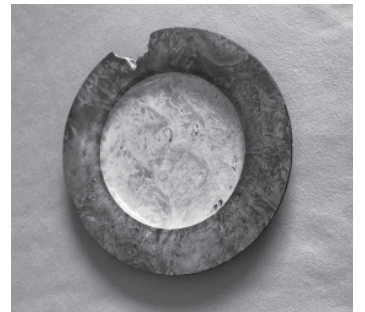
Free concert at Farnsworth Park at 7:00pm at the amphitheater. The Sheriff's Support Group of Altadena presents the 21st Annual Summer Concert Series at Farnsworth Park, located at 568 E. Mount Curve Ave.

Known for getting crowds on their feet to dance and sing the night away. The Kings of 88 present a fun filled tribute to the masters of 88-keys, including Elton John, Billy Joel, Stevie Wonder, Fats Domino, Dr. John, Ray Charles, Jerry Lee Lewis, and many more. With something for everyone it's not unusual for them to cover 15 or more different artists from music from every decade.

## Forces of Nature II, The Beauty Of Woodworking

Forces of Nature II woodworking demonstration by artist and Rockler Woodworking and Hardware expert Pete Carta, who will show how to turn a wood platter, September 2, from 1:30 p.m. to 2:30 p.m. Los Angeles County Arboretum and Botanic Garden, 301 N. Baldwin Ave. Arcadia, Demonstration included in regular admission.

Carta is one of the 120 artists using wood from Arboretum trees to create art for the Forces of Nature II exhibit December 1-10. The



demonstration is presented by Rockler Woodworking and Hardware, presenting sponsor of Forces of Nature II.

For more information, visit [www.arboretum.org](http://www.arboretum.org) or call 626.821.3222.

## Council to Vote on Union Street Protected Bikeway

The city council is set Monday night to have City Manager Steve Mermell enter into a contract, with OKS Associates for consultant services for the preparation of environmental documentation, preliminary engineering, preparation of plans, specifications, estimate (PS&E), right-of-way and public outreach for the Union Street Two-way Protected Bikeway (Cycle Track) Project for an amount not to exceed \$999,714 according to the city's staff report.

"Prior to the development of design the OKS Team will address all safety and ADA concerns identified by the

public. There will be three outreach phases: the first will reintroduce the project and solicit input, the second will be to present and solicit input on sixty percent design, and the third phase will be to present and solicit input on ninety percent design."

Residents in the area have already expressed concerns over removing lanes on Union Street; currently Union is a one way street.

The item is on the council's consent calendar, items which are approved by one motion, although the public does have the right to comment on any item on the agenda. The city council meets at 6:30 p.m. in the city council chambers.

## Free Events Roundup at the Pasadena Senior Center

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

**A Toast to the Joys of Music – Tuesdays to Aug. 29, from 9:30 to 11:30 a.m.** Tom Campbell will play guitar and sing songs in the Senior Center Lounge. Stop by and enjoy his covers of traditional country, country rock, blues, folk, gospel and classic rock originally made famous by Willie Nelson, Merle Haggard, Vince Gill, Elvis Presley, B.B. King, Neil Young, The Grateful Dead, The Rolling Stones and many more.

**Concerts in the Park – Tuesdays, to Aug. 29, from 6 to 7 p.m.** The Gold Shell at Memorial Park, just behind the Pasadena Senior Center, will be bustling with entertainment with during this concert series for people of all ages. Aug. 22: Lisa Haley and the Zydekats. Aug. 29: The Great American Swing Band. Bring a lawn chair and a picnic for the perfect summer experience with family and friends.

**A Matter of Balance – Tuesdays, to Sept. 19, from 1 to 3 p.m.** Are you concerned about falling? Learn how to reduce the fear of falling and increase balance and activity levels during this eight-week, interactive workshop that combines discussion, video and exercise. Reservations are required: 626-685-6732.

**Scenic Walkers Club – Wednesdays to Aug. 30, at 10 a.m.** Enjoy a series of leisurely walks in the great outdoors. Alan Colville will give you a list of items to bring, let you know what to expect, provide detailed itineraries and arrange transportation. For more information or to sign up, email [alancolville@charter.net](mailto:alancolville@charter.net) or call 626-221-3741.

**Domino Club – Thursdays to Aug. 31, at 1 p.m.** If you've never played Chicken Foot dominoes before, or even if you have, come join the fun as Vicki Leigh leads participants in a rollicking version of the

game that is easy enough for beginners yet challenging enough for more seasoned players. Oh, and please excuse the laughter every Thursday...it's contagious! For more information call Vicki at 928-478-4654.

**Opera Talk: Carmen – Monday, Aug. 21, at 1 p.m.** An LA Opera community educator will take participants through Georges Bizet's dramatic opera "Carmen." A seductive gypsy who works at a cigarette factory in Seville captures the heart of a soldier who goes AWOL to pursue her despite her unfaithfulness, culminating in a final showdown outside the bullring.

**My Gift to You: The Importance of Planning Ahead – Thursday, Aug. 24, at 10 a.m.** If you're not sure what to do when a loved one passes away or how to prepare for your own passing, you are not alone. By planning ahead, you can prevent emotional and financial hardships. Learn the steps to take ahead of time as well as the processes involved, and get your questions answered. Presented by Forest Lawn.

**Low/Town – Friday, Aug. 25, at 5 p.m.** Rachael Worby, artistic director of MUSE/IQUE, will be joined by some orchestra members in a celebration of Motown in the spirit of American jazz and inspired by the 100th birthdays of Ella Fitzgerald, Dizzy Gillespie, Lena Horne, Desi Arnaz and Thelonious Monk. Light refreshments will be served. Please RSVP at the Welcome Desk or by calling 626-795-4331.

**Heart-Healthy Eating – Thursday, Aug. 31, at 10 a.m.** It takes more than avoiding unhealthy foods to prevent a heart attack. Learn what kinds of healthy foods are best. Presented by Regal Medical Group.

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

Founded in 1960, the Pasadena Senior Center is an independent nonprofit organization that offers recreational, educational, wellness and social services to people ages 50 and older.



# ARCADIA

Sierra Madre

Arcadia

Pasadena

Altadena

Monrovia

## FALL INTO GOOD HEALTH

### Health Screenings, Health Lectures

Arcadia Senior Services in partnership with Methodist Hospital is having its annual Health Fair on Friday, September 8 from 9am-1pm. It will take place at the Arcadia Community Center, 365 Campus Drive. September is "National Senior Center Awareness Month" and "Health Aging Month". To highlight these two nationally designated events this health fair will have informational tables available from 9-11:30am plus giveaways, and raffle prizes. In addition, there will be free health screenings; spine, balance evaluation, blood pressure, retinal, bone density and more.

Two of the free screenings; memory assessment and hearing testing require an appointment. There is also a carotid artery screening for \$7. Dr. Jay linuma, who specializes in family medicine, will present an informative lecture at 12pm, "Stress and High Blood Pressure: What is the Connection". Individuals may purchase lunch tickets for \$2 starting at 7:30am. Lunch will be served from 11-11:45am. To make an appointment or for additional information please contact Arcadia Senior Services at 626.574.5130. This program is for individuals age 50 and over.

## JOHN MUIR, FROM YOSEMITE TO ARCADIA

Arcadia Public Library celebrates the 140th anniversary of John Muir's first visit to Southern California with a special presentation on August 26, 2017, at 1:00 pm by historian Ed Anderson on "John Muir, From Yosemite to Arcadia. Mr. Andersen is an author, book collector, and Board member of the Arcadia Historical Society.

This free event is accompanied by a special exhibit of rare books and photos detailing Muir's visits to

California. The exhibit runs until August 31, 2017.

For more information, please call 626.821.5569 or visit the Arcadia Pubic Library's website at [www.ArcadiaCA.gov/library](http://www.ArcadiaCA.gov/library). The Arcadia Public Library is located at 20 W. Duarte Rd., Arcadia. The Library is open Monday through Thursday, 10:00 a.m. until 9:00 p.m. and Friday and Saturday, 10:00 a.m. until 6:00 p.m. You can also follow the Library on Facebook and Twitter.

## ASK THE CURATOR

Bring in your old photograph, document, book, quilt or any personal artifact from home and get helpful advice from the Curator on preserving your personal memorabilia. Call 626.574.5468 to make an appointment. Please note that there is a limit of one artifact per person, per month, and that the Curator does not give appraisals.

For more information, please call 626.574.5440 or visit the website at [www.ArcadiaCA.gov/](http://www.ArcadiaCA.gov/)

## WRITE YOUR OWN REMINISCENCE

Record your place in Arcadia's history! Stop by the Museum during open hours to write a paragraph (or two) about your personal experiences and memories of Arcadia's past to add to the Museum's Memory Archive.

For more information, please call 626.574.5440 or visit the website at [www.ArcadiaCA.gov/museum](http://www.ArcadiaCA.gov/museum).

## SCOUT PROGRAMS!

Bring your troop or den in for a fun-filled trip to the museum. Earn a badge while you're here! Please call 626-574-5478 for details and to schedule your visit.

For more information about the Museum, please call 626.574.5440 or visit the website at [www.ArcadiaCA.gov/museum](http://www.ArcadiaCA.gov/museum). The Gilb Museum of Arcadia Heritage is located at 380 W. Huntington

Drive, immediately behind the Community Center. The Museum Education Center is located at 382 W. Huntington Drive. The Museum is open Tuesday through Saturday from 10:00 a.m. to 4:00 p.m. (closed 12-1). Admission is always free. You can also follow the Museum on Facebook and Twitter.

The Gilb Museum of Arcadia Heritage is located at 380 W. Huntington Drive, immediately behind the Community Center. The Museum Education Center is located at 382 W. Huntington Drive. The Museum is open Tuesday through Saturday from 10:00 a.m. to 4:00 p.m. (closed 12-1). Admission is always free. You can also follow the Museum on Facebook and Twitter.

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## ARCADIA POLICE BLOTTER

*For the period of Sunday, July 30th, through Saturday, August 5th, the Police Department responded to 955 calls for service, of which 117 required formal investigations. The following is a summary report of the major incidents handled by the Department during this period.*

**Sunday, July 30:**

Just after 12:00 a.m., officers responded to Eisenhower Park, 601 North Second Avenue, regarding the report of two suspicious vehicles. Upon arrival, one vehicle was located and the driver was contacted. The driver was found to be in possession of metal knuckles, a wooden sword and a collapsible baton. He also used another person's driver's license to identify himself. The 18-year-old male from Rosemead was transported to the Arcadia City Jail for booking.

Around 7:02 p.m., an officer was dispatched to the front of a residence on the 500 block of Columbia Road regarding a suspicious vehicle. Further investigation revealed the unoccupied vehicle had been stolen from El Monte. The vehicle was recovered. No suspects were seen and no witnesses were located.

**Monday, July 31:**

At approximately 10:30 a.m., officers responded to the rear of Vons, 745 West Naomi Avenue, regarding the report of a male hitting a female. Officers contacted the male subject in his vehicle. The subject fled from officers on foot, but was later located with the assistance of several witnesses and the Pasadena Police Department Airship. The subject had three outstanding warrants for his arrest. The 28-year-old male from Arcadia was arrested and transported to the Arcadia City Jail for booking.

Just after 9:10 p.m., an officer conducted a traffic stop on a vehicle in the area of Las Tunas Drive and Holly Avenue for having expired registration. Upon contacting the driver, it was discovered that she was driving with a suspended driver's license and one of the passengers had an outstanding warrant for his arrest. The 20-year-old female from Los Angeles was cited and released at the scene. The 19-year-old male from Gardena was arrested and transported to the Arcadia City Jail for booking.

**Tuesday, August 1:**

At around 10:13 a.m., an officer responded to Starbucks, 733 West Naomi Avenue, regarding a subject who was harassing customers. Upon contacting the 50-year-old female from Temple City, the officer noticed symptoms of alcohol intoxication and determined she was unable to care for herself. She was arrested and transported to the Arcadia City Jail for booking.

At approximately 10:50 p.m., an officer was dispatched to 7-Eleven, 2 East Duarte Road, regarding a robbery. An investigation revealed two male suspects entered the convenience store and forcefully took a cigar from the clerk and threatened to stab him with a pen. The suspects are described as males, 26 to 28-years-old. One suspect had visible tattoos on his arms. They fled the scene in a light colored Volkswagen sedan. The investigation is ongoing.

**Wednesday, August 2:**

At approximately 10:59 a.m., officers were dispatched to a residence on the 300 block of North Fifth Avenue regarding the report of a battery. An investigation revealed, an argument between brothers escalated and the subject

punched his brother in his face. The 18-year-old male from Arcadia was arrested and transported to the Arcadia City Jail for booking.

Just after 7:25 p.m., an officer responded to the area of North Santa Anita Avenue and Perkins Drive regarding a residential alarm activation. Upon arrival, the officer found two subjects fighting in the street. Further investigation revealed, one subject had an outstanding warrant for his arrest and the other subject was in violation of his probation. The 19-year-old males from El Monte were arrested and transported to the Arcadia City Jail for booking.

**Thursday, August 3:**

At approximately 3:49 a.m., officers responded to the area of South Santa Anita Avenue and Campus Drive regarding subjects sitting in the center median. Officers made contact with the subjects and discovered one of the subjects was in possession of a controlled substance and another subject was under the influence of a controlled substance. The 18-year-old male from Monrovia and the 18-year-old female from Alhambra were arrested and transported to the Arcadia City Jail for booking.

At about 6:12 a.m., officers responded to the 800 block of Fairview Avenue regarding several reports of a fire. The roof of a two-story apartment complex had become fully engulfed in flames. Officers assisted with evacuating every unit in the complex and the Arcadia, Los Angeles County, Pasadena, Monrovia, San Gabriel and San Marino Fire Departments responded to extinguish the fire. Thanks to the quick efforts of law and fire personnel, no one was injured. The building was deemed uninhabitable and the American Red Cross was contacted to assist the displaced residents.

**Friday, August 4:**

Just after 12:25 a.m., an officer contacted two subjects in front of 7-Eleven, 1003 South Baldwin Avenue, while investigating the report of a bike theft. Further investigation revealed one subject had an outstanding warrant for his arrest and he was in possession of drug paraphernalia. The 44-year-old male from Los Angeles was arrested and transported to the Arcadia City Jail for booking.

At about 8:48 a.m., officers responded to a residence on the 000 block of West Norman Avenue regarding a residential burglary. An investigation revealed the suspect shattered a window, encountered the resident inside the home and fled the scene. The suspect was found three blocks away and found to be in possession of methamphetamine. The 24-year-old male from Arcadia was arrested and transported to the Arcadia City Jail for booking.

**Saturday, August 5:**

At approximately 3:07 p.m., an officer patrolling the area of First Avenue and Duarte Road observed a vehicle with expired registration. The officer contacted the driver and discovered he was in possession of drug paraphernalia. The 32-year-old male from Los Angeles was arrested and transported to the Arcadia City Jail for booking.

Shortly after 3:40 p.m., officers responded to CVS, 188 Las Tunas Drive, regarding a theft report. An investigation revealed a male suspect entered the store and stole \$33.87 worth of merchandise. The suspect was located and found to have an outstanding warrant for his arrest. The 32-year-old male from El Monte was arrested and transported to the Arcadia City Jail for booking.

# MONROVIA - DUARTE

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Monrovia

## SUCCESSFUL DHS GRADUATES HEAD TO COLLEGE



Pictured (from left), Cheryl Reynolds, Duarte Kiwanis President, Cynthia Sierra and Justine Filor. For further information on speaking or joining the club, contact Dr. Diane Hernandez at [drdiane@drhernandezoptometry.com](mailto:drdiane@drhernandezoptometry.com)

The Duarte Kiwanis Club was honored to provide scholarships to two remarkable young women. Cynthia Sierra is headed for UC Santa Barbara and is studying Biology. Justine Filor is headed to San Diego State University and will be majoring in Child Development. Both young ladies have been very active in Duarte youth programs and have provided many hours of service to the community.

## DUARTE UNIFIED SCHOOL DISTRICT ANNOUNCES CANDIDATES FOR OPEN SEAT ON BOARD OF EDUCATION

The Duarte Unified School District Board of Education is holding a meeting at the Duarte Performing Arts Center, 1401 Highland Ave., Duarte, on Tuesday, September 5, 2017, at 7:00 p.m. At that time they will interview and make a provisional appointment to fill one Board vacancy. That night, following the appointment, the selected candidate will take the oath of office and immediately begin their term.

The ten candidates that applied for the open seat are: Lupe Valerio, Jody Schulz, Evelyn Gonzalez, Shelby Wagner, Luz Serna, Marisol Martinez-Garcia, Rosalie Zesati, Theresa Benson-Mathenia, James Finlay, and Irene Murray.

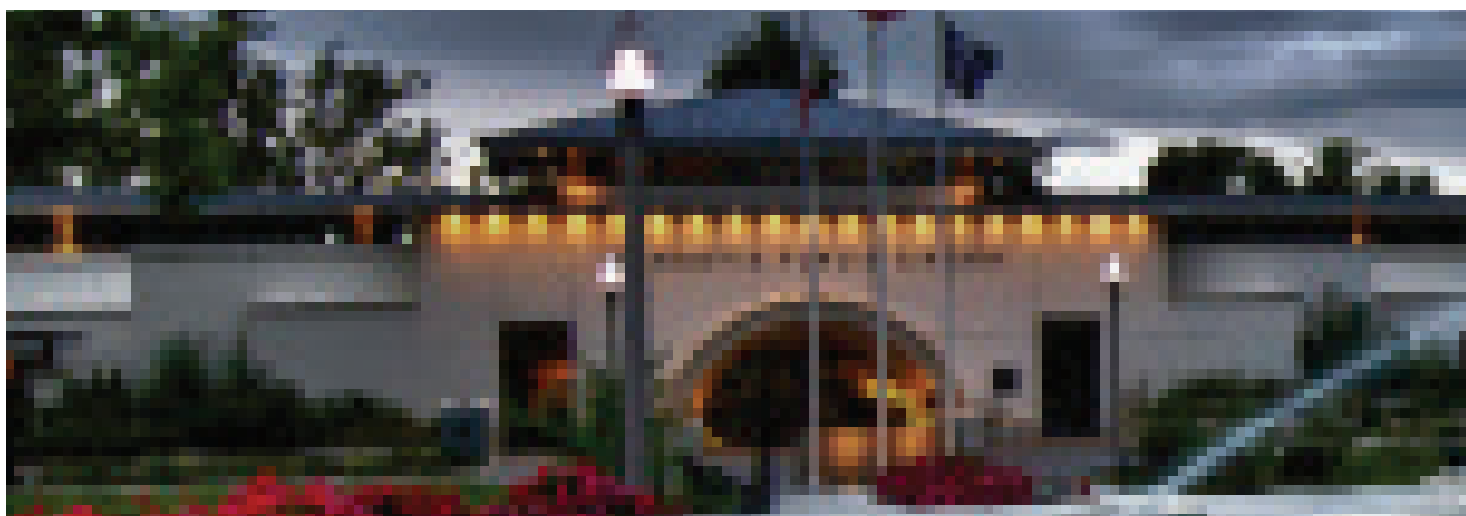
## ANOTHER SUCCESSFUL BACK TO SCHOOL EVENT FOR FOOTHILL UNITY



The Foothill Unity Center continues to make an impact in our community. At the latest Back-to-School event, over 1100 children were served - with breakfast as well as haircuts, school supplies, uniforms, socks, shoes and new underwear. Betty McWilliams shared how the Unity Center strives to provide choices for their recipients - not just handouts. This year, the Back-To-School program was expanded to college students as well - and - 10 colleges and trade schools were available to help provide a vision of the future - not only for the kids - but for their parents as well. As always, the Duarte Kiwanis Club is proud to support their great work.

Pictured (from left), Cheryl Reynolds, Duarte Kiwanis President, Betty McWilliams, Foothill Unity Executive Director, Reyna Diaz, Duarte Kiwanis and Foothill Unity Board member and Lois Gaston, Duarte Kiwanis and Foothill Unity Board member. For further information on speaking or joining the club, contact Dr. Diane Hernandez at [drdiane@drhernandezoptometry.com](mailto:drdiane@drhernandezoptometry.com)

## THE MONROVIA PUBLIC LIBRARY IS THE PLACE TO BE IF YOU WANT TO JOIN IN ON A SOLAR ECLIPSE VIEWING PARTY ON AUGUST 21, 2017, 9:00 A.M. – 10:00 A.M.!



On Monday, August 21, 2017, all of North America will be treated to an eclipse of the sun, and everyone in Monrovia is invited to come to join us at the Library to watch the solar eclipse! The special event will take place on August 21, 2017, from 9:00 a.m. to 10:00 a.m. The Library will have special glasses for viewing the eclipse, which will occur at 9:48 a.m., along with snacks and craft activities for kids!

As you may know, a solar eclipse occurs when the moon moves between the earth and the sun so that it blocks our view of the light from the sun. This causes the earth to get dark at that time because we're in the shadow of the moon! Anyone located within the path that the moon's shadow traces on Earth (aka, the Path of Totality) will

see one of nature's most awe-inspiring sights - a total solar eclipse! According to NASA, the Path of Totality will stretch from Lincoln Beach (Oregon) to Charleston (South Carolina).

For us here in Monrovia, we are outside of the Path of Totality, which means that we will only see a partial solar eclipse in Monrovia, where around 50% - 75% of the sun will be blocked out of view by the moon. The map below outlines the solar eclipse path of travel and also the eclipse level from different positions across North America. We hope you can join us for an out of this world event on August 21, 2017, and if you have any questions, please feel free to reach out to our terrific Library staff at (626) 256-8274!



## INTO THE PETRI DISH!

Health and Wellness tips for high school and college students

Students of all ages are already or about to dive into a pool of germs and viruses that thrive in schools, whether their local high schools or distant college settings.

As a former college Dean and high school college advisor, I've witnessed plenty of students develop health problems that can be intercepted with smart preparation and prevention. To keep their studies and professional growth advancing, students should consider the following health and wellness advice from the experts:

**Vaccinate!** The Centers for Disease Control and Prevention has the best overall Immunization Schedule for students: <https://www.cdc.gov/vaccines/schedules/easy-to-read/preteen-teen.html>

Wherever students gather in groups and engage in common but risky behaviors like drinking from the same containers, grabbing a bite of a friend's burrito, sharing a smoke, they are vulnerable to more than just common colds and flus. The big killer is Meningitis, and there are effective vaccines for teens and serogroup B vaccine for college-age students.

If you're in college, your student health service often can provide free or very low cost Meningitis B vaccine, as well as the all-important Flu shot this Fall.

One more vaccination that young women AND men need is protection from HPV, human papilloma virus. This series of shots can prevent 93% of young women who get inoculated from getting cervical and other related cancers, and can be administered to ages 11-26. For girls and boys, straight or gay, the risks of other sexually-related cancers is getting higher every year, so getting the HPV series makes a lot of sense.

Clean, Cleaner, Cleanest! Even a new backpack

treated, as some are, with anti-bacterial coatings, quickly becomes a convenient petri dish for germs and viruses, and once you sling it over your shoulder, all those aerosolized bad boys are in convenient breathing distance! Doorknobs, common keyboards in computer labs, shared restrooms--you touch things, unconsciously bring your hands up to rub your eyes, bite your nails, you're sick. Sanitizing wipes, bottles of Purell and hand-washing with hot water and soap can help. Practice good "hand-itation".

**Alcohol, Alcohol, Alcohol.** College students especially need to confront the three most dangerous threats to their health--alcohol, alcohol and alcohol. That's the response researchers from the Binge Drinking Study at the Harvard School of Public Health received from 100 University and College Presidents when they asked about the three most pressing issues on campus these days.

Alcohol misuse kills and injures. Every year, about 40 college students die of alcohol poisoning or from accidents while drunk. Alcohol is implicated in vandalism, hate crimes and campus-based sexual predations, violative enough, but if uninhibited (or unconscious) sexual encounters occur, they're often unprotected--and that links those lemon Jello shots to HPV, HIV and AIDS. Buddy up, drink only something you yourself have poured or opened (date-rape drug avoidance) and consider sobriety.

**Whew!** A pretty daunting starter set of recommendations? Yes, and we've not yet covered key foundational items of wellness habits--good sleep hygiene, wise nutritional choices and regular aerobic exercise. I'll come back with another chapter soon. Right now, I'm off to wash my hands!

## ALVERNO HEIGHTS ACADEMY WELCOMES NEW HEAD VOLLEYBALL COACH

*Coach Ivy Chew will take over Alverno's Varsity Volleyball Program*

Sierra Madre, CA (August 11, 2017) – Alverno Heights Academy is thrilled to welcome Ivy Chew as the Varsity Volleyball Coach for the 2017-2018 school year.

Coach Chew brings over a decade of coaching experience to Alverno having worked with various levels of athletes in both the school and club settings. She previously served as the Club Director and Head Volleyball Coach for Tandem Volleyball Club as well as the Head Volleyball Coach for Cantwell Sacred Heart of Mary High School, both in Montebello. In addition to her position at Alverno Heights Academy, Coach Chew is currently the Head Volleyball Coach for Starlings City of Los Angeles Volleyball Club and the Head Volleyball Coach for boys' volleyball at South Pasadena High School.

Coach Chew has extensive experience with leading teams to the play-offs and is particularly attuned and well-prepared to train student-athletes to reach their full potential on and off the court. Her club experience has offered her opportunities to train and prepare athletes for the college recruitment process and she looks forward to bringing those experiences and training techniques to the varsity volleyball program at Alverno Heights Academy.

"As a coach, I not only want to teach my athletes the love of the game but also the experience of playing a high school sport, which includes teaching them the true meaning of unity as a team and learning to be a true student-athlete," Coach Chew said. "When you show athletes how to be an outstanding student, it

reflects in their actions on the court and field."

"Alverno Heights Academy is thrilled to welcome Ivy Chew as our new Varsity Volleyball Coach," said Head of School, Julia V. Fanara. "She has an exciting and experienced background and is joining a dynamic athletics department committed to providing our young women the opportunity to grow not only as student-athletes, but as individuals as well. We look forward to the season ahead as well as the years to come in this exciting new direction for our athletics program."



About Alverno Heights Academy Alverno Heights Academy is an all-girls, independent, progressive Catholic, college preparatory school dedicated to

its mission of empowering each young woman to be exactly the person she wants to be. Located on the property of the former Barlow Estate in Sierra Madre, California, Alverno Heights Academy was founded in 1960 by the Sisters of St. Francis who sought to create an environment in the San Gabriel Valley where young women could become informed and knowledgeable persons. Later renamed Alverno High School and sponsored by the Immaculate Heart Community, Alverno's program--academic, spiritual, aesthetic, social, and physical--has been shaped by the staff, trustees, and students. As Alverno Heights Academy once again, the school remains committed to its mission by encouraging each of their young women to be who they imagine. For more information about Alverno Heights Academy, please visit [www.alvernoheightsacademy.org](http://www.alvernoheightsacademy.org).

## SCHOOL DIRECTORY

**ALVERNO HEIGHTS ACADEMY**  
200 N. Michillinda Sierra Madre, Ca. 91024  
(626) 355-3463 Head of School: Julia V. Fanara  
E-mail address: [jfanara@alvernoheights.org](mailto:jfanara@alvernoheights.org)

**Arcadia High School**  
180 Campus Drive Arcadia, CA 91007  
Phone: (626) 821-8370, Principal: Brent Forsee  
[bforsee@ausd.net](mailto:bforsee@ausd.net)

**Arroyo Pacific Academy**  
41 W. Santa Clara St. Arcadia, Ca,  
(626) 294-0661 Principal: Phil Clarke  
E-mail address: [pclarke@arroyopacific.org](mailto:pclarke@arroyopacific.org)

**Barnhart School**  
240 W. Colorado Blvd Arcadia, Ca. 91007  
(626) 446-5588 Head of School: Ethan Williamson  
website: [www.barnhartschool.org](http://www.barnhartschool.org)

**Bethany Christian School**  
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Preschool-TK-8th Grade  
Principal: Dr. William Walner  
website: [www.bcschools.org](http://www.bcschools.org)

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(626) 301-9809  
Co-Principals Nancy Lopez and Diane Kieffaber  
[info@foothilloaksacademy.org](mailto:info@foothilloaksacademy.org)  
[preschool@foothilloaksacademy.org](mailto:preschool@foothilloaksacademy.org)

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Head of School: Jenny Janetzke  
Email: [jenny@frostig.org](mailto:jenny@frostig.org)

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Head of School, Carl Parke  
website: [www.goodenschool.org](http://www.goodenschool.org)

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Principal Mrs. Courtney Kassakhian

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(626) 471-2800 Principal Darvin Jackson  
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(626) 396-5880 Principal: Roberto Hernandez  
website: <http://phs.pusd.us>

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**Sierra Madre Elementary School**  
141 W. Highland Ave, Sierra Madre, Ca. 91024  
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**Sierra Madre Middle School**  
160 N. Canon Sierra Madre, Ca. 91024  
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(626) 449-7390 Principal: Ruth Esseln  
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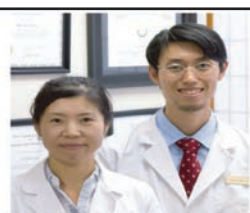
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## A SAD GOODBYE TO CENA - "ANOTHER BROTHER"

Happy Tails

by Chris Leclerc



Last week while I was mulling over potential article topics for this week's column, I conducted a Google search for recent pet news and I came across a story that I simply could not resist passing along to my readers.

So go ahead and get out the tissue box, get comfy in your arm chair (or wherever you like to get comfy) and get ready for an emotional yet true blue 'tail' about a young man and his dog, both of whom fought bravely abroad on behalf of our country while forming a bond that goes far and away beyond the limits of physical existence on earth.

All credit goes to McKinley Corbley for her story "Community Shows Up in Full Force to Love Hero Dog in His Final Hours", posted July 31, 2017 on [goodnewsnetwork.com](http://goodnewsnetwork.com).

Oh and by the way, if you haven't checked out the Good News Network website yet, I highly recommend it. It offers loads of positive, heart-warming stories about animals - both domestic and wild, as well as all kinds of other subjects designed to feed a healthy mind.

Losing a furry friend is always hard - but this goodbye in particular was especially hard for Lance Corporal Jeff DeYoung.

When DeYoung was just 19 years old, he was deployed to Afghanistan to fight the Taliban. He wasn't alone, however - he was also joined by Cena the bomb-sniffing pooch.

During their tour together, DeYoung would carry Cena across rivers and protect the dog from enemy fire. The two would keep each other warm by snuggling together through the night. Throughout their time together in 2009 and 2010, they were virtually inseparable.

After they retired, DeYoung adopted Cena, which also helped him deal with his post-traumatic stress disorder. Then, two weeks ago, the faithful hound was diagnosed with bone cancer and lost his ability to walk.

Heartbroken by the prognosis, the marine's brother-in-arms made a GoFundMe campaign in order to help raise money for vet bills, tasty dog food, and a rental Jeep with a detachable roof so Cena could feel the breeze in his face one last time. The page, which raised over \$62,000, will also pay for a bronze statue of the pup as a headstone.

"This dog was more than a pet to us," said DeYoung's fellow marine, Jacobie Baumann. "He was another brother."

Additionally, as news of Cena's impending fate became more widely spread, the community turned up in full force in order to say goodbye to the dog and give him a proper military sendoff. Over 100 people from around Muskegon, Michigan were in attendance of the ceremony on Wednesday.

DeYoung carried the 10-year-old pup on his shoulders into the USS LST 393 Museum with dozens of onlookers waving goodbye. After he was euthanized, Cena was carried out in a casket with an American flag draped over it.

While Cena will be missed, it is safe to say that he was certainly given a canine funeral fit for a king.

If I've said it once I've said it a thousand times... endless are the amazing and wonderful things that dogs do for us humans! Be sure to give back in kind, what your canine gives to you each day. Hug them and tell them how proud you are of them. You never know when your time together may come to an abrupt end. Love and let live!



## BENNY, "THE BOYFRIEND"

### Katnip News!



cuddly, healthy, and gets along with other kitties, too! He has a very easy to manage condition called FIV+, but he does not need any meds for it. See his adorable video: <http://www.lifelineforpets.org/benny-boy.html> He can't wait to share his love with

In honor of Aug. 17, "Black Cat Appreciation Day," please take another look at BENNY, age 5. He's a very handsome all black, shorthair, super sweet, super loving, friendly,

you!

Adoption fee is \$100, which includes neuter, microchip, exam & vaccines. See more pictures, adoption info & application on our website, [www.lifelineforpets.org](http://www.lifelineforpets.org). Can't adopt? Visit our website for our easy Sponsor A Kitty campaign.



## HOW ABOUT A NEW BEST FRIEND?

Izzy is a strikingly gorgeous three year old American Staffordshire terrier girl with a shiny black and white coat, cute floppy ears and with plenty of playful puppy energy left in her. At 59 pounds this silly girl firmly believes that she is a lap dog and enjoys spending time with her human friends. Unfortunately she was surrendered by her previous owners when they moved to a location where pets were not allowed. This hasn't changed her warmth for people and she's very outgoing and enjoys playing with her humans. She loves going for walks and spending time out in the fresh air as she rolls in the grass and plays with her people; she would make the perfect companion for a family who enjoys walks, strolls in the park and other outdoor adventures. If



you can provide this loving and loyal girl with the forever home she deserve please come by and meet Izzy! Her adoption fee 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. The San Gabriel Valley Humane Society is participating in the "Clear the Shelters" adoption drive on Saturday, August 19th. The adoption fee will be reduced to \$20 that day. So don't miss out! The shelter is 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', please stop by any time from 10:30am to 4:30pm Tuesday through Sunday. Website: [www.sgvhumane.org](http://www.sgvhumane.org). ID#30810.

## HEALTHY LIFESTYLES

### THE JOY OF YOGA POSES FOR STRESS RELIEF



It's great to have a few poses right at our fingertips to help cope with stress.

Although we each have our own individual needs, here are a few key poses that can help all of us shift perspective and melt stress.

1. Child's pose is a wonderful go-to relaxing & releasing pose. Start on your hands and knees (body like a table) and bring hips back to your heels on exhale. Your forehead should rest comfortably on the floor, or on a block. Toes are untucked in this pose. Arms can remain in front (palms face down) or come to rest along side your body (palms facing up). Begin to breathe in this pose, taking 8-12 breaths.

2. Straddle leg forward fold is both a forward fold and an inversion. It has incredible benefits, the biggest of which is that it stimulates the parasympathetic nervous system. This generates a calming response to our entire body. From standing, take the feet apart approximately 3 1/2 to 4 feet. Make sure the feet are pointed straight ahead, and begin to fold forward.

There can be a slight bend to the knees to assist tight muscles. Place fingertips or hands down between the legs or just in front (resting on a block or small of books if you need to be higher). Begin to breathe in this pose, taking 8-12 breaths.

3. Legs up-the-wall is another great pose. Simply sit sideways next to a wall with your knees to your chest. Begin to lay down on your side, slowly creeping legs up the wall. Torso remains on the earth and legs together, up the wall as you turn onto your back. Stay here in this pose breathing steadily for 3-5 minutes.

Try these three poses and see how they work for you. Make sure you're comfortable and pain free. The most important part is to engage in conscious, mindful breathing (through the nose) while you're there.

Please come explore more stress-relieving yoga at Yoga Madre. Visit the website at [www.yogamadre.com](http://www.yogamadre.com) for classes, workshops and teacher trainings. Please email [keely@yogamadre.com](mailto:keely@yogamadre.com) with any questions.

Namaste,  
Keely Totten, E-RYT 500

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## TABLE FOR TWO by Peter Dills thechefknows@yahoo.com

### NO CHEESEBURGER CHEESEBURGER BUT GREAT MIDDLE EASTERN FOOD

Peter Dills local Food and wine writer. Host of Dining with Dills Radio Show on Sunday at 5 PM KLAA 830

Writing reviews on restaurants is subjective, as is drinking and wine. I love mom-and-pop restaurants that you've probably driven past 100 times. I always go to the restaurant at least three times before ink hits paper in the form of a review (I do take recommendations). I love Parkway Grill, Panda Inn and Houston's, but you know those already!

Sahara Restaurant in central Pasadena is one of my go-to spots for both takeout and sit-down dining. I probably eat at Sahara at least three times a month. I was born in Athens, Greece, and though Sahara leans towards Lebanese cuisine, Middle Eastern foods are universal in menu selections. They don't have Lebanese beer (the owner's son said they don't have their home brew because they'd drink it all!), so I have my meals with Heineken. The interior is somewhat plain with pictures of Lebanon, and the tables and chairs could be from any diner in the area. But, the food is the highlight of this show. The kitchen is open so you can watch your food being cooking on mesquite, and it's ably run by two brothers and their sons - it's a family affair.

They offer plenty of standard Middle Eastern dishes like kebabs, shawerma, and falafels. I love the lulu kebabs (ground seasoned lamb and beef (\$11.25), and for those of you who can't decide, get the combination (\$14.75) which has a little of everything. For you vegetarians the falafel is a crowd pleaser (\$8.25). Order a side of babaghanouj (eggplant) (\$4.50) - they tell me it's the real deal. My buddy Mike Bingley from the tv show Straight off the Menu swears by the by the chicken kebab. I like it but others seem to be juicer. All dishes come with feta cheese, a remarkable starter of pita bread, cucumber and your choice of lentil or cabbage salad. The cabbage is salad is great, and often I'll put it aside for my next days lunch. Two enthusiastic thumbs up for Sahara! Get here early - it's posted close time 8:30, but many times Sebastain says bro "we were busy we sold out on the food, just like a BBQ joint in Texas" - when it's gone, it's gone. If you were a fan of Burger Continental 20 years ago, you will love Sahara.

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## Julie's Favorite Family Recipes

### FIG BUTTER RECIPE

#### Ingredients

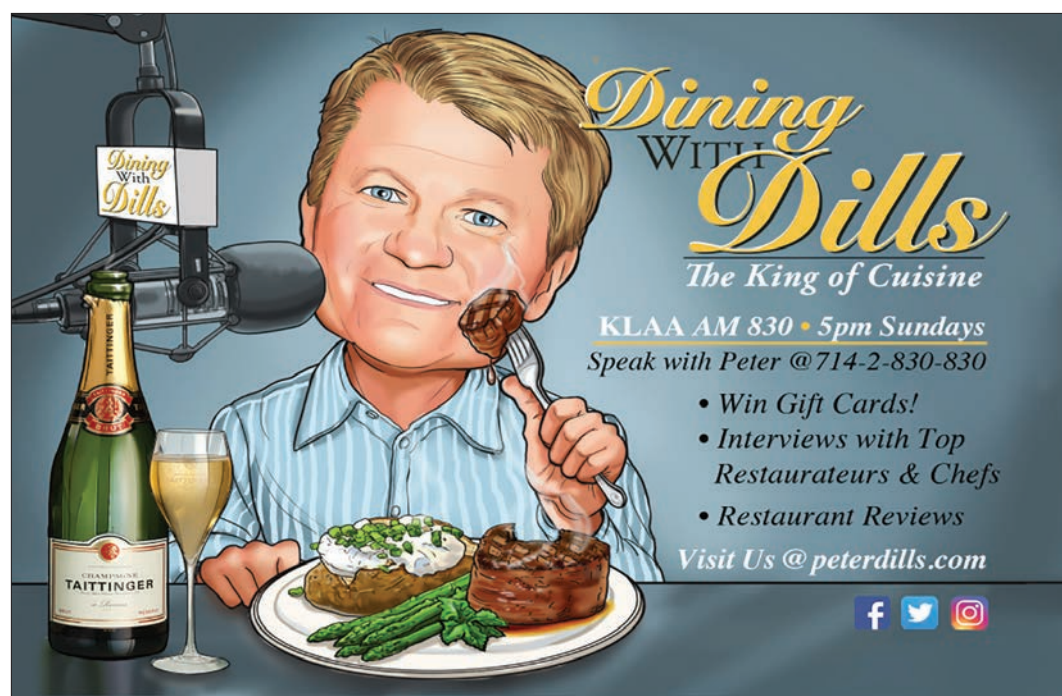
6 cups figs with stems removed  
3/4 cup sweet white wine or white grape juice  
3/4 cup honey  
1/2 T lemon juice  
2 t vanilla  
1 t cinnamon

#### Instructions

Add everything to a 2 quart crockpot and cook on high for 2 hours.

Using a large spoon or potato masher, mash figs until all whole figs are broken down. Crack the lid to let the steam escape and turn crockpot down to low and continue to cook for 6 - 8 hours.

Fill hot jars with butter, add lids (reusable canning lids) and hot water bath them for 10 minutes. By Our Simple Homestead



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## FINDING MONEY FOR LONG-TERM CARE

Dear Savvy Senior,

What resources can you refer me to for long-term care financial help? My 84-year-old mother needs assisted living or nursing home care, but we don't have a lot of money and she doesn't have long-term care insurance. Searching Daughter

Dear Searching,

If your mother does not have a long-term care insurance policy, depending on her circumstances, there are several other sources you should check into that can help pay for her care.

Medicaid: The first thing you need to understand is that Medicare (the government health insurance program for seniors 65 and older and those with disabilities) does not cover long-term care, which includes nursing home care, the costs of assisted living facilities and home aide services, unless your mom is receiving skilled nursing or therapy services too. It only provides limited short-term coverage, up to 100 days for skilled nursing or rehabilitation services after a hospital stay.

However, Medicaid (the joint federal and state program that covers health care for the poor) as it currently stands, does cover long-term care facilities and it covers in-home care too. But to be eligible for coverage, your mother must be very low-income. Her countable assets can't be more than around \$2,000, including investments.

Note that most people who enter a nursing home don't qualify for Medicaid at first, but pay for care out-of-pocket until they deplete their savings enough to qualify. Contact your state Medicaid office (see Medicaid.gov) for eligibility details.

Veterans aid: If your mom is a wartime veteran, or a spouse or surviving spouse of a wartime veteran, there is a benefit called Aid and Attendance that can help pay between \$1,153 and \$2,127 a month toward her long-term care.

To be eligible, your mom must need assistance with daily living activities like bathing, dressing or going to the bathroom. And her yearly income must be under \$13,836 as a surviving spouse, \$21,531 for a single veteran, or \$25,525 as a married veteran – after her medical and long-term care expenses. Her assets must also be less than \$80,000 excluding her home and car.



To learn more see Benefits.VA.gov/pension, or contact your regional VA office, or your local veterans service organization. Call 800-827-1000 for contact information.

Life insurance: If your mom has a life insurance policy, find out if it offers an accelerated death benefit that would allow you to get a tax-free advance to help pay for her care.

Or, consider selling her policy to a life settlement company. These are companies that buy life insurance policies for cash, continue to pay the premiums and collect the death benefit when she dies. Most sellers generally get four to eight times more than the policy cash surrender value.

If you own a policy with a face value of \$100,000 or more and are interested in this option, there are various companies you can turn to like GWGLife (GWGLife.com), which offers some of the highest cash payouts for life insurance policies. Tax breaks: If you're helping out your mom financially, you may also be able to claim her as a dependent on your taxes and reduce your taxable income by \$4,050, which you could use for her care. To qualify, you must pay at least half of your mom's yearly expenses, and her annual income must be below \$4,050, not counting Social Security. For more information, see IRS Publication 501 at IRS.gov/pub/irs-pdf/p501.pdf.

If you can't claim your mom as a dependent because her income is too high, you may still be able to get a tax break if you're paying at least half her living expenses including her medical, dental and long-term care costs, and they exceed 7.5 percent of your adjusted gross income. You can include your own medical expenses in calculating the total. See the IRS publication 502 (IRS.gov/pub/irs-pdf/p502.pdf) for details.

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! ....August Birthdays

Bill Nelson, Karlene Englert, Juanita Fernandez, Jeanette Francis, Joseph Kiss, John Luke, Jacquie Pergola, Maury Whitaker, Pat Miranda, Phyllis Chapman, Jerry Burnett, Margaret Aroyan, Phyllis Burg, Beverly Clifton, Rosemary Morabito, Susan Poulsen, Dorothy Quentmeyer, Genevieve Stubbs, Miop Tulleners, Joy Barry, Ellie Baudino, Marcia Bent, Daryls Brechwald, Joan Spears, Ruth Torres, Jane Zamanzadeh. \* To add your name to this distinguished list, please call the paper at 626.355.2737. YEAR of birth not required but you must be over 60.



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

**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 Time:** 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 Tuesdays of the month from 11a.m. to 12p.m. No appt. is necessary.

**Brain Games - \*New Activity\*:** Join us on Thursday July 20th, at 10:30a.m. to 11:30a.m for Scattergories. A creative thinking game by naming objects within a set of categories. Everyone is welcome, no experience needed. Great way to strengthen your brain and make new friends. Activities are facilitated by Senior Volunteers.

**Free Legal Consultation:** Wednesday, August 16th from 10:30a.m. to Noon. Attorney Lem Makupson is available for legal consultation. Specializing 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.

**Chair Yoga:** Mondays & Wednesdays from 11:00 to 11:45a.m. with Paul Hagen. 3rd Mondays 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 offer 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 their poker game. Other games are offered to all.

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



## AUGUST EXCURSION

Gondola Getaway in Long Beach

Date: Friday, August 25th

Time: 9:15a.m. to 2:30p.m.

Cost: \$35.00 (Not including Lunch)

Gondola Getaway brings old world charm and a thousand year old tradition to Southern California. Authentic Venetian Gondolas gently cruise the enchanting canals and waterways of Naples Island, near the resort area of Belmont Shore in Long Beach. It's a unique way to enjoy the architecture of Naples Canals and its beautiful homes and yachts. The cruise is approximately one hour. Lunch is on your own around 2nd Street, Belmont Shore District with many dining options and shops. Level of Walking: Medium; please call the Hart Park House for reservations at 626-355-7394.

## Draw from History with Kt Boyce - Free Art Class -

Monday, August 28th at 12:30p.m. – 1:30p.m. at Hart Park House Join us as we use color pencils to learn color theory and value. Portraits of Sierra Madre's heroes are ready for you to shade and bring them back to life as we enjoy learning about their history. Kt will read the bios of Geronimo and Lucky Baldwin and a few others. Participants will reflect on their legacy, how things have changed, and others stayed the same in Sierra Madre. All art materials and supplies will be provided freely, however spaces are also limited. Reservations are required to save your spot! Please call the Hart Park House 626-355-7394.

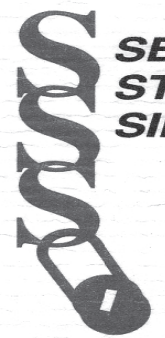
## SENIOR CINEMA -

## THE IRON LADY

August 16th at 1:00p.m.



Former British Prime Minister Margaret Thatcher (Meryl Streep) reflects on her life and career as she finally prepares to dispose of the belongings of her later husband. Daughter of a Grantham grocer, she successfully broke through a double-paned glass ceiling of gender and class. Thatcher became the first female prime minister of the United Kingdom and remained as such for 11 years, until declining popularity forced her to resign. Run time: 1h 45m.



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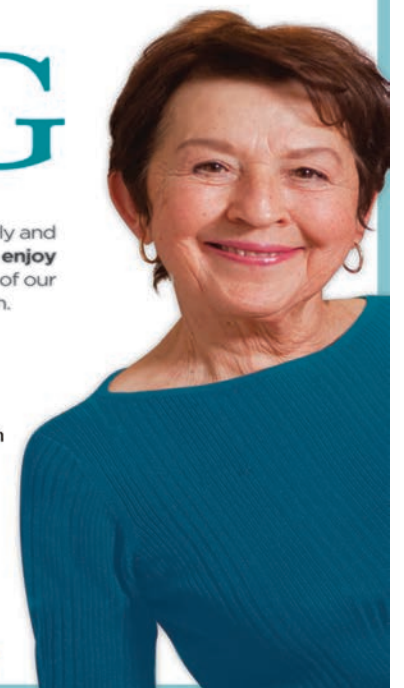
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Blessed are the merciful, for they will be shown mercy - Matthew 5:7



## KATIE Tse .....This and That



## IT'S THE END OF THE WORLD, AS WE KNOW IT!

I've been guilty again lately of recycling old articles. I chose this one not only because the current state of national and global events puts me in a Doom's Day mood, but also because I particularly like this picture of Vincent Price with rabbit ears! It's about a good old campy flick titled "The Last Man on Earth." This 1964 gem was based on Richard Matheson's novel "I am Legend." Shot in Italy, mostly with Italian-speaking actors, the voices don't quite sync with the lips. But that just makes it all the more deliciously corny. "The Last Man on Earth" is considered to be the precursor to "The Omega Man," (1971) a film with a significantly bigger budget, starring Charlton Heston. Recent movie-goers will recognize its latest rebirth as "I am Legend," (I suppose the name gives it away).

The premise of "The Last Man on Earth" is that an air borne pathogen is spreading across continents, making people sick, killing them, and subsequently turning them into the walking dead. But these night walkers don't exactly conform to our modern zombie stereotype. Although they have the classic zombie dead pan expression and stiff gait, they also possess vampire qualities. They are repelled by garlic and their own reflection in mirrors. Like Bram Stoker's "Dracula," they are most effectively killed when impaled with a wooden stake through the heart. Also, these zombies can speak simple phrases (e.g., "Come out, Morgan! We know you're in there!"). They're too articulate to be true zombies, but too crude to be vampires. Everyone knows that vampires are sexy and well-spoken.

The story begins with Robert Morgan (Vincent Price) exiting his mirrored and garlic-laden home, to drive around and collect bodies of the infected dead. (As with most zombie flicks, there seems to be a period of time between death and zombie-hood). His task is made funnier by the fact that the dummies must've weighed about 15 pounds, so Price effortlessly tosses them into his 50's station wagon, not bothering to close the tailgate. "They're not gettin' out!" After he's accumulated a good number of bodies, he heads to "The Pit," a perpetually

smoking zombie landfill. He dons a gas mask (left over from "Plan 9 from Outer Space" or some similarly cheesy production), douses the wrapped, staked bodies with gas, and chucks them in. On the way home, Morgan replenishes his mirrors and checks his garlic garden. At night the zombies gather outside his house to weakly throw stones and beat against his boarded up doors and windows. Morgan plays a record, attempting to drown out their voices, and tries to get some sleep on the couch.

One day, Morgan spots a disheveled, but otherwise normal-looking woman walking through a field. She's frightened, but he convinces her to come home with him. Once subdued, the woman, Ruth, asks how Morgan survived. He explains that years ago he was bitten by a bat infected with the vampire germ. The bat's system strained the germ before it entered his body, thus giving him immunity.

Over coffee, Morgan begins to suspect that his lovely guest is infected. A potent whiff of garlic proves his theory. Ruth flees the room and starts to inject herself, but is interrupted by Morgan. She tells him that she, and her people, are infected, but keep the germ at bay through regular injections of treated blood plus vaccine (I didn't understand that, but then science was never my strong suit. Apparently it wasn't the screenwriter's strength

either). Ruth warns Morgan that her people have plotted to kill him. Overcome by exhaustion, she falls asleep on the couch. While she's knocked out, Morgan hooks up a transfusion of his own blood into hers. In his kitchen laboratory he discovers that the transfusion has cured her! Unfortunately, the "Infected Resistance" captures Morgan after a long chase, and harpoons him in a church as he shouts, "You're freaks! I'm a man --the last man!" Ruth consoles him as he dies in her arms.

Yet we are left with a sense of hope as Ruth leaves the church hugging her freshly injected arm. They killed the last man, but Ruth's blood holds the promise of a cure. The morals of the story are: 1. Eat lots of garlic (seriously, it's anticarcinogenic!), 2. Don't pick up strange women, 3. Don't go home with strange men, and 4. Give blood, but with discretion.



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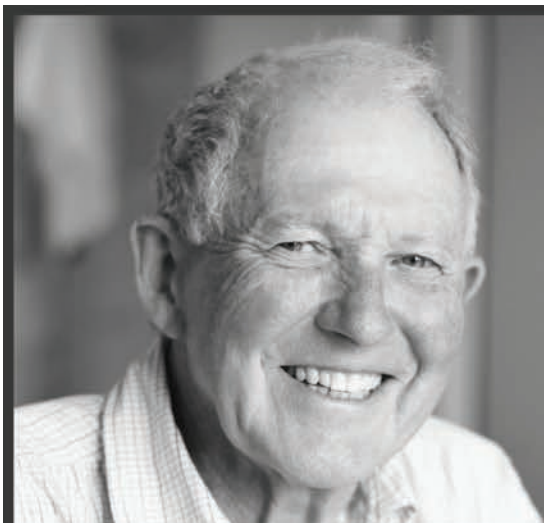
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Looking Up  
with Bob Eklund



NASA TV COVERAGE FOR AUG. 21 SOLAR ECLIPSE

On Monday, Aug. 21, all of North America will be treated to an eclipse of the Sun, and NASA Television will carry it live from coast to coast from unique vantage points on the ground and from aircraft and spacecraft, including the International Space Station. Coverage will be featured during the live four-hour broadcast Eclipse Across America: Through the Eyes of NASA.

Programming begins at 12 noon EDT with a preview show hosted from Charleston, South Carolina. The main show begins at 1 p.m. and will cover the path of totality the eclipse will take across the United States, from Oregon to South Carolina. The program will feature views from NASA research aircraft, high-altitude balloons, satellites and specially-modified telescopes. It also will include live reports from Charleston, as well as from Salem, Oregon; Idaho Falls, Idaho; Beatrice, Nebraska; Jefferson City, Missouri; Carbondale, Illinois; Hopkinsville, Kentucky; and Clarksville, Tennessee.

The Toshiba Vision screen in New York's Times Square will broadcast the program live in its entirety to give the public a big-screen view of the eclipse. Viewers in Times Square can listen to NASA coverage while observing it on the big screen by downloading the NASA app or going to <https://www.nasa.gov/eclipselive>

Catch NASA's live coverage using any of the following:

- NASA App  
\* NASA App for iOS, <http://itunes.apple.com/app/nasa-app/id334325516?mt=8>  
\* NASA App for Android, <https://play.google.com/store/apps/details?id=gov.nasa>  
\* NASA App for Amazon Fire and Fire TV, <http://amzn.com/B00ZVR87LQ>  
\* The NASA App also is available to Apple TV users.

- Social Media  
\* Facebook Live, <https://www.facebook.com/nasa>  
\* Twitter/Periscope, <https://www.pscp.tv/nasa>  
\* Twitch TV, <https://twitch.tv/nasa>  
\* UStream, <http://www.ustream.tv/nasahdtv>  
\* YouTube, <https://www.youtube.com/>



CHRISTOPHER Nyerges  
WASHING CLOTHES IN SURVIVAL  
OR PRIMITIVE CONDITIONS

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Washing machines are another of those devices that modern man seems to think he couldn't live without. Yet for the vast stretch of human history, there were no washing machines. People just washed with hot water and soap and worked the garments by hand until it was clean. Sometimes smooth rocks were used, sometimes not. In fact, sometimes it was just cold running water in the stream and no soap at all.

I once lived in Cuernavaca, Mexico, attending a daily language school. I lived downtown in a tall hotel where many other students stayed, and each day I walked a few miles to my language school, across town up in the hills. To get to school, I walked down and through a canyon on the west edge of town through which a river flowed. This canyon was the poor district, and the people there lived in little square adobe houses, where the window and doors were merely openings in the adobe. A stream flowed through this canyon and everyday I'd see how all the people washed their clothes in the stream, usually with rocks. It took me a few minutes to walk through the area where the stream flowed, and I always tried to see what all the people were doing in the river. It was already hot in the morning when I went to school, and the young children were mostly naked, and the women had the clothes stretched out on flat rocks. The clothes had already been soaked in water, and they were rubbing parts of the clothes with small rocks, presumably to take out stains. Later, I was shown the types of rocks used – they were oval shaped, fit into the hand, and though they looked smooth, the surface was actually rough, like fine sand paper. It was a type of decomposed granite, as well as sandstone, that was used. Then they laid the clothes out on the stones to dry in the hot afternoon sun. When I walked home from school, I'd often see them removing the now-dry clothes.

Clearly, a washing machine is not vital to life. But



watch?v=wwMDvPCGeE0

Embedding Streams

Ustream coverage can be embedded using the following code: `<iframe width="480" height="270" src="http://www.ustream.tv/embed/6540154?html5ui" scrolling="no" allowfullscreen webkitallowfullscreen frameborder="0" style="border: 0 none transparent;"></iframe>`

YouTube video can be embedded using the following code: `<iframe width="560" height="315" src="https://www.youtube.com/embed/wwMDvPCGeE0" frameborder="0" allowfullscreen></iframe>`

NASA TV Feeds

NASA TV on Galaxy-13  
NASA TV channels are digital C-band signals,

carried by QPSK/DVB-S modulation on satellite Galaxy-13, transponder 11, at 127 degrees west longitude, with a downlink frequency of 3920 MHz, vertical polarization, data rate of 38.80 MHz, symbol rate of 28.0681 Mbps, and 3/4 FEC. A Digital Video Broadcast (DVB) compliant Integrated Receiver Decoder (IRD) is needed for reception.

NTV-1 (Public-Education) HD Program = 101 (NTV-1)

Compression Format = MPEG-2, Video PID = 0x112 hex / 274 decimal, AC-3 PID = 0x113 hex / 275 decimal, MPEG I Layer II Audio PID = 0x114 hex / 276 decimal. NASA also is providing an uncaptioned KU feed for this event only on Galaxy 17, Transponder TBD.

NTV-3 (Media) HD Program = 103 (NTV-3)  
Compression Format = MPEG-4, Video PID = 0x1031 hex / 4145 decimal, AC-3 Audio PID = 0x1034 hex / 4148 decimal, MPEG I Layer II Audio PID = 0x1035 hex / 4149 decimal. NASA also is providing a raw feed on the Verizon AVOC. The transmit circuit numbers are 36 TBGS 101315

AVOC TX 1 and 36 TBGS 101321 AVOC TX 2. Media requesting this connection must contact Verizon directly and have previously had presence on the AVOC.

All content and times are subject to change in real-time and without notice.

More details and a broadcast timeline: <https://www.nasa.gov/nasatv>

In addition to the NASA TV broadcast, live video streams from locations across the country will be available at: <https://www.nasa.gov/eclipselive>

To view and download NASA eclipse images: <https://www.flickr.com/photos/nasahqphoto>

All imagery and videos are in the public domain and can be used with the proper credit. For more information, please see NASA's Media Usage Guidelines: <https://www.nasa.gov/multimedia/guidelines/index.html>

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

OUT TO PASTOR

A Weekly Religion Column by Rev. James Snyder

THE ENDLESS FLOW OF INK



This past week I had my yearly visit with my doctor.

Believe me, it was no vacation but it did vacate the cash in my wallet. It was not the loss I needed at the time.

It is amazing about my doctor. He knows the exact cash I have in my wallet at any given time. More amazing, everything he does for me is covered by that cash in my wallet. One time I try to hide a five spot in my wallet, but to no avail. The doctor knew it was there, somehow, I'm not sure how.

Most doctors are experts in the area of extraction. Mostly, the extraction of cash from their patients. That may be what they learn in medical school, I'm not too sure.

My doctor ordered me to come in the next day for a blood test and the nurse came in to prepare me. One thing she said was I needed to fast before coming to the doctor's office the next day.

To me, fasting is to see how fast you can eat your food. It's a contest and I win every time. When I suggested that to the nurse, she surgically removed that thought from my head and explained that it meant I could have no food at all, not even coffee.

Looking at her with a rather somber scowl, I said, "You really don't want to see me before I drink my morning coffee, do you?" I was snickering as I said it to her.

Without blinking, she simply said, "I'm in charge of the needle!"

I remember the last time I gave a nurse a hard time, I called her Miss Dracula and she stabbed me with the needle six times before she found any blood. I know she did it intentionally, because while she was doing it, I barely noticed a smile giggling on her face.

Being a man patient, I was not permitted to cry, although I was crying on the inside.

Never, and I mean never, make the nurse unhappy. She knows how to do the needle perfectly or she knows how to do it hurtfully. She knows more than one way to stab a patient with the needle. My nurse knew every way.

I managed to do my "fasting" according to the nurse's instruction.

Sitting in the waiting room waiting for my appointment I was given a stack of paper and told to fill it out for their records. I have written several books in my time, but this paperwork was ridiculous. They wanted to know things about me that I did not even know about me. Are you allowed to lie to the doctor?

There was page after page of information I needed to write down. I'm not quite sure, but I think I went through 17 pens before I finished the whole batch. That's a lot of ink.

Why the doctor needs to know all of those things about me is beyond my imagination, but I must confess that I did stretch my imagination in filling out the paperwork.

I also must confess that without my morning cup of Joe my tiny gray cells were not functioning

normally. It also affected my eyesight. As I looked at each page it became more blurry, which affected my reading ability. I had no idea what I was reading.

With my reading ability so affected, my writing ability was completely out of the operating room. I noticed I was starting to write in a foreign language, which I did not recognize. I'm not sure if my spelling was bad or if I was writing in "tongues."

It was then I remembered seeing a prescription my doctor wrote for me once. On that paper he also was writing in "tongues" because I could not interpret a word he wrote. So, the doctor probably will be able to read my paperwork.

I kept writing, but I am not sure they were actually words I was writing, trying to get to the end of the paperwork before the nurse called me for my blood work. I am not sure which is worse, the blood work or the paperwork. Both have taken a lot of blood out of my body at the time. I was concerned that the nurse would not find any blood left in my body.

I am not sure, but I think the amount of blood the nurse extracted from my person was equal to the amount of ink I used to fill out the paperwork.

After I got home, I began to worry about what I wrote on the doctor's papers. How much trouble would I be in the next time I saw my doctor? He is always looking for something wrong with me and he never finds anything.

The more I thought about it, the more I realized my doctor was a medical doctor and not a psychiatrist. If a psychiatrist would read those papers, I probably would be admitted to the psychiatric unit in the nearest hospital available.

I thought of what David once said, "Let the words of my mouth, and the meditation of my heart, be acceptable in thy sight, O Lord, my strength, and my redeemer" (Psalm 19:14).

What a man says reveals what's in his heart. I can let somebody pull words out of my mouth, or I can let my heart speak. The choice is mine.

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.net](http://www.whatafellowship.net).

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**SATURDAY, AUGUST 19, 2017**

**SECTION B**

## AROUND SAN GABRIEL VALLEY

### 8TH ANNUAL COUNTY VOTES TO ESTABLISH BLUE RIBBON COMMISSION ON PUBLIC SAFETY CONGRESSIONAL LEADERSHIP AWARDS



LOS ANGELES COUNTY —On a motion by Supervisors Kathryn Barger and Janice Hahn, the Board of Supervisors voted 3-0, with Supervisor Mark Ridley-Thomas abstaining, to establish a “Blue Ribbon Commission on Public Safety” to explore innovative solutions to criminal justice challenges resulting from statewide reforms.

“Working together, this vital commission will help us achieve our goal of delivering meaningful treatment programs as well as enhancing public safety,” said Supervisor Barger. “This is not just about the tragedy of losing Officer Boyer or Sergeant Owen, it’s also about the many young lives lost due to drug addiction who are not receiving the help they need and deserve.”

“This is not a referendum on voter-approved statewide criminal justice reforms,” said

Supervisor Hahn. “This will be a conversation about the mechanics of making the reforms we do have work better and improving outcomes for both formerly incarcerated individuals and public safety.”

The motion builds on a previous motion unanimously approved by the Board on February 21, 2017 which was also authored by Supervisors Barger and Hahn. The February motion requested a report on the murder of Whittier Police Officer Keith Boyer by a “Post Released Supervised Person,” including an historical analysis of the gunman’s involvement with the state parole system, his probation supervision, as well as recommendations for policies and procedures to help identify risk factors and ensure the highest level of public safety.

### 8TH ANNUAL CONGRESSIONAL LEADERSHIP AWARDS



On Saturday, July 29, 2017, Congresswoman Judy Chu presented her 8th Annual Congressional Leadership Awards. The Building Bridges Award was presented to the San Gabriel Mountains Community Collaborative, a 46 member committee created to identify and prioritize sustainable opportunities for the 18 million people who live in the LA Basin, within 90 minutes of the San Gabriel National Monument. “Who knew that such a diverse group of people could come together for our majestic San Gabriel

Mountains!” said Duarte Council Woman Liz Reilly. “It’s up to us to preserve these mountains for our children’s sake.”

The Collaborative, working with the Angeles National Forest and the National Forrest Foundation, has promoted improving biodiversity, recreation, visitor services, stewardship of the cultural and historical diversity, public safety, and watershed health, as 30% of our drinking water comes from the San Gabriel Mountains.

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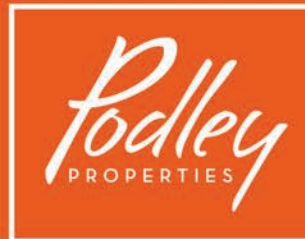
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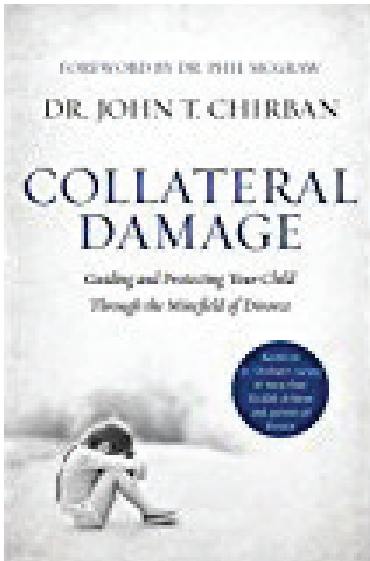
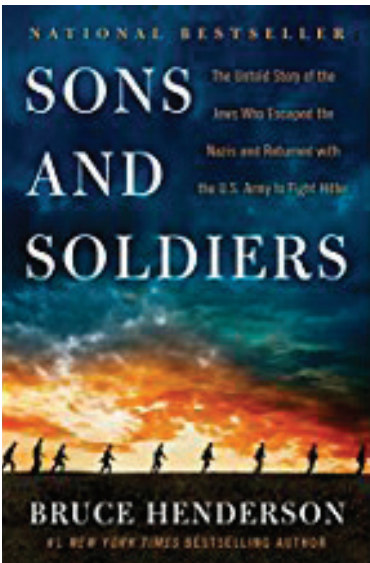


Jeff's Book Pics

By Jeff Brown

**Sons and Soldiers: The Untold Story of the Jews Who Escaped the Nazis and Returned with the U.S. Army to Fight Hitler** by Bruce Henderson

Joining the ranks of Unbroken, Band of Brothers, and Boys in the Boat, the little-known saga of young German Jews, dubbed The Ritchie Boys, who fled Nazi Germany in the 1930s, came of age in America, and returned to Europe at enormous personal risk as members of the U.S. Army to play a key role in the Allied victory. In 1942, the U.S. Army unleashed one of its greatest secret weapons in the battle to defeat Adolf Hitler: training nearly 2,000 German-born Jews in special interrogation techniques and making use of their mastery of the German language, history, and customs. They were sent in small, elite teams to join every major combat unit in Europe, where they interrogated German POWs and gathered crucial intelligence that saved lives and helped win the war. Though they knew what the Nazis would do to them if they were captured, the Ritchie Boys eagerly joined the fight to defeat Hitler. Many of them did not know the fates of their own families left behind in occupied Europe. Taking part in every major campaign in Europe, they collected key tactical intelligence on enemy strength, troop and armored movements, and defensive positions. A postwar report found that more than sixty percent of the credible intelligence gathered in Europe came from the Ritchie Boys. The book draws on personal interviews with many surviving veterans and extensive archival research to bring this chapter of the Second World War to light. Sons and Soldiers traces their stories from childhood and their escapes from Nazi Germany, through their feats and sacrifices during the war, to their desperate attempts to find their missing loved ones in war-torn Europe. Sons and Soldiers is an epic story of heroism, courage,



and patriotism that will not soon be forgotten.

**Collateral Damage: Guiding and Protecting Your Child Through the Minefield of Divorce** by Dr. John Chirban

Based on research from more than 10,000 surveys from children and parents of divorce, Collateral Damage presents parents with an overview of the negative impact that divorce has on their children and offers ways to better serve their needs at this critical time. Approximately fifty percent of marriages in the United States fail. Add to that the increasing number of couples who never marry, have children together, and later go their separate ways. In all of these scenarios, children suffer greatly—often in silence, as parents do not know how to effectively guide their kids. When the sorrow and emotional issues of children are not addressed, the cycle of divorce is likely to continue for them and in generations that follow. In addition, while children may appear to be resilient and adjusting, without proper support children of divorce are more prone to drug and alcohol abuse, criminal behavior, mental and physical illness, and suicide. How can parents manage their own hurt, shock, anger, and despair so that they can provide their children with what they need? While Collateral Damage does not advocate divorce, it does sound a wakeup call for parents. It identifies the landmines inherent in the dangerous terrain of divorce and equips them to help their children not to feel abandoned or unheard. Topics covered include: The unfortunate failure of a marriage does not mean the end of the family. Providing a stable, supportive, healthy relationship with your child demonstrates what a loving relationship looks like, better preparing them for intimate relationships and marriage as an adult.

All Things

By Jeff Brown

DRAMATIC BEACH RESCUE PROVES THAT ANYONE CAN BE HERO.

Over 80 pedestrians on the Panama City Beach in Florida formed a human chain to save a family of nine from a dangerous rip tide. Events began to unfold on Saturday evening when Roberta Ursrey and her husband saw their two young sons screaming for help from 100 yards out into the ocean. A nearby couple attempted to rescue the boys, but they also became caught in the current. Several of the other family members attempted to rescue the struggling swimmers, and they became trapped as well. There was no lifeguard, and police had opted to wait for a rescue boat – but the situation was getting worse by the second. The rip tide victims had already been struggling to keep their heads above water for twenty minutes, and they were exhausted. Beachgoers started yelling at the crowd of onlookers to form a human chain. Dozens of people – several of which reportedly said they couldn't even swim themselves – linked arms and marched into the ocean. Among the onlookers was Jessica

Simmons, whose husband told the crowd to form a chain. "To see people from different races and genders come into action to help Total strangers is absolutely amazing to see!" wrote Simmons. "People who didn't even know each other went hand in hand in a line, into the water to try and reach them." As she watched the 80-person chain stretch towards the swimmers, she knew she could help. Simmons and her husband then grabbed boogie boards and swam down the chain until she reached the exhausted swimmers. First, they helped the two young boys reach the human chain. Then, they went back for Roberta, who was just starting to black out. Next, they rescued Roberta's mother who had begun to have a heart attack. Finally, after everyone was brought back to the beach, the crowd began to cheer. Jessica says that while she was hailed as a hero, she credits the rescue to everyone on the beach. "What really got me was how a entire beach jumped into action to save these people."

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FAMILY MATTERS

By Marc Garlett

state in your will that the business should be equally shared with your spouse or divided between all of your kids; however, ownership goes to the survivor - regardless of what you put in your will.

**You could have difficulty selling or refinancing your home.** All joint owners must sign off on a property sale. Depending on whether the other joint owners agree, you could end up at a standstill from the sales perspective. That is unless you're willing to take the joint owner to court to force a sale of the property – and no one wants to sue their family members, not to mention the costs of a lawsuit.

And what if your co-owner somehow becomes incapacitated, through accident or illness? In that case, you may have to petition a court to appoint a guardian or conservator to represent the co-owner's interest in the sale. While you and your co-owner always worked together, an appointed guardian may see his responsibility as protecting the other owner's interest—which might mean going against you.

**You might trigger unnecessary capital gains taxes.** When you sell a home for more than you paid for it, you usually pay capital gains taxes—based on the increase in value. Therefore, if you make an adult child a co-owner of your property, and you sell the property, you're both responsible for the taxes. Your adult child may not be able to afford a tax bill based on decades of appreciation.

On the other hand, heirs only pay capital gains taxes based on the increase in value from when they inherited the asset, not from the day you first acquired it. So often, while people worry about estate taxes, in this case—inheriting a property (rather than jointly owning it) could save your heirs a fortune in income tax. And with today's generous \$5.49 million estate tax exemption, most of us don't have to worry about the estate tax (but the income tax and capital gains tax hits almost everyone).

You could cause your unmarried partner to have to pay a gift tax.

If you buy property and place it in joint tenancy with an unmarried partner, the IRS will consider that to be a taxable gift to your partner. This can create needless paperwork and taxes.

So what can you do? These decisions are too important and complex to be left to chance. Consult a law firm that specializes in estate planning. A good lawyer will help you decide the best way to manage your property to meet your needs and goals.

Our team can assist you in planning to reduce estate taxes, avoid potential legal pitfalls, and set up a trust to protect your loved ones. We understand not only the legal issues but the complex layers of relationships involved in estate planning. We'll listen to your concerns and help you develop a plan that gives you peace of mind while achieving all of your goals you have for your family. Contact us today for a consultation.

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

**The other owner's debts become your problem.** Any debt or obligation incurred by the other owner could affect you. If the joint owner files bankruptcy, has a tax lien, or a judgment against them, it could cause you to end up with a new co-owner – your old co-owner's creditors! For example, if you add your adult child to the deed on your home, and he has debt you don't know about, your property could be seized to collect that debt. Although "your" equity of the property won't necessarily be taken, that's little relief when the house you live in is put up on the auction block!

**Your property could end up belonging to someone you don't intend.** Some of the most difficult situations come from blended families. If you own property jointly with your spouse and you die, your spouse gets the property. On the surface, that may seem like what you intended, but what if your surviving spouse remarries? Your home could become shared between your spouse and her second spouse. And this gets especially complicated if there are children involved: Your property could conceivably go to children of the second marriage, rather than to your own.

You could accidentally disinherit family members. If you designate someone as a joint owner and you die, you can't control what she does with your property after your death. Perhaps you and an adult child co-owned a business. You may

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

FOCUS ON PERSONAL GROWTH FOR AUTOMATIC GOALS

In a Success Magazine interview with leadership expert, John Maxwell, he spoke about the correlation between the focus on personal growth and the achievement of goals. For decades, setting goals has been pointed to as one of the main factors required to achieving success. Mr. Maxwell shares a simple, yet profound perspective based on more than 40 years of success in the business world. He has also taught and coached thousands of individuals who have gone on to achieve phenomenal success.

He shared his experience of focusing heavily on setting goals during a period in his life as well. At some point, he discovered that a commitment to his personal growth on an ongoing basis, lead to the attainment of, and often the surpassing of milestones that he would have previously identified as goals. The basic tenant – if you want to reach your goals, just make a commitment to personal growth.

Being disciplined is one of the personal traits that he addressed, showing the contrast in relation to simply being motivated. The tradition of setting New Year's resolutions to lose weight was presented as an example of how motivation without discipline is useless. Stating a goal and having the initial motivation to lose weight has to move beyond making a pronouncement and spending money on a gym membership, new exercise equipment or weight loss

program. If the motivation to exercise beyond a brief period of excitement during the month of January is not evidenced by discipline to continue the new routine in February, March and beyond, setting a goal followed by an initial surge in motivation is for naught.

Every achievement, large or small, is built on a foundation of discipline applied with consistency to the development and growth of a talent or skill. Talented musicians, master carpenters, profession athletes and successful entrepreneurs have something in common. All of them have attained their distinctions as a result of a sustained process of disciplined effort applied over a period of time with consistency.

Focusing on personal growth in one or more areas of one's life on a daily basis will propel a person to great achievements. The world's top athletes still maintain regiments of practice and conditioning. These individuals recognize the importance on ongoing personal improvement in every area to optimize their performances. Their achievements, successes and status as champions are indelibly linked to a pattern of discipline and consistency. This powerful combination provides the magic formula for personal growth to create the magic that will have you looking at your goals in the rear view mirror as you are propelled far beyond your initial expectations.

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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.

## SUSAN Henderson, Publisher

### U.S.A. ALL THE WAY!!!

(This article was written on Monday, before the recent unfortunate tweets and pronouncements from Donald Trump)



I'm in the middle of the country, Des Moines, Iowa. This trip is Bucket List item No. 1 for us. We are off to the Solheim Cup to see the US Women golfers (LPGA) kick the European Women's butt! Rah, rah USA right? Former Solheim Cup Captain and the first Latino American LPGA Champion organized the 'adventure', complete with an amateur competition for the Lopez Cup. Five friends, 4 from LA, one from Florida are meeting up for a week of all things golf and all things American! The event is held every 2 years alternating between Europe and America.

Part of the joy is rooting for your country. Our 'crew' ranges in age from late 50's to 75. (Late 50s is not me). All of us are African American, accomplished in our careers and blessed in our lives. We've all lived through enough to make us proud of our country so we were all prepared to be loud, boisterous, All American sports fans screaming our team to victory! By the way, two of the members of the USA team are San Gabriel Valley home girls, Lizette Salas and Angel Yin! The diversity of our nation is apparent everywhere.

We will wear Red, White and Blue attire for every single day, every event as suggested by our Team Captain Julie Inkster because we are proud Americans!

Yes, I am a true blue Americans, but trust me, with 45 in the White House, it takes a bit to still be proud of our country. I respect our Democratic process but I am totally dismayed that this man has been elected to the office. There was a part of me that wanted him to have some modicum of success in those things that would be good for our country. Like, maintaining the robust economy that he inherited and creating more employment opportunities. And then Saturday happened. The Rally and protesters are a part of free speech in America, but the tragic insane actions of a 20 year old that took the life of a young woman just because she was exercising her rights as an American is not. Unfortunately, freedom of speech, when fed with hatred and bigotry, always leads to the unthinkable.

What happened Saturday was something that has never happened before in the history of this country. Never in American history has the person who held the Office of President by his action and inaction displayed such a blatant failure to stand up for the people he is supposed to represent. The President of the United States put his own self interests in front of those he has sworn to serve. He displayed to the world that he is just about as reprehensible as anyone we've ever had walk this earth. He uncovered the mask completely that we have all been trying not to see. He has now displayed his full features to America, a face and soul that is bent on the destruction of those who do not act like him, look like him and share his Hitleresque agenda. His response to the violence and hatred was disgraceful to most of America but apparently ok with our President.

That's what happened Saturday. In the meantime, I have to search deep for the red, white and blue in my veins for the strength to shout USA loud enough to drown out the pain.

## JOHN L. MICEK

### YOU CAN'T BE AN AMERICAN AND FLY THE CONFEDERATE FLAG



OUTSIDE WINCHESTER, Va. -- We were driving up Interstate 81 last Sunday afternoon, the radio on, the sun setting into the hills, when we passed a tractor-trailer truck, and saw Old Glory proudly snapping in the strong wind behind the cab.

Twenty-four hours after an avowed white supremacist, terrorist and accused murderer named James Alex Fields Jr. allegedly plowed his car into a knot of protesters in Charlottesville, Va., killing 32-year-old Heather Heyer, the sight of that flag seemed like a touching gesture of solidarity.

Then we saw the Confederate battle flag on the other side of the truck, also snapping in the breeze, as much an appalling symbol of racism as it was when the last shots of the Civil War were fired and Robert E. Lee surrendered to Ulysses S. Grant at Appomattox Courthouse more than 100 miles away.

In 2017, it seems ridiculous to have to say this, but here we are:

The values of the flag of the United States of America, a beacon of freedom and hope to millions around the world, are not consonant - and will never be consonant - with the Confederacy, which existed for one purpose and one purpose only: To guarantee and perpetuate the enslavement of an entire race of people.

To fly the two alongside each other as if they are somehow equal, as if there is no difference between them, is an offense to the memory of those who died in the service of Old Glory and the values of pluralism and freedom it symbolizes.

To do so is an offense to the memory of Heather Heyer.

And it is an offense to the memories of Lt. H. Jay Cullen, 48, and Trooper-Pilot Berke M.M. Bates, the two Virginia State Police Troopers who perished in a fiery helicopter crash on Saturday as they were assisting in public safety at the so-called "Unite the Right" rally.

There will be some among you who say the flag of Dixie is an expression of Southern pride and heritage, that the driver had the constitutional right to display the flag - no matter how offensive it was in the wake of that tragedy in Charlottesville.

You'd be correct on the latter count: Bad speech, no matter how loutish or hateful, is protected by the First Amendment -- right up until the point where it becomes a threat to someone else's safety. But as to the former, there is no universe, no cosmos, no alternate time-line where that flag is a mere token of regional pride, as if it's as harmless as a glass of sweet tea and a plate of biscuits.

It's not. It won't ever be that. Because it's right there in the black and white of the Confederate Constitution, Article IV, Section 3, which reads in part, "In all such territory the institution of negro slavery, as it now exists in the Confederate States, shall be recognized and protected by Congress and by the Territorial government; and the inhabitants of the several Confederate States and Territories shall have the right to take to such Territory any slaves lawfully held by them in any of the States or Territories of the Confederate States."

That's for you states-righters and lost-causers out there who continue to delude yourselves into thinking that the Southern states were merely rebelling against the economic hegemony of the North.

They weren't. They were protecting slavery. Period.

Batting back that hate is what brought Heyer and so many other counter-protesters to Charlottesville last Saturday, to peacefully shout down those who want to sanitize that history and perpetuate the disgusting myth of white supremacy and the hateful philosophy it espouses.

Look, I have no insight into the heart of that truck driver, so I don't know if he was a white nationalist. If he was expressing some kind of misguided regional pride, or if he thought he was being "politically incorrect" and defiantly sticking two fingers up to the protesters in Charlottesville. If I had the chance to talk to him, I would have asked him why he thought it was acceptable to fly those two flags alongside each other. I would have challenged him on the values that the Stars and Bars represent and asked him if he thought they were somehow consonant with the values of this country.

That's because it takes all of us speaking up, saying loudly and unhesitatingly that the symbols of the Confederacy, its statues and iconography belong in museums and history books, not in our town squares, and not flying on our front porches.

This one's a no-brainer. We owe it to ourselves, to our children, to our neighbors, and to our country to immediately confront hate when we see it; to counter it with better speech, and to not stop fighting it until we banish it from our midst.

Yes, that's a tall order. And we may never be totally victorious. But that's the challenge that flag - Old Glory - poses to each of us.

# LEFT TURN/RIGHT TURN/CENTER

## DICK POLMAN



### CEOS TO TRUMP: YOU'RE BAD FOR BUSINESS

It's not often - actually, it's never happened before - that a Republican president gets dissed and dumped by corporate titans like Dow, Merck, Campbell Soup, the Blackstone Group, 3M, Intel, Ernst & Young, JP Morgan Chase, Johnson & Johnson, General Motors, PepsiCo, and IBM.

But their CEOs, and many more, rightly decided they should no longer be associated with the so-called business "closer" who, in truth, couldn't close a window if somebody showed him the latch. Trump fooled a fatal number of voters with his pledge to run America like a business, but the aforementioned CEOs have fled with all deliberate speed, lest they be linked to his apparent quest to run America into the ground.

So much winning! Trump can't even keep business leaders on board.

There's a theory going around that this divorce is part of President Steve Bannon's master plan to go full populist (on the 2016 stump, Trump liked to assail the big corporations) but it sure looks bad when a CEO like James Dimon of JP Morgan Chase bitch-slaps Trump in public: "There's no room for equivocation (about Nazis and white supremacists). It's a leader's role, in business or in government, to bring people together, not tear them apart."

Not that Trump is capable of learning anything from this episode. As if. When it became obvious - via mass resignations, protesting his pathetic responses to Charlottesville - that his two business advisory groups were disintegrating, Trump harrumphed in a tweet that "ending" the groups was all his idea. Another day, another lie. The CEOs had already taken the lead, launching their exodus with barely a word to Trump in advance.

This kind of action is unprecedented. (Hey, what isn't these days?) Jeffrey Sonnenfeld, a professor of organizational behavior at the Yale School of Management, tells the press: "In American history, we've never had business leaders decline national service when requested by the president. They've now turned their backs on him."

Some of the CEOs were genuinely repulsed by Trump's amoral equivocations (all of which were totally predictable, at least to anyone who has listened to him for years), but CEOs in general are in business to make money, and they decided that serving on Trump's Manufacturing Jobs Initiative or his Strategic and Policy Forum was potentially bad for the bottom line. Their risk-averse advisers, who tend to be sensitive about public relations, surely reinforced their concerns. And their shareholders, mindful of the American majority that views Trump with contempt, feared that Trump's taint could bruise their brand.

As one business source tells The Wall Street Journal, the CEOs feared that their advisory board participation "was being conflated with endorsing everything the president has ever said or done." Indeed, the joke yesterday on Twitter, clearly initiated by a fan of "Seinfeld," was that the CEO of Campbell quit because she didn't want to be dubbed "The Soup Nazi."

The bottom line - politically speaking - is that a Republican president (even a nominal Republican, especially a nominal president) can't lead effectively if the business community bails. As the conservative Wall Street Journal editorial page pointed out yesterday, "the business community, is, or ought to be, a natural part of a Republican president's governing coalition." But the CEO exodus is "a symbol of his eroding support beyond his core political base," as "his presidency shrinks in on itself."

Trump and the corporate sector are theoretically in sync on big-ticket items like "tax reform" (translation: lower taxes for corporations), but if corporate leaders don't believe he can deliver (because of his temperament, his disrespect for congressional Republicans, his inability to lead on legislation he can't bother to read, plus his indulgence of Nazis and white supremacists), his presidency, even if he sticks around, is essentially DOA.

As someone else once said (I love this quote, having cited it previously): "You can't con people, at least not for long. You can create excitement, you can do wonderful promotion, and get all kinds of press, and you can throw in a little hyperbole. But if you don't deliver the goods, people will eventually catch on."

That's from Trump's book, "The Art of the Deal." Now the CEOs have caught on.



## MAKING SENSE by MICHAEL REAGAN

### LEARN WHEN TO SHUT UP, MR PRESIDENT



As we've said here before, Donald Trump has to learn to just shut up and let things go.

The failure to do that is the worst Achilles heel of a president who seems to have half a dozen Achilles heels.

Because he can't think on his feet, because he doesn't know how to say the right thing at the right time, because he thinks he's got to win every petty argument with the anti-Trump media, the president has mired himself unnecessarily in yet another controversy of his own making.

This time it's Charlottesville.

Who didn't know in advance there was going to be big trouble in that Virginia college town last weekend?

You had the dregs of this country's minuscule rightwing hate sector ---- about 500 white nationalists, the KKK, neo-Nazi groups and assorted allies and hangers-on ---- coming from hundreds of miles in every direction under the pretext of legally protesting the planned tear-down of a statue to General Robert E. Lee.

You had their violence-prone leftwing opponents ---- organized groups like Black Lives Matter and Antifa ---- pouring in from out-of-state to protest the presence of the white nationalists.

The rightwing hate groups marched around the town Nazi-style, chanting anti-Semitic and anti-black slurs, exercising their First Amendment rights and putting their moral and political ugliness on full display.

Who didn't know the anti-Trump media was going to be there en masse to record everything?

Who didn't know the liberal media would seek out a visiting professional racist like David Duke and get him to say something nice about President Trump on camera?

Well, apparently President Trump and his staff didn't know.

They certainly weren't prepared to respond to the predictable violence, which in this case included the tragic death of a young woman run down by a hater who deliberately drove his car into the crowd of people protesting the marchers.

Charlottesville should have been a no-brainer for the White House ---- and it should be finished business.

The president should have read a simple prepared statement last Sunday that was written by someone who knew what to say and how to say it.

He should have said, quickly and clearly, that the white nationalists, the KKK, the neo-Nazis and their fellow haters were despicable Americans with un-American beliefs ---- true deplorables, if you will.

He should have reemphasized that they and their ilk did not speak for him or his administration. Ditto for the David Dukes of the world.

Then the president should have issued the standard presidential condolences and moved on to tax reform or North Korea or whatever important issue he has on his unfinished plate.

Charlottesville was never Trump's fight. He should have stayed out of it ---- above it -- and acted presidential, which, I know, is asking a lot.

Instead he again took the media's bait -- and then did his usual clumsy job of engaging a pack of rabid reporters in full view of the world.

He tried to equate extremist white nationalists with leftwing protest groups like Black Lives Matters.

Yes, it's true that BLM protesters have stirred up violence and said nasty things about cops. And it's true the militant hard-left group Antifa uses fascist street violence in the name of fighting fascism.

But they are not the equivalents of the racist right-wingers whose "ideas" include virulent anti-Semitism, the natural superiority of whites, white separatism and a call for America to get rid of all non-white immigrants.

It's true, as Trump said, that both sides in Charlottesville engaged in acts of street violence.

But the president was wrong. There is no moral equivalence between the hard-left groups and hard-right groups, and because he tried to make the case there was he's made a bunch of new enemies and lost some old friends.

He has yet to learn that when you're the president you have to know when to shoot back, when to change the subject and when to just shut up in first place.



















