

# Mountain Views News

Sierra Madre Edition: Sierra Madre - Arcadia - Monrovia - Duarte

Pasadena Edition: Pasadena - South Pasadena - Altadena - San Marino

SATURDAY, SEPTEMBER 9, 2017

VOLUME 11 NO. 35

## SIERRA MADRE PONY LEAGUE COMPLETES HISTORIC RUN



The Sierra Madre Pony 14U All Star team just completed a historic run in the season ending Pony Sanctioned Tournament. The Tournament brings together the top All-Star Teams throughout the country to compete against each other in regional tournaments where if you continue to win, you move on to bigger and more competitive tournaments. The Sierra Madre team first competed in the Regional Tournament in Glendora against 8 other teams and made it to the Regional Championship game.

Successfully finishing second in the Regional Tournament to winner Covina, qualified Sierra Madre to move on to the Super Regional Tournament in Long Beach. Sierra Madre had a tough game to open the 8 team tournament and lost. That put them in the losers bracket where they were now in the position of having to win or go home for the rest of the tournament. And that is exactly what they did. After losing that first game, they played the very next day and won, they played two games the

following day, and won both. That put Sierra Madre back into the winners bracket and in the semifinal game the very next morning. They won easily and moved onto the championship game against host city Long Beach – a team that won the Pony World Series just a few years ago and defending Super Regional Champions. In that game, Sierra Madre hit and pitched their way to a championship win. The win was their 5th in a row and was the farthest a 14U Pony Team from Sierra Madre had ever advanced in the Tournament. The last time a team advanced that far, was in 2013 by the Sierra Madre Colt team which lost a heartbreaker 5-4 in the West Zone of the United States Championship. Just 1 game from going to the World Series in Indiana.

The 14u Super Regional championship win then set up a winner take all scenario with Covina (their nemesis from the Regional Tournament) to represent So Cal in the Zone tournament. That game was played just after the championship game in Long Beach, which was Sierra Madre's 3rd game that day, 5th game

in two days, and 7th game in four days. Low on pitching, Covina would again get the better of them and advance. Covina not only advanced, they would eventually win the Pony World Series in Washington, Pennsylvania against South Korea. In the end, it was an incredible and historic run for our Sierra Madre boys.

### Pony 14U All-star Team Roster:

Tommy Italia  
David Mathias  
Jaden Guzman  
Casey Spencer  
Spencer Seid  
Ryan Proctor  
Isaiah Cruz  
Elijah Lee  
Eldridge Armstrong  
Ben Carrillo  
Ryan Zimmerman  
Seth Ruiz  
Kiko Robles  
Manager: James Italia  
Coach: Murph Proctor  
Coach: Mike Guzman

## SIERRA MADRE NEWS BRIEFS

### SIERRA MADRE FIRE & POLICE DEPARTMENT'S SEPTEMBER 11TH ANNUAL REMEMBRANCE

On Monday, September 11th, 2017, at 6:45 a.m. the Sierra Madre Police Department will join with the Sierra Madre Fire Department in the annual 9-11 Remembrance that is held each year honoring the 2,973 people (especially the 343 firefighters and 60 police officers) who perished on September 11, 2001 at all three attack sites: The World Trade Center in New York City, the Pentagon in Arlington, Va., and the crash-site in Shanksville, Pa.

The memorial service will be held in front of the public safety building. The September 11 Remembrance is held each year honoring the 2,973 people (especially the 343 firefighters and 60 police officers) who perished on September 11, 2001 at all three attack sites: The World Trade Center in New York City, the Pentagon in Arlington, Va., and the crash-site in Shanksville, Pa.

By Proclamation of the President of the United States, all flags are to be lowered to half-mast on September 11, from midnight to midnight (Patriot's Day).

You're Invited to the

LIBRARY BUILDING

FORUM

Here's your chance to have a say about the future home of your library. The Library Board of Trustees invite you to bring questions, comments, and suggestions to the Hart Park House for a presentation & discussion of options.

September 13, 6:00 - 8:00 PM

Hart Park House  
222 W Sierra Madre Blvd.  
Sierra Madre, CA 91024

Please contact the Library for more information at 626-355-7186 and visit online at [www.cityofsierramadre.com/services/library](http://www.cityofsierramadre.com/services/library)

### Beware Sierra Madre!! – A Murder of Crows!

Gentle citizens of Sierra Madre arm yourself, not with shotguns – with scarecrows! A convention of crows (a murder of crows) are arriving for their annual rally in our quiet village. Ignite imagination, not torches, as we band together to defend our streets, parks and public arenas, and quell these raucous intruders cloaked in black.

Thus marks the beginning of fall. Sierra Madre's 6th Annual Scarecrow Festival kicks off in October with scarecrows appearing throughout town through the end of the month. Individuals, families, businesses, civic and religious organizations located in Sierra Madre are invited to participate.

This year's calendar includes the following dates:

Saturday, Sept. 16	Free scarecrow-building workshop at Creative Arts
Saturday, Sept. 23	Deadline for entering contest
Monday, Oct. 2nd	Voting begins. Maps available online and at Creative Arts Group
Saturday, Oct. 7	Free shuttle tour of scarecrows
Thursday, Oct. 19	Voting ends at noon
Friday, Oct. 20,	Awards ceremony at Creative Arts Group 7pm

Registration for the workshop, contest and bus tour can be complete online at [www.creativeartsgroup.org/scarecrow-festival](http://www.creativeartsgroup.org/scarecrow-festival) as well as in person at Creative Arts Group, 108 N. Baldwin Ave., Sierra Madre, CA, 91024 or by phone: 626.355.8350.

### EDITORIAL

## ARE YOU READY?

The good news is that the political news is not dominating the headlines this week, at least not as of this writing. The very bad news is that natural disasters are happening all around us – devastating Hurricanes, floods, winds, fires and earthquakes. None were totally predictable and the cause of this barrage of natural disasters is not important. What is important is if you and your family can answer the question, "Are You Ready?"

About a weeks ago on Facebook I responded to someone's criticism of a man who choose not to evacuate doing Hurricane Harvey. Last week, many of you saw the man who refused to leave with wild fires burning all around him. My comment admonished those to hold back judgment on those who choose to stay behind, as no one really knows how they will react when disaster

strikes. The one thing we can do, however, is try to be prepared.

I've personally been through a devastating flood (1974), wild fire (1991) and the last two severe earthquakes that happened in California. And, let's not forget the 2011 Windstorm when, in addition to the wind damage, power was out in some areas of the San Gabriel Valley for almost a week. So I ask again, Are You Ready? Think about it:

*Do you have a sufficient supply of bottled water to sustain your family for a week (remember that may be all they have to drink)?*

*Do you have your valuables in a safe place that you can pick up in a moment's notice?* (Sort of like that 'delivery' bag that was by the front door for when you went into labor?) Such a bag or box should have copies of all your important docs, birth

certificates, insurance info, list of medicines, etc. In a real emergency you won't have time to run around collecting them.

*Do you have enough canned goods to sustain your family for a week?* Maybe its time to run to REI and get some MRE's. Keep them in an easily accessible place (like your garage, along with utensils and for heaven's sake, a can opener.)

*Is your car's gas tank full?* I know many of you have a habit of waiting until the last minute to get gas but in an emergency if you have to evacuate by road, you may not have any place to go to get gas.

*Do you own a generator?* Portable A/C unit? Fans? Across the nation for the last 10 days one of the America's top retailers was out of A/C units in Southern CA; Generators in Texas and Louisiana and in some places even water.

(cont. on page 2)

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## Weather Wise

6-Day Forecast Sierra Madre, Ca.



<b>Sun</b>	Sunny	Hi 90s	Lows 70s
<b>Mon:</b>	Sunny	Hi 90s	Lows 70s
<b>Tues:</b>	Sunny	Hi 80s	Lows 60s
<b>Wed:</b>	Sunny	Hi 80s	Lows 60s
<b>Thur:</b>	Sunny	Hi 70s	Lows 60s
<b>Fri:</b>	Sunny	Hi 70s	Lows 60s

Forecasts courtesy of the National Weather Service

### CITY OF SIERRA MADRE CALENDAR OF EVENTS

Unless otherwise noted, all meetings listed below are held at City Hall 232 W. Sierra Madre Blvd. Sierra Madre, Ca. 626-355-7135

NEXT REGULAR 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 [cityofsierramadre.com](mailto:cityofsierramadre.com) before 30 the night of the meeting and your statement will be delivered to all the Council Members. Sierra Madre City Hall 232 W. Sierra Madre Blvd. Sierra Madre, CA 91024 (626) 355-7135

#### City Council

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

#### 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



**See something.  
Say something.**



**KIWANIS CLUB OF SIERRA MADRE**  
**TUESDAY, SEPTEMBER 12th**

### KIWANIS WILL BE BUILDING OUR SCARECROW!

**Our next regular meeting will be held  
on September 19th.**

Meetings are held at The Lodge 33 E. Sierra Madre Blvd., Sierra Madre, Ca. Lunch begins at Noon and is \$10. Programs begin at 12:40 and are free. Call 626-688-2273 to reserve your seat!

Need a ticket to the Pancake Breakfast?  
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systems with a major competitive  
edge, which will increase staff  
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Sierra Madre Woman's Club

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### SIERRA MADRE POLICE BLOTTER

August 27, to September 3, 2017 During this time period, the Sierra Madre Police Department responded to approximately 312 day and night time calls for service.

#### Monday, August 28

A driver and passenger were stopped in the 500 block of Rancho for a traffic violation. The driver was unlicensed and the passenger had an outstanding warrant from the City of Pasadena. The driver was cited, the passenger was arrested and released to a responding Pasadena Police Officer and the vehicle was impounded.

#### Thursday, August 31

At about 10:08 p.m., a driver came to the SMPD's lobby to report that she was the victim of a hit and

run at Grandview Ave. and Auburn Ave. The driver of the other vehicle fled the scene without making an attempt to exchange information after allegedly hitting the victim's vehicle. Saturday, September 2

At about 9:45 a.m., officers conducted a traffic stop at Michillinda and Sierra Madre Bl., for a vehicle code violation and found out that the driver was unlicensed. The driver was cited and the vehicle was released to a driver with a valid driver's license.

**Sunday, September 3**

Officers observed a disturbance at about 1:39 a.m. in the 00 block of S. Baldwin Ave. between a male and a female. A records check revealed that the male had a misdemeanor warrant for his arrest. The male was cited and released. The disturbance was determined to be only verbal.

house in separate cars once a gust of fire engulfed the area (there was no time for an evacuation order). The smoke and fire were so thick you couldn't see anything but orange flames. We made it out safely, but had no idea where to go or when we would see each other again. That was a terrifying eternity. So avoid that kind of situation. Have a meet up place established in advance so that if you are separated for any reason, you know where you will all wind up.

Keep your electronic devices charged ALL THE TIME! You need them for communication AND if you are out of contact with friends and family, your signal can let others find you. Also, most smart phones and devices these days have 'flashlights', so if you don't have that app, download it today!

There are so many things we can do to help us through emergencies but first we must recognize that our communities are not immune to natural disasters. Secondly, we must prepare ourselves to the best of our ability. Sierra Madre's Community Emergency Response Team (CERT) has a wonderful guide that can help. Go to: [http://www.cityofsierramadre.com/residents/emergency\\_management/disaster\\_preparedness/](http://www.cityofsierramadre.com/residents/emergency_management/disaster_preparedness/) Go there right now!!

I hope by this time next week the answer to your question will be..... Yes We Are Ready!

Susan Henderson, Publisher/Editor  
Mountain Views News

During the 1991 Oakland Hills fire, we both left the

### POOCH PARADE AND PET ADOPTION SATURDAY, SEPTEMBER 30, 2017

**PLUS...**  
**7am - 11am**  
**PANCAKE  
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**YOU CAN ALSO REGISTER BY SENDING YOUR CONTACT INFO, DOG'S NAME AND A DESCRIPTION OF THE COSTUME TO:** [chris@canyoncanine.com](mailto:chris@canyoncanine.com) or [hsusanh@aol.com](mailto:hsusanh@aol.com)



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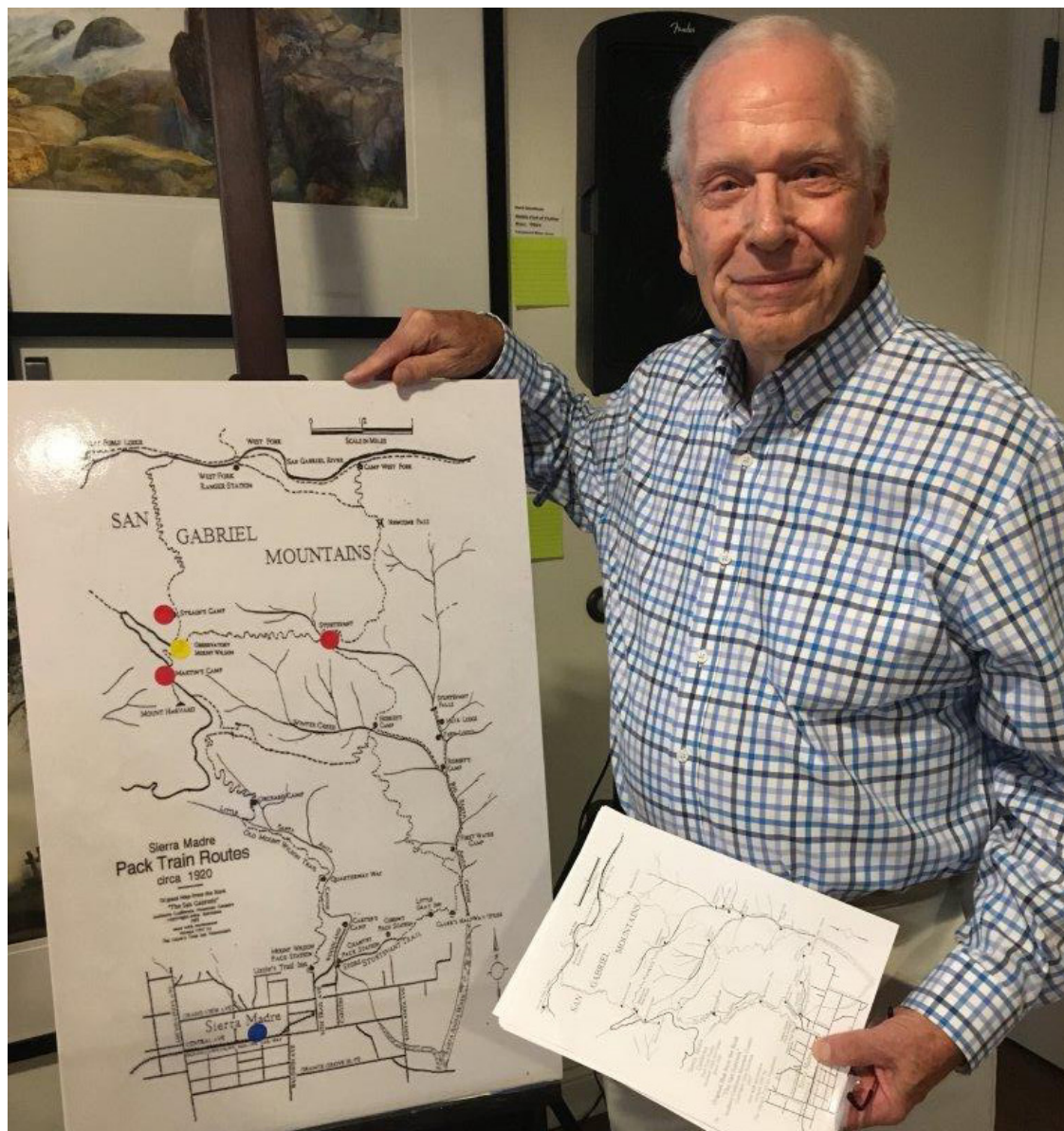
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## Walking Sierra Madre...The Social Side

by Deanne Davis



At the foot of the Old Mt. Wilson Trail, what is now called Mt. Wilson Trail Park in Sierra Madre was once the center of activity for the pack trains that hauled everything up and down the trail. Don Benito Wilson used this as the starting point to revamp an old Indian trail in 1864. From 1864 to about 1905, this was the access route, both to the top of Mt. Wilson and to several camps and resorts which were developed for recreation. Thousands would hike up the trails each weekend, and you had to either hire a pack train to haul your supplies, or carry them yourself. The pack trains also hauled in the supplies needed for the resorts and camps. Mules, burros and horses hauled everything from food and water to tents, pianos, telephone poles and even the materials for Mt. Wilson's first 13" telescope. At the turn of the century, the famous Mt. Wilson pack station served up to 160 animals and was located at the site of the present water tank.

We live in such an historical place, friends and neighbors, we really do, and we, my history buff walking buddy, John, and I got to be part of the capacity crowd at the Kensington a week or so ago to hear Dr. William White talk about the Pack Trains, the telescope, and Sierra Madre Hospital and Clinic which, for many years, stood on the spot where the Kensington now stands. To this day, we miss the Sierra Madre Hospital where Dr. Thomas Pickren took out my appendix in 1970. I'm sure many of you will remember Dr. Pickren riding his horse down Sierra Madre Blvd. during the 4th of July parades for many years. Dr. Pickren lived into his 90's and passed away quietly last year, still in full possession of his faculties, which is an admirable accomplishment. I'm not so sure I'm still in full possession of mine.

I miss the clinic, too. When our kids were little and fell off of something requiring stitches, or had a strange rash or got stung by a bee, all we had to do was phone and Peggy would say, give me a few minutes and I think I can get you in. And she did. Of course, the doctors didn't all go home at the stroke of 5 p.m. I remember vividly when our son, then about 9, fell off the block house in our back yard, came to the back door covered in blood calling, "Mom..." Well, we stuck him in the car and raced down to the clinic where Dr. Norman Johnson was still working. All the rest of the staff had gone home and he asked me if I thought I could hold John's hair out of the way while he did some stitches in his scalp. I allowed as how I could, and John's Dad turned about as white as it's possible to turn and said, "I think I'll wait outside." Yes, those were the days and, as I recall, an office visit was \$9.00. Anyway, Dr. White told us that he started practicing at our 25 bed hospital in 1963 and was the original Chief of Staff. In its heyday the clinic was seeing 50-60 patients a day. But I digress! The Pack Trains of Sierra Madre is the subject today!

Dr. White said he started writing a book on the pack trains twenty years ago and now he's retired, he might very well finish it. He's still hiking the Trail,

btw. Meanwhile, there's a really splendid book by John Robinson that is available at Lizzie's Trail Inn and is on order at Arnold's Hardware. Dr. White showed us a series of photographs taken by one E. B. Gray, who was, apparently, a professional photographer who just loved hanging around the Mt. Wilson Trail and the camps - Strain's Camp, Martin's Camp, Robert's Camp, to name a few - where there were 200-300 cabins built for vacationers. These camps were located at various levels of the Trail and were quite popular. The pack animals were donkeys, favored for smaller loads on the narrower trails, and mules for the larger loads. We were astonished to see these little donkeys carrying loads of lumber that had to be 10-12' long, not to mention bathtubs, sofas, a piano, and one donkey had baskets on either side of him, one of which carried a cute toddler. That's how the Mt. Wilson Hotel up at the top got built. One of the photos advertised: Roberts Camp "We struggle to please!" as they were bringing in an upright piano! There was even a post office at Roberts Camp.

It took a month in 1889 to transport the famous 13" Alvan Clark telescope with its delicate lenses, which arrived in 20 boxes by train, up to the top and the folks who were transporting it had to blast their way through some of the rock! Now that's exciting. That telescope is now in South Africa. The story of its short sojourn at Mt. Wilson is quite a tale, too!

The pack trains are still in business today going up from Chantry Flats with supplies of all sorts. The rate was originally paid by distance at a penny a pound. It's gone up now to \$1.00 a pound. At one time the Mt. Wilson Stables were at the foot of the Trail and what we call Turtle Park up at the top of Mountain Trail was once the place where 100 or more animals were on hand. There's so much more history here involving the Mt. Wilson War, fences put up and torn down, emotions running high, the courts involved... Well, ya gotta get the book! Dr. White really knows his history and if you get a chance to hear him talk about the pack trains, don't miss it!

The back to school heat wave is going to end...someday! Meanwhile, stay hydrated out there and if you can give to help out the folks in Houston, that would be good.

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

"A Tablespoon of Love, A Tablespoon of Laughter" is now available at Sunrise Books + Coffee at Pasadena First Church of the Nazarene - just down the road on Sierra Madre Blvd.

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They're on Amazon.com on my book page!

Follow me on Twitter, too! https://twitter.com/@playwrightdd

## REMEMBRANCE

### RODNEY J. OTTO

Beloved small business owner, proud veteran and longtime Pasadena resident Rodney J. Otto died peacefully September 1, 2017 at the age of 85 from a sudden illness. He was surrounded by his family at his home in Pasadena, Calif.

He is survived by his wife of 58 years, Marlene, his son Tim Otto, daughter Teri and husband Frank Grimmer, son Gary Otto and wife Amy and his grandchildren Joey and Amber Grimmer, his brothers Wilbur and Jerry, his sister Ruby and many nieces and nephews.

Rod was born to Devina Fenhaus and Hugo Otto on March 10, 1932 on a dairy farm in Athens, Wisconsin where he grew up, an experience that informed the rest of his life. After graduating from Athens High School, Rod joined the Army and proudly served in the Korean War. He married Marlene Riehle of Athens, WI, in 1959 and moved from Wisconsin to Pasadena, California. The couple had four children together, including Tommy, who died in infancy. He was a great family man, a loving father and grandfather. Rod opened the Hasting Ranch Barber Shop in Pasadena in 1959 where he worked for 28 years before moving his barber shop to Sierra Madre, CA. In his 58 years of being a barber he enjoyed a loyal customer base. Thanks to Rod's varied interests, love of conversation and genuine compassion for others, frequently his customers became dear friends. Rod was involved with BSA Troop 31 at Assumption Catholic Church in Pasadena and St. Rita's Catholic Church's Troop 110 in Sierra Madre. Rod enjoyed the outdoors, nature, enjoying the horse races at Santa Anita racetrack and was an avid reader of diverse subjects. His friends, neighbors and family will always remember him as a kind and generous man with a great sense of humor.

A funeral will be held at 10 am on Saturday, September 23, at St. Rita's church 300 N. Baldwin Ave. Sierra Madre, CA, 91024, with a reception to follow at O'Malley Hall. All are welcome to attend and celebrate Rod's life.



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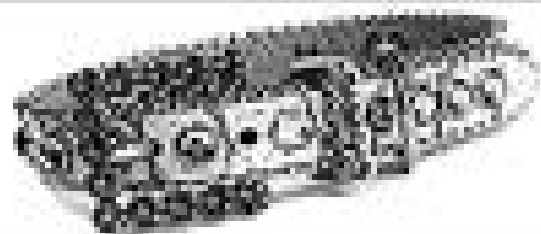
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# Pasadena Altadena

News From Your Community For Your Community

## Public Art Grant Winners Announced

The City's Arts and Culture Commission this week approved \$186,188 in funding for 30 public art projects and cultural programs under the 2017-2018 Annual Grants Program administered by the Planning and Community Development Department's Cultural Affairs Division.

The Annual Grants Program supports the creative, artistic life of Pasadena and expands public access to the arts in a variety of forms and mediums. Funded projects take place within the City now through June 30, 2018. Grant recipients range from individual artists and arts education partnerships to festivals, parades and arts and culture organizations.

The Pasadena Arts and Culture Commission works with the Cultural Affairs Division to make recommendations to the City Council on the needs, opportunities and strategies to support art and culture in Pasadena. The Commission approves the annual distribution of City General Fund and Cultural Trust Fund monies through the Annual Grants Program. Winners were approved at the Commission's July 12, 2017 meeting.

The next grant application cycle begins in February.

The Cultural Affairs Division provides free technical assistance workshops each Spring to enhance grant writing skills for organizations and individuals. For more visit [cityofpasadena.net/arts](http://cityofpasadena.net/arts).

## Pet of the Week



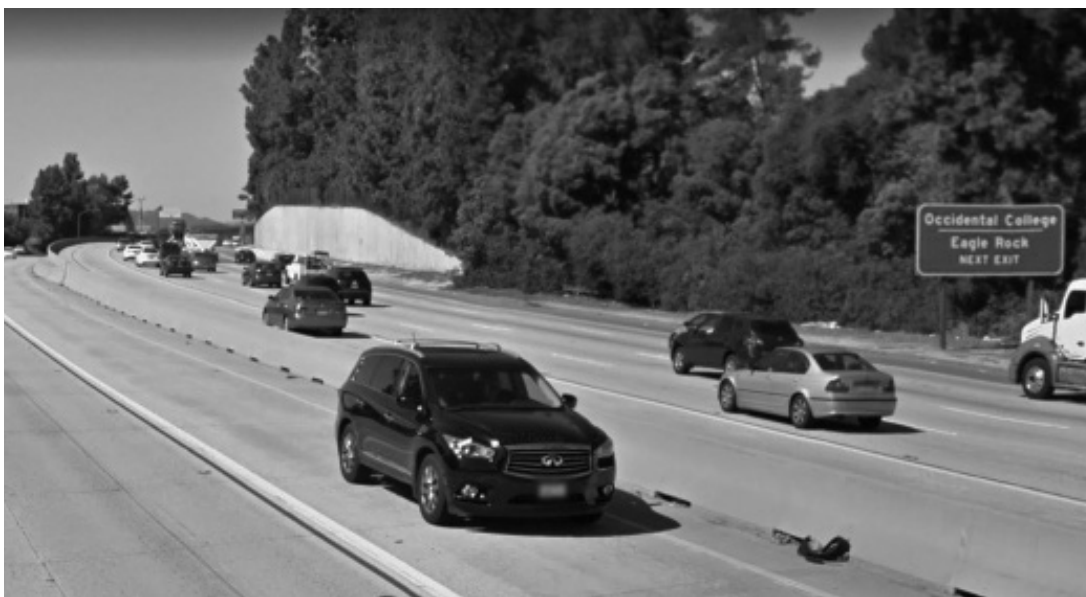
Tux (A428319) is a 1-year-old terrier mix with tons of personality. He's a goofy boy who loves to play with toys. Tux walks well on leash and enjoys walking in the park. After he's burned off some energy, Tux is sweet, affectionate and very lovable. He's gone on a few field trips with our Wiggle Waggle Wagon, where he did well around other dogs and was great with people and kids of all ages. Tux already knows his "sit," "stay" and "down" commands, but can get a little jumpy and mouthy when he's excited. He's looking for an active new home that will continue his basic manners training.

The adoption fee for dogs is \$130. All dogs are spayed or neutered, microchipped, and vaccinated before being adopted. Tux is a Blue Ribbon dog, which reduces his adoption fee to \$100.

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 A428319, 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).



## State Names Freeway in Honor of Obama

A portion of the 134 freeway near Pasadena will soon be named the President Barack H. Obama Freeway, after a Senate Joint Resolution, by State Senator Anthony Portantino, passed both the State Senate and the State Assembly this week. A portion of the 134 freeway from the 2 freeway to the 210 Freeway interchange will be named in honor of our 44th President.

According to a statement, President Obama used this portion of California's freeway system, pictured above, to travel from his college home in Pasadena to Occidental College. President Obama attended Occidental his freshman and sophomore years and has attributed his time there as the beginning of his political activism. The college is the place where he gave his first political speech.

"I am so proud to have

authored this proposal to forever appreciate and commemorate President Obama's tremendous legacy, statesmanship and direct connection to Southern California," Portantino said. "When my friend John Gallogly suggested the idea I was touched that he suggested it to me and extremely honored to be in a position to bring it to fruition. It is also quite appropriate and symbolic that the California legislature would pass this Resolution for a President filled with compassion on the same day we witness another President turn his back on 800,000 children."

Portantino said that after the City of Pasadena placed a plaque, in December last year, in front of the home where President Obama lived when he was a student, local activist Gallogly approached him with the suggestion to name the 134 freeway after

the President.

Portantino currently represents Pasadena and had represented the Los Angeles Eagle Rock neighborhood where Occidental is located while in the State Assembly.

## September is Pedestrian Safety Month

The California Office of Traffic Safety is again announcing that September is "California Pedestrian Safety Month" which began last year in response to the rising number of pedestrians being killed and injured on California roadways.

Pasadena Police Department will be joining with other law enforcement agencies, city and state transportation agencies, pedestrian advocates and walking clubs to promote public awareness aimed at both drivers and pedestrians alike to always be aware of each other and share the road responsibly.

This month draws attention to the 892 pedestrians who were killed on California roadways last year alone, accounting for over 24 percent of all roadways deaths in the state, up from 17 percent just a decade ago. Pasadena PD investigated one pedestrian fatal collisions and another 63 major injury collisions.

Both drivers and walkers are cautioned to put down the cell phones, since electronic distractions are seen in increasing numbers of pedestrian crashes. Other factors for drivers include unsafe speed and failure to see and yield to pedestrians in crosswalks and intersections. For pedestrians, the major dangers are jaywalking and thinking that they can be seen at night, especially while wearing dark clothing. To learn about the dangers of being a pedestrian, who is at risk and safety tips visit Pedestrian Safety.

The California Office of Traffic Safety continues to remind motorists that "Pedestrians Don't Have Armor." This public service announcement highlights the importance of pedestrian safety awareness, regardless of whether one is on foot or behind the wheel.

Funding for this enforcement campaign is provided to Pasadena Police Department by a grant from the California Office of Traffic Safety, through the National Highway Traffic Safety Administration.

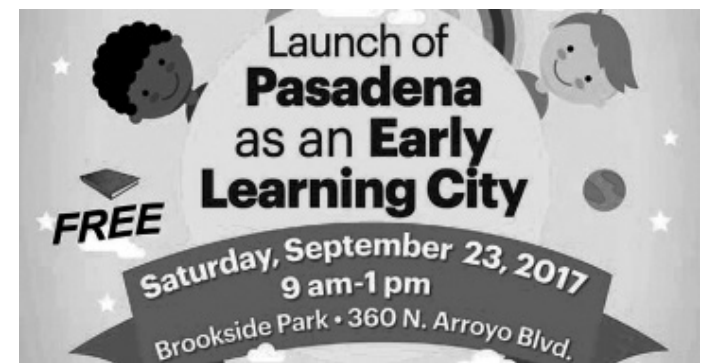
## Pasadena Humane Society Annual Wiggle Waggle Walk

The 19th Annual Wiggle Waggle Walk is just three weeks away and, doggone it, The Pasadena Humane Society need your help so that we can reach a goal of raising \$300,000 for the animals!! Register today so that you don't miss out on our biggest fundraiser of the year on Sunday, September 24 at Brookside Park at the Rose Bowl.

It promises to be a howlin' good time with our emcee Lu Parker of KTLA Channel 5 along with dozens of pet-related vendors, police K9 and Frisbee dog demonstrations, food trucks, and other activities.

For More information or to register visit: [pasadenahumane.org](http://pasadenahumane.org).

## Celebration for 'Early Learning City' Initiative



A new, groundbreaking initiative—Pasadena as an Early Learning City by 2025—will be celebrated during a free, family-friendly event 9 a.m. to 1 p.m., Saturday, Sept. 23 at Brookside Park, 360 N. Arroyo Blvd., near the Rose Bowl Stadium's Parking Lot I and the Kidspace Museum.

Information about the initiative will be available at the event along with fun and educational activities for children, parents, prospective parents, grandparents, teachers and anyone interested in the healthy development of young children. Activities include storytelling, face painting, bubble play, arts and crafts, healthy food & cooking demos, parenting workshops, developmental screenings, foster care info, a listening wall, video booth, music from Pasadena Unified School District students, dance performances, community info tables and much more.

Research has shown that from birth to age 5 is a critical time for the overall social, emotional, physical and learning development of children. Parents and other caregivers who successfully provide children with a successful foundation during this time means there is a much higher chance that children will enter kindergarten ready

to learn and be creative; have success throughout their school years; graduate from high school; pursue higher learning opportunities and earn higher wages.

"For many Pasadena families, life's stresses and strains have an impact on their ability to continuously nurture their child's development," said early childhood development coordinator, for Pasadena's Office of the Young Child, Lila Guirguis.

Pasadena has an abundance of community resources that serve our young children and their parents. The Sept. 23 launch celebration will feature many of these resources, so mark your calendars now for this important event; be prepared to have a ton of fun with your children and to share your vision of what Pasadena as an Early Learning City by 2025 can be.

For more information about the event, contact Guirguis at (626) 744-4297, [lguirguis@cityofpasadena.net](mailto:lguirguis@cityofpasadena.net).

The Office of the Young Child was established as part of the Pasadena Public Library Department by the City Council in 2015 to help provide a positive, nurturing environment in the City where young children can thrive, be healthy and safe and find early success in school and life.

## 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.

**Friday Movie Matinees – Fridays, Sept. 15 and 29, at 1 p.m.** Sept. 15: "The Philadelphia Story" (1940, NR) starring Cary Grant and Katharine Hepburn. When a conceited young socialite's ex-husband and a tabloid reporter arrive at her family home the day before she is to marry a dull business tycoon, she begins to examine her life and priorities. Sept. 29: "A Man Called Ove" (2016, PG-13) starring Rolf Lassgård and Bahar Pars. After a boisterous young family moves in next door to a retired loner with strict principles, an unhappy past and a short fuse, he learns life is sweeter when it's shared (Swedish with English subtitles).

**A Toast to the Joys of Music – Tuesdays to Sept. 26, 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.

**Memory Loss Education – Tuesdays to Sept. 26, from 1 to 2:30 p.m.** The four-part Brain Health Series will focus on memory loss. Sept. 5: Let's Talk About It: Memory Loss and Alzheimer's. Sept. 12: How to Keep Your Brain Healthy. Sept. 19: Alzheimer's Disease Research Update. Sept. 26: Are They Doing That to Annoy Us? Behaviors and Alzheimer's Disease. Presented by Alzheimer's Greater Los Angeles.

**Scenic Walkers Club – Wednesdays to Sept. 27, at 10 a.m.** Enjoy a series of leisurely walks in

the great outdoors at Los Angeles County Arboretum, Descanso Gardens and other enjoyable locations. 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).

**Domino Club – Thursdays to Sept. 28, 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.

**Multiple Generations Sharing Life Experiences – Wednesday, Sept. 13, at 11 a.m.** Staff from the nonprofit Sages & Seekers will discuss an upcoming eight-week intergenerational program during which older adults will share life experiences and valuable knowledge with local high school students. Don't miss this presentation and your chance to participate in the program! For more information email [raulm@pasadenaseniorecenter.org](mailto:raulm@pasadenaseniorecenter.org) or call 626-685-6706.

**Happy Feet – Thursday, Sept. 14, at 10 a.m.** Learn about proper care of your feet, common causes of foot pain and what to look for when you go shoe shopping. Presented by Dr. Andrew La.

For more information visit [www.pasadenaseniorecenter.org](http://www.pasadenaseniorecenter.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 in a welcoming environment. Services are also provided for frail, low-income and homebound seniors.



# ARCADIA

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## EAGLE SCOUT CANDIDATE DANIEL BLACK PRESENTS NEW CEREMONY BELL FOR VIETNAM MEMORIAL

By Joan Schmidt

At a recent Arcadia City Council Meeting, Eagle Scout Candidate Daniel Black and members of Boy Scout Troop #104 presented a new ceremony bell for the Arcadia Viet Nam Monument to Gene Glasco and Mayor Peter Amundson.

How did this come about? First, the beautiful Arcadia Viet Nam Veterans Monument has a special history. Viet Nam Vet Gene Glasco felt one was needed to honor Arcadia's Viet Nam Veterans especially those who made the ultimate sacrifice. Supervisor Antonovich thought it was a great idea, and with his help, LA County approved a monument to be built at Arcadia County Park.

That was step one. Then came the difficult task: fundraising. But Gene accomplished that in one year with assistance of the Elks Club and many other fine groups and individuals who worked tirelessly, to bring the project to fruition. Last year's Dedication included the Color Guard from VFW 2070 Vets and a talented young bagpipe player, Daniel Black.

Daniel felt privileged to be part of last year's dedication and admired Gene. Then Daniel began to plan for his Eagle Scout Project. Gene suggested landscaping around the Viet Nam Monument. What a splendid idea!

For the Eagle Scout Project, there is a lot of planning and one must bring volunteers aboard to assist with the project, and often funds are needed to complete the project.

At the Council Meeting, Gene and Mayor Amundson had great praise for Daniel. Gene then shared a slide



presentation he made of the project from its beginning to the end. We saw plant boxes being installed, concrete laid and Daniel, fellow scouts, parents and friends all working to complete this great project.

Then Daniel spoke. He acknowledged the Arcadia Rotary and Women's Clubs, Temple City Kiwanis, local businesses and his fellow troop members, all the parents and many volunteers and businesses who contributed to this project. He thanked Gene and Mayor Pete for the opportunity, and their assistance and support. Thank you, Daniel. My late husband was a Viet Nam Vet, and this monument has brought our children great comfort.

## THE BASEBALL RELIQUARY PRESENTS "BASEBALL: A GLOBAL PASTIME"

In conjunction with the exhibition "Baseball: A Global Pastime" (on view through October 26 at the Arcadia Public Library), the Baseball Reliquary presents a panel discussion on the global impact of baseball on Saturday, September 23, at 2:00 p.m., at the Cay Mortenson Auditorium, Arcadia Public Library, 20 W. Duarte Road, Arcadia, California. Panelists will include former major leaguer Roger Repoz, author and historian Byron Motley, and former international baseball scout Mark Garcia. The program is open to the public and free of charge. Roger Repoz played nine years in the major leagues from 1964-1972 as a left-handed hitting outfielder and first baseman for the New York Yankees, Kansas City Athletics, and California Angels. He then played five seasons of professional ball in Japan from 1973-1977 for the Taiheiyo Club Lions of the Pacific League and Yakult Swallows of the Central League. Repoz became one of the most feared gaijin (foreign) power hitters in Japan, connecting on 122 home runs in the Land of the Rising Sun. Repoz currently resides in Orange County. Byron Motley is a Los Angeles-based author, photographer, and filmmaker, and has written and lectured extensively on baseball in the Negro Leagues and in Cuba. He co-authored *Ruling Over Monarchs, Giants & Stars: Umpiring in the Negro Leagues & Beyond*, a memoir of his father, Bob Motley, the last surviving umpire in the Negro Leagues. His most recent book, *Embracing Cuba*, is a collection of photographs that Motley has taken throughout the island nation over the last ten years. The

book documents the Cubans' adoration of baseball, a love so intense as to be nearly religious. Mark Garcia was a professional baseball scout for several major league organizations between 1982 and 2006, including working as a territorial scout in Southern California for the Milwaukee Brewers, and as an administrative assistant to the director of international operations for the California Angels. As an international scout for the Boston Red Sox, he covered Australia and Russia, as well as the Latin American and South Pacific markets, evaluating talent in Mexico, Venezuela, Puerto Rico, the Dominican Republic, Japan, Korea, and Taiwan. Garcia resides in the San Gabriel Valley. Following the panel discussion and Q&A, Byron Motley will sign his book, *Embracing Cuba*, copies of which will be available for purchase. The program is made possible, in part, by a grant from the Los Angeles County Board of Supervisors through the Los Angeles County Arts Commission. For further information, contact the Baseball Reliquary by phone at (626) 791-7647; by e-mail at [terymar@earthlink.net](mailto:terymar@earthlink.net); or visit [www.baseballreliquary.org](http://www.baseballreliquary.org). For directions to the Arcadia Public Library, phone (626) 821-5567.

*Panel Discussion Date & Time: Saturday, September 23, 2017, 2:00 p.m. Location: Cay Mortenson Auditorium, Arcadia Public Library Address: 20 W. Duarte Road, Arcadia, California 91006 Information: (626) 791-7647 or [terymar@earthlink.net](mailto:terymar@earthlink.net)*

## ARCADIA POLICE BLOTTER

*For the period of Sunday, August 27th, through Saturday, September 2nd, the Police Department responded to 1,001 calls for service, of which 119 required formal investigations. The following is a summary report of the major incidents handled by the Department during this period.*

### Sunday, August 27:

Shortly before 11:19 a.m., an officer responded to the Santa Anita Mall, 400 South Baldwin Avenue, regarding battery report. An investigation revealed a physical altercation occurred between two patrons while trying to park, resulting in the suspect spitting in the victim's face.

The suspect is described as an Asian male, tall, with a thin build. He was seen driving a white Porsche SUV. The investigation is ongoing.

At approximately 3:33 p.m., an officer responded to the intersection of Golden West Avenue and Fairview Avenue regarding a theft from vehicle report. The officer discovered an unknown suspect entered the unlocked vehicle and stole a purse and cellphone. No suspects were seen and no witnesses were located.

### Monday, August 28:

Just after 9:36 a.m., an officer responded to the Arcadia Police Department front counter regarding a fraud report. The victim stated an unknown suspect used her Macy's credit card to charge nearly \$1,300.00 to her account. The victim was in possession of her card at the time of the crime. The victim does not know the suspect nor how they obtained her personal information.

### Tuesday, August 29:

Just before 10:55 p.m., an officer responded to a residence in the 700 block of Carriage House Drive regarding a burglary report. An investigation revealed the alarm activated, two security guards arrived, they discovered the residence had been burglarized, and the police were notified. The loss is unknown at the time of this report. The investigation is ongoing.

### Wednesday, August 30:

Shortly after 10:28 a.m., an officer responded to a business in the 5400 block of Cogswell Road regarding a grand theft report. The officer determined unknown suspect(s) stole \$2,688 worth of clothing from a pallet while it was unsecured in front of the business. No suspects were seen and no witnesses were located.

At about 5:56 p.m., an officer initiated a traffic stop on a vehicle in the area of Holly Avenue and Camino Real Avenue for speeding. Upon contacting the driver, the 42-year-old male from Glendora admitted to knowingly driving with a suspended license, his vehicle was unlicensed, and he also had two outstanding misdemeanor warrants. During an inventory search of the vehicle, the officer located methamphetamine. He was arrested and transported to the Arcadia City Jail for booking.

Around 6:47 p.m., an officer responded to a residence in the 400 block of West Palm Drive regarding a burglary report. The officer discovered unknown suspect(s) smashed a rear laundry room window, ransacked the home, and fled with \$40 cash. The investigation is ongoing.

### Thursday, August 31:

Before 12:18 a.m., an officer responded to the Santa Anita Mall, 400 South Baldwin Avenue, regarding a vandalism report. Surveillance footage revealed the suspect jumped from the Wood Ranch loading dock onto the hood of the Wood Ranch manager's vehicle causing a large dent.

The suspect is described as a Hispanic male in his early 20's, wearing a black Cheesecake Factory employee t-shirt. The investigation is ongoing.

Around 1:20 a.m., an officer responded to Carl's Jr., 165 East Duarte Road, regarding an activation of an Arcadia Police Department GPS tracker. Arcadia PD detectives had previously deployed decoy bicycles with tracking devices to combat the increase in bike thefts throughout the city. An investigation revealed a 30-year-old male from Monrovia was in possession of the stolen bicycle and GPS tracker. The suspect was arrested and transported to the Arcadia City Jail for booking.

At about 7:40 a.m., an officer responded to the 400 block of Live Oak Avenue regarding a stolen vehicle report. The victim stated he parked his Honda Accord at the location at 11:00 p.m. the previous night, and discovered it missing this morning. The vehicle was recovered in the City of Signal Hill. The investigation is ongoing.

Just before 11:45 a.m., an officer responded to the Breakthrough Training Center, 116 East Live Oak Avenue, regarding a commercial burglary report. The officer discovered sometime between August 27th and August 28th, an unknown suspect entered the location through a side door, stole three computers and a camera. No suspects were seen and no witnesses were located.

At approximately 2:20 p.m., an officer responded to Foothill Credit Union, 30 South First Avenue, regarding a suspect attempted to cash a forged check. A records check prior to the officer's arrival revealed the suspect, a 26-year-old female from La Mirada, had an outstanding misdemeanor warrant. Upon contacting the suspect, she ignored the officer's commands and resisted arrest. An investigation revealed the suspect was in possession of counterfeit currency and stolen checks. She was arrested and transported to the Arcadia City Jail for booking.

### Friday, September 1:

Shortly after 3:42 p.m., an officer responded to the Station Bar, 1218 South Baldwin Avenue, regarding a battery report. The officer determined an altercation ensued between two male patrons resulting in the suspect punching the victim in the head and grabbing the victim by the neck. The suspect, 50-year-old male from Monrovia, was arrested and transported to the Arcadia City Jail for booking.

### Saturday, September 2:

At approximately 9:22 a.m., an officer responded to Chase Bank, 60 East Huntington Drive, regarding a vandalism report. An investigation revealed the suspect damaged the security doors to the bank as well as damaging a Foothill Transit bus. The suspect, a 30-year-old male from Pasadena, was arrested and transported to the Arcadia City Jail for booking.

# MONROVIA - DUARTE

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## STAFF SEEKING AUTHORIZATION TO BEGIN PROPOSITION 218 WATER RATE ADJUSTMENT PROCESS ON SEPTEMBER 19, 2017, TO ADDRESS THE NEW WATER ASSESSMENTS BEING LEVIED ON MONROVIA AND OTHER WATER PROVIDERS IN THE MAIN SAN GABRIEL BASIN, RESIDENTIAL CUSTOMER COSTS EXPECTED TO INCREASE BY \$15 - \$17 / MONTH IN 2018

Over the last several months, City staff has been working to analyze the issues surrounding our regional water supply and the anticipated associated costs that will be impacting Monrovia in the coming months and years. As a result, staff will be seeking the City Council's authorization to begin the Proposition 218 Protest Hearing process in late September 2017 to adjust our current water rate to absorb the enormous added costs being passed down to water agencies in our region.

Please note that we are still working to finalize the levels of adjustment needed for the different types of water customers and various meter sizes. However, the majority of customers in Monrovia are single family residences with a 1-inch water meter or smaller, and based on our preliminary rate modeling, our updated rates will likely recommend a water cost structure where residential customers see an increase of between \$15 - \$17 / month on their monthly bill beginning in 2018. In addition, at build out in FY 2021/22, the new cost for water is expected to increase by around \$35 / month more than what the typical residential customer pays today. Also, it is important to emphasize that all of these new costs are pass-through costs which will be paid to the San Gabriel Basin Watermaster and the Upper San Gabriel Valley Municipal Water District for the purpose of importing water into our region.

Ultimately, the proposed water rate adjustment

is being coordinated because of new water supply costs that the Main San Gabriel Basin Watermaster (Watermaster) and the Upper San Gabriel Valley Municipal Water District (Upper District) are levying to address the water supply shortage in the Main San Gabriel Basin. As you may know, the decade-long drought that we have experienced in our region has had a devastating impact on the groundwater levels in Main San Gabriel Basin aquifer, where Monrovia and many other water agencies draw their groundwater from.

Last May, the Watermaster (which is the agency that regulates who gets to draw water from the Main San Gabriel Basin aquifer and how much they can pump) instituted a new fee on all water producers in the San Gabriel Valley, including the City of Monrovia. This new fee was implemented so that they could make a large purchase of water – 40.7 billion gallons at a cost of over \$100 million. This purchase was made after careful consideration and an examination of all available options to restore the health of the Basin after it reached historically low levels.

The cost of purchasing and importing this water will be split between all of the communities and agencies that use this water, including us here in Monrovia, which means that water will become more expensive for all of us. We will be sharing more details as the analysis is finalized!

## OUR REGION NEEDS YOUR HELP TO CONSERVE WATER! PHASE IV WATER RESTRICTIONS ARE STILL IN EFFECT FOR MONROVIA AS WE FACE DIRE WATER SUPPLY SHORTAGE

After nearly a decade of drought, our region is facing severe water shortages that can't be solved by one good year of rain. Let's help address the challenges impacting our region's water supply by bringing back those water-saving habits that Monrovia's excelled at during the height of the drought. In our arid climate, water conservation isn't a habit that comes and goes; it's a way of life!

To help spread the word of why water conservation is so important for Monrovia, please watch and share Monrovia's new water conservation video to help spread the word about what's happening in our region! You can watch the full video online on the Monrovia Conserves webpage, where you will also find additional information on how you can make a difference by conserving water and limiting your outdoor water use.

You may be tempted to use extra water outdoors this week because of the heat wave we've been

experiencing. But when it's this hot, grass is meant to get a little brown! Please remember to water early in the morning or late at night to minimize water loss, and only water once every four days. As outlined in the mandatory Phase IV Water Conservation Regulations, outdoor watering should be limited to:

About once per week (no more than every fourth day)

No more than 15 minutes per landscaped area.

Note: The 15-minute limit does not apply to drip irrigation systems, new planting of low-water usage plants, or if reclaimed water is being used as permitted by law.

Only before 8:00 a.m. or after 6:00 p.m.

Be sure to visit Monrovia Conserves for more information on Phase IV Water Regulations and for tips on how individuals can help our community save water together!

## MONROVIA POLICE BLOTTER

*During the last seven-day period, the Police Department handled 390 service events, resulting in 62 investigations. To see a complete listing of crimes reported, go to <http://www.crimemapping.com/map/ca/monrovia> for crime mapping. For Police Department news and information, visit our website and follow us on Twitter.*

### Trespassing – Suspect Arrested

September 4 at 7:21 p.m., officers responded to the 800 block of California regarding a subject causing a disturbance. The subject had been advised he was not welcome at the location, but he refused to leave. The reporting party requested he be arrested for trespassing. The subject was arrested and taken into custody. He was later released with a citation to appear in court on the charges.

### Theft of Bicycle

September 5 at 7:16 p.m., a bicycle was reported stolen from the 100 block of W. Palm. The victim reported that he fell asleep sitting on the park bench off of Palm. When he woke up his mountain bike was missing. The investigation is continuing.

### Receiving Stolen Property / Warrants – Suspects Arrested

September 5 at 10:39 p.m., officers responded to a hotel in the 900 block of W. Huntington. The hotel contacted police regarding several subjects in two different rooms. The rooms were charged on the same credit card. The subjects were smoking in non-smoking rooms, they had an outstanding food bill and their charge card was declined. The police entered the first room and no one was inside. They attempted to enter the second room, but the subjects had barricaded the door and would not respond. Police dispatch identified the credit card holder, who lived in Claremont. Claremont Police Department contacted the card holder to see if he had given someone permission to use his charge card at the hotel. Officers discovered his vehicle had been broken into and there had been several unlawful charges on his card. The officers then made announcements at the hotel door that they were going to force entry and the suspects answered the door. Two females and one male were detained. The male suspect had the victim's blank checks in his pocket and was arrested. One of the females had several warrants and was arrested for the warrants. The other female was identified and released. Items in the room indicated the suspects were producing credit cards. The investigation is continuing.

### Hit & Run Traffic Collision

September 6 at 5:39 a.m., numerous callers advised there was a traffic collision at Foothill and Grand. Officers arrived and discovered it was a non-injury hit and run. The suspect vehicle is a gray Toyota Tacoma that was last seen heading east on Foothill. The vehicle was not located and the investigation is continuing.

### Suspicious Vehicle / Possession of Drug Paraphernalia – Suspect Arrested




September 6 at 8:15 a.m., officers responded to the 100 block of Mauna Loa regarding the report of a suspicious vehicle. An officer arrived and contacted the driver, who had drug paraphernalia in plain view in the vehicle. The driver was arrested.

### Vehicle Burglary

September 6 at 8:29 a.m., a vehicle burglary was reported in the 200 block of E. Lemon. The victim parked the vehicle in a carport off the alley. The suspect smashed a window to gain entry and took tools out of the vehicle. The investigation is continuing.

### Possession of Drug Paraphernalia – Suspect Arrested

September 6 at 1:28 p.m., officers were dispatched to the 700 block of W. Huntington regarding a possible shoplifter. The subject was not found to be shoplifting, however, a pat-down search resulted in finding drug paraphernalia. The suspect was arrested for possession of drug paraphernalia.



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BOSCO TECH TO HOST FREE HIGH SCHOOL NIGHT ON SEPT. 27

Area High School Representatives Will Provide Information to Prospective Students

ROSEMEAD, CA--September 7, 2017--Don Bosco Technical Institute (Bosco Tech) will present "Gear Up for High School," a high school preview night for elementary and middle school students on Wednesday, September 27, 2017, from 6 to 8 p.m., outdoors, on the Tech campus.

During the free event, representatives from local Catholic private and archdiocesan high schools will provide information and answer questions about their school's admissions process, curriculum, and academic and extracurricular programs.

"Annually, we gather local private and archdiocesan high schools as a convenience for families in the community," said Bosco Tech Principal Xavier Jimenez. "It's an excellent opportunity for students to learn more about the many quality Catholic secondary schools in our area at one time."

Call (626) 940-2011 or email okelly@boscotech.edu with questions or to register. Free parking is available in both the lot located on San Gabriel Blvd., north of the school's front entrance, and the lot off Arroyo Dr., between Rose Glen Ave. and Paramount Blvd.

Bosco Tech is an all-male Catholic high school that combines a rigorous college-preparatory program with a technology-focused education. The innovative curriculum allows students to exceed university admission requirements while completing extensive integrated coursework in one of several applied science and engineering fields. The school boasts a college acceptance rate of approximately 100 percent, with more than 60 percent of graduates pursuing STEM-related post-secondary degrees. Visit [www.boscotech.edu](http://www.boscotech.edu) or call (626) 940-2000 for more information.

GOLDEN WORDS: ADVICE FOR STUDENTS & PARENTS

FIRST OF THE THREE PILLARS OF WELLNESS FOR TEENS AND COLLEGE STUDENTS: NUTRITION, OR "WHAT'D YOU EAT FOR BREAKFAST?"

By Dan Golden, PhD

A few weeks ago, my most recent column covered some pretty scary health issues for teens and college students (things like Meningitis, binge drinking and a growing array of sexually transmitted diseases).

Today, let's cover some crucial elements of savvy nutrition for students that can undergird health and school success. I'll come back with segments on Sleep Hygiene and Aerobic Exercise in the coming weeks. But first, let's eat!

"What'd you eat for Breakfast?" This was my favorite way to greet arriving students at my high school, where we combined wellness agendas with college and life planning. Any parent or fellow educator may well recognize the mix of responses I received:

--"Nothing," usually muttered in sullen derision.

--"Froot Loops," or some similar commercial sugar bomb cereal.

--"Pancakes/Waffles with syrup, fruit.

--"Skittles and a large Red Bull." Yikes!

--"Breakfast Burrito," often being wolfed down as the student exits the family vehicle, a smear of sour cream dripping onto their bookbag.

Helping students to figure out the rationale for and approach to a protein-centered first meal is important for parents and teachers, since the slow-release of an early protein-focused meal will enhance academic performance and make students less likely to snarl and bite before lunch.

The old myth of breakfast being the 'most important meal of the day' has been challenged of late, but if all students imagined themselves as incipient Type II diabetics, who had to pamper their pancreas a bit and level off their blood sugar, they'd have more focus and energy, for sure.

To do so, they need a hit of protein early in the day. It might take some prep and some imagination, but the paybacks in health and resiliency are worth it. No more falling asleep in the middle of an 11 AM Calculus exam!

Leftover pizza? Some cold cubes of marinated Tofu with buckwheat noodles? Whey or plant-based smoothies with some healthful fruit blended in? One of the many meal bars on the market, natural, organic or even the processed varieties like the Atkins products? Some bars have as many as 17 grams of protein, and most students need at least 60 grams every day to keep even with the restorative needs of cell biology. Athletes need even more to repair muscles and nerve.

College Students, on their own without the caring (or nagging) attention of family members, face a few

other nutritional challenges.

75% of residential college students typically do not eat the breakfast meals that are part of their Board contracts. As one giant corporate catering service at a university told me, "that's our profit margin, our sweet spot. We count on students to sleep in, or grab some toast and coffee at most."

College kids, who can usually set much of their own academic schedule, often forsake that breakfast stop in the dining halls and arrive at class undernourished (and, if they've become regular alcohol imbibers, dehydrated as well).

A large jar of all-natural peanut or almond butter on the windowsill, unsalted roasted almonds, string cheese and some of those protein bars all can help get college hearts and minds headed towards the Dean's List. I suggest a Care Package with some Trader Joe's favorites, to arrive midsemester.

Ramen alert! Don't let any of your children succumb to the addictive allure of commercial ramen dry packets. Cheap and filling, and warming for those chilly days and nights far away from home, the ramen packets are often preserved with petroleum-derived additives and are salt bombs that can put students on the path to their first strokes.

Home-crafted (or dorm-built) Ramen kits can replace the commercial monsters. With access to fridge and heat source, make precooked buckwheat ramen or soba that can be stored in the refrigerator for a week at a time. Combine with low-salt deli turkey slices, a 5 minute boiled egg (also prepped in volume on Sunday, peeled and stored), and use one of the Better than Bouillon jarred concentrates sparingly to form the soothing broth. Good for colds and flu, too-- a squirt of Sriracha will help clear the sinuses and the fog, too.

Multivitamins for everyone, iron-supplemented versions for the increasing numbers of vegetarians and vegans, notably young women who must avoid the dangers of anemia because of their diets.

Lots more on Nutrition, of course. But for now, figure out how to drive creative and palatable protein choices into the early hours of the day and watch what happens.

*Dr. Dan Golden was the founding director of Life Planning at the Vistamar School in El Segundo. He was a professor, program director and Dean for Work & Service-Learning at Wheaton College (MA), and now consults with individuals, schools and educational districts on college access, post-graduate study and career planning issues.*



Dan Golden, PhD

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

Kindergarten - 8th grade  
website: [www.barnhartschool.org](http://www.barnhartschool.org)

Bethany Christian School  
93 N. Baldwin Ave. Sierra Madre, Ca. 91024  
(626) 355-3527  
Preschool-TK-8th Grade  
Principal: Dr. William Walner  
website: [www.bcsllions.org](http://www.bcsllions.org)

Clairbourn School  
8400 Huntington Drive  
San Gabriel, CA 91775  
Phone: 626-286-3108 ext. 172  
FAX: 626-286-1528  
E-mail: [jhawes@clairbourn.org](mailto:jhawes@clairbourn.org)

Foothill Oaks Academy  
822 Bradbourne Ave., Duarte, CA 91010  
(626) 301-9809  
Co-Principals Nancy Lopez and Diane Kieffaber  
[info@foothilloaksacademy.org](mailto:info@foothilloaksacademy.org)  
[preschool@foothilloaksacademy.org](mailto:preschool@foothilloaksacademy.org)

Frostig School  
971 N. Altadena Drive Pasadena, CA 91107  
(626) 791-1255  
Head of School: Jenny Janetzke  
Email: [jenny@frostig.org](mailto:jenny@frostig.org)

The Gooden School  
192 N. Baldwin Ave. Sierra Madre, Ca. 91024  
(626) 355-2410  
Head of School, Carl Parke  
website: [www.goodenschool.org](http://www.goodenschool.org)

High Point Academy  
1720 Kinneloa Canyon Road Pasadena, Ca. 91107  
Head of School: Gary Stern 626-798-8989  
website: [www.highpointacademy.org](http://www.highpointacademy.org)

La Salle High School

3880 E. Sierra Madre Blvd. Pasadena, Ca.  
(626) 351-8951 website: [www.lasallehs.org](http://www.lasallehs.org)  
Principal Mrs. Courtney Kassakhian

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

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

Pasadena High School  
2925 E. Sierra Madre Blvd. Pasadena, Ca.  
(626) 396-5880 Principal: Roberto Hernandez  
website: <http://phs.pusd.us>

St. Rita Catholic School  
322 N. Baldwin Ave. Sierra Madre, Ca. 91024  
Principal Joan Harabedian (626) 355-9028  
website: [www.st-rita.org](http://www.st-rita.org)

Sierra Madre Elementary School  
141 W. Highland Ave, Sierra Madre, Ca. 91024  
(626) 355-1428 Principal: Esther Salinas  
E-mail address: [salinas.esther@pusd.us](mailto:salinas.esther@pusd.us)

Sierra Madre Middle School  
160 N. Canon Sierra Madre, Ca. 91024  
(626) 836-2947 Principal: Garrett Newsom  
E-mail address: [newsom.garrett@pusd.us](mailto:newsom.garrett@pusd.us)

Walden School  
74 S San Gabriel Blvd  
Pasadena, CA 91107 (626) 792-6166  
[www.waldenschool.net](http://www.waldenschool.net)

Weizmann Day School  
1434 N. Altadena Dr. Pasadena, Ca. 91107  
(626) 797-0204  
Lisa Feldman: Head of School

Wilson Middle School  
300 S. Madre St. Pasadena, Ca. 91107  
(626) 449-7390 Principal: Ruth Esseln  
E-mail address: [resseln@pusd.us](mailto:resseln@pusd.us)

Pasadena Unified School District  
351 S. Hudson Ave., Pasadena, Ca. 91109  
(626) 396-3600 Website: [www.pusd@pusd.us](http://www.pusd@pusd.us)  
rcadia Unified School District  
234 Campus Dr., Arcadia, Ca. 91007  
(626) 821-8300 Website: [www.ausd.net](http://www.ausd.net)

Monrovia Unified School District  
325 E. Huntington Dr., Monrovia, Ca. 91016  
(626) 471-2000 Website: [www.monroviashools.net](http://www.monroviashools.net)

Duarte Unified School District  
1620 Huntington Dr., Duarte, Ca. 91010  
(626)599-5000 Website: [www.duarte.k12.ca.us](http://www.duarte.k12.ca.us)

BEWARE SIERRA MADRE!! - A MURDER OF CROWS!

By Donna Packer

Gentle citizens of Sierra Madre arm yourself, not with shotguns - with scarecrows! A convention of crows (a murder of crows) are arriving for their annual rally in our quiet village. Ignite imagination, not torches, as we band together to defend our streets, parks and public arenas, and quell these raucous intruders cloaked in black.

Thus marks the beginning of fall. Sierra Madre's 6th Annual Scarecrow Festival kicks off in October with scarecrows appearing throughout town through the end of the month. Individuals, families, businesses, civic and religious organizations located in Sierra Madre are invited to participate.

This year's calendar includes the following dates:

Saturday, Sept. 16 Free scarecrow-building workshop at Creative Arts Group

Saturday, Sept. 23 Deadline for entering scarecrow contest

Monday, Oct. 2nd Voting begins. Maps available online and at Creative Arts Group

Saturday, Oct. 7 Free shuttle tour of scarecrows

Thursday, Oct. 19 Voting ends at noon

Friday, Oct. 20, 7pm Awards ceremony at Creative Arts Group

Registration for the workshop, contest and bus tour can be complete online at [www.creativeartsgroup.org/scarecrow-festival](http://www.creativeartsgroup.org/scarecrow-festival) as well as in person at Creative Arts Group, 108 N. Baldwin Ave., Sierra Madre, CA, 91024 or by phone: 626.355.8350.

Creative Arts Group presents

The 6th Annual Scarecrow Festival

Sept. 16 FREE Scarecrow Workshop  
Sept. 23 Contest Deadline  
Oct. 1-19 Voting

Oct. 7 FREE Shuttle Tour  
Oct. 20 Awards Ceremony

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SAFE SUMMERTIME FUN  
WITH YOUR PETS

Summertime is coming to an end, but the heat is still on in Southern California. The high temperatures have been challenging this summer, not just because of the sun, but also because of the fun we've had taking part in the outdoor festivities the city has to offer. And because Sierra Madre is such a dog-friendly town, many of us enjoy our summer fun accompanied by our furry, four-legged friends.

It is such a privilege to have your pup tag along with you during the exciting outdoor activities and summer celebrations, but please be sure you are well-prepared and take proper precautions to prevent your pet from succumbing to the heat. Sometimes the signs of canine hyperthermia are not obvious until the situation becomes serious, so it is important to pay close attention at all times and carry enough water - not just for you - but for your pet too.

If it is expected to get extremely hot during an outing, you may want to reconsider taking your canine companion along at all. As much fun as they can add to the mix, it may not be worth the risk. If you leave your pet at home on an extremely hot day, be sure to set the AC appropriately for the time you'll be away, just as you would for yourself.

Whether or not you do decide to leash your little loved one and take him with you on an outdoor excursion, here are a few hints that will hopefully help prevent a canine crisis due to extreme heat exposure.

Tips for Keeping Your Pet Cool in Hot Weather (source: scaLA.com)

While you're cool indoors, think about your pets. Are they cool too, or are their lives in danger?

A dog's normal temperature is at least 5 degrees higher than a human's. If they are confined in a yard or dog run, with no way to escape from the heat, they may easily become victims of a fatal heat stroke.

scaLA offers the following hot weather pet care tips:

**Water to prevent dehydration:** Plenty of clean, cool drinking water is a must at all times.

**Protection from the sun:** If your pet must stay in the yard instead of the cool indoors, be sure he always has adequate shade and ventilation.

**Park your pet at home:** Never leave your pet in a parked car on a hot day, not even for five minutes. It could cost him his life. The temperature in a parked car can soar to 160 degrees within minutes, even with the windows left open.

**Emergency Care:** If a pet is overcome by heat (clearly detected by excess panting, heavy salivation, and/or immobility) immerse him slowly in cool water to lower his body temperature, then contact a veterinarian. Never immerse a pet in ice cold water, as it may cause shock.

**Keep Pets Groomed:** Frequent grooming is paramount for any pet. A long-hair dog should be brushed daily to remove the thick undercoat, leaving the light upper coat for thermal protection. Some prefer a "summer cut" to help their pet stay cool. Just remember that pets, like people, can get sunburned too. If you choose to clip, leave a couple of inches to cover their skin...never cut a coat TOO short.

**Health Check:** Carefully go over your pet's body at least once a week to check for fleas, ear mites, foxtails and tiny bumps or cuts. Take your pet to the vet for a summer check-up and use a good flea/tick repellent recommended by your vet.

## Happy Tails

by Chris Leclerc



**Flea Infestation:** Fleas carry disease, so it is important to maintain a constant repellent regimen. Should you experience a flea infestation, you must act promptly and attack them on three fronts; on the pet itself, in the home, and in the yard.

**Exercise:** Exercise pets in the morning or in the evening, when it is cooler. Avoid mid day ventures on a hot day.

**Prevent Burns:** A dog's pads (on the bottom of their feet) are very sensitive to thermal stimuli, so they can burn quite easily. Check the temp. of the pavement with your hand. If it feels warm to touch, it is too hot for your dog.

**Identification:** During the summer months, families and their pets tend to be outside more often, not to mention the noises of some summertime celebrations, increasing the chances of a pet getting lost. Make sure your pets always wear proper identification.

Fun Heat Relief Ideas:

**Ice Cube Treats:** Freeze edible mystery treats into ice cubes for your dog to lick and discover while you are away. Bits of vegetables and/or meat bits are excellent ideas for ice cube surprise inners!

**Kiddy Pools:** Fill a baby pool with water and let your dogs splash about at his leisure while you're at work. When you are at home, you can toss a bowl of ice cube treats in the pool water for him to hunt.

**Summer Swimming Sessions:** If you have a swimming pool, encourage your dog to take a dip with you. Some dogs love to swim to the deep end, fetch and return... others not so much. NEVER leave a dog alone with a full sized swimming pool. Even the best canine swimmer will get tired and may not have what it takes to lift himself out to safety.

**Frozen Pops:** Make your dog a delicious frozen treat to enjoy! You can use canned pumpkin or fresh fruit minced with a processor to come up with some awesome cold creations that your four-pawed friend will love you for. Frozen Kong's make another great summer treat...fill, freeze and share on your way out the door.

**Hose/Sprinkler-Play:** Get out in the back yard with your best friend, and spray him down. Or set up a sprinkler in the middle of the yard where he can romp and roam while cooling off. Be sure to include yourself in the spray-play too. He will love you all the more for it!

It may seem silly to some readers, to think there are folks who don't already "get" the basics of how to properly care for pets in the heat of summer, and I think most people with pets are indeed very aware. However, for those who are still figuring it out, I sincerely hope this information helps. I encourage everyone to appreciate the animals, enjoy what's left of summer, and as always, love and let live!



## MOTHER &amp; SON

## Katnip News!



Meet MILKY WHITE, age 1, and her son, EARL GREY, age 3 months! Milky White, the mama, is an incredibly friendly and social girl. She is intelligent, has a laid-back

attitude and enjoys cuddling up with people. Earl Grey is a good natured gentlemen that likes the quiet company of people, but enjoys a good round of play with his siblings. He has silky white coat accented by a grey tail and a charming grey digit on his front paw. Adopt both mother and son for a Twofur Discount of \$100, and they will come already spayed & neutered, current on vaccines, and microchipped. Call to make an appointment for a Meet & Greet: 626-676-9505 or visit [www.lifelineforpets.org](http://www.lifelineforpets.org) for adoption info and application. 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?

Diego is a sweet boy who was found San Gabriel. Diego is being called a Chihuahua mix, but his cute floppy ears might belong to a beagle or other hound breed. He is about 1 ½ years old and weighs a little over 9 pounds. Diego seems to love being with people and is quite social and friendly with other dogs. Diego will meet visitors with a smile and wagging tail as they walk by his kennel. Diego is easy to handle on a walk, is alert, curious and very interested in sniffing his pathway. With his nose to the ground, he really does seem to have hound characteristics. Diego deserves to find a loving home where he is treated as part of the family, getting the exercise and training he needs to



sgvhumane.org. ID#29130

live up to his potential. If you can offer Diego a secure and loving home, please come and meet this little guy. His adoption fee is \$130 and includes neuter surgery, vaccinations, microchip and a free wellness exam at a participating veterinarian. Feel free to call us at (626) 286-1159 for more information. She currently resides at the San Gabriel Valley Humane Society located at 851 E. Grand Avenue in San Gabriel which is located off San Gabriel Blvd, north of Mission and south of Las Tunas Drive. To arrange a 'Meet and Greet', please stop by any time from 10:30am to 4:30pm Tuesday through Sunday. Website: [www.sgvhumane.org](http://www.sgvhumane.org). ID#29130

## HEALTHY LIFESTYLES

THE JOY OF YOGA  
FIND RELIEF IN YOGA

If you experience chronic anxiety or just from time to time, yoga is a WONDERFUL solution. It works immediately and

functions as a long term tool for wellness. Anxiety is the reason why many people come to yoga in the first place. It's like first aid for the mind! The relief is almost unexplainable. In fact, my own personal journey in yoga began when I attended class, on a friend's suggestion, after I disclosed that I was suffering.

So what class is best when you're experiencing anxiety? As a student, personally, I cannot just "relax" walking into a yoga class when I'm anxious. A (brief) seated posture to establish the breath is ok, but then I've got to get moving! It's best to experience dynamic movement with the breath to begin. Believe it or not, the "monkey mind" needs many jobs to do in order slow down. Movement, conscious

breath and drishti (gaze) are just a few components. Once I have tuned into my breath, and moved my body a little, poses with longer holds become accessible. It's in the longer holds, with conscious, smooth breaths that I can find a deeper sense of calm and stability. It takes a little work to hang in there, but it's well worth it. The rest of the class is do-able, enjoyable and satisfying.

Maybe the title of this article should have read, Reminder: Yoga does work for anxiety. Each time we quell anxiety through natural means, new positive habits are created.

Many yoga practices (and poses) stimulate the parasympathetic nervous system which produces the body's natural calming response. The more we can get in touch with this feeling, the feeling of being calm and grounded, the better. It can become the new normal. Namaste friends! Visit the website at [www.yogamadre.com](http://www.yogamadre.com) to find updated classes and events.

Keely Totten, E-RYT 500

## THE MISSING PAGE

## Real Life Tips from Life's Instruction Manual

## PROTECT YOUR DREAMS



I am a dreamer, and I dream big. It used to be difficult for me to listen to people complain

because my mind tends to go immediately into problem-solving mode. Now, I am a better listener, but I still dream of making things better. Not only do I dream, but I also act. It is my goal to leave things better than I found them. The only problem with being a dreamer is that others do not always share my vision.

I learned a lesson today, to be careful sharing my dream. Not everyone can see a possibility, and it is important not to reveal plans and ideas too soon. Just as we would protect our newborn infant, we need to protect our dreams while they are in their infancy. I recently shared an idea I have to reduce criminal recidivism with a colleague, and she instantly shot it down. I am currently building support for this concept, and everyone has loved it. People have offered great tips and improvements,

but people universally agree that it's a great idea. Negative Nelly was a different story. After talking to her, I felt deflated; then I remembered that I broke a fundamental rule of dream building: Be careful with whom you share your dream. Don't expect people to act contrary to their character. When people are consistent, don't complain and rail against what is.

While it felt like she had dropped my baby or stomped on my garden sprouts, my dream is intact. I am far more motivated by the goal and the good I think that can come from my program than a momentary feeling of discouragement. So dream big. Take action. Remember your why and ignore the haters!

Lori is a lawyer and coach. You can learn more about her at [LoriAHarris.com](http://LoriAHarris.com) and her app Gratitude Train you can get the app for free where you pick up apps.

## REMEMBERING LOUISE L. HAY

Louise L. Hay died August 30, 2017, and even though I never met her, she changed my life. She is the author of the book You Can Heal Your Life. My aunt gave the book to me over thirty years ago, and that set me on a path of self-discovery and personal responsibility.

Ms. Hay was also famous for the care and support she provided in the 1980's to people suffering from AIDS. In the early days of the disease, people shunned sufferers; she created a support gathering. She told her audience, "Love is the most powerful stimulant to the immune system. What we're doing here is practicing love, unconditional love."

Hundreds of people would crowd into the community

room, in various states of physical health to hear her weekly message of love.

As a reader of her book, I was empowered with her declaration that "We are each 100% responsible for all of our experiences." That revelation helped me to grow up, abandon victimhood, live my life.

Her book was a great gift to the planet, and I am forever grateful for her contribution and her life. I will send the first ten readers that respond to this email at

Lori@LoriAHarris.com with "I want the book" in the subject line a copy of the book in honor of the life of Ms. Hay. It's a new day, go make it a great one!

WALK'N THE DOGS  
& MORE

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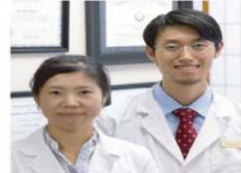
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## TABLE FOR TWO by Peter Dills thechefknows@yahoo.com

### UNCLE SAM STEPS IN FOR YOUR TIPS

My dearly departed pappy Elmer Dills would tell me, don't argue sex, politics and or religion, I must add tipping to the list. I have used this topic many times on my radio show, Dining with Dills on AM 830 KLAA Radio to get the phones buzzing.

There is a new law on the books, actually an old law that is now being enforced. Since January 1, the IRS will classify automatic gratuities as service charges that are taxable as regular wages and subject to payroll tax withholding. That might sound like a bunch of tax law mumbo jumbo, but what it means is that restaurants have to treat those tips like regular wages.

Typically, the IRS left it up to the waiter or tipped employees to declare that money. But with this new change the waiter won't see those "tips" until payday—instead of the end of the shift. And restaurants will have to withhold federal income, Social Security and Medicare taxes on that money, too.

What it means for the diner is that those automatic 18% gratuity charges on tables of 6 or more may well be a thing of the past. The addition has been added onto large parties to ensure that servers are paid for catering to a large group.

That doesn't mean you should use this an excuse to start stiffing people.

The new rule actually went into effect in June of 2012, however the IRS postponed enforcement

until recently to give restaurateurs enough time to adjust and properly comply.

While it might seem great to have some freedom as a customer, the service industry isn't so excited about the idea.

Tips... To insure proper service. Here is my rundown and no it hasn't changed in twenty years of reviewing restaurants.

Anyone in any country that provides a service should be rewarded.

10% buffet plus \$2 directly to busboy that brought you water and had to clean up after the kids through Jell-O on the ground.

\$1 for each drink at the bar  
\$2 for a to go order, as long as they got it right  
12% fair service, means they brought you the food and came back with your check

15% Good service brought you your food and drinks and refilled drinks and asked how was it  
18% Very Good service all of the above plus asked you if your meal was prepared to your liking  
20-25% All of the above, brought items in proper order, waited for you to ask for check, asked if there is a validation needed and please ask for me next time.

One more note... I subtract 5% when the server blames the kitchen for a mistake, got it !!

This a fun conversation please listen in AM 830 KLAA and soon on KRLA on Sundays at 5PM

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throughout the year!  
Together we make a  
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Proceeds to benefit Kiwanis 2017-2018 children's programs. Proceeds from the event will help fund the Creative Arts Group "Imagine Art Program" benefitting the students of the Sierra Madre Elementary School.

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## TOP NEW CARS FOR OLDER DRIVERS

Dear Savvy Senior,  
My wife and I are both in our late sixties and are looking to buy a new car. Can you recommend some good resources that can help us evaluate and choose a good car for older drivers?  
Car Shoppers

Dear Shoppers,  
With more than 40 million licensed drivers in the United States age 65 and older, many automakers today are designing certain vehicles that are friendlier for older drivers. But what makes a good car for seniors? For many, top priorities include a vehicle that's easy to get into and out of, easy to adjust for fit and comfort, easy to operate and see out of, as well as reliable, safe and a good value. To help you narrow your vehicle choices, Consumer Reports and the American Automobile Association (AAA) offer some great information and tools to assist you.

## CR Best Cars

Consumer Reports recently put out a top 25 ranking of new cars for senior drivers. Each vehicle on their list offers excellent or very good ratings on reliability, safety, road-test performance and owner satisfaction. And, they offer a variety of senior-friendly features that are extremely important to older drivers, like:

- **Easy front-seat access:** Vehicles with low door thresholds, wider door openings, and step-in heights that reduce the need for ducking or climbing, make getting into and out of a car easier for those with physical limitations.
- **Good visibility:** Being able to see well out of the front, sides, and back of a vehicle for tall, medium,



and shorter drivers.

- **Simplified controls:** Easy-to-read gauges and simplified/intuitive controls for changing the radio, shifting gears, and adjusting the heating and cooling is a high priority among older drivers.
- **Bright headlights:** Powerful headlights can make driving at night easier for people with decreasing or compromised vision.

They also weighed in extra safety features (standard or optional) like a backup camera, automatic emergency braking, forward-collision warning and blind-spot warning.

Their picks include a variety of compact and midsize sedans and SUVs, two minivans and a station wagon from seven different automakers. Here's their top 25 ranking, starting with one through 25: Subaru Forester; Subaru Outback; Kia Soul; Subaru Legacy; Kia Sportage; Toyota Highlander; Toyota Prius V; Toyota RAV4; Honda Odyssey; Nissan Rogue; Honda Accord; Ford C-Max Hybrid; Hyundai Sonata; Toyota Camry; Subaru Crosstrek; Toyota Sienna; Honda CR-V; Honda Pilot; Kia Forte; Ford Escape; Toyota Corolla; Kia Sorento; Ford Flex; Hyundai Santa Fe; Hyundai Tucson.

For more information on their top 25 list, see [ConsumerReports.org/elderly-driving/top-25-new-cars-for-senior-drivers](http://ConsumerReports.org/elderly-driving/top-25-new-cars-for-senior-drivers).

KATIE Tse .....This and That  
DROP KICK

Working at a public school, I'm blessed and thankful to have the summers off! While I do relish summer vacation, the lack of interaction with the kids and my coworkers sometimes makes it more difficult to find things to write about. I've never been one to stay on the cutting edge of current events, and in the summer I'm doubly out of the loop. So it's times like this that I can always fall back on my mom's friend, Florence, for a good story or two!

I've chronicled Florence's stories in the paper before, but forgot which alias I gave her. So if her character seems familiar, that's why. In a word --Florence is a riot! It's not just that she can make stories sound funny; she, herself, attracts humorous situations. When my mom relays her friends' stories to me, by the middle of it I can usually tell if Florence is the source. After their most recent get together, my mom thanked Florence for the laughs and said that now I'd have material for my articles. So, you may be reading about Florence for a couple of weeks unless I become otherwise inspired. I can't promise to make the stories as funny as if Florence were telling them, but I'll try. This week, it's about a rabbit --a subject dear to my heart.

Florence comes from a big family and has several siblings. She grew up in rural Montebello (yes, Montebello was fairly rural at one time). Living close to nature gave her family a greater connection with native animals. One time her sister got a baby rabbit, a tiny thing about the size of chicken nugget. I assumed, as is the case in many of Florence's stories, that they had rescued it in the wild. But my mom corrected me that it was, in fact, from a local fair. Fairs being what they are, the man who sold it to them didn't provide a detailed lineage of the rabbit. You can imagine their surprise when their nugget-sized bunny grew into a big, honking Flemish Giant!

No, I'm not talking about Norse mythology (although judging by its appearance, this breed's name was probably inspired by Thor or the

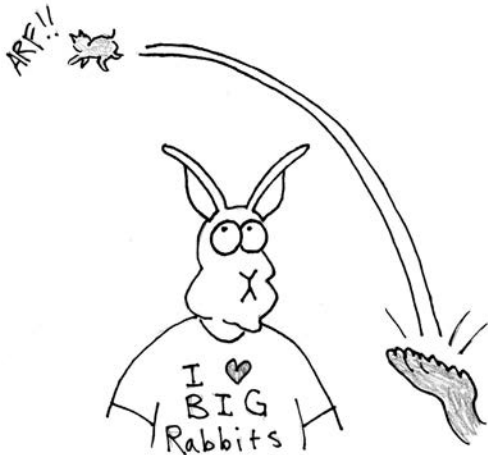
Valkeries). Check out photos of these beasts if you haven't already. Their heads are larger than those of the men holding them. They're in the same league as other abnormally sized things you'd find at a county fair. "Here's a cabbage as big as a wrecking ball, a five yard long radish, and Farmer Sven's 18 pound rabbit." The pictures in which people are hoisting them up seem to have been taken quickly. They look strained, with flushed faces. "Take the picture already, Carl! I can't hold her up much longer!"

Needless to say, the rabbit (we'll call him Zeus) was an instant family favorite. His notoriety was rivaled only by the infamy of one of the cousins' yappy Chihahas (we'll call him Styx). Styx was one of those dogs who, no matter how often you visit or give treats, never remembers you, and therefore barks its head off whenever it sees you. After a few years of trying to form a friendship with Styx, the family gave up and resigned themselves to his incessant yapping whenever his owner came over.

It was at one of these family gatherings at Florence's house that Styx met his match. Zeus didn't move around a lot due to his massive size, but he was very observant, and waited until Styx was close enough to come in contact with Zeus's powerful hind legs. "When an irresistible force meets and old immovable object... Something's gotta give!" We all know about flying pigs, but I bet you hadn't heard of air borne Chihuahua!

The flight only temporarily jolted Styx, and he sustained no injuries. However, being the slow learner that Styx was, the Zeus-and-Styx-flying routine played out many more times at holidays and other get-togethers. I can imagine Florence telling her childhood friends to come and see the giant rabbit and the flying dog --and their surprise when they did see it!

Using spell check sometimes "blocks the flow" when I'm writing, therefore I save it until the final draft. This time my proofreaders (a.k.a parents) laughed so hard at my horrible mis-spellings I decided to leave them in!



## SENIOR HAPPENINGS



## HAPPY BIRTHDAY! ....September Birthdays

Clem Bartolai, Pat Hall, Donna Anderson, Teresa Chauré, Cathy Gunther, Esther Macias, Sheila Pierce, Nancy Sue Shollenberger, Yvonne Osti, Patti O'Meara, Judie Cimino, Mary Steinberg, Geri Wright, Parvin Dabiri, Denise Reistetter and Nehama Warner.  
\* 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.

## UPCOMING EXCURSIONS:

## SEPTEMBER EXCURSION

RILEY'S at Los Rios Rancho in Oak Glen

Date: Wednesday, September 27th

Time: 10:30a.m. to 5:00p.m.

Cost: \$40.00 (including Lunch)

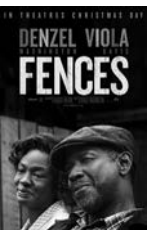
Enjoy the scenic beauty and breathe in the crisp, clean mountain air while enjoying your country meal at the oldest and largest ranch in Oak Glen. Lunch includes slow roasted Tri-Tip and BBQ chicken, potato salad, biscuit with apple butter, and a slice of apple pie or crisp for dessert. Entertainment by Riley's Mountaineers singing some of your favorites from bygone times. After your lunch, enjoy a 20 minute tour of the historic 1906 Packing House. The Farm Store will be open for shopping. Level of Walking: Low-Medium; Please call us at the Hart Park House for reservations at (626) 355-7394.

## SENIOR CINEMA -

September 20th at 1:00p.m.

## Fences (2016)

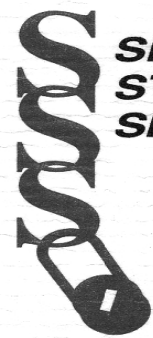
Troy Maxson (Denzel Washington) makes his living as a sanitation worker in the 1950's. He dreamed of becoming a professional baseball player but was too old when the major leagues began admitting black athletes. He creates further tension in his family when he squashes his son's chance to meet a College Football Recruiter. Rated PG13; Run time 2h. 19m.



## INSURANCE RESOURCE TABLE

If you have any questions on your health plans, please come to the Insurance Resource Table at the Hart Park House on Monday, September 11th from 12:00p.m. - 1:00p.m. A licensed representative will be available. As a Medicare beneficiary, you have from October 15 to December 7, 2017, to review your coverage and make any changes for 2018. New coverage for changes made during the open enrollment begins January 1, 2018.

**LUNCH AND LEARN** - Transit 101 Class  
Wednesday, September 27th 12:15p.m. - 1:00p.m.  
at the Hart Park House If you haven't used public transportation before or it's been a long time since you tried and you don't know where to start, **THIS CLASS IS FOR YOU!** No need to stress over mobility or other limitations - Feel confident enough to go out on your own! Come join us for this **FREE** Transit Training Class  
-Please call the Hart Park House at 626-355-7394. make a reservation-



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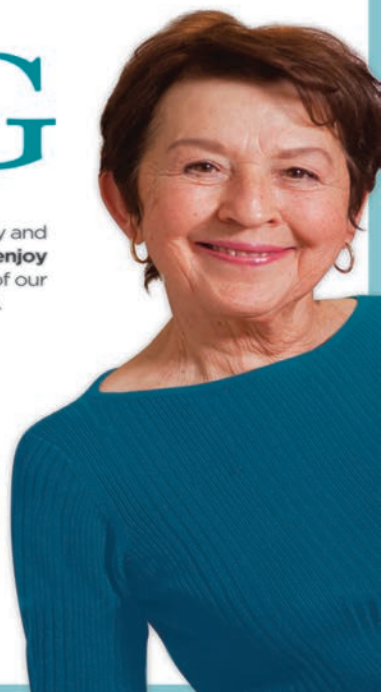
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Blessed are the merciful, for they will be shown mercy - Matthew 5:7



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Looking Up

with Bob Eklund



JUPITER'S AURORA PRESENTS A POWERFUL MYSTERY

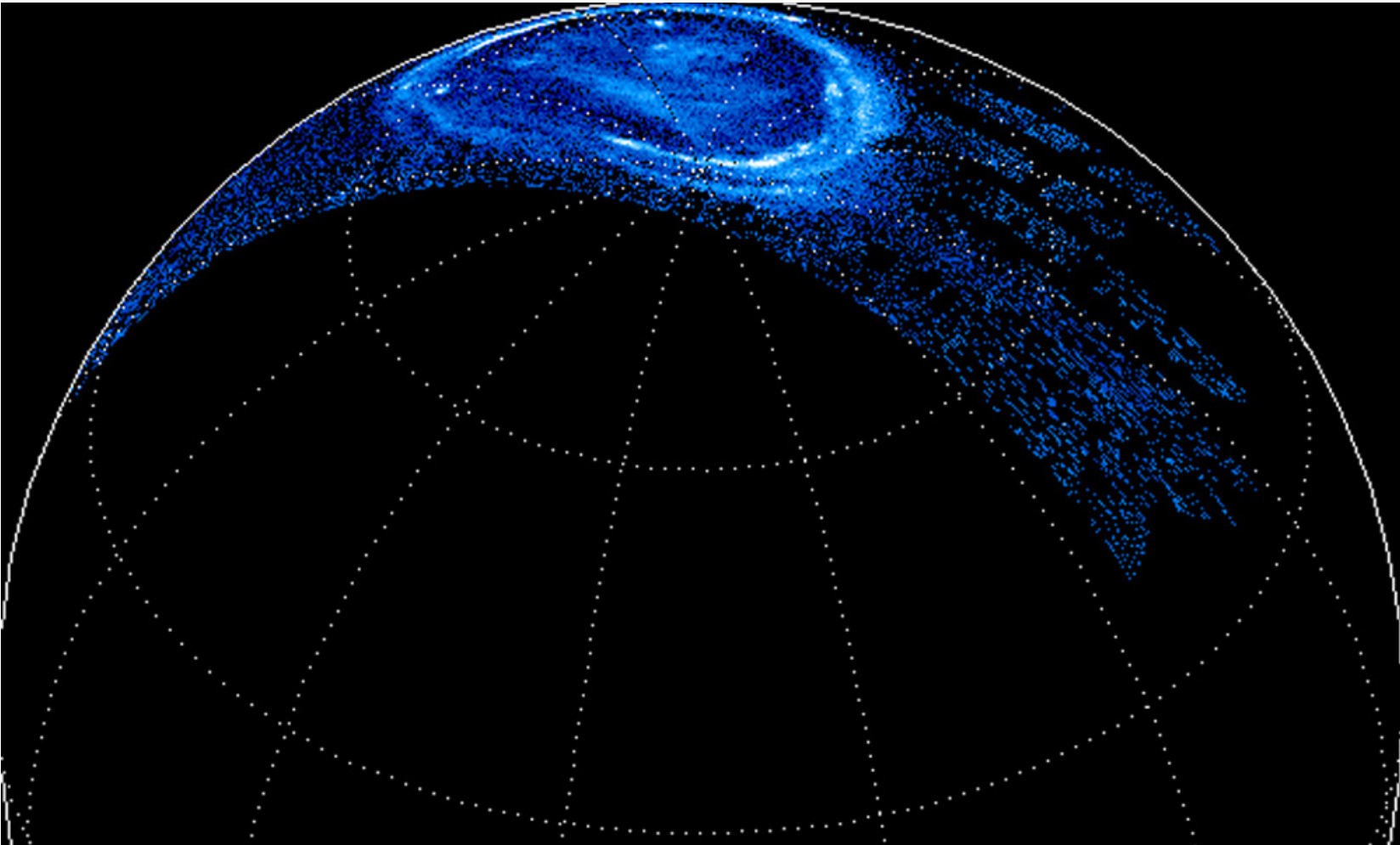
Scientists on NASA's Juno mission have observed massive amounts of energy swirling over Jupiter's polar regions that contribute to the giant planet's powerful aurora—only not in ways the researchers expected.

Examining data collected by the ultraviolet spectrograph and energetic-particle detector instruments aboard the Jupiter-orbiting Juno spacecraft, a team led by Barry Mauk of the Johns Hopkins University Applied Physics Laboratory, Laurel, Maryland, observed signatures of powerful electric potentials, aligned with Jupiter's magnetic field, that accelerate electrons toward the Jovian atmosphere at energies up to 400,000 electron volts. This is 10 to 30 times higher than the largest auroral potentials observed at Earth, where only several thousands of volts are typically needed to generate the most intense aurora—known as discrete aurora—the dazzling, twisting, snake-like northern and southern lights seen in places like Alaska and Canada, northern Europe, and many other northern and southern polar regions.

Jupiter has the most powerful aurora in the solar system, so the team was not surprised that electric potentials play a role in their generation. What's puzzling the researchers, Mauk said, is that despite the magnitudes of these potentials at Jupiter, they are observed only sometimes and are not the source of the most intense auroras, as they are at Earth.

"At Jupiter, the brightest auroras are caused by some kind of turbulent acceleration process that we do not understand very well," said Mauk, who leads the investigation team for the APL-built Jupiter Energetic Particle Detector Instrument (JEDI). "There are hints in our latest data indicating that as the power density of the auroral generation becomes stronger and stronger, the process becomes unstable and a new acceleration process takes over. But we'll have to keep looking at the data."

Scientists consider Jupiter to be a physics lab of sorts for worlds beyond our solar system, saying the ability of Jupiter to accelerate charged particles to immense energies has implications for how more distant astrophysical systems accelerate particles. But what they learn about the forces driving Jupiter's aurora and shaping its space weather environment also has practical implications in our own planetary



backyard.

"The highest energies that we are observing within Jupiter's auroral regions are formidable. These energetic particles that create the aurora are part of the story in understanding Jupiter's radiation belts, which pose such a challenge to Juno and to upcoming spacecraft missions to Jupiter under development," said Mauk. "Engineering around the debilitating effects of radiation has always been a challenge to spacecraft engineers for missions at Earth and elsewhere in the solar system. What

we learn here, and from spacecraft like NASA's Van Allen Probes and Magnetospheric Multiscale mission (MMS) that are exploring Earth's magnetosphere, will teach us a lot about space weather and protecting spacecraft and astronauts in harsh space environments. Comparing the processes at Jupiter and Earth is incredibly valuable in testing our ideas of how planetary physics works."

Mauk and colleagues present their findings in the Sept. 7 issue of the journal Nature.

NASA's Jet Propulsion Laboratory, Pasadena,

California, manages the Juno mission for the principal investigator, Scott Bolton, of the Southwest Research Institute in San Antonio. Juno is part of NASA's New Frontiers Program, which is managed at NASA's Marshall Space Flight Center in Huntsville, Alabama, for NASA's Science Mission Directorate. Lockheed Martin Space Systems, Denver, built the spacecraft.

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



CHRISTOPHER Nyerges

REMEMBERING VICENTE YNFANTE GOMEZ –

A Pasadena bicycling legend and Vietnam veteran hero

Vicente Ynfante Gomez, October 24, 1946 to August 4, 2017

Great people always walk amongst us, yet most of us are too busy in our very narrow lives (me too) to recognize and acknowledge them for who they are.

Vicente and Rafael Gomez were the famous Apache Brothers racing team, brothers who won numerous state and district bicycle racing championships, often defying all odds on their tandem bicycle.

A bit of background. Lifelong Pasadena resident, Vicente was a cross-country runner at John Muir High School, and graduated in 1965. Both Vicente and Rafael

yin and yang, not as opposing forces, but as a duality representing the totality of the whole. As Katie Safford stated at Vicente's funeral, "Yes, I know Rafael is still alive, but 'The Gomez Brothers' have died," referring to the inseparable nature of the dynamic brother team. Safford – who won 53 district championships and 5 nationals in racing – had many bicycling mentors. "But most of the men weren't so keen having us race with them," she explained, "because we were faster. But Vicente and Rafael were always kind to us." She describes the Apache brothers as constantly encouraging her, and congratulating her, even when Safford beat the Gomez brothers in the Southern California/ Nevada District Championships at the velodrome in Encino.



were Vietnam vets. Vicente was an Army paratrooper with the 101st Airborne's "Hatchet Brigade," serving as a ranger in the recon. He was decorated with the bronze star for valor in combat during the 1968 Tet Offensive. But he never talked about it much – you remember how terribly returning Vietnam vets were treated? Younger brother Rafael entered the service when Vicente returned home, wanted to follow in big brother's footsteps.

For 40 years, Vicente and partner -brother Rafael were competitive members of the U.S. Cycling Federation. Vicente was one of the two only masters (age 55 and older) to win four national track racing championship medals in the elite mens' tandem. With the help of Sport Chalet in 1984 (where both brothers worked) Vicente and Rafael were instrumental in establishing bike racing practice around the Rose Bowl. And they mentored many other up-and-coming bicyclists, including women such as Katie Safford, who became champions.

Those of us who knew this unique brother-team got to witness the rarest form of true and pure brotherhood. They lived together and supported one another through thick and thin. Vicente was the quiet brother, and Rafael loud and gregarious. They represented the totality of the

During a few of the radio interviews I did with ostensibly both brothers, Rafael would do most of the talking and it took a major effort to get Vicente to speak about his love of bicycling, herbalism, and his roots. But speak he did, though slowly, and with great intent. Sometimes, he presumed that one well placed look at me was enough to answer my questions, as if radio listeners can hear the look!

Vicente was surfing on Friday, August 4 at San Onofre State Beach with his brother Rafael and friends. He died that day in Rafael's arms, at age 70.

At the wake for Vicente, "The Function at the Junction" (as Rafael called it), I took the time to "be with" Vicente at the little shrine out back that Rafael had created for his brother.

As some of you may know, I talk to the dead all the time. Usually there are no responses. I burned sage to Vicente, and sat with this quiet giant at his shrine, this Apache "medicine man" now gone.

Finally, Vicente had a lot to say. He was happy that I was there with him. He wanted me to pass along a message, letting me know that everything was different for him now that he no longer had his body to deal with. He was light, but still serious as ever.



OUT TO PASTOR

A Weekly Religion Column by Rev. James Snyder

IF "ALL THINGS ARE POSSIBLE," WHY CAN'T I BALANCE MY CHECKBOOK?

For me, the most terrible time of each month is the day our bank statement comes. We commonly call it BSS (Bank Statement Syndrome). I don't know why it is, but I have trouble getting the parsonage checkbook to balance with the monthly bank statement.

That ominous document intimidates me every time it arrives. After all, the bank's business is keeping track of accounts. They have hundreds, maybe thousands of accounts and I have just one. On the surface, it seems a rather simple thing for me to keep our checking account up to date, but I assure you, it is not. Every time I try, I lose interest.

Keeping our checkbook accurately balanced is almost like a circus balancing act; everything is up in the air. No matter how often I add those figures, I never get the same result twice. I have resorted to adding up the figures at least three times and then take the average. So far, I've been batting a .195 and have been dropped by the major league, which lost interest in my career. This may satisfy my conscience, but it does little to appease the accounting department of my friendly banking institution.

The thing flustering me more than anything else are those fees. The average bank has more fees than a West Virginia hound dog has fleas. Everything I turn around there is another fee. (I need to stop turning around.) Somebody needs to invent a fee powder.

Each bank must employ a stable of employees whose only job is to dream up these fees. How else can you explain it? These fees are creative enough to cover every aspect of a person's wallet, retroactive three generations. To open an account there is a fee. Each account carries a monthly maintenance fee. I have been paying this monthly maintenance fee for several years and I have yet to see someone from the bank come out and mow my lawn. What is this maintenance fee? What are they maintaining? They certainly are not maintaining my checkbook. With all the fees I am paying, I would expect someone from the bank come to my house, sit around my table, and help me balance my checkbook. I would supply the coffee and donuts; for a small fee of course.

Another thing I do not understand is the ATM fee. Why do I have to pay money to the bank to get my money out of the bank? Whose money is it anyway?

I think banks offer monthly bonuses to the employee who comes up with the most creative fee for that month to impose on its customers. Fe Fi Fo Fum all those bank fees are dumb.

Once upon a time and far, far away, banks would bribe customers with toasters or umbrellas to open accounts with them. Those very days are over, you can be sure. Now, I'm the one bribing the bank to keep my account

with them.

Last week I slipped the cashier the usual quarter and asked her to make sure my deposit got into my account, please. I do not know whether it is bribery or just a gamble and probably would do better with the Florida lottery.

I would not mind it so much if only my checkbook would occasionally agree with the bank statement. It takes a lot of effort on my part to keep some semblance of order in my checkbook. I am not always as successful as I would like. I make mistakes and sometimes they cost me. At my bank when I bounce a \$3.75 check, I have to take a second mortgage out on my house to pay the fee.

I would close my account and transferred to another bank but there is a closing fee, a transfer fee and a fee that has no explanation whatsoever. Just a goodbye jester from my bank, one last chance for them to screw up my checkbook.

Some people think God should do everything for them. All they have to do is sit back and enjoy themselves and God will do everything for them. A prevalent attitude about faith supports this erroneous notion. Someone once compared this idea of faith as putting a "nickel in the slot and pull the lever" and you get what you want.

Some things in my life only God can do and I need to understand what they are and allow Him to do them. However, some things in my life God expects me to do. God will never do those things for me. I must come to grips with this distinction. If I don't, my life will be miserable.

Some people are sitting around waiting for God to do something He is expecting them to do. As they wait, they become frustrated and start accusing God of all sorts of sinister things.

Part of getting to know God is understanding this. What is my responsibility as a Christian? What does God expect from me?

After King Solomon dedicated the Temple God responded by saying, "If my people, which are called by my name, shall humble themselves, and pray, and seek my face, and turn from their wicked ways; then will I hear from heaven, and will forgive their sin, and will heal their land" (2 Chronicles 7:14).

For the most part, many people are sitting around waiting for God to balance their checkbook when He has put the pencil in their hands.

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



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### This Week in Sierra Madre

**the median list price is \$1,285,000**

Inventory is tightening and days-on-market is falling. The Market Action Index shows demand heating up. These are relatively bullish signs for prices.

### Supply and Demand

While the Market Action Index shows some strengthening in the last few weeks, prices have not seemed to move from their plateau. Should the upward trend in sales relative to inventory continue, expect prices to resume an upward climb in tandem with the MAI.



The Market Action Index answers the question "How's the Market?" by measuring the current rate of sale versus the amount of the inventory. Index above 30 implies Seller's Market conditions. Below 30, conditions favor the buyer.

Real-Time Market Profile	Trend
Median List Price	\$1,285,000
Asking Price Per Square Foot	\$580
Average Days on Market (DOM)	90
% with Price Decrease	25%
% Relisted (reset DOM)	29%
% Flip (price increased)	4%
Median House Size (sq. ft.)	1,954
Median Lot Size	8,001-10,000 sf
Median # of Bedrooms	3.0
Median # of Bathrooms	2.0
Market Action Index - Seller's Advantage	37.6

### Price

The market seems to have paused around this plateau. The Market Action Index is a good leading indicator for the durability of this trend.



### Quartiles

Characteristics per Quartile Investigate the market in quartiles, where each quartile is 25% of homes.

Quartile	Median \$	Sq. Ft.	Lot Size	Beds	Baths	Age	Inventory	New	Absorbed	DOM
First	\$1,890,000	3,686	0.25-0.50 acres	4.0	4.8	12	6	1	1	144 Upper 25%
Second	\$1,404,444	2,218	0.25-0.50 acres	3.0	2.5	73	6	1	1	110 Upper Middle 25%
Third	\$1,037,500	1,813	8,001-10,000 sf	3.0	2.0	76	6	1	3	77 Lower-Middle 25%
Fourth	\$649,500	1,128	6,501-8,000 sf	2.0	1.0	90	6	0	1	29 Lowest 25%

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### CALIFORNIA LEGISLATURE IS FIRST IN THE US TO NAME FREEWAY FOR PRESIDENT BARACK H. OBAMA

State Senator Anthony J. Portantino (D—La Cañada Flintridge) is proud to announce that SJR 8, a Senate Joint Resolution to name a portion of the 134 freeway in Los Angeles County the President Barack H. Obama Freeway, has passed both the State Senate and the State Assembly. As a result, the 134 freeway from the 2 freeway to the 210 Freeway interchange will be named in honor of our 44th President.

President Obama used this portion of California's freeway system to travel from his college home in Pasadena to Occidental College. President Obama attended Occidental his freshman and sophomore years and has attributed his time there as the beginning of his political activism. It is the place where he gave his first political speech.

"I am so proud to have authored this proposal to forever appreciate and commemorate

President Obama's tremendous legacy, statesmanship and direct connection to Southern California. When my friend John Gallogly suggested the idea I was touched that he suggested it to me and extremely honored to be in a position to bring it to fruition. It is also quite appropriate and symbolic that the California legislature would pass this Resolution for a compassion-filled President filled with compassion on the same day we witness another President turn his back on 800,000 children," commented Portantino.

After the City of Pasadena placed a plaque in front of the home where President Obama lived when he was a student, local activist John Gallogly approached Portantino with the suggestion to name the 134 freeway after the President.

Portantino ran with the idea and authored SJR 8 the very next week. Senator Portantino

currently represents Pasadena and represented the Los Angeles Eagle Rock neighborhood where Occidental is located while in the State Assembly.

"It is so important that California highlights the dignity of President Obama. His direct connection to Southern California in general and to the 134 freeway specifically makes this the appropriate and exciting place to recognize his tremendous accomplishments and the Presidential manner in which he led our country. It is a plus for our region that Anthony is so connected to the grassroots and that he takes our suggestions to heart," added Gallogly.

SJR 8 passed with bipartisan support in the Assembly and the State Senate. Recently sworn-in Congressman Jimmy Gomez succeeded Portantino in representing Eagle Rock in the Assembly and is a co-author of the Senate Resolution.

### GOVERNOR SIGNS SENATE BILL PROTECTING RECIPIENTS OF ACUTE MENTAL HEALTH SERVICES

Sacramento, CA – This week, Senate Bill 565, by Senator Anthony J. Portantino (D – La Cañada Flintridge), was signed and chaptered into law by Governor Brown. SB 565 requires a mental health facility, prior to a certification review hearing, to make reasonable attempts to notify family members or any other person designated by the patient of the exact time and place of the hearing at least 36 hours prior to the certification review hearing.

"Having had personal experience with this issue I strongly believe that it is vital we improve patient care and possibly save lives by enacting a modest and reasonable notice requirement. Encouraging a reasonable attempt to contact

and include a family member or designated person's comments during the evaluation process allows doctors and health care professionals to be better equipped to make evaluations in the best interest of their patients. Having a time certain for such an evaluation allows the family member or designated persons time to be at the hearing and the opportunity to add information germane to that evaluation," stated Portantino.

Portantino became aware of barriers placed between family members and a loved one in treatment when his brother was placed on three short-term holds but was then released. Ultimately he took his own life. "I was quite concerned that I could not find out when

the evaluation hearings were taking place and I could not share my feelings about his desires. There needed to be some formal way for loved ones to share their concerns and I am very grateful to Governor Brown for sharing this concern. Hopefully, the implementation of SB 565 will have a positive benefit for patient mental health care," concluded Portantino.

SB 565 received support from the California Council of Community Behavioral Health Agencies, Disability Rights California, NAMI California, National Association of Social Workers—CA, Pacific Clinics, and the Professional Fiduciary Association of California.

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**San Gabriel Valley Walk**  
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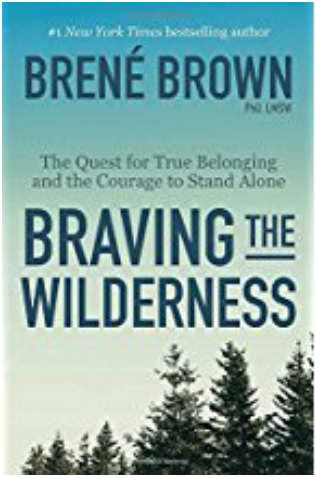
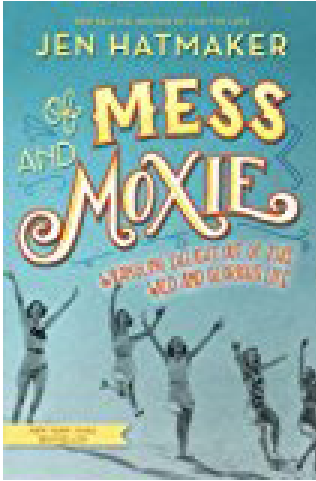


Jeff's Book Pics

By Jeff Brown

**Of Mess and Moxie: Wrangling Delight Out of This Wild and Glorious Life** by Jen Hatmaker

New York Times bestselling author Jen Hatmaker returns with another round of hilarious tales, shameless honesty, and hope for the woman who has forgotten her moxie. In this highly anticipated new book, beloved author Jen Hatmaker parlays her own triumphs and tragedies into a sigh of relief for all normal, fierce women everywhere. Whether it's the time she drove to the wrong city for a fourth-grade field trip ("Why are we in San Antonio?") or the way she learned to forgive (God was super clear: Pray for this person every day, which was the meanest thing He ever said to me. I was furious.), she offers a reminder to those of us who sometimes hide in the car eating crackers that we do have the moxie to get back up and get back out. We can choose to live undaunted "in the moment" no matter what the moments hold, and lead vibrant, courageous, grace-filled lives.



**Braving the Wilderness: The Quest for True Belonging and the Courage to Stand Alone** by Brené Brown

A timely and important new book that challenges everything we think we know about cultivating true belonging in our communities, organizations, and culture, from the #1 bestselling author of Rising Strong, Daring Greatly, and The Gifts of Imperfection

"True belonging doesn't require us to change who we are. It requires us to be who we are." Social scientist Brené Brown, PhD, LMSW, has sparked a global conversation about the experiences

that bring meaning to our lives—experiences of courage, vulnerability, love, belonging, shame, and empathy. In *Braving the Wilderness*, Brown redefines what it means to truly belong in an age of increased polarization. With her trademark mix of research, storytelling, and honesty, Brown will again change the cultural conversation while mapping a clear path to true belonging. Brown argues that we're experiencing a spiritual crisis of disconnection, and introduces four practices of true belonging that challenge everything we believe about ourselves and each other. She writes, "True belonging requires us to believe in and belong to ourselves so fully that we can find sacredness both in being a part of something and in standing alone when necessary. But in a culture that's rife with perfectionism and pleasing, and with the erosion of civility, it's easy to stay quiet, hide in our ideological bunkers, or fit in rather than show up as our true selves and brave the wilderness of uncertainty and criticism. But true belonging is not something we negotiate or accomplish with others; it's a daily practice that demands integrity and authenticity. It's a personal commitment that we carry in our hearts." Brown offers us the clarity and courage we need to find our way back to ourselves and to each other. And that path cuts right through the wilderness. Brown writes, "The wilderness is an untamed, unpredictable place of solitude and searching. It is a place as dangerous as it is breathtaking, a place as sought after as it is feared. But it turns out to be the place of true belonging, and it's the bravest and most sacred place you will ever stand."

All Things

By Jeff Brown

MAN'S T-SHIRT WITH REQUEST FOR KIDNEY GOES VIRAL AS OFFERS POUR IN: 'IT'S MORE HOPE THAN I'VE EVER HAD'

When a New Jersey man donned a T-shirt asking for a kidney at Disney World, he wasn't expecting the incredible response he received. Robert Leibowitz, 60, has been in need of a new kidney for three years after suffering from chronic kidney disease, which causes his kidneys to not drain properly. Leibowitz wore the shirt, which his daughter had made for him, at Disney two weeks ago when he visited with his 14-year-old son. When a stranger, Rocio Sandoval, snapped a picture of the shirt and posted it to her Facebook page, Leibowitz's request for the organ went viral. The post of Leibowitz in his T-shirt has been shared more than 90,000 times. Leibowitz, who has blood type O positive, has been searching for a live donor match for the last few years but they have been unsuccessful in finding one. A living kidney donor donates only one of their kidneys. For Leibowitz's blood type, the wait time is about seven years. The single dad, who is currently on dialysis three times a week, said that the responses to his request have been pouring in. "It's been an amazing opportunity for me," Leibowitz said. "The outpour of love has been amazing." People have already reportedly started going through the application process to see if they are a match. The process can, however, take months. "Right now it's hurry up and wait," Leibowitz said. "It's nerve-racking, draining,



but it's a great place to be in. It's more hope than I ever had. I spoke to great people."

FAMILY MATTERS

By Marc Garlett



KIDS GOING AWAY TO COLLEGE?

Why You Should Include Estate Planning in the Preparation

You may have been running around the last few weeks, getting your new college student off to school. It's exhilarating, and your heart likely is bursting at the seams. You're probably prouder than you can say, but you're a little afraid, too. How can you make sure your child is going to be safe at school, so far away from home? A new Bed Bath and Beyond matching sheet set for the dorm is great, but it doesn't provide any peace of mind. So what else can you do?

Actually, there is something, probably not yet on your to-do list, that can absolutely make a real difference. Bring your child to a local estate planning attorney.

You're undoubtedly aware of the fact that, having graduated from high school, your kid's an adult now—meaning that your child's going to spread his or her wings. But what is essential to remember: At 18, college students often still want Mom and Dad by their side if they get sick, but legally, decisions for medical care are theirs alone. If they were say, unconscious from a serious car accident, a parent couldn't authorize medical care without first going to court. And that costs time and money, and in the end it would still be up to a judge whether you could make decisions on your child's behalf or not.

We don't want to worry you, but the unfortunate reality is that, every year, some quarter of a million people between 18 and 25 wind up in the nation's hospitals, according to *Forbes*, and their parents are often locked out of critical decisions.

Therefore, experts recommend that everyone over the age of 18 have a basic estate plan which includes a will or trust, a power of attorney, and medical directives that would allow someone they trust to take act on their behalf, if they aren't able to.

Here are some things to take care of as you send your kid away to college:

- A FERPA Release: The Family Educational Rights and Privacy Act is designed to protect college student's privacy, but it can leave parents locked out in an emergency. A properly worded release allows school officials to talk with you and release your child's records to you.
- A HIPAA Authorization: The Health Insurance Portability and Accountability Act was designed protect a patient's privacy. Consider having your child signing an authorization so that—just in case—any necessary doctors can talk to you about your child's condition, care, and treatment.
- A Durable Financial Power of Attorney: This is a legal document that allows you to take care of your child's checking or savings accounts, pay bills, etc., if the child's unable to—whether due to illness or even just location (for example, if the school is on the other side of the country).
- A Durable Power of Attorney for Healthcare: Like the financial version, this allows you to handle medical decisions for your child, if your child is unable to do so.
- A Will: At first glance, this may seem a little silly for the average broke college kid. But there could be a lot of hidden complexities: The average American has some 90 online accounts, for instance. Does your child have thoughts about who should manage and close down those social media accounts? Monitor emails? Who should get the Xbox or a bank account? It's also a great time in your young adult's life to instill responsibility by encouraging them to think about this early in life.

As personal family attorneys, we've been helping parents attain peace of mind for years. Feel free to reach out to us if you have questions about this topic or any other estate planning matters.

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BUSINESS TODAY

The latest on Business News, Trends and Techniques

By La Quetta M. Shamblee, MBA

SUCCESS BEGINS WITH A MINDSET

Something magical begins to unfold after an individual truly commits to a goal. "As a man thinketh, so is he" is a Biblical reference from the Book of Proverbs (23:7) that parallels many ancient and contemporary perspectives about the importance of one's thought process. manuscript, "As A Man Thinketh." The idea that a simple thought might serve as the impetus to propel someone toward achieving a goal may initially appear quite outrageous. However, with more than a century of documented surveys and studies captured in books like, "Think and Grow Rich," by Napoleon Hill, it is clear that a person's mindset is the necessary starting point.

The act of being decisive unleashes an energy that begins to create the environment and circumstances to support progress toward the end goal. As the collection of writings about this phenomenon over the last century became known as the "positive mental attitude" (PMA) and self-help genres, some people regarded the philosophy as silly and unsophisticated. However, there is a wide body of evidence to support the correlation between a person's mindset and the level of success.

The structure and function of our brains create this success dynamic, including the conscious, sub-conscious and unconscious aspects of our thinking processes. At the point that we use our conscious mind to make a decision, our brain is hardwired to find a way, connect the dots and create the path that places us at the right place and right time as we move towards the goal. This isn't to say that it's always easy. Not everyone who succeeds is able to tell the story of a fairy tale journey. Many people have to make it

through turbulent situations to claim the prize. Maintaining a mindset of success in the midst of the challenges is what continues to fuel movement in the direction of progress.

Thomas Edison, the world's most famous and successful inventor was committed to developing a working light bulb. After almost 10,000 experiments that failed, he refused to adjust his mindset. On October 22, 1879, it finally paid off. Almost three years later on September 4, 1882, he was forever etched in history when the world's first power station illuminated a section of New York City near Wall Street. That historic event was the culmination of a long series of steps, including successes and failures that started with Edison's mindset to invent a light bulb powered by electricity.

If you will simply use it, the power to decide equips you with the means for life to provide you with access to everything needed to succeed. The focus and extent of success will be shaped by the quality of your decision. Is your decision clear? It is firm? Or do you waver after supposedly having made the decision? Take charge of your conscious decision-making ability and your subconscious and unconscious will swing into action to move you in the direction of the success that you desire and deserve. Studies by neuroscientists dating back to the 1970's show that a human brain begins to prepare for action in a little over one third of a second before we consciously decide to act.

"Using the power of decision gives you the capacity to get past any excuse to change any and every part of your life in an instant" – Anthony Robbins

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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.

TOM PURCELL



HUMBLLED BY HARVEY,  
AMERICANS HELP

"It makes me feel guilty for complaining about any little problems that I am facing."  
"Ah, yes, I'm certain you are talking about the massive impact of Hurricane Harvey and the tremendous suffering it is causing for untold numbers of Americans."

"That's right. At least dozens of people have died from that awful storm, a number that is sure to grow. A family of six met its end when its van got washed away by a wall of water. A shivering toddler clung to his dead mother, who drowned trying to protect her children. I can't begin to imagine the pain and suffering that people affected by the storm are enduring."

"As awful as Harvey has been, many people have shown incredible selflessness and heroism. When things are at their worst, and Harvey has certainly been that, many people are at their best."

"There is no question about that. I get goose bumps when I think of the first responders risking their lives to rescue thousands. The police, the Coast Guard, the search-and-rescue teams have been nothing short of amazing. One policeman drowned while working to save others."

"Other individuals also displayed tremendous heroism. Did you see the story about people at an apartment complex who formed a human chain to rescue an expectant mother? The woman went into labor in the thick of the storm and they protected her until emergency responders could arrive."

"But then again, some of the worst people among us are at their worst during tragedy. Some retailers jacked up the cost of bottled water, for instance, to take advantage of the situation. One was charging nearly \$100 for a package of bottled water!"

"It is tragic that anyone would look to increase their profits this way."

"What's worse is that fake charities form in such situations to steal money that good-hearted citizens think they are donating to Harvey's victims. These dirty rotten crooks use email and social media to solicit funds."

"That is regrettably true, too. According to CNN Money, more than 4,600 websites advertising relief efforts popped up after Hurricane Katrina struck in 2005. Law enforcement suspected most were frauds. Before you give, carefully research charity organizations."

"Who can we trust anymore?"

"Well, Fortune assembled a list of legitimate charities that will help Harvey's victims. The Red Cross is always a good place to start. You can donate money online, by calling 1-800-RED-CROSS or, reports Fortune, you can text 'HARVEY' to 90999 to make a \$10 donation. You can also donate blood at Red Cross blood drives."

"What about the Salvation Army?"

"That, too, is a legitimate organization. The Salvation Army is requesting donations of \$25 or above, but any amount is welcome."

"What about Houston-area charities?"

"Fortune reports that the City of Houston Relief Fund is also a good one. It was established by Houston's mayor, Sylvester Turner. It accepts online credit-card donations, checks and wired money, and all of the donated funds are tax-deductible."

"I'd love to donate money to a reputable charity that will help the children who are suffering from Harvey."

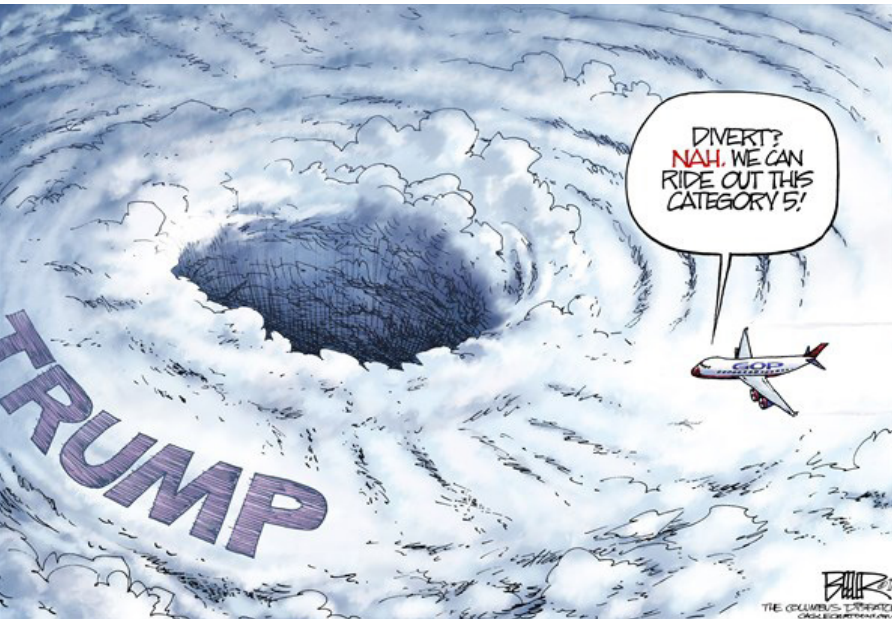
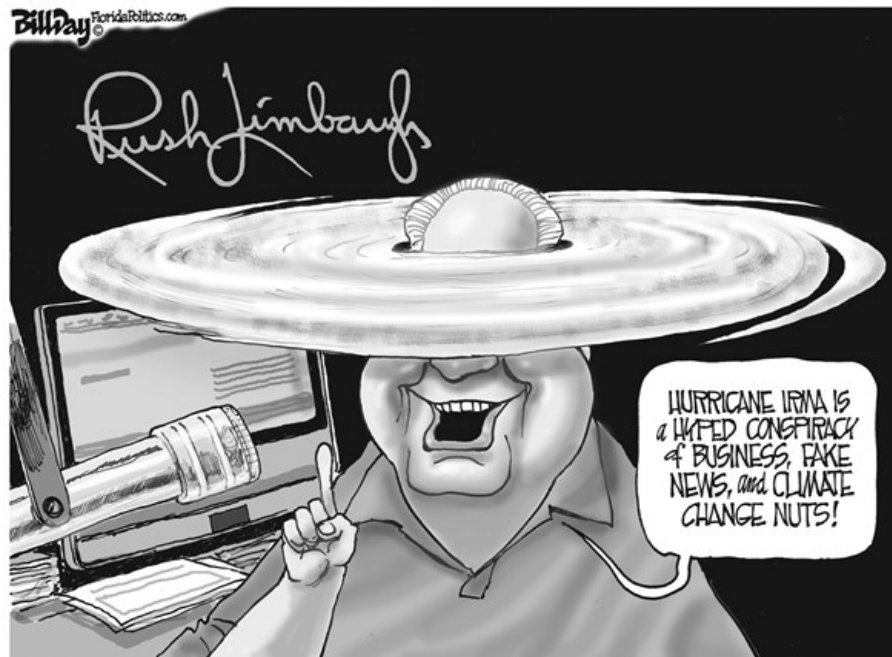
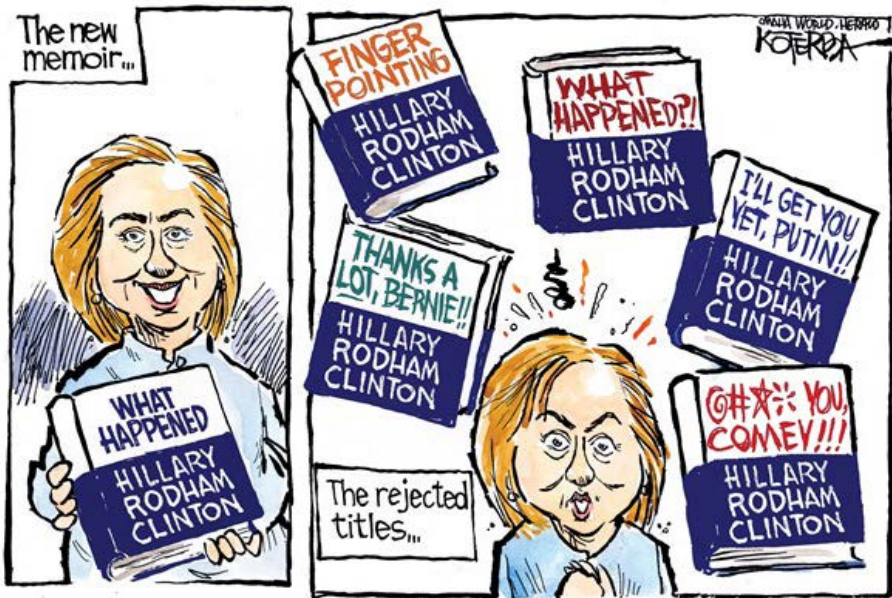
"Fortune recommends an organization called Save the Children. It provides 'cribs and shelter to displaced children, along with other items to help care for them.' Food is also needed and we are all encouraged to donate it, too."

"How do we donate food?"

"An organization called Feeding Texas is leading the food-donation effort. Fortune reports that it is 'looking for ready-to-eat staples like pop-top meat/fish, powdered milk, cereal, canned fruit, fruit cups, peanut butter and jelly as well as cleaning supplies.'"

"Well, the least we can do is donate money and food to help out our fellow citizens. That's what I'm going to do right now."

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



LEFT TURN/RIGHT TURN/CENTER

JOHN L. MICEK



A COWARDLY WHITE HOUSE  
USING DREAMERS AS HUMAN  
SHIELDS

Quite beyond being morally repugnant and an offense to human decency, the Trump White House's announcement Tuesday that it's rescinding the "Deferred Action for Childhood Arrivals," or DACA, is the ultimate exercise in political cynicism.

By punting the fate of 800,000 young people who entered the country illegally as children into the hands of a Republican-controlled Congress that can't even reach agreement on the things it agrees upon, President Donald Trump is using the so-called "Dreamers" as human shields in his ongoing push for a border wall with Mexico.

During a briefing with reporters, White House Press Secretary Sarah Huckabee Sanders said Trump is looking for "overall immigration reform that is responsible and lawful."

That includes the wall that remains the White Whale of Trump's presidency. "I don't think the president has been shy about the fact that he wants a wall," Huckabee Sanders said, "and thinks it is an important part of a responsible immigration package."

Trump had to have known the impossibility of the challenge he posed to Congress when he trotted out Attorney General Jeff Sessions to make the announcement that most of official Washington had known was coming for days.

Sessions, who was one of the Senate's most avid immigration hawks, let loose with a barrage of factually dubious claims and downright libels, as he announced that Congress had six months to come up with a legal alternative to the Obama-era program.

That Trump hid behind Sessions, only hours after announcing that he has "a love for these people [the Dreamers]," was a cowardly abdication of leadership that was compounded by his decision to leave it to Congress to come up with a legislative fix to the mess his own White House had made.

Keep in mind, this is a president who campaigned on the claim that "he alone" could fix what ails the country.

But in every major legislative test, from the Obamacare repeal to tax reform, Trump has been content to skate along the surface of the issues, leaving the intellectual heavy lifting to the legislative branch.

The buck does not stop with Trump, it merely flies by him.

So it's now up to Republican members of Congress, including U.S. Sens. John McCain, R-Ariz., and Marco Rubio, R-Fla., who each Tweeted their indignation with Trump, to move beyond mere rhetoric and pass legislation in the coming months that will protect the Dreamers -- who are from all over the world, and who, in the vast majority of cases, have known no other home than the United States.

Rubio turned to a Bible verse to make his argument against the White House's action: "For I was hungry and you gave me food, I was thirsty and you gave me drink, a stranger and you welcomed me," Rubio wrote, quoting from the Gospel of Saint Matthew.

While acknowledging that the federal government has a responsibility to guarantee border security, McCain also noted that the U.S. has to do it in a way that "upholds all that is decent and exceptional about our nation."

And most voters agree with McCain -- and on the need for a comprehensive immigration reform package that has dodged a solution for at least seven years.

Nearly three-quarters of respondents (72 percent) to a Pew poll last year said it was either "very" or "somewhat" important to allow illegal immigrants who entered the U.S. as children to remain in the United States.

Conversely, nearly six in 10 respondents (59 percent) said Trump's much vaunted border wall was not a priority for them.

To borrow from McCain, Trump's push for the wall is neither decent nor exceptional.

Rather it's a direct appeal to his ever-dwindling base as he moves into the ninth month of an administration that has done everything except make America great again.

Trump's claim that the DACA program is unconstitutional isn't even supported by his own actions. If it's unconstitutional, the White House should have rescinded it immediately.

That it didn't speaks volumes not only about its true motives, but about the moral cowardice behind its action.

We've been told more than once not to judge Trump by what he says, but by what he does. There is no clearer evidence than now of his lack of fitness to lead.

An award-winning political journalist, Micek is the Opinion Editor and Political Columnist for PennLive/The Patriot-News in Harrisburg, Pa. Readers may follow him on Twitter @ByJohnLMicek and email him at jmicek@pennlive.com.

MAKING SENSE by  
MICHAEL REAGAN

HELPING HOUSTON THE  
AMERICAN WAY



Houston is trying to dry itself out and recover from the historic floods of Hurricane Harvey. It will take years and unknown billions of dollars. Unlike New Orleans in 2005 after Katrina, the country's fourth largest city was as prepared as any metropolis can be for a thousand-year flood. But unlike New Orleans, Houston's city government was not horribly corrupt and incompetent.

In Houston, no poorly built or badly maintained federal government levies broke open, instantly flooding whole neighborhoods with sea water up to their rooftops and killing nearly 2,000 people. In Houston, where so far about 40 have died, nearly 1.7 million residents left voluntarily or were ordered to be evacuated by local officials before the flood waters crested.

On a federal level, President Trump is doing and saying the right things, though his critics in the media will never admit it.

They're busy looking for any way to blame him for every thing that goes wrong in Houston while complaining he's been too upbeat and hasn't shown the proper degree of empathy. They're no doubt already trying to link his personal contribution of \$1 million to a kickback from Putin. It's still early, but so far the federal government's response has not caused more trouble for Houston's people or created any political firestorms. The Federal Emergency Management Administration is on the scene, throwing its money around and promising much much more.

FEMA clearly has learned some lessons since its failures dealing with Katrina. It was much better prepared for a major disaster and it's not trying to hog the relief and rebuild process. FEMA now knows its proper place and its most important role - providing federal relief money and supporting state and local governments.

Earlier this week FEMA's administrator, Brock Long, encouraged "all citizens to get involved. Donate your money, figure out how you can get involved as we help Texas find a new normal going forward after this devastating disaster." It was nice to see FEMA encouraging private organizations and individuals to help, but millions of Americans around the country were a step ahead of Long's call.

The bearded bass fishermen and flat-bottomed boat owners of the informal "The Cajun Navy" and thousands of other individual boaters drove straight to Houston to help people evacuate or pluck them from rooftops. Like thousands of individuals, charities, churches and community groups, they answered Houston's call for help spontaneously out of the goodness of their American hearts.

Americans have a history of helping out in disasters at home and abroad and it's been going on long before Jimmy Carter's administration created FEMA in 1978. After a third of the city of Chicago was destroyed by the fire of 1871, it was private individuals, companies and charities that rebuilt it, not government. Before the fire was even put out, the people of Cincinnati held a rally, raised \$160,000 and sent it to Chicago. Other cities did the same, raising the equivalent of nearly \$100 million in today's money and donating much more in food and clothing.

The same thing happened in 1889 when 2,209 people of Johnstown, Pa., were swept to their deaths by a wall of water from a broken dam. Americans from coast-to-coast contributed millions of dollars and sent so many relief supplies by rail to Johnstown that they were asked to stop. As the city of Houston and its people already are learning, that kind of spontaneous private generosity is not just a tradition, it's part of America's DNA.

Today it's easier than ever to help victims of natural disasters. Thanks to web sites like PayPal you can send a \$25 donation to the reputable charity of your choice with a click or two.

That's what I did, and when I get back home to Los Angeles, I'm going to go around the corner to the Red Cross office and give to Houston the old-fashioned way - with a check.

Michael Reagan is the son of President Ronald Reagan, a political consultant, and the author of "The New Reagan Revolution" (St. Martin's Press). He is the founder of the email service reagan.com and president of The Reagan Legacy Foundation. Visit his websites at www.reagan.com and www.michaelreagan.com. Send comments to Reagan@caglecartoons.com. Follow @reaganworld on Twitter.























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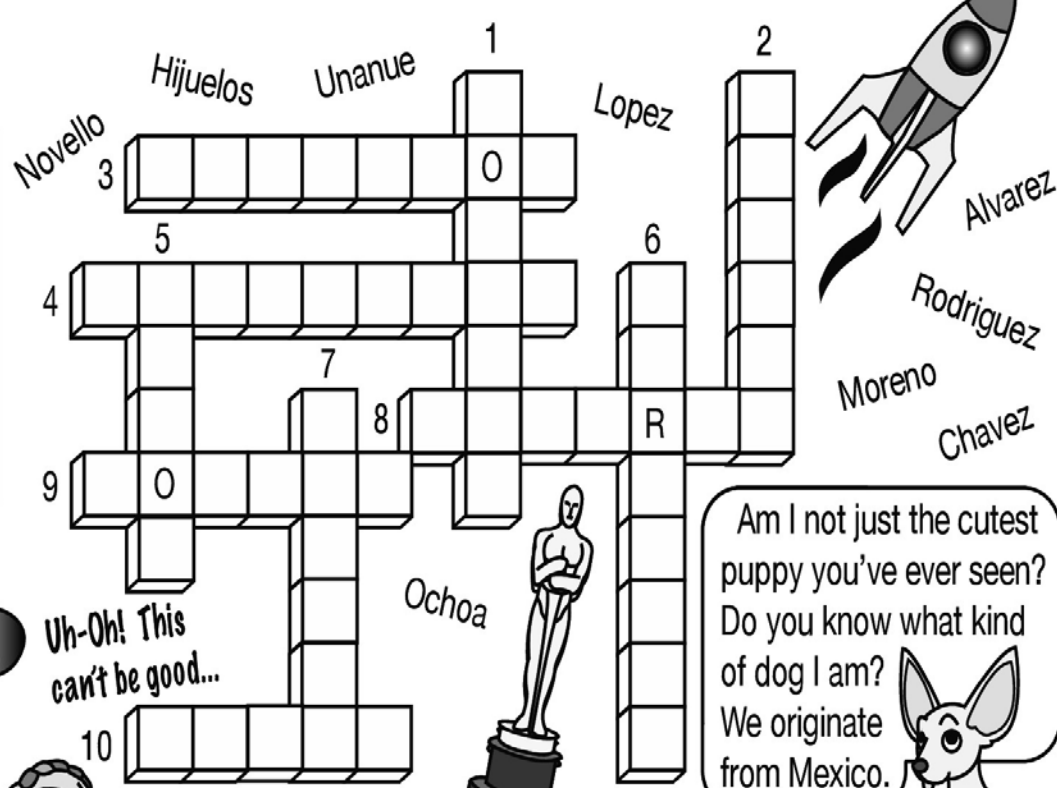
...of Hispanic Americans to our country.



I love flying over our beautiful country and seeing all kinds of families doing things together. On this page we celebrate families of Hispanic heritage. We learn about how they have shaped the history of the United States. People of Hispanic heritage have come to the U.S. from countries such as Puerto Rico, Cuba, Mexico and other parts of Central and South America. They may speak slightly different versions of the Spanish language, and possess a range of identities and cultures, but they have one thing in common – they are part of the American story!

## Can you read the clues to identify these Hispanic Americans?

- 1.) Antonia Coello \_\_\_\_\_ - the first Hispanic U.S. Surgeon General; also the first woman to hold the position
- 2.) Cesar \_\_\_\_\_ - went to many elementary schools while traveling to farms with his family to work; he started a labor union to get fair wages, better housing and to improve other conditions for farm workers
- 3.) Oscar \_\_\_\_\_ - won a Pulitzer Prize for Fiction (1990) for his novel *The Mambo Kings Play Songs of Love*
- 4.) Alex \_\_\_\_\_ - youngest major league baseball player to hit 600 home runs
- 5.) Ellen \_\_\_\_\_ - first female Hispanic astronaut
- 6.) Susana \_\_\_\_\_ - Governor of New Mexico, born in Texas; family of Mexican heritage
- 7.) Prudencio and Carolina \_\_\_\_\_ - began a company called Goya, producing Hispanic foods; the largest Hispanic-owned food company in the U.S.
- 8.) Luis Walter \_\_\_\_\_ - won the Nobel Prize in Physics (1968); he and his son declared that the mass dinosaur extinction was caused by a meteor impact
- 9.) Rita \_\_\_\_\_ - first Hispanic actress to win an Oscar
- 10.) Nancy \_\_\_\_\_ - great woman golfer; got first set of golf clubs at age 8



Am I not just the cutest puppy you've ever seen? Do you know what kind of dog I am? We originate from Mexico.

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C i u a u a  
(Hint: Each blank needs the same letter.)



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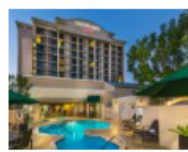


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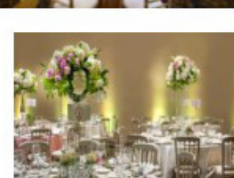
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