

# Mountain Views News

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

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

SATURDAY, SEPTEMBER 16, 2017

VOLUME 11 NO. 37

## COMMUNITY DISCUSSES PROPOSED LIBRARY 'RE-PURPOSING'



One thing was very clear at Thursday's community forum on the fate of the Sierra Madre Library - Sierra Madrean's LOVE their library. However, how to move forward in terms of the facility was the issue at hand. The meeting was held at the Hart Park House and attracted the entire spectrum of citizens, long time residents, new residents, civic leaders past and present, etc. Last month, the City Manager introduced the idea of moving the existing library to the Recreation Center, creating a new facility by selling the current library site. The discussion was passionate and yielded many new ideas. Former Mayor Mary Ann MacGillivray and well-known resident Bill Patzert both shared their concerns about the library's re-purposing.

Photo by Dean Lee /MVNews

## SIERRA MADRE ROSE FLOAT ASSOCIATION SEEKS APPLICATIONS FOR PRINCESSES/AMBASSADORS

The Sierra Madre Rose Float Association is once again seeking applications for the position of Princess/Ambassador (in any combination of female/male) to represent the City at local functions and activities and to ride on our float on New Year's Day in the Pasadena Tournament of Roses Parade! This year we are searching for three (3) Princesses/Ambassadors who will not only have the honor of riding on the Sierra Madre float, but will have the pleasure of speaking to the Sierra Madre City Council and local service organizations and clubs. In addition, they will assist with float decorating and contribute to publicity opportunities. Princesses/Ambassadors will have a very exciting and educational year!

Application Guidelines and Process:

- 1) Applicants must be 15 to 18 years old, have a 3.0 grade average and be a resident of Sierra Madre.

- 2) Applications may be picked up at City Hall, your High School or downloaded from the Sierra Madre Rose Float Association website: [www.smrosefloat.org](http://www.smrosefloat.org)
- 3) Applications must be received at the SMRFA post office box by Friday, September 22th, 2017. Applications submitted later than September 22 will not be considered.
- 4) Applicants must be able to attend judging interviews on Sunday, September 24th at 3:00pm at the Sierra Madre Lodge. (No parents please.)
- 5) Princess Coronation Ceremony will be held Sunday, October 1, 3:15 PM at the Sierra Madre Lodge. Tickets are \$5.00 for friends and family (candidates are free). Tickets will be available at the door. Refreshments will be served.

For more information or questions, please contact Donna Sutcliffe at 626-355-8579.

## KNOWLEDGE IS EMPOWERMENT

Sierra Madre CERT is pleased to offer a FREE 20 hour FEMA-certified training course to help you learn how to keep yourself, loved ones and neighbors safe in a variety of emergency and disaster situations. Classes will be held in the Sierra Madre EOC, located under Sierra Madre City Hall.

Please note training date changes due to concerns about the heat!

Classes will now be held the week of October 14th thru October 21st.

Saturday, October 14: 8:00 AM – 5:30 PM

Tuesday, October 17: 6:30 PM – 9:30 PM

Wednesday, October 18: 6:30 PM – 9:30 PM

Thursday, October 19: 6:30 PM – 9:30 PM

Saturday, October 21: 8:00 AM – 3:30 PM

Topics covered include 'Disaster Preparation', 'Search and Rescue', 'Fire Safety', 'Cribbing', 'Triage'

'Disaster Psychology', 'Medical Assessment', and a 'Disaster Exercise' conducted in and around the EOC and the grounds on final Saturday.

Those who complete the training receive a backpack filled with emergency supplies plus a binder detailing all the material you've learned. If you miss a class, other CERT programs across LA County offer make good classes.

TO REGISTER: [www.sierramadreemergency.org/register](http://www.sierramadreemergency.org/register)

Class size is limited so please register today to reserve your seat.

We hold informative meetings open to the public, the 4th Thursday of every month (except November and December) Look for updates on our Facebook page!

Hart Park House, Memorial Park 222. E Sierra Madre Blvd. at 7:00 PM

## COUNCIL APPROVES REFINANCING OF CITY'S WATER BONDS

*Refinancing to yield cost savings of approximately \$1,097,000.*

Tuesday, the Sierra Madre City Council/Board of the Public Financing Authority approved the refinancing of the Water Revenue Refunding Bonds Series 1998A and Water Revenue Parity Bonds, Series 2003. The staff report says that, "The bond refunding would result in interest savings of over a million dollars over the term of the loan. Debt service is paid from the water fund, not the general fund. The bond refunding will result in an annual savings of approximately \$68,600".

The City's Water Operation has two bonds outstanding, the 1998A and 2003 Bonds, with an outstanding balance of \$7,245,000. The current low interest rate environment provides the City with the opportunity to refund current bond debt at significant savings. The refinancing would not only result in interest savings but would also eliminate the need for making balloon payments toward the end of the 2003 bond term.

or more institutional investors. They are a good alternative for smaller loans, say under \$10 or \$12 million, because the fixed costs of issuing bonds (legal, accounting, underwriting, insuring, rating) make those kinds of debt instruments relatively more inefficient and therefore more costly to borrowers.

Former Sierra Madre Mayor Bart Doyle, after reviewing the terms and conditions of the loan said the decision to refinance the bonds is "an excellent decision, especially in light of the precarious condition of the City's Water Enterprise Fund. The 1998 and 2003 bonds, which were refinancings of preexisting debt, were issued to take advantage of the significant drop in interest rates that had occurred. This refinancing continues the process and further reduces the interest rate, the payment amount, and the total amount of interest owed. The 3.6 percent rate is attractive-current tax-exempt bonds in California are being issued with coupons in the 4 to 5 percent range for seven year maturities, and this loan goes out 16 years. The only negative

1998 & 2003 Bonds Refinancing		
	Existing Bond	HCC
Outstanding Amount	\$ 7,245,000.00	\$ 7,250,000.00
Financing Term (Years)	16 Years	16 Years
Interest Rate	5.035%	3.600%
Total Interest Expense	\$ 3,402,275.00	\$ 2,300,316.20
Savings		\$ 1,096,958.80
Savings %		32.24%

The fact that Sierra Madre was eligible for refinancing is noteworthy for as recently as 2013, the water company's credit rating according to Moody's Investor Service was "considered non-investment grade." (<http://mtnews.com/old/?t=MVNews&v=7&n=50>). The rating has since improved and allows the city to negotiate refinancing at lower interest rates.

The company that will be handling the refinancing is Holman Capital. According to sources familiar with municipal bonds. Holman Capital has been in business since 2009. It is one of many companies that have started up in recent years to provide new financial options for public agencies. These firms commonly place the loans with one

I see is the the the City is required to maintain a debt coverage ratio of 1.25, which means it should be careful to maintain adequate reserves to meet future interest payments when due. That will require continued vigilance in financial management."

The refinancing of the bonds is one of many difficult situations undertaken by Sierra Madre's new City Manager Gabe Engeland, however he credits Assistant City Manager Marcie Medina for doing a fantastic job of putting this refinancing together.

S. Henderson/MVNews

## SIERRA MADRE FIRE DEPARTMENT FUTURE TO BE DISCUSSED AT NEXT COUNCIL MEETING

The Sierra Madre Fire Department's future will be on the agenda at the September 26th City Council meeting. At the last meeting, City Manager Gabe Engeland made a brief presentation on the current status of the SMFD and his projections that it is time for the city to go to a fully paid Fire Department, with increases in the number of firefighters in the department and cross training in order to maximize the efficiency of the each member of the department. One of the suggestions made is to have all firefighters and paramedics cross-trained.

Speakers from just about every surrounding Fire Departments including Arcadia and Pasadena, along with members (past and present) of SMFD spoke on their views of what was needed to improve the department.

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**NEW DATES!**

**OCTOBER 14, 2017**  
Saturday 8:00-5:30  
• Introduction  
• Disaster Preparation  
• CERT Organization  
• Search & Rescue  
• Triage

**OCTOBER 17, 2017**  
Tuesday 6:30-9:30  
• Triage Review  
• Disaster Medical - Part 1

**OCTOBER 18, 2017**  
Wednesday 6:30-9:30  
• Disaster Medical - Part 2  
• Medical & Search & Rescue  
• Disaster Psychology

**OCTOBER 19, 2017**  
Thursday 6:30-9:30  
• Terrorism  
• Fire Safety  
• Cribbing

**OCTOBER 21, 2017**  
Saturday 8:00-3:30  
• Review and Disaster Exercise  
8:00-9:00 Backpack Prep  
9:00-10:00 Cribbing & Fire Suppression  
10:00-12:30 Disaster Exercise  
12:30-1:00 Lunch  
1:00-2:30 Review  
2:30-3:00 Critique & Debrief  
3:00 Graduation

**Class space is limited!**  
[www.sierramadreemergency.org/register](http://www.sierramadreemergency.org/register)  
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## Weather Wise

6-Day Forecast Sierra Madre, Ca.



Sun	Sunny	Hi 80s	Lows 60s
Mon:	Sunny	Hi 80s	Lows 60s
Tues:	Sunny	Hi 80s	Lows 60s
Wed:	Sunny	Hi 80s	Lows 60s
Thur:	Sunny	Hi 70s	Lows 60s
Fri:	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 26, 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 26, 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 19th

2017-2018  
INSTALLATION OF OFFICERS

TUESDAY, September 19th. at Noon

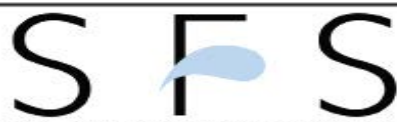
Meetings are held at The Lodge 33 E. Sierra Madre Blvd., Sierra Madre, Ca. Lunch begins at Noon and is \$10. Programs begin at 12:40 and are free. Call 626-688-2273 to reserve your seat!

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SATURDAY, SEPTEMBER 30, 2017

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Oct. 1-19 Voting

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Oct. 20 Awards Ceremony

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## Walking Sierra Madre...The Social Side

by Deanne Davis



"The number of casualties will be more than most of us can bear." - Then-New York City Mayor Rudolph Giuliani.

"The attacks of September 11th were intended to break our spirit. Instead we have emerged stronger and more unified. We feel renewed devotion to the principles of political, economic and religious freedom, the rule of law and respect for human life. We are more determined than ever to live our lives in freedom." --Rudolph W. Giuliani. December 31, 2001.

So we've been for our walk, delighting in all the little kids and their parents heading for St. Rita's to kick off the second week of school. It's cloudy and humid and my walking buddy isn't feeling quite like himself so we readjusted our plans for the day and I realized it was the perfect time to finish off the two batches of strawberry preserves I started on Friday. Easiest recipe in the world:

2 lbs. of strawberries,  
2-1/2 cups sugar  
¼ cup lemon juice  
1 TB butter

Hull and wash the strawberries, put half of them along with half the sugar and the lemon juice in the big pot you intend to cook this in, crush them and add the rest of the strawberries and sugar. Mix well, bring to a rolling boil (one you can't stir down) and pour the mixture into a 9 x 13 dish. Let it sit overnight, uncovered, or, if you're busy, stick it in the refrigerator till you get around to it. When you're ready, pour it all back into that pot and boil it, stirring pretty constantly till it drips off the spoon in a sheet, rather than a drip. Add your butter here. This keeps that annoying foam you have to skim off from ever forming. Pour your preserves into your sterilized half-pint jars, seal and turn them upside down so they're sitting on their heads for a while. This is so all the strawberries are evenly distributed instead of crowding up at the top which does not make for a beautiful jar of preserves. You'll end up with 3 half-pints and a little left over you can put on your toast tomorrow, which will make you so proud of yourself.

Anyway, sat down to look at the newspaper and realized today is 9/11, the 16th anniversary of the September 11 attacks, a series of four coordinated terrorist attacks on the United States Tuesday morning, September 11, 2001. The attacks killed 2,996 people, injured over 6,000 others, and caused at least \$10 billion in infrastructure and property damage. This day also showed acts of heroism and

bravery that are beyond imagination. Our daughter, Patti, posted a wonderful picture on her Facebook page which depicted the two towers as the American flag cascading down the side of these landmarks which live now only in our memories.

NEVER FORGET.  
SEPTEMBER 11, 2001

Is what it says under the picture and we just simply couldn't let this day go by without a shout-out to the families of all the Police and Fire people who sacrificed their lives to save others.

Our own Sierra Madre Police and Fire Departments observed this day of infamy at 6:45 this morning, specifically to honor the 343 firefighters and 60 police officers who perished that day.

To end on a lighter note, the 6th Annual Scarecrow Festival is coming, sponsored by the Creative Arts Group here in town. There will be free shuttle tours of all the scarecrows on October 7th. This is one of my favorite times of year. Our house is already filled with Fall stuff and we keep checking out the Parker's giant pumpkins just down the street. These monsters are now covered with shade cloth so they don't burn and, quite frankly, I don't know how they're going to move them, they're so big! The picture is one of the window painting winners that I especially liked. The workshop is today, September 16th.

AND, The Sierra Madre Rose Float Association is accepting applications for Princesses to ride on our float New Year's Day. Applications available at City Hall, your high school, or you can download them from [www.smrosefloat.org](http://www.smrosefloat.org). Applications must be received by September 22nd!! You have to be 15-18 years old with a 3.0 GPA and a resident of Sierra Madre.

Hoping your friends and family in Florida and Houston are all safe and still have homes.

My book page: Amazon.com: Deanne Davis  
Blog: [www.authordeanne.com](http://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.

Kindle readers, give yourself the gift of the Emma Gainsworth Adventures:

"Just Dessert: A Fall Fantasy" - "The Intergalactic Pumpkin Battle" - "The Lost Amulets"

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

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

## SIERRA MADRE POLICE BLOTTER

September 3, to September 10, 2017

During this time period, the Sierra Madre Police Department responded to approximately 366 day and night time calls for service.

### Wednesday, September 6

At about 2:15 a.m. officers responded to the 500 block of Sierra Meadows Dr. for a burglary from a vehicle report. An unknown suspect reached through a broken

window and unlocked the driver's side door apparently removing the owner's personal property. Case to Detectives.

### Friday, September 8

A non-injury hit and run accident occurred in the 00 block of Kersting Ct. at about 12:27 p.m. The suspect vehicle left the scene headed west on Sierra Madre Blvd., responding officers were unable to locate the vehicle.

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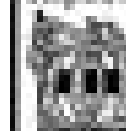
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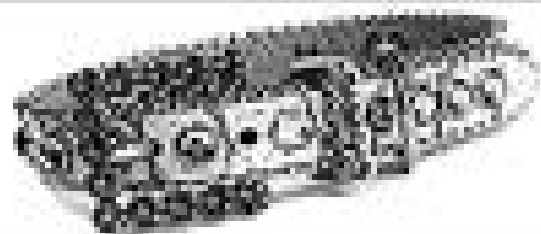
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# Pasadena Altadena

News From Your Community For Your Community

## Free Path to Citizenship Workshop

On Citizenship Day, Sunday, the Pasadena library will host a free Path to Citizenship Workshop from 2 to 5 p.m. at the Central Library's Studio on 4th, 285 E. Walnut St. This workshop will feature presentations on available citizenship application services and resources by the Pasadena Public Library, Catholic Charities of Los Angeles, Inc., Salvadoran American Leadership and Educational Fund (SALEF) and El Rescate. Following the information sessions the presenters will be available to assist residents with their citizenship applications.

Pasadena is joining Mayors, Members of Congress and organizations across the country in encouraging our communities to "Naturalize NOW!" This national campaign is being led by organizations and supportive elected officials to move 1,000,000 eligible residents to apply for citizenship by the end of Fiscal Year 2017. Efforts to date have brought us halfway to this goal, but we still have more residents to reach.

You qualify for Citizenship if You: Are at least 18 years old; Are a permanent resident (you have a green card); Have resided continuously in the U.S. for more than 5 years (or if you are married to a U.S. citizen for more than 3 years); Have been physically present in the U.S. for more than 2.5 years (or if married to a U.S. citizen for more than 1.5 years); You can show you have good moral character; You can speak, read, and write basic English (or qualify for the waiver) and You can pass a test on U.S. government and history (or qualify for a waiver).

The library has additionally introduced an online resource at [cityofpasadena.libguides.com/Citizenship](http://cityofpasadena.libguides.com/Citizenship).

## Pet of the Week



Lance (A442973) sure is a cute bunny! This friendly boy is super social and loves to hop around. When he's not munching on timothy hay, you'll find him stretching his legs in our bunny enrichment area. Sadly, Lance was found running loose in a park. He's sure glad he made his way to the Pasadena Humane Society where he'll be neutered, microchipped and placed with a loving family.

The adoption fee for rabbits is \$35. All rabbits are spayed or neutered and microchipped before going to their new home. Adopters can pick up rabbit supplies in the Pasadena Humane Shelter Shop before they take their new bunny home.

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 A442973, 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).



## Thousands to Wiggle Waggle Next Weekend

Grab your walking shoes and a leash for the 19th Annual Wiggle Waggle Walk and Family Festival at Brookside Park at the Rose Bowl next Sunday, September 24.

Officials said thousands of people are expected to take part in the walk around the Rose Bowl to raise funds for thousands of animals this year. Attendees do not need a dog to join the fun, just a desire to help animals. Participants can

choose to walk a 1 or 3-mile loop around the Rose Bowl or enjoy vendor booths at Brookside Park. Emmy-winning journalist Lu Parker will emcee and actress Carolyn Hennesy will be on hand to get the party started.

Check-in opens at 8:00 a.m. at Brookside Park. The Walk begins at 9:00 a.m. and festivities, including vendor booths, K-9 demonstrations, food trucks, music and canine contests, will continue

until noon.

Registration is \$25, which includes a Wiggle Waggle Walk t-shirt, bib number and bandana for your dog. Register as an individual or join a team at [wigglewagglewalk.org](http://wigglewagglewalk.org). (Photo: 2015 Wiggle Waggle Walk, photo by D. Lee MVNews)

## Police to Focus on Bikes and Pedestrians Safety Monday

Pasadena Police Department will step up Bike and Pedestrian Safety Enforcement Operations on Monday, with focused enforcement on collision causing factors involving motorists, pedestrians and bicyclists.

The department has mapped out locations over the past 3 years where pedestrian and bike collisions have occurred along with the violations that led to those crashes. Extra officers will be on duty patrolling areas where bike and pedestrian traffic and crashes occur in an effort to lower deaths and injuries.

Officers will be looking for violations made by drivers, bike riders and pedestrians alike that can lead to life changing injuries. Special attention will be directed toward drivers speeding, making illegal turns, failing to stop for signs and signals, failing to yield to pedestrians in cross walks or any other dangerous violation.

Additionally, enforcement will be taken for observed violations when pedestrians cross the street illegally or fail to yield to drivers who have the right of way. Bike riders will be stopped and citations issued when they fail to follow the same traffic laws that apply to motorists. All riders are reminded to always wear a helmet – those under 18 years of age must wear helmets by law. Pedestrians should cross the street only in marked crosswalks or at corners.

Pasadena Police Department has investigated 427 fatal and injury collisions involving pedestrians and bicyclists during the past three (3) years.

## South Pasadena Police and Fire Open House

Come join South Pasadena police and fire this Sunday, from 10 AM to 3 PM for the South Pasadena Police & Fire Open House.

City officials invite everyone to come and enjoy a day of activities at the police and fire department as well as enjoying the Tournament of Roses Classic Car Show along Mission Street.

There are many activities planned at the Open House with a special focus on Emergency Preparedness. Some quick highlights of activities taking place are hands-on emergency preparedness demonstrations, child fingerprinting, guided tours of the police departments, test your decision making skills at the Force Option Simulator, support the pink patch project for breast cancer research and helicopters will be landing and taking off throughout the day.

For more visit: [ci.south-pasadena.ca.us](http://ci.south-pasadena.ca.us).

## South Pasadena Picks DeWolfe as City Manager

South Pasadena officials announced Thursday that former Pasadena city employee Stephanie DeWolfe has been selected as the new City Manager. DeWolfe's appointment and employment agreement are scheduled for a vote Wednesday night at the regular South Pasadena city council meeting.

DeWolfe will start November 6.

According to a statement, after interviewing several candidates provided through the recruitment firm of Peckham & McKenney, the City Council unanimously selected DeWolfe has nearly 30 years of experience in city services, particularly in planning, community development and services, and city administration. She has worked in both the Pasadena and West Hollywood City Manager's Offices in Assistant and Deputy City Manager functions, with outstanding qualifications and references from all past employers. DeWolfe has been on a City Manager "track" in her professional career for the past five years, and most recently has been serving the City of West Hollywood as its Deputy City Manager since 2016, where she helped to oversee a staff of 225 employees and a budget of \$134 million dollars.

"I am excited to be part of team South Pasadena. I have always loved South Pasadena and I am looking forward to spending even more time in this wonderful community," DeWolfe said.

West Hollywood Mayor John Heilman spoke highly



DeWolfe

of Stephanie, describing her as "first rate," very intelligent and capable with a positive reputation in the community, stating "We hate to lose her." Similarly, West Hollywood City Manager Paul Arevalo describes Stephanie as "a big picture person, a great communicator, who knows how build consensus in the community," and with her more than 15 years' experience in Pasadena, she also "has the regional perspective that will serve South Pasadena well."

South Pasadena Mayor Michael Cacciotti, on behalf of the entire City Council stated, "I am very excited about hiring Ms. DeWolfe. She brings to our city the optimum combination of experience and leadership qualities. South Pasadena is very fortunate that she has agreed to serve our community."

The city council meets at 7:30 p.m., in the Amedee O. "Dick" Richards, Jr., Council Chambers, located at 1424 Mission Street.

## 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. 29 at 1 p.m.** 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).

**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.

**A Opera Talk: "The Pearl Fishers" – Monday, Sept. 18, at 1 p.m.** An LA Opera community educator will lead participants through Georges Bizet's "Les Pêcheurs de Perles"

(The Pearl Fishers). When a mysterious priestess arrives in their village in Ceylon, two lifelong friends realize they both are in love with her. They take a vow to denounce her and never let anything or anyone destroy their bond, but human nature takes over.

**Medical Marijuana (Cannabis) – Tuesday, Sept. 19, at 1 p.m.** Senior citizens are the fastest growing segment of the population to begin using medical marijuana. Learn how cannabis works in the human body, its medicinal properties, safety and legal concerns and more. Presented by Sue Feldmeth RN, a certified member of the American Cannabis Nursing Association who saw first-hand the benefits of medical marijuana on her elderly mother, including a significant reduction of arthritis pain and a reversal of the need for opioids.

**Hospice and Palliative Care – Thursday, Sept. 21, at 10 a.m.** Hospice and palliative medicine embrace people with life-limiting illnesses through compassionate symptom management and psychological and spiritual support by teams of clinical experts. Hospice is covered by Medicare, Medi-Cal and most other insurance plans. Learn about the differences and similarities between hospice and palliative care, the medical criteria and more. Presented by Unity Hospice.

**Low Vision Screenings – Thursday, Sept. 21, from 10 a.m. to 2 p.m.** Low vision screenings are designed to assist partially sighted people in the selection of magnifiers and other devices to improve reading and other visual tasks. Registration is required for one-hour appointments; call 626-795-4331. Presented by the Braille Institute.

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.

For more information visit [www.pasadenaseniocenter.org](http://www.pasadenaseniocenter.org)



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## ARCADIA POLICE BLOTTER

For the period of Sunday, September 3rd, through Saturday, September 9th, the Police Department responded to 964 calls for service, of which 107 required formal investigations. The following is a summary report of the major incidents handled by the Department during this period.

### Sunday, September 3:

Shortly before 2:01 a.m., an officer responded to Cathy's Bakery, 651 West Duarte Road, regarding an audible alarm activation. Surveillance footage revealed three male suspects smashed the front glass door, stole the cash register, and fled in an awaiting vehicle.

The suspects are described as three black males who fled in a silver, newer model Nissan or Honda sedan. The investigation is ongoing.

At approximately 12:34 a.m., an officer responded to the 1200 block of Temple City Boulevard regarding a vehicle burglary report. The officer discovered an unknown suspect smashed the front passenger window and fled with rosary beads and a prayer book. No suspects were seen and no witnesses were located.

### Tuesday, September 5:

Just after 10:01 a.m., an officer responded to a residence in the 900 block of West Huntington Drive regarding a burglary report. The officer determined an unknown suspect entered an open garage and stole the victim's bicycle. No suspects were seen and no witnesses were located.

At approximately 3:09 p.m., an officer responded to the Santa Anita Mall, 400 South Baldwin Avenue, regarding a battery report. An investigation revealed a husband and wife were arguing when the altercation turned physical and the wife struck her husband, ripped his shirt off, and scratched him leaving visible injuries. The 30-year-old female from Arcadia was arrested and transported to the Arcadia City Jail for booking.

Around 3:11 p.m., an officer responded to a residence in the 1100 block of Englemann Court regarding a burglary report. The officer discovered unknown suspects smashed a rear glass door, ransacked the home, and fled empty-handed. The investigation is ongoing.

Just before 4:39 p.m., an officer responded to a residence in the 500 block of West Longden Avenue regarding a mail theft report. The officer determined an unknown suspect stole the victim's mail from her mailbox sometime between September 2nd and September 5th. No suspects were seen and no witnesses were located.

Shortly after 8:07 p.m., an officer responded to Macy's, 400 South Baldwin Avenue, regarding a robbery report. An investigation revealed a female suspect selected several items of clothing and as she was exiting the store, failing to make payment, she used force to flee from the loss prevention employee. The 26-year-old female from Downey was arrested and transported to the Arcadia City Jail for booking. She was also found to be in possession of drug paraphernalia as well as additional

stolen clothing.

### Wednesday, September 6:

At about 10:23 a.m., an officer responded to a residence in the 700 block of Carriage House Drive regarding a burglary report. The officer discovered unknown suspect(s) smashed a rear window, ransacked the location, and fled with an undetermined amount of property. The investigation is ongoing.

### Thursday, September 7:

Before 10:06 a.m., an officer responded to Specialty Surgical Center, 51 North Fifth Avenue, regarding an embezzlement report. An investigation revealed an employee removed 6 vials of hydromorphone. The suspect, a 37-year-old female from Diamond Bar, is outstanding at the time of this report.

Around 4:29 p.m., an officer responded to the 400 block of East Huntington Drive regarding a vehicle burglary report. The officer determined an unknown suspect smashed the rear passenger window and fled with shoes, cell phone accessories, and the vehicle registration. No suspects were seen and no witnesses were located.

### Friday, September 8:

At about 8:26 a.m., an officer responded to a residence in the 2300 block of South Second Avenue regarding a robbery report. An investigation revealed the suspect drove a stolen vehicle to the victim's home, entered the victim's car and used the garage door opener to gain entry into the home. The victim awoke to the male suspect and, when she confronted him, he demanded money and threatened to rape her. The suspect then fled. The suspect, a 25-year-old male from Duarte, is outstanding at the time of this report.

Just before 11:53 a.m., an officer responded to the 300 block of East Huntington Drive regarding a theft report. The officer discovered unknown suspects stole scrap brass shower mixing valves from a cargo container. The investigation is ongoing.

Shortly after 11:26 p.m., an officer conducted an enforcement stop on a vehicle in the area of Duarte Road and Myrtle Avenue for texting while driving. Upon contacting the driver, the officer detected a strong odor of alcohol emitting from the vehicle. Through a series of tests, the officer determined the suspect, 30-year-old male from El Monte, was under the influence of an alcoholic beverage. He was arrested and transported to the Arcadia City Jail for booking.

### Saturday, September 9:

At approximately 5:21 p.m., an officer responded to Sephora, 400 South Baldwin Avenue, regarding a theft report. The suspect was witnessed concealing \$126.00 worth of merchandise and exiting the store, failing to make payment. The suspect was confronted and the 15-year-old female from El Monte was transported to the Arcadia City Jail for booking.

# MONROVIA - DUARTE

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## MONROVIA AREA PARTNERSHIP (MAP) CARE FOR YOUR NEIGHBOR PROGRAM HELPS OUT ON ACACIA AVENUE

On Saturday, August 26, 2017, the MAP Care for Your Neighbor Program successfully completed another community improvement project and helped a Monrovia in need. A property on Acadia Avenue, while well kept, had a few issues with the front landscape. Traditional code enforcement efforts were not necessarily going to solve the problem to gain compliance... so MAP stepped in.

The MAP Care for Your Neighbor Program jumped into action by coordinating community resources to help clean up and beautify the landscape. City staff partnered with MAP Leaders, the Volunteer Center and even brought

out some family members to provide resources and assistance in the efforts. We planted succulent plants and spread mulch throughout the yard, and even installed some pavers and bricks that immediately spruced up the yard. The property owner, a lifelong Monrovia, expressed that she was extremely grateful for the help and for being part of such an amazing community.

Below are some before and after pictures of the project site. The Monrovia Area Partnership wants to thank everyone who was able to help to make this community improvement project another success for our Monrovia neighborhoods.

## MONROVIA POLICE BLOTTER

During the last seven-day period, the Police Department handled 407 service events, resulting in 85 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.

**Possible Suicide Attempt / Mental Evaluation** September 7 at 5:31 p.m., officers responded to a hotel in the 900 block of W. Huntington Drive on the report of a male adult hanging off the roof top. Several calls were received reporting the incident. When officers arrived, they located the subject on the roof. He had moved away from the ledge and he was detained by the officers. He made statements that were consistent with suicide and he was under the influence of a controlled substance. He was placed on a mental hold and taken to a local hospital for treatment.

**Public Intoxication - Suspect Arrested** September 7 at 10:20 p.m., an officer was dispatched to a business parking lot in the 400 block of W. Foothill. A subject was parked in front of the business and was unresponsive. Officers arrived and discovered the subject was intoxicated and had passed out. Officers woke the subject and determined he was too intoxicated to care for his own safety. The vehicle he was seated in was not running and he was not seen driving the vehicle to the location. He was arrested for public intoxication and held for a sobering period.

**DUI/Driver's License Checkpoint** On September 8, the Monrovia Police Department conducted a DUI/driver's license checkpoint in the 200 block of E. Huntington Drive. A total of 459 vehicles entered the checkpoint and the drivers were evaluated. 25 drivers were sent to secondary inspection. After secondary inspection, five drivers were issued citations for being unlicensed or having an expired license, one driver was cited for having a suspended license, three standardized field sobriety tests were completed, and two drivers were arrested for DUI/Drugs. This detail was a great success and was funded by a grant from the State of California Office of Traffic Safety, through the National Highway Traffic Safety Administration.

**Driving Under the Influence - Suspect Arrested** September 8 at 7:46 p.m., a possible drunk driver was reported swerving on the eastbound 210 Freeway and exiting at Myrtle Avenue. An officer responded and located the vehicle. The officer observed the vehicle commit a vehicle code violation and conducted a traffic stop and contacted the driver. The investigation revealed the driver was too intoxicated to operate a motor vehicle. He was arrested, held for a sobering period, and later released with a citation to appear in court.

**Driving Under the Influence - Suspect Arrested** September 8 at 11:04 p.m., an officer observed a driver make an unsafe turning movement in an attempt to avoid a DUI Checkpoint in the 300 block of E. Huntington. The officer made a traffic stop and contacted the driver, who displayed symptoms of intoxication. The investigation revealed the driver was in fact intoxicated. The suspect was arrested for DUI and held for a sobering period. The suspect was later released with a citation to appear in court on the charges.

**Driving Under the Influence - Suspect Arrested** September 9 at 2:47 a.m., an officer observed a vehicle in the 3300 block of Peck Road driving with no headlights. The vehicle was stopped and the investigation revealed the driver was intoxicated. The suspect was arrested and held for a sobering period. He was later released with a citation to appear in court on the charges.

**Domestic Violence - Suspect Arrested** September 9 at 12:57 p.m., officers responded to a residence in the 900 block of W. Olive Avenue on the report of a domestic violence incident. A male subject was heard yelling at his spouse that he was going to kill her. Officers arrived on scene and

spoke to a married couple. Both subjects admitted to a verbal argument that ended with the male subject pulling the female off of a sofa and onto the floor. The female did not want prosecution, but because of the statements heard by an independent witness reporting the male suspect had threatened to kill the female victim, the male suspect was arrested for the domestic violence.

**Driving Under the Influence - Suspect Arrested** September 10 at 2:51 a.m., police dispatch received a call reporting two subjects passed out in a vehicle in the drive-thru of a fast food restaurant in the 100 block of W. Foothill. Officers responded and contacted the occupants, who both displayed symptoms of intoxication. The investigation revealed the driver had been driving under the influence. He was arrested and held for a sobering period. He was later released with a citation to appear in court.

**Rollover Traffic Collision** September 10 at 11:20 a.m., a traffic collision was reported at Palm and Primrose. A vehicle heading west on Palm ran the stop sign and collided into a vehicle that was traveling south on Primrose. The vehicle traveling on Primrose overturned, however the solo occupant did not suffer any injuries.

**Burglary** September 12 at 10:32 a.m., a burglary was reported at a business in the 100 block of Melrose. An employee that was recently fired had entered the location on two occasions and had stolen petty cash. The suspect was able to enter the business because he knew the combination to the lock on the door. On September 7, he attempted to enter the business again, but the combination had been changed. The suspect then used a hammer to break the lock to gain entry to the business and stole cash. The investigation is continuing.

**Petty Theft - Suspect Arrested** September 12 at 12:04 p.m., an officer was dispatched to a business in the 400 block of W. Huntington. The suspect was in the business around closing time and took an employee's purse from a chair, undetected. He was seen on video surveillance stealing the purse. The following day, he returned to the business and was recognized by employees, who then called police. An officer responded and detained the suspect. He was arrested for the petty theft.

**Fraudulent Use of Access Cards / Possession of Stolen Property / Identity Theft / Possession of Forged Identification Card / Unlicensed Driver - Suspect Arrested** September 12 at 1:48 p.m., officers responded to a business in the 600 block of W. Huntington regarding the theft of credit cards. The suspect had just stolen the credit cards at a restaurant. He then went directly into a business nearby and purchased expensive electronics. Officers arrived, detained the suspect, and located the merchandise in the suspect's vehicle. He was still in possession of the victim's credit cards and was found to be unlicensed. He also had a fraudulent social security card in his possession. The suspect was arrested and taken into custody.

**Grand Theft Auto - Suspect Arrested** September 12 at 6:22 p.m., a resident from the 100 block of W. Central came to the police station to report his Toyota pickup had been stolen from in front of his residence. While the officer was speaking to the victim, police dispatch received a call from the California Highway Patrol advising they had located the vehicle. They had attempted a traffic stop on the vehicle and a pursuit ensued which ended in a traffic collision in San Bernardino. The driver was arrested after the collision.

**Vehicle Burglary** September 13 at 9:24 a.m., a vehicle burglary was reported in the 500 block of W. Walnut. The victim parked her vehicle overnight in front of her residence. Sometime during the night, an unknown suspect used a pry tool to gain entry and stole money and medicine from the vehicle. The investigation is continuing.



## 2017-18 FOURTH GRADE CLASS AT ST. RITA SCHOOL



Fall is in full effect at St. Rita School with 298 students back to school as of September 5. This year, Principal Joanne Harabedian and faculty welcomed four new teachers and a new STEM program (science, technology, engineering, mathematics). The new school year was met with some other new items including important building updates like air conditioning and heating in all classrooms and beautiful renovations thanks to St. Rita's continuing Capital Campaign project.

Cross country, flag football, volleyball, and Drama Club are all under way at St. Rita School, as well as preparations for the annual Harvest Festival on October 14! Sponsorships and tax-deductible auction donations are being accepted for this amazing fundraiser. Make sure to get tickets for the Beer, Brats & Bingo event on Friday, October 13, as well as the Harvest Festival, which will feature carnival rides, game booths, live entertainment, and great food for the whole family. It's a great way to spend a weekend with the family. St. Rita School's Drama Club will be presenting "Godspell Junior" the weekend of November 17-19. This free show is a must-see and the community is welcome! Students look forward to these productions as a great way to nurture as well as show off extracurricular skills, like singing, acting and stage production. Look for more drama productions throughout the year at St. Rita School.

## ALVERNO HEIGHTS ACADEMY'S VOLLEYBALL AND CROSS COUNTRY TEAMS GET A "BLESSED" START

*Volleyball and Cross Country teams had their jersey blessed during "Blessing of the Jerseys"*

Sierra Madre, CA (September 11, 2017) – As they prepare for their official league seasons to get underway, the Alverno Heights Academy Volleyball and Cross Country teams had their jerseys blessed as a part of the annual "Blessing of the Jerseys."

The prayer service was organized by Alverno Heights Academy's Campus Ministry team and Campus Minister, Ms. Katharine Guerrero. At the beginning of the prayer service, Campus Ministry

along with a short prayer that they could attach to their athletic bags.

"Blessing of the Jerseys is such a wonderful way for these teams to begin their Horizon League seasons," said Julia V. Fanara, Head of School. "The level of commitment and dedication these young women display is a testament not only to their athletic interests but also their dedication to Alverno. We are so proud of them and the way they



Cross Country Team  
Back Row: Paola Munoz '21, Aaliyah Solis-Castillo '20, Kate Bolin, '19, Samantha Torres '21, Bella Lara '20.  
Middle Row: Kaitlyn Hammer '21, Chevelle Velasco '21, Nancy Alcalá '20 Front: Maddie Petersen '20, Jessa Tiedeman '18, and Sarah Lopez '18



Volleyball Team  
Back: Caitie Godínez '21, Desiree Castillo '21, Corina Goss '21, Emma Alvarez '21, Emily Combes '21, Afton Okwu '21, Amia Alvarez '21, Monica Calderon '21, Precious Perlas '19, Issy Fyson '18, Nikki Oberhammer '18, Skylar Robinson '18, and Natalie Landeros '20  
Front: Arianna Ubungen '21, Brynn Higdon '21, Lizzie Curren '21, Nicole Sao '21, Yasmeen Gray '18, Ashley Carranza '18, Calista Harris '18, and Abigail Chavez '20

students welcomed the entire school community and explained the purpose of "Blessing of the Jerseys" and encouraged the Alverno community to come out and support the Jaguars during the fall season.

Each team then brought up their jerseys to be blessed for a successful season filled with great competition, sportsmanship, and of course, one free of injuries. Both teams received a small reminder of their promise and commitment to their teams

truly act as empowered women on and off the field and court. We look forward to another successful year of Alverno Athletics—go Jaguars!"

The Jaguar Cross Country team will run in their first race of the season on Wednesday, September 13 at Griffith Park in Los Angeles at 4:00 p.m. The Jaguars will be competing

The Jaguar Volleyball teams will play in their first League games on Wednesday, September 20 at 4:00 p.m. at Ramona Convent Secondary School.

## 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

Arcadia High School  
180 Campus Drive Arcadia, CA 91007  
Phone: (626) 821-8370, Principal: Brent Forsee  
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

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.bcsilions.org](http://www.bcsilions.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](http://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 Kassakian

Monrovia High School  
325 East Huntington Drive, Monrovia, CA 91016  
(626) 471-2800 Principal Darwin 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)

## CALIFORNIA STATE LEGISLATURE APPROVES SB 478 ENSURES STUDENTS RECEIVE TRANSFER DEGREES

Sacramento, Calif. – SB 478, authored by State Senator Anthony J. Portantino (D – La Cañada Flintridge), passed the California State Legislature with bipartisan support and is heading to the Governor's desk. The bill requires California Community Colleges to automatically award degrees to students who have completed their requirements for the Associate Degree for Transfer. It further improves the data collection system by also adding the students to an identification system that is electronically available to the California State University and the University of California. This measure helps students receive what they have earned and improves efficiency and data management.

"When I learned that the community college system was not set up statewide to award degrees upon attainment, which resulted in many students transferring without their degrees in hand, it struck me. A bright student who earns a degree should get it, and the information that

follows that student's journey should be up to date and accurate. It's good for the student and will save the state money," stated Portantino.

SB 478 is supported by the California Community Colleges Chancellor's Office, California State Student Association, The Campaign for College Opportunity, and The Institute for College Access & Success. Senator Portantino chairs the Senate Education Budget subcommittee.

Sen. Portantino represents nearly 930,000 people in the 25th Senate District, which includes Altadena, Atwater Village, Bradbury, Burbank, Claremont, Duarte, Glendale, Glendora, La Cañada Flintridge,

La Crescenta, Lake View Terrace, La Verne, Los Feliz, Monrovia, Montrose, Pasadena, San Dimas, San Marino, Shadow Hills, Sierra Madre, South Pasadena, Sunland-Tujunga, and Upland.

## GOLDEN WORDS: ADVICE FOR STUDENTS & PARENTS

### THE SECOND PILLAR OF WELLNESS FOR TEENS AND COLLEGE STUDENTS: PRACTICING GOOD "SLEEP HYGIENE"

"9.25 hours of sleep. A night. That's what brain researchers tell us your teenager needs for regenerating cognitive and body functions." Dr. Gene Block, Chancellor at UCLA and noted sleep expert, offered this insight when he spoke at my high school to an audience of intrigued parents and drowsy students. "Yeah, right! Fat chance," a couple of parents shrugged, having endured daily battles with sons and daughters about when and how to get to bed, when to get up on school days and weekends, how to wrest iPhones out of the hands of their children after dinner, and related struggles to achieve good sleep hygiene. High schoolers often stay up too late and have to arise too early.

We know more today about the deleterious effects of early school start times on the health and academic performance of middle and high schoolers. Though barely 20% of America's schools have deliberately shifted start-times to 8:30 AM or later, there's a growing trend towards delaying school to better accommodate to the simple glandular reality of teen students, whose pineal gland doesn't time its release of their sleep-inducing Melatonin until quite late in the evening. So, if it takes longer to get to sleep and you're an active high schooler with a 7:30 AM team or club responsibility, the day has a pretty groggy start. If you self-medicate with a Venti double-shot or an energy drink, your cobwebs might lift, sure, but at an adrenalinizing price.

Chronic sleep deprivation in teens is life-threatening for the student and many others. Road safety experts estimate close to 2000 teen drivers and/or passengers die every year because of drowsy driving. Stress of sleep deprivation erodes many body functions, and it's no accident that as more and more teens sleep less and less, they're vulnerable not only to more colds and flus, but more frequently can experience Mononucleosis, Chronic Fatigue Syndrome and other immune challenges once primarily seen as illnesses of college-age students.

College-age? Yes, the national patterns of sleep deprivation continue with college students, notably those who live away in residence halls. Noise and light pollution, disruptive roommates, hallway toga parties, fire drills and other forces conspire to make it unlikely most residents can study, let alone sleep, until well after 11 PM. And there's another insidious force in our social media generation that works against developing good sleep rhythms—captured conveniently in the slang acronym "FOMO," or "fear of missing out." Many college students report not only pulling regular all-nighters to get their studies done, but also being hopelessly drawn to interrupting or delaying their sleep to hang out, party, make midnight pizza and beer runs (note: alcohol use has a soporific effect, but at the expense of undercutting the regular 90 minute cycle of sleep stages that recur during the night).

So, what to do? Naps? For teens, a nap of perhaps an hour at most can remediate some sleep deprivation. Sleeping in on weekends? The experts tell us that you can't really "catch up", and as Dr. Block told our audience, any extended sleep on weekends beyond two hours will wreak havoc on our circadian rhythms. At that point in his talk, a student sitting next to me bolted to attention and said, "hey, I must have a problem with my Cicada rhythm!" Hmm, more true than he knew, I guess!

Some resources in the battle for good sleep hygiene:

--<http://sleepcenter.ucla.edu/sleep-and-teens> (Our local powerhouse experts with great advice, including on health factors in sleep Issues, like Sleep Apnea.)

--<https://www.uhs.uga.edu/sleep> (U. Georgia Student Health services with a particularly good student-focused website)

--<http://web2.fit.edu/caps/documents/SleepandCollegeLife.pdf> (Florida Institute of Technology brochure with excellent tips)

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 agendas.



Dan Golden, PhD

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

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AND Twitter: [@mtnewsnews](https://twitter.com/mtnewsnews)





## DO UNTO ANIMALS

*A Highly Recommended Read For Every Animal Lover*

A dear friend recently gave me a book that I have found to be one of my favorites so far. Authored by Tracey Stewart and illustrated by Lisel Ashlock, DO UNTO ANIMALS - A Friendly Guide To How Animals Live and How We Can Make Their Lives Better takes the reader on an amazing journey of understanding and loving our fellow creatures with a fresh perspective on the reciprocal relationships we can and should have with them.

Tracey Stewart is truly a woman after my own heart. She begins the book with a short bio about herself, telling how she came to be such an avid animal lover. Throughout her life she has had the privilege of getting to know animals in various scenarios, both domestic and wild. Drawing on her countless experiences with a wide variety of species, Stewart shares how getting to know the animals has taught her how to be a more giving, mindful individual in all aspects of her life.

The book is broken into three main sections; Animals at Home, Backyard Wildlife and Falling in Love on the Farm. Each section is filled with sub-titled categories, each offering several chapters on interesting and informative subjects such as 'Giving back to My Furry Family Members' (I related so well to this part, I felt like I could have written it myself!) , 'A Mindful Nature Walk' and 'My Superheroes'.

Within each categorized section, Stewart includes detailed chapters on important facts and concerns related to the specific animals that apply to their respective categories. For example, in the Animals at Home portion, she includes a full chapter not only on the dog itself, but also one specific to caring for a dog's skin, one on watching for communicative clues from a dog's body language, one on the significance of a dog's tail & ears, and so on.

Through her delightful use of the English language, and with the remarkably creative means by which she expresses her thoughts, Stewart draws the reader into the stories she tells, holding them in three-dimensional imaginary suspension throughout the book. It didn't take long for me to see that Tracey Stewart and I think a lot alike when it comes to animals and the importance of their humane treatment.

On one hand, cultural changes in civilized society have occurred over many millennium which have brought us to a higher standard of how we treat animals overall. However, with regard to domesticated animals, some folks have really missed the boat on moral progress. The human's relentless need to breed in an attempt to produce the

"perfect pup", for example, has brought us to an unprecedented low.

Stewart's take on breeding is much like mine. Please, just stop! There are so many pets that have already been born and are not being loved and cared for. Until we can clean up the messes we have made, we don't deserve to procreate any additional pets that will inevitably be left by the wayside and ultimately euthanized. We humans have a lot to make up for, and today is a good time to get started.

In Do Unto Animals, Stewart offers a plethora of practical ways we can get back on track with loving and respecting the animals and she has an amazing way of saying how giving back will benefit not only the animals, but us humans as well. It is the balance of nature that our Earth is lacking and craving more than ever today, and we humans hold the key to re-achieving that balance.

It has been said that no man is an island unto himself, therefore what happens in one area of life on earth affects every area of life on earth. With this in mind, we humans each need to do our part to start spreading some good to all of earth's life forms. And what better place to start than with our closest fellow beings - our pets, our local wildlife and our farmed animals?

Do Unto Animals is an amazing read that offers some very practical ways to do right by our fellow beings. I highly recommend it to all of my animal-loving friends. Although it has been in print for a couple of years (Published 2015 by Artisan, New York) it's content is absolutely timeless. With beautiful illustrations of animals both inside and on the cover, it would make a great Christmas gift.

After reading the book, I felt like I had gone on an enchanting trip to a place where Stewart has been and kindly recounts. It is a place where the animals are understood, loved and respected. I learned some very interesting facts about dogs, cats and the other animals I see almost every day. I learned what I can do to make their lives better and I was inspired to adore even more, the wildlife I am blessed to cohabitate with here in Sierra Madre. Do unto the animals as you would have them do unto you...love and let live!



## BROTHER &amp; SISTER

## Katnip News!



Last week you met Milky White and one of her sons, Earl Grey. Here are her other two kittens, SPOT and MICKEY, both about 3 months. Mickey, male, is a pint-sized barrel of fun. Mickey will eventually grow into his generous pair of ears. He loves gentle attention from people and plays endlessly with his siblings.

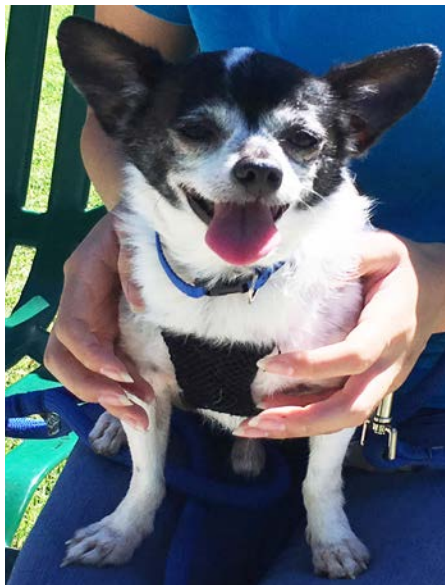
Spot, female, has silky white fur accented by gray markings, including her fashion statement "spot" on her shoulder. Curious and cuddly, she is seeking a "spot" to call home. She is a real confident, friendly girl. She has a silky coat, and a beautiful little face. Adopt both for a Twofur Discount of \$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?

Scooter is a cute, friendly little Chihuahua mix who was picked up as a stray dog. Scooter is 9-years-old and weighs about 8 pounds, just the right size to fit on a lap. Scooter is easy to harness, enjoys going for walks with our volunteers and loves being with people. Scooter has his own special charm and would make a wonderful companion for the right person. If you are looking for a new buddy, come meet Scooter and see if he is a good match for you. His adoption fee is \$130 and includes neuter surgery, vaccinations, microchip and a free wellness exam at a participating veterinarian. Scooter also qualifies for our Senior-for-Senior adoption discount program. Feel free to call us at (626) 286-1159 for more information. He 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#28789



## Walter Cailleteau, DVM

927 N. Michillinda Ave.  
Pasadena, CA 91107  
(626) 351-8863



## HEALTHY LIFESTYLES

## THE JOY OF YOGA

## TUCK THE CHIN, CALM THE MIND



Have you ever heard tucking the chin is exercising your humility muscle? Accessing the power of the chin lock in yoga is available to every practitioner.

The chin lock, or Jalandhara Bandha, is one of the three energetic locks of the body. These locks (Bandhas) help to collect energy in the body and generally help build vitality.

The chin lock is the very first one to learn because the others build upon its foundation. Think of it as the wall or lid at the top of a container. In this case, the container is the body. To engage the chin lock, tuck the chin and slightly draw the head back, making the back of the neck long. Keep the breath steady, even and through the nose. There are several poses in which to practice this: a normal seated posture, warrior I pose, downward facing dog, seated forward fold, and many more. The chin lock is soothing and can often relieve strain and tension in the neck. Many practitioners have gotten into the habit of leading with the chin and overarching the neck. Doing this, they are missing some of the wonderful benefits that come with engaging the chin and exercising this humility muscle.

Every time I engage this chin lock, I know that I am containing energy-- precious energy that is built during practice. It makes sense to hang onto it! There is also an unmistakable effect of soothing lightness. The chin lock helps to calm the mind, create a state of introversion, and it cultivates one-pointed awareness. Add the benefit that it helps to lower blood pressure and decrease the heart rate which makes this pose a powerful place in the body.

There is a more mystical explanation of the benefits too. It is said that the throat holds the nectar of enlightenment and immortality flowing down from the heavens (or center of the head). Tucking the chin holds this rich nectar of enlightenment and prevents it from falling into the digestive fire. Ultimately, we hang onto more prana or energy.

Become aware of this powerful tool for deepening your yoga practice and hanging onto the beautiful energy you create.

Come practice! Find me and other experienced teachers at Yoga Madre, [www.yogamadre.com](http://www.yogamadre.com).

Namaste friends,  
Keely Totten,  
E-RYT 500,  
Yogi, Teacher Trainer



## THE MISSING PAGE

## Real Life Tips from Life's Instruction Manual

## BURN THE BOAT

You have got to stand up for your dream; no one else can do it for you.

In the face of all difficulties and our desires and allow them to direct our steps and our lives. There is a legend of a warrior that is recounted by Napoleon Hill in his book, Think and Grow Rich:

"A long while ago, a great warrior faced a situation which made it necessary for him to make a decision which insured his success on the battlefield. He was about to send his armies against a powerful foe, whose men outnumbered his own. He loaded his soldiers into boats, sailed to the enemy's country, unloaded soldiers and equipment, then gave the order to burn the ships that had carried them. Addressing the men before the first battle, he said, "You see the boats going up in smoke. That means that we cannot leave these shores unless we win! We now have no choice—we win—or we perish!"

Those soldiers won, as they had no choice and in doing so they came alive. What does it mean to burn the boat? Decades ago I wanted to be a lawyer more than anything. I was unwilling to wait until a time it was more convenient or when it might be easier. I had a burning desire. There was nothing to indicate that I would be successful. I had no plan to pay for my living expenses or school, but I would not be deterred. I gave up my apartment and moved to another city. I rented a room and shared a bathroom with a man I didn't know. I did not have a plan, but I did have a dream, and that dream fueled me more than anything. I was willing to go into uncertain terrain, even though my future seemed unclear. People told me to wait, to delay, to save my money and then return with a cushion. I said, no and pushed forward. There were times when I didn't know how I would eat or pay my rent, but I stuck with it. I am so glad that I did because I learned just how resilient I am and it created a firm foundation for the rest of my life. I learned how to take a step, even when I am afraid. I look back at that time in my life and see places where I could have pushed myself further, but I can only see that now. I couldn't have seen it then. I

also know that I can recover from a mistake, but only if I am willing to try.

I allowed myself to be pulled into the feeling of the excitement of crossing into the bar of justice, addressing the court and speaking to juries. It is such a glorious feeling, and not everyone gets to do that. There are thousands of lawyers in California, but being a trial lawyer is a unique experience, and there was no way I was going to let fear stop me. I was more afraid not to try than I was of failing.

Guess what happened once I started, once I tried. Everything came together. The school created a financial aid package that I could handle, while friends and family pinched in too. None of that could have happened if I hadn't tried. I had to succeed because I didn't have a plan B.

Living from your Core Desired Feelings requires you to stand up for yourself in ways that you never have before. You're going to need to talk to yourself differently and to entertain possibility.

You will have to give some "ish" up too.

It will require you to ignore what others will think to stop you. You will have to tell your fear to shut the hell up and keep going. Sometimes you will have to keep going because you have burned the boat behind you.

We are always evolving. We are never going to stop wanting because we are alive. We want this breath and the next one and the one after that. We should never stop dreaming. To get to your best life, give up good enough, go ahead a try excellent. When the choices are good, better, best...Take the BEST, it's your birthright.

So now I do this coaching because I want more people to experience living wildly fulfilling lives, not sometime off in the future, right now.

It is so exciting to step into an active role in creating a life worth living. The joy is in taking a step, and then another and another.

Lori is a lawyer and coach. You can find out more about her on her website [LoriAHarris.com](http://LoriAHarris.com) and her free app Gratitude Train in the App Store and Google Play.

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

### ROUNDS BURGER

*Happy National Cheeseburger Day*

I am asked frequently, as I am sure that all of us who are asked to pen our restaurant experiences are, "how did you find this restaurant?" In the case of Rounds Restaurant on North Lake, my friend Robin Salzer of his namesake restaurant turned me on to it, and Joe Caiello of Nikki C's seconded the motion that I needed to check out Rounds which features, of course, hamburgers. Sorry if you are getting burgered out, but this one here is something special. I spoke to owner, Charbel, who said "we are re-inventing ourselves so if you are a fan come on in and if you weren't give us another try!" He told me that they are indeed busy at lunch and that they are working hard to spruce up the place.

Upon entering the restaurant one late Tuesday night, I was a little nervous that there wasn't much going on. If this place is so hot where is everyone? I guess it's up to me to get the word out. The restaurant interior is simple (maybe they like it that way or are waiting for the chandeliers to arrive?) There is a large screen TV in the back room, a few signs on the wall, and the menu board, but that is it! Fortunately, I don't write for Good Housekeeping; I am here for a cheeseburger. Self-service is fine by me, and the menu is right above the register. The choices have expanded from my last visit to include wings, hot dogs, a pulled

pork sandwich and other items. The western Cheeseburger (\$6.75) is spot on - lean beef medium rare, with cheddar cheese, onion strings, lettuce, and tomato. I asked if the fries were fresh cut, and the answer was "every day"!!! Now I am excited -- fresh cut fries and hand made patties, throw in a craft beer, and you are thinking this might fall into the \$20 range? Nope, it was all under \$16. I even had enough to throw my change in the bucket.

When my name was called, "Peter your order is ready!" I could tell just by looking at the fries that they were fresh cut, and I was ready to grind on my burger. The bread was not toasted, as I prefer, perfect!! The fries were hot so I munched on them first - they were as good as Islands or In and Out, this tough fry fan says!!! I didn't have the chili cheese fries, but my buddy Craig gives those a thumbs-up. All and all, it is still one of the best values for a burger and fries combination I have ever had. Check out Rounds Burger it's a winner!! Rounds Premium Burgers 46 Lake Ave. Pasadena (626) 304-9810

P.S. Joe Caiello's Sena in Monrovia makes a pretty darn good burger too. It's called "Burger by Nik".

Save The Date: Mike Bingley and I are doing a live TV remote at Rocco's Tavern this Monday to celebrate National CheeseBurger Day!



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## Sierra Madre Kiwanis Club's Pancake Breakfast



**Saturday, September 30, 2017**  
**7:00 to 11:00 a.m.**  
**in Memorial Park**  
**\$6.00 donation**



**Bring  
your  
appetite!**



Breakfast includes:  
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Sausage  
Milk, Coffee or  
Juice

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under the pergola  
for the very best  
breakfast in town.



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throughout the year!  
Together we make a  
difference.

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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## HOW TO FIND A BETTER MEDICARE PRESCRIPTION DRUG PLAN

Dear Savvy Senior,  
I think I'm paying too much for the medications I take. I have a Medicare Part D prescription drug plan and my out-of-pocket spending is over \$4,000 thus far in 2017. When and how can I change my Medicare drug plan?

Inquiring Carol

Dear Carol,

You can change your Part D prescription drug plan during Medicare's open enrollment period, which runs from October 15 through December 7. During this time, beneficiaries can switch drug plans or join a drug plan if you didn't have one before. They can also switch from Original Medicare to a Medicare Advantage plan, or vice versa if they wish. Any changes to coverage will take effect January 1, 2018.

In September, you should also keep your eyes peeled for your "annual notice of change" from your drug plan. It will outline any changes in coverage, costs or service that will take effect in January.

If you take no action during open enrollment, your current coverage will continue next year. Yet even those who are happy with their coverage should review their plan for any changes to come.

### Change Medicare Plans

If you have Internet access and are comfortable using a computer, you can easily shop for and compare all Medicare drug plans in your area, and enroll in a new plan online.

Just go to Medicare's Plan Finder Tool at Medicare.gov/find-a-plan, and type in your ZIP code or your personal information, enter in how you currently receive your Medicare coverage, select the drugs you take and their dosages, and choose the pharmacies you use. You'll get a cost comparison breakdown for every plan available in your area so you can compare it to your current plan.

This tool also provides a five-star rating system that evaluates each plan based on past customer service records, and suggests generics or older brand name drugs that can reduce your costs.

When you're comparing drug plans, look at the "estimated annual drug costs" that shows how much you can expect to pay over a year in total out-of-pocket costs, including premiums, deductibles and co-pays.

Also, be sure the plan you're considering covers all



of the drugs you take with no restrictions. Most drug plans today place the drugs they cover into price tiers. A drug placed in a higher tier may require you to get prior authorization or try another medication first before you can use it.

### Need Help?

If you need some help choosing a new plan, you can call 1-800-MEDICARE and they can help you out over the phone. Or, contact your State Health Insurance Assistance Program (SHIP), which provides free one-on-one Medicare counseling. They also conduct seminars during the open enrollment period at various locations throughout each state. To find the contact information for your local SHIP visit Shiptacenter.org, or call the eldercare locator at 800-677-1116.

### Low-Income Assistance

If you find yourself struggling to pay your medication costs, check out Medicare's "Extra Help" program. This is a federal low-income subsidy that helps pay Part D premiums, deductibles and copayments. To be eligible, your income must be under \$18,090 or \$24,360 for married couples living together, and your assets must be below \$13,820 or \$27,600 for married couples. For more information or to apply, call Social Security at 800-772-1213 or visit SSA.gov/medicare/prescriptionhelp.

Other resources that can help include RxAssist.org, which maintains a comprehensive database of patient assistance programs, set up by drug companies for those who have trouble affording their medications. And NeedyMeds.org, a national nonprofit organization that maintains a website of free information on programs that help people who can't afford their medications or other health-care costs.

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

## SENIOR HAPPENINGS



### HAPPY BIRTHDAY! ....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  
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Looking Up  
with Bob Eklund



CASSINI SPACECRAFT MAKES ITS FINAL APPROACH TO SATURN



NASA's Cassini spacecraft is on final approach to Saturn, following confirmation by mission navigators that it is on course to dive into the planet's atmosphere on Friday, Sept. 15.

Cassini is ending its 13-year tour of the Saturn system with an intentional plunge into the planet to ensure Saturn's moons—in particular Enceladus, with its subsurface ocean and signs of hydrothermal activity--remain pristine for future exploration. The spacecraft's fateful dive is the final beat in the mission's Grand Finale, 22 weekly dives, which began in late April, through the gap between Saturn and its rings. No spacecraft has ever ventured so close to the planet before.

The mission's final calculations predict loss of contact with the Cassini spacecraft will take place on Sept. 15 at 4:55 a.m. PDT. Cassini will enter Saturn's atmosphere approximately one minute

earlier, at an altitude of about 1,190 miles above the planet's estimated cloud tops (the altitude where the air pressure is 1-bar, equivalent to sea level on Earth). During its dive into the atmosphere, the spacecraft's speed will be approximately 70,000 miles per hour. The final plunge will take place on the day side of Saturn, near local noon, with the spacecraft entering the atmosphere around 10 degrees north latitude.

When Cassini first begins to encounter Saturn's atmosphere, the spacecraft's attitude control thrusters will begin firing in short bursts to work against the thin gas and keep Cassini's saucer-shaped high-gain antenna pointed at Earth to relay the mission's precious final data. As the atmosphere thickens, the thrusters will be forced to ramp up their activity, going from 10 percent of their capacity to 100 percent in the span of about a minute. Once

they are firing at full capacity, the thrusters can do no more to keep Cassini stably pointed, and the spacecraft will begin to tumble.

When the antenna points just a few fractions of a degree away from Earth, communications will be severed permanently. The predicted altitude for loss of signal is approximately 930 miles above Saturn's cloud tops. From that point, the spacecraft will begin to burn up like a meteor. Within about 30 seconds following loss of signal, the spacecraft will begin to come apart; within a couple of minutes, all remnants of the spacecraft are expected to be completely consumed in the atmosphere of Saturn.

Chief among the observations being made as Cassini dives into Saturn are those of the Ion and Neutral Mass Spectrometer (INMS). The instrument will directly sample the composition and structure of the atmosphere, which cannot be

done from orbit. The spacecraft will be oriented so that INMS is pointed in the direction of motion, to allow it the best possible access to oncoming atmospheric gases.

For the next couple of days, as Saturn looms ever larger, Cassini expects to take a last look around the Saturn system, snapping a few final images of the planet, features in its rings, and the moons Enceladus and Titan. The final set of views from Cassini's imaging cameras is scheduled to be taken and transmitted to Earth on Thursday, Sept. 14. If all goes as planned, images will be posted to the Cassini mission website beginning around 11 p.m. EDT (8 p.m. PDT). The unprocessed images will be available at:

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



CHRISTOPHER Nyerges  
AFTER THE DISASTER:  
*The Necessity of Sanitation, toilets and otherwise. [part 2]*

about emergency toilets, natural soaps, and the necessity of sanitation after emergencies. He can be reached at [www.SchoolofSelf-Reliance.com](http://www.SchoolofSelf-Reliance.com).]

GENERAL SANITATION

It's important to stay clean, especially after a breakdown of municipal sanitation. Watch what you touch, and re-consider whether or not to shake people's hands. Be extra conscious about putting your finger in your mouth, or scratching your eye.

When people take hot water and soap for granted, they are less likely to immediately be extra cautious after some disaster, which might be accompanied by an outbreak of cholera or some other infectious disease.

If you're using water from a large bucket, for example, establish some protocol so that the main bucket does not become contaminated. If the water bucket has a spigot (which it should), then your problems are diminished considerable. But if you're using a bucket which has to be scooped, you want to be extra careful that the scooper doesn't get dirty.

VINEGAR OF FOUR THIEVES

Some centuries ago during an outbreak of bubonic plague in France, four thieves managed to loot the empty plague-ridden homes without contracting the dreaded plague. That immediately caught my attention when I read that, since our society is probably ripe for such an outbreak of disease, for a variety of reasons. If a widespread outbreak of plague were to erupt anywhere in a U.S. big city, would we realistically be able to rely on doctors and hospitals? Some Middle Ages accounts tell us that during some of the worst plague outbreaks, the dead outnumbered the living, and the dead could not be buried fast enough. If that were to happen here, to us, who would operate the 911 phone line? Would the paramedics be able

to handle the emergency? What would happen to basic "law and order"? Well, it wouldn't be a pretty sight!

Anyway, these four thieves were arrested by policemen, and were brought before the French judge in Marseilles. Wondering aloud, the judge asked how it was that these four thieves managed to resist the plague, especially since they had been in and out of so many plague-infested homes.

"We drink and wash with this vinegar preparation every few hours," they answered. The judge made a shrewd bargain. The thieves would be given their freedom in exchange for their "anti-plague recipe."

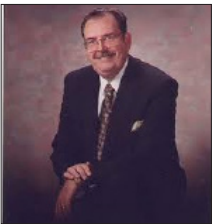
This recipe is recorded in Dian Buchman's Herbal Medicine book. Buchman writes, "this recipe has been used for centuries, but legend has it that it was discovered during a devastating bubonic plague."

See the SIDEBAR for the recipe.

The vinegar is probably the most active ingredient in this recipe. We have used raw apple cider vinegar (in our drinking water, in ratio of about 2 teaspoons per quart) and have found that it keeps the mosquitoes from biting us, and helps reduce heat stress when working out in the sun. Whole books have been written about the health benefits of vinegar, such as Vermont Folk Medicine by D.C. Jarvis, M.D. However, be sure to use only the raw apple cider vinegar. Also, the garlic has anti-bacterial properties, as does the rue. I've never seen an analysis of this exact recipe combination, but I suspect that similar concoctions would work as well, assuming they had at least the vinegar, garlic, and rue.

WATER PURIFICATION

In the United States, most campers assume water should be boiled for a period of ten minutes, before drinking, just to be safe. In some countries, however, the ability to boil water has proven to be a major obstacle, in large part because of a lack of firewood. Research shows all pathogens in the water are dead when the water reaches around 170 degrees F. (or about 75 degrees C), so, in fact, simply bringing the water to a boil is sufficient.



OUT TO PASTOR  
A Weekly Religion Column by Rev. James Snyder  
MY SNEEZE IS NO GENTLE BREEZE

It has been days (or has it been years) since I have enjoyed a sneeze free day. The Gracious Mistress of the Parsonage told me it is simply that time of the year and I should learn to deal with it. "After all," she opined, "you're not going to die."

That news was not quite encouraging, because it was the hope of dying keeping me alive so far. If my brain was functioning anywhere half-decent, (and I can't remember a time it has) I probably could remember when I felt worse. However, it does not matter how I have felt in the past it is how I'm feeling right now that really matters.

I have gone through a million boxes of tissues this past week.

I would not mind an occasional sneeze every now and then. For example I could live with a simple "aah-choo," and be done with it. But, oh no, my nose has different ideas about the whole thing.

It is what I call the unholy Trinity. It goes something like this.

Aaaaaah Choooooooooooooooooooo.

Aaaaaaah Choooooooooooooooooooo.

Aaaaaaaah Choooooooooooooooooooo.

Each sneeze tries to outdo the previous one. I can never sneeze one time, it always has to be in multiples of three.

Of course, sometimes my nose tries to outsmart me. For example, when a sneeze comes I gear up for three in a row. Then my nose will sneeze two times and I am ready for the third one and it does not come. It will do this several times in a row, then it will sneeze twice, there is a small pause, and I think it is over and the third thunders forth.

Notwithstanding, this has made certain inconveniences in the life I once enjoyed. For example, in the middle of the night when nature calls I try to be as careful in getting out of bed and going as I possibly can. I never open my eyes so as not to become fully awakened in the middle of the night. Once awake I find it difficult to go back to sleep.

Just the other night I was responding to nature's call as I normally do and was just about ready to get back into bed when my nose realized what was happening and called forth three mighty sneezes.

Not only did it bring me to full awake status, but also the lady sleeping in my bed was aroused to full alertness, and yelled, "What happened?"

I live by one basic rule. Never wake up grouchy.

I've learned one thing about what not to do when you have this condition. That is simply never brush your teeth during this condition. My mirror in my bathroom will be shiny bright and never have a cavity, guaranteed.

I have noticed when you are sick and people find out about it they feel obligated to share with you their medical

expertise on the situation at hand.

One person said to me, "What you need is plenty of vitamin C. I recommend you drink as much orange juice as you possibly can. That'll take care of it for sure."

I don't know who is worse. The one giving advice or the one taking it.

Being in such desperate straits, I decided to take the orange juice regimen. For one whole day, I drank as much OJ as I possibly could get down. For a while, it seemed to work, but then the inevitable raised its ugly head. Everybody knows when you drink as much OJ as I have been drinking there comes the necessity to go to the bathroom.

I got to the bathroom, just in time, and in midstream, I had a ferocious attack of the sneezes. When the storm subsided, the bathroom looked like the aftermath of Hurricane Charley. I tried explaining this to my wife but she only crossed her arms, looked at me and raised her eyebrows in a way I knew she did not buy what I was saying.

While I was still in this sniffing-sneezy-stuffy condition, I ran into a friend of mine. It is hard to hide your condition when all you are doing is sneezing and sniffing. He understood, of course, and then offered me his expert medical advice.

"I have found the perfect cure for your condition." You would think by this time I would have learned my lesson, but I was feeling so down I was grasping at straws.

"When I get what you have I always take a laxative regimen."

Had I been in my right mind and had my mind been clear I would have considered this as stupid advice. However, being in the condition I was in it somehow it sounded plausible.

"This laxative regimen," he explained, "flushes all the poison contributing to your condition out of your system."

Either, my friend had never tried the remedy himself or, he had forgot to warn me about a very serious side effect. One sneeze can trigger a flush. Don't ask me how I know.

In the midst of all of this nonsense, my bleary, teary eyes rested on an old familiar friend. It is found in Psalms 103:1 (KJV), "Bless the LORD, O my soul: and all that is within me, bless his holy name"

I discovered one good thing about sneezing in public. People are always kind enough to say, "God bless you."

Ah, it's a wonderful world...Aaaaah Chooo!

"God bless you."

Thank you.

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 [jamesnsnyder2@att.net](mailto:jamesnsnyder2@att.net). The church web site is [www.whatafellowship.com](http://www.whatafellowship.com).

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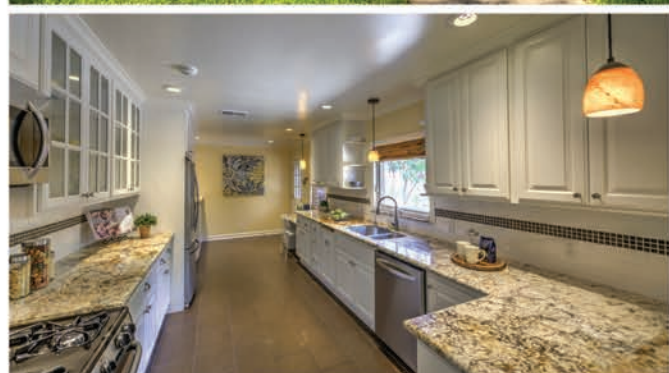
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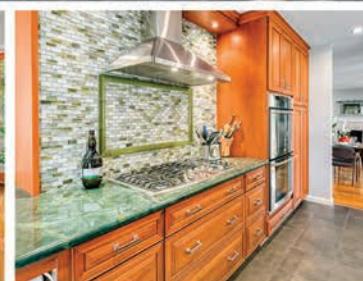
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SATURDAY, SEPTEMBER 16, 2017

SECTION B

## AROUND SAN GABRIEL VALLEY

### CALIFORNIA SCHOOL OF THE ARTS COMES TO DUARTE

By Joan Schmidt

Something very wonderful has happened in Duarte. The California School of the Arts-San Gabriel Valley (CSARTS-SGV), a public charter school is now operating in conjunction with the Duarte Unified School District at the former Northview Intermediate campus at 1401 Highland Avenue. On September 1, I attended the official "Ribbon-Cutting Ceremony".

What makes California School of the Arts so special and desirable? The school teaches four broad groups of art: dance, music, theater and fine and media arts. In those categories, students can specialize in anything from creative writing to art design. If a student really is serious about a future in the arts, CSARTS-SGV is a perfect fit. It offers a path of study that enables them to become experts before they graduate. For grades 9-12, the day is much longer than traditional schools. After their academic studies, they participate in conservatory from 3 to 5:20 pm daily.

and academic instruction to more students. Abbe Levine, Dean of the Arts also had a key role bringing the CSARTS to Duarte. After several meetings and much planning, the school became a reality.

At a prior reception, Dr. Mucirino said, "On behalf of the Duarte Unified School District and our Board of Education, it is with great pride that we include the California School of the Arts among the DUSD family of schools."

Senator Anthony Protantino, Mayor Pro Tem John Fasana, and Field Rep Veronica Lopez for Congresswoman Blanca Rubio presented Certificates of Recognition to CSARTS-SGV for establishing a school with a unique culture where students from the San Gabriel Valley and beyond can develop as artists and scholars. In addition, attendees included the Duarte Unified School Board, Duarte City Council Members, Martin Howard of Howard CDM, CSARTS-SGV Board of Trustees and CSARTS-SGV founding administrative team.



In its first year in Duarte, the CSARTS-SGV has an enrollment of 700 students, Grades 7-11, from several school districts. Students must audition to be accepted into the school and all who applied were admitted. (Next year the school will have a 12th grade.)

How did CSARTS-SGV come to Duarte? A couple years ago, Duarte Superintendent Dr. Mucirino was in a Starbucks and met a former student, now connected to CSARTS. Dr. Mucirino thought the school outstanding and wondered if it could be brought to Duarte. At the same time, the Orange County School of the Arts Board of Directors, Board of Trustees, and Founder and Executive Director Ralph S. Opacic had a vision to provide the same award-winning arts

CEO Ralph Opacic told us on Aug 14, the school officially opened its doors to 700 bright and talented 7th-11th grade students, each with a passion for the arts, and explained their rigorous schedule. At their school, is "a unique culture forms from the character of our students and the caliber of our teachers."

Katherine Powers, Director of the Visual Arts Conservatory opened the ceremony with a captivating performance of "The Star Spangled Banner", followed by outstanding students' performances. After the Ribbon Cutting, we toured the beautiful campus and classrooms. Changes included soundproofing music practice rooms and replacing flooring for the dance studios.

### SANTA ANITA POISED FOR 2017 AUTUMN MEET OPENER ON FRIDAY, SEPT. 29

—With its Autumn Meet opener just 18 days away on Friday, Sept. 29, Santa Anita Park is poised to open its gates for a dynamic 19-day run through Oct. 29 as the track will offer horsemen and the betting public a newly refurbished turf course and world class main track along with a multitude of dining and entertainment options. With the two-day Breeders' Cup looming Nov. 3 & 4 at Del Mar, Santa Anita's opening weekend racing will be dominated by five Grade I Breeders' Cup "Win & You're In" Challenge races on Saturday, Sept. 30. Under the guidance of Track Superintendent Dennis Moore, Santa Anita's sandy loam main track is in pristine condition as it underwent routine maintenance over the summer, with soil removed, applied and track gradients addressed and verified.

Santa Anita's highly acclaimed Bandera Bermuda turf course, newly installed in June and July of last year, has been reinvigorated through a variety of measures, with a large area, from the quarter pole to the Club House turn, completely re-sodded with brand new turf.

In addition to world-class racing surfaces, fans will be treated to a first-ever Trackside Octoberfest over opening weekend, featuring German beer, food and music as revelers cheer their horses home down the homestretch on Saturday, Sept. 30 and Sunday, Oct. 1. Fans are encouraged to visit [santaanita.com](http://santaanita.com) to purchase tickets in advance and save big on pre-sale purchases made by Sept. 15.

A Santa Anita General Admission Trackside Octoberfest Package includes:

- Eight beer or cider tastings
- Mini souvenir tasting "stein"
- Five dollar wagering voucher
- Club House Admission
- Racing program and wagering tip sheet
- Access to special Trackside and Grandstand seating areas



In addition to its two-day Trackside Octoberfest Sept. 30 & Oct. 1, Santa Anita will also offer fans a Hall of Fame autograph session Sunday, Oct. 1, beginning at 11 a.m. in the East Paddock Gardens area.

First post time on opening day, Sept. 29, will be at 1 p.m. First post on all weekends will be at 12:30 p.m. For more information on Santa Anita's racing and promotional schedules, please visit [santaanita.com](http://santaanita.com) or call (626) 574-RACE.

#### About Us

Santa Anita Park is a Stronach Group company, North America's leading Thoroughbred racetrack owner/operator. The Stronach Group racetracks include Santa Anita Park, Gulfstream Park & Casino, Golden Gate Fields, Portland Meadows, Laurel Park and Pimlico Race Course, home of the world-famous Preakness. The company owns and operates the Palm Meadows Training Center in Florida, and is one of North America's top race horse breeders through its award-winning Adena Springs operation. The Stronach Group is one of the world's largest suppliers of pari-mutuel wagering systems, technologies and services. Its companies include AmTote, a global leader in wagering technology; Xpressbet, an Internet and telephone account wagering service; and Monarch Content Management, which acts as a simulcast purchase and sales agent of horseracing content for numerous North American racetracks and wagering outlets. The Stronach Group is North America's premier supplier of virtual online horseracing games, as well as a leading producer of social media content for the horseracing industry.

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**Aaron N. Jacobs**- A California licensed professional fiduciary and owner of Sentry Services, specializing in assisting clients as trustee, successor trustee, conservator, power of attorney, and guardian, as needed.



**Jaya Kumar, ESQ**- An experience litigator in the areas of trust, probate and family law, including conservatorships and guardianships throughout Los Angeles.



**Sam Gopinathan, BE, MBA**- CEO of New Wave Home Care, a non-medical home care service, since 2010. Sam has over 22 years of experience working with 3 Fortune 500 companies.

#### EVENT DETAILS

**THURSDAY, SEPTEMBER 21, 2017**  
From: 6:30pm – 8:00pm

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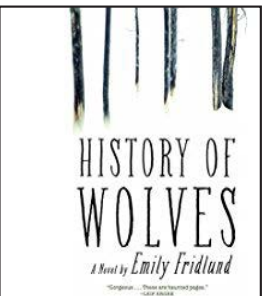


Jeff's Book Pics

By Jeff Brown

**Vaster Than Sky, Greater Than Space: What You Are Before You Became** by Mooji  
Brilliant Illuminations for Awakening to the Absolute.What if all that you believe yourself to be—your body, mind, emotions, and conditioning—is actually what you are not? What if this is merely a self-portrait shaped by false identification, habit, and assumptions?In gatherings worldwide, Mooji has opened the eyes of thousands through his ability to shine light on the ineffable with uncommon clarity, humor, and warmth. Now, with this book, Mooji invites readers everywhere to discover the true essence from which we all arise. He guides us into the adventure of deep inquiry, sparking direct Self-realization through parables, insights, wisdom teachings, and responses to the common questions of readers.Through our own engagement and self-exploration, Mooji helps us to arrive at the answers from our own deepest Knowing—revealing the timeless, boundless love and freedom that is the natural perfume of the Absolute.

**History of Wolves: A Novel** by Emily Fridlund



“So delicately calibrated and precisely beautiful that one might not immediately sense the sledgehammer of pain building inside this book. And I mean that in the best way. What powerful tension and depth this provides!”—Aimee BenderFourteen-year-old Linda lives with her parents in the beautiful, austere woods of northern Minnesota, where their nearly abandoned commune stands as a last vestige of a lost counter-culture world. Isolated at home and an outlander at school, Linda is drawn to the enigmatic, attractive Lily and new history teacher Mr. Grierson. When Mr. Grierson is charged with possessing child pornography, the implications of his arrest deeply affect Linda as she wrestles with her own fledgling desires and craving to belong. And then the young Gardner family moves in across the lake and Linda finds herself welcomed into their home as a babysitter for their little boy, Paul. It seems that her life finally has purpose but with this new sense of belonging she is also drawn into secrets she doesn't understand. Over the course of a few days, Linda makes a set of choices that reverberate throughout her life. As she struggles to find a way out of the sequestered world into which she was born, Linda confronts the life-and-death consequences of the things people do—and fail to do—for the people they love.

All Things

By Jeff Brown




WELLES CROWTHER -24 YRS.OLD -HERO!

On September 11, 2001, minutes after United Airlines Flight 175 struck the South Tower between floors 78 and 85 Crowther called his mother from his office at 9:12 a.m., leaving the message, “Mom, this is Welles. I wanted you to know that I'm OK.” Crowther made his way to the 78th floor sky lobby, where he encountered a group of survivors, including a badly burned Ling Young. Young had been one of approximately 200 people waiting at a bank of elevators to evacuate when the plane hit the tower, and one of the few survivors.Crowther, carrying a young woman on his back, directed them to the one working stairway. The survivors followed him 17 floors down, where he dropped off the woman he was carrying before heading back upstairs to assist others. By the time he returned to the 78th floor, he




had a bandana around his nose and mouth to protect him from smoke.He found another group of survivors, which included Judy Wein, who was in pain from a broken arm, cracked ribs and a punctured lung. According to Wein, Crowther assisted in putting out fires and administering first aid. He then announced to that group, “Everyone who can stand, stand now. If you can help others, do so.” He directed this group downstairs as well.As occupants of the Tower headed for the street, Crowther returned up the stairs to help others. He was last seen doing so with members of the FDNY before the twin Tower collapsed at 9:59 a.m. According to survivor accounts, Crowther saved as many as 18 people following the attacks.

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FAMILY MATTERS

By Marc Garlett

MY BIG LESSON  
FROM 9/11

Like many of you, I watched the remembrances and commemorations covered on television Monday, September 11, this past week. I thought a lot about that fateful day 16 years ago, my memories of watching the towers come down still vivid in my mind. The horror, the sadness, still heavy on my heart. The heroic actions of so many brave men and women still giving hope to my soul.

And then on Tuesday, the very next day, I was listening to motivational speaker [Winn Claybaugh](#), as he addressed the [Sierra Madre Rotary Club](#) about experiencing the very same feelings I myself had just the day before. We shared the knowledge that those thousands of people, trapped in airplanes or buildings, suddenly realized they were in the very last moments of their lives. And we both thought about how that must have felt - but of course we can't really know. The one thing we do know, however, beyond a shadow of a doubt, is that many of those people, comprehending they only had moments left to live, chose to use those precious last few seconds to make phone calls.

We've all heard the stories. And we know they didn't call their bosses, or their employees, to complain about stress in the workplace. We know they didn't call a neighbor or relative they were having a dispute with to take one final parting shot. We know those that could, made phone calls to the people they loved

most in the world. And we know the simple message they conveyed was a message of love. “I love you,” they said. “No matter what happens, know that I love you.”

Because in the end – the literal end – nothing else mattered. At all. To a person, they just wanted to hear their loved one's voice one last time. They wanted to send one final message: “I love you.” That was their priority; the most important thing in the world. Nothing else mattered. Can there be any doubt love is stronger than hate? Can there be any mistake that what's most important, when everything is all said and done, is the love we have for our families?

How amazing is that?! What a tribute to us as human beings. And yes, pure evil does reside in some human beings. That's always been the case. But there is also such pure goodness and love in so many of us. And ultimately, this all speaks to why I love doing what I do. Because at the very end, nothing matters but the love we have for our families. Estate planning is the way – the only way, in fact – to guarantee that last message of love and hope comes through to our loved ones loud and clear.

And when it comes right down to it, that's the only thing that matters. So, my question is this: have you taken the necessary steps to ensure your final message will be clearly heard and unequivocally understood by the people you love most in the world? Estate planning can – and should be – about so much more than just legal documents. It is – and must be – about successfully communicating the most important message of your life to the most important people in your life. And in the end, that will be the most important thing in your life.

If you haven't gotten it done yet, stop procrastinating. Get your estate plan in place. Don't lose the most important opportunity of your life.

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

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BUSINESS TODAY

The latest on Business News, Trends and Techniques

By La Quetta M. Shamblee, MBA

NEW LAWS NEEDED IN FACE OF DISASTER

Millions of Texans and Floridians are facing the prospect of financial disaster in the aftermath of hurricanes Harvey and Irma. It is heartwarming to witness the humanity of fellow Americans extending every possible effort to help others in need. Unfortunately, the same cannot be said for some landlords who have notified tenants that they are still expected to pay rent for homes that tenants were unable to occupy due to standing water. Such is the case in Pasadena, Texas where some tenants have been told that rent is still due and late fees will be applied.

Homeowners with mortgages insured by the Federal Housing Administration (FHA) fare a bit better. Traditionally, the FHA imposes a 90-day moratorium on foreclosures of federally-insured loans after the current president issues an official declaration. After the 90-days, those who have not been able to make the payments have to try and negotiate for additional relief.

In addition, mortgage lenders typically make accommodations for borrowers in response to proclamations by banking regulators and government mortgage agencies. This includes guidelines that align with regulators like HUD or foreclosure outlines from Fannie Mae and Freddie Mack and applicable state and local agencies.

The relief is helpful, especially if the homeowner is able to resolve the past due amount with a lump sum payment or payment arrangement. Ultimately the lender has the discretion. For individuals who have no jobs to return to,

or small business owners who must await the restoration of electricity to resume business, 90 days is not sufficient. Even with the allocation of federal relief available through FEMA for some, millions are faced with the prospect of financial ruin.

It seems that a reasonable “bail out” for everyone impacted would be appropriate in this type of situation. Perhaps similar to what was granted to the financial sector in October 2008 in response to the disaster that was not by an act of nature, but instead by acts of greed. After being rescued by the \$700 billion dollar taxpayer-funded bailout, many of these same institutions showed little to no regard in working with individuals to help them save their homes.

The recent wave of natural disasters can serve as a wake up call for citizens to advocate for and demand more compassionate laws in the wake of these situations. Laws to ensure some baseline of “bail out” assistance for everyone facing displacement, homelessness or loss of employment due to hurricanes, tornados, fires and similar events, would make a lot of sense.

We have been inspired by the scenes of strangers who have nothing except concern for other humans, going out of their way, assuming risks and sacrificing to extend a helping hand. In contrast, financial institutions that have amassed billions from the masses are demonstrating a cataclysmic disregard for the masses that keep them in business.

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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.

**DICK POLMAN**



**AN IGNORANT AMERICA ENDANGERS DEMOCRACY**

Donald Trump famously declared, "I love the poorly educated!" and we know why. An electorate that's ignorant about the basics of democracy is ideal grist for an authoritarian.

I was reminded of that this week when I read the latest civics survey conducted by the Annenberg Public Policy Center. The stats speak for themselves. Only 26 percent of Americans can name all three branches of government (executive, legislative, judicial), and 33 percent can't name any branch of government. Only 14 percent know that freedom of the press is guaranteed by the First Amendment, while 37 percent can't name any of the rights guaranteed by the First Amendment.

This lamentable obliviousness has been tracked for years. In a 2010 survey, roughly 33 percent couldn't even name the correct century of the American Revolution, and more people could identify Michael Jackson as the composer of "Billie Jean" than could identify the Bill of Rights as a list of constitutional amendments. In a 2015 survey, roughly half of college students at 55 top-ranked institutions didn't know how long a senator serves (six years) or a congressman (two).

There's no empirical proof that Trump's narrow path to victory was plowed by the poorly educated. After all, Barack Obama won twice with the same electorate. But someone with authoritarian instincts, once entrenched in power, is perfectly positioned to exploit civic ignorance. It's easy to trample on democratic norms when so few Americans recognize and value the democratic norms.

It's easy for Trump to attack the integrity of judges when millions can't even identify the judiciary as an independent branch of government. It's easy for Trump to attack journalists as "enemies of the people" when millions are clueless about First Amendment press freedom. It's easy for Trump to trample our history - he says that Andrew Jackson "was really angry that he saw what was happening with regard to the Civil War" (Jackson died 16 years before the Civil War) - when millions of Americans, according to the 2010 survey, couldn't even say whether Revolution preceded or followed the Civil War.

And it's easy for Trump to attack immigrants when, according to the Annenberg Survey, 53 percent of Americans don't know that even illegal immigrants have some constitutional rights. Due process, under the 14th Amendment's equal protection clause, has been guaranteed since the Supreme Court said so 131 years ago.

Where does this ignorance originate? Two prominent educators, Richard Kahlenberg and Clifford Janey, recently nailed the biggest reason: "Public schools are failing at what the nation's founders saw as education's most basic purpose - preparing young people to be reflective citizens who would value liberty and democracy and resist the appeals of demagogues."

Basically, the public schools don't teach civics anymore. Back in my day, at the risk of sounding ancient, we had "social studies," which compelled us to know the three government branches, the basics of voting, and the democratic values embedded in the Constitution (plus, the correct century of the Revolution). We were even tasked with learning and naming all nine members of the U.S. Supreme Court.

But as Kahlenberg and Janey point out:

"The explicit civics curriculum has been downplayed in recent years. With the rise of economic globalization, educators have emphasized the importance of serving the needs of the private marketplace rather than of preparing citizens for American democracy. On one level, this approach made some sense. As the country celebrated two centuries of continuous democratic rule, the paramount threat seemed to be economic competition from abroad, not threats to democracy at home.

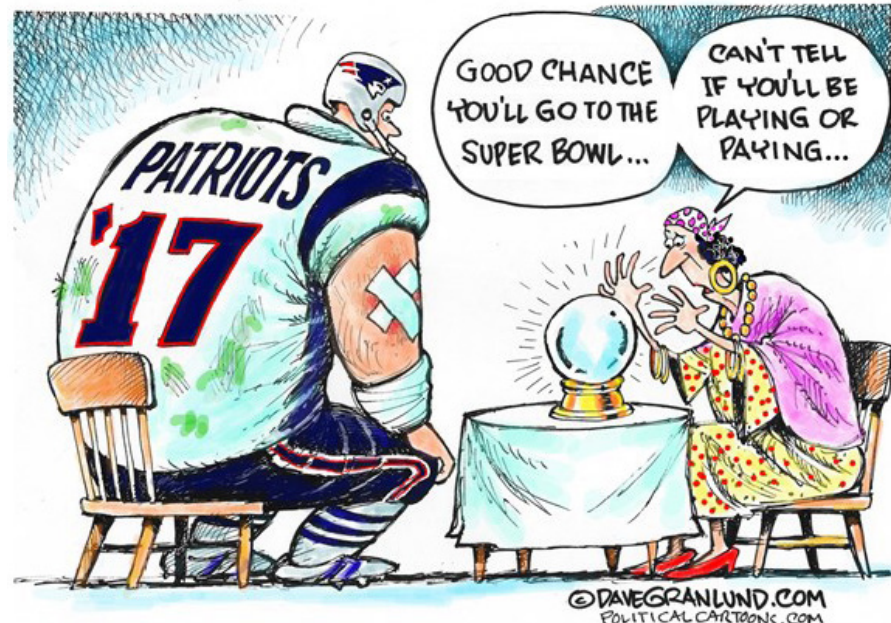
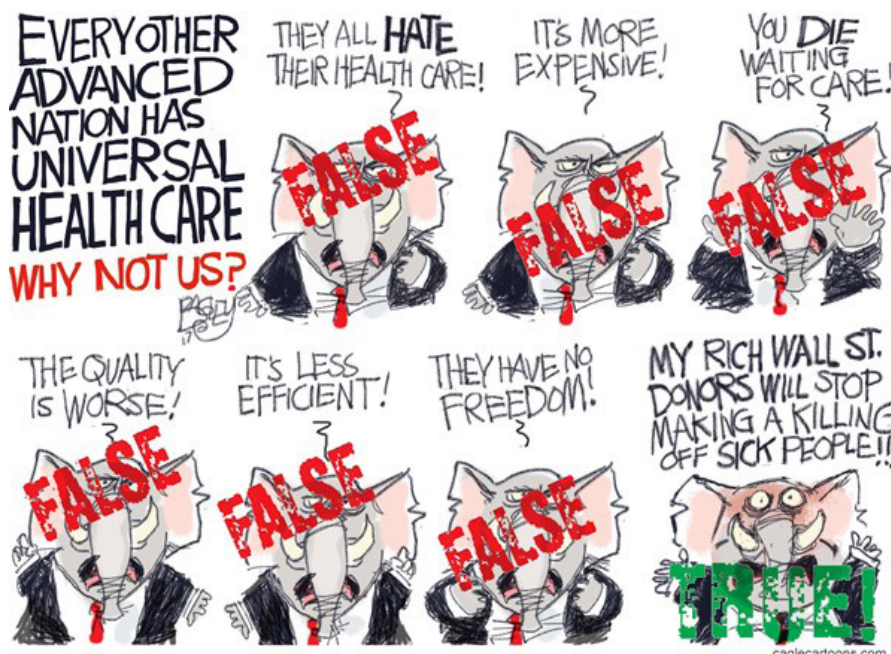
"So the bipartisan education manta has been that education should prepare students to be 'college-and-career ready,' with no mention of becoming thoughtful democratic citizens. In a telling sign, in 2013, the governing board of the National Assessment for Educational Progress dropped fourth- and 12th-grade civics and American history as a tested subject in order to save money."

They argue that "rigorous courses in history, literature, and civics would cultivate knowledge of democratic practices and a belief in democratic values." True enough. But even if school curricula were miraculously overhauled, we're still left with the grim reality that several generations have already been lost. And we're left with an electorate (or a huge slice thereof) that's potential putty in the hands of a demagogue who knows as little as they do about constitutional norms.

As James Madison, the father of the Constitution, wrote in 1822, "A popular Government without popular information, or the means of acquiring it, is but a Prologue to a Farce or a Tragedy, or perhaps both."

Both indeed.

Copyright 2017 Dick Polman, distributed exclusively by Cagle Cartoons newspaper syndicate. Dick Polman is the national political columnist at NewsWorks/WHYY in Philadelphia (newsworks.org/polman) and a "Writer in Residence" at the University of Pennsylvania. Email him at dickpolman7@gmail.com.



**LEFT TURN/RIGHT TURN/CENTER**

**JOHN L. MICEK**



**WHERE WAS THIS HILLARY LAST YEAR?**

There's a line in Hillary Clinton's new memoir of the 2016 campaign that may be among the most searingly honest utterances of her long career in public service:

"I have come to terms with the fact that a lot of people — millions and millions of people — decided they just didn't like me," Clinton writes in the unimaginatively titled -- if perfectly appropriate -- "What Happened."

Yeouch.

That is tough to imagine. It's a big enough hit to the ego if you've been left off the invite list for your office's outing to Panera.

Now imagine that not only does the entire country not want to go to lunch with you, they also prefer the loudmouthed boor who keeps inappropriately touching your leg under the table.

That's bound to leave a mark.

Those bruised feelings are on display across the pages of Clinton's memoir, as she heaps blame on former FBI Director James Comey; "the Russian intelligence apparatus;" opponents Bernie Sanders and Jill Stein, and even, as MSNBC notes, the dark prince of Wikileaks, Julian Assange.

Sanders, for instance, "didn't get into the race to make sure a Democrat won the White House, he got in to disrupt the Democratic Party," Clinton wrote, adding later, " ... I am proud to be a Democrat and I wish Bernie were, too."

The Green Party's Stein, who played the same spoiler role as Ralph Nader did in President Bill Clinton's 1996 win over Bob Dole "wouldn't be worth mentioning," were it not for the fact that she prompted voter defections in such key states as Michigan, Pennsylvania and Wisconsin.

Now-President Donald Trump narrowly won all three states - and with them -- the White House.

Clinton is withering in her criticism of Trump, calling him the "the perfect Trojan horse" for Russian strongman Vladimir Putin.

Her description of Trump's notorious looming in the background during the second presidential debate will surely resonate with any woman who's ever felt herself the object of unwanted male attention.

"It was one of those moments where you wish you could hit pause and ask everyone watching, 'Well, what would you do?'" she wrote. "Do you stay calm, keep smiling and carry on as if he weren't repeatedly invading your space? Or do you turn, look him in the eye and say loudly and clearly, 'Back up, you creep. Get away from me. I know you love to intimidate women, but you can't intimidate me, so back up.'"

As I've noted before, it takes Herculean self-confidence, rapacious ambition, bottomless vanity and not a little bit of self-delusion to convince yourself that you are equal to the task of governing the world's greatest democracy.

Clinton had all that during the perplexingly joyless trudge across the country that ended last November with her winning the battle (the popular vote), but not the war (the Electoral College).

But the one thing she seemingly never had was a convincing narrative for why she, above all others, deserved the Oval Office.

That her campaign went through more resets than a failing iPhone was testimony to that fact.

Elsewhere, Clinton muses on why she was so disliked by a certain portion of the electorate: "What makes me such a lightning rod for fury? I'm really asking. I'm at a loss."

She correctly (and sadly) concludes, "I think it's partly because I'm a woman."

In the end, many voters -- myself included -- channeled our instinct for self-preservation and went the "Not Trump" route, opting for Clinton's stolid predictability and marked professionalism to the darkly nationalist rage and narcissistic instability that fired the Republican nominee's candidacy.

Unlike Trump, who seems to possess no capacity for introspection, Clinton at least has the presence of mind to recognize, ultimately, that her failure was her finally her own.

"I go back over my own shortcomings and the mistakes we made. I take responsibility for all of them," she wrote. "In my more introspective moments, I do recognize that my campaign in 2016 lacked the sense of urgency and passion that I remember from [Bill Clinton's first campaign in 1992]."

She also writes:

"I go back over my own shortcomings and the mistakes we made. I take responsibility for all of them. You can blame the data, blame the message, blame anything you want—but I was the candidate."

It would have been nice to have seen more of this Hillary Clinton in 2016.

With Donald Trump's Washington ham-handedly lurching from crisis to crisis, one wonders how things might have turned out differently.

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**MAKING SENSE by MICHAEL REAGAN**

**WHY NFL GAMES ARE UNWATCHABLE**



National Football League TV ratings down 13 percent in Week 1."

"NFL ratings in free fall"

Those headlines don't surprise me one bit.

But the NFL's rapidly declining popularity has nothing to do with televising too many games a week, too many commercials, too much violence or too many mediocre teams.

It has everything to do with politics – liberal politics.

I'm a very political guy, in case you hadn't noticed.

But like most normal sports fans, I watch football on TV to relax, to enjoy myself.

I love nothing better than to sit back on Saturday mornings and watch college teams play all day.

Colleges still let you enjoy the game, but NFL games have become unwatchable.

On Sunday, Monday and Thursday the first thing you see when you tune in to a pro game are players taking a knee during the "National Anthem" because of some political reason.

I don't give a damn what the quarterback, the head coach or the owner of the team thinks or tweets about politics, the president or the Steven King movie "It."

All I care is, "Are you going to win or lose? Can you pass, catch the ball or coach? Will the game be a good one?"

You wonder why so many people are so angry about politics these days?

It's because they can't get away from it – not even for three hours on a Sunday afternoon for a dumb football game.

I watch sports to take a break and to get as far away as I can from the 24/7 political news cycle that dominates our daily lives.

But the NFL and ESPN – which is laying off people because its ratings also are plummeting -- have made it impossible to take a respite from politics.

ESPN on-air staffers like Jemele Hill think it's OK to go on a rant accusing President Trump of being a white supremacist.

ESPN's liberal bosses should have canned her the way they canned conservative Curt Schilling a few years ago for saying politically incorrect things like Islamist extremists were like Nazis.

But they've accepted Hill's apology and, despite her previous political rantings, still employ her.

ESPN's owners are especially stupid to allow Hill to keep her job, since her attack on Trump offended millions of their viewers in Flyover Country who voted for him.

If it keeps practicing this kind of political bias, ESPN is liable to find itself being challenged by the FSN – the Fox Sports Network.

But I wouldn't like it any better if I turned on "Monday Night Football" and heard Al Michaels and his sidekick Steve Bannon railing about crybaby Hillary Clinton and how awful her new book of excuses is.

If I want politics, I can watch "Hannity," listen to Rush or tune in to one of the liberal Trump-bashing Sunday shows like "Meet the Press."

The NFL should keep political posturing or messaging of every kind out of its games.

It's up to team owners to pull up their jock straps and put an end to pre-game kneel-downs and protests before it gets out of control.

The owners need to tell their protesting stars and scrubs that, yes, you have a First Amendment right to kneel or sit during the "Anthem" if you want.

But they should add that if a player wants to make a political statement on game day, as owners they also have the right to make them sit out the rest of the season.

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