

# Mountain Views News

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

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

SATURDAY, SEPTEMBER 30, 2017

VOLUME 11 NO. 39

## 30TH ANNUAL FIRE PREVENTION FESTIVAL



The 30th Annual Fire Prevention Festival and Open House presented by the Sierra Madre Fire Department will be held Saturday, October 14, 2017 from 11:00 a.m. to 2:00 p.m. at the Fire Station, located at 242 W. Sierra Madre Blvd., in Sierra Madre.

There will be a variety of exhibits and displays at the festival to include; emergency, medical, and firefighting equipment, earthquake preparedness and home fire safety information.

There will also be representatives from Sierra Madre Police, Sierra Madre CERT, Sierra Madre Search and Rescue, US Forest Service, Sierra Madre Public Works, Post Alarm and others, to answer any safety questions you might have.

The Sierra Madre Firefighter's Association will provide complimentary hot dogs, popcorn, coloring books and badges for all of the children that attend. There will also be a coloring contest with prizes and a bounce house.

Your Sierra Madre Fire Firefighters look forward to seeing you there!

For more information please contact Fire Captain Rich Snyder at 355-3611

## DOGS, CATS, BIRDS, LLAMAS, GOATS, CHICKENS, BUNNIES AND HAMSTERS, OH MY – IT'S A CELEBRATION OF THE FEAST OF ST. FRANCIS – JOIN SIERRA MADRE'S VILLAGE CHURCH'S (ASCENSION) BLESSING OF THE ANIMALS

Sierra Madre's Village Church (Ascension) will be holding its annual "Blessing of the Animals" service on Sunday, October 1, 2017 at 11:45 am in the Outdoor Worship Area. Everyone and every kind of pet is welcome. Refreshments and pet treats provided.

Blessing of the Animals is conducted in commemoration of the Feast Day of St. Francis of Assisi. St. Francis, arguably the most beloved of the named Saints, was particularly fond of animals of all breeds. The community is invited to bring your animals, no matter how big or small, breed or religion.

Some animals may require a leash or a container, so keep that in mind. All of God's creatures are welcome! Free pet sitting available during the 10:15 am Mass. Church of the Ascension is located at 25 East Laurel on the corner of Baldwin and Laurel in Sierra Madre.

This event makes for a wonderful family outing to meet new neighbors and check out a wonderful community church. For more information, please call (626) 355-1133 or visit: [www.ascension-sierramadre.com](http://www.ascension-sierramadre.com).

## 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!

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.

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,

## 2017 SIERRA MADRE POLICE DEPARTMENT BREAST CANCER AWARENESS MONTH PINK PATCH PROJECT

The Pink Patch Project is a collaborative effort between the Los Angeles County Police Chiefs' Association (LACPCA) and 175+ public safety agencies throughout the nation designed to increase breast cancer awareness, raise funds and to emphasize the importance of early breast cancer detection and treatment.


The program centers on vibrant pink versions of the agency's uniform patches. This October, for breast cancer awareness month public safety employees from the SMPD will be wearing these pink patches on their uniforms.

Sierra Madre PD and participating agencies are selling their commemorative pink patches to the community, along with Pink Patch Project T-shirts, challenge coins and other items with proceeds from the sales going to fund breast cancer education, research and treatment at various cancer organizations throughout the country. Please purchase a Sierra Madre PD Pink Patch or T-shirt, available in the Department lobby, 242 W Sierra Madre Blvd.



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AND THE FIRST RESPONDERS –  
SIERRA MADRE POLICE, FIRE, MOUNTAIN  
RESCUE, AND VOLUNTEER SEARCHERS



**Carl Foote Memorial  
Basketball Game**

**Saturday, October 14th  
Starts at 1:00 pm  
Sierra Vista Park, Sierra Madre**  
(Sierra Madre Ballers vs. Paz Naz Scorers)

Plenty of food and drink courtesy of Athens Services and  
participating Sierra Madre restaurants

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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 90s	Lows 70s
Wed	Sunny	Hi 90s	Lows 70s
Thur	Sunny	Hi 90s	Lows 70s
Fri	Sunny	Hi 90s	Lows 70s

Forecasts courtesy of the National Weather Service

CITY OF SIERRA MADRE  
CALENDAR OF EVENTS

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

NEXT REGULAR September 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

September 26, 2017 at 6:30 pm  
October 10, 2017 at 6:30 pm  
October 24, 2017 at 6:30 pm

## Planning Commission

October 5, 2017 at 7:00 pm  
October 19, 2017 at 7:00 pm

## Community Service Commission

October 16, 2017 at 6:30 pm

## Senior Community Commission

October 5, 2017 at 3:00 pm

## Library Board of Trustees

October 25, 2017 at 7:00 pm

## Energy, Environment, and Natural Resource Commission

October 18, 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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Sierra Madre Woman's Club

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DESCRIPTION OF THE COSTUME TO: [chris@canyoncanine.com](mailto:chris@canyoncanine.com) or [hsusanh@aol.com](mailto:hsusanh@aol.com)

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## Walking Sierra Madre...The Social Side

by Deanne Davis



"Here's to the past....Here's to the future!"  
Art History Through The Ages

I had absolutely the best time ever a week ago Friday, at Sierra Madre Elementary School Spotlight Performance and Awards Assembly. My next door neighbor, Fay, is in 5th grade there so I really did have a legitimate reason to attend, in addition to the fact that what Sierra Madre school puts on in these Spotlight Assemblies totally knocks my socks off!

This year and next the theme is Art History Through The Ages where each grade level will explore a specific part of the world timeline through music, theatre and dance. The Visual Arts lessons are also aligned with the theme and the long pictograph art works that the art classes created on butcher paper along each wall of the Gayle Bluemel Auditorium were simply stunning. These things were easily 10' long and just gorgeous. The 5th Grade, all 150 of them, more or less, presented Early Man/Mesopotamia/Ancient Egypt and, friends and neighbors, these kids are so great at putting on a show and, since they've been doing performance art since Kindergarten there, they can step right up and belt out a number just as good as you'd see anywhere.

They kicked off the show with "Prehistoric Man" from "On The Town" featuring tap dancers and cavemen in faux fur jackets. Moved right on to "Ally Oop" oop oop oop oop-oop... "He's a mean motuh-scootah and a bad go-gettah..." Falling out of my seat laughing... a hit straight out of the 60's from the Hollywood Argyles. Next was an ode to the Tigris and Euphrates rivers, "The Land Between Two Rivers." And Then!! "Walk Like An Egyptian" featuring mummies all over the place, dancing Egyptians right in front of us, doing some very smart moves. Pharaoh (pictured) wearing a fantastic headdress. Followed by, quite fittingly, "In My Tomb," performed by dancing mummies. We learned that the Mesopotamians invented cuneiform writing and the Egyptians followed with pictograph hieroglyphics, showing early dance moves. No, Steve Martin didn't invent that style, the ancient Egyptians decorated all their buildings with it. The show ended with "When You Believe" from Disney's "Prince of Egypt." This one had me blotting my eyes, watching those earnest young faces singing.

"There can be miracles  
When you believe  
Though hope is frail  
It's hard to kill

Who knows what miracles  
You can achieve  
When you believe  
Somehow you will  
You will when you believe."

Gayle Bluemel, Performing Arts Specialist, Principal Emeritus and Accompanist just can't quit doing what she loves, which is working with these amazing kids and equally amazing faculty. She reminds me of Willie Nelson, who, when asked when he was going to retire, countered, "From what?" Gayle loves what she does, as do Emily Clark, Director and Performing Arts Specialist, who also happens to be Gayle's daughter. Lynnanne Hanson-Miller, Dance Specialist, Fifth Grade Teachers Kim Sibbrel, Lisa Prado, Natasha Comer, Tina Johnson and Kathryn Wolford, Special Ed Teacher. All these teachers, were dressed in snazzy black t-shirts with their names in Egyptian hieroglyphics on the back in gold. Costumes courtesy of the parent costume committee were remarkable in that they created so much on so many working with little. Ingenuity counts, friends, and these gals definitely have it.

And then, the Spotlight Awards, presented by Principal Lindsay Lewis and the Student Council, for things like: Awesome Attitude, Great Listener, Never Giving Up, Participation, Responsible Classroom Citizen, Reliable, Helpful. Dozens of awards were given and a huge round of applause at the end. Like I said, best time ever! We should be immensely proud, here in Sierra Madre, of our award-winning elementary school. I know I am! Next time: Ancient Greece.

Keep your eyes peeled, there are scarecrows popping up all over the place. I've seen a merry mermaid and a delightful dinosaur so far!

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

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

## REMEMBRANCE

### SHIRLEY EDNA EILEEN HALL

Shirley Edna Eileen Hall, 84, of Sierra Madre, passed away on Sunday, September 24th in Sierra Madre, CA.

Shirley was born in Welland Ontario, Canada to Janet and Hector Peskett on May 18, 1933. When she was twenty-five, she moved to beautiful Sierra Madre and married her husband, James L. Hall, who also was a Canadian and had moved to Sierra Madre earlier with his family. They were married at Sierra Madre Congregational Church where she attended until her passing.

Shirley was a homemaker, but also worked part time at Youngland and Don Jackson's in Sierra Madre. Later in life, she was an active volunteer at Pasadena Playhouse, Sierra Madre Woman's Club, and Sierra Madre Congregational Church. Shirley liked to paint using oils and also enjoyed Hills Memorial Park.



making greetings cards using dried flowers. She loved to spend time camping at Pismo Beach with the family every summer for the last 37 years.

Shirley is preceded in death by her husband of 34 years, James L. Hall.

She is survived by her Daughter and Son-In-Law, Heather and Breck Johnson; Brothers, Edward and Ken Peskett; Sister, Janice Clark; Grandchildren, Tanner and Carter Johnson, and many friends.

Viewing will be held on Saturday, September 30th from 2:30pm-4:00pm with Funeral Services immediately following at 4:00pm at Sierra Madre Congregational Church. Burial will take place on Monday, October 2nd at 11:00am at Rose

## FRIENDS OF THE SIERRA MADRE LIBRARY BEST USED BOOK SALE

The Friends of the Sierra Madre Library announce that the October Book Sale will be held Friday, October 6 from 3:00 p.m. to 7:00 p.m. and Saturday, October 7 from 10:00 a.m. to 2:00 p.m.

Featured in the Basement will be the Edward Gorey book collection, and some wonderful books on Ceramics and Pottery as well as our amazing "Coffee Table" books on Art, Cooking, History and Contemporary Culture. Look for a BUY ONE, GET ONE FREE SALE (of equal or lesser value) on our cookbook, gardening, decorating, and craft shelves. (Sorry—not on Table Books.)

The Parking Lot will have a wide variety of

teacher materials and resources, including black-line masters, integrated units and reference sets. In addition, we have a huge selection of children's books priced from \$.25 - \$1.00 in the parking lot. As always, we will have our popular Bargain Books for only \$1.00 each and small paperbacks \$.25 each or 5/\$1.00.

The sale takes place behind the library in the Parking Lot and Basement at 440 West Sierra Madre Blvd. All proceeds benefit the services, acquisitions and programs of the Sierra Madre Library.

We look forward to talking about books with you at the Best Used Book Sale!

## SIERRA MADRE POLICE BLOTTER

September 17, to September 24, 2017 During this time period, the Sierra Madre Police Department responded to approximately 288 day and night time calls for service.

Monday, September 18 A Sierra Madre PD Financial Crime Report was completed in the station lobby at about 5:13 p.m. A resident noticed

while she was reviewing her account, a check she had not written, made out to someone she did not know was cashed. Case to Detectives for additional investigation Friday, September 22 At about 9:54 a.m. a good samaritan came into the police station to turn in a wallet that was found in the 200 block of W. Sierra Madre Blvd.

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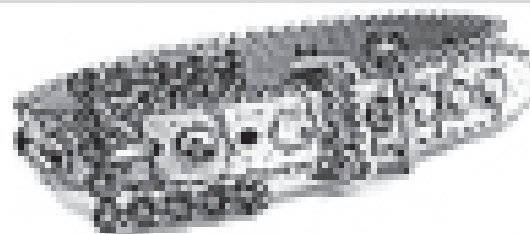


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626.441.7900



## City to Regulate Short-Term Rentals

The city council is set Monday night to discuss a code amendment to add regulations for short-term rentals, including a limit to the number allowed around popular areas such as the Rose Bowl.

According to the council's staff report, "The proposed regulations [if passed by the council] establish a process for allowing certain types of short-term rental activity while responding to potential negative impacts to residential neighborhoods. Specifically, the proposed regulations would; establish a regulatory framework to allow home-sharing in one's own primary residence (defined as the home where one resides at least 9 months of the year); Establish various tools and administrative fines to enforce unpermitted 'STRs; Prohibit any person from advertising home-sharing that is not registered with the city and require hosts to register with the City and remit Transient Occupancy Tax (TOT).

As of Sept. 2, approximately 736 properties in the city were being advertised, as short term rentals.

The report also states that the area around the Rose Bowl is anticipated to draw short-term rental activity due to the sporting events, concerts and music festivals, etc. Therefore, setting a cap on the number of short-term rental units within a defined area around the Rose Bowl [5 percent] as a method of curbing overconcentration.

Of the 2,526 dwelling units in the proposed Rose Bowl District a 5 percent cap would allow 126 rentals in the area.

The council meets at 6:30 p.m. Council Chamber, Pasadena City Hall 100 North Garfield Avenue, room S249.

## Pet of the Week



Meet Berlioz (A442490)! This 2-month-old tabby is ready to pounce into his new home. Berlioz loves to play and is full of kitten energy. He may be the tiniest kitten in his litter, but he's just as strong as his two orange tabby sisters. Berlioz was raised in a Pasadena Humane foster home where he grew big and strong. He's now ready to find a forever home of his own.

The adoption fee for cats is \$75. All cats are spayed or neutered, microchipped, and vaccinated before being adopted.

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

Call the Pasadena Humane Society & SPCA at (626) 792-7151 to ask about A442490, 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).



## Finalists for the 2018 Royal Court

After nearly 1000 hopefuls participated in the interview process for the 2018 Tournament of Roses Royal Court, the 37 finalists picked took a group photo Monday on the front steps of Tournament House.

The Tournament of Roses' Queen and Court Committee made selections based on a number of criteria including poise, speaking ability, academic achievement, youth leadership, and community and school involvement.

Seven of the finalists will be named to the 2018 Royal Court on Monday morning at 9 a.m.

**The 37 Royal Court Finalists pictured are:**  
*First row, from left: Ashley Mayo, La Salle High School; Katherine Beggs, Westridge School; Alexandra Artura, Flintridge Sacred Heart Academy; Christine Echevarria, Pasadena High School; Heidi Silk, Maranatha High School; Bethany Easton, Mayfield Senior School; Elizabeth Chang, San Marino High School; Amalia Christodoulelis, Flintridge Sacred Heart Academy; Hannah Franco, Mayfield Senior School.*

*Second row, from left: Jillian Carmenate, Pasadena High School; Julianne Lauenstein, La Cañada High School; Jennifer Wang, Arcadia High School; Ella Anchetta, Polytechnic School; Isabella Marez, La Salle High School; Trinity Moore, Maranatha High School; Sydney Pickering, Arcadia High School; Jayasri Krishnakumar, Flintridge Preparatory School; Siena Giljum, Westridge School.*

*Third row, from left: Sarah Johnson, Polytechnic School; Mia Valencia, Flintridge Sacred Heart Academy; Jacqueline Gevorgian, La Cañada High School; Carly Horne, La Cañada High School; Emma Marcussen, Mayfield Senior School; Katharine Winschel, Mayfield Senior School; Mary Harmon, La Salle High School; Elyse Reed, Pasadena City College.*

*Top row, from left: Lauren Dundee, Laurel Springs; Zobia Brown, Blair High School; Alina Giapis, Polytechnic School; Grace Carey, Polytechnic School; Lauren Buehner, Arcadia High School; Savannah Bradley, Pasadena High School; Georgia Cervenka, La Cañada High School; Elizabeth Shepherd, Polytechnic School; Lauren Goedde, Polytechnic School; Madeline Tupy, Mayfield Senior School; Samantha James, John Marshall Fundamental High School.*

*Photo courtesy of the Tournament of Roses*

## Police Chief's Breakfast to Recognize Officer of the Year

The Pasadena Police Foundation will hold their Annual Chief's Breakfast Fund Raiser October 5 at 7:30 a.m. at the First Church of the Nazarene of Pasadena, 3700 E. Sierra Madre Blvd.,

The breakfast helps the Police Foundation's achieve its mission to Promote and fund programs that further the goals of the Police Department and to provide a safe city in partnership with the community.

The event is also an opportunity for community members to meet with Pasadena Police Chief Phillip Sanchez, and other department members, and learn about current issues facing law enforcement and the Pasadena Police Department accomplishments.

The Pasadena Police Foundation will also recognize the Myron Yanish, Officer of the Year —given to an officer that has honorably served the Pasadena community through youth engagement and exceptional public safety outreach. This year's awardee is Officer Darin Craddolph, a 30 year Police Department veteran dedicated to public service and upholding the department's positive impact within the community.

The Foundation will also award a \$1,000 College Scholarship and the Bernard K. Melekian Outstanding Youth Award to a youth person who has been a major influence with his or her peer group to be law-abiding, who performed important community service, who overcome adversity, and someone who positively turned his or her life around while being an active volunteer and has aspirations of a career in law enforcement. This award is going to John Muir High School student Jennifer Mendez.

The Chief's Breakfast will include a live auction for a police helicopter ride-along for two; Pasadena Police Department ride-along in a patrol car; lunch with a K-9 and the Officer, and a catered Jailhouse Dinner and Tour with the Police Chief and his wife, Mrs. Sanchez. There will also be a cash drawing.

Breakfast tickets are \$65 each and available at [pasadenapolicefoundation.org](http://pasadenapolicefoundation.org).

## City Greywater Free Workshop

At the Pasadena Water and Power grey-water training workshop, next week, learn about the benefits of irrigating with grey-water.

All participants will receive a grey-water voucher (\$160 value), toward the purchase of grey-water system parts.

Saturday October, 7 09:00 am at the Salvation Army 960 E. Walnut Street Pasadena Registration is required. For more information and register go to [5.cityofpasadena.net/water-and-power/event/greywaterworkshop](http://5.cityofpasadena.net/water-and-power/event/greywaterworkshop).

## Get Your Doo Dah Kicks on Route 66

The Occasional Pasadena Doo Dah Parade will celebrate 40 years of irreverent frolicking on the streets of Pasadena as the 2017 Parade takes place on November 19th, stepping off at 11a.m. in East Pasadena along Colorado Boulevard —the original Route 66.

Dozens of inventive, if zany, art cars and floats will accompany a legion of revelers past the mom-n-pop shops along East Pasadena's shady tree-lined streets with a memorable cast of local eccentrics, disruptors, pundits, mutant art cars, lone wolves, steam punks, makers and merry-makers.

Entries are open to everyone. This year's lineups includes The Addams Family, Flying Baby Homerun Border Crossing, Nordic Men, Radioactive Chickenheads, Toaster Car, Motorized Furniture, The Army of Toy Soldiers, Tortilla Target, The Billionaires, Free Thought Society, Unich Band, Car-Pool DeVille, Bearded Ladies, among many others. Secret Santa, Doo Dah's take on the North Pole icon, will close the conga line and ring in the holiday season. And... not a rose will be harmed

in the making of this parade!

Free street parking is available —Parade route is also just west of the Sierra Madre Villa Gold Line Station (at Colorado Blvd. and Sierra Madre Villa). City busses go directly to the area and Uber or Lyft. Come early! Bring a lawn chair! Visit the local eateries, popular food trucks along the parade route, and buy a new Doo Dah t-shirt. Stick around for the after parties all within close walking distance.

Official Doo Dah After-Party: American Legion, 179 N. Vinedo St. (2 blocks from Parade at Vinedo & Walnut) immediately following the event. Bands, dancing, cheap food and drinks!! \$5 cover (supports a Legion charity).

Unofficial Doo Dah After-Parties: PooBah Records, one of Pasadena's favorite independent music stores, will feature live in-store performance and DJ. PooBah is located at 2636 E. Colorado Blvd., right on the parade route.

The famous Colorado Bar, located right next door at 2640 E. Colorado Blvd. will feature live bands, along with salty chips and drinks.

## Free Events Roundup at the Pasadena Senior Center

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

**A Toast to the Joys of Music – Tuesdays, Oct. 3 to 31, from 9:30 to 11:30 a.m.** Tom Campbell will play guitar and sing songs in the Senior Center Lounge. Stop by and enjoy his covers of traditional country, country rock, blues, folk, gospel and classic rock originally made famous by Willie Nelson, Merle Haggard, Vince Gill, Elvis Presley, B.B. King, Neil Young, The Grateful Dead, The Rolling Stones and many more.


**Senior Driving Education and Resources – Thursday, Oct. 5, at 10 a.m.** For many adults 65 and older, driving represents freedom. Learn about the possibilities of maintaining your driving independence, safety tips, how to prepare for a driving test, driver education resources for seniors and more. Presented by Tressa Thompson, senior driving ombudsman, California

Department of Motor Vehicles.

**Friday Movie Matinees – Fridays, Oct. 6 and 13 at 1 p.m.** Oct. 6: "Snatched" (2017, R) starring Goldie Hawn and Amy Schumer. When her boyfriend dumps her the night before their exotic vacation, an impetuous young woman persuades her ultra-cautious mother to travel with her to paradise, with unexpected results. Oct. 13: "Paris Can Wait" (2016, PG) starring Diane Lane and Alec Baldwin. When her movie-producer husband is busy with work in Paris, his wife drives with his charming male business associate from the south of France to Paris, stopping for fine French cuisine in Provence along the way.

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

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

 **Altadena Libraries**

## #BeTheMedia

CITIZEN JOURNALISM WORKSHOP

Facilitator is Dean Lee, City Editor of this Newspaper

**SELECT TUESDAYS**  
**7:00 - 8:30PM**  
**Small Meeting Room**  
**Main Library**  
**600 E. Mariposa Street**  
**Altadena 91001**

Each workshop consists of a formal lecture and then a group discussion about topics participants bring in from the community, similar to a typical newsroom setting, pitching ideas and determining as a group which issues qualify as news stories.

- TUESDAY, OCTOBER 10<sup>TH</sup> Identifying News**

What makes information news-worthy? Learn how to use "news determinants" to understand information's importance in the community.
- TUESDAY, OCTOBER 24<sup>TH</sup> Digging for Information**

Peel back the "layers of truth" from press releases to investigative news.
- TUESDAY, NOVEMBER 7<sup>TH</sup> Interviewing**

Learn the types of interviews, from "in person" to the use of email correspondence. This will also cover "on the record" and "off the record."
- TUESDAY, NOVEMBER 21<sup>ST</sup> Structure of a News Story**

Break down how to use "leads," including understanding the three different mediums of news, audio, video and writing to tell stories.
- Registration is required, and workshops have limited space. To sign up for a specific workshop or multiple workshops, call (626) 798-0833 ext.117 or email [cchiu@altadenalibrary.org](mailto:cchiu@altadenalibrary.org)!**



# ARCADIA

Sierra Madre      Arcadia      Pasadena      Altadena      Monrovia

## CHINESE NEW YEAR PLANNING MEETING

Arcadia Public Library is looking for assistance in planning this year's Chinese New Year celebration for children and their families. Every year, APL hosts a well-attended Chinese New Year event. Community members are invited to share their ideas and suggestions for the Year of the Dog celebration at the planning meeting on Thursday, October 12, at 6:30 p.m. Light refreshments will be served. For more information, please call 626.821.5566 or visit the Arcadia Public Library's website at [www.ArcadiaCA.gov/library](http://www.ArcadiaCA.gov/library). The Arcadia Public Library is located at 20 W. Duarte Rd., Arcadia. The Library is open Monday through Thursday, 10:00 a.m. until 9:00 p.m. and Friday and Saturday, 10:00 a.m. until 6:00 p.m. You can also follow the Library on Facebook and Twitter.

## IN-N-OUT “COVER TO COVER CLUB”

Starting on Saturday, October 7, children ages 4 to 12 can sign up to earn a certificate for a free In-N-Out hamburger, cheeseburger, or cheese sandwich by signing up at the library and reading five books. Each child may earn up to three burger certificates during the program, which ends

on Saturday, November 18. For more information, please call 626.821.5566 or visit the Arcadia Public Library's website at [www.ArcadiaCA.gov/library](http://www.ArcadiaCA.gov/library). The Arcadia Public Library is located at 20 W. Duarte Rd., Arcadia. The Library is open Monday through Thursday, 10:00 a.m. until 9:00 p.m. and Friday and Saturday, 10:00 a.m. until 6:00 p.m. You can also follow the Library on Facebook and Twitter.

## AUTUMN ART MARKET

Drop by the Library's Autumn Art Market on Saturday, October 14, from 2:30 to 4 pm, and receive special APL dollars to purchase a variety of supplies to make fall crafts. This fun and educational program is perfect for all ages, but younger children should be accompanied by an adult to help with the crafts. All materials will be provided and available while supplies last. For more information, please call 626.821.5566 or visit the Arcadia Public Library's website at [www.ArcadiaCA.gov/library](http://www.ArcadiaCA.gov/library). The Arcadia Public Library is located at 20 W. Duarte Rd., Arcadia. The Library is open Monday -Thursday 10:00 a.m. - 9:00 p.m. Friday & Saturday, 10:00 a.m. - 6:00 p.m.

**The City of Arcadia is announcing the launch of Connect Arcadia, a new social media program designed to provide residents, businesses, and visitors with City information without clogging up your news feed. Beginning with Twitter, this new medium groups similar City functions and services into one account in order to provide followers with maximum exposure to City information with the least amount of clutter.**



**@DiscoverArcadia**  
(General City)

Explore your community with Discover Arcadia. Stay current on City news, special events, and the happenings at City Hall and around town.



**FOLLOW US ON TWITTER**



**@ProtectArcadia**  
(Police & Fire)

Quality of life is our mission. Protect Arcadia offers public and life safety tips, and information on crime prevention to preserve and protect your home or business.



**@EnrichArcadia**  
(Recreation & Community Services, Library, & Museum)

Enrich Arcadia has something for everyone. Our goal is to provide inclusive programs and services to foster health and wellness, lifelong learning, and community.



**@ShapeArcadia**  
(Development Services & Public Works)

Shape Arcadia keeps you up to date on City projects and smart strategies that promote economic growth and sustainability to enhance Arcadia's unique cultural and historical character.

## ARCADIA POLICE BLOTTER

*For the period of Sunday, September 17th, through Saturday, September 23rd, the Police Department responded to 948 calls for service, of which 90 required formal investigations. The following is a summary report of the major incidents handled by the Department during this period.*

### Sunday, September 17:

At about 11:56 a.m., an officer responded to Jack in the Box, 166 East Live Oak Avenue, regarding a welfare check on a male subject who was screaming. The officer contacted two subjects and an investigation revealed a 49-year-old male from Arcadia was in possession of drug paraphernalia. He was cited, transported by Arcadia Fire Department and released to the care of Arcadia Methodist Hospital personnel. The other subject had an outstanding warrant for his arrest and was in possession of fraudulent credit cards. The 29-year-old male from Temple City was arrested and transported to the Arcadia City Jail for booking.

Around 4:52 p.m., officers were dispatched to the area of East Santa Clara Avenue and North First Avenue regarding a subject yelling. Officers made contact with the subject and discovered drug paraphernalia on his person. The 41-year-old male from Long Beach was cited and released at the scene.

### Monday, September 18:

At approximately 12:15 a.m., officers responded to LA Fitness, 1325 South Baldwin Avenue, regarding an activation of an Arcadia Police Department GPS tracker. Arcadia PD detectives had previously deployed decoy bicycles containing tracking devices to combat the increase in bicycle thefts around the city. An investigation revealed a 56-year-old male from Arcadia took the bicycle and fled the scene. He was located with the bicycle, arrested and transported to the Arcadia City Jail for booking.

Just after 4:58 p.m., an officer responded to a residence in the 300 block of East Norman Avenue regarding a burglary. An investigation revealed unknown suspect(s) entered the home through an unlocked garage, stole two bicycles and a helmet, and fled undetected. No witnesses were located. The investigation is ongoing.

### Tuesday, September 19:

At around 8:53 a.m., an officer responded to the front of a residence in the 1600 block of South Holly Avenue regarding a theft report. An investigation revealed an unknown suspect stole the victim's leaf blower from the front lawn while he was working in the backyard. The suspect is described as a bald, heavyset male, 30-years-old, wearing a white t-shirt and long dark shorts. He fled the scene in a black four door sedan.

At approximately 11:54 p.m., an officer responded to Westfield Santa Anita, 400 South Baldwin Avenue, regarding the report of a stolen vehicle. The victim parked his Honda Civic in the parking lot around 3:00 p.m. and returned to find it missing. No suspects were seen and no witnesses were located. Officers from the El Monte Police Department recovered the vehicle and returned it to the victim early Wednesday morning.

At approximately 11:47 p.m., an officer conducted a traffic stop on a vehicle in the area of Rancho Road and Orange Grove Avenue for an equipment violation. An investigation revealed the driver was in possession of stolen property with a value exceeding \$950 and a large amount of marijuana. The 40-year-old female from Canyon Country was arrested and transported to the Arcadia City Jail for booking.

### Wednesday, September 20:

Just after 8:31 a.m., an officer responded to the front counter of the Arcadia Police Department, 250 West Huntington Drive, regarding the report of an assault. The victim reported to the officer that she met with her ex-boyfriend to discuss the status of their relationship when he punched her and pulled her hair out. This occurred in his vehicle on Second Avenue. The investigation is ongoing.

### Thursday, September 21:

Just before 6:32 p.m., officers responded to the Residence Inn, 321 East Huntington Drive, regarding an armed robbery that had just occurred. An unknown suspect approached the front desk, brandished a handgun at the employee and demanded money. He fled the scene with the money in an unknown direction and out of sight. The suspect is described as a 40-year-old male, medium build, 5 feet 8 inches tall with a dark mustache.

At about 10:56 p.m., an officer was dispatched to the area of North Santa Anita Avenue and Foothill Boulevard regarding a solo vehicle traffic collision. Upon contacting the driver, the officer detected a strong odor of alcohol emitting from the driver. Through a series of tests, the officer determined the 75-year-old female from Arcadia was driving under the influence of an alcoholic beverage. The suspect was arrested and transported to the Arcadia City Jail for booking.

### Friday, September 22:

At approximately 12:30 a.m., an officer responded to Kung Fu King Restaurant, 558 Las Tunas Drive, regarding a subject refusing to leave. Upon contacting the 51-year-old female from Arcadia, the officer noticed symptoms of alcohol intoxication and determined the suspect was unable to care for herself. She was arrested and transported to the Arcadia City Jail for booking.

Around 7:30 a.m., an officer responded to a residence in the 600 block of Santa Maria Road regarding a fraud report. An investigation revealed the victim received a bill from Verizon in an amount exceeding \$500. An unknown suspect obtained the victim's identifying information by unknown means and used it to open a Verizon account without his permission. The investigation is ongoing.

### Saturday, September 23:

At approximately 1:30 p.m., an officer responded to Coach, 400 South Baldwin Avenue, regarding a grand theft report. Employees witnessed two suspects grab 8 purses before fleeing from the store in an unknown direction. The purses totaled \$6,500 in value. Both suspects are described as males, 20 to 30-years-old, with a thin build. The investigation is ongoing.

Just before 2:00 p.m., officers responded the 100 block of East Camino Real Avenue regarding an activation of an Arcadia Police Department GPS tracker. Arcadia PD detectives had previously deployed decoy packages containing bait property and tracking devices to combat the increase in package thefts from residential areas. Officers followed the tracker to a Jack in the Box in El Monte. A 62-year-old male from Rosemead along with a 32-year-old male from Temple City were found with the stolen package in their vehicle. The driver was driving without a license and had an outstanding warrant for his arrest. He was issued citations and released at the scene. The second subject was arrested and transported to the Arcadia City Jail for booking.

# MONROVIA - DUARTE

Sierra Madre      Arcadia      Pasadena      Altadena      Monrovia

## MONROVIA RENEWAL CONTINUES – CONSTRUCTION HAS BEGUN IN THE NORTHWEST SECTION OF THE OVERALL PROJECT! A REVISED MAP OF REPAIRS NOW AVAILABLE!

The City is excited to be able to share that the next section of the overall Monrovia Renewal project has begun! Monrovia Renewal is the City's multi-year initiative to address needed repairs and make system-wide improvements to our water, sewer, street, and sidewalk infrastructure. And... we are now working in the Northwest Section of the project, which is the area of town bordered to the north by Hillcrest Boulevard, to the south by Colorado Boulevard, to the east by Myrtle Avenue, and to the west by the western limits of the City.

The updated map below outlines the latest improvements happening as part of the Northwest Section improvements for Monrovia Renewal... check it out and see what you have going on

around your street!

Please note that as part of the planned work, there are three (3) stages for the construction activity. Those stages include:

If underground work is required to repair a water or sewer pipeline beneath your street, this will take place prior to the concrete or street repairs.

Concrete repairs to curbs, gutters, and driveway approaches will take place next.

Street repairs occur after all other work has taken place. Streets slated for repairs receive one of four treatments: a new top coat (slurry seal); minor crack / gravel repairs and then a new top coat (cape seal); a whole new top layer (mill and overlay); or the street is removed to dirt and fully reconstructed.

## ST. LUKE'S MONROVIA BLESSES PETS OF ALL DENOMINATIONS SUNDAY, OCTOBER 8

*Stuffed animal donations sought for children treated for exposure to violence.*

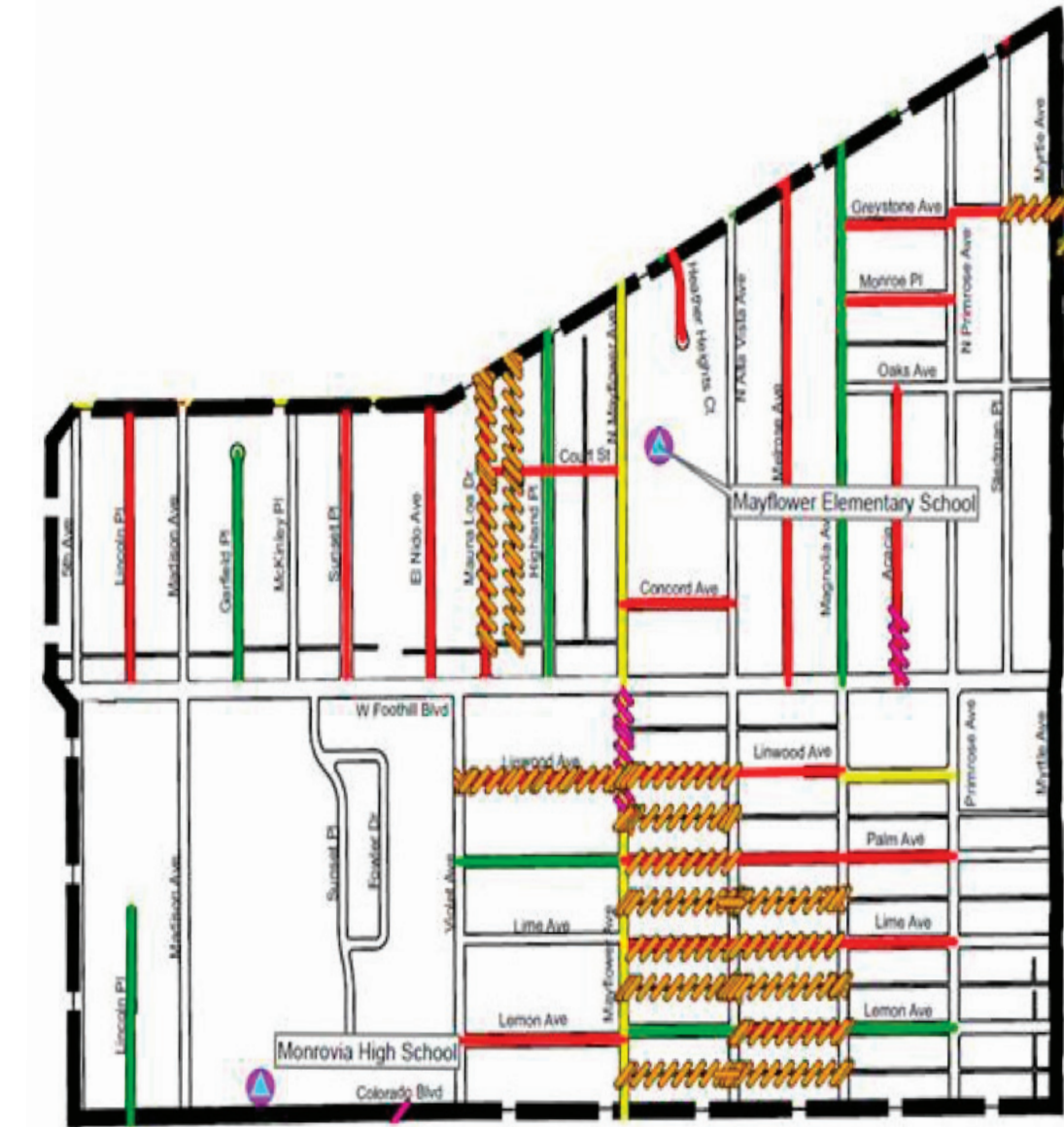
Monrovia, CA, September 29, 2017 — On Sunday, October 8, St. Luke's Episcopal Church in Monrovia will once again celebrate one of its most beloved traditions, the Blessing of the Animals on the Feast Day of St. Francis of Assisi. The church invites everyone to bring their pets to the 10 a.m. service to sit in the sanctuary, share the experience of worship and receive a blessing.

Attendees are also invited to bring a stuffed animal to donate to the Martin Luther King Jr. Pediatric Hub, an LA County center that provides medical and mental health care to children exposed

to violence. St. Luke's parishioner Dr. Janet Arnold-Clark is Director of the Hub.

### About St. Luke's

With roots in Monrovia dating to the 1890s, St. Luke's Episcopal Church is an inclusive church that welcomes all to its community. The landmark 1924 Romanesque church is located at 122 S. California Ave. at Foothill Blvd. Eucharist services are held on Sundays at 8 a.m. and 10 a.m. and Wednesdays at 12:10 p.m. The Reverend Neil Tadken is Rector. For more, visit [saintlukesmonrovia.org](http://saintlukesmonrovia.org).





## ST. RITA SCHOOL TROOP 5361 MAKES A DIFFERENCE!



This summer, three 7<sup>th</sup> grade Cadettes, from St. Rita School's Troop 5361, completed their Silver Award Project. The San Gabriel Valley Humane Society's Meet and Greet shelter received a much needed facelift. Charlotte Bax, Sophia Kroe and Loriele Campos gardened on two separate occasions, painted

the "Welcome fence" in over 100 degree weather and they made blankets for the cats and dogs of the shelter! The Girl Scout silver award is the highest honor at the Cadette level and gives the girls a chance to show that they are leaders who are organized, determined, and dedicated to improving the community. Bravo girls!

## PASADENA HIGH SCHOOL GRADUATE NAMED POWELL SCHOLAR AT UNIVERSITY OF THE PACIFIC, STOCKTON, CALIFORNIA

Axel Tanner of Sierra Madre was selected as a Powell Scholar for fall 2017 at University of the Pacific, with campuses in Stockton, Sacramento and San Francisco. The Powell Scholars Program, open to all majors, is University of the Pacific's premier academic merit scholarship. It includes a substantial renewable tuition scholarship along with additional resources for research or creative activity and education abroad. Tanner is majoring in music industry studies in the Conservatory of Music.

Powell Scholars are chosen through a highly competitive selection process, and, in addition to academic merit, must have demonstrated strong interpersonal skills and superior leadership skills at the high school level in both academic and extracurricular activities. Tanner served as senior patrol leader of his Boy Scout Troop, and earned the rank of Eagle Scout. A scholar-athlete in high school, he was a member of the California Scholarship Federation, earned several academic awards and was captain of the Pasadena High varsity baseball team. Tanner has also produced an album of original songs.

Throughout their program, the Scholars participate in and initiate activities that promote leadership and foster community engagement. Some recent projects

include developing a curriculum and teaching English to a community in Dimen, China, and developing, testing and distributing an intensive system for growing microgreens to provide a sustainable year-round food source.

About University of the Pacific

Founded in 1851 as the first chartered institution of higher education in California, University of the Pacific prepares students for professional and personal success through rigorous academics, small classes, and a supportive and engaging culture. Widely recognized as one of the most beautiful private university campuses in the West, the Stockton Campus offers more than 80 areas of study in 9 schools and colleges, including 25 graduate programs and 10 accelerated programs. The university's distinctive Northern California footprint also includes its San Francisco Campus, home to the Arthur A. Dugoni School of Dentistry and graduate programs in health, food and technology fields, and Sacramento Campus, home to the Pacific McGeorge School of Law and graduate programs in health, education, public policy and data science. For more information, visit [www.Pacific.edu](http://www.Pacific.edu).

## GOLDEN WORDS: ADVICE FOR STUDENTS & PARENTS

### THE THIRD PILLAR OF WELLNESS FOR TEENS AND COLLEGE STUDENTS: FITNESS AND EXERCISE

Good nutrition and sleep habits are key givens of wellness, and the third element for teens and college students to explore is a strategic plan for fitness and exercise activities that will keep them active and healthier for decades to come.

To avoid what we call the "pathetic Ps" that materialize in the room at one's 25th high school or college reunion (paunchy, pasty, pouchy, pre-diabetic (or worse!)), high school and college students need to figure out how to defeat time management and inertia--enemies of fitness and exercise. Execute the right plan and you sleep better, have clearer skin, get higher grades now, and show up at reunion as if you've been drinking from the fountain of youth. Well, kind of.

In high school, your enemy can be the tightly regimented nature of the week's calendar that can conspire against figuring out room for the right mix of aerobic and strength-building exercise. Even student athletes, in or out of season, can benefit from an investment of a few hours of complementary exercise. If you're building strength and bulk, for instance, as a football player, you can protect joints and tendon insertions with a planned stretching and yoga component to your week. If you're a soccer player or distance runner, some upper body muscle development translates into more endurance and keeps you from getting pushed off the ball on the pitch.

How to find time for these complementary kinds of activities? Small chunks of time that add up to perhaps 150 minutes of activity a week would help teens and college students meet what a giant fitness study out of the Harvard Medical School poses as a reachable standard.

College students have a less regimented school time schedule to manage, but they have other alluring distractions in their lives. Booking three 40 minute workouts at the school fitness center (you're paying for those glossy Bally-level facilities anyhow) each week, going with three friends at a time, and adding variety to one's workouts

will keep you healthier. Variety can mean relinquishing any gender-preconceptions at the gym door, as well. So what if you're the big brute of a lad doing a 7 AM spin class with 20 young women? Zumba? A tap dance class? Manly grace comes in all forms.

For young women, who already betray early signs of bone loss by the college years, weight-bearing exercise with all the major muscle groups three times a week won't bulk you up excessively--your testosterone levels aren't so high as to turn you into the Hulk with makeup. But your hipbones won't look like Swiss cheese in your 50s, either.

Don't relish the steamy and occasionally pungent environs of the gym? Assemble a fitness kit for yourself in high school and take it to college: get three or four varied elastic bands that you can use to build resistance and stretching sessions without going to the gym at all. Wear leg weights and/or wrist weights for an hour or two a day when in school or on campus. Buy two one-litre bottles of spring water. Drink the water. Refill the bottles with some aquarium sand or pebbles. Presto, you've got a pair of 12 lb barbells for yourself. And, tuck a jump rope into your backpack for some spot cardio bursts. Total cost to you will be less than \$35.00. Book appointments with yourself now for fitness and exercise, and your old friends will greet you at that reunion: "You look great, what's your secret?"

*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

## SCHOOL DIRECTORY

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

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

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

Barnhart School  
240 W. Colorado Blvd Arcadia, Ca. 91007  
(626) 446-5588 Head of School: Ethan Williamson  
Kindergarten - 8th grade  
website: [www.barnhartschool.org](http://www.barnhartschool.org)

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

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

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

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

The Gooden School  
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(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.lasalleshs.org](http://www.lasalleshs.org)  
Principal Mrs. Courtney Kassakhian

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

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

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

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

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

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

Walden School  
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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)  
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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)

## THE FROSTIG CENTER PRESENTS "WHAT'S NEXT? FINDING SUPPORT AFTER HIGH SCHOOL FOR TEENS WITH LEARNING CHALLENGES"

Leaving the familiar world of high school can be intimidating for young adults, especially for those with learning challenges. The Frostig Center invites the public to hear two experts discuss the array of resources and supports that are available to recent high school graduates who have learning differences.

Michelle Hernandez, a counselor at Citrus College in Azusa, will be the guest speaker on Thursday, October 12, from 5:30-7:30 p.m. at The Frostig Center. Ms. Hernandez will discuss the support services that are available at the community college level and the process that students must follow to obtain this support.

Ms. Hernandez will be joined by Jennifer Quirina, who is the Transition Director at Frostig School. Ms. Quirina will discuss the many options students have after high school graduation, including vocational programs and employment support. Admission is free.

*The Frostig Center is located at 971 N. Altadena Drive in Pasadena. The Frostig Center is a non-profit organization that strives to improve the lives of children with learning differences through research, teacher training, and Frostig School. Frostig also provides services to young adults with learning differences who are transitioning to college and work. For additional information about The Frostig Center, call (626) 791-1255 or visit our website at [www.frostig.org](http://www.frostig.org).*



Jennifer Quirina



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## THE SENSATIONAL, SILK-SPINNING SPIDER - FRIEND OR FOE?

Throughout history, certain species of animals, at various levels on the food chain have fallen prey to a predator that is very different from what one might expect. This precarious predator is not located in the forest or in the depths of the ocean, where most wildlife survival attacks would typically take place.

This predator is rarely ever pointed out in public, and rarely claims the blame or admits taking part in the prey and attack process. The predator I am referring to is the incredible human being, and the attack is not only physical but mental and perhaps even spiritual as well.

The human's tendency to initiate and spread negative rumors which create long-term urban legends causing irreparable damage to the reputation of other species is typically based on ignorance and fear and the prey of preference can vary tremendously from one species to another.

Unusual behavioral patterns and odd physical appearances of creatures that are different from us humans are often misunderstood, so rather than taking the time to learn more about other creatures in an effort to understand why they look and behave the way they do, we often put them into a category that defines them as creepy and therefore extinguishable.

I find it ironic that many of the living things on this earth that play a major role in the survival of us humans are those that we tend to fear the most. Of the countless creatures that have fallen prey to the human's presumptuous paranoia throughout history, the spider is most likely among those at the top on the list.

I think this is really quite unfortunate, because spiders play such an important role in the balance of our ecosystem. In fact, without spiders and the amazing work they do, this world would be in big trouble on a local community level as well as on a global level. Indeed, things would be off quite kilter in the overall scheme of things.

Spiders are among the approximately 100,000 species that fall into the classification of Arachnids, mainly characterized by having four pairs of legs and a body that is separated into two segments. There are about 2,000 different species of spiders in the United States and although, (with the exception of one family) all spiders do carry venom to subdue their prey, very few are likely to cause concern to the human being.

More often than not, any cause of concern related to a spider bite is due to an allergic reaction. Only two species of spiders commonly found in North America are known to be a serious threat to the human - the black widow and the brown recluse. When you line up the facts, break it down and do the math it becomes clear that the risks spiders present are minimal and arachnophobia is nothing more than a form of fear-based paranoia.

Now that we have an idea about the risks spiders present, let's focus on the good things they do and the hard work they perform on a daily basis to ensure the health and welfare of our existence. All spiders produce silk, with which they weave their wonderful webs and

## Happy Tails

by Chris Leclerc



this fascinates me beyond words.

Some webs can be so large they cross the street from one tree or utility pole to another. I saw a huge one recently during a walk around the block, and I wish I had taken a picture. It was absolutely gorgeous - a remarkable work of art! But, aesthetic beauty is not the purpose of the silken spider's web. As we all know, the main reason why the spectacular spider weaves its' sticky silken web is to catch insects and other small creatures to eat.

This is the most important role that the spider plays in nature, and it has a direct positive impact on each and every one of us. If you annihilate the spiders in your house and in your yard, you will most definitely find out (the hard way) just how valuable those eight legged 'creepy' creatures are.

You are likely to find yourself calling the exterminator very soon thereafter, because your property would likely become infested with every type of tiny creature that you can possibly imagine. The truth is that the spider keeps our local bug population in check in a way that no we often do not appreciate.

The spider'd wonderful web has become particularly important to me this summer, what with the mosquitoes swarming in masses in our neck of the woods. We needed that rain last winter, but the resting water found in small pits along the wash has invited an exponentially larger population of mosquitoes than what we usually have. I am one of those who attracts biting bugs too, so I feel like somewhat of a target when they come looking for 'dinner'.

So what would you rather have? A delicate, illusive, shy eight-legged being who is more afraid of you than you are of it, or an entourage of stinging, biting, annoying insects invading your living space, both inside and out? The answer comes easy for me. I prefer to keep those interesting, artistic spiders around where I can benefit from their gorgeous works of art, and their voracious appetite for certain blood-thirsty creatures who would otherwise over-populate and make my life miserable.

Isn't it amazing how just a little information can do so much good for the reputation of an historically misunderstood, feared creature? In tune with my typical "Happy Tails" theme, I encourage all my human friends to educate themselves better about all living things, particularly those that differ from us, and learn to appreciate the value of their presence. Love and let live!



## PURE CUTENESS!

### Katnip News!



Meet DUSTY, a most fetching little girl! Dusty is a pretty tortoiseshell, born 7/2017. She is very social and playful. Dusty can be adopted alone, or with another kitten. Please call to arrange a Meet & Greet, or see Adoption pages for our adoption procedures.



Adoption fee is \$100, which includes spay, microchip, exam & vaccines. A great savings! Our cats are negative FELV/FIV unless otherwise indicated.

See more pictures, videos, adoption info & application on our website, [www.lifelineforpets.org](http://www.lifelineforpets.org). Call 626-676-9505 for a Meet & Greet. Can't adopt? Visit our website for our easy Sponsor A Kitty campaign.

Adoption Event: Sat., 9/30, 7 - 11 a.m. Memorial Park, Sierra Madre. Kiwanis Pancake Breakfast and Pooch Parade. Join us!

Good News: Digit has been adopted!

## HOW ABOUT A NEW BEST FRIEND?

Muffin is a sweet indulgence you can enjoy in great quantities without guilt or worrying about calories. She greets visitors coming by her with a soft and inviting request to stop and visit. Sit in front of her condo and she will daintily step out and settle on a lap while softly purring. The subtle blue cream tortoiseshell colors of her elegant coat is as soft as cashmere and she enjoys a gentle massage, especially of her head and under her chin. While cuddling is wonderful, and she will be a great lap warmer; Muffin will also bring entertainment to her new family. She is a great playmate. Toys of all types will be batted at, caught and proudly carried around. Chasing elusive laser lights and jumping



at all things flying engage her frisky side. Please come meet Muffin. She could be the companion you have been looking for. Her adoption fee is \$99 and includes spay surgery, vaccinations, microchip and a free wellness exam at a participating veterinarian. Feel free to call us at (626) 286-1159 for more information. She currently resides at the San Gabriel Valley Humane Society located at 851 E. Grand Avenue in San Gabriel which is located off San Gabriel Blvd, north of Mission and south of Las Tunas Drive. To arrange a 'Meet and Greet', please stop by any time from 10:30am to 4:30pm Tuesday through Sunday. Website: [www.sgvhumane.org](http://www.sgvhumane.org). ID#29704

## HEALTHY LIFESTYLES

### THE JOY OF YOGA

#### PRESENT NATURE



One of the definitions of the word 'adapt' is to "become adjusted to new conditions." In many ways, this is what yoga is

trying to accomplish-- adaptability. Adaptability is the ability to gracefully thrive within the ever-changing circumstances of life. In yoga and Ayurveda, we focus on treating the present state of body and mind. What worked yesterday may not apply today.

There are a few factors that determine our present state of body and mind. First, what we take in plays a significant role. This is not exclusive to food and includes what we receive through stimulation of the five senses. What are we hearing, seeing or feeling? Have you noticed how aromatherapy improves your health? Or have you felt wonderful after some time in the sunshine? It's helpful to remember what nourishes and what depletes.

Second, evaluate your lifestyle. How we live ties into our overall environment. There are many questions for self-inquiry here. What is life like? Ask yourself, "Is my yoga practice contributing to a calm and serene environment overall? Am I around positive people who love me?" Personally, I check myself to see how much wellness I have in my life day-to-day. If I'm taking

care of myself through exercise, yoga, meditation, and holistic practices, then I'm enjoyable to be around and I feel happy and comfortable.

The challenge comes when our present state of body and mind is overlooked. When we are out of balance, we often ignore our symptoms or put off addressing them. A simple breath practice might feel too simple. Getting more rest or sleep is something we know we should do but don't do. Possibly, we think we SHOULD be at a different place than where we REALLY are.

If you are ever uncertain of where to begin with your yoga practice, address where you actually are in that day. What part of your body needs attention? Do you need to stretch or strengthen? Is it the mind that needs settling? A soothing breath practice may be indicated. Remember, little steps add up to greater change in the long run. When we approach the authentic present state and condition, the ability to adapt and thrive increases. This creates flow and balance in the world and in us, individually.

Come see us at Yoga Madre to create awareness and nourish yourself. Visit the website for classes, events, and training: [www.yogamadre.com](http://www.yogamadre.com).

Namaste, Keely Totten,  
E-RYT 500,  
[keely@yogamadre.com](mailto:keely@yogamadre.com)

## ASK A BETTER QUESTION



Years ago, when I was just starting to think about dating, I was afraid. I was scared to start, of rejection, and of looking stupid. I would roll these questions around in my head, "What if no one likes me?" or "What if I get hurt?" It wasn't helpful, in fact, it was paralyzing. I made zero progress. Those questions impeded my success.

So how did I turn it around? I decided to experiment. What if I asked a different question? What if I asked, "What if it was fun? I also asked, "What if I had fun?" I took a step, a then another, and then another. I worked on my mindset; I approached dating as an opportunity, and I was expectant. I expected to have a positive outcome, and I expected to have fun. My attitude was contagious, even when I met people who hated dating, they started to think differently.

I was less serious and more playful. I stopped thinking about what would happen to me? I thought about the kind of person I wanted to be on the dating scene. I was friendly and conversational. I did fun things on my own, and then I had fun things to discuss. I was more fun to be around, I enjoyed my company, and other people did too. I made new friends. My life was rich.

I wish everyone could have that experience; because it was a great surprise.

So what experience could you improve for yourself if you asked a different question? I would love to hear from you! Write me at [LoriAHarris.com](mailto:LoriAHarris.com)

Lori is a lawyer and coach. You can learn more about her at her website [LoriAHarris.com](http://LoriAHarris.com) and her free app, the Gratitude Train.

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

### URBAN PLATES

This one might be tough to explain, but in my quest to keep you, my loyal reader, educated we will discuss organic and natural wines. Last Thursday Night I visited the Urban Plates Restaurant on South Lake Avenue in Pasadena.

Much like Chipotle or your work cafeteria, you wait in line, but the comparisons end there. My task was to try the food, but also see what kind of wines matched up with their "protein-focused" menu. I sampled their free-range chicken, California line-caught albacore, and a turkey meatloaf that my grandmother would have been proud of. Other entrees on my list for my next visit are sautéed brussel sprouts and organic potatoes. Organic potatoes? I can't tell the difference between organic, natural, or farm-to-table, but we live in a new generation of "foodies" and reading the labels in the grocery store seems to be the norm, not the exception.

While menu boasts many healthy choices like beet salad with goat cheese, you can live it up with an order of pork ribs and macaroni and cheese. Both of these go great with their selection of local beers. All entrees are in the \$10 to \$17 range and come with char grilled focaccia bread. The wine list, though small, offers a wine-by-the-glass program that I really appreciate. I counted

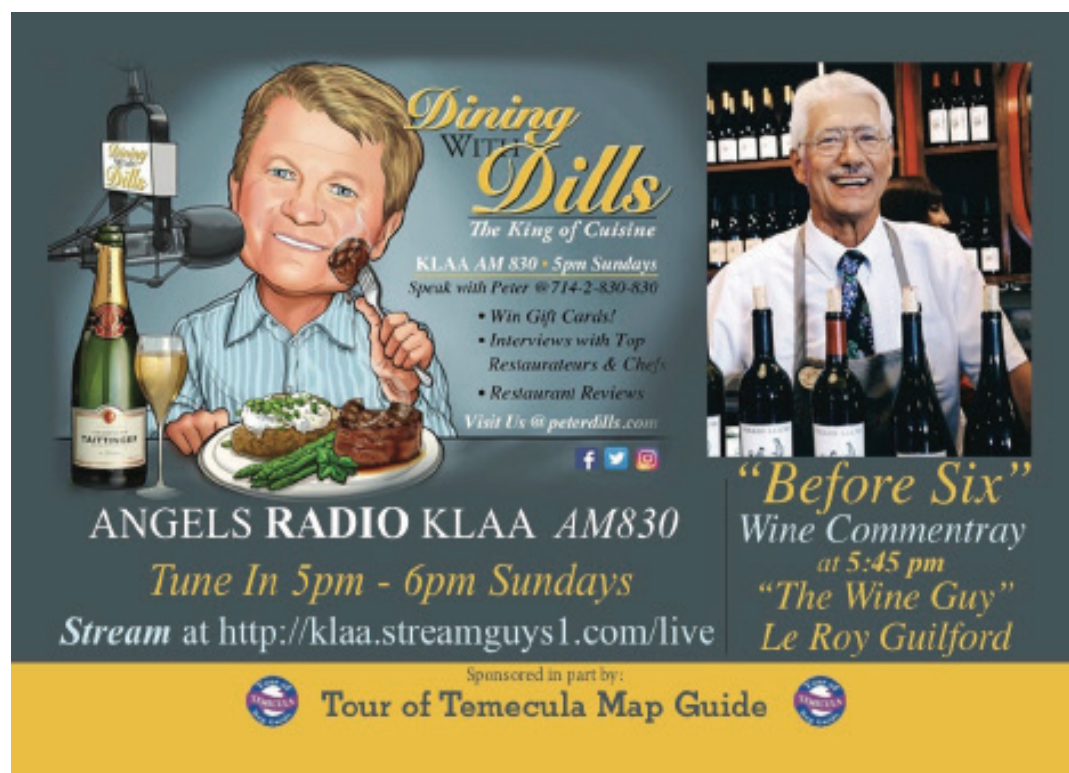
11 wines by the glass and have been told once management gets requests for additional wines they will expand. All and all they have great food and a nice wine list!

So what exactly is "organic wine"? Urban Plates carries a few that are and a few that are not. I love the fact that you can get a great glass of wine with your lunch or dinner for \$8 and up. Here is my best explanation: the term "organic" has the same meaning as when applied to other products of our everyday consumption such as organic poultry or produce, and conveys the concept of natural growing practices. Organic winemakers use only natural fertilizers and never use pesticides. It is simply a pure and natural method of wine growing and wine making! Simple, right? I find there is no taste difference. It might cost you a few more pennies, but give it a shot!! All winemakers are farmers and their intent is to keep all of their wines/farms goods as close to natural as possible.

Side note: Each morning I stop at my local grocery store for a bottle of Kombucha - Urban Plates has it on tap!

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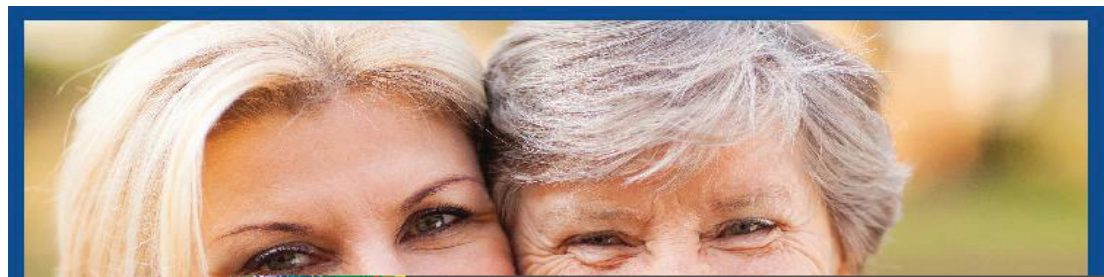
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## A CHEAP DEATH: HOW TO DONATE YOUR BODY TO SCIENCE

Dear Savvy Senior,  
What can you tell me about body donation programs? With little to no savings, I'm looking for a free or cheap way to dispose of my body after I die.

Old and Broke

Dear Broke,  
If you're looking to eliminate your funeral and burial costs, as well as help advance medical research, donating your body to science is a great option to consider. Here's what you should know.

### Body Donations

It's estimated that each year, at least 20,000 people donate their whole body, after death, to medical facilities throughout the country to be used in medical research projects, anatomy lessons and surgical practice.

After using your body, these facilities will then provide free cremation – which typically costs \$600 to \$4,000 – and will either bury or scatter your ashes in a local cemetery or return them to your family, usually within a year or two.

And, just in case you're wondering, your family will not be paid for the use of your body. Federal and state laws prohibit it.

Here are a few other things you need to know and check into, to help you determine whether whole-body donation is right for you:

Acceptance rules: Most body donation programs will not accept bodies that are extremely obese, or those that have infectious diseases like hepatitis, tuberculosis, H.I.V. or MRSA. Bodies that suffered extensive trauma won't be accepted either.

Organ donation: Most programs require that you donate your whole body in its entirety. So if you want to be an organ donor (with the exception of your eyes), you won't qualify to be a whole body donor too.

Special requests: Most programs will not allow you to donate your body for a specific purpose. You give them the body and they decide how to use it.

Memorial options: Most programs require almost immediate transport of the body after death, so there's no funeral. If your family wants a memorial service they can have one without the body. Or, some programs offer memorial services at their facility at a later date without



the remains.

Body transporting: Most programs will cover transporting your body to their facility within a certain distance. However, some may charge.

### What To Do

If you think you want to donate your body, it's best to make arrangements in advance with a body donation program in your area. Most programs are offered through university-affiliated medical schools. To find one near you, the University of Florida maintains a list of U.S. programs and their contact information at [Anatbd.acb.med.ufl.edu/usprograms](http://Anatbd.acb.med.ufl.edu/usprograms).

In addition to the medical schools, there are also private organizations like BioGift (BioGift.org) and Science Care (ScienceCare.com) that accept whole body donations too. Some of these organizations will even allow organ donation because they deal in body parts as well as whole cadavers.

If you don't have Internet access, you can get help by calling the National Family Service Desk, which operates a free body donation referral service during business hours at 800-727-0700.

Once you locate a program in your area, call and ask them to mail you an information/registration packet that will explain exactly how their program works.

To sign up, you'll simply need to fill out a couple of forms and return them. But, you can always change your mind by contacting the program and removing your name from their registration list. Some programs may ask that you make your withdrawal in writing.

After you've made arrangements, you'll need to tell your family members so they will know what to do and who to contact after your death. It's also a good idea to tell your doctors, so they know your final wishes too.

Send your senior questions to: Savvy Senior, P.O. Box 5443, Norman, OK 73070, or visit [SavvySenior.org](http://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  
-Please call the Hart Park House at 626-355-7394. make a reservation-

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



### INSOMNIACS UNITE --AGAIN!

If you who follow my column, you know that often I'm often guilty of recycling old articles when I don't have anything fresh or interesting to turn in. And sometimes I'm even so bad as to not submit anything at all! Lately I've committed both crimes. My only excuse is that I've been suffering from insomnia. I actually tried to recycle an old story, which I believed was called "Insomniacs Unite," but I can't find it on my PC. It's so old I must've saved it in some weird place. I was able to find the picture that went with it though. It's from 2012. The only reason I know this is because I put a copyright stamp on it, something I was doing very briefly long, long ago. So, since I can't find my original "Insomniacs Unite" piece, I must write a whole, new story! Aren't you the lucky ones!

Anyway, I've had pretty bad insomnia for a couple months now. My mom used to suffer from insomnia, for about a year and a half. When she was in the throws of it my dad and I were very frustrated because we couldn't help her. Now I know just how she feels.

On the first night I bolted awake around 3:00. After lying awake for some time I tried to relax by deep breathing. Then I found myself thinking about all the things I had to do for work. Through great mental effort I put away thoughts of work, only to find myself concentrating on that fact that I was still awake. I looked at the clock again, 4:15. It's okay, I thought, if I fall asleep this instant I can still get some rest before my alarm goes off at 5:50. Ha! You know how this is going to turn out.

I lie very quietly, intently thinking about nothing. Nothing. Nothing. Nothing. My mind is a blank slate. This is no good. My eyes pop

open and see that it's now 5:00. Panic sets in. Oh my gosh, if I don't fall asleep right now I'll be a zombie at work. And it's Monday! What if I can't sleep tomorrow night either? Then I'll be an even worse zombie on Tuesday. Aghhh!!!

I made it through Monday at work in one piece --for the most part. But the anxiety started to mount as Monday night rolled around. I'd already tried all the little tricks you read about in the wee hours of the morning when you can't sleep. One of my parents' neighbors even recommended

a free app with "sleep stories" that are supposed to bore you into a deep slumber. "I've listened to 'Lavender Fields' at least three times and I've never made it to the end. I've fallen asleep each time," our friend proudly shared.

I had my try with "Lavender Fields." After a few moments I recognized the narrator's voice as that of Steven Fry.

That must be him, I thought. Next I was on the app to check if I was right. Yup, there was his name and picture. Oh look! Another of the narrators is that British actor on "Game of Thrones." Darn it, this totally defeats the purpose of trying to fall asleep. I put the phone back on the bed stand and try to let Steven Fry bore me to death with some tale of a tourist's visit to a lavender field in Provence and then to the nearby abby, where the lavender oil is extracted using techniques developed by monastic monks centuries ago. The story ends by Steven Fry convincing the listener that he or she is relaxing to the soothing scent of lavender. For me, it ended with my wishing I had a jug of lavender oil, just to see if it would help any more than the sleep story had.

For now, I can't endorse the sleep stories, no matter how sonorous those Brits sound. If I find anything fool proof for a good nights sleep I'll let you know.



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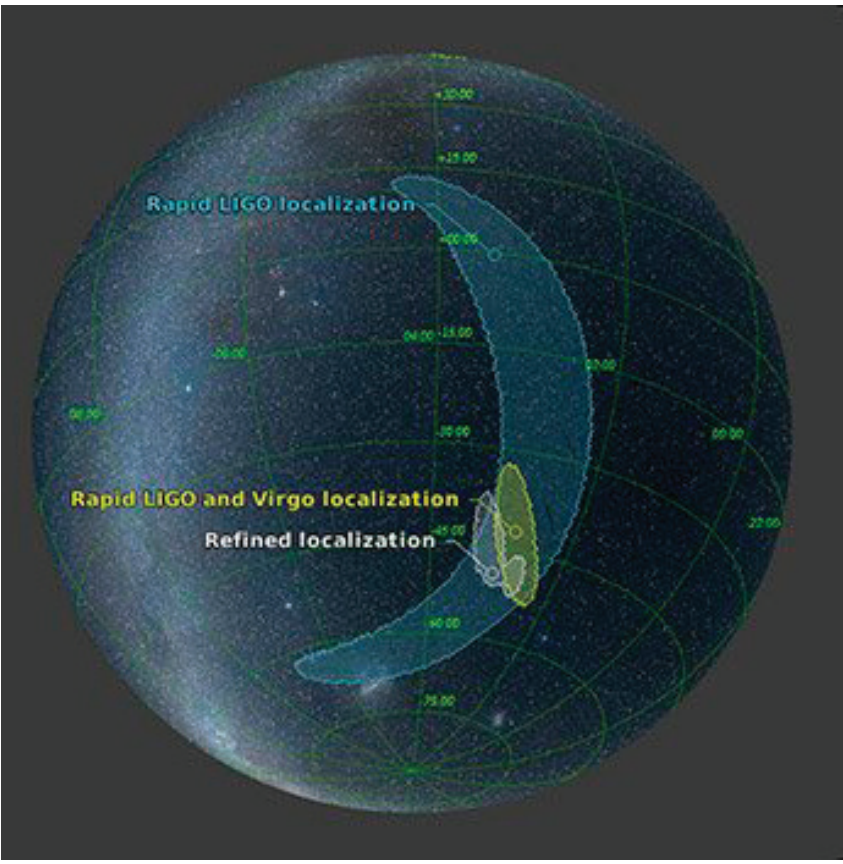
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Looking Up  
with Bob Eklund



MAPPING BLACK HOLE COLLISIONS GIVES ASTRONOMERS A NEW GUIDE



Rochester Institute of Technology researchers helped pinpoint the precise location of a gravitational wave signal—and the black hole merger that produced it—detected by gravitational wave observatories in the United States and in Europe.

For the first time, the LIGO and the French-Italian Virgo were used to triangulate the position in the universe where the binary black hole merger occurred 1.8 billion years ago. The black holes are 25 and 31 times the mass of the Sun before the collision and 53 times the Sun mass after, when a merged black hole formed.

The signal was detected on Aug. 14 by the LIGO detectors in Louisiana and Washington and the Virgo detector near Pisa, Italy. The findings were announced today in a news conference in Turin, Italy,

and will appear in Physics Review Letters.

The addition of the third observatory has widened the window on the universe, said RIT professor Carlos Lousto. “We now can pinpoint where those black holes collided in the universe with 10 times higher precision than we had with only two detectors,” Lousto said. “Astronomers can look more accurately toward this direction in sky with conventional telescopes to see if there is an electromagnetic counterpart to such cosmic collisions.”

John Whelan, RIT associate professor and the principal investigator of RIT’s LIGO group, said, “Our Virgo colleagues, who have been collaborating on the analysis since our first joint initial detector runs 10 years ago, have now joined the advanced detector network. We now have, for the first time, three

advanced gravitational wave detectors observing together.”

Richard O’Shaughnessy, RIT assistant professor, adds that, “with Virgo, we can now reliably point to where a gravitational wave signal came from. We can tell astronomers when and where to point their telescopes.”

Scientists will gain a deeper understanding of astrophysical phenomena by combining gravitational wave astronomy with traditional methods using the electromagnetic spectrum.

“Precision pointing makes multimessenger astronomy possible,” O’Shaughnessy said.

The current study cites 2005 breakthrough research by Lousto, Manuela Campanelli, RIT professor and director of the Center for Computational Relativity

and Gravitation, and Yosef Zlochower, RIT associate professor, which solved Albert Einstein’s strong field equations. The group was one of the first to simulate a black hole on a supercomputer. Their “moving puncture approach” has been adopted by other research groups and helped lay the foundation for gravitational wave astronomy.

“Our supercomputer simulations of black-hole collisions continue to be crucial to determine the astrophysical parameters of those extreme objects and they provide important information for modeling their history, from the death of their progenitor stars to their final merger into a larger black hole,” Lousto said.

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



CHRISTOPHER Nyerges  
ON SOCRATIC DIALOGUE

*[Nyerges is the author of 16 books, founder of School of Self-Reliance, and an outdoor field guide. He can be reached at Box 41834, Eagle Rock, CA 90041, or at [www.schoolofSelf-Reliance.com](http://www.schoolofSelf-Reliance.com).]*

I am not an academic authority on “Socratic Dialogue,” but I believe that I have a good general sense of it. When reading Plato’s account of the life of Socrates, and the events leading up to his trial, we get a good sense of how Socrates interacted with others.

Socrates would ask a series of questions, and each subsequent question was based on the answer to the previous one. It was a true dialogue, where Socrates listened carefully, and responded appropriately. Socrates said that he was trying to get to the “truth,” the “truth” that others claim to have found. His questions attempted to draw-out from the other person the knowledge or facts that were presumably available within that other person. That is, Socrates was doing sometimes called educating – the root of the word “education.” This suggests that all knowing can be acquired by thinking, and careful research.

I’ve had at least a few teachers who were skilled in educating, constantly engaging in a give and take, where eventually a full picture emerges about a subject.

In the beginning of undergoing this process, I felt silly and frustrated when I was asked to draw these answers from within. But by attempting to be a part of the dialogue, rather than simply listening to a teacher, I learned that I knew a lot more than I realized. In time, I realized that I began to think more clearly and systematically about things. I learned that there were ways to know if I only applied my mind to a given subject with research, application, and concentration.

I once went to lecture at a renown metaphysical center. The topic was Socratic Dialogue. The lecturer was clearly in love with himself and the sound of his words, which is not necessarily a bad thing. I raised my hand to ask a pertinent question and he shushed me. “No, I’m composing,” he said, and then went on with his monologue.

I sat there thinking about this for a few minutes, and realized that I would learn nothing about the

Socratic Dialogue from this man. I got up and left. His demonstration with me was the opposite of Socratic Dialogue. To be fair, this had been billed as a “lecture,” not a demonstration or practicum of Socratic Dialogue.

In my classes, I have tried in my limited way to employ Socratic Dialogue. When I am asked a question, I am inclined to ask the student, “What do you think is the answer?” Sometimes I get blanks, or, “I don’t know; that’s why I’m in this class.” But occasionally a student will try to answer their own question, and then we go on from there, step by step, working together to draw from the student the answers – or bits of answers—that were already there inside. (And for the record, I may or may not know the answer, but that’s not the point.) A man who once attended my classes mentioned me in his book called “Emergency.” It was an excellent book about his quest to learn about survival in the broadest context. In his book he described my teaching method, suggesting that I didn’t want to give answers to students but just wanted to lord over them that I knew it all! He didn’t quite get what I was doing, unfortunately. Things didn’t go so well for Socrates either.

Even though Socrates changed the life of his lead student, Plato, and the millions of “followers” who read about Socrates through Plato, those leaders and priests who brushed up too closely with Socrates felt that he was somehow exposing or disrespecting them. These “leaders” of ancient Greece trumped up some charges that Socrates was “corrupting the youth of Athens,” and put the philosopher on trial. Socrates lost, of course, was imprisoned, and fulfilled the death sentence by drinking the prescribed hemlock tea.

I’m still a big fan of Socratic Dialogue, not because of how it turned out with Socrates, but because it is a method that can open us up to our own inner mind, and allow us to experience true education.

Public schools are too large with too many students per teacher, and too controlled, to do Socratic Dialogue. Public schools tend to fill the students minds with facts that they must memorize.

Anyone today who comes through the “school system” as a clear-thinking, creative individual does so in spite of the school system, not because of it.



OUT TO PASTOR  
A Weekly Religion Column by Rev. James Snyder  
NORMAL ISN’T ALL IT’S CRACKED UP TO BE

“Well,” the Gracious Mistress of the Parsonage sighed rather deeply, “now that the hurricane is over I guess we can all get back to normal.” When she said “normal,” she looked at me and gave me one of “those looks.”

I am very much confused when it comes to this idea of normal. What in the world is normal?

Often when we go out somewhere she says, “Please try to act normal tonight.”

For me, normal is just the way I act. Furthermore, I am not acting.

I have never given the subject of normal much thought. I just assumed that is what I was, was normal and let it go at that. If I would pose such a question to my wife, I am sure I would catch a rather lengthy definition of what normal is. I can be sure her definition would in no way harmonize with my definition.

I do not know if I am normal according to her, but I am normal according to me. I just will not let this get out. Perhaps this is one of the great problems in our society today. Nobody knows what normal really is. If I would meet normal on the street downtown, I am not sure I would recognize it. In addition, normal probably would not recognize me.

For example, what is a normal lunch for a normal person?

I believe a normal lunch would be the lunch that I would have on any given day. I am not outstanding in anything. I do not have gifts, personality or anything of that nature. I am just normal when it comes to everything about me.

Could it be that normal is what a person defines it to be?

Just the other day I walked into my favorite restaurant, sat down at my normal table and when the waitress came, I told her, “I’ll have my normal lunch.”

I have been going to this restaurant for a long time, so the waitress did not have to ask me what I meant. She knew that normal for me was what I usually got for lunch. One time I decided to go in and order something different, but I just did not have the strength to do that. When she came to my table I blurted out, “I’ll have the normal.”

There is nothing wrong with normal. It is usually something we have done before and so we are comfortable with it. Personally, I do not want to be anything more than normal. What advantage would that be for me to be abnormal? Moreover, what is the definition of abnormal? I am comfortable being my normal self. I am not competing with anybody. I am not a person with multi-

personalities and so I have to compete with myself. I am just a normal person with normal appetites and normal expectations of life.

I never gave it so much thought before, but perhaps the reason my wife has this thing about “normal,” is that she does not know if she really married a normal person. I would like to sit her down and explain to her that I am as normal as I am ever going to be. But, you know the outcome of that kind of a thing.

My aspirations in life are to be normal and to be accepted as a normal person. I never want to pretend to be something that I am not.

I took a trip to Ecuador once and discovered that they certainly are not normal in my definition of normal. For example, all of the children spoke Spanish, even the little children that could not read. To them that was normal, but to me that was rather confusing. How normal is that? Normal means I speak English.

That brings me to the point that being normal may be different for other people. I do not know, but perhaps when those Spanish-speaking children heard me speaking English they laughed and thought I was abnormal. I can hear them speaking now, I just cannot understand what they are saying but I am sure it is something like, “Why doesn’t he speak Spanish like the rest of us normal people?”

I guess getting back to normal is doing the things that you once did. I am all for that. I like to do the normal things which makes me happy and being happy is rather normal for me.

I do remember a time that I was determined not to be normal. I wasn’t going to dress the way I used to dress and I wasn’t going to act the way I used to act and I wasn’t going to eat what I used to eat.

I had it all worked out in my head, but it was so confusing that I did not know what I was doing and so I had to get back to the normal me. I am not sure I should say this, but, I really like the normal me. I like me when I am doing what I normally do. To do otherwise would be rather abnormal and who likes an abnormal person?

I often wonder if this is what Jesus had in mind when he said, “Verily I say unto you, Except ye be converted, and become as little children, ye shall not enter into the kingdom of heaven” (Matthew 18:3).

What is more normal than a little child?

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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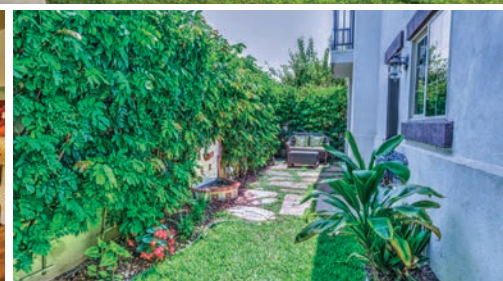
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**SECTION B**

## AROUND SAN GABRIEL VALLEY

### CONGRESSWOMEN CHU'S AND NAPOLITANO'S KICKOFF FOR 14TH ANNUAL DOMESTIC VIOLENCE CAMPAIGN



By Joan Schmidt

September 20 was the official kick-off for the Domestic Violence Campaign. For fourteen years, Congresswoman Judy Chu and Kaiser Permanente have worked together and in recent years, have been joined by Congresswoman Grace Napolitano. October is Domestic Violence Awareness Month and during that time, they collect new and gently used clothing, toiletries, household cleaning products and even children's school supplies to help provide resources for women and children in local shelters. These shelters include House of Ruth, Women and Children Crisis Center, YWCA-WINGS, San Gabriel Valley, Crossroads Women, Door of Hope, Elizabeth House, Foothill Family Service, Shepherd's Door and Union Station Homeless Shelter.

Maggie Pierce, Executive Director of Kaiser Permanente, Baldwin Park, welcomed us and thanked the Congresswomen for partnering with Kaiser Permanente who also donates \$1000 to the shelters for new linens, towels or any other needed items.

The First speaker was Dr. Victor Cheng, Physician in Charge, Diamond Bar Kaiser Permanente. Dr. Cheng has been involved with this campaign several years. As a physician, he has seen firsthand many victims. He asks three questions and often patients are willing to confide in their doctor.

Congresswoman Chu said, "I'm proud to once again be hosting this Domestic Violence Drive with my colleague, Congresswoman Grace Napolitano. The goods we collect this month will go directly to the shelters and groups that are on the front lines of battle against domestic violence... We know that helping a victim of domestic violence, when they have made the difficult choice to leave their abuser, can be the difference between life and death."

Congresswoman Chu told us how much the collection has grown since its inception. In addition, last year there was a "Day of Pampering," thanks to the Baldwin Park Unified School District's Adult Education. (Photo includes Kaiser's Maggie Pierce, both Congresswomen and members of the Baldwin Park USD.

The women had their hair done, manicures and pedicures. They enjoyed a special lunch and were given flowers. Chu said the victims were so grateful

Congresswoman Napolitano said, "A person's mental wellness can be impacted by any number of life factors, so no one is immune. Some struggle managing their anger, stress, often targeting and hurting those they love... no excuse for resorting to violence...in addition to physical harm...victims of domestic violence suffer emotionally and psychologically...yet shame and fear prevent many victims from seeking the support they and their families need."

We also heard from Mavis Hansen, the Domestic Violence Awareness and Prevention Chair of the California Federation of Women's Clubs.

Drop-off places include both Congresswomen's District offices, Altadena Community and Senior Centers, Arcadia Community Center and Woman's Club, Bradbury City Hall, Garvey Community Center in Rosemead, Joslyn Adult Recreation Center in Alhambra, Monrovia Community Center, Monterey Park City Hall, Pasadena City College, San Gabriel City Hall, Sierra Madre Women's Club and Pasadena Woman's Club. Also donations may be dropped off at Baldwin Park Medical Center, Diamond Bar Medical Offices, Montebello Medical Offices, San Dimas Medical Offices and West Covina Medical Offices. Please go through your closets and donate any clothing items no longer used. Thank you.

### SUPERVISOR BARGER CALLS FOR AQUATIC CENTERS TO BE OPEN YEAR-ROUND AND LONGER SEASONS/HOURS FOR COUNTY POOLS & LAKE SWIM AREAS

LOS ANGELES COUNTY – A motion by Supervisor Kathryn Barger, co-authored by Supervisor Solis, directs county agencies to identify ways to expand access to and utilization of the County recreational resources at our aquatic centers, swimming pools, and lake swim beaches. "I would like to see our county's aquatic centers open all year round, extend the time seasonal pools are open by two weeks and open swim beaches at lakes seven days a week," said Supervisor Barger. "Our county's swimming pools are vital amenities for children, seniors, families and community organizations – considering our mild climate, active lifestyles and culture of healthy living, they should be accessible to the public as long as possible during the week and during the year."

County agencies will report back to the Board in 60 days with recommendations.

### CALLING ALL VOLUNTEERS!

Foothill Unity Center needs your help in sorting food. This activity takes place Monday through Friday at our agency's Annex in Monrovia.

Please visit our website [www.foothillunitycenter.org](http://www.foothillunitycenter.org) to register. Go to the green tool bar and click where it says "Get Involved", select Volunteer Food Sorting from the drop-down menu.

If you have any questions, please contact us at 626-358-3486 or by email [volunteer@foothillunitycenter.org](mailto:volunteer@foothillunitycenter.org)

Thank you for keeping the spirit of volunteerism alive and being the heart of change!

### JENEE' CHILD



### DON'T FALL VICTIM TO A CONTRACTOR SCAM

As a home or commercial building owner, you would think you could trust a contractor referred to you by a home remodel repair service center or a local plumber you hire. As an Insurance Claims Expert with 30 years' experience, having witnessed numerous contractor scams, my recommendation is "think again."

Given my background, I know how to find reputable plumbing contractors like Gem Plumbing in Sierra Madre who provide great customer service and that do not accept kickbacks. Most people are not aware that many restoration contractors pay kickbacks for referral of their services. These types of contractors are known to remove more materials, place more equipment and to

charge for equipment or labor that may not be warranted. These are just a few of the ways in which they inflate their bill to cover the referral fee paid. Of course, there are also those contractors who overcharge just because they are greedy.

Under Home and Commercial Insurance Policies, the insurance company is obligated to pay what is "fair and reasonable". This often means that you are responsible to pay out-of-pocket for the excessive costs charged by these contractors, which may exceed \$5,000. Some insurance companies leave their insureds to fight the arduous battle of negotiating the contractor's bill on their own, which can take months and may not be successful.

In California, it is standard for the contract you sign to include verbiage that allows "your contractor to place a lien on your property if they do not receive full payment for their services". Unfortunately, this is legal for them to do, regardless of whether their charges are deemed "reasonable" by you or your insurance company. Reading the fine print in the contract before you allow work to begin is key. It is also important to know that you can cancel their contract within 3-days of signing it, which if you do so in writing will create a paper trail.

I have seen unsuspecting homeowners, property managers, businesses, building owners and Associations (HOAs) become victims of contractor scams after calling the first contractor who comes up in an on-line search or who place large ads. The best way to avoid contractor scams is to be informed. Having an experienced professional navigate this process for you can also help.

For home repair and insurance claim resources and to learn more about avoiding contractor scams, visit SOS Solutions' website ([www.TrustSOS.Solutions/Home-Help](http://www.TrustSOS.Solutions/Home-Help)).

Jene'e Child is CEO of SOS Solutions, Inc., an Expert Witness, Public Speaker and Sierra Madre resident. SOS Solutions offers free assistance in managing the entire repair process for property owners (including plumbing leaks, water, mold and fire damage).

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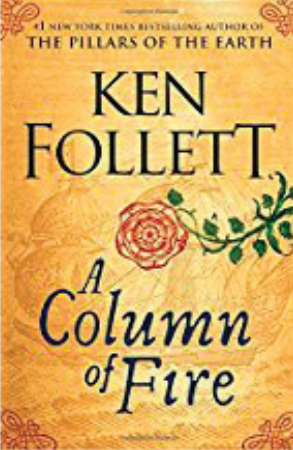
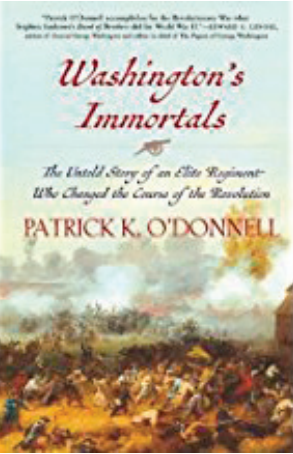
Jeff's Book Pics

By Jeff Brown

**Washington's Immortals: The Unfold Story of an Elite Regiment Who Changed the Course of the Revolution** by Patrick K. O'Donnell

In August 1776, little over a month after the Continental Congress had formally declared independence from Britain, the revolution was on the verge of a sudden and disastrous end. General George Washington found his troops outmanned and outmaneuvered at the Battle of Brooklyn, and it looked like there was no escape. But thanks to a series of desperate rear guard attacks by a single heroic regiment, famously known as the "Immortal 400," Washington was able to evacuate his men and the nascent Continental Army lived to fight another day. Today, only a modest, rusted and scarred metal sign near a dilapidated auto garage marks the mass grave where the bodies of the "Maryland Heroes" lie—256 men "who fell in the Battle of Brooklyn." In this book best-selling military historian O'Donnell brings to life the forgotten story of this remarkable band of brothers. Known as "gentlemen of honour, family, and fortune," they fought not just in Brooklyn, but in key battles including Trenton, Princeton, Camden, Cowpens, Guilford Courthouse, and Yorktown, where their heroism changed the course of the war. Drawing on extensive original sources, from letters to diaries to pension applications, O'Donnell pieces together the stories of these brave men—their friendships, loves, defeats, and triumphs. He explores their arms and tactics, their struggles with hostile loyalists and shortages of clothing and food, their development into an elite unit, and their dogged opponents, including British General Lord Cornwallis. And through the prism of this one group, O'Donnell tells the larger story of the Revolutionary War. Washington's Immortals is gripping and inspiring boots-on-the-ground history, sure to appeal to a wide readership.

**Practice You: A Journal** by Elena Brower  
When the way forward seems uncertain, where can we turn for guidance we can trust? For yoga luminary, meditation teacher, and artist Elena Brower, the answer has always been close at hand. "Whenever I've needed direction, strength, or centering, I've so often turned to my own



journals. Why? Because many of the answers we seek are found within ourselves." Now, for those compelled to the pen and page, Elena invites us to gather our own wisdom through writing, self-inquiry, and reflection. Practice You is a portable sacred sanctuary to record our flashes of insight, find our ground, create and clarify our goals, and bear witness to our own evolution. With more than 150 beautiful pages of questions, teachings, inspiring imagery, and plenty of space to write, draw, and reflect, this journaling adventure guides us into nine compelling portals to our highest ways of living.

**A Column of Fire** by Ken Follett  
International bestselling author Ken Follett has enthralled millions of readers with The Pillars of the Earth and World Without End, two stories of the Middle Ages set in the fictional city of Kingsbridge. The saga now continues with Follett's magnificent new epic, A Column of Fire. In 1558, the ancient stones of Kingsbridge Cathedral look down on a city torn apart by religious conflict. As power in England shifts precariously between Catholics and Protestants, royalty and commoners clash, testing friendship, loyalty, and love. Ned Willard wants nothing more than to marry Margery Fitzgerald. But when the lovers find themselves on opposing sides of the religious conflict dividing the country, Ned goes to work for Princess Elizabeth. When she becomes queen, all Europe turns against England. The shrewd, determined young monarch sets up the country's first secret service to give her early warning of assassination plots, rebellions, and invasion plans. Over a turbulent half century, the love between Ned and Margery seems doomed as extremism sparks violence from Edinburgh to Geneva. Elizabeth clings to her throne and her principles, protected by a small, dedicated group of resourceful spies and courageous secret agents. The real enemies, then as now, are not the rival religions. The true battle pitches those who believe in tolerance and compromise against the tyrants who would impose their ideas on everyone else—no matter what the cost. Set during one of the most turbulent and revolutionary times in history, A Column of Fire is one of Follett's most exciting and ambitious works yet.

FAMILY MATTERS

By Marc Garlett



JUST A FEW WAYS A LIVING TRUST HELPS YOUR FAMILY

There are several components to an estate plan, one of them being a living trust. Common benefits that prompt someone to create a living trust include increased privacy, reduced taxes, probate avoidance, and caring for family members with special needs. A living trust also lets you dictate how and when your assets will pass on to future generations after your death.

**Avoiding Probate and Increasing Privacy**  
One of the primary reasons for creating an estate plan is to avoid probate. Unlike a will, a properly funded living trust will avoid probate, the lengthy and costly court-supervised process of transferring assets after death. Probate includes locating and determining the value of the deceased's assets, paying off any outstanding bills and taxes, and then distributing the remaining value of the estate to the deceased's rightful beneficiaries or heirs. Avoiding probate is often a top reason for estate planning, and there is no surprise as to why. First, probate can be a costly way to transfer your assets upon death. Second, it is very time-consuming for your family. It can take a year (or even longer) to complete the probate process. Complications, such as a contested will or an inability to find clear records of all of the

deceased's assets and debts, can extend this timeline. Finally, probate proceedings are a matter of public record so when your estate goes through this process, there is no privacy.

**Reducing Taxes**  
While a living trust can help you avoid probate, it can also provide you with tax savings, especially if your estate is subject to death taxes (also known as estate and gift taxes). Of course, there are many types of trusts. One way to think about the variety is to consider a toolbox. For example, there are numerous kinds of screwdrivers, hammers, power tools, and so on. Each tool has an intended use. Trusts are no different. When you work with a family trust attorney, you ensure the type of trust is aligned with the tax-saving needs and other goals of your family.

**Seeking Professional Help**  
It is important to understand that a trust only controls assets that are funded to the trust. In other words, you must place these assets in the trust - commonly referred to as "funding" the trust. Moreover, because our lives are always changing (marriage, childbirth, home purchase, etc.) and so are tax laws, it is essential to continually update and monitor the funding of your trust over your lifetime. For these reasons, you will want to work closely with your family trust attorney to make sure your assets are properly aligned with your trust. This will not only help you get organized, but it will also make things much easier for your heirs when you pass away. And you don't have to go it alone. The right attorney can be an invaluable help to you and your family.  
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MARC

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

All Things

By Jeff Brown

WE'VE GROSSLY UNDERESTIMATED HOW MUCH COW FARTS ARE CONTRIBUTING TO GLOBAL WARMING BY GEORGE DVORSKY

A new NASA-sponsored study shows that global methane emissions produced by livestock are 11 percent higher than estimates made last decade. Because methane is a particularly nasty greenhouse gas, the new finding means it's going to be even tougher to combat climate change than we realized. We've known for quite some time that greenhouse gases produced by cattle, sheep, and pigs are a significant contributor to global warming, but the new research, published in Carbon Balance and Management, shows it's worse than we thought. It's hard to believe that belches, farts, and poop from livestock could have any kind of global atmospheric effect, but it's an issue of

scale, and the nature of methane itself.

There are approximately 1.5 billion cows on the planet, each and every one of them expelling upwards of 30 to 50 gallons of methane each day. We typically think of farts as being the culprit, but belches are actually the primary source of cattle-produced methane, accounting for 95 percent of the problematic greenhouse gas. And problematic it is. Methane is about 30 times more efficient at trapping the Sun's radiative heat than carbon dioxide over a timescale of about a century. There may be more CO2 in the atmosphere than methane, but by unit, it's the more destructive greenhouse gas. It's not immediately clear how, or even if, these revised figures will impact livestock production or public policy, but at the individual level, it suggests we should cut back on our consumption of meat and dairy.

The privilege we have over these animals, it would appear, now comes at a hefty price.

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We'll still be providing the same high-quality estate and legacy planning services in the comfy, cozy, and homey atmosphere you've come to expect from us, but in addition, we'll now be able to expand our service offerings within the areas of trust administration, probate, business law and real estate legal counsel.

Everything we do and everything we are is all about empowering you with tools to protect your family, build your wealth, and secure your legacy.

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BUSINESS TODAY

The latest on Business News, Trends and Techniques

By La Quetta M. Shamblee, MBA



WELL-ROUNDED MANAGEMENT OR A BALANCED MANAGEMENT STYLE

For sole proprietorships and small businesses to survive and thrive, it is imperative to develop and establish solid management skills and systems. A successful management approach involves multitasking and the constant juggling of multiple priorities related to key areas of the business. A strong foundation for management in the areas of administration, operations and personnel will greatly increase the likelihood for success and profitability.

The administrative aspects of management will have the most profound impact on the entire business since this component deals with decisions that can only be made at the top, by the owner(s) or top-level executives. Employees should be able to count on having the resources readily available to do the jobs they were hired to do; this is one of the primary functions of business administration. This includes all of the "systems" needed to support the work of everyone in the company (i.e. adequate and appropriate office space, computer equipment, printers and/or copiers with readily-available supplies and if applicable, timely reimbursement for out-of-pocket expenses like mileage for a field sales rep)

The operational aspects of management will dictate how smoothly the day-to-day and ongoing workflow is executed. Written guidelines should be developed

for every business process that is likely to be repeated on an ongoing or interim basis (i.e. ringing up a sale, weekly social media postings/promotions, ordering and stocking inventory, opening/closing the store). By developing and following standard guidelines, policies and procedures, you will be able to establish consistency to help your business achieve and maintain a reputation for quality. This will also make it easier and quicker to train new staff as your business evolves.

The personnel aspects of management are often easier said than actually executed. Labor laws at the federal, state and regional levels dictate guidelines for many aspects of employer-employee responsibilities. In addition to legal considerations regarding different classifications of personnel (i.e. exempt "salaried", non-exempt "hourly" and independent contractors "non-employees who work under a contract"), the ultimate success of management and the business rests upon the shoulder of the individuals who actually carry out the work.

Management talent can make or break a business, particularly in key areas that serve as pillars to support the business as a whole. The better the management, the greater likelihood that a business will make progress, succeed and prosper.

Mike Reiling

(626) 244-7593 - O  
(626) 823-4191 - C  
[mike@mtlowebrewing.com](mailto:mike@mtlowebrewing.com)  
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PUBLISHER/ EDITOR  
Susan Henderson

PASADENA CITY  
EDITOR  
Dean Lee

EAST VALLEY EDITOR  
Joan Schmidt

BUSINESS EDITOR  
LaQuetta Shamblee

PRODUCTION  
Richard Garcia

SALES  
Patricia Colonello  
626-355-2737  
626-818-2698

WEBMASTER  
John Avery

DISTRIBUTION  
Kevin Barry

CONTRIBUTORS

Chris Leclerc  
Bob Eklund  
Howard Hays  
Paul Carpenter  
Kim Clymer-Kelley  
Christopher Nyerges  
Peter Dills  
Rich Johnson  
Merri Jill Finstrom  
Rev. James Snyder  
Dr. Tina Paul  
Katie Hopkins  
Deanne Davis  
Despina Arouzman  
Renee Quenell  
Marc Garlett  
Keely Toten

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Mountain Views News  
80 W. Sierra Madre Bl.  
#327  
Sierra Madre, Ca.  
91024

Phone: 626-355-2737  
Fax: 626-609-3285  
email:  
mtnviewsnews@aol.com

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.

FRED Thomas



WHEN DID KNEELING BECOME A DISPLAY OF DISRESPECT?

It occurred to me after a weekend of presidential turmoil and NFL solidarity that the act of kneeling has been completely misinterpreted. In almost every religious faith, kneeling is a sign of reverence. It is a visible display of humility and has been recognized for generations as gracious act. Only now, has it been defined as something negative. It is not as if the NFL

players have turned their backs to the National Anthem, that would be disrespectful. Instead, they are showing reverence and humility to demonstrate that for all the good in our nation, we have serious problems and the lives lost due to bigotry, racism, and hate must always be remembered. I think the average American has a certain level of disdain for professional athletes overall. In many cases, we view them as people that somehow won a path to easy street. The fact is that it is statistically easier to become successful in business then it is to become a professional athlete.

I am also disturbed by the number of veterans that oppose this completely respectful form of protest. As a US Veteran myself, I voluntarily put my life on the line in defense of our country. I defended the rights of all our citizens to express their views publicly and in peace. I defended the rights of people to marry who they chose, to practice the faith of their choice, to identify with the gender that gives them inner peace, to live in peace and safety with the protections of due process as afforded by our constitution, and the right to acknowledge that this country is not perfect.

The US Flag should stand as a symbol of national pride in the notion that the United States is constantly striving to achieve equality for all. Kneeling is an appropriate way to demonstrate both allegiance to the flag and reverence to those Americans that we all failed to protect. The flag does not represent my moral absolutes, that is what my faith provides.

Until we can show reverence and respect for peaceful protest regardless of our personal beliefs and values, our country's progress towards equality will never be realized. If we continue this unhealthy practice of vilifying those that disagree with us, then it is just a matter of time before the US flag becomes nothing more than a symbol of our national hypocrisy and the men and women that have made the ultimate sacrifice in defense of this great nation would have died in vain.



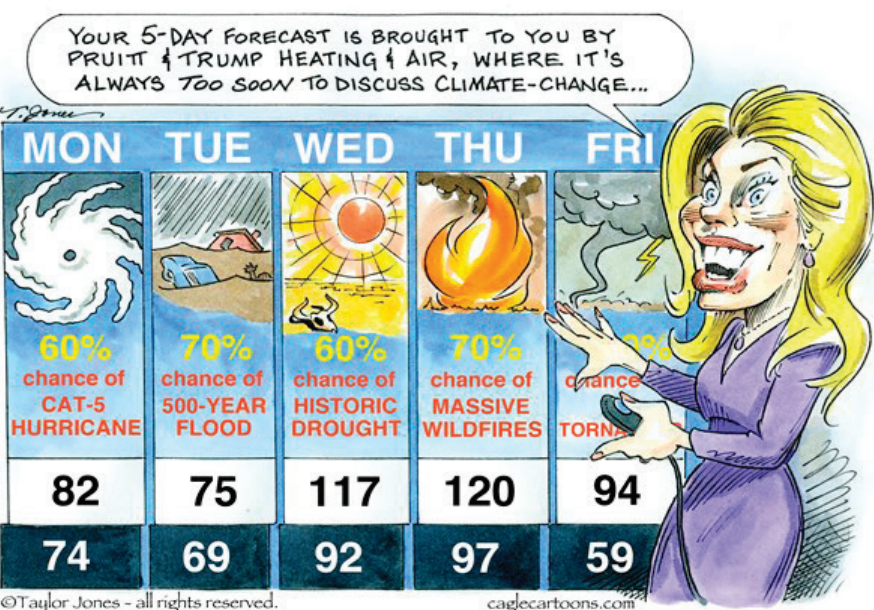
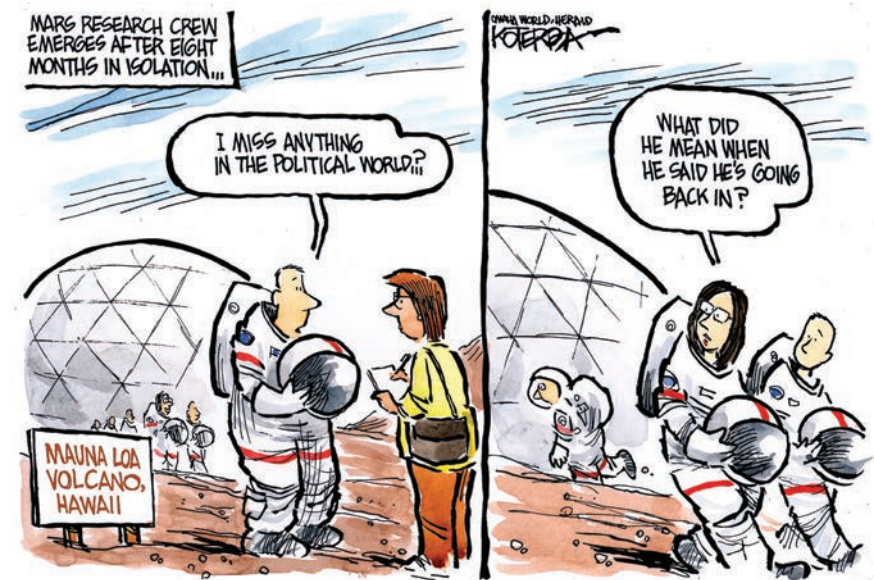
JOHN L. MICEK



THE NFL BEAT DONALD TRUMP AT HIS OWN GAME

On the day that Donald Trump tried to mess with America's national religion, professional football took the knee and beat The Divider-in-Chief at his own game. What triumphed on Sunday wasn't the bluster of a spoiled bully, but rather one of decency and the most fundamental of American values: The solidarity of a team. From stadiums in the United States and London, the players - and critically - the owners - stood together, sending an unmistakable message: Trump could bluster but he would not prevail. He was on their playing field now. And his ugly attempt to gain yardage with a cheap political trick hit a wall as immovable as the Buffalo Bills' defensive line. Let's be clear: There are few contemporary politicians better at bread and circuses than the current occupant of 1600 Pennsylvania Avenue. Few know better than Trump how to manipulate the news cycle, how to create a firestorm of distraction, to gin up the rage of the crowd, all the better to blow whatever current controversy ails him off the front page. Were you talking about Trump son-in-law Jared Kushner's use of private email to conduct private White House business on Sunday? Were you talking about the escalating tensions with North Korea, punctuated by the same kind of childish name-calling, that now appears to have brought the United States to the brink of war? Of course you weren't. Mission accomplished. Or so Trump thought. But this time, rather than punching down, Trump took on a multibillion-dollar professional sports league, one whose gladiatorial matches own our Sunday afternoons, and one whose annual championship game brings the entire country to a halt on a cold night in February, a rare national unifier in our age of division. And so it was, that as Trump called for mostly white team owners to either fire or suspend the black players who choose to kneel during "The Star-Spangled Banner," those same owners and players - black and white alike - locked arms and stood against this small-minded tirade: "Wouldn't you love to see one of these NFL owners, when somebody disrespects our flag, to say, 'Get that son of a bitch

off the field right now. Out! He's fired," Trump bellowed during a rally in Alabama on Friday night. "He's fired!" You know, some owner is going to do that. He's going to say, "That guy disrespects our flag; he's fired." And that owner . . . they'll be the most popular person in this country." It might have been enough that the players locked arms. But the fact that they were joined by their risk-averse employers sent an even stronger signal. Rebuffs from the likes of Patriots' owner Robert Kraft and Jacksonville owner Shahid Khan, who had financially supported Trump were an unmistakable message: We may support you, but if you try to mess with our livelihoods and our players, you're on your own. On Twitter, Trump tried to claim that his anger toward the players "had nothing to do with race." In fact, it has everything to do with race. But a president who puts Nazis and Neo-Confederates on a level playing field with those who resist them wouldn't understand that. Former San Francisco 49er quarterback Colin Kaepernick specifically took the knee last year to protest the treatment of blacks at the hands of mostly white police officers. He was told to shut up and play; if he wanted to exercise his constitutional rights to free expression, he could do it on his own time - as if the rights conferred by the First Amendment are somehow situational or constrained by geography. But as the rest of the nation got "woke," so too did the professional athletes who are supposed to perform for our pleasure for 16 weekends during the fall and early winter. As Trump tried to bring the NFL to heel; as he tried to falsely shame Golden State Warriors star Stephen Curry for not accepting the "honor" of appearing at the White House, he ran into a barrier bigger than his imaginary border wall and irony just as towering. The spoiled billionaire trying to get his own way decided to tangle with star athletes nearly as wealthy and, in this instance, nearly as powerful, as the Leader of the Free World, himself. Trump should have remembered, however, that wealth confers a great deal, including the freedom not to bow to pressure and to march to beat of your own drummer. For the players, this issue is a deeply personal one. It's about equality and civil justice. As much as he wants to, Trump can't separate that issue from the false flag of patriotism. There are few things more patriotic than standing up by sitting down. And on Sunday, by taking the knee, the NFL won. An award-winning political journalist, Micek is the Opinion Editor and Political Columnist for PennLive/The Patriot-News in Harrisburg, Pa.



LEFT TURN/RIGHT TURN

OUR JIMMY KIMMEL PRESIDENT

Please, Mr. Trump, I'm on bended knee.

Please, Mr. Trump, quit acting like a talk-show host and start acting like the president of the United States. When it comes to NFL players and NFL teams taking a knee in protest before their football games, I'm pretty much like most Americas.

I was appalled at what quarterback Colin Kaepernick did last year when he decided to remain seated during the national anthem.

In his head, Kaepernick was protesting what he claims is the ongoing oppression of people of color in America by police. Fine.

But most of the country interpreted it differently.

They saw a privileged, highly paid pro athlete disrespecting the American flag and those who served under it in battle. Kaepernick has paid a high personal price for his principles. He's now unemployed -- and apparently unemployable.

Though not a superstar, he's probably better than half a dozen no-name backup quarterbacks in the NFL.

Yet his pre-game troublemaking and the bad publicity he's created for himself and the league has clearly kept him from being picked up by a team that could use him.

No owner wants to have to deal with him or the negative attention that comes with him.

His best hope might be getting a CFL team to sign him if he promises to behave during "O Canada."

Four weeks ago the whole Kaepernick protest thing was beginning to fade away on its own. Only about four NFL players were still taking the knee during the "The Star-Spangled Banner." With its TV ratings falling and attendance in decline for other reasons, the league office was thrilled to see the NFL protest movement losing steam. So was the rest of a politically weary America. But then, late in the fourth quarter, President Trump streaked onto the field.

At a rally for the Senate primary in Alabama last Friday, he told a crowd, "Wouldn't you love to see one of these

MAKING SENSE by MICHAEL REAGAN

NFL owners, when somebody disrespects our flag, to say 'get that son of a b---- off the field right now? Out! He's fired! He's fired!' Thanks to the meddler in chief, one in eight players took a knee during the national anthem during the games last weekend and Monday.

They didn't take a knee to support Kaepernick or to disrespect the flag. They did it to protest Trump and his attack on NFL players.

Yes, President Trump said what so many of us are feeling. But he had no reason to get in the middle of stuff he doesn't need to be in - and shouldn't be in.

Trump unconditional supporters are praising him for taking a stand, but he wasn't leading the way.

The ones who should take credit for taking a stand against the NFL "Kneelers" are the people of the United States. We're the ones who've stopped watching or going to the games because of the players' politics. We deserve the credit. The president is following the people's lead. He joined the winning team after the game was over.

I know we can chalk up the president's meddling to the all-purpose excuse - "It's Trump being Trump."

But the president should never call anyone a "S.O.B." in public.

Not even if he really feels that way. Not even though we may agree with him. There simply are things a president should not do or say - let's call it "Presidential Behavior 101."

I know President Trump was playing to his base again. I know they cheered his comments and fell in love with him even more.

But I'm tired of hearing him sound more like Jimmy Kimmel than the president.

Michael Reagan is the son of President Ronald Reagan, a political consultant, and the author of "The New Reagan Revolution" (St. Martin's Press).























this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)  
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Sept. 9,16,23,30, 2017

#### FICTITIOUS BUSINESS NAME STATEMENT

File No. 201724398  
The following person(s) is (are) doing business as: JL AGUILAR TRUCKING, 8770 TELFAIR AVE, SUN VALLEY, CA 91352. Full name of registrant(s) is (are) NORMA AGUILAR, 8770 TELFAIR AVE, SUN VALLEY, CA 91352. This Business is conducted by: Individual. Signed: Norma E. Aguilar, Owner. This statement was filed with the County Clerk of Los Angeles County on Aug 31, 2017. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 8/31/2017. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)  
Publish: ES Mountain Views News  
Sept. 9,16,23,30, 2017

#### FICTITIOUS BUSINESS NAME STATEMENT

File No. 2017245278  
The following person(s) is (are) doing business as: HYPERION HEALING, 15544 CABRITO ROAD, VAN NUYS, CA 91406. Full name of registrant(s) is (are) HERBAL REMEDIES CAREGIVERS INC., 15544 CABRITO ROAD, VAN NUYS, CA 91406. This Business is conducted by: Corporation. Signed: Herbal Remedies Caregivers Inc, Tristan Singlet, CEO. This statement was filed with the County Clerk of Los Angeles County on Aug 31, 2017. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)  
Publish: ES Mountain Views News  
Sept. 9,16,23,30, 2017

#### FICTITIOUS BUSINESS NAME STATEMENT

File No. 2017243960  
The following person(s) is (are) doing business as: MONARCH FINE CUISINE 14143 FRIAR STREET, VAN NUYS, CA 91404. Full name of registrant(s) is (are) MOUNA KALOUT, 14143 FRIAR STREET, VAN NUYS, CA 91404. This Business is conducted by: Individual. Signed: Mouna Kalout, Owner. This statement was filed with the County Clerk of Los Angeles County on Aug 31, 2017. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)  
Publish: ES Mountain Views News  
Sept. 9,16,23,30, 2017

#### FICTITIOUS BUSINESS NAME STATEMENT

File No. 2017247681  
The following person(s) is (are) doing business as: FRESH GRILL MEDITERRANEAN CUISINE, 15355 SHERMANWAY SUITE O, VAN NUYS, CA 91406. Full name of registrant(s) is (are) F. G. MEDITERRANEAN, INC., 15355 SHERMANWAY SUITE O, VAN NUYS, CA 91406. This Business is conducted by: Corporation. Signed: F. G. Mediterranean, Inc, Farzad Cheshmanghi, CEO. This statement was filed with the County Clerk of Los Angeles County on Sept 5, 2017. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 06/2017. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)  
Publish: ES Mountain Views News  
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#### FICTITIOUS BUSINESS NAME STATEMENT

File No. 2017248750  
The following person(s) is (are) doing business as: GXL EDITORAS, 10239 BELLMAN AVE, DOWNEY, CA 90241. Full name of registrant(s) is (are) DENO MUSIC, LLC, 10239 BELLMAN AVE, DOWNEY, CA 90241. This Business is conducted

by: Limited Liability Company. Signed: Deno Music, LLC, Walter Alan Gaxiola Cuadras, President. This statement was filed with the County Clerk of Los Angeles County on Sep 6, 2017. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)  
Publish: ES Mountain Views News  
Sept. 9,16,23,30, 2017

#### FICTITIOUS BUSINESS NAME STATEMENT

File No. 2017248757  
The following person(s) is (are) doing business as: GAXIOLA PUBLISHING, 10239 BELLMAN AVE, DOWNEY, CA 90241. Full name of registrant(s) is (are) DENO MUSIC, LLC, 10239 BELLMAN AVE, DOWNEY, CA 90241. This Business is conducted by: Limited Liability Company. Signed: Deno Music, LLC, Walter Alan Gaxiola Cuadras, President. This statement was filed with the County Clerk of Los Angeles County on Sep 6, 2017. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)  
Publish: ES Mountain Views News  
Sept. 9,16,23,30, 2017

#### FICTITIOUS BUSINESS NAME STATEMENT

File No. 2017249041  
The following person(s) is (are) doing business as: LA SUPERIOR BUILDERS, 5416 FAIR AVE #3302, NORTH HOLLYWOOD, CA 91601. Full name of registrant(s) is (are) DB CONSULTING SERVICES, 5416 FAIR AVE #3302, NORTH HOLLYWOOD, CA 91601. This Business is conducted by: Corporation. Signed: DB Consulting Services, Dvir Bendavid, President. This statement was filed with the County Clerk of Los Angeles County on Sep 6, 2017. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 04/2015. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)  
Publish: ES Mountain Views News  
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#### FICTITIOUS BUSINESS NAME STATEMENT

File No. 2017249148  
The following person(s) is (are) doing business as: MATIG COR, 26226 VEVA WAY, CALABASAS, CA 91302. Full name of registrant(s) is (are) ZEYTOON INC, 26226 VEVA WAY, CALABASAS, CA 91302. This Business is conducted by: Corporation. Signed: Zeytoon Inc, Michael Anen, President. This statement was filed with the County Clerk of Los Angeles County on Sep 6, 2017. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)  
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#### FICTITIOUS BUSINESS NAME STATEMENT

File No. 2017249197  
The following person(s) is (are) doing business as: B.T. EXPRESS HANDYMAN SERVICE, 2768 BULA CT, ALTADENA, CA 91001. Full name of registrant(s) is (are) MICHAEL D. THOMPSON, 1975 E. WASHINGTON BLVD., #F, PASADENA, CA 91004. This Business is conducted by: Individual. Signed: Michael Thompson, Owner. This statement was filed with the County Clerk of Los Angeles County on Sep 6, 2017. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)  
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#### FICTITIOUS BUSINESS NAME STATEMENT

File No. 2017249269  
The following person(s) is (are) doing business as: PLANT SYSTEMS, 6551 COSTELLO AVE, VALLEY GLEN, CA 91401. Full name of registrant(s) is (are) ROBERT R. NEWMAN, 6551 COSTELLO AVE, VALLEY GLEN, CA 91401; GARY GUARINO, 6551 COSTELLO AVE, VALLEY GLEN, CA 91401. This Business is conducted by: General Partnership. Signed: Robert R Newman, General Partner. This statement was filed with the County Clerk of Los Angeles County on Sep 6, 2017. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on Oct 1985. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)  
Publish: ES Mountain Views News  
Sept. 9,16,23,30, 2017

#### FICTITIOUS BUSINESS NAME STATEMENT

File No. 2017249279  
The following person(s) is (are) doing business as: KRANIUM STYLES BARBERSHOP, 25835 RAILROAD AVE, SANTA CLARITA, CA 91350; KRANIUM DESIGNZ BARBERSHOP, 25835 RAILROAD AVE, SANTA CLARITA, CA 91350. Full name of registrant(s) is (are) KRISTIAN JOSEPH RANGEL, 25835 RAILROAD AVE, SANTA CLARITA, CA 91350. This Business is conducted by: Individual. Signed: Kristian Joseph Rangel, Owner. This statement was filed with the County Clerk of Los Angeles County on Sep 6, 2017. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 5/25/2011. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)  
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#### FICTITIOUS BUSINESS NAME STATEMENT

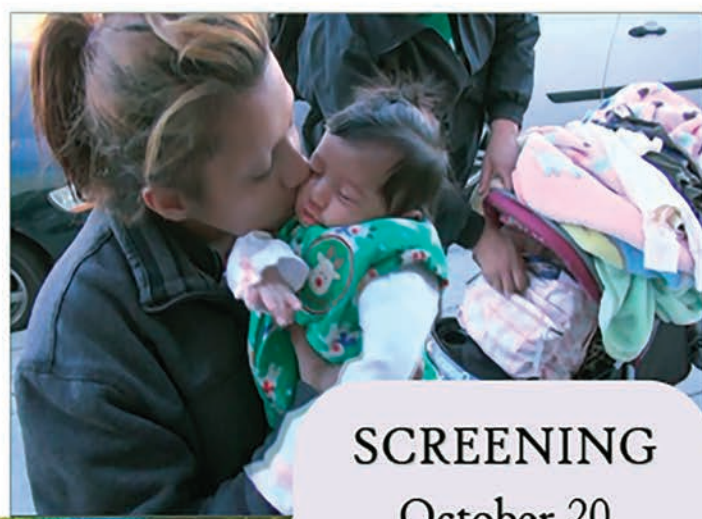
File No. 2017245856  
The following person(s) is (are) doing business as: SYNDICATED MEDIA GROUP, 18107 SHERMAN WAY #1012, RESEDA, CA 91335; NATIONAL BLACK REVIEW, 18107 SHERMAN WAY #1012, RESEDA, CA 91335; LIFE MEDIA, 18107 SHERMAN WAY #1012, RESEDA, CA 91335; THE PROGRESSIVE WOMEN, 18107 SHERMAN WAY #1012, RESEDA, CA 91335; THE VETERAN JOURNAL, 18107 SHERMAN WAY #1012, RESEDA, CA 91335; MENDIO PUBLISHING SERVICE, 18107 SHERMAN WAY #1012, RESEDA, CA 91335; EL MUNDO LATINO, 18107 SHERMAN WAY #1012, RESEDA, CA 91335. Full name of registrant(s) is (are) JOSE GARCIA, 436 E. HALTERN AVE, GLENDORA, CA 91740. This Business is conducted by: Individual. Signed: Jose Garcia, Owner. This statement was filed with the County Clerk of Los Angeles County on Sep 1, 2017. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 7/21/2017. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)  
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Stories of  
hunger,  
homelessness,  
and  
hope

in the  
San Gabriel  
Valley



Produced by:



SCREENING

October 20

6:00 pm - Film

7:30 pm - Curriculum  
Preview and Discussion

Sierra Madre Congregational Church  
Pritchard Hall  
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Sierra Madre, 91024

Enter Pritchard Hall from parking lot or from Harmon.  
Enter parking lot from Sierra Madre Blvd or Maciposa.

- Documentary featuring persons from the San Gabriel Valley who struggle with homelessness, hunger, loneliness, and other forms of poverty – breaking down stereotypes and stigma
- Creative and compassionate solutions
- Accompanying curriculum with scripture, resources and information, discussion-provoking questions, quotes and wisdom, and invitations to service for each chapter
- Curriculum chapters have material for adults, elementary aged youth, and high school youth.
- Excellent tool for introducing any Christian group to:
  - Local poverty
  - Hope and solutions
  - Hands-on ways to serve and get involved

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... in the oceans and in outer space.

Read the  
clues to fill in  
the puzzle.

**500 Years of Change!**

ways of life – and see his coming to these lands as destructive. In the end, we all can agree that Columbus' voyages to the Americas beginning in 1492 set in motion a period of massive change that continues today – over 500 years later!

For many years people have talked about – and argued about – the impact of explorer Christopher Columbus' landing in the Americas. Many people view his journeys as opening up an exciting “New World.” But, others point out that the lands Columbus found had many people already – with their own

The items in this puzzle were brought *from* the Americas *to* other countries. Study the clues (below) to fill in the puzzle:

Old World  
to the  
New World

The items in this puzzle were brought *to* the Americas *from* other countries. Study the clues below. Use the words to the left to fill in the puzzle:

sugarcane  
bananas  
horses  
cattle  
coffee  
sheep  
wheat  
pigs

bean for hot drink;  
from Asia first

gold  
corn  
cacao  
squash

peanuts  
pumpkins  
potatoes  
tomatoes

used for  
meat, hides

SUGAR





# What's the Name of the Game?

Saturday, October 14<sup>th</sup>, 2017

Doors open at 6:30 - Bingo starts at 7:30



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