

VOLUME 12 NO. 31

By Kevin McGuire



Dr. Yoonhee Park is an Assistant Professor at the Department of Health, Behavior, and Society, Johns Hopkins University. She has a PhD in Epidemiology from Johns Hopkins University and a Master of Public Health from the University of California, Berkeley. Dr. Park is currently working on a research project that aims to improve the health of women and children in low-income countries by addressing the social and cultural factors that influence their health. She is also a member of the Johns Hopkins Center for Communications Programs and the Johns Hopkins Center for Communications Programs.

NATIONAL NIGHT OUT

35th ANNIVERSARY 2018

POLICE • COMMUNITY PARTNERSHIPS

NIGHT OUT
AGAINST CRIME
AUGUST 7TH

SIERRA MADRE
POLICE

Our fire department has not and will not solicit donations over the phone. From time to time a request may come up, if that is necessary, representatives from the fire department will make that request in person. Please DO NOT agree to any phone solicitations that you receive from callers that are representing the City of Sierra Madre Police or Fire Departments.

A large, two-story house with a stone fireplace, a large tree, and a swimming pool. The house is light-colored with a stone fireplace on the left. A large tree stands in front of the house. A swimming pool is visible in the background. The text "OPEN SUNDAY 2-4" is overlaid on the bottom right of the image.

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Weather Wise

6-Day Forecast Sierra Madre, Ca.

Sun	Sunny	Hi 100s	Lows 70s
Mon:	Sunny	Hi 100s	Lows 70s
Tues:	Sunny	Hi 100s	Lows 70s
Wed:	Sunny	Hi 100s	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 11, 2018
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.

SIERRA MADRE POLICE BLOTTER

July 22 to July 29 2018

During this period, the Sierra Madre Police Department responded to approximately 370 day and night time calls for service.

Thursday, July 26

At about 8:00PM a resident in the 700 block of E. Grandview Ave. male reported that an unknown suspect(s) removed an electronic tablet from his sealed Amazon package that was delivered to his residence. After removing the device the suspect(s) resealed the package with clear tape. It is unknown when the tablet was removed from the package. Case to Detectives

Friday, July 27

At Mountain Trail and Highland Ave. Officers conducted a traffic stop at about 1:26AM for a vehicle code violation. Upon contacting the driver, it was discovered that the driver was driving with a Driver's Permit and unaccompanied by an appropriate passenger. The driver was cited, and the legal guardian of the driver was cited. The vehicle was then released to a licensed driver (legal guardian).

Saturday, July 28

A welfare check was requested by a resident for a driver of a vehicle slumped over the steering wheel parked in the 500 block of W. Sierra Madre Blvd. Following an interview of the driver, officers determined that he was under the influence of alcohol. The driver was arrested and transported to the Pasadena Jail. Case to Pasadena DA's office

Leonora Moss

9 Kersting Court Sierra Madre, Ca. 91024
626-355-1180

EXTRAORDINARY
CUSTOM FLORAL
ARRANGEMENTS



**Sierra Madre
Woman's Club**



550 W. Sierra Madre Blvd. 2018: 111 Years

Founded February 23, 1907 - "Living the Volunteer Life" in Friendship

Member of General Federation of Women's Clubs cfwc.org & gfwc.org

Facebook: SierraMadreWomensClub GFWCSierraMadreWomensClub.org

!!! Volunteer Help Wanted !!!
Sierra Madreans

Want to Help Give Back to Our Youth?

Wistaria Thrift Shop

Needs help sorting donations
2+ hours weekday mornings

Donate Time to Help Us Raise Scholarship Funds

Call Gayle - 355-6007 1 - 4 pm

Network & Explore Membership with Us

Join us for Member - Only Yoga w/ Paul Tuesdays, 10 am

Rent the 1914 Historic Essick House 626-355-4379

Wistaria Thrift Shop - Closed for the Summer 355-7739

Clean, Gently Used Donations Accepted Weekdays to 2 pm



**Sierra Madre
Woman's Club**



550 W. Sierra Madre Blvd. 2018: 111 Years

Founded February 23, 1907 - "Living the Volunteer Life" in Friendship

Member of General Federation of Women's Clubs cfwc.org & gfwc.org

Launching Monthly 1st Wednesdays



Evening Meetings Begin

August 1, 2018 - 6:30 pm

Be one of the First to Come Aboard

Network, Expand Our Mission & Give Back!

Janette : 626 242-3244

Network & Explore Membership with Us

Join us for Member - Only Yoga w/ Paul Tuesdays, 10 am

GFWCSierraMadreWomensClub.org

Facebook/SierraMadreWomensClub

Rent the 1914 Historic Essick House 626-355-4379

Wistaria Thrift Shop - Closed for the Summer 355-7739

Clean, Gently Used Donations Accepted Weekdays to 2 pm



**SIERRA
MADRE CITY
MEETINGS**
*Regular City
Council Meeting*

Tuesday, September 11, 2018
6:30 pm

Can't make it to the meeting, but still want to share your thoughts? You can mail or drop off a written statement to City Hall or email city@cityofsierramadre.com before 30 the night of the meeting and your statement will be delivered to all the Council Members. Sierra Madre City Hall 232 W. Sierra Madre Blvd. Sierra Madre, CA 91024 (626) 355-7135

City Council
August - DARK
September 11, 2018

Planning Commission
August 2, 2018 at 7:00 pm
August 16, 2018 at 7:00 pm

Community Service Commission
August - DARK

Senior Community Commission
August - DARK

Library Board of Trustees
August 22, 2018 at 7:00 pm
September 26, 2018 at 7:00 pm

Energy, Environment, and Natural
Resource Commission
August - DARK
September 19, 2018 at 7:00 pm



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For more info go to FB or Meetup.

Rotary of Sierra Madre

We meet Tuesdays: 7-8:30 a.m.

The Hart Park House,
222 W. Sierra Madre Bl.,
Sierra Madre, CA 91024

EATON CANYON EVENTS:

FAMILY NATURE WALKS

Eaton Canyon Nature Center offers free Docent-Led Family Nature Walks every Saturday at 9am. Meet in front of the Nature Center. No RSVPs necessary. No dogs, please. For more information visit our website at ecnc.org or call the nature center at 626.398.5420

FREE NATURE TAILS STORY HOUR

Every Saturday at 10:30am. Meet inside the nature center. Stories and activities for children. For more information visit our website at ecnc.org or call the nature center at 626.398.5420

Eaton Canyon Nature Center is located at 1750 N. Altadena Drive, Pasadena, CA 91107

FRIENDS OF THE SIERRA MADRE LIBRARY BEST USED BOOK SALE

Join Friends of the Sierra Madre Public Library at their Back-to-School Used Book Sale! The sale will be held on Friday, August 3 from 3:00 - 7:00 p.m. and Saturday, August 4 from 10:00 a.m. - 2:00 p.m. Featured for sale in the Basement will be a variety of school supplies, reference sets, atlases, dictionaries and even a world globe! There are complete sets of "The Old West", "Great Lives from History (American Women Series)" and "The Dictionary of Art" to use at home or in the classroom. As always, we will have nearly new best-sellers and "coffee-table" books on the Basement Table. The shelves are overflowing with all kinds of fiction and non-fiction as well as DVDs and CDs.

In the parking lot there will be a large selection of nearly new Young Adult fiction and boxes full of teacher materials for only \$1.00 each. Look for vintage magazines, children's CDs and DVDs as well as our popular Bargain Boxes with books for only \$1.00. Children and teen titles in the parking lot will sell for \$.25 - \$1.00 only and small paperbacks 5/\$1.00. Don't miss the SPECIAL SATURDAY ONLY SALE IN THE PARKING LOT. Come to the sale and take advantage of these great bargains on our wonderful, gently-used books.

All proceeds are used for services, acquisitions and programs of the Library. The sale will be held behind the Sierra Madre Public Library, 440 West Sierra Madre Blvd. in Sierra Madre. The Friends of the Sierra Madre Public Library is a non-profit organization. For more information visit us on Facebook, at our website www.sierramadrelibraryfriends.org, or call the library at 626 355-7186. We look forward to talking about books with you at the Best Used Book Sale!



**KIWANIS CLUB OF
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We will be on
vacation the
month of August!

Next Meeting: September 4th

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SATURDAY, SEPT. 22nd



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LEAP!

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WELCOME TO THE JUNGLE**

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TIME**

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LOCATION: MEMORIAL PARK
222 West Sierra Madre Boulevard

START TIME: 8:00 PM

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SIERRA MADRE

Sierra Madre

Arcadia

Pasadena

Altadena

Monrovia



2018 CONCERTS IN THE PARK

PRESENTED BY THE KENSINGTON

JUNE 9

JUNE 24

JULY 1

JULY 8

JULY 15

JULY 22

JULY 29

AUG 5

AUG 12

PASADENA COMMUNITY ORCHESTRA (Classical)
Sponsored by Pasadena Community Orchestra

GEM CITY JAZZ CATS
Sponsored by Kiwanis and Friends of the Library

SIERRA MADRE MUSIC CO. (Local Talent)
Sponsored by Sierra Madre Music Co.

CASH UP FRONT
Sponsored by Sierra Madre Community Foundation

SGT. PEPPERS
Sponsored by Sierra Madre Senior Community Commission

ALUMNI ACOUSTIC
Sponsored by Sierra Madre Civic Club

TENOR DANIEL RODRIGUEZ
Sponsored by Sierra Madre Rotary Club

PAT O'BRIEN AND THE PRIESTS OF LOVE
Sponsored by Sierra Madre Firefighters' Association

THE SKINNY TIES
Sponsored by Sierra Madre Community Services Department

All concerts are free and held from 6:00pm-8:00pm at the Memorial Park Bandshell, located at 222 W. Sierra Madre Blvd. Seating is on the green. Be sure to bring blankets and lawn chairs. Alcohol is prohibited. Spectators are encouraged to support local organizations that may provide refreshments.

FOR MORE INFO CONTACT THE COMMUNITY SERVICES OFFICE AT 626.355.5278

KATIE TseThis and That EMBARRASSMENT & OTHER STRONG MOTIVATORS

I hope you're enjoying the end of July and staying cool! I'm using the heat as an excuse to recycle this lightly used article I wrote several years ago. Enjoy, especially is you're one of the lucky ones blessed with natural organizational abilities. Organization has never come naturally to me. As a child, I remember somewhat helplessly stuffing school papers into my desk or backpack. My parents would question my "filing system" as I retrieved months-old crumpled papers. "Hey," I'd say, "I didn't lose them!" I grew up with the adage, "A place for everything and everything in its place." The only problem was that I kept changing the places for things, and then forget where those places were.

You'd think that surviving through higher education would instill great organizational skills in me. Nope! I don't think my problem is that I can't categorize things, it is more that some things can fit into several categories. Every so often I feel compelled to devote serious time to organizing my things. However, after half an hour of shuffling through papers, I'm no farther along than I was when I started. It's at this point that I sigh and stuff everything back where I had it (hoping that I'd remember its location if I ever needed to!). Often "where I had it" is either an overflowing filing cabinet, or in the case of my work, a burgeoning supply closet.

I refer to this storage space as "the closet of doom." On my own behalf, I wasn't totally at fault because it was already stuffed beyond capacity when I inherited my job from my predecessor. Public schools aren't the sort of place where people pack all their belongings into a tidy little box when they leave. (Some do, bless their hearts!) More likely, though, is that they leave all their stuff for the next person. Of course I was extremely grateful for the surplus of supplies available to me when I first started out. However, even then it was hard walking into another person's organization system and trying to make sense of it. There were many things I never used, but felt unable to toss, since I figured that they were indirectly bought with taxpayer dollars. And since the lady before me found them useful, who was I to get rid of them? These were inevitably stuffed into the closet of doom.

The door-less closet of doom stayed dormant for years. Occasionally its contents would pile up around the entrance, creating a potential avalanche and fire hazard. I shuddered every time I put anything in there. One year, I actually asked my mom to sew a curtain to hide the mess, which she

did (thanks, Mom!). Who knows how long this closet could have kept growing if not for a recent request from my then new principal!

My old principal retired recently, and we now have a new commander in chief. He's been very sweet. However, it's always prudent to please your boss --especially during the "first impressions" phase.

Last week, he casually informed me that a new teacher would need to store some boxes in my office, and asked if I could please make room for say --forty banker boxes. Whoa! I can barely hide my own junk! (But that's not a great admission to make.) "Sure," I emailed him, "Send the boxes over!"

Let me tell you, I've never embodied the phrase, "bust and move" until now! Not only did I clear away my own junk, but I excavated specimens from the 90's, 80's, and (yes) 70's! It was like an archaeological dig, without the sexiness of Indiana Jones. At last I saw something I'd never before laid eyes upon --the back wall of my supply closet. I doubt it's seen the light of day in thirty years. There were some things I wanted to save. So I heaped them in the middle of my office until I found a permanent home for them. To anyone walking by, it looked like I had a pile of rubble in my office.

Nevertheless, I wanted to "share the moment" with someone, but admitting my poor organization to my coworkers would've killed the joy I felt. (I'm sure they've suspected it all this time, but confession would only confirm their suspicions.)

Finally ready, I called the custodian (who doubled as the best tech-support for my campus, but that's another story) to start loading up my closet with my new co-worker's things. He stopped in his tracks at the sight of my empty closet and breathed, "Whoa...." I was proud.

"You know, though," he said, "The board is visiting this week, so we won't be able to load the boxes until next week, or maybe the week after." I was still smiling like an idiot when he clarified the situation for me, "You'll need to move all this stuff back. By tomorrow."

Even though some of my co-workers witnessed the junk heap in my office, I didn't mind. Even though the custodian/tech genius probably thought I was too quick to jump the gun, I still didn't mind. I saw the back wall of my closet, which I know I would've never seen if all this hadn't taken place. If for no other reason, I'm glad it gave me the impetus to actually CLEAN my closet. Who knows how many decades it would've sat untouched otherwise...

WALKING SIERRA MADRE... The Social Side By Deanne Davis

"Lew Watanabe must hold an image of beauty within him. He came into our garden and transformed the landscape. Lew found an old stone in the yard and upended it to make it art. Then he made the stone a fountain where hummingbirds come to bathe. Lew highlighted the on-going life of the garden with an array of Japanese maples which lose their leaves in fall to return with green shoots in spring. Other plants he organized in a way that invited a sense of peace. Lew brought to our garden the mystery of art and with his touch an inscrutable essence of the inscrutable East. We are deeply appreciative." Jack & Maude Ann Taylor

"It was remarkable how Lew constructed the garden with its dry river bed, granite water basin fed by a bamboo pipe, varied oriental trees, plants and grasses with a traditional Japanese gate; all without a visible plan as the painting artist would create their image without an outline. Lew is truly a remarkable creative artist." Dr. & Mrs. Robert P. Natelson

So, a couple of weeks ago I found myself having this strange thing going on with my left hand. No, I wasn't having a heart attack. It kind of went numb but when shaken vigorously, would return to business as usual. As I like to hold my Kindle book in that hand, it was a little annoying. Taking myself down to see our own Dr. John Talevich at his Life Works! Chiropractic Center right there on South Baldwin just a few steps north of the Post Office, I had hopes that he could fix me immediately as he has done in the past. I was a few minutes early and had to fill out a form - have you ever noticed that no matter how long you've been going to somebody, they always have a new form for you to fill out. Anyway, while filling out my form I noticed this really nifty coffee table type book entitled, "Lew Watanabe...Master of Stone and Light." I promptly stopped filling out my form and started leafing through this really terrific book about Sierra Madre's dear friend, Lew Watanabe, who is now walking around heaven, no longer wheelchair bound, building beautiful fountains there. This book, dated 2005, by Kathy Childs with Del Weston, is filled with photos of much of Lew's work, and comments by the folks fortunate enough to have their very own piece of his work. After seeing Dr. T - yes, he made me feel better - I went right home and ordered the book from

Amazon. The copy that arrived for me was actually signed by Lew! Looking at these pictures reveals what Lew's particular gift was: the ability to create an environment of peace, serenity and tranquility.

"Lew took the use of stone to a new level by incorporating the stone into the garden and having it weep by plumbing the water up through the stone, creating a soft overflow of water over the piece causing it to sparkle and shine as the water moves over the surface." Stepping stones, ponds, Japanese maples, Koi, water plants all add to the feeling of peace and serenity

The work Lew did at our own Sierra Madre School, rebuilding the environment there after years of vandalism and decay was simply awesome. The Goodwill Garden was discovered by students, buried under rubble. If you don't know, here's the story...In the early 1930s, when a new elementary school was built at Highland Avenue and Auburn Street, the parents in the sizeable Japanese community of Sierra Madre created a Japanese Garden to thank the city for welcoming their children. During World War II the garden was covered over with dirt and converted to a Victory Garden. In the 1990s because of the curiosity of students, and through the guidance of faculty, and the talents and generosity of the Japanese community, the garden was restored by Lew Watanabe. The picture is of Lew with friends when the new garden was finished.

We are also blessed here in town with The Weeping Wall in Memorial Park honoring veterans of our community. I sat on the bench there and enjoyed the peace during the July 3rd pre-parade party in the park. There's something about that water flowing over the stone that just calms the spirit.

I guess I just wanted to take a minute to remember a splendid person with a gift for beauty, peace and harmony who lived among us for a time and left beauty that will last forever.

My book page: Amazon.com: Deanne Davis Kindle books of all sorts and hardcover "Tablespoon of Love" are on there, as is "Star of Wonder."

Star of Wonder the CD is now on TuneCore! Take a look!

Blog: www.authordeanne.com

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

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10:00am-4:00pm



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with Mary Jane Elgin
Sat & Sun, Sept. 8 & 9, 10-4 and
Sunday, Sept. 16 Noon-4:30 pm

To view more information on all our workshops visit **CreativeArtsGroup.org**. Register online, by phone or in person

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108 N. Baldwin Ave. Sierra Madre
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FREE LAWN CONCERT

Saturday, August 4, 2018 at 7:00 p.m.

Big Band Theory

Big Band Theory is composed of musicians affiliated with
Jet Propulsion Laboratory (JPL) in Pasadena. The band
features selections from the swing era, with a dose of 50's
Sinatra and 60's hipsters.

Sierra Madre United Methodist Church

695 W. Sierra Madre Blvd.
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Bring your family, friends, lawn chairs, and blankets.
Put on your dancing shoes and enjoy some toe-tapping music.

*light refreshments/snacks available for purchase



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Pasadena Altadena

News From Your Community For Your Community

Local Area News Briefs

Fire Forces

Dozens of seniors were evacuated Monday afternoon after an apartment fire on the six floor of a high-rise living facility complex broke out in Pasadena.

According to officials, an electrical fire, contained to a single unit, was reported shortly before 2:30 p.m. in the 200 block of Cordova St. Two people were evacuated for injuries at the scene.

Around 50 firefighters, from four surrounding city fire departments were called to the scene. The fire was knocked down quickly.

A total of 26 people were evacuated, eight were displaced from their units.

Hackaday Superconference to Take Over Pasadena

The popular website, Hackaday, read by engineers, makers and inventors that celebrates hardware and hardware hacks, announced Thursday the fourth annual Hackaday Superconference to take place Nov. 2-4 at the Supplyframe DesignLab in Pasadena.

"We perpetually include first-time presenters and fresh, only-seen-here content. It's been an incredible ride to watch this conference grow in popularity year after year," said Sophi Kravitz, Supplyframe's director of product.

The Hackaday Superconference is a gathering of hardware hackers, engineers, designers and devotees who converge for one weekend to share knowledge, watch industry expert talks, join the hardware hacking village and participate in one-of-a-kind workshops. Previous speakers include Anouk Wipprecht, Samy Kamkar and Syd Mead. For more information visit: supplyframe.com.

Pet of the Week



Ernie (A461155) is one amazing dog. He is a 3-year-old pit bull who is energetic and active. He has gone out with our Wiggle Waggle Wagon crew a few times and loves meeting new people, even kids! He likes playing with toys, but he absolutely loves laying in your lap. If you're looking for a hiking or running buddy who will not hesitate to cuddle and take a nap with you afterward, come meet Ernie at the Pasadena Humane Society & SPCA.

The adoption fee for dogs is \$130. All dogs are spayed or neutered, microchipped, and vaccinated before going to their new home.

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

View photos of adoptable pets at pasadenahumane.org. 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.



Victorian Home Goes Up in Flames Arson Suspected

By Dean Lee

Pasadena fire units responded Wednesday night to a house fire that gutted, what was a 130-year-old Victorian-style home, at 30 W Mountain Street in Northwest Pasadena. Arson investigators later made an arrest of a 38-year old man from Pasadena in connection to the fire.

According to Acting City Public Information Officer, Lisa Derderian, "Officers contacted witnesses at the scene who described a possible subject last seen in the building before it caught on fire. One of the witnesses who was still at the scene saw the same subject from earlier standing in the crowd at the location and pointed him out to the arson investigator."

Kristoffer Eugene Caldwell was arrested at the scene.

The blaze started inside the longtime vacant, two-story Victorian home around 10:15 p.m. When firefighters arrived they found flames shooting from the second story according to Derderian.

After a second alarm was requested, over 40 fire personnel knocked the fire down in less than 45 minutes. South Pasadena Fire Department, and Alhambra Fire Department both helped protect nearby homes and businesses.

No injuries were reported Derderian said.

City officials said Thursday they plan to move quickly to make the property safe, most likely demolishing what is left on the destroyed home.

The same home caught fire last September, in what police said was also arson. Investigators are looking at whether or not the fires are related.

Crisis Text Line Available

The Pasadena Public Health Department (PPHD) has partnered with the Crisis Text Line to bring awareness around emotional well-being and mental health. Crisis Text Line is a national not-for-profit agency providing free, 24/7 crisis support via text messages. Trained counselors help bring individuals experiencing crisis to a calmer state of mind and help create a plan to stay safe and healthy. Crisis Text Line has processed over 72 million messages to date, dealing with issues such as depression, anxiety, and thoughts of suicide.

"The partnership with Crisis Text Line is another way Pasadena is working to reduce stigma around mental health and to encourage all who are experiencing emotional distress to reach out for help," said Michael Johnson, Director of Public Health. "By allowing individuals to text with a live, trained Crisis Counselor at any time, people can receive critical assistance immediately."

According to the National Institute of Mental Health, 18.3% of adults in the U.S. lived with a mental health illness in 2016. However, less than 50% of those individuals received treatment.

"We are proud to partner with the Pasadena Public Health Department to bring lifesaving support at your fingertips," said Liz Eddy, Director of Communication for Crisis Text Line.

Those experiencing crisis are encouraged to text LA to 741741 or reach a Crisis Counselor through Facebook Messenger at facebook.com/crisistextline. Counselors are available 24/7 and will respond quickly to help the texter out of their moment of crisis and to start creating a safety plan. This service is free and confidential. For more information regarding Crisis Text Line, visit: crisistextline.org.

Filing Period for Altadena Library Board Elections

Four seats will be up for election on the Altadena Library Board of Trustees in the upcoming General Election on November 6, 2018. The filing period for candidates began Monday and the last day to file is Friday, August 10. For more information on how to run, visit: LAVote.net and click "Current & Upcoming Elections" under the dropdown menu titled "Voting & Elections."

Meet the People Behind NASA's InSight Mars Lander



Troy Hudson Ravi Prakash and Marleen Sundgaard

A new series of videos introduces some of the people leading NASA's InSight, the agency's next mission to Mars. "Behind the Spacecraft" profiles the men and women working on the first mission ever dedicated to studying Mars' deep interior. The InSight spacecraft is on its way to a Nov. 26 landing on the Red Planet. All the videos are available today and will be spotlighted on social media each week over the next three months.

The InSight profiles include:

- Troy Hudson, a scientist turned engineer with space art tattoos
- Marleen Sundgaard, the daughter of migrant workers who was inspired to look to the stars

· Ravi Prakash, a spacecraft engineer who applied his skills to combat international poverty

After landing on Mars, InSight will use a seismometer to detect quakes inside the planet, and place a probe up to 16 feet (5 meters) under the surface to measure the heat escaping from its depths. InSight stands for Interior Exploration Using Seismic Investigations, Geodesy

and Heat Transport.

InSight is an international mission that includes participation from several European agencies and institutions, including France's National Center for Space Studies (CNES) and the German Aerospace Center (DLR). Important figures from these collaborators are also profiled in the "Behind the Spacecraft" series.

Two videos also focus on Mars Cube One, or MarCO, the first pair of CubeSats to attempt the journey to Mars. These "Meet MarCO" videos share the personalities of young engineers working to demonstrate how miniaturized spacecraft technology can be used on future missions. MarCO is a unique, standalone mission of its own, unrelated to the InSight mission's success.

The entire video series was produced by NASA 360 at the National Institute of Aerospace in collaboration with the agency's Langley Research Center in Hampton, Virginia.

To watch all the videos visit: jpl.nasa.gov.

ALTADENA CRIME BLOTTER

Monday, July 23rd

10:00 AM – A battery occurred in the 400 block of Crosby Street. Suspect has been identified.

12:00 PM – A vehicle burglary occurred in the 3600 block of Fair Oaks Avenue. Suspect(s) entered the vehicle via unknown means. Stolen: red cosmetic bag.

Tuesday, July 24th

1:30 PM – A vehicle burglary occurred in the 2100 block of Lincoln Avenue. Suspect(s) entered the vehicle by shattering the window. Stolen: blue/white leather purse, wallets, credit cards, gift cards, and currency.

Wednesday, July 25th

3:30 PM – A vehicle vandalism occurred in the 2100 block of Lincoln Avenue. Vehicle damage: shattered window.

3:45 PM – A vehicle vandalism occurred in the 2100 block of Lincoln Avenue. Vehicle

damage: shattered window.

Thursday, July 26th

9:00 PM – A commercial burglary occurred in the 2200 block of Lincoln Avenue. Suspect(s) entered the location by shattering the rear glass door. Stolen: various brand frame glasses - Prada, Fendi, Versace, and Ray Ban.

Friday, July 27th

1:00 AM – A domestic violence incident occurred in the 2100 block of Summit Avenue. Suspect was taken into custody. 6:20 PM – Jose Rojas, 38 years old of Altadena was arrested in the area of Sacramento Street and Raymond Lane for public intoxication.

Saturday, July 28th

8:00 AM – A residential burglary occurred in the 2000 block of Allen Avenue. Suspect(s) entered the residence by shattering the front glass door. Stolen: jewelry.

Applications Available for 2019 Royal Court



Applications for the 2019 Tournament of Roses Royal Court are now available on the Tournament of Roses website. The Tournament of Roses invites young women to become a part of history, make lifelong friends, and become an inspiration for others.

Royal Court members experience countless benefits; becoming part of an organization dedicated to hands-on volunteerism, discovering opportunities to connect with and give back to the local community, developing public speaking skills, and growing self-confidence.

The 2019 Royal Court will attend nearly 100 community and media functions, serving as ambassadors of the Tournament of Roses, the Pasadena community, and the greater Los Angeles area.

All are encouraged to apply and participate in one of the initial interview sessions at Tournament House on Saturday, September 8 or Monday, September 10. Participants are selected based

upon a combination of qualities, including public speaking ability, youth leadership, academic achievement, and community and school involvement.

All individuals who participate in the initial interview sessions will receive a ticket for two people to attend the Royal Ball, a semi-formal dance hosted by the Tournament of Roses at the Pasadena Convention Center on September 14.

The Royal Court application, eligibility requirements, and additional information can be found at: tournamentofroses.com.

The grand finale for the Royal Court will be riding on the Royal Court float in the 130th Rose Parade presented by Honda and attending the 105th Rose Bowl Game presented by Northwestern Mutual, both on Tuesday, January 1, 2019.

The Tournament of Roses is a volunteer organization, 935 volunteer members of the association will help organize the 130th Rose Parade themed "The Melody of Life,"

League of Women Voters Ice Cream Social

Join League of Women Voters Sunday 3 p.m. to 5 p.m. for their annual friend-raiser fund-raiser Ice Cream Social. The event will be held at 65 South Grand Avenue (outdoor patio and the dining room).

Enjoy delicious gourmet Fosselman's ice cream and refreshing sorbet in waffle cones with chocolate sauce and fruit toppings. There will be a Dixieland Band, a Silent Auction (tickets to Pasadena Playhouse, a mountain home vacation, many more), \$100 Money Hat Raffle, and best of all a chance to visit with

amazing people and introduce your family to the League.

Note the opportunity levels for sponsorship: Banana Split : \$250 and above (includes 6 tickets) Chocolate Sundae with all the toppings: \$100 - \$249 (includes 4 tickets)

Double Scoop Ice Cream Cone: \$50 - \$99 (includes 2 tickets) Gourmet Ice Cream Cone: \$25 - \$49 (includes 1 ticket) The tickets you purchase will be available at the Welcome Table at the event.

LWV-PA is a 501(c)3 organization, so donations are tax deductible.

Also, they are accepting contributions to the Silent Auction. If you would like to donate, please contact Karen Roberson at Roberson.Karen@sbcglobal.net

For more information visit: lww-pa.org.

Free Monthly Events at Pasadena Senior Center

There is something for everyone in August at the Pasadena Senior Center, 85 E. Holly St.

You do not have to be a member to attend. Some events require advance reservations as noted.

Friday Movie Matinees – Fridays, Aug. 10, 17 and 24, at 1 p.m. Everyone enjoys watching movies and the pleasures they bring. Aug. 10: I Can Only Imagine (2018, PG-13) starring J. Michael Finley and Madeline Carroll. The film tells the inspiring true story behind MercyMe's beloved, chart-topping song that has brought hope and the power of forgiveness to so many. Aug. 17: The Pursuit of Happyness (2006, PG-13) starring Will Smith and Thandie Newton. A talented, often unemployed single father struggles to make ends meet while raising his young son after they are evicted from their San Francisco apartment with nowhere to go. Aug. 24: Downsizing (2017, R) starring Matt Damon and Kristin Wiig. When scientists discover how to shrink humans down to five inches tall as a solution to overpopulation, a man and his wife decide to get small and move to a downsized community, a choice that triggers life-changing adventures.

Screening Mimi's Film Club – Tuesdays, Aug. 7 and 21, at 3 p.m. What used to require a monthly fee is now free! Classics, film noir, cult films, documentaries, shorts, foreign films, animated films and more are selected democratically by club members. Each screening is researched and its hidden history presented prior to each viewing. Lively discussions and Q&A follow each screening. Popcorn

is provided. The film club is scheduled the first and third Tuesdays of every month. Email mmeovary@aol.com for more information.

Free Summer Concerts for All Ages – Mondays at 6 p.m. through Sept. 3. Summer concerts sponsored by the Pasadena Senior Center have moved from Memorial Park to the air-conditioned comfort of the center's Scott Pavilion. Aug. 6: Janet Klein and Her Parlor Boys will perform jazz, ragtime, blues and novelty songs popular from 1900 to 1930. Aug. 13: Pam Kay and the Tap Chicks will entertain with energetic dance routines, Vaudeville-style comedy and clever costumes. Aug. 20: Lisa Haley and the Zydecats will play lively Cajun Zydeco music with plenty of Louisiana spice. Aug. 27: Leah Zeger will perform spirited Gypsy jazz and beloved standards. Sept. 3: The Great American Swing Band will feature the sounds of Big Band, rhythm and blues, jazz and Dixieland.

Health Insurance Counseling – Wednesdays, Aug. 8 and 15, at 10 a.m. Trained counselors will provide unbiased information about Medicare, Med-gap, Medicare Advantage, Medicare Part D and Cal Medi-Connect. Appointments are required; call (626) 795-4331.

For more information visit www.pasadenaseniorcenter.org or call 626-795-4331.

Founded in 1960, the Pasadena Senior Center is an independent, nonprofit organization that offers recreational, educational, wellness and social services to people ages 50 and older in a welcoming environment. Services are also provided for frail, low-income and homebound seniors.

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community. All donations will go to Foothill Unity Center's Capital Campaign. Your donations will be deeply appreciated by the low income and homeless families in our community.

Please visit <http://foothillunitycenter.org/> to learn more about Foothill Unity Center's mission.



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ARCADIA POLICE BLOTTER

For the period of Sunday, July 22nd, through Saturday, July 28th, the Police Department responded to 920 calls for service, of which 131 required formal investigations. The following is a summary report of the major incidents handled by the Department during this period.

Sunday, July 22:

Shortly before 3:07 a.m., an officer responded to 24 Hour Fitness, 125 North First Avenue, regarding a vehicle burglary report. An investigation revealed an unknown suspect smashed the front passenger window and stole the victim's backpack and wallet. No suspects were seen and no witnesses were located.

At approximately 8:50 p.m., an officer responded to the Santa Anita Mall, 400 South Baldwin Avenue, regarding a stolen vehicle report. The victim was near his vehicle when he had a medical emergency. An unknown person offered to help the victim to Arcadia Methodist Hospital. Before leaving his vehicle in the parking lot, the victim placed his keys in the glove box. When he victim's relative returned to retrieve the vehicle, it had gone missing. It is unknown if the unidentified person who helped the victim to the hospital is involved in the crime. The investigation is ongoing.

Monday, July 23:

Just after 12:21 a.m., an officer responded to the intersection of Huntington Drive and Holly Avenue regarding an injury traffic collision between two vehicles. Upon contacting one of the drivers, the officer detected a strong odor of alcohol. A series of tests revealed the driver had a blood alcohol content of .15%. The driver of the other vehicle sustained mild injuries. The 24-year-old male from Maywood was arrested and transported to the Arcadia City Jail for booking.

At approximately 9:52 a.m., an officer responded to the Arcadia City Library, 20 West Duarte Road, regarding a vandalism report. The reporting party discovered the American flag and California flag had been lowered by cutting the rope and the suspect tied and bound the flags at the bottom of the flagpole. A similar incident happened the week prior. No suspects were seen and no witnesses were located.

Around 12:07 p.m., officers responded to a residence in the 300 block of Joyce Avenue regarding a burglary in progress. An investigation revealed two adult suspects used two juvenile suspects as a ruse to burglarize a home. The suspects smashed a rear sliding glass door, stole the victim's laptop and fled, but were ultimately located. A 30-year-old male from San Bernardino, a 21-year-old male from Highland, a 13-year-old male from San Bernardino and a 14-year-old male from San Bernardino were arrested and transported to the Arcadia City Jail for booking. The juveniles were released to their guardians.

Tuesday, July 24:

At about 1:00 p.m., an officer responded to a residence in the 300 block of West Camino Real Avenue regarding a burglary report. The officer discovered the suspect(s) smashed the rear window sometime between July 3rd and July 24th and fled with an unknown amount of property. No suspects were seen and no witnesses were located.

Just before 1:59 p.m., officers responded to the 1700 block of South Tenth Avenue regarding a burglary report. The reporting party witnessed the suspect exit the under-construction location carrying two full trash bags. The officer discovered the suspect had cut the gate and stolen

various items from the location.

The suspect is described as a Hispanic male in his 40's, with dark skin, black hair, and a black mustache. The investigation is ongoing.

At approximately 7:09 p.m., an officer responded to Victoria's Secret, 400 South Baldwin Avenue, regarding a burglary report. Surveillance footage revealed two suspects stole 70 pairs of underwear valued at \$1,155.00.

Suspect 1 is described as a Hispanic male in his late 20's, average build, and wearing a white T-shirt with a lanyard around his neck. Suspect 2 is described as a Hispanic female. The investigation is ongoing.

Wednesday, July 25:

Shortly after 1:52 p.m., an officer responded to Arcadia Par 3 Golf Course, 620 East Live Oak Avenue, regarding a vehicle burglary report. An investigation revealed two suspects were seen breaking into three vehicles. They fled with designer sunglasses, shoes, and change.

The suspects are described as a Hispanic male and female, both seen riding bicycles. The investigation is ongoing.

Before 8:56 p.m., an officer responded to Diann's Blues Café, 16 East Huntington Drive, regarding a battery report. The restaurant manager confronted the suspect who was seen drinking an alcoholic beverage behind the business. The suspect responded by throwing the canned beverage at the victim. The suspect, a 48-year-old male from Diamond Bar, was located, arrested, and transported to the Arcadia City Jail for booking.

Thursday, July 26:

Around 3:54 p.m., an officer responded to Go-Go Liquor, 914 West Duarte Road, regarding a vehicle burglary report. Surveillance footage revealed two male suspects smashed the window of the victim's vehicle and stole approximately \$4,500 worth of tobacco products.

Both suspects are believed to be in their 30's, they had medium builds, and were both approximately 5'8". They were seen fleeing in a blue sedan with dealer plates. The investigation is ongoing.

At about 5:21 p.m., officers responded to a residence in the 100 block of La Sierra Avenue regarding a burglary alarm activation. An investigation revealed a female suspect smashed a front door window with her hand causing a laceration. A records check revealed she also had an outstanding misdemeanor warrant. The 32-year-old female from Rancho Dominguez was arrested and transported to the Arcadia City Jail for booking.

Friday, July 27:

Just before 9:36 p.m., an officer responded to Macy's, 400 South Baldwin Avenue, regarding a theft report. A loss prevention employee witnessed the suspect select nearly \$5,440.00 worth of merchandise before he exited the store, failing to make payment. He entered a large, tan sedan and fled.

The suspect is described as a Hispanic male, 6' tall, 200 pounds, with short, black, curly hair. The investigation is ongoing.

Shortly after 9:40 a.m., an officer responded to a residence in the 00 block of Bonita Street regarding a package theft report. Sometime between 12:10 p.m. and 8:00 p.m. on July 21st, an unknown suspect stole the victim's package from his porch. The reported loss was a set of bicycle wheels totaling \$1,448.00. No suspects were seen and no witnesses were located.

MONROVIA - DUARTE

Sierra Madre

Arcadia

Pasadena

Altadena

Monrovia

MONROVIA POLICE BLOTTER

During the last seven-day period, the Police Department handled 360 service events, resulting in 73 investigations. To see a complete listing of crimes reported, go to <http://www.crimemapping.com/map/ca/monrovia> for crime mapping. For Police Department news and information, visit our website and follow us on Facebook, Twitter, Instagram or Nextdoor.

Grand Theft Automobile

July 26 at 7:00 a.m., officers responded to a call from a resident in the 900 block of Monterey. The victim walked outside her home to go to work and discovered her Toyota RAV4 had been stolen sometime during the night. This investigation is continuing.

Residential Burglary

July 26 at 10:18 p.m., a resident in the 200 block of Prospect returned home to find their house had been burglarized. Officers responded to investigate. The suspect forced entry into the home through a bedroom window and took jewelry. This investigation is continuing.

Warrant – Suspect Arrested

July 26 at 11:48 p.m., a resident in the 400 block of Genoa reported a suspicious male standing in front of her house. Officers responded and contacted the subject who was in possession of an open beer. A computer check revealed the subject had a warrant for his arrest. The subject was taken into custody.

Attempt Commercial Burglary

July 27 at 4:58 a.m., an alarm at a business in the 600 block of W. Huntington was activated. Officers responded and discovered suspects had attempted to shatter the front glass doors with a sledge hammer to gain entry but were unsuccessful. Officers searched the area for the suspects but were unable to locate them. This investigation is continuing.

Commercial Burglary

July 27 at 7:43 a.m., the owner of a business in the 200 block of W. Pomona arrived to work and discovered someone had burglarized his building. Officers were called to investigate. The suspects cut the lock on the business' front gate, entered the building and took copper cables. This investigation is continuing.

Shoplifting – Suspect Arrested

July 27 at 2:39 p.m., security for a store in the 500 block of W. Huntington reported a male subject had just ran out of their store with merchandise he did not pay for. After an investigation, the subject was arrested and the stolen property was returned to the store.

Public Intoxication – Suspect Arrested

July 27 at 4:29 p.m., a resident in the 400 block of Genoa reported one of her family members was yelling at everyone. Officers responded and found the subject outside and heavily intoxicated. After field tests were conducted, it was determined he was too intoxicated to care for his own safety or that of others. The subject was taken into custody.

Residential Fire

July 27 at 10:14 p.m., officers responded to a residential fire in the 500 block of E. Maple. When officers arrived,

they were told by neighbors that a mother and her baby usually sleep in the garage which was on fire. The garage door was locked, officers forced entry and found the mother and child asleep. They were quickly evacuated. The Fire Department arrived and extinguished the fire, which was determined to have accidentally started by an outdoor bar-b-que.

Public Intoxication – Suspect Arrested

July 28 at 12:34 a.m., a caller reported a male subject was laying in the street in the 1400 block of S. Myrtle. Officers responded and located the subject. He was heavily intoxicated and too drunk to care for his own safety. The subject was arrested and taken into custody.

Possession of Drug Paraphernalia / Warrant – Suspect Arrested

July 28 at 1:38 a.m., an officer was patrolling the 200 block of N. Grand when he saw a subject he recognized from previous contacts. A computer check revealed the subject had warrants for his arrest so he was stopped and taken into custody. The subject was in possession of a pipe that had been used to smoke methamphetamine.

Petty Theft

July 28 at 11:44 a.m., a resident in the 1200 block of S. Alta Vista walked outside his home and discovered someone had rummaged through his vehicle sometime during the night and took his wallet. The vehicle had been left unlocked throughout the night. This investigation is continuing.

Warrant – Suspect Arrested

July 28 at 7:51 p.m., an officer was patrolling the 100 block of S. Shamrock, when he saw a subject he recognized from previous contacts. A computer check revealed the subject had a warrant for his arrest. He was stopped and taken into custody.

Battery

July 28 at 8:59 p.m., a resident in the 600 block of E. Colorado reported she had just been in a physical fight with her two adult children. Officers responded and after an investigation discovered all three subjects had hit one another and demanded prosecution. This incident will be forwarded to the district attorney for resolution.

Public Intoxication – Suspect Arrested

July 29 at 12:38 a.m., an officer was patrolling the 100 block of W. Lemon, when he saw a male subject walking toward the bars on Myrtle holding what appeared to be a cocktail glass. The officer noticed the subject was having a difficult time walking and was stumbling from side to side. The officer contacted the subject and found he was too intoxicated to care for his own safety. The subject was taken into custody.

Domestic Violence – Suspect Arrested

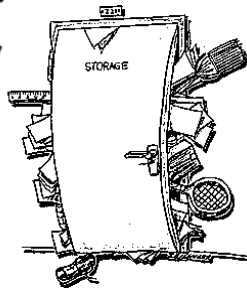
July 29 at 1:21 a.m., a caller reported hearing yelling inside a house in the 500 block of W. Lemon. Officers responded and contacted the residents in the home. An investigation revealed the couple living in the home were husband and wife. The wife had hit her husband several times causing visible injuries. She was taken into custody and the officers provided the victim with victim's assistance information.

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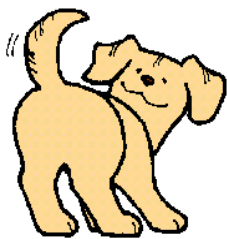
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KEEP IT COOL WITH
YOUR CANINE

Happy Tails

by Chris Leclerc



If you are a dog owner in the foothills, you are likely among the many who've become quite concerned about how to protect their pets from heat's harm while maintaining a healthy exercise regimen for them. We all want to do what it takes to keep our four-legged furry friends cool during the summer months, but we don't want them becoming calorie-collecting couch potatoes in the process, due to a lack of exercise.

A client of mine told me about a unique and fun way she found to beat the heat and help keep her pup fit, and I was so impressed I decided to share it in this week's column. Jennifer is proud owner of three delightful and absolutely gorgeous dogs, Sid, Elijah & Utah. Her 3 'boys' sure got lucky when they found Jennifer. Living with her, they receive the respect and unconditional love they so deserve, and for that they are very grateful dogs.

I always enjoy spending time with Sid, Elijah & Utah, and I consider it an honor to call them my canine companions. Some readers might remember a previous story I wrote about 'Sid doing the twist'. I must say, I have always been impressed with Sid's dancing techniques, but I was even more impressed when I learned that this precious pointer/pit mix is an amazingly agile athlete both on and off the dance floor.

As it turns out, Sid is not only a great dancer, he's also a rather remarkable paddle-boarder! That's right, he's one cool canine whose paw-balancing act on a paddle-board is better than that of some humans you've see on the surf. Jennifer told me all about the time when she and Sid visited a marina in San Diego where they took a paddle-boarding class together.

After hearing about Jen and Sid's weekend water excursion, I was inspired to look into dog-friendly water sports, in hopes of finding a few fresh ideas for how we pet owners can help our dogs avoid the heat while ensuring that they still get the exercise they need. Apparently one of the most popular water sports for canines is dock diving. Sounds fascinating, but to me the most exciting canine water sport has definitely got to be surfing.

I had heard about surf dogs before. I had seen a few highly skilled canine surfers on Animal Planet, and I'd even seen a surf dog featured on a float in the Tournament of Roses Parade. But I had no idea how popular dog-surfing was until I visited Youtube and found a few videos of dog-surfing events. I was particularly pleased to learn that the proceeds from most of the events go towards animal adoption and education programs.

Even if such an event didn't help rescue and place animals into loving homes, I'd still be in absolute awe of those darling dogs riding in on the waves with their surfboards gliding with ease

beneath them. They really seem to get into it! I mean, some of those surf dogs have more attitude than the human dudes you see surfing alongside them.

One video showed clips from the annual Purina Pro Plan Incredible Dog Challenge at Huntington State Beach. This event includes other contests such as Incredible Diving Dog, Incredible Freestyle Flying Disc and Incredible Fetch It, so dogs can qualify in a variety of activities, depending on their skills. The Purina Pro Plan Incredible Dog Challenge was in June so it's too late to participate this year, but now's a good time to start getting ready for next year.

Here's an upcoming event you won't want to miss; the world-famous McKenna Subaru Surf City Surf Dog competition to be held at Huntington Dog Beach on September 23, 2018. This year's event will actually include 3 full days of fun and fund raising, starting with a Pooch Party on the evening of Friday 9/22 at Bella Terra Beach.

The surf competition itself will be on Saturday 9/23, 8AM-3PM, and from 6:30-9PM that evening, event sponsors will host the NY Dog Film Festival. Finally, to wind it all down on Sunday 9/24 from 11AM-1PM, Pirate Coast Paddle Co. will host a post competition meet-up for all surfURS to relax and enjoy some fun on a different kind of board. All are invited to bring their own set up or rent a paddle board and enjoy a relaxing day in the bay, keeping it cool with their canine companions.

The Saturday morning surf dog competition is free for all who wish to attend. Spectators are welcome to bring their own pups along to watch as well. Tickets are required to attend the pre-event Pooch Party as well as the NY Film Festival and the post competition meet-up. Visit surfdogevents.com for more information and to purchase tickets.

There are lots of ways to keep it cool with your canine right here at home, too. Backyard doggie pool and sprinkler parties are a great alternative for beating the heat, if you are not up to taking a drive to the beach. Whichever method you choose to keep your canine cool, remember to take good care of your pets, give them lots of love & respect, and make the most of the time you have with them. And as always, love and let live.



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Katnip News!



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THE WORLD AROUND US

CHRISTOPHER Nyerges
HEALING WITH MEDICINAL
PLANTS OF THE WEST

Interviewing Dr. James Adams

[Nyerges is the author of "Guide to Wild Foods" and other books on self-reliance and the outdoors. He conducts regular wild food classes. He can be reached at www.SchoolofSelf-Reliance.com.]

Dr. Adams says that the medical profession is mistaken when it comes to how to treat pain. Adams explains that although the brain processes pain, all pain in the body is felt mostly in the organ of skin. However, pain in the mouth and other orifices is felt at the site of the pain, such as a tooth. Therefore, based on his western medical training, and supported with his Chumash healing training, Adams always treats the skin for all pain conditions. Further, he states that everyone can do such self-medicating "for free," for any pain, with no harmful side-effects.

Dr. Adams Adams is a man on a mission. James Adams teaches pharmacology at USC, and also teaches medical students Chumash healing as part of regular classes. Adams earned his PhD in Pharmacology in 1981 at USC San Francisco in comparative pharmacology and toxicology, and is now an Associate Professor of Pharmacology and Pharmaceutical Sciences at USC. He's written over 200 articles.

Adams got very interested in the medicinal uses of native plants back in 1994. He had been taking his son out on Boy Scout walks and began to realize that all the local plants had been used by the local Native Americans. Adams then set out to find a Native American herbalist to learn from and after about two years, he met Chumash medicine woman Cecilia Garcia. Adams then became Garcia's student, and spent 14 years studying the intricacies, and underlying belief structures, of the Chumash healing traditions.

Adams and Garcia eventually collaborated to produce the book "Healing with Medicinal Plants of the West," which was published in 2005. It's a fully illustrated book which describes the chemistry and uses of the plants that were used by the Chumash for medicine, and generally used throughout the west. Since their collaboration, Adams and Garcia have led nearly 100 walks and workshops to teach about the Native use of healing herbs, until Garcia's untimely death in 2012.

I asked Dr. Adams whether or not he was just cynical of the medical profession, as I am, or perhaps he believes that doctors are more concerned about making a buck than actually healing a patient.

Neither, he told me. "Doctors are simply working on a false preconceived notion that herbs are not strong enough to deal with certain physical conditions. But believe me, some herbs are just as strong as any patent medicines out there." He adds that there is a lot of good medicine being practiced, but not with the use of opioids for pain.

He points out that there are currently at least 67,000 people who die in the U.S. every year from prescription opioids, and that figure is rising. According to Adams, doctors work from the premise that you should try to control pain by using the drugs that affect the brain. They tell the patient, let's try x, or y, or z, and when those don't work, they try opioids, like Vicodin.

Adams explained that opioids are compounds synthesized based upon opium's chemistry. This is highly addictive, and has not been shown to work.

But why have doctors gotten this so wrong, I ask. He tells me that the prevailing theory is still that the brain is the center of all pain, and that pain can be combatted by giving

the patient drugs that suppress pain detectors in the brain. "That's the prevailing notion. But the pain comes from the skin," he tells me. The brain might process that pain, but you still need to treat the pain in the skin. "When a child skins their knee, do they quickly grab their brain, or do they grab their knee?" he asks wryly.

Dr. Adams learned Chumash healing from Cecilia Garcia, and she taught him – among other things – the traditional ways to deal with pain. "Cecilia taught me how to make and use liniments from black sage and sagebrush. And as a result of working with several hundred patients over the years, I have seen that these are great pain killers, which also have the ability to deal with chronic pain." Dr. Adams added the science to his corroboration with Garcia, by explaining medically why the Chumash systems work.

"Western trained people do not want to believe that the Indian medicines are efficacious," he explains. "I have learned how these herbs worked. It took me a lot longer to learn how they cure chronic pain," adding that he has written several academic papers on this topic.

"We need to learn how to treat pain correctly, and we are not doing that correctly with oral medicines," says Adams. "When I was a boy, everyone knew how to take care of themselves when it came to the most basic everyday medical issues, like using sassafras, yerba santa, and other common herbs. But no one seems to know any of this anymore."

Through his writings and teachings, Dr. Adams hopes to bring back the notion that the body can heal itself if we allow it to do so, and that everyone should take charge of their health, and not assume that the doctor can "heal" us.

Adams readily admits that there are some cases that his black sage or sage brush liniment doesn't entirely cure, though there are no side effects either, as in the case of opioids.

"Healing with Medicinal Plants of the West" is now in its third printing, which includes many of Garcia's recipes for how to use the herbs. Unlike many books on medicinal plants, this one attempts to present the full picture of what it means to be healthy, including the spiritual aspect. There are some prefatory chapters on what's wrong with modern medicine, and how the body must be allowed to heal itself.

RECIPES [more details are found in Adams' book]
BLACK SAGE SUN TEA: FOOT SOAK FOR ALL BODY PAINS

Soak about 1/4 pound of black sage leaves and stems (Salvia mellifera) in two quarts of water, and set in the sun for several hours until the tea is dark red brown. Strain. Pour the sun tea into a pan, and soak feet for 15-20 Minutes a day for 7 days. Refrigerate after each use. Wait one week to see what happens to your pain. Repeat process after second week. This is for any body pains.

SAGEBRUSH LINIMENT: ELDER'S WINTER MEDICINE

Into a container [he typically uses an 8 ounce Mason jar], place one leaf of white sage. Add 4 to 6 pieces of avocado pits (for their oil). Fill the container with as much Sagebrush (Artemisia californica) as you can. Fill the jar with 70% isopropyl alcohol. Some use either tequila or vodka instead. Let sit for at least 6 weeks. Decant, and use the liquid sparingly, as a spray or rub, on those painful parts of the body.



OUT TO PASTOR

A Weekly Religion Column by Rev. James Snyder

I NEVER
THOUGHT I
COULD

As a person gets older things change. By things, I am referring to my body.

When I was young, I never gave a thought to what it would be like when I got old. I was too busy enjoying my being young. What young person wants to waste their time thinking about what they are going to be when they are old?

However, as a person gets older there is more time to think about things. To think about your health and strength and is it time to go to bed yet?

I can remember as a young person my parents had to wrestle me into my bed to go to sleep at night. I never wanted to go to bed; I wanted to stay up all night and watch TV.

I tried to think of many reasons not to go to bed when I was younger.

Now that I'm older, I'm trying to think of many reasons TO go to bed early.

The problem is it is not feasible to go to bed when the sun hasn't set yet.

"Is it time to go to bed?" I queried the Gracious Mistress of the Parsonage.

Looking at me she simply said, "Has the sun set yet?"

I understood what she was saying and it is hard to say that the sun has set when it is still light outside. For this reason, I like a very cloudy afternoon when it hides the sun. It is so dark that I'm trying to convince my wife that it must be time to go to bed because it's dark outside.

I must not be a very good salesman because my wife never buys what I'm trying to sell.

So, sitting in my easy chair thinking about stuff like this, I often get a little bit discouraged. What I'm thinking about is the fact that I cannot do what I used to do when I was young.

"What are you," my wife said one afternoon, "so gloomy about today?"

"You know," I said very sadly, "I just can't do what I used to do when I was young."

I remember all the fun times I had when I was young. It seems I had more energy than I could waste in one day. Now, I don't seem to have that kind of energy.

My wife got us coffee and came, sat down in the living room with me, and was just quiet for a few moments.

Then she said, "Sure, there's a lot of things you can't do that you did when you were young." She snickered after she said that and then said, "Why

don't you think about the things you can do now that you couldn't do then?"

As far as I was concerned, there was nothing on that list. I know many people have what they call the "Bucket List" but I certainly don't have such a list. My list only contains things that I used to do that I can't do now. I cannot do them now because of the time element and my energy or lack thereof.

"Don't worry about what you can't do," she explained. "Focus on some of the things that you can do and that you enjoy doing."

That was a real challenge for me. I never thought of it that way before. I was willing to give it a try though.

"Remember how you acted when you were young?"

That got me thinking. I do remember when I was young I could not sit still for very long. I had to be up doing something all the time. I could not walk, I had to run. I would run so vigorously that when I got home, I would collapse in exhaustion.

I cannot do that now, but what I can do is pace myself out so that I do not collapse in exhaustion.

When I was young, I didn't have any excuses or didn't try to think of any. Now that I am older, I do have some good excuses.

"I can't do that, I don't have the energy, I'm too old."

"I'm sorry; my memory isn't quite like it used to be."

I now have a lot of excuses that I didn't have that can benefit me. When young, I was too proud to say I couldn't do something. Now that I am old, my pride has disappeared and it is easy for me to say that I cannot do something.

My wife and I discussed this and at the very end, she looked at me and said, "What's that smile all over your face?"

I had to explain to her that she got me to thinking in the right direction. I never thought I could do certain things, but now I have the time to do them. There are books that I have always wanted to read; now I have the time to read them.

I always wanted to just sit and relax in my chair and dream about the impossible dream. Now that I am older, I can do that and nobody objects, particularly me.

I am beginning to understand what Jesus said. "I must work the works of him that sent me, while it is day: the night cometh, when no man can work" (John 9:4).

I cannot relive my past, but I certainly can enjoy the work that is before me for the glory of God.

The Rev. James L. Snyder is pastor of the Family of God Fellowship, 1471 Pine Road, Ocala, FL 34472. He lives with the Gracious Mistress of the Parsonage, in Ocala, Florida. Call him at 352-687-4240 or e-mail jamesnyder2@att.net. The church web site is www.whatafellowship.com.

TABLE FOR TWO by Peter Dills thechefknows@yahoo.com

MR. MANNERS

Must admit with all the past political non-sense and trivial trivia, I almost missed out on National Nachos Day and National Cappuccino Day, and what type of foodie would I be, but fear not friends, I did partake in a Margarita and a plate of Nachos. I have to take my Andy Rooney Card out again and give you my fellow diners the rules of Etiquette 101. I love my daughter, and some of my friends kids. But here goes.

I am asked frequently asked about etiquette and table manners, so I compiled this simple list based on the most common questions.

- Your napkin goes in your lap, folded in half, as soon as you sit down. Many people wait until the food arrives, but the proper form is to be prepared.

- If you leave the table, place the napkin to the left of your plate, loosely draped.

- A napkin is never for blowing your nose or wiping your mouth. Use it to dab at the corners of your mouth or your fingertips. If you need to cleanse further, leave the table and use the appropriate products in the restroom.

- In formal dining, a charger will be under the place setting. It remains there during the starter course and is removed at the main course.

- Your eating utensils go in the order of use, starting from the outside (furthest from the plate) and working their way in. Forks go on the left, knives and spoons on the right, as you face the plate. Dessert utensils are placed at the top of the plate, sideways.

- The bread and butter plate goes to the left, above the forks.

- The water glass goes above the knives (behind the wine goblet, if there is one).

- Food should be passed counter-clockwise.

- It is considered impolite to start eating before everyone is seated and served, including your host.

- Only the meal settings and food belong on the table. Do not place your elbows, eyeglasses, notebook, pen or other objects on the table.

- Cut no more than two bites of any item at a time. When it comes to bread, tear off one bite at a time and butter it, rather than buttering a whole roll.

- Do not season your food until you have tasted it.

- It is permissible to use a piece of bread to wipe up excess gravy, as long as you use your fork and not your fingers.

- If you need to leave the table, place your utensils on the edge of your plate so that the tips point to the plate's center, in a V-shape. To signal when you are finished, lay your utensils side by side diagonally on the plate.

Listen live to Dining with Dills at 5 PM Sundays KLAAM 830.



Julie's Family Recipes

SHREDDED CABBAGE AND CARROT COLESLAW

INGREDIENTS

1/2 cup apple cider vinegar

2 tablespoons honey

2 tablespoons whole grain mustard

A little cayenne pepper

1/2 cup thinly sliced scallions

1/2 small head red cabbage (4 cups) , cored and shredded

1 pound shredded or spiralized carrots

Kosher salt

DIRECTIONS

1. Combine vinegar, honey, mustard ,and cayenne in a bowl. Toss together vegetables in a large bowl; season with salt. Drizzle with dressing; toss. Refrigerate at least 1 hour and up to 4 hours before serving.

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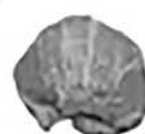
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Looking Up

with Bob Eklund



TWENTY YEARS OF PLANETARY DEFENSE:

NASA'S CENTER FOR NEAR-EARTH OBJECT STUDIES ENTERS THIRD DECADE

On March 11, 1998, asteroid astronomers around the world received an ominous message: new observational data on the recently discovered asteroid 1997 XF11 suggested there was a chance that the half-mile-wide object could hit Earth in 2028.

The message came from the Minor Planet Center, in Cambridge, Massachusetts, the worldwide repository for such observations and initial determination of asteroid orbits. And although it was intended to alert only the very small astronomical community that hunts and tracks asteroids to call for more observations, the news spread quickly.

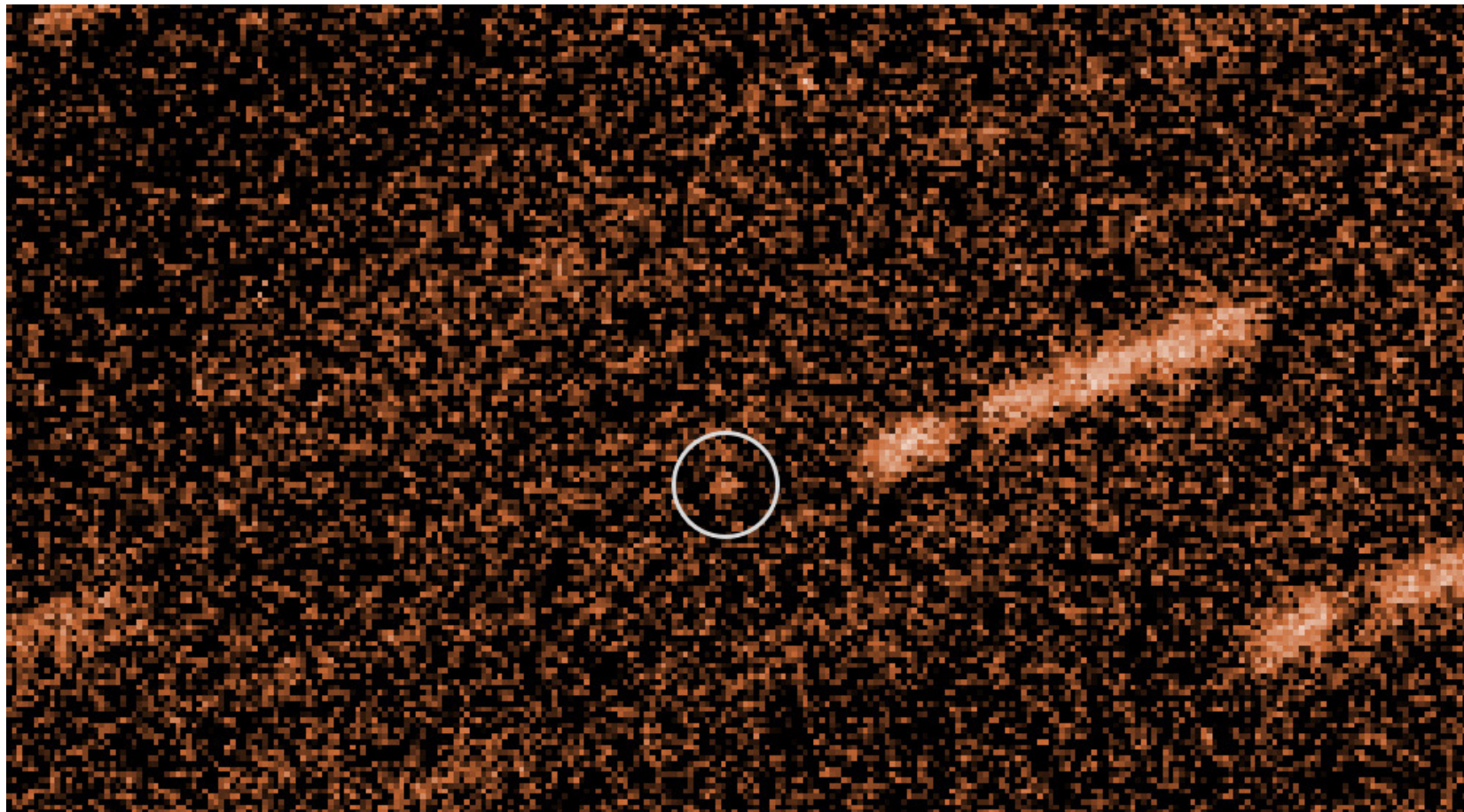
Most media outlets did not know what to make of the announcement, and mistakenly highlighted the prospect that Earth was doomed.

Fortunately, it turned out that Earth was never in danger from 1997 XF11. After performing a more thorough orbit analysis with the available asteroid observations, Don Yeomans, then the leader of the Solar System Dynamics group at JPL, along with his colleague Paul Chodas, concluded otherwise. "The 2028 impact was essentially impossible," said Chodas, who is now director of NASA's Center for Near-Earth Object Studies (CNEOS), located at JPL.

"To this day we still get queries on the chances of XF11 impacting in 2028," Chodas said. "There is simply no chance of XF11 impacting our planet that year, or for the next 200 years."

Chodas knows this thanks to CNEOS' precise orbit calculations using observation data submitted to the Minor Planet Center by observatories all over the world that detect and track the motion of asteroids and comets. For the past two decades, CNEOS calculations have enabled NASA to become the world leader in these efforts, keeping close watch on all nearby asteroids and comets—especially those that can cross Earth's orbit.

"We compute high-precision orbits for all asteroids and comets and map their positions in the solar system, both forward in time to detect potential impacts, and backward to see where



they've been in the sky," Chodas said. "We provide the best map of orbits for all known small bodies in the solar system."

Near-Earth objects (NEOs) are asteroids and comets in orbits that bring them into the inner solar system, within 121 million miles of the Sun, and also within roughly 30 million miles of Earth's orbit around the Sun.

NASA's original intent was to fulfill a 1998 Congressional request to detect and catalogue at least 90 percent of all NEOs larger than one

kilometer in size (roughly two-thirds of a mile) within 10 years.

A CNEOS system called "Sentry" searches ahead for all potential future Earth impact possibilities over the next hundred years—for every known NEO. Sentry's impact monitoring runs continually using the latest CNEOS-generated orbit models, and the results are stored online. In most cases so far, the probabilities of any potential impacts are extremely small, and in other cases, the objects themselves are so small—less than 66 feet across—

that they would almost certainly disintegrate even if they did enter Earth's atmosphere.

More recently, CNEOS also developed a system called Scout to provide more immediate and automatic trajectory analyses for the most recently discovered objects, even before independent observatories confirm their discovery. Operating around the clock, the Scout system identifies the highest priority objects to be watched.

You can contact Bob Eklund at: b.eklund@MtnViewsNews.com.

MONROVIA SCOUTS TOUR CAL FIRE PRADO HELITACK BASE



Prado Helitack Base-San Bernardino Unit located at the Prado Conservation Camp in Chino offered Monrovia Cub Scout Pack 66 and Monrovia Troop 66 an experience they will not soon forget. The Scouts were treated to an unexpected demonstration from the Helitack crew.

The scouts were greeted by Fire Captains Jason Camillieri, and Arnold Ramirez. The Captains hosted a safety briefing and explained to the scouts what they will be seeing. While the scouts were being briefed, in the background the UH-1H Super Huey helicopter was being loaded with fire crew, safety checks being performed, gear being stowed and the crew dawning their turnout gear. All the while the rotors were slowly spinning and gaining momentum to the all familiar whine of the UH-1H Super Huey.

Having an opportunity such as this opens up doors and minds for the scouts to see careers that can effect change in the lives of others. Scouts are about being of service, and learning from CAL FIRE about how they operate and prepare for fire-fighting in some of the more treacherous terrains in the United States, is awe inspiring.

The Cal Fire crew of Copter 305 demonstrated five live water drop techniques. The crew showed the scouts how water was pumped from the water truck called "water loading" and how they would siphon water from a lake, reservoir or pool. The scouts watched in earnest as the crew practiced off-boarding while hovering, this enables the

crews to disembark quickly with their gear when the chopper is not able to land. The Scouts were able to tour the wildland fire truck and the UH-01 Huey that is used for getting the fire crew to the fire.

Helitack Crew allowed the scouts to try on their gear; many of the scouts had to be balanced as the simple pack they used weighed in at 50 pounds, more than some of our scouts. After the tour of the water truck and its operations the scouts moved to the UH-1H Super Huey from the Vietnam era, which has been refurbished for fire-fighting and water dropping. They were able to all climb inside and feel what it's like to be a fire fighter sitting in the back ready to jump out.

Thank you to the Crew of Prado Helitack Crew 305 for taking the time to answer all our scouts' questions and allowing them to see another side to wildland firefighting. A huge Thank You to the men who made this day possible for us, Fire Pilot Wayne Krager, Fire Captain Jason Camillieri, Fire Captain Arnold Ramirez, Fire Apparatus Engineer Ethan Klapp, Fire Fighter Joseph Cauzza, Fire Fighter Adam Elite, Fire Fighter Caleb Long, Fire Fighter Josh Moreno, Firefighter Chris Olsen, and Firefighter Saul Pinon.

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

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41 W. Santa Clara St. Arcadia, Ca,
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Foothill Oaks Academy
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Co-Principals Nancy Lopez and Diane Kieffaber
info@foothilloaksacademy.org
preschool@foothilloaksacademy.org

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Head of School: Jenny Janetzke
Email: jenny@frostig.org

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Monrovia Unified School District
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Arcadia Christian School
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Preschool - and TK - 8th Grade
626-574-8229/626-574-0805
Email: inquiry@acslions.com
Principal: Cindy Harmon
website: www.acslions.com

THE GOOD LIFE

HOW MEDICARE COVERS DIABETES

Dear Savvy Senior,
How well does Medicare cover diabetes? I'm 66 years old and was recently told by my doctor that I have pre-diabetes. If it progresses to full-fledged diabetes what can I expect from Medicare.

Recently Retired

Dear Recently,
Medicare actually provides a wide range of coverage to help beneficiaries who have diabetes, as well as those who are at risk of getting it – but they don't cover everything. Here's a breakdown of what Medicare covers when it comes to diabetes services and supplies along with some other tips that can help you save.

Screenings: If you have pre-diabetes or some other health conditions that put you at risk of getting diabetes – such as high blood pressure, high cholesterol and triglycerides, are overweight, or have a family history of diabetes – Medicare Part B (medical insurance) will pay 100 percent of the cost of up to two diabetes screenings every year.

Doctor's services: If you're a Medicare beneficiary, Medicare will pay 80 percent of the cost of all doctor's office visits that are related to diabetes. You are responsible for paying the remaining 20 percent after you've met this year's \$183 (for 2018) Part B deductible.

Prevention program: Just launched in April, the Medicare Diabetes Prevention Program provides lifestyle change programs offered by health professionals to help you prevent diabetes. This is available for free to all Part B beneficiaries who have pre-diabetes.

Self-management: If you have diabetes, Medicare covers 80 percent of the cost of self-management training to teach you how to successfully manage your diabetes.

Supplies and medications: Medicare Part B covers 80 percent of the cost of glucose monitors, test strips (100 per month if you use insulin, or 33 per month if you don't), lancets, external insulin pumps and insulin (if you use a pump), after you've met your deductible.

If, however, you inject insulin with a syringe, Medicare's Part D prescription drug benefit will help pay your insulin costs and the supplies needed to inject it – if you have a plan. Part D plans also cover most other diabetic medications too. You'll need to check your plan for coverage details.

Nutrition therapy: Medicare will pick up the entire tab for medical nutrition therapy, which teaches you how to adjust your diet so you can better manage your



condition. You'll need a doctor's referral to get this service.

Foot care: Since foot problems are common among diabetics, Medicare covers 80 percent of foot exams every six months for diabetics with diabetes-related nerve damage. They will also help pay for therapeutic shoes or inserts as long as your podiatrist prescribes them.

Eye exams: Because diabetes increases the risks of getting glaucoma and diabetic retinopathy, 80 percent of dilated medical eye exams are covered each year, but eye refractions for glasses are not.

For more information, see "Medicare's Coverage of Diabetes Supplies & Services" online booklet at Medicare.gov/Pubs/pdf/11022-Medicare-Diabetes-Coverage.pdf.

Other Insurance

If you have a Medicare supplemental (Medigap) policy, it may pay some of the costs that Medicare doesn't cover. Call your plan's benefits administrator for more information.

Or, if you're in a Medicare Advantage plan (like an HMO or PPO), your plan must give you at least the same diabetes coverage as original Medicare does, but it may have different rules. You'll need to check your policy for details.

Financial Assistance

If you're income is low, and you can't afford your Medicare out-of-pocket costs, you may be able to get help through Medicare Savings Programs. To find out if you qualify or to apply, contact your state Medicaid program.

Also, find out if you are eligible for "Extra Help" which helps Medicare Part D beneficiaries with their medication expenses. Visit SSA.gov/prescriptionhelp or call Social Security (800-772-1213) to learn more.

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

SENIOR HAPPENINGS

HAPPY BIRTHDAY!August Birthdays

Bill Nelson, Karlene Englert, Juanita Fernandez, Jeanette Francis, Joseph Kiss, Jacquie Pergola, Maury Whitaker, Pat Miranda, Phyllis Chapman, Jerry Burnett, Margaret Aroyan, Phyllis Burg, Beverly Clifton, Rosemary Morabito, Susan Poulsen, Dorothy Quentmeyer, Genevieve Stubbs, Miop Tulleners, Joy Barry, Ellie Baudino, Marcia Bent, Daryls Brechwald, Joan Spears, Ruth Torres, Jane Zamanzadeh.

* To add your name to this distinguished list, please call the paper at 626.355.2737. YEAR of birth not required



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 the class with 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. Activity 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: Join us on Thursday, April 19th at 10:30a.m. to 11:30a.m. for Scattergories, a creative thinking game by naming objects within a set of categories; or Jenga, a block-building challenge that keeps you stacking and balancing your tower. Everyone is welcome, and no experience is needed. What a great way to strengthen your brain and make new friends. Games facilitated by Senior Volunteers.

Free Legal Consultation: Wednesday, April 18th from 10:30am to Noon. Attorney Lem Makupson is available for legal consultation. Specializing in Family Law, Wills, Trusts, Estates, and Injury. Please call Hart Park House for an appointment, 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 11:00a.m. to 11:45a.m. with Paul Hagen. Classes include Yoga and balance exercises. All ability levels are encouraged and welcomed!
* A voluntary donation of \$5.00 per week is suggested but not required.

Birthday Celebrations: Every 2nd Thursday monthly at the Hart Park House, share some free birthday cake provided by the Sierra Madre Civic Club!

Free Strength Training Class: Fridays from 12:45p.m. to 1:30p.m. with Lisa Brandley. This energetic class utilizes light weights, low impact resistance training and body conditioning. Class equipment is provided.

Tax Assistance: Every Wednesday beginning on February 7th through April 11th from 1:00p.m. to 2:00p.m. ...Don Brunner is available for income tax consultation...

Appointments are required by calling the Hart Park House Office 626-355-7394

** Call Community Services Department for details about the "Ear to Ear Program" returning in 2018** 626 - 355 - 5278



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he did, we're both thrilled

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2908Allenton.com

4BR/3BA. True entertainer's two-level home on a lovely tree-lined street. Features a living room with fireplace
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2329 Warwick Avenue Los Angeles

Offered at: **\$598,000**

2329Warwick.com

2BR/1BA. Features a large enclosed patio with fireplace, large deck, 2-car garage and more in an up & coming area.
Home: 888 sq. ft. + Lot: 4,800 sq. ft.



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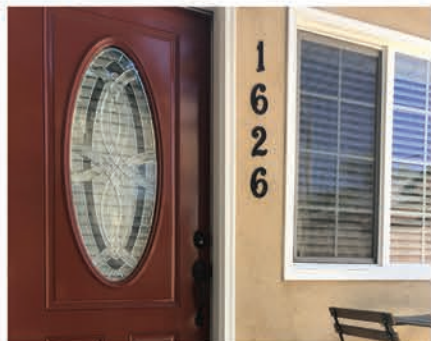
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575 S. Orange Grove Blvd. Pasadena

3BR/2BA | Beautifully updated! New stainless steel appliances, custom paint & more.



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Rowland Avenue Temple City

1BR/1BA | Beautifully updated, 1-car carport, storage unit available, washer/dryer hookups.

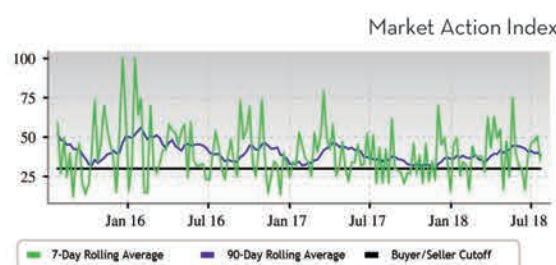
Sierra Madre // This Week's Market Update

This Week Median List Price: **\$1,243,000**

Inventory is tightening and days-on-market is falling. But demand as measured by the Market Action Index is also trending down. The market is not giving strong up or down signals from these data.

Supply & Demand

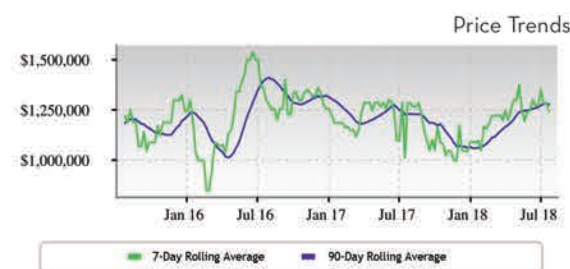
The market has been cooling over time and prices plateaued for a while. Despite the consistent decrease in MAI, we're in the Seller's zone. Watch for changes in MAI. If the MAI resumes its climb, prices will likely follow suit. If the MAI drops consistently or falls into the Buyer's zone, watch for downward pressure on prices.



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

Price

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



Real-Time Market Profile

Trend

Median List Price	\$ 1,243,000	↔
Asking Price Per Square Foot	\$ 580	↕
Average Days on Market (DOM)	76	↓
Percent of Properties with Price Decrease	43 %	
Percent Relisted (reset DOM)	10 %	
Percent Flip (price increased)	3 %	
Median House Size (sq ft)	2030	
Median Lot Size	8,001 - 10,000 sqft	
Median Number of Bedrooms	3.0	
Median Number of Bathrooms	2.5	
Market Action Index	Seller's Advantage	38.5

↔ No change ↗ Strong upward trend ↘ Strong downward trend
↑ Slight upward trend ↓ Slight downward trend

Quartiles

Quartile	Median Price	Sq. Ft.	Lot Size	Beds	Baths	Age	Inventory	New	Absorbed	DOM	Characteristics per Quartile
Top/First	\$ 1,825,000	3814	0.25 - 0.50 acre	4.0	4.0	44	7	0	0	85	Most expensive 25% of properties
Upper/Second	\$ 1,488,000	2462	0.25 - 0.50 acre	4.0	3.0	70	7	1	0	137	Upper-middle 25% of properties
Lower/Third	\$ 1,094,000	1850	8,001 - 10,000 sqft	3.0	2.0	69	8	2	2	61	Lower-middle 25% of properties
Bottom/Fourth	\$ 699,000	1104	Less than 4,500 sqft	2.0	2.0	90	8	2	1	28	Least expensive 25% of properties

Broker does not guarantee the accuracy of room dimensions, square footage, lot size, or other information regarding the condition or features of the property provided by the seller or obtained from public records or other sources. Market Data obtained by Altos Research, LLC.



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Jeff's Book Pics

By Jeff Brown

My Dear Hamilton: A Novel of Eliza Schuyler Hamilton by Stephanie Dray and Laura Kamoie

From the bestselling authors of America's First Daughter comes the epic story of Eliza Hamilton--a revolutionary woman who, like her new nation, struggled to define herself in the wake of war, betrayal, and tragedy. In this haunting, moving, and beautifully written novel, Dray and Kamoie used thousands of letters and original sources to tell Eliza's story as it's never been told before--not just as the wronged wife at the center of a political sex scandal--but also as a founding mother who shaped an American legacy in her own right. A general's daughter...Coming of age on the perilous frontier of revolutionary New York, Elizabeth Schuyler champions the fight for independence. And when she meets Alexander Hamilton, Washington's penniless but passionate aide-de-camp, she's captivated by the young officer's charisma and brilliance. They fall in love, despite Hamilton's bastard birth and the uncertainties of war. A Founding Father's wife...But the union they create--in their marriage and the new nation--is far from perfect. From glittering inaugural balls to bloody street riots, the Hamiltons are at the center of it all--including the political treachery of America's first sex scandal, which forces Eliza to struggle through heartbreak and betrayal to find forgiveness. The last surviving light of the Revolution... When a duel destroys Eliza's hard-won peace, the grieving widow fights her husband's enemies to preserve Alexander's legacy. But long-buried secrets threaten everything Eliza believes about her marriage and her own legacy. Questioning her tireless devotion to the man and country that have broken her heart, she's left with one last battle--to understand the flawed man she married and imperfect union he could never have created without her...

How Schools Work: An Inside Account of Failure and Success from One of the Nation's Longest-Serving Secretaries of Education by Arne Duncan

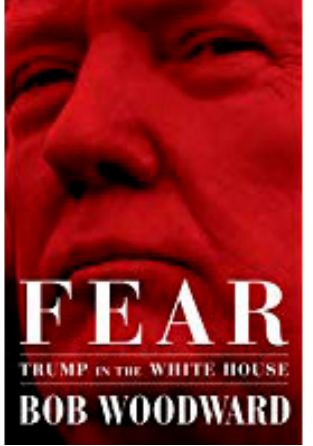
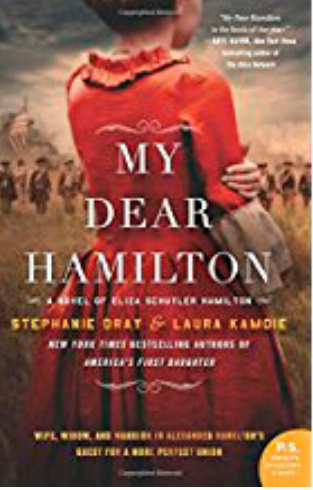
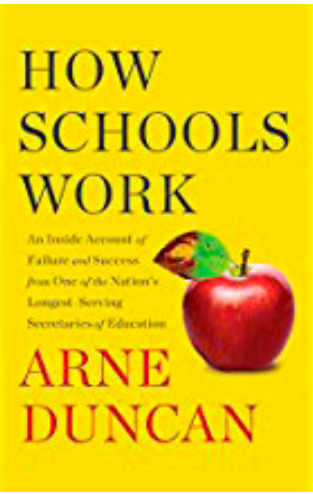
From the Secretary of Education under President Obama, an exposé of the status quo that helps maintain a broken system at the expense of our

All Things

By Jeff Brown

OUR CORE VALUES

"Russia is not actually seeking a return to normal relations with the West. Putin appears to be placing all his bets on the conviction that Russia will prevail in the long term, because Western dmocracy is in irrevocable decline. He consistently rejects the idea that democracy is in any way superior to his model--the authoritarian model. If we are to prove him wrong, we must remember and remind him that American success does not flow from our economic and military might, but from the core values that have enobled and sustained our system since the American Revolution." **Rolf Mowatt Larssen** from the **Washington Post**



kids' education."Educationruns on lies. That's probably not what you'd expect from a former Secretary of Education, but it's the truth." So opens Arne Duncan's How Schools Work, although the title could just as easily be How American Schools Work for Some, Not for Others, and Only Now and Then for Kids. Drawing on nearly three decades in education—from his mother's after-school program on Chicago's South Side to his tenure as Secretary of Education in DC—the book follows Arne as he takes on challenges at every turn: gangbangers in Chicago housing projects, parents who call him racist, teachers who insist they can't help poor kids, unions that refuse to modernize, Tea Partiers who call him an autocrat, affluent white progressive moms who hate yearly tests, and even the NRA, which once labeled Arne the "most extreme anti-gun member of President Obama's Cabinet." Going to a child's funeral every couple of weeks, as he did when he worked in Chicago, will do that to a person. How Schools Work exposes the lies that have caused American kids to fall behind their international peers, from early childhood all the way to college graduation rates. But it also celebrates the countless everyday heroes Arne has encountered along the way: teachers, principals, reformers, staffers, business people, mayors, and presidents. The book will inspire parents, teachers, voters, and even students to demand more of our public schools. If America is going to be great, then we can accept nothing less.

Fear: Trump in the White House by Bob Woodward

The inside story of President Trump as only Woodward can tell it. With authoritative reporting honed through eight presidencies from Nixon to Obama, author Bob Woodward reveals in unprecedented detail the harrowing life inside President Donald Trump's White House and precisely how he makes decisions on major foreign and domestic policies.

Woodward draws from hundreds of hours of interviews with firsthand sources, meeting notes, personal diaries, files and documents. The focus is on the explosive debates and the decision-making in the Oval Office, the Situation Room, Air Force One and the White House residence. Fear is the most intimate portrait of a sitting president ever published during the president's first years in office.

AWARENESS

by Rupert Spira

Your Self, Aware Presence, knows no resistance to any appearance and, as such, is happiness itself; like the empty space of a room it cannot be disturbed and is, therefore, peace itself; like this page, it is intimately one with whatever appears on it and is thus love itself; and like water that is not affected by the shape of a wave, it is pure freedom. Causeless joy, imperturbable peace, love that knows no opposite and freedom at the heart of all experience....this is your ever-present nature under all circumstances.

FAMILY MATTERS

By Marc Garlett



THE INS AND OUTS OF COLLECTING LIFE INSURANCE POLICY PROCEEDS

Unlike many estate assets, if you're looking to collect the proceeds of a life insurance policy, the process is fairly simple (provided you're named as the beneficiary). That said, following a loved one's death, the whole world can feel like it's falling apart, and it's helpful to know exactly what steps need to be taken to access the insurance funds as quickly and easily as possible during this trying time.

And if you've been dependent on the deceased for regular financial support and/or are responsible for paying funeral expenses, the need to access insurance proceeds can sometimes be downright urgent.

Here is an outline of typical procedure for claiming and collecting life insurance proceeds, along with some of the common hiccups in the process.

Filing a claim

To start the life insurance claims process, you first need to identify who the beneficiary of the life insurance policy is—are you the beneficiary, or is a trust set up to handle the claim for you?

We often recommend that life insurance proceeds be paid to a trust, not outright to a beneficiary. This way, the life insurance proceeds can be used by the beneficiary, but the funds are protected from lawsuits and/or creditors that the beneficiary may be involved with—even a future divorce.

If a trust is the beneficiary, the trustee will need to notify the insurance company of the policyholder's death and provide them with a certificate of trust and a death certificate when one is available.

From there, the insurance company typically sends the beneficiary (or the trustee if a trust is named as beneficiary) more in-depth instructions and forms to fill out.

Multiple beneficiaries

If more than one adult beneficiary was named, each person should provide his or her own signed and notarized claim form. If any of the primary beneficiaries died before the policyholder, an alternate/contingent beneficiary can claim the

proceeds, but he or she will need to send in the death certificates of both the policyholder and the primary beneficiary.

Minors

While policyholders are free to name anyone as a beneficiary, when minor children are named, it creates serious complications, as a minor child cannot receive life insurance benefits directly until they reach the age of majority.

If a child is named as a beneficiary and has yet to reach the age of majority, the claim proceeds will be paid to the child's legal guardian, who will be responsible for managing those funds until the child comes of age. Given this, in the event a minor is named you'll need to go to court to be appointed as legal guardian, even if you're the child's parent. Therefore we recommend never naming a minor child as a life insurance beneficiary, even as a backup to the primary beneficiary.

Rather than naming a minor child as a life insurance beneficiary, it's often better to set up a trust to receive the proceeds. By doing that, the proceeds would be paid into the trust, and whomever is named as trustee will follow the steps above to collect the insurance benefits, put them in the trust, and manage the funds for the child's benefit.

Insurance claim payment

Provided you fill out the forms properly and include a certified copy of the death certificate, insurance companies typically pay out life insurance claims quickly. In fact, some claims are paid within one-to-two weeks of the start of the process, and rarely do claims take more than 60 days to be paid. Most insurance companies will offer you the option to collect the proceeds via a mailed check or transfer the funds electronically directly to your account.

Sometimes an insurance company will request you to send in a completed W-9 form (Request for Taxpayer Identification Number and Certification) from the IRS to process a claim. Most of the time, a W-9 is requested only if there is some question or issue with the records, such as having an address provided in a claim form that doesn't match the one on file.

While collecting life insurance proceeds is a fairly simple process, it's always a good idea to consult with a trusted legal advisor to ensure the process goes as smoothly as possible during the often-chaotic period following a loved one's death.

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

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 55 Auburn Avenue, 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 626.355.4000 or visit www.GarlettLaw.com for more information.

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HEALTHY LIFESTYLES



YOGIC WISDOM - Practical Emotional Health

Yoga seems to offer the most practical tools for living. It uses the body to work on the mind in a unique way. In fact, many seek out yoga looking for emotional balance. To find this balance, we must acknowledge that we are multi-layered and multi-faceted individuals. There's the physical body, mental/emotional body, energetic body, and wisdom/spiritual body. When all layers are harmonious, we can say that's a state of optimal health. The word for this from yogic and ayurvedic tradition is called Svastha. It's a state of being, a state of inner alignment where we can embody our unique purpose for being here. And it's when we are in this purpose that we are happy, most fulfilled, and most free and most at peace. Have you ever felt that state of peace and been busy as ever? The two can and should co-exist. It means you were in your purpose and healthy.

Drawing from the wisdom of ancient sages and texts, yoga offers the core practices that we need in order to find balance. Yoga wants to get us back to our innate sense of love, joy, and wonder. It's also true that yoga, combined with Ayurveda-- the sister science to yoga-- provides a highly effective, individualized approach to well-being. This creates an experience wherein actualizing balance is possible. Traditional practices include asana (postures),

pranayama (breath practices), meditation (sustained concentration/devotion to the divine), bandha (energetic gathering places in the body), kriya (yoga of action/cleansing practices) and mudra (communication through gesture). The most immediate and accessible practices are breathing and moving. We use this in yoga classes from the beginning. It's an integrative approach that addresses many layers of who we are. While stretching and strengthening, yoga postures (asana) aim to create a free flow of energy. Breath practice keeps us in the present moment while deeply affecting the internal systems of the body. And...the benefits of meditation spread far and wide.

Know that a specific breath practice or yoga posture could turn our mood around in a hurry! This can work in the short term and over time. The tools and techniques of the sages are quite profound. If you've been plagued by negative emotions, consider shifting your practice or learning a new (ancient) technique from a qualified teacher. All of what we feel has an impact on our health, including specific biochemistry and emotional patterning. It's important to cultivate balance and calmness as we proceed. Please contact me to learn more: keely@keelytotten.com

Namaste,
Keely Totten,
Yoga & Meditation Teacher
www.keelytotten.com

THE MISSING PAGE
Real Life Tips from Llife's Instruction Manual

WHAT I'M NOTICING

My coach counsels her clients to notice what we're noticing, a simple suggestion that yields extraordinary value. Scientists estimate that we have thousands of thoughts per day and several hundred per minute. I don't find that surprising. Unfortunately, most of those thoughts are negative. We engage in constant negative self-talk, we berate ourselves. We're mean to ourselves, but it doesn't have to be that way.

I once participated in a demonstration where the speaker asked me to share some of my negative self-talk from the stage, in the interest of growth, I agreed. Then she asked me to extend my right arm, and resist her effort to push it down. I continued to hold my arm out while saying nasty things to myself about myself. She overpowered me with minimal effort.

Negative thoughts and self-talk can damage your self-esteem and sabotage your efforts to grow or change. However, you can stop that with awareness. Much like a computer, you have an operating

system running in the background of your mind. With awareness, you can reboot and upgrade that system. It requires diligence to notice and catch the negative thoughts and confront them as they arise.

The speaker offered a bit of teaching on how to combat those negative thoughts and messages, and then we repeated the exercise. She asked me to say positive things about myself and verbalize the facts of successful events in my life while she tried to push my arm down. She wasn't able to do it. Why? Positive thoughts and positive words are empowering.

Want to feel better? Start by noticing your self-talk and watch things improve.

Lori Harris is a lawyer and coach. She is offering free one on one consultations to help you achieve your goals, learn more at her website www.loriharris.com.



Lori A. Harris

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Mountain Views News 80 W Sierra Madre Blvd. No. 327 Sierra Madre, Ca. 91024 Office: 626.355.2737 Fax: 626.609.3285 Email: editor@mntnviewsnews.com Website: www.mtnviewsnews.com

Mountain Views News

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
Dan Golden

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Letters to the editor and correspondence should be sent to:

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

Phone: 626-355-2737
Fax: 626-609-3285
email:
mtnewsnews@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.

PETER FUNT



NEWS BY THE NUMBERS

"90% of media coverage of my Administration is negative, despite the tremendously positive results we are achieving." No need to check the math in President Trump's recent tweet. For argument's sake let's say he's correct. Fact is, "negative" reporting about him these days might even be closer to 95 percent.

How could it not be? Anything written about Robert Mueller's investigation, separating migrant children from their parents at the border, gaffe-plagued meetings with Kim Jong-un and Vladimir Putin, chaos among the White House staff, and worldwide turmoil related to Trump's tariff policies - to name just a few topics - is by definition negative.

So, yes, virtually 100 percent of what's reported about those ongoing stories is negative and appropriately so.

The remaining 5 or 10 percent of recent news relates mostly to employment and economic growth statistics, and could be reasonably categorized as "positive."

But the concern among journalists is not what a scorecard might show about coverage of the Trump Administration. It's the distorted view among the president and his communications staff that journalism can be measured on a scorecard in the first place.

An acknowledged fan of Fox News, the president undoubtedly embraces its ersatz slogan: "Fair and balanced." No one would argue against fairness, but "balance" is rarely a part of journalism. Only in certain, limited situations, such as during the run-up to an election, should balance come into play.

Clearly, the president wants his supporters to conflate story selection with story content, and hard news reporting with cable-TV commentary. They are simply not the same.

Depressing as it might be, news tends to be negative. It is newsworthy, for example, that wildfires are ravaging California, but there's not much news in the fact that Minnesota, at last report, was relatively fire free.

The New York Times has taken to summarizing "The Week in Good News" in its Saturday edition, advising readers that, "it isn't all bad out there." Stories covered range from the discovery of water on Mars to the mother duck who cared for 76 ducklings. President Trump should have been pleased with the paper's page-one lead that day: "Consumers Push Growth to 4.1% in Hot Economy."

So, it's not all negative, but when it is don't fault media.

The president is undoubtedly riled by the volume of negative commentary on MSNBC and, to a lesser extent, on CNN. However, commentary is not news reporting, and shouldn't be tabulated as such. Besides, for every negative opinion uttered about the administration on MSNBC there are positive spins on Fox News Channel - where "balance" exists only in slogans.

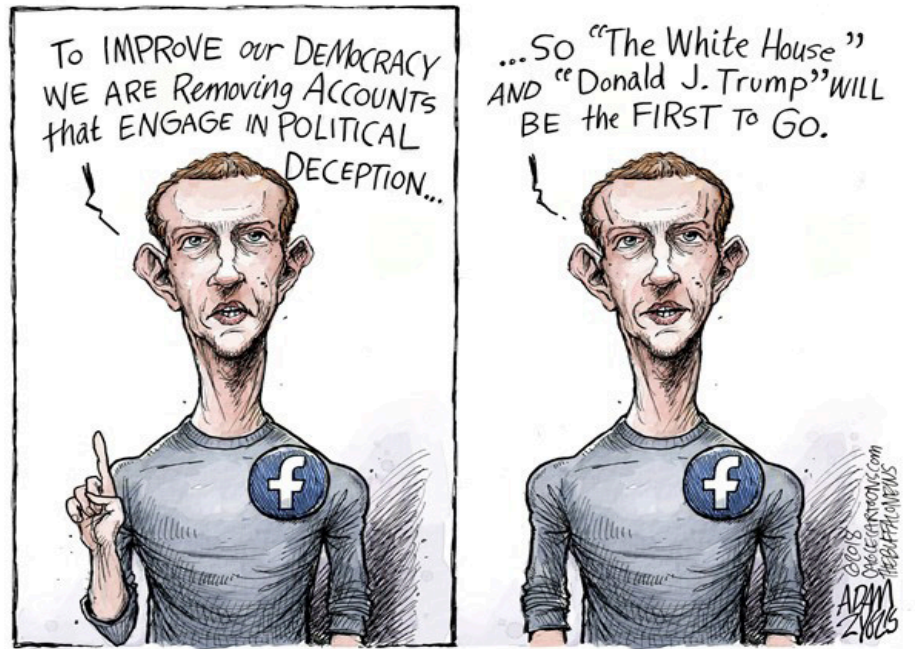
Sadly, we are living at a point in time where 90-plus percent of news about the current administration is, indeed, negative. But the stories aren't fake, they're fact.

If the president wants more positive news, he would be wise to make some.

A list of Peter Funt's upcoming live appearances is available at www.CandidCamera.com.

Peter Funt is a writer and speaker. His book, "Cautiously Optimistic," is available at Amazon.com and CandidCamera.com. © 2018 Peter Funt. Columns distributed exclusively by Cagle Cartoons, Inc., newspaper syndicate.

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LEFT TURN/RIGHT TURN

DICK POLMAN



DONALD TRUMP AND 'THE DEATH OF TRUTH'

The lies rain down on us so relentlessly that we're often benumbed. Shortly after Donald Trump tweeted last week that the Russians would help the Democrats win the midterms, we learned that the Russians have tried to hack the 2018 campaign of Sen. Claire McCaskill - a Democrat. And minutes after Donald Jr. tweeted that President Obama's economy never posted two percent GDP growth, we learned that Obama had in fact posted two percent GDP growth 15 times.

Michiko Kakutani, the Pulitzer Prize-winning literary critic, has posed the questions that often bedevil us: "How did this happen? What are the roots of falsehood in the Trump era? How did truth and reason become such endangered species, and what does their impending demise portend for our public discourse and the future of our politics and governance?" She supplies the answers in her new book, "The Death of Truth," a bleak treatise that ends with a dose of hope.

Consider this my summer book recommendation. I wouldn't necessarily take her slim volume to the beach, lest you be tempted to drown yourself. But it's a bracing read nonetheless, because she writes so concisely and incisively, and because she draws wisdom from so many disparate influences.

You'll be hard-pressed to find another social commentator who can critique Trump and our corroded cultural-political climate by quoting both Vladimir Lenin (rhetoric should be "calculated to evoke hatred, aversion and contempt... of such a nature as to evoke the worst thoughts, the worst suspicions about the opponent"), and The Joker from Batman ("Introduce a little anarchy. Upset the established order and everything becomes chaos").

It's tempting to read Kakutani only for her withering assessment of Trump, if only because it's so on the mark: "Long before he entered politics, Trump was using lies as a business tool. He claimed that his flagship building, Trump Tower, is 68 floors high, when, in fact, it's only 58 floors high. He also pretended to be a PR man named John Barron or John Miller to create a sock puppet who could about his - Trump's - achievements. He lied to puff himself up, to generate business under false pretenses, and to play to people's expectations... like most successful advertisers - and propagandists - he understood that the frequent repetition of easy-to-remember and simplistic taglines worked to embed merchandise and his name in potential customers' minds."

But Kakutani, the newly retired New York Times book reviewer, seeks to put Trump in context. Her goal is to paint the big picture: "Trump's unhinged presidency represents some sort of climax in the warping of reality, but the burgeoning disorientation people have been feeling... traces back to the 1960s, when society began fragmenting... The assault on truth and reason that reached fever pitch in America during the first year of the Trump presidency had been incubating for years."

She got that right. Many factors brought us to where we are today, most of them obvious only in hindsight. We're living in the perfect storm, and Trump - its mutant byproduct, brilliantly abetted by the Russians' exploitation of America's fractures - is reaping the whirlwind.

I'll leave the historical details to Kakutani. Suffice it to say that the cultural schisms of the 1960s, triggered primarily by the Vietnam war and "permissive" anti-establishment lifestyles, shattered the broad national consensus. Social and political polarization accelerated with each passing decade, and the divide was exacerbated during the 1990s by the rise of conservative media (especially Rush Limbaugh). Scholars on the left and right assaulted objectivity by preaching the gospel of postmodernism.

If you're wondering what that is, Kakutani defines it as shedding objective reality to enshrine "the principle of subjectivity." In other words, more and more people define their own factual truth by going with their gut and their biases.

There's also the internet, which she writes has "led to a cascade of misinformation and relativism, as evidenced by today's fake news epidemic" - a fertile climate for exported Russian propaganda, what the Rand Corporation, in a report, calls "a fire hose of falsehood."

Is there any hope that America can reverse the atrophy of truth? Among the cacophony of voices in this eloquent book - everyone from John le Carre to George Washington - we get this, from fired acting attorney general Sally Yates: "Not only is there such a thing as objective truth, failing to tell the truth matters. We can't control whether our public servants lie to us. But we can control whether we hold them accountable."

Kakutani concurs: "There are no easy remedies, but it's essential that citizens defy the cynicism and resignation that autocrats and power-hungry politicians depend upon to subvert resistance." Which is why the 2018 midterms are a crossroads for this country. All we have is our will to resist.

Copyright 2018 Dick Polman, distributed exclusively by Cagle Cartoons newspaper syndicate. Dick Polman is the national political columnist at WHYY in Philadelphia and a "Writer in Residence" at the University of Pennsylvania. Email him at dickpolman7@gmail.com.

BLAIR BESS

DEVIN NUNES: FROM DAIRY MAN TO DISGRACE



After railing against the FBI, the intelligence community, and the Department of Justice, the character of Rep. Devin Nunes (R., Calif.), Chair of the House Select Committee on Intelligence, is increasingly being called into question. In fact, when character counts, the sum of the man just doesn't add up.

A new set of potential improprieties by Nunes has emerged as a result of reporting by McClatchy's Kate Irby. Irby details possible unethical use of campaign funds by Nunes' political action committee, New Pac. Funds used to pay for private jet transportation, tickets to sporting events, meals in high-end restaurants and hotels in Las Vegas, and \$15,000 for a single day of winery tours, including a limo and beachfront hotel accommodations.

Not to worry. There's still plenty of cash in his campaign coffers. Nearly \$7.4 million dollars in fact. All to mount a re-election campaign in a district in which he's held sway since 2003.

That's a remarkably odd amount of money given that, in previous campaigns, Nunes typically raised between \$1.5 - \$2 million dollars. There are roughly 348,000 registered voters in Nunes' 22nd Congressional District, which translates to about \$20.11 per vote, or roughly four times the amount he spent in elections past.

So why has Nunes felt compelled to fill his campaign war chest with that much money while defending a "safe seat" in a historically red bastion of the Republican party?

Maybe Nunes is just a generous, likable guy who likes to spread the wealth around.

So generous and likable that in March and June of 2017, he transferred \$300,000 to the National Republican Congressional Campaign for contributions to various races around the country. Guess it pays to have friends. And lots of them. Especially when being investigated by an Ethics Committee dominated by fellow Republicans and having your Republican colleagues remain mum when others in government are questioning your actions.

Since taking on the "Deep State" and becoming Mr. Trump's prat boy, Nunes is now a darling among far-right conservatives throughout the country, receiving an impressive amount of small individual contributions. That's in addition to the \$63,000 he's gotten from the Koch Brothers; \$71,000 from the Wine and Spirits Wholesalers of America Association (guess Devin likes wine, remember the \$15,000 tour?) and many others. And, of course, the \$74,500 he garnered from California Dairies, Inc.

Dairy is an important product in Nunes' agriculture-reliant district. And yet, while riding off into the sunset, leaving his district behind on a quixotic mission to restore law and order throughout the land, his clueless leader has been imposing tariffs that will have a severe negative impact on farmers - almond, pistachio, walnut, and dairy farmers among them. Even Nunes' father and brother's dairy operation in Iowa will be affected.

The president has called Nunes "a man of tremendous courage and grit," who may someday be recognized as a "Great American Hero." That comment is probably making a lot of Americans grit their teeth, among them the almond, pistachio, and walnut growers who have consistently helped return Nunes to office.

According to bakersfield.com, almond growers will see tariffs on exports to China rise from 10 to 25 percent. Many of those farmers and growers might like to voice their concerns to their congressman. Good luck. Nunes reportedly hasn't held a town hall meeting in the district in seven years. Probably because he's been spending more time in the Deep State rather than the State of California.

That dairy farm in Iowa? That's where the Nunes Campaign Committee's Treasurer, Toni Dian Nunes - the candidate's mom - lives. As Treasurer for the campaign, she received a notification, earlier this year, from the Federal Election Commission requesting "information essential to full public disclosure" about three potentially illegal campaign contributions, one of which was made by a pistachio grower from a district bordering Nunes' own. While that pistachio grower's contribution was peanuts in comparison to that of California Dairies, it's probably safe to assume he made it in hopes that his neighbor would stand up for him and others in his industry. Nutty thought.

Devin Nunes is as wanton, wasteful, and potentially as unethical as any other swamp dweller Donald J. Trump swore to throw out of Washington. Nunes was not elected to forsake constituents for the national stage, launch inexplicable and confounding witch hunts, or stand shoulder-to-shoulder with leaders who impose tariffs that are harmful to those at home, while simultaneously putting the national security of our country at risk.

Recent polls indicate Nunes is no longer meeting the expectations of his constituents. For good reason. Nunes willingly chose to lie down in the swamp, as have a significant number of his Republican colleagues in Congress. Clawing their way out may prove to be a very sticky proposition for many of them come Election Day.

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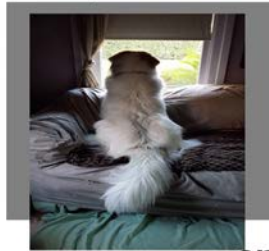
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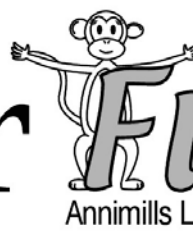


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What do you think we learn about there?



Kids: color stuff in!

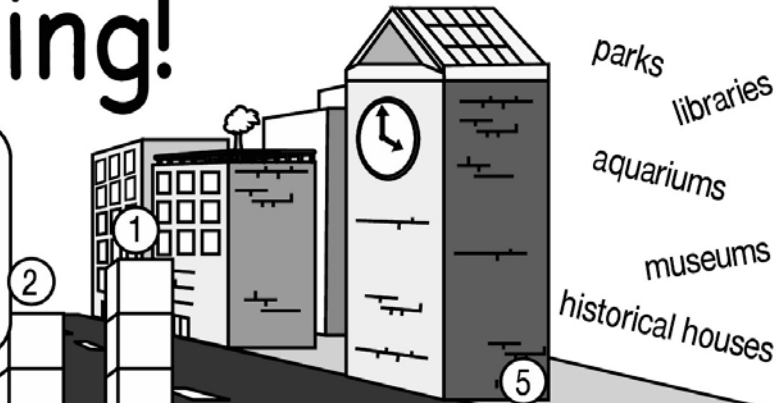


Let's go!



Summer Upswing!

Is summer starting to feel too long? Are your friends all on vacation and are you feeling a bit of a slide into a summer slump? Well, here's a whole page of places to go and fun things to do. You'll be busy, having fun and seeing your summer on the upswing in no time!



Are you looking for a break? Head to the city or country for fun things to **drive** summertime blues away! **Where will you be visiting when you are...**

1. finding a favorite painting or sculpture, trying a science experiment or asking a scientist about his display?
2. enjoying plays, movies or magic acts?
3. watching sea creatures, and touching and holding small sea animals?
4. going on rides, eating cotton candy and screaming in the fun house?
5. cheering ball players and eating hot dogs?
6. gliding on swings, playing tennis on courts or picnicking?
7. swimming, digging in the sand or boating?
8. reading up a storm or learning new computer programs?
9. "seeing" the past by visiting homes once owned by famous Americans?
10. learning about plants and animals in their surroundings; hiking in woods?

Swing into action.
Use these letters to fill in fun things to do at a playground:

c b r c e d c
w c l s r

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