

SATURDAY, OCTOBER 6, 2018

VOLUME 12 NO. 40

SIERRA MADRE NEWS BRIEFS

COMMISSION VACANCIES

The City of Sierra Madre currently has 3 commission vacancies;

- Senior Community Commission
- Energy, Environment, and Natural Resources Commission
- Community Services

If you are interested in filling any one of these vacancies go to: <http://cityofsierramadre.com> and download an application

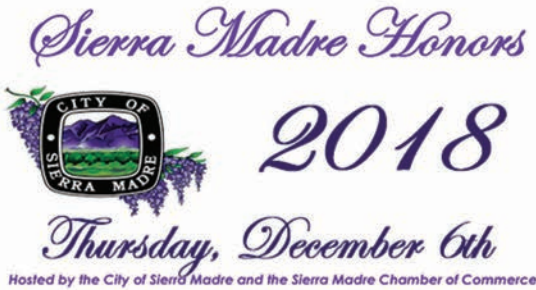
SIERRA MADRE CERT

Are you prepared for a disaster? What would you do if there were a major earthquake right now? What if you or a family member were injured? What if a fire started at your neighbor's house? What if no one answered 911? Does it make you anxious thinking about this? Sierra Madre CERT's main purpose is to help you know what to do before, during, and after a major disaster, so you are an asset to the city and not a liability. Sign up for our free FEMA-Certified CERT Basic Training Class taking place October 13th-20th. For more information visit: www.SierraMadreCERT.org

2018 HALLOWEEN WINDOW PAINTING

Who can participate? The Halloween Window Painting Contest is open to youth, ages 9 to 17.
Registration: Submit your registration form to Sierra Madre City Hall, located at 232 W. Sierra Madre Blvd. It must be submitted with a drawing of the proposed painting. No gory or politically motivated drawings will be accepted.
Deadline: Deadline for submitting your application and proposed drawing will be Thursday, October 11 at 5:00 p.m. at Sierra Madre City Hall.

September 30, 2018



This year marks the 2nd Annual City of Sierra Madre and Sierra Madre Chamber of Commerce joint event honoring those organizations and individuals that work tirelessly to make Sierra Madre a wonderful place to live, work and play! In the past there have been two separate events – Sierra Madre Honors at Alverno and The Citizen of The Year Dinner. Last year we merged those events into one very special evening! The event will be held in the Sierra Madre Room at the Recreation Center, 611 E. Sierra Madre Blvd., Sierra Madre. However, we need your help in choosing this year's honorees.

NOMINATION CRITERIA

Sierra Madre Citizen of the Year for residents who have benefited the city during 2018 as a volunteer.

Sierra Madre Business of the Year for an outstanding business existing in Sierra Madre for more than 5 years that has been an active supporter of the community.

The George Maurer Lifetime Achievement Award for a person/entity whose lifetime of service embodies the spirit of volunteerism.

The Wistaria Award recognizing a City/Community Partnership that assists with providing community wide programs and services

The Public Safety Award for an employee/individual for protecting and maintaining safety in Sierra Madre.

The Community Youth Service Award presented to youth under 18 for outstanding service and dedication to the community.

To nominate, simply email or drop off a short letter to City Hall listing the qualifications of your nominee by 5:00 pm November 1, 2018.

Email: smadrecc@gmail.com or fax them to 626-609-3285.

ALTADENA STABLES...A BEAUTIFUL PLACE



Demonstration of Physical Therapy utilizing equine movement as a tool.

By Rebecca Wright
work with insurance companies to make it low to no cost. Leaps & Bounds works through USC to have access to clinical sites for physical therapy. During a session at the Altadena Stables, the child will be wearing a belt with handles on either side and will ride with a bareback pad instead of a saddle (a bareback pad is a fuzzy, fleece pad that looks like a saddle but has no stirrups). There will be a therapist on either side of the child to assist with balance if necessary, and a handler who leads the horse around throughout the lesson. The child has to do things like reach for rings or turn around on the horse. The goal is to help strengthen the abdominal muscles and improve balance and coordination. Andrea says that one little girl who does therapy at the stables could barely walk at all when she first started, and now she is able to get off as nonverbal but some of them start to open up as the sessions progress.

Next time you find yourself in the northwestern part of Altadena, you should stop in at Altadena Stables. The stables offer lessons for both English and Western riders with the focus on flatwork, so no jumping, reining, or barrel racing. There are shows occasionally, but the main focus is the pleasure and joy that comes from riding and from connecting with the horses. Perhaps the thing that makes Altadena Stables most special and unique is that Andrea Telleria-Ruiz, the owner, and Janell Gruss, the operations manager, and the stables in general, partner with the program Leaps & Bounds to offer hippotherapy especially for children. Hippotherapy is a form of physical, occupational and speech therapy in which a therapist uses the characteristic movements of a horse to provide carefully graded motor and sensory input. Hippotherapy requires a licensed physical therapist and an occupational therapist. An advanced degree is required, usually a doctorate. And most places that offer hippotherapy work with insurance companies to make it low to no cost. Leaps & Bounds works through USC to have access to clinical sites for physical therapy. During a session at the Altadena Stables, the child will be wearing a belt with handles on either side and will ride with a bareback pad instead of a saddle (a bareback pad is a fuzzy, fleece pad that looks like a saddle but has no stirrups). There will be a therapist on either side of the child to assist with balance if necessary, and a handler who leads the horse around throughout the lesson. The child has to do things like reach for rings or turn around on the horse. The goal is to help strengthen the abdominal muscles and improve balance and coordination. Andrea says that one little girl who does therapy at the stables could barely walk at all when she first started, and now she is able to get off as nonverbal but some of them start to open up as the sessions progress. Andreaa, he current owner was first introduced to the stables when her daughter started taking lessons there. Her daughter's trainer had moved to these stables and her family followed. She bought the stables in February of 2017. Andrea says everything fell into place so quickly; she happened to get out of her car at the right time on the day that the owners were using a drone to take photos. They mentioned that the place would be going up for sale, and when Andrea went home she talked to her parents and was able to buy the place. She describes it as "so relaxing, a beautiful place to unplug...magical," as well as saying that it is a "community investment." The previous owners wanted to sell the property to someone who would keep it public and make it a learning facility; someone who would appreciate the fact that there is, "lots of history and legacy to this place."

Andrea is both a nurse and a mother of a child with autism, so she understands better than most the need for therapy options outside of the traditional clinical office setting. She wanted to fill a local need and give parents like her an option that she did not have for her son when he was growing up. She says that when she started looking into partnering with Leaps & Bounds, everything just fell into place.

Currently Andrea's horse, Callie, is the main horse used during the hippotherapy sessions, but there are two horses, including her daughter's horse, Sparkle Marshmallow, that are also in the process of being certified. Leaps and Bounds has been operating at Altadena Stables since January of this year, but their official grand opening was September 15th. The goal was to introduce the community to the work that they have been doing by having a celebration, giving two demonstrations, and overall raising awareness. They want local hospitals and pediatricians to know about the services offered so that patients do not have to drive far away to get this kind of therapy.



Dr. Cassandra Sander-Holly, Founder Leaps & BoundDr. Gabrielle Chipot, Dr. Megan Kinter, Janell Gruss, and Andrea Telleria-Ruiz

To learn more, visit the Altadena Stables website at <https://www.altadenastables.com/>.

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Weather Wise

6-Day Forecast Sierra Madre, Ca.

Sun	Sunny	Hi	60s	Lows	40s
Mon:	Sunny	Hi	60s	Lows	40s
Tues:	Sunny	Hi	60s	Lows	40s
Wed:	Sunny	Hi	60s	Lows	40s
Thur:	Sunny	Hi	60s	Lows	40s
Fri:	RAIN 25%	Hi	60s	Lows	40s

Forecasts courtesy of the National Weather Service

SIERRA MADRE CITY MEETINGS

Regular City Council Meeting

Tuesday, October 9, 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 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

City Council

September 25, 2018 at 6:30 pm
October 9, 2018 at 6:30 pm
October 23, 2018 at 6:30 pm

Planning Commission

October 4, 2018 at 7:00 pm
October 18, 2018 at 7:00 pm

Community Service Commission

October 15, 2018 at 6:30 pm

Senior Community Commission

October 4, 2018 at 3:00 pm

Library Board of Trustees

September 26, 2018 at 7:00 pm
October 24, 2018 at 7:00 pm

Energy, Environment, and Natural Resource Commission

October 17, 2018 at 7:00 pm

SIERRA MADRE POLICE BLOTTER

September 23 to September 30, 2018

During this period, the Sierra Madre Police Department responded to approximately 364 day and night time calls for service.

Monday, September 24

A vehicle was stopped at about 8:07PM for a vehicle code violation in the area of Santa Anita Ave. and Grandview Ave. Following a field sobriety test, the driver was found to be impaired due to alcohol. The driver was also driving with a license suspended for a previous DUI. The driver was arrested and transported to the Pasadena Jail and his vehicle was impounded. Case to the DA's office

Wednesday, September 26

Officers responded to a call of a hit and run traffic collision at Lima St. and Highland Ave. Officers were able to locate the suspect and his vehicle at a different location. The man was under the influence of alcohol and was subsequently arrested with his vehicle being impounded. The subject was arrested and transported to the Pasadena Jail. Case to the DA's office.

Friday, September 28

Officers were dispatched to a call of a burglary from a vehicle in the 400 block of W. Sierra Madre Bl. Unknown suspect(s) smashed the front passenger window and took a gym bag and gym clothes from the front seat. Case to Detectives
3:58PM A theft from an unlocked vehicle was reported to have occurred in the rear carport in the 400 block of W. Sierra Madre Blvd. between Thursday September 27, 2018, at about 3:00PM and Friday September 28, 2018, at about 7:30AM.

Sunday, September 30

At approximately 10:00AM officers responded to the 600 block of W. Sierra Madre Bl. for a tampering vehicle report. An unknown suspect(s) shattered the victim's driver side passenger window with an unknown object. Items taken were approximately 15 "Trader Joe's" grocery bags from the rear passenger seat.

SAVE THE DATE!

The Creative Arts Group Annual Art Festival is around the corner so make sure to mark your calendars.

Over 65 talented artists will be participating. One-of-a-kind art pieces on display and available for purchase. The perfect event to get a jump start on your Holiday shopping.

Friday - Sunday, November 2-4
Creative Arts Group
108 N. Baldwin Avenue
Sierra Madre, CA 91024



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SAVE THE DATE! SAT. OCT. 27, 2018 HISTORICAL PIONEER CEMETERY TOUR

Join the members of the Sierra Madre Historical Preservation Society as they take you to meet some of the historical people that are buried in our Pioneer Cemetery. You will hear them tell their stories; from Founding Fathers such as Carter and Richardson, business owners of the Hartman Pharmacy (now Best Buy Drugs) and Hotel Shirley, to mountain men and writers of children's books! Men and Women who have played an important part in our town's history will meet you at the entrance and even help to serve you light refreshments at the end of your tour. Music will be provided by the Vin Fiz Flyers

Guided tours will start at 3:30 and run approximately every 20 minutes. The last tour will be at 5:30 p.m. Tours have moderate walking through the cemetery and are not handicapped accessible.

Place: Pioneer Cemetery: 601 E. Sierra Madre Blvd
Date: Saturday, October 27, 2018
Time: 3:30 - 7:00

Ticket Prices: Adults: \$12 (\$15 at the door)
Children \$5 (under 12 years of age)

* Tickets will be sold according to Tour Times at the following locations:

Savor the Flavor, The Bottle Shop, and Arnolds Hardware

For questions please call: Leslie at 626-836-3469
This event is a fundraiser to support our 2 Museums: The Richardson House and Lizzie's Trail Inn.



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Sierra Madre Illustrator: Ann Geva

Sat, Oct 13 11:00 am

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KATIE Tse.....This and That BEGINNER'S LUCK

Racing is back at Santa Anita! Finally I have something to do on the weekends besides laundry. My husband has always loved gambling, but I could never get into it when we went to places like Vegas because I believe I have an undiagnosed math disability. Trouble with counting makes games like black jack and poker difficult. When he introduced me to thorough bred racing, we found a new common interest. While I may not be able to add up to 21, I can usually tell which horse reached the finish line ahead of the others. Of course predicting which one will get there first is another story.

Santa Anita has changed some things since they closed for the season back in June. John White still does the morning line odds, but his commentaries are no longer available in the program. Boo Hoo! I relied on him! Now it's crammed with stats that are a little too much like math for me. I liked the way he described horses as "plummeting in class" or "looming the one to beat," among other colorful descriptions.

Before they closed for the season, I got the chance to take my parents there for the first time. My mom had been to Clocker's Corner for breakfast with her friends, but had never been inside the track. You may remember from previous articles that she is an avid, bordering on compulsive, knitter and fiber lover in general. She has always had a habit of bringing along a bag of knitting when she anticipates she'll have some down time to work on it. In other words, it's something for her to do when she's bored.

I asked her if that's why she brought it that day, but she denied it. We arrived and bought a program, something my husband and I typically just look at on our phones, but this was a special occasion. Mom also surprised us by buying "lucky pens," I still have mine in my purse. My dad declined gambling, preferring to study the program and watch the horses and people. People watching is half the fun at a place like Santa Anita. My mom decided to place a modest amount on the number 5 horse, so I explained to her how betting works, and showed her how to purchase a



voucher, etc. It was the first race of the day and we stood outside near the finish line as the horses loaded into the gate. I think the race was several furlongs on dirt. The gates opened and the horses shot out as they do. I watched them in the distance, and then on the big screen, the little squares with the horses' numbers jostling back and forth for the advantage as they went around the turn. To all of our surprise, the 5 horse won! He had not been the favorite or even the second favorite. My mom clutched her ticket and cheered. "That's a good horse! I knew that was a nice horse!" The kind of comments only real horse racing pros make.

We got lunch (the best corned beef sandwiches ever, worth going just for that) and my mom picked out her horse for the next race. Unbelievably, she won again! And then the next race, then the next race after that! My dad was baffled. She was literally just picking numbers and names out of the air. I could relate. On my first day at the races, a Saturday before Easter, I put \$5 on Nazareth, also not the favorite, just because of the name. He won and I've bet on him ever since (sometimes just to show, because he's usually not as good as he was that one Easter-Eve).

My mom was cleaning up, but I hadn't won a thing all day. That's fine, it happens. And I was excited for her. It was funny to watch her expertly place her bets using the machines, not needing any assistance after that first time.

Toward the end of the day I played a superfecta (John White's picks) and won! It was the only race my mom lost the whole day. She was happy for me, but kept saying "You only put 10 cents on that bet. Imagine if I had put my \$10 on those horses, I would've won over \$100. And if I had put \$20, then I would've made over \$200..." (The math on that might not be right. I'm reconstructing the odds from memory and you know that math is not my strong suit.) So typical, when you lose, you regret betting as much as you did, and when you win, you regret not betting more. We left the park happy that day after the last race, my mom's bag of knitting untouched. A gambler is born.

WALKING SIERRA MADRE.. The Social Side By Deanne Davis



"Each year the Great Pumpkin rises out of the pumpkin patch that he thinks is the most sincere. He's gotta pick this one. He's got to. I don't see how a pumpkin patch can be more sincere than this one. You can look around and there's not a sign of hypocrisy. Nothing but sincerity as far as the eye can see." Charles Schulz – Peanuts!

"Fall Bucket List: bake pies, have a S'Mores campfire, visit a pumpkin patch, make leaf art, pick apples, make (and eat!) caramel apples, go trick or treating, drink hot apple cider, make fall cookies, carve a pumpkin, admire fall colors... red, brown, yellow, orange...rejoice in the loveliest season..." "Autumn is a second Spring, when every leaf is a flower." Albert Camus

"Vegetables are a must on any diet. I suggest carrot cake, zucchini bread and pumpkin pie." We love fall...all the fall stuff is out and it's looked like Halloween at my house since before September. Why wait when you know it's what you want to see all over the house.

As we've already advocated vegetables on our fall diet, why not try these pumpkin cookies. They are easy to make, you can refrigerate the dough and make just a few at a time, they're delicious, and you can justify eating them as they are loaded with good things...cranberries, oats, walnuts or pecans, raisins.

Giant Pumpkin Cookies
3-1/2 cups all purpose flour
2-1/3 cups old fashioned oats
1-3/4 tsp. baking soda
1-1/2 tsp. salt
2 tsp. cinnamon (generous)
1/2 tsp. nutmeg
1/4 tsp. ground cloves

Combine all the above together in a big bowl. Now use your electric mixer to blend the following and then gradually add the flour mixture.
3-1/2 sticks butter, softened
1-3/4 cups white sugar
1-3/4 cups packed brown sugar

1 (15 oz) can Libby's 100% pure pumpkin (not pumpkin pie mix)
2 large eggs
1-3/4 tsp. vanilla extract

Stir in as many pecans, walnuts, dried cranberries, raisins as you'd like to have.

This dough is happier and makes better cookies for you if you chill it and then bake.

Drop 1/4 cup dough onto greased baking sheet...

Bake in preheated 350 degree oven for 14 to 16 minutes or until firm and lightly browned. Cool... Enjoy!!

Give some to anyone who looks like they need a cookie. This will be most of the people you know. Watch for scarecrows! They are appearing all over town.

Just for fun, here's an excerpt from one of the Emma Gainsworth Adventures:

"Emma Gainsworth walked into a cobweb one cool October day on just walk into a cobweb, the cobweb reached out and embraced Emma, cocooned Emma, captured Emma with all the enthusiasm of the handsome young lover who had dumped her for a cocktail waitress with Dolly Parton curves and genuine blonde hair. As Emma had attended high school with Chantal, the cocktail waitress, some years before, she could attest to the real blonde hair as they always seemed to share the same gym class. Drat! She whispered, trying to move her head enough to see just exactly who...or what, had captured her."

"Scarecrows, corn in rows, pumpkins on the vine...leaves curl, wind swirls, fall is right on time."

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

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

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The Scarecrows Are Out!

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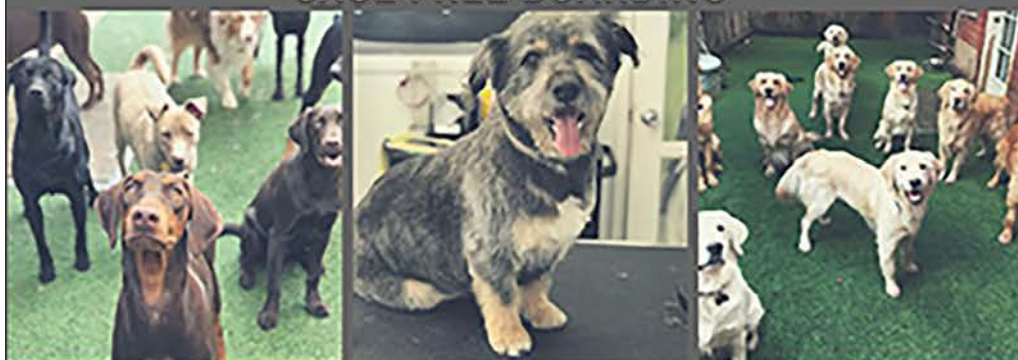
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SIERRA MADRE ROSE FLOAT
ASSOCIATION SEEKS APPLICATIONS
FOR PRINCESSES/AMBASSADORS

The Sierra Madre Rose Float Association is once again seeking applications for the position of Princess/Ambassador (in any combination of female/male) to represent the City at local functions and activities and to ride on our float on New Year's Day in the Pasadena Tournament of Roses Parade!

This year we are searching for three (3-4) Princesses/Ambassadors who will not only have the honor of riding on the Sierra Madre float, but will have the pleasure of speaking to the Sierra Madre City Council and local service organizations and clubs. In addition, they will assist with float decorating and contribute to publicity opportunities. Princesses/Ambassadors will have a very exciting and educational year!

Application Guidelines and Process:

- 1) Applicants must be 15 to 18 years old, have a 3.0 grade average and be a resident of Sierra Madre.
- 2) Applications may be picked up at City Hall, your High School or downloaded from the Sierra Madre

Rose Float Association website: www.smrosefloat.org

3) Applications must be received at the SMRFA post office box (or delivered to the float barn) by Friday, October 12, 2017. Applications submitted later than October 12 will not be considered.

4) Applicants must be able to attend judging interviews on Sunday, October 14th at 3:15pm at the Sierra Madre Lodge. (No parents please.)

5) The Announcement Ceremony will be held Sunday, October 21, 3:00 PM at the Sierra Madre Lodge. Tickets are \$5.00 for friends and family (candidates are free). Tickets will be available at the door. Refreshments will be served.

For more information or questions, please contact Barbie Bevington, SMRFA Board President, 626-355-4342

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News From Your Community For Your Community

Local Area News Briefs

Suspect Wanted in Jewelry Heist



Pasadena police released images Thursday of a man wanted for armed robbery after stealing \$6,000 worth of jewelry from Macy's on S. Lake Ave.

According to a police statement, a suspect described as a black man in his 20s, around 5 feet 10 inches tall and 155 pounds (pictured above), pointed a handgun at a sales representative after acting as if he was going to make a purchase of several pieces of jewelry. He ordered the employee put the jewelry in a black bag and walked out of the store around 7 p.m. Sunday night.

Police also described the man as wearing a white striped shirt and a red bandana. Anyone with information should call police at (626)744-4241 or anonymous at (800)222-TIPS.

Man Found Dead Outside the Rose Bowl

Pasadena police are still looking for a suspect after a man was found dead Monday night from multiple stab wounds, near his car, out side the Rose Bowl.

According to police 22-year-old Demetrio Tapia Jr., was found dead just after 10 p.m. in Parking lot K. Witnesses told police that Tapia and the attacker got into an altercation. Police also do not think the attack was random. The feud may have started on social media police said.

Anyone with information should call police at (626)744-4241 or anonymous at (800)222-TIPS.

Pet of the Week



Milton (A466445) has such a contagious smile! This 5-year-old sweetheart was found as a stray in Pasadena about 2 weeks ago. He is now here at the Pasadena Humane Society & SPCA looking for a new owner. He's an energetic boy who loves his visits to the social yard where he can play and run around. Are you looking for a new running partner? Hiking buddy? We think Milton would love an athletic new friend. Come visit him today.

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.

Tournament of Roses Royal Court Selected



From left to right; Helen Susan Rossi, Rucha Kadam, Lauren Michele Baydaline, Micaela Sue McElrath, Sherry Xiaorui Ma, Louise Deser Siskel, Ashley Symone Hackett. Photo D. Lee/MVNews.

The Tournament of Roses selected Monday morning the seven members of the 2019 Royal Court. Applicants from 24 Pasadena area schools participated in the interview process. Volunteer members of the Tournament of Roses' Queen and Court Committee made its selections based on a number of criteria including public speaking ability, academic achievement, youth leadership, and community and school involvement, Tournament officials said.

Officials added that the Royal Court will attend nearly 100 community and media functions, serving as ambassadors of the Tournament of Roses. The grand finale for the 2019 Royal Court will ride on a float in the 130th Rose Parade and attending the 105th Rose Bowl, both on Tuesday, January 1, 2019.

The seven members of the 2019 Royal Court are (in alphabetical order):

Lauren Michele Baydaline is a senior at Westridge School and lives in South Pasadena. She is currently Secretary of the Associated Student Body, Founder and Head of Every Body Affinity, Head of book club, 3rd year Peer to Peer, Volunteer in Reading Rocks program at Hillside, and a Camp Counselor at YMCA Glendale.

Ashley Symone Hackett is a senior at John Muir High School and lives in Pasadena. She is currently a member of the Black Student Union, Pasadena Panthers Youth Cheer and Dance, John Muir Pep Squad, Secretary of the Associated Student Body, a dance trainer with Los Angeles Country Tiny Tots, activities leader with the VA of Greater Los Angeles, and youth leader at Metropolitan Baptist Church.

Rucha S. Kadam is a senior at La Cañada High School and lives in La Cañada Flintridge. She is currently a member of the LCHS Varsity

soccer team, Assistance League of Flintridge, Jet Propulsion Laboratory (JPL) Space Academy, 2018 Miss La Cañada Flintridge Royal Court, Local Control Accountability Plan (LCAP) Board, Parent Teacher Student Association (PTSA), California Scholarship Federation (CSF), Treasurer of LCHS Associated Student Body (ASB), Hackademia Director, and LCUSD Technology and Computer Science Intern.

"Music is universal - it transcends the barriers of language, religion, race, culture, or ideological beliefs and culture," she said. "Music can bring together people by connecting them through the feelings that all humans share with each other. Music has the ability to evoke our most raw and powerful emotions. Music can draw out experiences and memories that unify us, despite our differences. Music can have an immense impact on our lives."

Sherry Xiaorui Ma is a senior at San Marino High School and lives in Temple City. She is currently Editor-in-Chief of the San Marino High School Titanian Yearbook, President and Founder of the Make-A-Wish Club, and a Varsity Basketball Manager.

Micaela Sue McElrath is a senior at Westridge School and lives in Pasadena. She is currently an afterschool volunteer tutor with Stars, Vice President of the 12th grade class at Westridge School, 3rd year Peer to Peer Counselor, and a Teacher Assistant in a 4th grade classroom.

Helen Susan Rossi is a senior at Flintridge Preparatory School and lives in La Cañada Flintridge. She is currently a member or the Cooking Club, Diversity Club, Flint Leadership Club, and a Flintridge Prep Senior Leader. Helen's community activities include National Charity League of Glendale, Senior Girl Scout, Troop

7331, Hathaway Sycamores Tutor, Arthritis Foundation Intern and Arthritis Foundation 2018 Youth Honoree.

Louise Deser Siskel is a senior at Sequoyah High School and lives in San Marino. She is currently a member of the Debate Team, and Judicial Committee at Sequoyah High School, YMCA Youth and Government, and researching breast cancer under Dr. Shehla Pervin at Charles R. Drew University of Medicine and Science.

The announcement and coronation of the 101th Rose Queen and presentation of the 2019 Royal Court is on Tuesday, October 23, at 5:30 p.m. at the Pasadena Playhouse.

ARTWalk Celebrates 13 Years

The 13th Annual Pasadena ARTWalk returns to the Playhouse District on Saturday, October 13th. Pasadena's largest urban art fair highlights over 75 of the best Southern California visual artists showcasing painting, sculpture, watercolor, photography, ceramics, jewelry, drawings, and printmaking.

This free event open to all ages will take place on Green Street and Madison Avenue in Pasadena from 11am to 6pm. In addition to the juried show and sale, Pasadena ARTWalk offers art enthusiasts a feast for the senses with a public art, galleries, and artist exhibitions throughout the area.

There is something for everyone with hands-on craft activities giant games, the popular spun chairs, guided tours, dinign deals, and live musical entertainment.

The Pasadena ARTWalk is San Gabriel Valley's largest urban art fair. The Pasadena ARTWalk features participating visual artists in a festival atmosphere, an ArtStroll, hands-on activities, entertainment, a guided walking tour and a lot more.

The Playhouse District Association is a property based business district encompassing 32 blocks in the heart of Downtown Pasadena incorporated in 1995.

For more information on the Pasadena ArtWalk visit www.playhousedistrict.org/artwalk or call 626.744.0340.

South Pasadena Police Warn of Car Break-ins

Before you turn in for the night, remember to lock your car, take your keys and hide your belongings. These simple steps can help deter thieves looking for an easy target to steal from. Officers are stepping up patrols, but we also need your assistance to help prevent these crimes.

For South Pasadena Police Non-Emergency Calls 626-403-7270.

Caltech Chemist Wins Nobel Prize in Chemistry



Frances Arnold, the Linus Pauling Professor of Chemical Engineering, Bioengineering and Biochemistry, has won the 2018 Nobel Prize in Chemistry for "the directed evolution of enzymes," according to the award citation. Directed evolution, pioneered by Arnold in the early 1990s, is a bioengineering method for creating new and better enzymes in the laboratory using the principles of evolution. Today, the method is used in hundreds of laboratories and companies that make everything from laundry detergents to biofuels to medicines. Enzymes created with the technique have replaced toxic chemicals in many industrial processes.

Arnold shares the prize with George P. Smith of the University of Missouri in Columbia, who developed a "phage display" method for evolving proteins, and Sir Gregory P. Winter of the MRC Laboratory of Molecular Biology in Cambridge, United Kingdom, who used phage display for evolving antibodies. One half of the prize, which comes with an award of 9 million Swedish krona (about \$1 million), goes to Arnold, with the other half shared by Smith and Winter.

"Frances's work on directed evolution is a beautiful

example of an enterprise that has both deep scientific significance and enormous practical consequences," says David A. Tirrell, Caltech's provost, the Carl and Shirley Larson Provostial Chair, and the Ross McCollum-William H. Corcoran Professor of Chemistry and Chemical Engineering. "Through decades of commitment to exploring a powerful idea, Frances has transformed the fields of protein chemistry, catalysis, and biotechnology. She has changed the way we think about things and the way we do things."

"Directed evolution has transformed how we make proteins and how we think about new protein catalysts," says Jacqueline K. Barton, Caltech's John G. Kirkwood and Arthur A. Noyes Professor of Chemistry and the Norman Davidson Leadership Chair of the Division of Chemistry and Chemical Engineering. "Through this work, she has broadened the repertoire of nature's catalysts."

"Life—the biological world—is the greatest chemist, and evolution is her design process," says Arnold. "I may not be the best chemist but I do appreciate evolution."

This story has been edited for space, read the full text at: caltech.edu/news.

Written by Whitney Clavin / Caltech

Free Monthly Events at Pasadena Senior Center

There is something for everyone in September 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.

Screening Mimis Film Discussion Club – Tuesdays, Oct. 16, at 3 p.m. Diehard film fans are invited to watch a movie the first and third Tuesday of every month, preceded by a presentation about the film's hidden history and followed by lively discussion. Oct. 16: Once Were Warriors (1994 R) starring Rena Owen and Temuera Morrison. In New Zealand, a family descended from Maoris lives in a slum where the father's alcoholism has affected his relationship with his wife and scarred their teenage children emotionally.

Caregiver Support Group – Wednesdays, Oct. 17, from 1 to 2:30 p.m. If you are a caregiver for a loved one, you may be neglecting your own well-being due the stress of day-to-day tasks that ensure your loved one is comfortable, safe and provided for. This support group is intended to provide a meaningful time for caregivers to focus on their own feelings and needs.

Friday Movie Matinees – Fridays, Oct. 12, 19 and 26, at 1 p.m. Everyone enjoys watching movies and the pleasures they bring. Oct. 12: I Feel Pretty (2018, PG-13) starring Amy Schumer and Michelle Williams. A woman who struggles with deep feelings of insecurity believes she is a confident and fearless supermodel after awaking from an accident. Oct. 19 – Won't You Be My Neighbor? (2018, PG-13). This documentary takes an intimate look at

the life, lessons and legacy of America's favorite neighbor, Mr. Rogers. Oct. 26: Overboard (2018, PG-13) starring Anna Faris and Eugenio Derbez. In this remake of the 1987 original, a rich, spoiled playboy from Mexico's wealthiest family mistreats a single mom he has hired to clean his yacht, then falls overboard, wakes up with amnesia on the Oregon coast and is unwittingly subjected to payback from the woman.

Stress and Chronic Conditions – Thursday, Oct. 11, at 10 a.m. Stress can affect people of all ages, genders and circumstances and can lead to physical and psychological health issues. Learn how stress can harm your health, and what to do about it. Presented by Anthem Blue Cross.

LA Opera Talk: Hansel and Gretel – Monday, Oct. 15, at 1 p.m. An LA Opera community educator will lead guests through the enchanting opera Hansel and Gretel composed by Engelbert Humperdinck with libretto by his sister. Based on the beloved tale by the Brothers Grimm, the opera follows a young brother and sister who get lost in the woods where they discover a full-sized gingerbread house festooned with candy and other sweets, but soon meet the owner of the house – a witch who proceeds to turn Gretel into a servant and begins to fatten up Hansel for the oven.

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

ARCADIA

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CALLING ALL CRAFTERS! CITY OF ARCADIA SENIOR GIFT SHOP FALL CRAFT FAIR SATURDAY, OCTOBER 27, 2018



The City of Arcadia Recreation & Community Service Department, Senior Services Division operates a gift shop at the Arcadia Community Center at 365 Campus Drive and is open to the public, Monday–Thursday 9:30am–1:30pm and Friday 9:30am–12:30pm. Just in time for the holidays, the Arcadia Community Center Gift Shop is hosting a Fall Craft Fair, on Saturday, October 27, 2018 from 9am–2pm at the Community Center in the main ballroom.

Crafters who wish to participate may enroll at the Gift Shop during open hours. The table rental fee is \$30 with all sales going to the crafters. Crafts can be general or holiday themed and must be self-crafted. Sorry, no baked goods or homemade edibles are allowed. For more information please contact the Recreation and Community Services Department Senior Services at 626.574.5130.





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ARCADIA POLICE BLOTTER

Sunday, September 23:

Shortly before 12:34 a.m., officers responded the area of Santa Anita Avenue and Newman Avenue regarding a single vehicle that had collided with a stop sign. Upon contacting the driver, the officer detected a strong odor of alcohol emitting from the 46-year-old male's breath. Through a series of tests, the officer determined the suspect was driving with a blood alcohol content of .135%. The male from Arcadia was arrested and transported to the Arcadia City Jail for booking.

At approximately 2:49 p.m., an officer responded to a residence in the 300 block of Santa Rosa Road regarding an audible alarm activation. The officer determined unknown suspect(s) entered the rear yard and activated the alarm when they opened a window. The suspects fled and did not enter the home. The investigation is ongoing.

Monday, September 24:

Just after 2:50 p.m., officers responded to Arcadia Methodist Hospital, 300 West Huntington Drive, regarding a theft report. An investigation revealed an employee stole hospital supplies. The 27-year-old male from Bakersfield is outstanding at the time of this report.

At approximately 6:53 p.m., officers responded to a residence in the 300 block of East Newman Avenue regarding a fraud report. The officer determined unknown suspect(s) obtained the victim's check written in the amount of \$9,000.00, changed the payee's name, and cashed it. The investigation is ongoing.

Around 7:01 p.m., officers responded to Victoria's Secret, 400 South Baldwin Avenue, regarding a commercial burglary report. Surveillance footage revealed two suspects stole approximately 120 pairs of women's pants, a reported loss of \$6,544.00.

The suspects are described as black males, both 20-years-old and wearing brown baseball caps. One suspect was wearing a grey and maroon plaid shirt with a Rolling Stones t-shirt underneath. The second suspect was wearing a camouflage shirt and black pants. The investigation is ongoing.

Tuesday, September 25:

Just before 4:37 p.m., officers responded to the Arcadia Police Department regarding a report of a three males in possession of a gun while at Foothills Middle School, near the intersection of Hillcrest Boulevard and Valencia Way. Officers located the suspects and discovered an 18-year-old male from Pomona and a 19-year-old male from Monrovia were in possession of an airsoft gun while at a school campus. Both suspects were arrested and transported to the Arcadia City Jail for booking.

Wednesday, September 26:

At about 6:43 p.m., an officer responded to the 300 block of East Huntington Drive regarding a vehicle burglary report. An investigation revealed an unknown suspect smashed the rear window and stole the victim's passport, backpack, two laptops, and cash. The investigation is ongoing.

Shortly after 10:04 p.m., an officer initiated contact with a subject seen looking over a fence into the backyard of a residence in the area of Michillinda Avenue and Hugo Reid Drive. A records check revealed the 45-year-old male from North Hollywood had an outstanding misdemeanor warrant. He was arrested and transported to the Arcadia

City Jail for booking. During the booking process, it was discovered he was in possession of methamphetamine. This offense was added to his list of charges.

Thursday, September 27:

Before 1:35 a.m., an officer conducted a traffic stop on a vehicle in the area of Baldwin Avenue and Foothill Boulevard for making an unsafe right turn. A records check revealed the passenger, an 18-year-old male from Monrovia, was in possession of a counterfeit Driver's License, which the suspect admitted to using to commit forgery and purchase marijuana. The suspect was arrested and transported to the Arcadia City Jail for booking.

Around 3:22 a.m., an officer conducted an enforcement stop on a vehicle near the intersection of Santa Anita Avenue and Lucille Street for driving with a broken license plate light. Upon contacting the driver, the officer detected a strong odor of alcohol emitting from his vehicle. Through a series of tests, the officer determined the suspect was driving under the influence of an alcoholic beverage. The 33-year-old male from Rosemead was arrested and transported to the Arcadia City Jail for booking.

At about 5:03 p.m., an officer responded to the Ralph's parking lot, 211 East Foothill Boulevard, regarding a suspicious male looking inside of parked cars. Officers located the subject and witnessed him attempt to start another vehicle with a screw driver. Officers attempted to detain the suspect, however he did not comply. After a brief struggle, the suspect was taken into custody. A records check revealed the vehicle had been reported stolen out of LAPD Rampart Division. The 24-year-old male from Los Angeles was arrested and transported to the Arcadia City Jail for booking.

Friday, September 28:

Just before 12:21 a.m., officers responded to Santa Anita Mall, 400 South Baldwin Avenue, regarding a partially clothed woman found walking in the parking lot. The intoxicated female told officers she was sexually assaulted by a male acquaintance, with whom she had gone out drinking with. As a result of the investigation, it was unclear whether or not an assault actually occurred. The investigation is ongoing.

Shortly after 2:05 p.m., an officer responded to Ten Ren's Tea Time, 846 West Duarte Road, regarding an arson report. Surveillance footage revealed a 27-year-old male from Rancho Cucamonga started a fire on the restaurant patio and fled when it self-extinguished. The suspect was arrested and transported to the Arcadia City Jail for booking.

Saturday, September 29:

At approximately 1:33 a.m., an officer responded to the 1000 block of East Camino Real Avenue regarding an activation of an Arcadia Police Department GPS tracker. Arcadia PD detectives had previously deployed bait packages to combat the increase in package thefts from residential areas. An investigation revealed the suspect was in possession of the stolen package and its contents. A records check revealed the 48-year-old male from Arcadia had three outstanding misdemeanor warrants. During a search of the suspect, the officer located a meth pipe. The suspect was arrested and transported to the Arcadia City Jail for booking.

MONROVIA - DUARTE

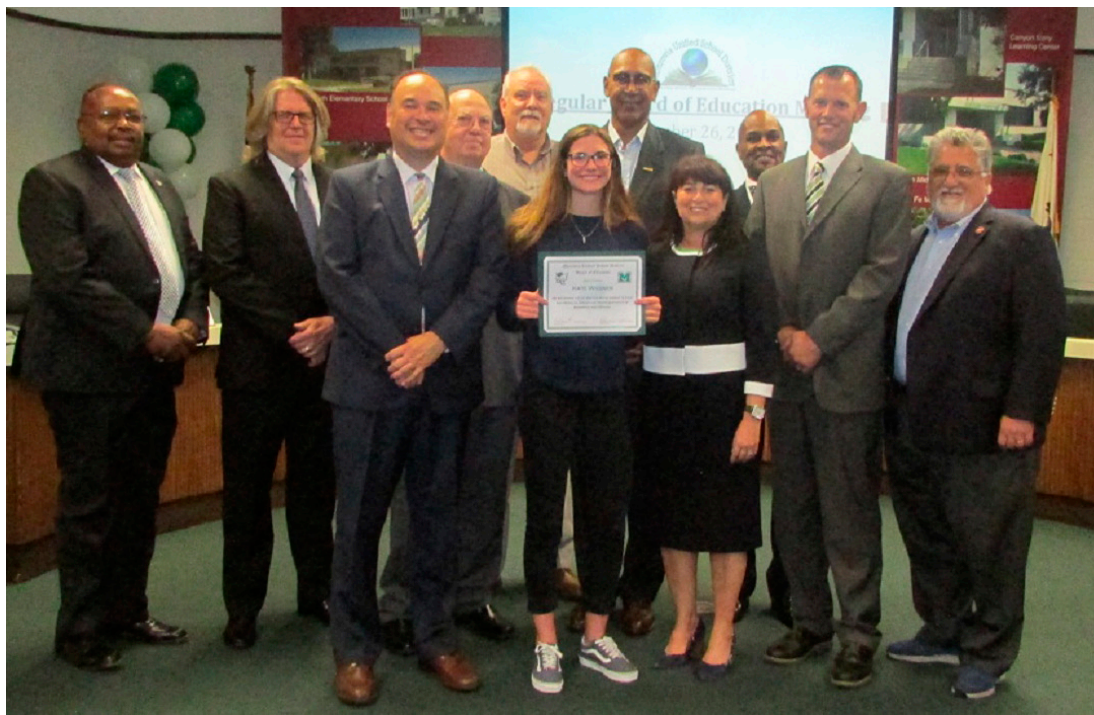
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By Joan Schmidt

Recently, three very special events occurred in Monrovia. The High School celebrated its 125 year; Town Council Member Linda Sells and I attended the School District's Reception. Principal McGinnis welcomed us and past principals also attended. Senator Anthony Portantino, Assemblyman Chris Holden, Monrovia Mayor Tom Adams, Council Member Larry Spicer, and City Treasurer Steve Baker also were on hand for festivities. School Board President Terrence Williams gave an excellent speech highlighting the great achievements not only of the high school, but throughout the district. A few include Monrovia High Robotics Team competed in second World Championships, Senior Nathan Nakamura recognized as National Merit Scholar Finalist, two HS seniors participated in the Young Legislators Program hosted by Assemblyman Holden, learning about the legislature process and relationship between local and state governments, third graders competed in a Math Bee, and more than 600 Monrovia Unified instrumental and vocal students performed in the seventh annual Superstars of Music Showcase. We also heard from Dr. Katherine Thorossian, MUSD Superintendent and Dr. McGinnis. The success of a district goes back to its leaders and these two fine individuals are committed to Monrovia as are its current School Board Members, Terrence Williams, Ed Gilliland, Chris Murphy, Rob Hammond and Bryan Wong. Keynote speaker was High School Senior Kate Weisner, a member of the U.S. Soccer Team at the 2016 Women's Championship in Grenada, which won a regional title and berth to the 2016 FIFA Women's World Cup. In the fall, Kate heads

to Penn State and soccer there. She has maintained a 4.2 grade average. Kate is described on a field as "competitive, tenacious, and resilient". She holds So CA's age group long jump record with a leap 14'6" at age 11. Kate spoke warmly of Monrovia High School-her years there, how kind and helpful everyone is, what a great learning experience it has been. After her speech, Kate was called back to the Podium and was presented with a Certificate from the Monrovia School Board. All the dignitaries made Presentations to the Dr. Thorassian and the School Board. It was a wonderful evening. On a recent Saturday, Foothill Unity Center honored Dr. Kendall at a small reception. (He has left the area for his career and returns once a month to teach piano. All lesson fees are donated to the Center.) Terrence Williams, Vice President of the Town Council and I presented a Certificate of Recognition to Dr. Kendall for all the funds brought to Foothill Unity Center and for all the Friday night concerts at the Monrovia Street Fair. Thank you, Monrovia PD's Sergeant Juarez and Officer Vanderburg. They were recently honored by the Muslim Public Affairs Council (MPAC). The MPAC had received a call from Emma Ali. She was out walking one night, and a neighbor called the police about a "suspicious" person. Ms. Ali had interaction with MPD and was very appreciative of the "exceptionally thoughtful and empathetic way" in which they handled the overall situation. MPAC called MPD and want to thank the officers. They came to the Police Station with about 40 people to honor the officers. CBS2 carried the story. Yes, there's been great happenings in Monrovia!

MONROVIA FIRE & RESCUE PARTICIPATES IN DEPARTMENT WIDE ETHOS WORKSHOP

MONROVIA, CA – On Sept. 18, 2018, Monrovia Fire & Rescue gathered for a department wide workshop with the purpose of strengthening their ethos and values within the organization. The fire department began by reviewing the culture of the department, then completed a series of exercises to build trust and solidify relationships amongst each other.

"We are fortunate to have such talented and values driven employees," said Fire Chief Brad Dover, "the purpose of the training was to capitalize on our strengths, ensuring we sustain the momentum as we look towards the future. We also took an honest look at where we can improve and created a road map to help us get there."

As shifts are normally divided into three, it is

extremely rare to have everyone together. The first-ever department wide training allowed for all firefighters and administrative personnel to work collaboratively.

"It's not every day our whole organization gets an opportunity to gather and delve into a topic as important as the one covered in our training," said Firefighter-Paramedic Hennessy Cabiles. "As each person shared their thoughts on our values it became evident that each person brought values and is of value to the organization."

Facilitated by All American Leadership, a company specializing in helping organizations attain high performing cultures, the training was held at the Doubletree Hotel and paid for with funds provided by the California Firefighter Apprentice Program.



CELEBRATE THE FALL SEASON WITH FREE EVENTS IN MONROVIA

MONROVIA, CA – With the leaves turning crisps and the weather cooling down, community members have a plethora of events and activities to look forward to. All are encouraged to visit www.cityofmonrovia.org to view the calendar of all events taking place this season.

Old Town Fall Festival
On Oct. 13, from 12 p.m. to 6 p.m., the City of

Monrovia, Monrovia Old Town Advisory Board and Old Town Merchants will present the Old Town Fall Festival. There will be music in Old Town, a Canyon Park Plant Sale in Library Park, fall crafts, face painting, and hay wagon rides beginning at 2 p.m. for \$2 per person. For furry friends, there will be a pet agility course in Library Park and a Community Dog Costume Parade through Old Town.

FOXTAILS: A FURRY FOUR-FOOTER'S FATEFUL FOE

Back when I first had my bloodhound, Tatertotts, I remember the vet telling me to watch out for foxtails during the dry months that follow the more or less 'wet' months in southern California. I had never heard of a foxtail, perhaps because I grew up in the South where the grass rarely dries out, so I had to go home and look it up.

Named for their uncanny resemblance to the tail of a fox, the foxtails I am talking about are seed clusters that come from what is commonly known as foxtail grass. There are various types of foxtail grass, several of which prevail in the western part of the United States. Like most seeds, foxtail seeds ride the wind and they have awns designed to burrow the seed into the ground, so needless to say foxtail grass grows just about anywhere it lands in our region.

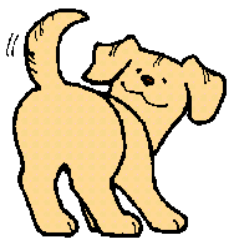
During the dry, hot summer season, the seeds that emerge and fan out of a cluster from the tall stems of foxtail grass are needle-thin and razor sharp. Somewhat like a fish hook, the awns of these seeds are barbed. They feel smooth to the touch when rubbed upward from the stem, and thorny or pokey when rubbed downward. Also, much like a fish hook, because of their biological properties, when foxtails poke their way into a soft surface such as skin, they can be very painful and nearly impossible to pull out.

The vet's concern with my bloodhound sniffing around in the local hillside and fields was that she would likely get a foxtail seed stuck in her enormous nose, in which case she would sneeze repeatedly in a futile effort to get it out. Then, when the foxtail seed refused to budge, Tater would likely continue to sneeze relentlessly, possibly resulting in cardiac arrest. I could hardly believe what the vet was telling me. My dog could actually die from sniffing in the grass?

Indeed it is true, and I later came to learn it is actually quite common. Further, those foxy foxtails not only pose a serious health threat to our furry friends' nostrils, they also present a major medical concern by simply coming into contact with the surface of their skin. The paws and ears are also major

Happy Tails

by Chris Leclerc



at-risk areas for the potential invasion of a foxy foxtail.

The issue of foxtails on a dog's skin becomes particularly precarious for those sporting thick, fluffy coats. If a seed is picked up by a dog's fur and not promptly removed, it can burrow down beneath the lighter top coat of a fluffy dog and hide in the thicker undercoat, just above the surface of the skin.

Over time, as the dog goes about his daily routine of running, rolling around and lounging, the foxy little foxtail takes the opportunity to burrow deeper beneath the dog's undercoat and ultimately under the epidermis where it will have to be surgically removed. If not removed surgically, the relentless barbed seed will remain in place and irritate the dog's tender dermis until it causes a major infection.

A foxtail can also find it's way into the internal organs or digestive system of a precious pet, and because the tenacious tail of the seed is not broken down by the metabolic process, it can become a serious medical emergency for an unwitting dog and it's owner. If the foxtail probes it's way through the wall of the digestive tract or into the soft tissue of a major organ, infection is inevitable and potentially fatal.

Clearly, no one wants their beloved four-legged friend to be at risk due to foxtail grass. So, the best practice for those of us who love our pets like family, is to avoid coming into contact altogether, if at all possible. Back when my vet warned me about the possibility of Tater having a heart attack after sniffing in a seed, I immediately removed all of the foxtail grass from my yard and I continued to dig it out as soon as I saw it growing back in.

It can be a challenge to deter a weed that is extremely prolific and mobile in our area, but if one is dedicated and tenacious about performing the task of repeated removal before the grass has a chance to grow and eventually dry out, it can be done. And I'm sure you'll agree the work is well worth the result if it means preventing the risk of a health hazard for your beloved, four-legged friend.

BEST FRIEND

Sisters and best friends, Sally and Connie came in together and their perfect home will keep them together. These gorgeous fluffy girls are 11 years young and will be happy to be given soft beds in a sunny spot and to receive gentle pets, especially massages of ears and head. Both have calm peaceful temperaments that will reward attention with soft purrs. Sometimes Sally and Connie will stretch out in their individual beds, but they also often will want to share one bed and snuggle together. The girls curl up and it's hard to tell who is who. They both have stunning tortoiseshell coats of black with orange highlights and look very similar. Sally can be identified by a dramatic blaze of orange on her face and she's a tad bit larger than Connie. Both Sally and Connie enjoy the brushing of their silky long coats. Neither show much interest in toys or flying teasers. But that might change when they have their own homes to explore and with family they know. Sally and Connie will add beauty and harmony to any home. Sally and Connie's adoption fee is \$99 each, which includes spay surgery, a microchip, first vaccinations and a free wellness check-up at a participating veterinarian. Both sweet cats also qualify for the "Senior for Senior"



discount adoption program. Feel free to call us at (626) 286-1159 for more information. They currently reside at the San Gabriel Valley Humane Society located at 851 E. Grand Avenue in San Gabriel which is located off San Gabriel Blvd, north of Mission and south of Las Tunas Drive. To arrange a 'Meet and Greet', please stop by any time from 10:30am to 4:30pm Tuesday through Sunday. Website:www.sgvhumane.org.

Katnip News!



SWEET "SCOUT" NEEDS A HOME

Yes, imagine waiting 8 for a true home! We've had him since he was a baby. Scout is a gentle and sweet boy, beautifully all shiny black. Scout's a bit shy at

first until he gets to know you, but after that he will love to be next to you and be petted or get a tummy rub, and tell you about his day. He gets along well with other cats, but especially relates to kittens. Please find a way to welcome this sweet, soulful spirit into your loving home. He will come healthy, current on vaccines, neutered, and microchipped. See more pictures, adoption info at <http://www.lifelineforpets.org/teens--adult-cats.html>.



Good news: Charlotte & Parker, Willow & Gus, & Cricket have been adopted.

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THE WORLD AROUND US



CHRISTOPHER Nyerges

CHEF MIA WASILEVICH AT SIERRA MADRE CERT

Learning about Wild Foods is an essential survival skill

[Nyerges is an educator and author. His web site is www.SchoolofSelf-Reliance.com/]

On Thursday, September 27, Mia Wasilevich spoke at the monthly Sierra Madre CERT meeting on how to recognize and use wild foods, based on her recent book.

Mia Wasilevich is a chef, photographer, and naturalist who has learned to combine wild foods with her love of cooking. She is the author of a cookbook focusing on invasive and naturalized weeds entitled Ugly Little Greens (Page Street Publishing 2017).

MIA WASILEVICH'S BACKGROUND

As a young child, Mia traveled to many countries, including Central and South America, Australia, New Zealand and Europe. It became evident to her that what Americans consider "weeds" or wild plants are often regarded as food in many parts of the world.

Mia noticed that weeds and invasive plants make an appearance as food in many cultures.

Mia began to wonder why this art of wildcrafting had faded from our own culture, except for in a few vintage cookbooks. Eventually, she met a prolific set of teachers, foragers, and "foodies" in the Los Angeles area and it inspired her to use weeds in everyday cooking. She calls these "everyday weeds" which she attempts to make into recipes as interesting as possible, while keeping it simple.

In the event of an emergency that might affect Sierra Madre, Mia shared how to recognize many of the very common wild foods and weeds that actually grow all over town. Though Mia's emphasis was how to make tasty and nutritious foods from plants that are typically pulled up or poisoned, the members of CERT realized that stores might empty quickly after an emergency. It is not an uncommon scenario for most commercial enterprises to cease entirely for a period of time after an emergency. In many cases, the few remaining stores get looted.

CERT training encourages citizens to store a few weeks of food, ideally foods that do not require refrigeration for storage, because electricity might be out. This means that dried and canned foods are ideal, as well as plants from the vegetable garden.

During her talk, Mia pointed out that the recent drought has taken its toll on local wild plants life, but that edible weeds are likely still growing in many backyards. She also emphasized the importance of learning a half-dozen or so common weeds, all of which are from Europe, and are typically regarded as invasive weeds. In other words, if you leave the



native plants alone and simply clip from European weeds, no one will mind! The very common edible weeds are found in the local parks, backyards, foothills, and along streams.

The plants that Mia emphasized were common mallow, lambs' quarter, nettles, chickweed, dandelion, nasturtium, and prickly pear cactus. Each of these are common in the spring, widespread, easy to recognize and easy to include in most dishes.

Because botany is a science that require a certain degree of focused study, Mia pointed out the possible look-alike plants in each case.

Mallow is used in soups and salads, and has a round leaf, similar to a geranium leaf. Lamb's quarter is related to spinach and quinoa, and the leaves are used just like you'd use spinach; also the seeds add protein to soups and bread batter. Stinging nettles, widely despised, are in fact nutritious for soup and medicine.

Watch this column for details about each of these plants in the coming months.

COME TO CERT MEETINGS

The Sierra Madre CERT (Civilian Emergency Response Training) meetings are held monthly in Sierra Madre, and they give you an opportunity to meet like-minded neighbors who are also concerned about how to deal with emergencies.

Meetings are typically the 4th Thursday of each month, in the Hart Building in Memorial park. You can learn more about Sierra Madre CERT group by checking them out on Facebook, or their web page at www.sierramadreamergency.org. CERT means Civilian Emergency Response Training, so you can learn what to do in emergencies. The training is FEMA-sponsored.



OUT TO PASTOR

A Weekly Religion Column by Rev. James Snyder

HOME HAS NEVER BEEN SWEETER

If the good Lord ever intended me to travel as much as I have been traveling, I'm sure He would have given me wings. I like the idea of traveling; it is the actual traveling that gets me. The only good thing about traveling is that home looks so good from so far away.

Several years ago, I received an invitation to speak at a conference. It sounded like a great idea at the time. I have been there before and have had a wonderful time. The thing about this trip was it was the same week my son and daughter-in-law were expecting their fifth baby, which would have been our ninth grandchild. Whether it is the first or the ninth grandchild makes no difference whatsoever to those creatures called grandmothers.

When the Gracious Mistress of the Parsonage learned of my plans and that the conference I would be speaking at was in close proximity to the ninth grandchild, which was the end of the story. Plans for "our" travel began. According to her, I could drop her off at my son's house and continue to my conference.

My wife loves it when her plan comes together.

I am not exactly sure how you plan the birth date of a child, but my wife was keeping close contact to make sure it would happen when she wanted it to happen. Grandmothers are like that. According to her, the baby was to be born at such a time that she could go and spend the entire week with the new baby. I do not know how grandmothers do it, but they have a secret power unbeknownst to us on the male side of the ledger.

As the time approached for our departure and the imminent birth, my wife became a little nervous.

"What if we get there and the baby isn't born yet?" As if, I knew the answer to that question. Why is it wives have the innate ability to ask questions that no husband in his right mind or in any mind, for that matter, could answer?

"I will not leave their home if the baby isn't born yet."

Although it sounded like a threat, it was a plan I could work with, but I kept that information to myself.

The day before we were scheduled to leave, the blessed event happened. My wife's ninth grandchild entered this world and that made everything all right. It was my ninth grandchild too, but nobody paid me any mind. If the truth were known, I was the one paying. I paid for the whole trip.

It turned out to be a little girl, which was a surprise to everyone. Therefore, Grandmother had to do some last-minute shopping. I paid for that too; in more ways than I can count here.

The two days driving to the scene of the blessed event were filled with nonstop chatter about the

new granddaughter. I nodded my head a lot and judiciously filtered in an occasion "aha." I do not know who this new granddaughter thinks she is but I do know who the grandmother thinks the granddaughter is. Maybe that is all that really matters.

Although we never met this new addition to the family, my wife seemed to know everything about her. I have often wondered how mothers and grandmothers know so much about their offspring. I often get their names mixed up.

I dropped the newly crowned grandmother at my son's house and proceeded to my conference. I like speaking at conferences, primarily because people pay to hear me talk, and they actually want to hear what I have to say.

My cell phone was all a flutter because almost every hour I got an update on what this new grandchild was all about. According to the reports I received, this was the most beautiful, the most wonderful, the most extraordinary grandchild ever born on planet earth.

I agreed, because, well, look at her grandfather.

My conference was over and I headed back to the difficult job of prying the grandmother loose from her ninth grandchild. It took some doing, but I accomplished it and we were on the road again.

On the trip home, we, and I say "we" rather loosely, were planning a return trip to see the grandchild.

I, weary from traveling, was planning how wonderful it would be to get home, sit in my chair, eat at my table and sleep in my bed. Traveling is wonderful, especially if you are going to see a granddaughter, but the most delicious aspect of traveling is heading home.

As my wife glowed over the recent granddaughter and rehearsed in my weary ears the extraordinary attributes of this latest addition to our family, I was thinking about home. When people say that home is where the heart is, I am thinking of other body parts. There is no reclining chair quite like the reclining chair awaiting me at home. I must say that my posterior has grown weary of all these foreign seats.

As we traveled weary mile after weary mile a verse of Scripture seemed to rest in my head. "In my Father's house are many mansions: if it were not so, I would have told you. I go to prepare a place for you." (John 14:2).

I really will not get home until I go to the Father's House, where He has a place prepared especially for me.

The Rev. James L. Snyder is pastor of the Family of God Fellowship, 1471 Pine Road, Ocala, FL 34472. He lives with his wife, Martha, in Silver Springs Shores. 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

Many of you had a favorite subject in school. Many studies have shown that what you like is what you're good at. And I love Sparkling wine and champagne, so it gives me a great satisfaction to continue our month long look at various wines that Sparkle. A quick history lesson; Even though he spent most of his career trying to rid his champagne of bubbles, Dom Pérignon's pioneering techniques were used to make white wine from red wine grapes. This process would eventually come to influence the development of all modern sparkling champagnes. It seems that the wine in the Monk's caves often exploded. Luckily for us, Dom eventually embraced his method. Once he got the process down his famous words were, "Come quickly, I am drinking the stars!"

We look this week towards the region of Sonoma to the Gloria Ferrer Winery. I have enjoyed their sparklers for years, although not as common or as assessable as their counterparts in Napa, it's truly a delightful wine. This Brut consists of 91% pinot noir and 9 % chardonnay. An award winning wine, you bet it is! The Ferrer winery has won over 400 gold medals and 90+ over 30 times in the past five years. When I see Gloria Ferrer on a restaurant menu, especially by the glass, I never hesitate to order it. The Brut has a phenomenal taste backed up by a toasty finish. In layman's terms: you experience a wonderful bubbly sensation in your mouth!

My recent contribution to a wine and cheese party where the guests were asked to bring a bottle of wine was the Gloria Ferrer Brut. It went over with a Splash!

Dills Score

Each week I will give you my Dills Score. I have added points for value. I'm starting with a base of 50 points; I



added 7 points for color, 7 points for aroma or "nose", 11 points for taste, 9 points for finish, and 9 points for my overall impression, which includes my value rating.

Total Score 93, retail \$18 get over to Vons this weekend for their sale you might score this one for under \$16

Tune into Dining w/Dills Sunday at 12noon on AM 830 KLAA

Email Peter at thechefknows@yahoo.com

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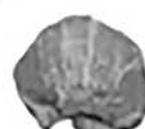
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Looking Up
with Bob Eklund



EARLY BIRTH AND STRANGE CHEMISTRY: MERCURY STUDIES REVEAL AN INTRIGUING TARGET FOR BEPICOLOMBO

A month before the planned launch of the joint ESA-JAXA BepiColombo mission to Mercury, two new studies shed light on when the innermost planet formed and the puzzle of its chemical composition. The findings are being presented by Bastien Brugger and Thomas Ronnet at the European Planetary Science Congress (EPSC) 2018 in Berlin.

Mercury is the least-studied of the terrestrial planets and is something of an anomaly compared to Venus, Earth, and Mars. It is very small, very dense, has an oversized molten core, and formed under chemical conditions that mean it contains much less oxidized material than its neighboring planets.

Research by a team at the University of Aix Marseille suggests that two factors may help explain why Mercury is so strange. Firstly, the planet may have formed very early in the solar system's history from condensed vapor from planetesimals. Secondly, that there may be more iron within Mercury's mantle than might be suggested by measurements of the surface.

"We think that very early in the solar system, planetesimals in the innermost region of the solar system could have formed from reprocessed material that was vaporized due to the extreme temperature there and subsequently recondensed," said Ronnet. "In addition, we are able to rule out a scenario where Mercury formed from a pile-up of planetesimals coming from further out in the solar system since, in this case, Mercury would contain more oxidized material than we actually find."

Early studies have suggested that Mercury is very rich in iron, and contains more sulfur than should be available in the material from which the bulk of the solar system formed. Since then, the MESSENGER mission has greatly improved our view of the bulk composition of Mercury.

Brugger ran computer simulations of Mercury's interior investigating core and mantle compositions and compared the results with gravity data gathered by the MESSENGER mission. The results suggest that Mercury has a dense mantle that may contain



substantial amounts of iron.

"MESSENGER revealed very low abundances of silicate iron on the surface of Mercury, and this element would instead be present in metallic or sulfide phases. Our study suggests that iron abundances in the mantle could be higher than values measured on the surface," said Brugger. "With the launch of BepiColombo, we will have a whole new suite of instruments to continue the

investigation of Mercury's unique properties, and try to better understand the structure and origin of the planet."

BepiColombo is Europe's first mission to Mercury. It is a joint endeavor between ESA and the Japan Aerospace Exploration Agency, JAXA, and consists of two scientific orbiters: ESA's Mercury Planetary Orbiter and JAXA's Mercury Magnetospheric Orbiter. They will be carried on a

seven-year journey to the innermost planet by the Mercury Transfer Module, using a combination of ion propulsion and gravity assist flybys at Earth, Venus, and Mercury. The mission will study all aspects of Mercury, building on the achievements of MESSENGER to provide the best understanding of the solar system's innermost planet to date.

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

THE GOODEN SCHOOL PRESENTS ITS SERVICE-LEARNING PARTNER WITH FUNDS RAISED THROUGH ITS "MARKET DAY"



On September 27, The Gooden School was visited by Rabbi Joshua Levine Grater, Executive Director of Friends in Deed in Pasadena. During the school's bi-weekly chapel, Rabbi Joshua spoke to Gooden students about the school's three Rs (respect for self, respect for others, and respect for the world) from the Jewish tradition. Drawing from the scripture for the day from the prophet Isaiah (58:6-8), Rabbi Joshua talked about the season of Yom Kippur, a time of repentance and reflection for the Jewish community. A significant part of that reflection calls the people of God to love and serve the neediest among us and to recognize people's humanity. "Sometimes just making eye contact and saying hello to someone who is homeless or in need, in a safe way, goes a long way," said Rabbi Joshua.

The Gooden School has had a longstanding partnership with Friends in Deed. Students engage in service-learning projects, including raising food for the organizations' food pantry, to support Friends in Deed's work with the most vulnerable members of our society. After chapel, the school was able to present

a check of \$1,200 to Rabbi Joshua thanks to Middle School students spring "Market Day". At Market Day, Gooden students created small businesses and developed, marketed, and sold products to their fellow students, friends, and families.

"Gooden students' commitment to service-learning is a hallmark of our school," says Carl Parke, head of school. "Our partnership with Friends in Deed is at the core of Gooden's efforts on behalf of the community in which our students live and the students, faculty, and staff are proud to present Rabbi Joshua with this gift to support the important work of Friends in Deed."

The Gooden School is an independent, Episcopal kindergarten through eighth-grade school in Sierra Madre. For more information, and to learn all about Gooden's commitment to the three Rs, please visit www.goodenschool.org. Friends in Deed is an interfaith organization that provides supportive services to meet basic human needs, so our homeless and at-risk neighbors can rebuild their lives. For more information, please visit www.friendsindeedpas.org.

NOTICE OF SCHOOL BOARD CANDIDATES' FORUM - OCTOBER 9, 2018

The School Board Candidates' Forum will be held October 9, 2018, at 7 p.m., at the Monrovia District [Monrovia](http://www.monrovia.k12.ca.us). The event is hosted by the Monrovia Teachers Association and will

be moderated by the Pasadena League of Women Voters. Anyone attending will have an opportunity to hear the candidates' views and pose questions.

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(626) 294-0661 Principal: Phil Clarke
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website: www.acslions.com

THE GOOD LIFE

HOW TO RECOGNIZE AND PREVENT ELDER FINANCIAL ABUSE

Dear Savvy Senior,

Can you provide some tips on how to protect seniors from financial scams? My 76-year-old aunt was recently swindled out of \$25,000 and I want to make sure my own mother is protected.

Concerned Daughter

Dear Concerned,
Financial scams that target the elderly continue to be a huge problem in the U.S. In fact, it's estimated that one in five Americans over age 65 are scammed out of roughly \$36 billion every year. Here are some tips that can help you spot a scam, and what you can do to protect your mom.

Recognizing a Scam

Spotting a scam or a con artist is not always easy to do. They range from shady financial advisers to slick-talking telemarketers to professional caregivers and relatives who steal from the very people they're supposed to be looking after.

The most common scams targeting seniors today come in the form of tricky and deceitful telemarketing calls, email and Internet scams, free-lunch seminars selling dubious financial products and endless junk mail peddling free vacation packages, sweepstakes, phony charity fundraisers and more. And, of course, there's the ongoing problem of identity theft, Medicare and Social Security fraud, door-to-door scams and credit card theft.

The best way to spot a scam is to help your mom manage her finances, or at least monitor her accounts. Reviewing her financial statements each month can alert you to questionable checks, credit card charges or large withdrawals. Or, consider a service like EverSafe.com, which will automatically monitor your mom's accounts, track suspicious activity and alert you when it detects a problem.

If, however, your mom doesn't want you looking at her financial records, there are other clues. For example: Is she getting a lot of junk mail for contests, free trips, and sweepstakes? Is she receiving calls from strangers offering



awards or moneymaking deals? Also, notice if her spending habits have changed, if she has complained about being short of money lately or has suddenly become secretive or defensive about her finances. All these may be signs of trouble.

Protect Your Mom

The most effective way to help protect your mom is to alert her to the different kind of scams going on today. To help you with this, the National Council on Aging has a list of "top 10 financial scams targeting seniors" at NCOA.org. Also see AARP's Fraud Watch Network at AARP.org/money/scams-fraud and sign up to receive free scam alert emails from the Federal Trade Commission at FTC.gov/scams.

Some other tips to protect her include reminding your mom to never give out her personal information, Social Security number or financial information unless she initiated the contact and knows the institution.

Also, see if your mom would be willing to let you sort her mail before she opens it, so you can weed out the junk. To reduce the junk mail and/or email she gets, use the Direct Marketing Association consumer opt-out service at DMAchoice.org. And to stop credit card and insurance offers, use the Consumer Credit Reporting Industry opt-out service at OptOutPrescreen.com or call 888-567-8688 - they will ask for your mom's Social Security number and date of birth.

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!October Birthdays

Janda Ferris, Darlene Traxler, Margit Johnson, Sole Krieg, George Maurer, Dick Anderson, Eva Poet, Mary Jane Baker, Dixie Coutant, Cathleen Cremins, Alma Mays, Adie Marshall, Darlene Crook, Susan Gallagher, Maggie Ellis, Gloria Giersbach, Elva Johnson, Ellen O'Leary, Jenny Piangenti, Gail Ann Skiles, Anita Thompson, Linda Boehm and Angela Stella.

* To add your name to this distinguished list, please call the paper at 626.355.2737. YEAR of birth not required but you must be over 60.



HART PARK HOUSE MONTHLY PROGRAMS:

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: Thursday, October 18th 10:30 - 11:30 a.m. Join us 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. A great way to strengthen your mind and make new friends... Games are facilitated by Senior Volunteers.

Free Legal Consultation: Wednesday, October 17th from 10:30a.m. 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! * Voluntary Donations of \$5.00 per week per participant are suggested but not required.

Birthday Celebrations: Every 2nd Thursday monthly at the Hart Park House, share some free birthday cake provided by the Senior Community Commission!

Game Day: Every Thursday starting at 12:00p.m. Come join this group of Seniors in their poker game.

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.

SENIOR MOVIE: 1st and 3rd Wednesdays Monthly 1:00 p.m.

October 17th Murder on the Orient Express

Rated - G 1hr 54 min

When a murder occurs on the train he's traveling on, this celebrated detective Hercule Poirot is recruited to solve the case.



AARP SMART REFRESHER DRIVER COURSE

Wednesday, October 10, 2018
1:00 p.m. - 5:30 p.m.

The Smart Refresher Driver Course focuses on learning current rules of the road, defensive driving and how to operate your vehicle more safely in today's challenging driving environment. You will learn how you can manage and accommodate common age-related changes in vision, hearing and reaction time. This class meets at the Hart Park House Senior Center. The course costs \$15.00 for AARP members and \$20.00 for non-members to be paid to the instructor. Must pre-register. Requirement of 10 students; drivers over 70 must take DMV written test.

SENIOR EXCURSION Getty Villa

Thursday, October 25, 2018
9:00 a.m. - 4:30 p.m.

Cost: \$15 (Lunch Not Included)

Discover the museum's historic collection and the Getty Villa's architecture and gardens by participating in a rich selection of engaging talks and tours that bring the Getty Villa's unique setting and the visual art to life!

And there are several gardens, fountains and landscaping for public enjoyment. Choose elegant dining, lovely afternoon tea (reservations are recommended by calling 800-369-3059), or a casual meal, coffee and snacks at the café or coffee kiosk. Walking Level: HIGH
Sierra Madre Resident registration open now through October 8th and non-resident starts online or in-person on Tuesday, October 9th 2018.



At first, Dad and I didn't see eye to eye about moving to The Kensington, but since he did, we're both thrilled

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2329Warwick.com

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3BR/2BA. Sited on a 9,420 sf lot, dual fireplace dividing the living room and great room, custom backyard deck.



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Leasing Now

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Beautifully Updated Duplex
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Large Back Unit: 1BR/1BA

"Whether you think you can, or think you can't -- you are right." — Henry Ford

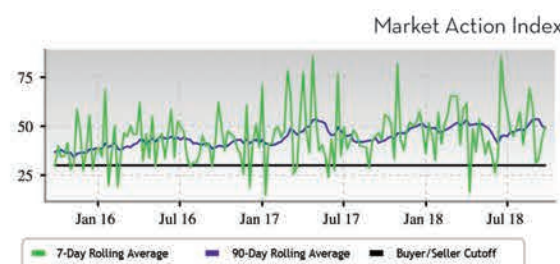
Monrovia // This Week's Market Update

This Week Median List Price: **\$998,000**

The Market Action Index has been trending down lately, while inventory is climbing. These trends imply a weakening market.

Supply & Demand

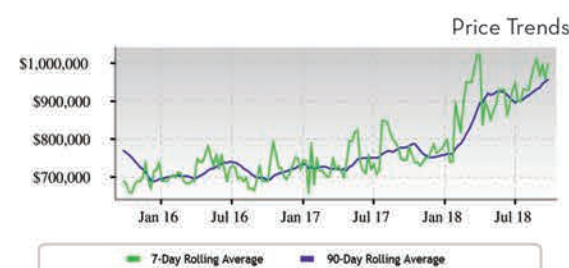
The market has started cooling and prices have recently plateaued. Since we're in the Seller's zone, watch for changes in MAI. If the MAI resumes its climb, prices will likely follow suit. If the MAI drops consistently or falls into the Buyer's zone, watch for downward pressure on prices.



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.



Quartiles

Quartile	Median Price	Sq. Ft.	Lot Size	Beds	Baths	Age	Inventory	New	Absorbed	DOM	Characteristics per Quartile
Top/First	\$ 1,880,000	3448	0.50 - 1.0 acre	4.0	2.5	66	11	1	0	223	Most expensive 25% of properties
Upper/Second	\$ 1,198,000	2450	0.25 - 0.50 acre	3.0	2.5	70	11	2	2	99	Upper-middle 25% of properties
Lower/Third	\$ 869,000	1778	4,501 - 6,500 sqft	4.0	2.5	41	11	4	3	54	Lower-middle 25% of properties
Bottom/Fourth	\$ 667,500	1403	6,501 - 8,000 sqft	3.0	0.5	68	12	3	3	44	Least expensive 25% of properties

Real-Time Market Profile

		Trend
Median List Price	\$ 998,000	↔
Asking Price Per Square Foot	\$ 492	↓
Average Days on Market (DOM)	104	↔
Percent of Properties with Price Decrease	38 %	
Percent Relisted (reset DOM)	11 %	
Percent Flip (price increased)	7 %	
Median House Size (sq ft)	2140	
Median Lot Size	8,001 - 10,000 sqft	
Median Number of Bedrooms	3.5	
Median Number of Bathrooms	2.5	
Market Action Index	Strong Seller's	49.0 ↓

↔ No change ⬆ Strong upward trend ⬇ Strong downward trend
⬆ Slight upward trend ⬇ Slight downward trend



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SATURDAY, OCTOBER 6, 2018

AROUND SAN GABRIEL VALLEY

OCTOBER: DOMESTIC VIOLENCE AWARENESS MONTH AND THE ANNUAL DRIVE TO HELP VICTIMS



By Joan Schmidt
Recently Kaiser Permanente hosted the Kick-off of Domestic Violence Awareness Month and its Annual Drive to help victims, with Congresswomen Judy Chu and Grace Napolitano.

This year, there will be no clothing collected. Last year's astounding Drive netted a phenomenal 420 30-gallon bags of clothing/supplies, fulfilling the needs of women's shelters, and other facilities, providing for those in need.

This year, the drive is seeking toiletries for the women, and children's school supplies and toys. These battered women leave with literally nothing but the clothes on their backs. It sometimes takes weeks or even months of abuse before they get the courage to leave.

This is the 15th year Congresswoman Judy Chu has done this. A few years ago, she invited Congresswoman Grace Napolitano to join her to reach a larger area; Napolitano was very grateful to be included in this much-needed drive.

Kaiser Permanente has played such an integral role in this endeavor. Dr. Victor Chen has been involved for fifteen years; he has witnessed much domestic violence with no boundaries: all economic, social groups have it. Immigrants are more silent-afraid of deportation. It includes physical, verbal, or emotional abuse; children witness this and in turn may become abusers. Medical repercussions can be diabetes/high blood pressure. He is so grateful to all shelters providing help.

REMINDER: Kaiser collects used phones all year-works with Verizon. Victims need phones for appointments.

Congresswoman Chu is happy to be part of this campaign and grateful to Baldwin Park's Kaiser Permanente. At a Valentine Community Event, Chu spoke to a woman, whose sister was killed by her abusive spouse. Chu went to Kaiser's Reyna Del Haro and said,

"We need to have a clothing drive." Chu also has worked at a Rape Crisis Center as a Counselor. 5000+ victims have been helped in the San Gabriel Valley. In 1994, the Federal Government passed the "Violence against Women Act". It brought groups together and support for shelters, but it expires September 30. In the US, every 16 hours, a woman is killed by her partner.

Congresswoman Napolitano thanked Chu for including her in the Domestic Violence Awareness Campaign. After Dr. Chen and Rep. Chu's excellent and informative talks on the DM Campaign, Napolitano touched on a very serious issue-mental health and gave an update. 29 schools have programs. Schools need to apply to local leaders for funding for mental health. She also is very grateful to KP for teaming with local shelters. "There is a need to reach out to many immigrants for any abuse-not only physical, but mental".

Ann Interiano, YWCA- WINGS, thanked Dr. Chun for his commitment to this cause, trying to bring awareness of domestic violence to the public, and for helping its victims. Wings is a wonderful organization and has provided 4000 supportive services. The supplies collected shared among Foothill Family Service, House of Ruth, Women's & Children's Crisis Center and YWCA-WINGS San Gabriel Valley.

ITEMS COLLECTED: Toiletries, Children's School Supplies and Toys. (No breakables, please). Collection box locations include:

Baldwin Park Medical Center
Diamond Bar Medical Center
Montebello Medical Offices
San Dimas Medical Offices
West Covina Medical Offices

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CALIFORNIA LEGISLATIVE SESSION ENDS WITH VICTORIES FOR ASSEMBLYMEMBER HOLDEN

Sacramento, CA – The 2018-2019 legislative session has officially ended. Six of Assemblymember Chris Holden's bills were signed into law, while two were incorporated into the state budget earlier this summer. Holden's legislative and budget victories make progress in the areas of public health, criminal justice reform, social justice and education. Two bills authored by Holden were vetoed.

Holden's legislation victories include:
AB 2370 – Expands lead testing in drinking water within California's child care centers.

AB 2423 – Allows a student with a disability to be treated by a physical therapist beyond the 45 day restriction.

AB 2599 – Requires law enforcement to tell a person what expungement or record sealing options are available to them upon release from jail.

AB 2664 – Helps ensure accurate record keeping of court proceedings by giving every party a right to a certified shorthand court reporter.

AB 2705 – Increases the statute of limitations to prosecute unlicensed contractors who are employing workers without workers' compensation insurance to two years.

AB 2918 – Requires the Department of Motor Vehicles (DMV) to include information in the California Driver's Handbook regarding a person's civil rights during a traffic stop.

Holden budget victories include:
\$25 million dollar increase in the State budget (that would be matched with federal funds) for bridge funding to retain vital services for individuals and families living with disabilities including autism, Down syndrome, cerebral palsy, and intellectual disabilities.

Expanding dual enrollment opportunities to California's charter schools.

In August, Assemblymember Holden co-chaired the Wildfire Preparedness and Response Legislative Conference Committee that passed legislation which was signed into law. The reforms passed will provide comprehensive safety solutions to protect ratepayers, make the electric system safer, and stabilize the utilities.

Assembly Concurrent Resolution 250, authored by Holden, will memorialize the area around the Foothill Bridge collapse of 1972 was also chaptered into state law.

COUNTY APPROVES BARGER MOTION FUNDING BRIDGE HOUSING FACILITY FOR VETERANS EXPERIENCING HOMELESSNESS

LOS ANGELES COUNTY - The Board of Supervisors unanimously approved a motion today jointly authored by Supervisors Kathryn Barger and Sheila Kuehl to help fund a temporary bridge housing facility for veterans experiencing homelessness.

The U.S. Department of Veterans Affairs (VA) is currently working on a master plan to develop the West Los Angeles (WLA) Campus, which will ultimately include permanent housing for veterans experiencing homelessness. While the VA undergoes this master planning process, the County will support the construction of a temporary, 3-year bridge housing facility on the WLA VA campus with 100 beds for veterans experiencing homelessness throughout LA County.

"This bridge housing facility will provide 100 veterans with a stable environment, access to supportive services and a platform to exit the cycle of homelessness. Supporting this project is a testament to our dedication to ending homelessness among our County's veterans," Barger said.

The VA will fully fund the operations and case management costs for the bridge housing program using federal funding. LA County, in partnership with the VA and the City of Los Angeles, will step in to provide the critical funding needed to complete the capital and construction costs associated with the project.

"Partnerships like this one present cost-effective opportunities to combat homelessness beyond what any institution could do independently," Barger said. "We are proud to participate in this great project to ensure the project's success."

The \$2.5 million in capital funds needed for the project will be allocated from Measure H, the Countywide sales tax that generates revenues used to provide services for the homeless. The projects helps to maximize taxpayer's dollars by securing 3 years of bridge housing for the County's veterans at roughly half of what the County would otherwise spend on operating costs for the same number of beds elsewhere.

TEENS, YOUNG ADULTS PLAN FOR THE FUTURE AT FROSTIG TRANSITION FAIR

Pasadena, CA—Teenagers and young adults with special needs and their families are invited to attend The Frostig Center's annual Transition Fair and connect with two dozen agencies that can help with college, career and independent living.

The event will be held at The Frostig Center on Friday, October 19, 1-3 p.m. During that time, participants can visit with representatives from each agency and collect a wealth of information.

"Young people with learning challenges and their families have many options to consider as they plan for life after high school," said Jennifer Quirina, the transition director at Frostig School. "We organize the Transition Fair every year to help families get the most out of the resources that are available in Southern California and beyond."

The participating organizations fall into one of three categories—job readiness and vocational programs, independent living programs, and colleges and support programs.



Representatives from a half dozen local community colleges will be on hand to explain the support services that are available to students with learning challenges. Landmark College, a Vermont school that serves students with dyslexia, ADHD, autism spectrum disorder and other learning differences, will also be attending.

Other participating organizations include Ability First, Actors for Autism, Exceptional Minds, Disability Rights California, Los Angeles Conservation Corps, Tierra del Sol Foundation, and Eastern Los Angeles Regional Center.

The Frostig Center is a non-profit organization that is dedicated to improving the lives of children with learning differences through an integrated program of research, professional development and community outreach, and Frostig School. The school serves children in grades 1-12 who have learning differences. For additional information, call (626) 791-1255 or visit our website at www.frostigschool.org.

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THE WEBB-MARTIN GROUP



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What Makes A Legend?

Combined Team Stats:

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- 1000+ Transactions
- 108 Years as Sierra Madre Residents

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Jeff's Book Pics

By Jeff Brown

Reservoir 13: A Novel by Jon McGregor
"The word "collage" implies something static and finally fixed, but the beauty of "Reservoir 13" is in fact rhythmic, musical, ceaselessly contrapuntal . . . A remarkable achievement [and a] subleunravelling of what we think of as the conventional project of the novel." James Wood, The New Yorker. Midwinter in an English village. A teenage girl has gone missing. Everyone is called upon to join the search. The villagers fan out across the moors as the police set up roadblocks and a crowd of news reporters descends on what is usually a place of peace. Meanwhile, there is work that must still be done: cows milked, fences repaired, stone cut, pints poured, beds made, sermons written, a pantomime rehearsed. As the seasons unfold and the search for the missing girl goes on, there are those who leave the village and those who are pulled back; those who come together and those who break apart. There are births and deaths; secrets kept and exposed; livelihoods made and lost; small kindnesses and unanticipated betrayals. An extraordinary novel of cumulative power and grace, Reservoir 13 explores the rhythms of the natural world and the repeated human gift for violence, unfolding over thirteen years as the aftershocks of a tragedy refuse to subside.



1,000 Books to Read Before You Die: A Life-Changing List by James Mustich
Celebrate the pleasure of reading and the thrill of discovering new titles in an extraordinary book that's as compulsively readable, entertaining, surprising, and enlightening as the 1,000-plus titles it recommends. Covering fiction, poetry, science and science fiction, memoir, travel writing, biography, children's books, history, and more, the book ranges across cultures and through time to offer an eclectic collection of works that each deserve to come with the recommendation, You have to read this. But it's not a proscriptive list of the "great works"—rather, it's a celebration of the glorious mosaic that is our literary heritage. Flip it open to any page and be transfixed by a fresh take on a very favorite book. Or come across a title you always meant to read and never got around to. Or, like browsing in the best kind of bookshop, stumble on a completely unknown author and work, and feel that tingle of discovery. There are classics, of course, and unexpected treasures, too. Lists to help pick and choose, like Offbeat Escapes, or A Long Climb, but What a View. And its

alphabetical arrangement by author assures that surprises await on almost every turn of the page, with Cormac McCarthy and The Road next to Robert McCloskey and Make Way for Ducklings, Alice Walker next to Izaac Walton. There are nuts and bolts, too—best editions to read, other books by the author, "if you like this, you'll like that" recommendations, and an interesting endnote of adaptations where appropriate. Add it all up, and in fact there are more than six thousand titles by nearly four thousand authors mentioned—a life-changing list for a lifetime of reading. "The ultimate literary bucket list." —THE WASHINGTON POST.

A Winter's Promise: Book One of The Mirror Visitor Quartet by Christelle Dabos (Author), Hildegarde Serle (Translator)
Adult readers who gravitated toward the intricate world-building of Harry Potter or reveled in the dark trickeries of Philip Pullman's The Golden Compass will find themselves ensnared by the enchantments of A Winter's Promise. Lose yourself in the fantastic world of the arks and in the company of unforgettable characters in this French runaway hit, Christelle Dabos' The Mirror Visitor quartet. Plain-spoken, headstrong Ophelia cares little about appearances. Her ability to read the past of objects is unmatched in all of Anima and, what's more, she possesses the ability to travel through mirrors, a skill passed down to her from previous generations. Her idyllic life is disrupted, however, when she is promised in marriage to Thorn, a taciturn and influential member of a distant clan. Ophelia must leave all she knows behind and follow her fiancé to Citaceleste, the capital of a cold, icy ark known as the Pole, where danger lurks around every corner and nobody can be trusted. There, in the presence of her inscrutable future husband, Ophelia slowly realizes that she is a pawn in a political game that will have far-reaching ramifications not only for her but for her entire world. The World of the Arks. Long ago, following a cataclysm called the Rupture, the world was shattered into many floating celestial islands, now known as arks. Over each, the spirit of an omnipotent and immortal ancestor abides. The inhabitants of these arks each possess a unique power. Ophelia, with her ability to read the pasts of objects, must navigate this fantastic, disjointed, perilous world using her trademark tenacity and quiet strength. An unforgettable heroine, and a rich and bountiful universe. The 3 reviews are from Amazon.com

FAMILY MATTERS

By Marc Garlett



TO LIVE A HAPPIER LIFE, SPEND SOME TIME THINKING ABOUT DEATH

Want to know a proven way to live a more fulfilling life? All you have to do is fully accept the fact that one day you're going to die. "I am of the nature to die. There is no way to escape death." -Upajjhatthana Sutta
The unavoidable nature of death is a basic tenet found in every religion. Indeed, the acceptance of death is so important in Buddhism that "impermanence," or the fact that everything born eventually dies, is at the top of the Buddha's list of the three universal characteristics of existence. Before religious practice, Tibetan Buddhists chant, "The whole world and its inhabitants are impermanent. The life of human beings is like a bubble. Death comes without warning; this body too will be a corpse." Such teachings may seem morbid, but they're actually designed to awaken you from denial and inspire you to fully appreciate life because you never know when it will end.

"How sad it is that most of us only begin to appreciate our life when we are at the point of dying." -Sogyal Rinpoche
Numerous individuals have discovered that contemplating and accepting their own mortality is a powerful source of happiness. It may seem counterintuitive, but this isn't something only found in religious teachings;

it's also been demonstrated by modern science. Countless healthcare professionals report that people facing terminal illness often experience an incredible sense of peace and fulfillment in the days and weeks before they die. Many of them describe the acceptance of death as a life-changing event, confessing they never knew what it meant to live until they knew they were going to die. The same is true for many who undergo a near-death experience (NDE). After staring death in the face, they report that their lives have much greater meaning. They frequently make dramatic life changes because they know without a doubt that any day, even today, might be their last. "It is only in the face of death that man's self is born." -St Augustine
You've undoubtedly heard the key to happiness is to be fully present in each and every moment. This advice is also derived from acceptance of death. By accepting that death is inevitable, we're inspired to embrace every second of our lives with more gratitude and joy because we know that our existence is so fleeting. If you've been avoiding thinking about and preparing for death, you may be missing out on an incredible opportunity. What all these experiences show us is that death is an essential part of what makes life so sweet. One of the biggest steps in accepting death is to prepare for it with proper estate planning. And proper estate planning is needed, regardless of how big or small you think your estate is, because no matter what, your family is going to have to handle whatever you have when you're gone. Indeed, facing life's greatest fear head-on and using it as an opportunity to protect and provide for your family is one of the greatest gifts you can give yourself and those you love. Dedicated to empowering your family, building your wealth and protecting 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 626.587.3058 or visit www.GarlettLaw.com for more information.

HEALTHY LIFESTYLES



MOVE, BREATHE, CREATE

In yoga, we have asana – the physical practice, pranayama--the breath practice, and meditation-- the practice of devotion to the divine and stillness. Interestingly, each practice can be related back to our life – the past, present, and future. Asana (yoga poses) addresses our past by working within the body. Have you ever heard that the body is a "memory bank" of our experiences? This applies to both short-term and long-term experiences. The stress of something that happened 20 years ago can literally still be in the body. Day-to-day, our bodies are continually affected by our environment as well as what we eat and what we think. A good yoga class can aid the body in releasing accumulated stress, immediately and over time, as a student continues in their practice. Think chiseling away at a beautiful sculpture or removing cobwebs from the eaves. Once the excess is removed, you can see clearly what's underneath. Our body is the same; asana clears the cobwebs and

releases tension so that we can move freely. Pranayama brings us in the present moment. You can observe your breath in the here and now. In creating a rhythm with the breath, its unconscious pattern is changed, directly affecting the present moment. You know this when you take intentional deep breaths. They can calm you down, energize you, or create a desired effect. The breath is the first place to go to cultivate present moment awareness. Finally, meditation addresses the future. Meditation is the place where stillness and oneness with the Divine take place. Over time, this devotion will bring authenticity and freedom to you. This is one of the best places to move forward in life and live fully and freely. The practice of stillness has far-reaching benefits beyond compare. On those words, dive into yoga! Melt stress away, be in the moment and create a bright future through your yoga practice. Ask questions and get started, contact me today: keely@keelytotten.com.

Namaste,
Keely Totten, Yoga & Meditation Teacher,
Writer, Mama

THE MISSING PAGE

Real Life Tips from Life's Instruction Manual

RECOGNIZE AND UNIFY

You are a unique expression of life. Your life is an expression of the Divine. What would it take for you to live your life from that state of awareness? How might you move and approach life differently?
There is a five-step process known as affirmative prayer. I will introduce you to each of the steps for the next few weeks. The first step is RECOGNITION.
Recognize that there is but ONE LIFE, ONE INFINITE PRESENCE, ONE UNIVERSE.
The next is UNIFICATION.
Our beautiful bodies have some of the same components as the stars.
There are many other elements, but our bodies contain traces of precious metals like gold and silver.
Just as different elements are forged inside of stars. Stars are so large and have such gravitational pull that the atoms at their center become incredibly hot. In this heat, pairs of hydrogen atoms undergo fusion and combine to become helium molecules.
When these stars burn out and cause massive explosions they disburse chemical elements and throw them about the Universe as supernovas. They disburse

into clouds of gas and form stars and planets, including Earth. The planets redistribute the elements and some are found within us. We are part of all that is.
Think of your breath. Each breath you take contains about ten sextillion atoms. As we inhale, we take in 1 atom of those ten sextillion breaths in the atmosphere. And we release a similar number on our exhale. As we breathe we are sharing our breath with our human family.
Knowing there is only one life living and moving and having its being as us. We have a daily opportunity to recognize life and celebrate it. We get to dwell in union with this presence.
Enjoy your life today knowing you have star quality and you are not alone.
Lori Harris is a lawyer and a Certified Life Mastery Consultant. She delights in helping her clients teaching the spiritual tenets of success. Learn more at LoriAHarris.com or download her Gratitude Train App.



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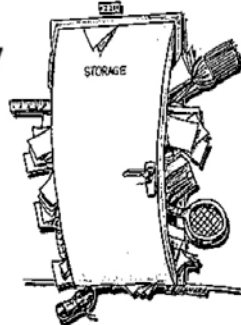
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Mountain Views News has been adjudicated as a newspaper of General Circulation for the County of Los Angeles in Court Case number GS004724: for the City of Sierra Madre; in Court Case GS005940 and for the City of Monrovia in Court Case No. GS006989 and is published every Saturday at 80 W. Sierra Madre Blvd., No. 327, Sierra Madre, California, 91024. All contents are copyrighted and may not be reproduced without the express written consent of the publisher. All rights reserved. All submissions to this newspaper become the property of the Mountain Views News and may be published in part or whole.

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Mountain Views News Mission Statement

The traditions of community newspapers and the concerns of our readers are this newspaper's top priorities. We support a prosperous community of well-informed citizens. We hold in high regard the values of the exceptional quality of life in our community, including the magnificence of our natural resources. Integrity will be our guide.

TOM PURCELL



JOKES ABOUND, BUT POLITICAL DIVIDE NO LAUGHING MATTER

With all the vitriol in our politics - with all the disagreement that is tearing our country apart - we could all use some levity about now.

Here's one joke I think we can all agree with:

A man wearing a ski mask jumped into the path of a well-dressed man and stuck a gun against his ribs.

"Give me your money," said the mugger.

"You can't do this," said the well-dressed man. "I'm a U.S. congressman!"

"In that case," said the mugger, "give me MY money!"

Being a parent is more challenging than ever. We live in a time when parents must censor C-SPAN!

Which reminds me of the one about the father who used the never-ending shenanigans in Washington to teach his son an important lesson.

"Son, you should never steal, lie or cheat."

"Why, Dad?"

"Because the government hates competition!"

The U.S. Senate is agitating millions of Americans. The allegedly august body of distinguished minds is supposed to give thoughtful pause to our political process - but is giving us a Jerry Springer show instead.

That's why the words of legendary humorist Will Rogers are truer today than when he spoke them during the Great Depression:

"The Senate just sits and waits till they find out what the president wants, so they know how to vote against him."

"About all I can say for the United States Senate is that it opens with a prayer and closes with an investigation."

"Senators are a never-ending source of amusement, amazement and discouragement."

With our senators being held in such low regard, this joke will resonate with many:

A minister goes to a barbershop on Capitol Hill. The barber, thanking him for his service, says "No charge." The next morning, the barber finds a thank-you note from the minister.

A few days later a police officer gets his hair cut. The barber, thanking the officer for his service, says "No charge." The next morning, the barber finds a thank-you note from the police officer.

A few days after that, a senator gets his hair cut. The barber, thanking the senator for his service, says "No charge." The next morning, as he arrives at his shop, a dozen senators are waiting on the stoop.

Public discourse is suffering in our country right now - one could argue it is non-existent, which is a dangerous turn for our country.

According to dictionary.com, "discourse" is "communication of thought by words; talk; conversation."

Thoughtful conversation is how we arrive at political consensus - how we vote for political leaders, make our laws, pick our judges.

Thoughtful conversation - not shouting and name-calling - is the only way to iron out disagreements in both our personal and public lives.

Thoughtful conversation - thoughtful public discourse - is the bedrock of an orderly, well-functioning republic.

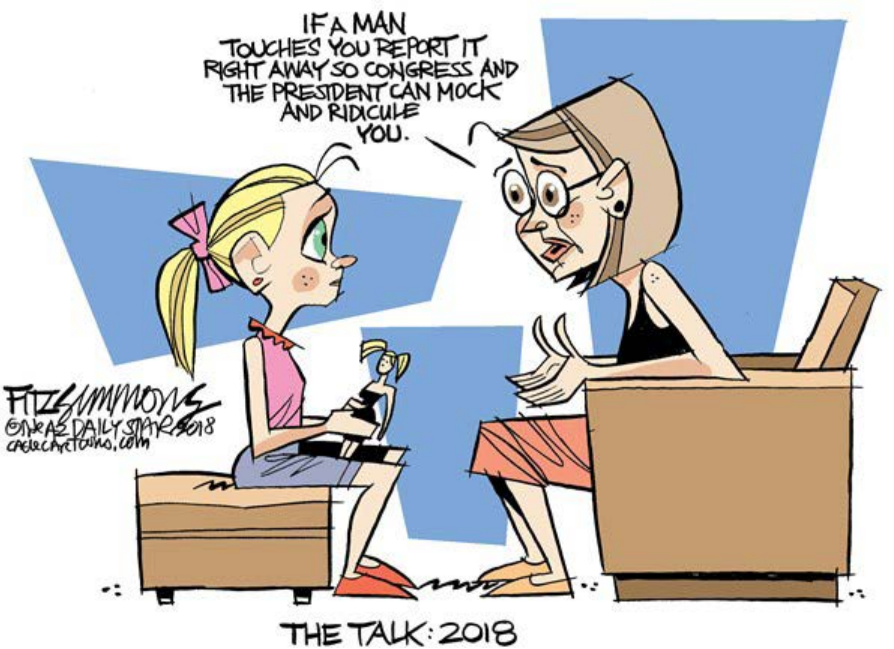
God knows we're short on thoughtful conversation at this moment - at our own peril.

To that end, I hope we can all agree on this one:

A couple was touring the capitol in Washington, and the guide pointed out a tall, benevolent gentleman as the congressional chaplain. The lady asked, "What does the chaplain do? Does he pray for the Senate or House?"

"No," said the tour guide. "He gets up, looks at both houses of Congress, then prays for the country!"

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LEFT TURN/RIGHT TURN

DICK POLMAN



THERE'S ONE BIG LOSER IN THE KAVANAUGH FIGHT

As we sift the mounting wreckage of the Brett Kavanaugh nomination, what happened in 1992 seems quite pertinent.

That year, when the U.S. Supreme Court upheld Roe v. Wade, three of the majority justices were candidly concerned that Americans angered by the ruling might lose faith in the nation's top judicial institution. They wrote that "the court's legitimacy depends on making legally principled decisions under circumstances in which their principled character is sufficiently plausible to the nation."

Ponder those words, then ask yourself whether many Americans will view the high court as legitimate, as having a "principled character" if a credibly accused sexual assailant, a Trumpian partisan who rails about conspiracies plotted by "the Clintons," is ultimately awarded with a lifetime appointment. And the reverse is true as well. As yourself whether many Americans - on the flip side of the ideological divide - will view the high court as legitimate if (in their view) a stellar conservative candidate is ultimately denied a lifetime appointment thanks to the feminists in cahoots with the Democrats.

It's obvious by now that Donald Trump has done great damage to a number of institutions, and it's no surprise that he would wreak havoc on the Supreme Court by nominating a poster child for white male grievance. Still, some nuance is necessary. The electorate has been grievously polarized for more than generation, and the Supreme Court's perceived legitimacy has suffered as a result. Trump and his Senate enablers are merely making things worse.

The public mood was relatively sedate back in 1992, when the aforementioned trio of justices - Sandra Day O'Connor, David Souter, and Anthony Kennedy - fretted about legitimacy. The public mood was far more tempestuous in December 2000, when five Republican appointees stopped the Florida recount and awarded the presidency to the popular-vote loser, George W. Bush. Much was written that winter about whether the court had dealt a major blow to its legitimacy; indeed, Republican appointee John Paul Stevens warned in his dissenting opinion that the real loser in the ruling was "the nation's confidence in the (court) as an impartial guardian of the rule of law." Confidence in the court soared that winter among grassroots Republicans, but plummeted elsewhere in the electorate.

In 2012, Chief Justice John Roberts was reportedly so sensitized about public perception of the court that he switched his thumbs-down vote on Obamacare, believing that a 6-3 majority would convey more legitimacy. Today, in retrospect, given all that has happened since, his gesture on Obamacare looks downright enlightened.

Here's what has happened since: After Antonin Scalia's death opened a seat, Senate Republicans refused to even schedule a hearing for Obama nominee Merrick Garland, holding the seat open for nearly all of 2016, claiming that they wanted to let "the people" decide how the seat should be filled. This was naked partisan politics, an unprecedented act of obstruction.

"The people" responded on Election Day by electing a president who won nearly three million fewer votes than his opponent. Then came Neil Gorsuch, who took Garland's rightful seat. Then came a hue and cry about the tainted image of the court. Russ Feingold, a former Democratic senator and Judiciary Committee member, warned before Gorsuch's ascent that his confirmation would set "a dangerous precedent from which the legitimacy of our highest court might never recover."

Then came the unexpected retirement of Anthony Kennedy; his announcement, this past June, conveniently maximized the prospects of a successor being confirmed by a Republican Senate - urgent timing, given the possibility that Democrats could capture the Senate in November.

That brings us to Kavanaugh, who's now the subject of an eleventh-hour FBI probe that may or may not be sufficiently comprehensive. If a narrow FBI probe provides sufficient cover for the GOP's fence-sitters to vote Yes, that result could sow more hostility toward the court and its future rulings. Although, of course, the MAGA faction would be delighted.

To quote a fellow political analyst, David Wasserman: "A broken Senate will eventually produce a SCOTUS viewed by many as illegitimate." The optimists among us would contend that our institutions are strong enough to weather any storm, and that this too shall pass. Maybe. But all we can hear right now is the thunder. As the comic team of Laurel and Hardy would probably say to Trump and his Senate minions, "What a fine mess you've gotten us into now."

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MICHAEL REAGAN

KAVANAUGH AND THE PRESIDENT'S BIG MOUTH



The Kavanaugh Nightmare is almost over.

For almost three weeks Judge Brett Kavanaugh - a good father, a good man, a brilliant conservative legal jurist - has had his reputation permanently trashed and dragged through the mud by Democrats and their willing accomplices in the liberal media.

No political charge or fake allegation was too slimy for the Democrats, who were never going to vote to confirm Judge Kavanaugh.

They were interested only in destroying his life and keeping the Supreme Court's ninth seat open until they got back in power in the Senate.

Kavanaugh is lucky he's a judge on the U.S. Court of Appeals for the D.C. Circuit, because if he doesn't make it on to the U.S. Supreme Court, he probably won't be able to get another job.

Thanks to the Democrat hit-men and women, he won't even be allowed to coach his daughters' basketball team.

The Democrats have presented the whole country with a prime-time example of how their politics of personal destruction works.

Anything wrong you ever said, wrote or did all the way back to grade school is now eligible for a public smearing by the Democrats and the liberal media.

After what happened to Kavanaugh, why would any conservative ever want to be appointed to anything?

I've lied in my lifetime. Is my life going to be ruined?

I kissed Connie Frieberg in my backyard. She was 8-years-old and I was 8-years-old. What does that mean today under the Democrats' new rules? Was that a sexual assault? I also confess that I drank beer in high school, went to boy-girl parties and played drinking games in college.

Those things have been a rite of passage for American boys - and girls - forever. But if you're a Republican, the Democrats have now redefined them as crimes or proof that deep-down you are a bad adult.

I feel very sorry for Judge Kavanaugh and his family and the hell the Democrats put them through.

It's a shameful chapter in American politics that made what happened to Judge Robert Bork and Clarence Thomas look like a PTA meeting.

Democrats were morally and politically wrong for smearing Kavanaugh as a serial rapist and a teen-age drunk.

But President Trump was equally as wrong for making fun of Kavanaugh's accuser, professor Christine Blasey Ford, at a rally in West Virginia this week.

Whether or not Ford was telling the truth about being sexually assaulted by Kavanaugh in high school, it was not up to the president to publicly knock her.

It was also not very smart.

A lot of people in this world have been sexually assaulted or raped, both male and female, and many of them were offended when President Trump mocked Ford.

I hope he didn't seriously offend any Republican senators - especially moderates Susan Collins, Lisa Murkowski or flaky Jeff Flake.

At the time I'm writing this, no one knows how that trio is going to vote.

If Kavanaugh makes it to the Supreme Court, he should thank God and Senator Lindsay Graham.

But if he loses by a vote, he should blame President Trump - simply because, per usual, he doesn't know when to keep his mouth shut.

Copyright 2018 Michael Reagan. Michael Reagan is the son of President Ronald Reagan, a political consultant, and the author of "Lessons My Father Taught Me: The Strength, Integrity, and Faith of Ronald Reagan." He is the founder of the email service reagan.com and president of The Reagan Legacy Foundation. Visit his websites at www.reagan.com and www.michaelereagan.com. Send comments to Reagan@caglecartoons.com. Follow @reaganworld on Twitter.

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