

# Mountain Views News

Sierra Madre

Arcadia

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Monrovia

Pasadena

Altadena

South Pasadena

San Marino

SATURDAY, JUNE 22, 2019

VOLUME 13 NO. 25

## \$1.84 Million Dollar General Fund Surplus City Manager Gabe Engeland Delivers on Promise To Council

The question many are asking is, "How did he do that", referring to Sierra Madre's relatively new City Manager, Gabe Engeland. referring to the significant improvement in the city's financial position while streamlining expenses and providing more services. At the last council meeting, where the FY Year 2019/2020 budget was presented by city staff, the presentation revealed that the new budget reduced General Fund expenditures slightly over a million dollars from the previous fiscal year yielding a surplus of \$2.73M overall and a General Fund surplus of \$1.84M.

What he has done is actually turn a less than desirable financial picture into a great one in just 3 budget cycles. He promised the council when he was hired in 2017 that he would bring the city's finances to a comfortable level of sustainability and he appears to have done just that. In his first year (2017/18) he set Transitional Budget Goals. The second year (2018/2019) he established the Foundational Budget and the new 2019/2020 budget reaches a level of sustainability which strengthens the town's ability to maintain all its current services including Police and a Full Staffed, fully paid Fire Department.

For two consecutive years, Sierra Madre has been operating with a substantial surplus compared to the previous years. (See chart below).

### How Did He Do it?

First of all, to be fair, it wasn't just Engeland. Certainly his leadership gets a great deal of credit, however



By Rebecca Wright

This past Saturday, June 15, 2019 saw a party like no other. Sierra Madre resident Sophie Hughes was turning 110 and her friends and family had come to town to celebrate. This tradition started ten years ago, when Hughes turned 100. Every year since, there has been a party at the British Home, and this year the theme this year was "You are my sunshine". According to her daughter, Susan, Hughes loves the sunshine and spends every moment that she can in it. "You are my sunshine" was the perfect theme for Hughes' party because, she is a ray of sunshine to those around her, making them happy by offering a kind word or a funny response to the conversation at hand.

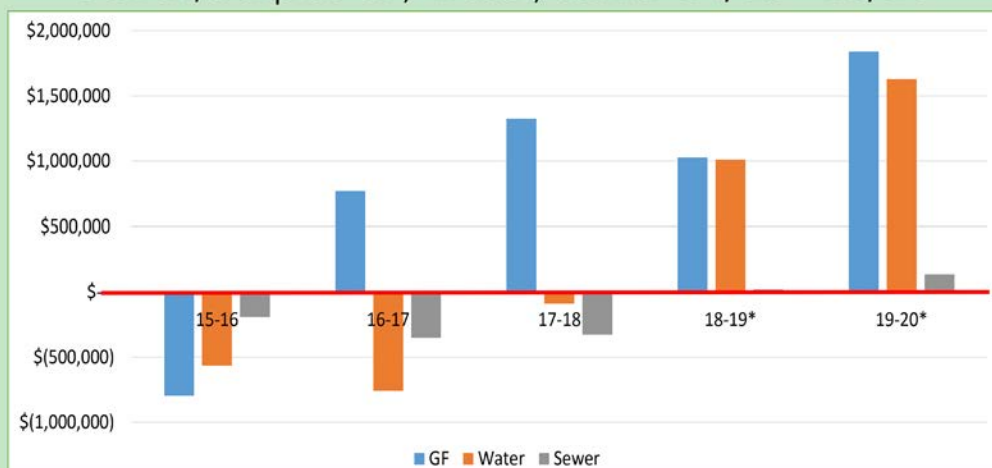
Sophie Hughes has a large family, spanning several generations. The youngest member to date is her great-great-nephew, Rhett, who is just three months old. He was present at Hughes' birthday, as were many other family members. Her daughters Carol and Susan were both there to celebrate, as were Carol's husband Don, their children Maggie, Kat, and DJ, and Maggie's children Seth and Colin. While Hughes' son Jim was not able to make the trip this year, his children Bill and Tracy were there to celebrate. Wilbur, Hughes' nephew, also came along with his son Stephen, Stephen's wife Jane, their daughter Juliana, and her kids Gwendolyn and Rhett. Many of Hughes' friends were in attendance, including one of her favorite four-legged friends: Stella the dog. Stella and Hughes are best friends, and Stella spent a good deal of the party sitting by Hughes, waiting for attention and food.



Sophie with family and friends at the British Home celebrating No. 110!

Everyone wanted a picture with Hughes; she made the rounds at the beginning of the party, saying hello to her guests and taking photos with them. Once the meal began, she was still quite the social butterfly; most of her friends and family members took turns sitting at her table so that they could wish her a happy birthday and spend time with her. It was easy to see just how loved she is. Hughes spent the whole party with a smile on her face, always excited to see the next family member or friend. One thing everyone mentioned about Hughes was how funny she still is. She always has an appropriately humorous quip to add to the conversation.

### Deficit/Surplus GF, Water, Sewer 14/15 –19/20



the method that he chose to manage the city's finances, 'Zero Based Budgeting' requires the input from all department heads. Simply put, **Zero-based budgeting** requires all expenses be justified for each new period rather than the previous method where only variances from the previous year's budget are used. Those figures are derived with the input of each department head and staff. Engeland lead a true team effort to set and subsequently reach the desired goals, prioritizing the 3Ps – Public Safety, Public Works, Parks & Rec (and the Library)

Bottom Line: Sierra Madre has not only improved its financial position and credit rating (from an all time low of Ba1 (by Moody's in 2013 (<http://mtnviewsnews.com/v07/htm/n50/index.htm>) to a comfortable A by Standard and Poor's Index according to Engeland. That is bringing the city's creditworthiness from "Non-Investment grade/speculative to Upper Medium Grade. As in all credit ratings, the better the rating the lower interest rates and availability become.

### FY19/20 General Fund Variances from FY18/19 Budget Summary of Fund Changes

#### Police

- Budget decrease due to reduction in CalPERS obligations (\$254,000)
- Added 1.5 positions to budget
- Further in year changes likely as Chief Hunt completes organizational review

#### Fire

- Total budget increase of \$362,000, comprised of 3 new positions and safety equipment

#### Public Works

- Reduced overall expenditures due to Measure W (Storm Water Funding \$42,000)
- Established Tree Trimming/Replacement Program
- 2019-2020 Street Slurry Seal Program

#### Parks and Recreation & Library

- Library budget increase of \$96,000 primarily due to the addition of 1.27 FTEs
- Budgeted \$40,000 for expenditures on community pool
- Budgeted \$25,000 for Council investment in Non-Profit or Arts Funding
- Budgeted \$10,000 for Lizzie's Trail House Inn

#### FY 19/20 Water Fund

##### Summary of Fund Changes:

- Infrastructure:
  - Total infrastructure spending of \$2.3M
  - Increase in depreciation of \$230,000
  - Change in net position (due to infrastructure) is reduced by \$656,000
  - Planned completions of AMI "Smart Meter" conversion
- Personnel:
  - Personnel expense increased by 5% to bring salaries closer to market rate
  - 0.5 FTE added in administrative support

#### SEWER FUND

##### Summary of Fund Change

- Personnel expense increased by 12% to bring salaries closer to market rate
- Maintenance & Operations reduced 41%
- Capital outlay (Depreciation Expense) increased 10%
- Budgeted surplus in sewer of \$136,000, second consecutive year of balanced Fund

S. Henderson/MVNews

**Sierra Madre**

# CERT

**COMMUNITY EMERGENCY RESPONSE TEAM**

**Where CERT and the Red Cross Meet**

**When an emergency strikes and CERT is called into action, what happens next? Join us to learn more about the interface between the Red Cross and CERT in emergency situations. You will gain an understanding of the relationship between the Red Cross and CERT, and how we can expand this partnership in Sierra Madre.**

**As always, the public is welcome to attend**

**Sierra Madre CERT General Meeting**  
**Thursday, June 27th, 7:00 PM**  
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Please join us, along with Harry and his family, on **July 21st** from **6-8pm** to get **"All Shook UP"**

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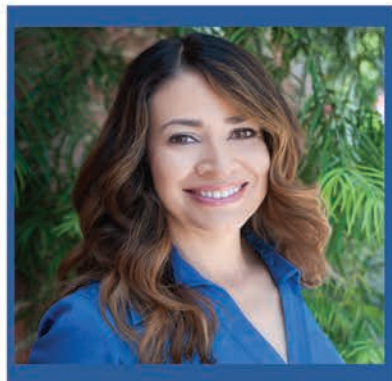
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## Weather Wise

6-Day Forecast Sierra Madre, Ca.



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

Forecasts courtesy of the National Weather Service

## SIERRA MADRE CITY MEETINGS

### CALENDAR

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

June 25th, 2019 at 6:30pm  
July 9th, 2019 at 6:30pm  
July 23rd, 2019 at 6:30pm

#### PLANNING COMMISSION

July 18th, 2019 at 7:00pm  
August 1st, 2019 at 7:00pm  
August 15th, 2019 at 7:00pm

#### COMMUNITY SERVICE COMMISSION

July 15th, 2019 at 7:00pm  
August 19th, 2019 at 7:00pm  
September 16, 2019 at 7:00pm

#### SENIOR COMMUNITY COMMISSION

August 1st, 2019 at 3:00pm  
September 5th, 2019 at 3:00pm  
October 3rd, 2019 at 3:00pm

#### LIBRARY BOARD OF TRUSTEES

June 26th, 2019 at 7:00pm  
July 24th, 2019 at 7:00pm  
August 28th, 2019 at 7:00pm

#### ENERGY, ENVIRONMENT, & NATURAL RESOURCE COMMISSION

July 17th, 2019 at 7:00pm  
August 21st, 2019 at 7:00pm

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](mailto:city@cityofsierramadre.com) before 30 the night of the meeting and your statement will be delivered to all the Council Members.

## 1630 AM EMERGENCY RADIO & Free on-air publicity for local events

Sierra Madre's EMERGENCY radio station is now accepting scripts for Public Service Announcements (PSAs) about community events. PSAs will be broadcast on the air at no charge. The station operates 24/7 and can be heard at 1630 on the AM dial.

Any local non-profit or non-commercial organization can have their event information broadcast to the public on Sierra Madre Community Information Radio. The station covers the city of Sierra Madre, plus surrounding areas of Pasadena, Arcadia, and Monrovia.

Your event must:

- Benefit a non-commercial or non-profit entity
- Be open to the public
- Be of general interest to local citizens

Just write a Public Service Announcement that describes your event and e-mail it to [radio@cityofsierramadre.com](mailto:radio@cityofsierramadre.com).

## THIS WEEK AT THE Sierra Madre Public Library

JUNE 24 - 29

Monday at 9:00 am

Baby Rhyme Time

Monday at 10:00 am

Ranger Jack, Preschool Musician

Monday, 11 am—1 pm

Reading Buddies

Tuesday from 12- 4 pm

LEGO Play Day

Tuesday, 4 – 8 pm

Virtual Reality, Coloring and Games

Wednesday at 11 am

Soap Making Workshop

Thursday, 2—4 pm

Reading Buddies

Thursday at 4 pm

Mary Poppins, Art Workshop for Kids

Thursday, 2 —4 pm

Reading Buddies

Saturday at 1 pm

Author Linda La Roche unveils new book

**READ, DISCOVER, CONNECT**  
**@ SIERRA MADRE PUBLIC LIBRARY**

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Founded February 23, 1907 – "Living the Volunteer Life" in Friendship  
Member: General Federation of Women's Clubs [cfwc.org](http://cfwc.org) & [gfwc.org](http://gfwc.org)

**Rent The 1914 Essick House**  
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Anniversaries, Parties, Weddings  
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[GFWCSierraMadreWomansClub.org](http://GFWCSierraMadreWomansClub.org)  
[facebook/SierraMadreWomansClub](https://www.facebook.com/SierraMadreWomansClub) 355-4379  
Rent the 1914 Historic Essick House 626-355-4379  
Wistaria Thrift Shop 355-7739  
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**Sierra Madre Woman's Club**  
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Member of General Federation of Women's Clubs [cfwc.org](http://cfwc.org) & [gfwc.org](http://gfwc.org)

**Pre-Parade Open House**  
8:00 – 10:00 am  
THURSDAY, JULY 4, 2019  
Free Coffee, Juice, Pastries

Explore Opportunities & Membership with Us  
Join us for Member - Only Yoga w/ Paul Tuesdays, 10 am  
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# SIERRA MADRE

SIERRA MADRE

ARCADIA

PASADENA

ALTADENA

MONROVIA

## WALKING SIERRA MADRE - The Social Side by Deanne Davis

*"Everything good, everything magical happens between the months of June and August."*  
Jenny Han

"Of course, fresh flowers are the answer to any June gloom you may be feeling. Flowers really do solve all problems." Mia Moretti

Fresh flowers really are the answer when you're feeling gloomy. Currently, I've got a big vase of white and yellow Alstroemeria sitting on my kitchen counter. I love these almost as much as sunflowers. But Alstroemeria is coming home with me because they last almost two weeks without falling apart and looking like they need to go into the compost pile and I'm all in favor of a flower that tries to stay alive. Those sunflowers, though, they hold a special place in my flower-heart. I may have mentioned I always think they look like hope.

We've survived May Gray and now we're heavily into June Gloom. That's OK, the roses are looking fabulous and various cactus, succulents, Hawthorne and mock orange are blooming around town. Bees love these blooms and it's a joy to see so many sipping at the flowers. The Jacarandas are blooming, too, and purple clouds grace every street in town.

I planted a varicolored lantana this morning and stretched out a new 100' hose to be sure it's long enough to reach my new tree. Yes, friends and neighbors, I have a new tree coming next week to replace the dead oleander tree - pictured here - which is now looking really really pathetic in the corner of my yard. This oleander, by the way, was a gorgeous thing, covered with white blossoms and flourishing like crazy when it lived up the street at our daughter, Crissy's house. It made the mistake, though, of throwing lots of these flowers into their swimming pool and Crissy's husband, Chris, grew to really hate it when he was scooping dozens of flowers out of the pool every day. I, no longer having a pool, really loved that tree and offered to take it off his hands and plant it in my yard. We were all delighted. The landscape guys came, took it out, replanted it in the wrong place in my yard, had to dig it up again and replant it and then, for some reason unknown to anyone involved, the water got shut off in my yard and the tree, which should have been getting gallons of water every day was getting none. By the time I figured this out, yes, I have moments when I'm a little slow... the tree was gone and every day it gets drier and more pathetic.

So! A Sunday or two ago, we visited a local tree nursery where a delightful and extremely knowledgeable young woman, Lucy, escorted us up and down row after row of gorgeous trees which were just waiting for the right checkbook to appear. Needless to say, making a decision was difficult and I was terribly torn between another oleander, or various ash and acacias but then I walked down one more row, past some gorgeous crepe myrtles which I was able to resist, even though they were in full bloom, as I know they are deciduous and will spend all winter looking bleak. And there it was, the beauty I had been imagining. Next Tuesday a gorgeous Tipu (Tipuana Tipu) tree will replace the oleander. The Tipu is, reportedly, a fast growing shade tree, thrives in intense desert heat and cold, will produce a coat of golden blooms in late Spring and is perfect where a high shade canopy is desired. Who could possibly ask for more! My job is to fill up the basin they will leave at the base of the tree with water morning and evening for at least the first two weeks of the tree's moving into my yard...hence, the new hose.

"Fall in love with someone who feels like the warmth of the sun on a cold January morning, but soothes your heart like the cool waters of the sea on the hottest day of June." Nikita Gill

I love this quote, don't you. If only we could think thoughts like this when we are sizing up a possible someone to love. I managed to fall in love with exactly that kind of someone. You know, one of the nicest things to do is stand at the edge of the sea, letting the water wash up over your feet. Especially if you forgot your beach shoes and had to make that trek across the hot sand in bare feet.

Enjoy those Jacaranda blossoms, even as you track them inside. They are glorious and don't last long.

As you can see below here, my new book is available and there's a copy at Amazon.com just waiting for you to order it for yourself or for that special someone who deserves a special gift.

"Sunrises & Sunflowers Speak Hope" is here!

Look for it on my book page: Amazon.com: Deanne Davis

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

Blog: [www.authordeanne.com](http://www.authordeanne.com)

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## KATIE Tse....This and That

### DATING



Another inspired title. I'm not dating, but I have a friend who is. Actually, she's not actively dating anyone at the moment, but she'd like to be. I went to lunch with her the other day. Our conversation always comes around to her finding someone. She works in education, so finding a guy in that field is like looking for a golden needle in a haystack, blindfolded, with mittens on.

I told her, again, that maybe she should try online dating. It's just too hard meeting people these days, even though everyone's so interconnected on social media. (They are, I'm not. Email is the extent of my online socialization.)

"No! I'm sick and tired of wasting my time on those stupid dating sites!" Nearly a direct quote. I know, 'cause she's said it a thousand times before.

I don't know what it was about my delivery, but for some reason she was in a more receptive mood this time. I pounced on the opportunity.

We agreed she shouldn't do the regular sites she's burned out on. There's a dating site for everyone these days. My friend's a big animal lover, so I told her to go ahead and try an animal lovers dating site she had mentioned.

Then I got to thinking, the rotten thing about dating, especially in these days of Instagram et. al. is that you're constantly trying to sell yourself. If there's one thing I hate it's trying to sell myself. I changed campuses a few years ago. Not even a change of jobs, just locations, and I felt like I was selling myself all over again. What a hassle.

I'm so glad I'm not trying to navigate the dating pool now because it seems just impossible these days. My friend was bemoaning the prospect of having professional photographs taken to post on the animal lovers site because that's how cut throat it is now. Sad.

The more we talked the more I felt that she should approach this whole social media dating thing from a different angle. Everyone tries to be beautiful and exciting. Not everyone tries to be funny.

She casually mentioned that a guy posted pictures of his dog wearing a bow tie, and it got a lot of attention on one of those sites.

"There you go!" I exclaimed, to her surprise. "Go with that! Do one of your cat. The gimpy one."

I told her she should post as her cat. He can describe his daily cat activities and drum up sympathy for himself, what with his digestive problems and all (he's a manx, supposedly they're predisposed to that).

Every so often the cat would talk about my friend. So she'd be describing herself in the third person. And the pictures would be of her cat, with my friend obscured in the background. People would be straining to tell what she looked like --what a tease! I was really getting hopped up about this.

As we talked this thing grew bigger and bigger until I made her promise she'd give it a try.

"But the money--" she started.

"How much do you spend on Starbucks every month?" I asked.

That was a compelling argument, and she agreed to give it a try for a few months.

Before she left I reminded her that I was going to check up with her in a week to make sure she'd started this "project."

Because you know, do you really want a guy who just thinks you're pretty and is awed by all the exciting places you visit, or do you want someone who cares deeply about what your cat is thinking any given morning, not to mention his digestive problems? Something to consider.



## Make this Summer a Creative One

Hurry! Summer Session Begins June 24

Variety of Art Classes for Adults



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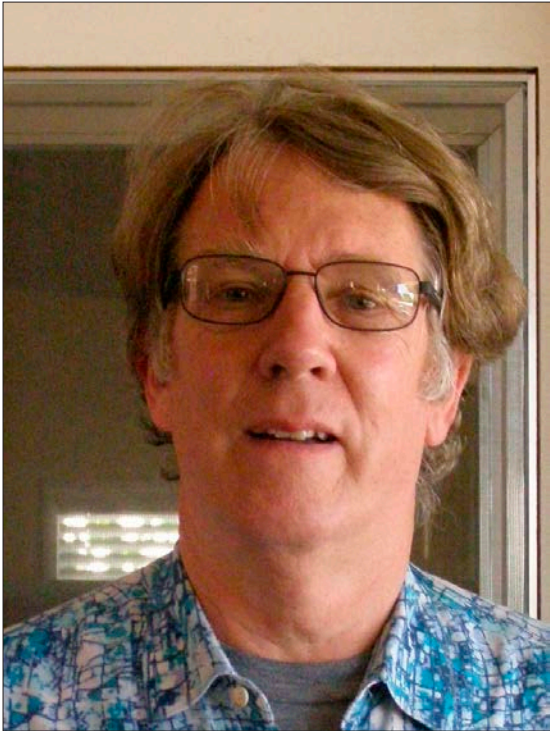
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# AROUND SAN GABRIEL VALLEY



## HONORED AT LAST! Congresswoman Chu Delivers Overdue Award On Behalf of the US Army

John D. Wagner of Altadena recently received a Certificate of Congressional Recognition, with very complimentary language, from U.S. Rep. Judy Chu for his service as an active-duty Army journalist more than 30 years ago. The award reads, “In Recognition of Your High Standards of Excellence and Outstanding Achievements. Your Exemplary Actions in the United States Army as a Journalist from January 1981 to July 1986 are Truly Commendable and Greatly Appreciated. Your Accomplishments Will Always Be Remembered and Serve as an Inspiration to All Americans. Thank You for Your Service to the United States of America.”

Wagner, 64, is a retired Army Reserve soldier and Iraq vet and received multiple Army awards for that service. But he received no award after being honorably discharged in 1986 from his final active-duty assignment as a journalist at Letterman Army Medical Center, Presidio of San Francisco. That always bothered him, afterward. “I unfortunately was sometimes untactful and my supervisor held that against me even though it is standard to give an award when someone is

honorably discharged,” Wagner said. “I did some of the best writing of my Army career then. I wrote more than 40 stories for the medical-center magazine about the emerging AIDS crisis, stress on the job, sports competitions, and many other issues and did extensive photography as well.”

He contacted Chu’s office to see if a very late award from the Army would be possible, but learned it would be very difficult to obtain. He sent copies of some of his stories he wrote at Letterman to Chu’s staff, who then approved an award from their office.

“I am very happy to receive this,” Wagner said. “This is truly an honor.”

### Foothill Gold Line Update:

**SUNDAY, JUNE 23 (10 AM TO 8 PM): TRAIN TESTING IN SAN DIMAS, LA VERNE, POMONA, CLAREMONT AND MONTCLAIR; EXPECT DELAYS**

THIS Sunday, June 23, the Construction Authority will be testing a newly installed underground communication system for the freight train system that runs through the cities of San Dimas, La Verne, Pomona, Claremont and Montclair, requiring stoppage of all traffic across the rail corridor for approximately 3-5 minutes each test run, with the possibility of longer delays. The testing, which is being conducted to ensure safety of the freight system, will require a Metrolink train to run at 40 miles per hour (MPH) between San Dimas Canyon Rd in San Dimas and the crossover just west of Cambridge Ave in Claremont. The testing involves several trials on the active freight corridor to ensure the new communication system will activate and deactivate the train signals at all street crossings. Additional streets east and west of those being tested will also be impacted to allow the train to accelerate and de-celerate; see the list below.

The communication system’s testing is part of the initial construction activities for the Foothill Gold Line light rail project being built from Azusa to Montclair.

#### WHEN

Train testing will take place on Sunday, June 23, 2019, from 10:00 AM to 8:00 PM.

#### WHERE

Intersection/rail crossings affected during the testing include:

City of San Dimas: Eucla Ave., Bonita/Cataract Ave., Monte Vista Ave., San Dimas Ave., Walnut Ave., and San Dimas Canyon Rd.

City of La Verne: San Dimas Canyon Rd., Wheeler Ave., A St., D St., E St., White Ave., and Fulton Rd.

City of Pomona: Fulton Rd., Garey Ave., and Towne Ave.

City of Claremont: Cambridge Ave., Indian Hill Blvd., College Ave., and Claremont Blvd.

City of Montclair: Pedestrian crossings at the Montclair TransCenter

#### WHAT TO EXPECT

- Expect 3-5 minutes of delay at the railroad crossings periodically throughout the day, with the potential for longer delays.
- The testing will require a Metrolink train to run at 40 MPH between San Dimas Canyon Rd in San Dimas and the crossover just west of Cambridge Ave in Claremont. The testing involves several trials on the active freight corridor to ensure the new communication system will activate and de-activate the train signals at all street crossings. Additional streets east and west of those being tested will also be impacted to allow the train to accelerate and decelerate. See listing of impact-ed streets above.
- Testing will take place on Sunday, June 23, 2019, from 10:00 AM to 8:00 PM.
- The train’s horn will be sounded as it approaches each street crossing.
- Safety officials, called Flaggers, will assist with traffic management at the intersection/rail crossings being tested.
- Pedestrian access via the sidewalks will remain open; however, pedestrian traffic will also be stopped when the train is approaching.

#### NOTE

The Foothill Gold Line Construction Authority is conducting this testing; not Metrolink.

#### QUESTIONS/CONTACT US

For questions about the upcoming train testing, contact:

Yesenia Arias, Community Relations Manager

(626) 305-7012

yarias@foothillgoldline.org

## PASSAGE TO EXODUS

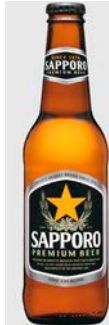
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JUNE 22, 2 P.M.**

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

### SUMMER TIME BEER



Seems Spring doesn’t want to leave us quite yet. I turned my attention just this week away from wine and to concentrate on beer. Though there are some fine wines to sip on a hot day. This will go well with your backyard party plans. I left out our regular domestic beers and the new ‘craze’ of craft beers, to introduce or reintroduce you to three beers that have been around for a while. That are my favorites on a blistering day that I call “beer drinking weather beer”.

First we visit the Czech Republic, for Pilsner Urquell-Czech for “original pilsner” was first brewed in the 1840’s this is a clean, light beer with a relatively low alcohol rate of 4.4%, this the perfect beer for a tailgate party on a hot summer day, when I see Pilsner Urquell on a menu it is my first choice, probably my favorite beer in the Pilsner class, a little bit of that skunky smell, though not as noticeable as Heineken.

4 ½ stars !!! Available by the six pack at most grocery stores and is on tap at the Yard House.

Off we got to Japan for Sapporo Beer also a Pilsner with a German Style, this beer has serious drinkability, and can stand alone without a food pairing, though Mexican and spicy Thai food would indeed complete this refreshing beer. Alcohol content is 4.7%.

4 out of five stars  
For my last beer I travel south of the border for Negra Modelo, sure Corona gets the notoriety but Modelo for me is the best of the best as far as Mexican Beer, go to any restaurant were patriots are drinking beer and nine times out of ten it’s Modelo they are drinking. The Negra Modela reminds me of a German Dunkel style, makes sense since many German beer makers made their homes in parts of Mexico. This a dark beer, goes well with tailgating foods such as bratwurst, potato salad and of course fried chicken.

4 out 5 stars

With hundreds of beers I might have missed your favorite. Email me at [thechefknows@yahoo.com](mailto:thechefknows@yahoo.com). Listen to my new podcast on Itunes and as always GO Country 105 FM Sunday Mornings at 8 AM !!



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#### EVENT DETAILS

TUESDAY, JULY 2, 2019  
From: 4:00pm – 5:00pm

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**JUNE 30TH - DECADES OF ROCK**  
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**JULY 7TH - SGT. PEPPERS**  
**JULY 14TH - PAT O'BRIEN AND THE PRIESTS OF LOVE**  
**JULY 21ST - A VERY SPECIAL SURPRISE GUEST**  
**JULY 28TH - CASH UP FRONT**  
SPONSORED BY KIWANIS & FRIENDS OF THE LIBRARY, SIERRA MADRE VOLUNTEER FIREFIGHTERS ASSOCIATION, THE WEBB-MARTIN GROUP, THE SIERRA MADRE COMMUNITY FOUNDATION

**AUGUST 4TH - CORI CABLE KIDDER AS PATSY CLINE**  
**AUGUST 11TH - THE SKINNY TIES**  
SPONSORED BY THE ROTARY CLUB & THE SIERRA MADRE SENIOR COMMUNITY COMMISSION

All concerts are FREE and held from 6:00pm to 8:00pm in Memorial Park Bandshell at 232 W. Sierra Madre Blvd. Seating is on the green. Alcohol is prohibited. Be sure to bring blankets and lawn chairs.

FOR MORE INFORMATION, CONTACT COMMUNITY SERVICES DEPARTMENT AT 626-355-5278

Parks Make Life Better!

## Stress, Resilience, & Positivity: Finding Balance

What is resilience, and why is it important when coping with stress? How do we build resilient family caregivers who can cope and manage stress in positive ways? Please join us for a 4-week class designed to help family caregivers find positive ways to cope with stress, build resilience, and embrace positive thinking.

<b>WHO:</b>	Family caregivers of a loved one with a chronic condition
<b>WHAT:</b>	Four-week education series about stress management
<b>WHEN:</b>	July 17th - "Stress, Coping, & Gratitude" July 24th - "Exploring Family Dynamics" July 31st - "Making Family Decisions" August 7th - "Embracing Positivity"
<b>TIME:</b>	2:00-4:00 PM
<b>WHERE:</b>	The Kensington Sierra Madre 245 W Sierra Madre Blvd, Sierra Madre, CA 91024
<b>FEE:</b>	Generously sponsored by The Kensington Sierra Madre
<b>REGISTER:</b>	Please call the Yvonne Kuo 213-821-6919 or Jenny Peterson 213-821-6908 at the USC Family Caregiver Support Center for more information or to register.

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**Judy Webb-Martin** 626.688.2273  
[jwmartin@dppre.com](mailto:jwmartin@dppre.com) #00541631

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# Pasadena Altadena

News From Your Community For Your Community

## Pasadena Police Pink Patch Project



With Pasadena Police Chief John Perez serving as the emcee, the Los Angeles County Police Chiefs' Association (LACPCA) and public safety agencies across the nation will kick-off their 2019 Pink Patch Project announcing this year's campaign to the community Tuesday morning.

The Pink Patch Project is an innovative campaign to increase public awareness about breast cancer and to raise funds for the fight against the disease. It is a collaborative effort between the LACPCA and over 390 public safety agencies throughout the United States. The program centers on vibrant pink versions of the agency's uniform patches. Employees from the participating agencies will be wearing these pink patches on their uniforms during "Breast Cancer Awareness Month" this October. The pink patches are intended to stimulate conversation within the community and to encourage public awareness about the importance of early detection and treatment in the fight against breast cancer.

As part of this program, participating agencies are selling their commemorative pink patches to the community, along with T-shirts, challenge coins and other commemorative items. Proceeds from the sale of these items will be donated to breast cancer education, research, and treatment organizations across the nation. In 2018, the program raised in excess of \$1,000,000.00 for cancer research organizations nationwide, including City of Hope, our founding beneficiary.

For more information on the Pink Patch Project, visit: [pinkpatchproject.com](http://pinkpatchproject.com)

## Parks After Dark

Pasadena's popular Parks After Dark Program has planned free fun youth and family activities this summer on Thursday, Friday and Saturday evenings from 5 p.m. – 10 p.m. July 10 through August 10, 2019. Families will enjoy a variety of free activities at local area parks including sports leagues, fitness classes, arts and crafts, enrichment classes, recreational swimming, movies, and concerts in the park.

For a complete list of events go to: [cityofpasadena.net](http://cityofpasadena.net) search "Parks After Dark."



## Millions Allocated to PCC's Science Building

Pasadena City College officials announced Wednesday that as California Governor Gavin Newsom prepares to sign the 2019-20 California state budget, students, faculty, and staff at Pasadena City College are already feeling the effects of the fiscal agreement.

Included in the \$215 billion proposal submitted by the Legislature is a \$42 million appropriation for PCC's Armen Sarafian Building. The funds will go toward the demolition and reconstruction of the science building, which was determined to be an earthquake hazard in 2012 and has sat empty since then. "No matter how you look at it, this is a win for PCC," said Superintendent-President Erika Endrijonas, Ph.D. "Our plans are in place, we've done our due diligence with the state and the Chancellor's Office, and our community wants to get this building online. Our students, faculty, and staff deserve to have a building that meets their needs. We're ready to get to work."

As a priority project on the Life and Safety category of the California Community

Colleges Chancellor's Office (CCCCO) facilities list, the Sarafian Building is set to receive 80% of its funding from proceeds from Proposition 51, which California voters approved in 2016. State dollars have already funded preliminary planning and engineering documents, and the college's architect is completing working drawings this summer.

The \$42 million appropriation from the state will fund the majority of construction costs – an allocation that was necessary to the viability of the project. "We are so pleased that the state has stepped up for our college," said Linda Wah, a member of PCC's Board of Trustees and president of the statewide California Community College Trustees organization. "This would not have been possible without the support of our elected representatives in the California Legislature. Senator Anthony Portantino and Assemblymember Chris Holden were instrumental in securing this funding for PCC, and U.S. Rep. Adam Schiff spoke up for us as well. Assemblymember Ed Chau and former senator

Carol Liu also stepped up for us. I particularly want to recognize the work done by Jack Scott, himself a former PCC president, California Community College chancellor, and state senator. We are so grateful for everyone's support in this effort."

With demolition expected to begin as early as this fall, the college is prepared to operate under an accelerated timeline on the facilities project. Students could enroll in classes in the new building as early as the Summer of 2022.

"PCC is an exciting place, and this building will build on that momentum," said PCC Board President Anthony R. Fellow, Ph.D. "Our region relies on a constant supply of smart, capable college graduates to meet its labor needs.

"This investment in the college will pay off for everyone in our region," he said.

## Senior Center's Fourth of July Celebration

Celebrate our nation's independence with a Fourth of July luncheon Thursday, July 4, from noon to 2 p.m. at the Pasadena Senior Center, 85 E. Holly St. Doors will open at 11:45 a.m.

The Scott Pavilion will be decorated colorfully for the occasion as everyone enjoys classis barbeque and all the fixings.

Entertainment and music for dancing will be provided by the Great American Swing Band, sponsored by the Pasadena Showcase House for the Arts.

The cost is only \$10 for members of the Pasadena Senior Center and \$12 for non-members of all ages. Pre-paid reservations can be made at the Welcome Desk or online no later than Tuesday, July 2.

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

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

## Jakobshavn Glacier Grows for the Third Straight Year



Josh Willis  
OMG, Principal Investigator  
Jet Propulsion Laboratory

New NASA data shows that Jakobshavn Glacier — Greenland's fastest-moving and fastest-thinning glacier for most of the 2000s — grew from 2018 into 2019, marking three consecutive years of growth.

Images, produced using GLISTIN-A radar data as part of NASA's Oceans Melting Greenland (OMG) mission, show how much mass the glacier gained from 2016-17, 2017-18 and 2018-19. Areas with the most growth — about 33 yards (30 meters) — are shown in dark blue. Red areas represent thinning. The glacier grew 22-33 yards (20-30 meters) each year between 2016 and 2019. OMG, led by Principal Investigator Josh Willis, is one of several NASA missions dedicated to furthering our understanding of global sea level rise.

Jakobshavn's growth did not come as a surprise to

scientists. A recent study team from NASA's Jet Propulsion Laboratory in Pasadena, California, determined that water transported to the area around the glacier by a key ocean current has been colder than it was prior to 2016, when the growth began. The colder water is not melting the ice from the front and underneath the glacier as quickly as the warmer water did.

The temperature change of the current's water is part of a known climate pattern, one that is expected to flip again, and cause more of the melting and ice thinning for which Jakobshavn is known. Although the melting rate has slowed, the glacier continues to contribute to sea level rise, ultimately losing more ice to the ocean than it gains from snow accumulation overall.

For more, including images, visit: [omg.jpl.nasa.gov](http://omg.jpl.nasa.gov)

## Free Summer Concert Series

The Pasadena Senior Center's popular free summer concert series for all ages will be located in the air-conditioned comfort of the Scott Pavilion at the center, 85 E. Holly St., every Monday at 6 p.m. from July 22 to Sept. 2.

Showcasing the talents of a variety of professional musical groups that range from jazz to big band to blues and more, the one-hour concerts will have people tapping their feet and dancing in the aisles. Bring a picnic dinner for the perfect summer experience with family and friends.

Tonight— The Pasadena Summer Youth Chamber Orchestra (pictured) features talented high school and college students performing classical music favorites.

July 29 – Pam Kay and the Tap Chicks will entertain with energetic dance routines, musical comedy and clever costumes.

Aug. 5 – Sligo Rags will perform Celtic Folk with a decidedly bluegrass attitude.



Aug. 12 – The Michael Haggins Band will include smooth jazz, R & B and funk.  
Aug. 19 - Susie Hansen Latin Band performs fiery jazz and salsa that will have the audience on their feet and dancing in the aisles.  
Aug. 26 – Grammy-winning Lisa Haley and the Zydekats play lively Cajun Zydeco music with lots of Louisiana spice.  
Sept. 2 – The Great American Swing Band will feature music and songs of the Big Band Era played by a fifteen-piece band.

The concerts are hosted by the Pasadena Senior Center and sponsored by the Cynthia P. Rosedale Fund for Seniors and Los Angeles County Supervisor Kathryn Barger.

### SOUTH PASADENA CITY MEETINGS

#### Regular City Council Meeting

##### Next meeting July 17

Meetings are held on the first and third Wednesday of the month, at 7:30 p.m., in the Amedee O. "Dick" Richards, Jr., Council Chambers, located at 1424 Mission Street.

#### The Fourth of July / Festival of Balloons Committee

Wednesday at 7 p.m.

Amedee O. "Dick" Richards, Jr. Council Chamber  
1424 Mission Street

Staff Liaison: Anthony Kim, Community Services Coordinator  
Phone: (626) 403-7382

#### The Planning Commission

July 9 Tuesday at 6:30 p.m.

Amedee O. "Dick" Richards, Jr. Council Chamber  
1424 Mission Street

Staff Liaison: David Bergman, Interim Planning and Building Director  
Phone (626) 403-7223

In this picture are engineering models and will not make the trip to Mars. They will be swapped out for flight models of the wheels sometime next year.

Made of aluminum, each of the six wheels (each 20.7 inches, or 52.5 centimeters, in diameter) features 48 grousers, or cleats, machined into its surface to provide excellent traction both in soft sand and on hard rocks. Every wheel has its own motor. The two front and two rear wheels also have individual steering motors that enable the vehicle to turn a full 360 degrees in place.

When driving over uneven terrain, the suspension system — called a "rocker-bogie" system due to its multiple pivot points and struts — maintains a relatively constant weight on each wheel and minimizes rover tilt for stability. Rover drivers avoid terrain that would cause a tilt of more than 30 degrees, but even so, the rover can withstand a 45-degree tilt in any direction without tipping over. With its suspension, the rover can also roll over rocks and other obstacles as well as through depressions the size of its wheels.

Mars 2020 will launch from Cape Canaveral Air Force Station in Florida in July of 2020. It will land at Jezero Crater on Feb. 18, 2021.

Charged with returning astronauts to the Moon by 2024, NASA's Artemis lunar exploration plan will establish a sustained human presence on and around the Moon by 2028. We will use what we learn on the Moon to prepare to send astronauts to Mars.

JPL is building and will manage operations of the Mars 2020 rover for the NASA Science Mission Directorate at the agency's headquarters in Washington.

If you want to send your name to Mars with NASA's 2020 mission, you can do so until Sept. 30, 2019. Add your name to the list and obtain a souvenir boarding pass to Mars here: [go.nasa.gov/Mars2020Pass](http://go.nasa.gov/Mars2020Pass)

For more information about the mission, go to: [mars.nasa.gov/mars2020/](http://mars.nasa.gov/mars2020/)



In this image, taken on June 13, 2019, engineers at NASA's Jet Propulsion Laboratory in Pasadena, California, install the starboard legs and wheels — otherwise known as the mobility suspension — on the Mars 2020 rover. They installed the port suspension later that day.

"Now that's a Mars rover," said David Gruel, the Mars 2020 assembly, test, and launch operations manager at JPL. "With the suspension on, not only does it look like a rover, but we have almost all our big-ticket items for integration in our rearview mirror — if our rover had one."

Within the next few weeks, the team expects to install the vehicle's robotic arm, the mast-mounted SuperCam instrument and the Sample Caching System, which includes 17 separate motors and will collect samples of Martian rock and soil that will be returned to Earth by a future mission.

Both of the rover's legs (the starboard leg's black tubing can be seen above the wheels) are composed of titanium tubing formed with the same process used to make high-end bicycle frames. The wheels

# MARS ROVER GETS ITS WHEELS



## ARCADIA POLICE BLOTTER

For the period of Sunday, June 9<sup>th</sup>, through Saturday, June 15<sup>th</sup>, the Police Department responded to 1,109 calls for service, of which 133 required formal investigations. The following is a summary report of the major incidents handled by the Department during this period.

Sunday, June 9:

1. Shortly before 12:00 a.m., an officer responded to the area of 00 Wheeler Avenue regarding an activation of an Arcadia Police Department GPS tracker. Arcadia PD detectives had previously deployed bait items to combat the increase in thefts from construction sites. The stolen items were recovered from a parked vehicle near the intersection of Foothill Boulevard and Daisy Avenue in Pasadena. A 31-year-old male from Devore Heights and a 35-year-old male from Apple Valley were arrested and transported to the Arcadia City Jail for booking. While inventorying the vehicle, the officer located identity theft items, a controlled substance, drug paraphernalia, and burglary tools. These offenses were added to the list of charges.

At approximately 2:38 p.m., an officer responded to BJ's Restaurant, 400 East Huntington Drive, regarding a grand theft report. An investigation revealed two suspects sat behind the victim at the restaurant and stole her wallet from her purse. They then attempted to use her credit cards at a nearby Best Buy store, but the transaction was declined.

The suspects are described as Asian males in business attire. The investigation is ongoing.

Monday, June 10:

2. Just after 7:39 a.m., an officer responded to a residence in the 00 block of West Leroy Avenue regarding a battery report. An argument between a husband and a wife resulted in the husband striking his wife and breaking a door with a hammer while he held his toddler son. The 32-year-old male from Vancouver, Canada was arrested and transported to the Arcadia City Jail for booking.

3. At approximately 8:14 p.m., officers responded to the intersection of Santa Anita Avenue and Colorado Boulevard regarding a stolen vehicle alert. The driver, a 35-year-old male from Los Angeles, was arrested and transported to the Arcadia City Jail for booking. During an inventory search of the vehicle, officers located a controlled substance and drug paraphernalia. Four passengers were released.

Tuesday, June 11:

4. Around 2:05 p.m., an officer responded to a residence in the 100 block of East Laurel Avenue regarding a disturbance. The officer discovered an altercation between two brothers, one under the influence of alcohol, resulted in the intoxicated brother breaking a window. The 38-year-old brother from Arcadia was arrested and transported to the Arcadia City Jail for booking. A records check revealed he had an outstanding misdemeanor warrant.

5. Just before 4:32 p.m., an officer responded to Extended Stay, 401 East Santa Clara Drive, regarding a robbery report. An investigation revealed a male victim met a female prostitute at the hotel and when he withheld payment, the prostitute retrieved a male suspect who then robbed the victim of his phone, cash, and ID. The male suspect was identified as a 33-year-old male from Los Angeles. The investigation is ongoing.

Wednesday, June 12:

6. At about 2:39 p.m., an officer responded to a residence in the 2500 block of South Fourth Avenue regarding a package theft report. The victim stated between 1:30 p.m. and 5:00 p.m. on June 7<sup>th</sup>, an unknown suspect stole approximately \$650.00 worth of packages from his porch. No suspects were seen and no witnesses were located.

7. Shortly after 3:18 p.m., officers responded to Waxology, 709 South First Avenue, regarding an attempted commercial burglary. Sometime between June 6<sup>th</sup> and June 12<sup>th</sup>, an unknown suspect left pry marks on an exterior door jam in an attempt to enter the business. The investigation is ongoing.

Thursday, June 13:

8. Before 8:48 a.m., an officer responded to a residence in the 00 block of Alta Street regarding a fraud report. The victim discovered a fraudulent transaction was made on her credit card. The victim was in possession of her credit card and did not know how the suspect obtained her personal information or the identity of the suspect. The investigation is ongoing.

Friday, June 14:

9. Around 2:09 a.m., an officer conducted an enforcement stop on a vehicle in the area of Peck Road and Clark Street for having expired registration. A records check of the driver revealed the 26-year-old male from San Bernardino had four outstanding misdemeanor warrants and was in possession of cocaine. He was arrested and transported to the Arcadia City Jail for booking.

10. At about 12:39 p.m., officers responded to Re-Plant Recycle Center, 745 West Naomi Avenue, regarding a disturbance report. An investigation revealed an altercation between employee and customer resulted in the customer throwing a plastic barrel at the employee followed by the employee pepper spraying the suspect in self-defense. The victim declined prosecution and the suspect was issued a warning. Arcadia Fire responded but the suspect declined medical attention.

11. Just before 10:48 p.m., an officer conducted a welfare check on a man asleep behind the wheel while stopped at a red light in the area of Huntington Drive and Santa Clara Street. Upon contacting the driver, the officer detected a strong odor of alcohol emitting from the driver. Through a series of tests, the officer determined the 57-year-old male from Arcadia was driving under the influence of an alcoholic beverage. The suspect was arrested and transported to the Arcadia City Jail for booking.

Saturday, June 15:

12. Shortly after 4:19 a.m., an officer responded to a residence in the 2200 block of South Sixth Avenue regarding a battery in progress. The officer discovered an altercation between a boyfriend and girlfriend escalated when the boyfriend shot the girlfriend with a BB gun. The investigation revealed the female victim stabbed her boyfriend two days prior and was arrested at that time. The 36-year-old male from Arcadia was arrested and transported to the Arcadia City Jail for booking.

13. At approximately 10:29 a.m., an officer responded to Fidelis Pharmaceuticals, 1002 South Baldwin Avenue, regarding a commercial burglary report. The reporting party received notification of an alarm activation but declined police response. Surveillance footage revealed three unknown suspects pried open the exterior door and fled with the cash register and \$200.00. The register was located in the City of Pasadena. The investigation is ongoing.

## DUARTE CHAMBER OF COMMERCE COMMUNITY AWARDS

By Joan Schmidt

Nestled in the San Gabriel Valley is friendly Duarte, where very visitor feels like they're "Home". I learned what a "gem" Duarte was in the early 90's, writing a weekly Duarte column. Their unique City Council Meetings are held at their Community Center; you sit on chairs, set up that evening. The table against the wall has agendas and minutes, informative flyers/brochures and refreshments.

Fast forward 25+ years. Duarte is STILL the friendliest, and Chamber of Commerce is AWESOME! Two weeks ago I attended their Installation of new Board Members and thought I was at a party! The perfect venue was D'Aquinos, (Thank you Gaetano), great food (Grano's), best MC (Victor Benavides from City of Hope), a DJ and of course Mayor Tzeitel, with her great dance moves.

Recently I attended the Chamber's Community Awards: Outstanding Civic Service Award (The individual consistently active in civic service and/or government affairs for the betterment of Duarte); Genevieve Spinella, Sales Manager/Senior Designer/Creative Director, Duarte Tile and Stone. She serves as a Trustee-Board Member, California School of the Arts, San Gabriel Valley; Community Education Council; School Site Council Member, Royal Oaks Steam Academy; Budget Committee Advisor, DUSD; and Face book Administrator for Duarte Community Updates.

Large Business of the Year: Smart & Final Extra! (Chamber member who has significantly contributed to the Chamber and employs 20 or more) Kimberly Wade accepted. Ever since joining the Duarte Community, Smart & Final Extra has remained a major supporter of the Chamber. It has contributed over a \$1000 in supplies at the Taste of Duarte and Business Expo and has volunteered in the labor-intensive process of restaurant check-in.

Small Business of the Year: Curo Managed Print Production, Adam Knight. "Curo" has been a major factor in the ongoing accomplishments of the Chamber. Adam and wife Lily have served two years as Chair of Taste of Duarte and Business Expo. Also serves as Vice Chair of Fundraising.

Outstanding Youth Award: Andy W. Miranda. Andy volunteers in Duarte Public Safety Office.; reliable, hardworking, self-motivated, currently serves as DART Vice President and has performed nearly 700 hours of community service.

Outstanding Service to Senior Citizens/Youth/Disabled Award: Steve Hernandez. Steve has been a community volunteer extraordinaire for years! (Minimum is 27 years I've known him!) He attends EVERY public government meeting known in Duarte, while serving on the Public Safety Commission, Youth and Family Masterplan Committee, DUSD Community Education Council and Citizens Oversight Committee for Measure E Bond money. Steve serves on four working groups for South Coast AQMD, and volunteers at the Duarte Senior Center, getting up for meals and classes, serves lunches, makes popcorn and delivers cakes. He's their "go to guy."

Congrats to all the deserving award recipients and special thanks to event sponsors, OneWest Bank and Rana Mandain, Deasy Penner Podley.



Above, honorees Kim, Diana and Sheryl!



Honorees Adam and Kim, Curo


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**LIBRARY PARK, 321 S. MYRTLE AVENUE**

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**7:00 - 9:00 P.M. • FIREWORKS BEGIN AT 9:00 P.M.**

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## Memorial Held for South Pasadena Officer Sandoval

The South Pasadena Police Department gathered at Garfield Park last week to memorialize the loss of Officer Kevin Sandoval. Members of the Sandoval family joined at the gathering.

Officer Kevin Sandoval passed away 8 years ago in the line of duty during a training exercise at Burro Canyon Shooting Park in Azusa, CA on June 14th, 2011. A 3-year veteran of the Department,” Kevin will always be remembered as dedicated, compassionate and loyal to friends and family with a passion for his chosen vocation. Kevin



exemplified all the qualities that make for an excellent police officer and he is greatly missed.”

## Schiff Offers Amendment to Ban Use of Glyphosate

*Proposed Amendment Would Prohibit Army Corps of Engineers from Using Herbicide in L.A. River*

Rep. Adam Schiff again offered an amendment last week to prohibit the Los Angeles District of the U.S. Army Corps of Engineers from using the herbicide glyphosate to manage vegetation in the Los Angeles River. There is a significant body of evidence linking glyphosate exposure to health problems. In 2015, the World Health Organization found that it was “probably carcinogenic” for humans, and California’s Office of Environmental Health Hazard Assessment has warned about its carcinogenic properties.

“Many of our constituents who live near the Los Angeles River are rightly concerned by the Army Corps of Engineer’s use of glyphosate to remove vegetation,” said Rep. Schiff. “I believe the Army Corps should find alternative ways

of managing vegetation in the river that do not raise health concerns, and I remain committed to finding legislative avenues to compel them to do so.”

Rep. Schiff’s amendment would modify legislation currently being considered in the House to provide appropriations for the Army Corps for fiscal year 2020. Unfortunately, the amendment was not included by the House Rules Committee among the list of amendments that would receive a full vote in the House.

Rep. Schiff previously wrote to Colonel Kirk E. Gibbs of the Army Corps in October 2017 and January 2018, urging the Corps to find alternative approaches to manage vegetation that did not use glyphosate. After the Corps indicated they would not stop using glyphosate in response to community concerns, Schiff also proposed two similar amendments to legislation in the House last Congress to prohibit the use of glyphosate along the L.A. River.

## Join the City South Pasadena on Instagram

The City of South Pasadena is now on Instagram, please give us a follow @cityofsouthpasadena\_ , for another fun way to to stay up to date with the city! Our page will feature events happening in South Pas, eco-friendly tips, and much more. Tag us in your photos, we would love to see what you think of South Pasadena.

## San Marino Free Bulky Item Pickup

A free bulky item pick-up day in San Marino is scheduled for Saturday, July 13th, 2019. Please call the City’s trash hauler, Athens Services, to make an

appointment if you have bulky items you would like removed. Athens’s customer service number is (888) 336-6100.

“Bulky” items are those that are oversized or overweight, such as stoves, refrigerators (Freon free), water heaters, washing machines, furniture, sofas, mattresses, box springs and large rugs.

## Crowell Library Programs

Making Space, Clutter Free Today at 2 pm: Decluttering expert Tracy McCubbin returns to Crowell Library to offer more revolutionary help to anyone who has repeatedly tried to break free from clutter’s mysterious hold. Discover the lasting happiness waiting for you sans clutter! Tracy will also be signing copies of her new book, Making Space, Clutter Free: The Last Book on Decluttering You’ll Ever Need. Her past appearances at Crowell Library have brought SRO crowds, so come early.

Adult Craft Hour Saturday, 2 pm: Jul 20 Come and spend a lazy summer afternoon at an arts and craft hour especially for our adult patrons! Nothing is a better stress reliever than some time spent creating. The library will provide all the materials, just bring yourself and creativity! Registration is required for this program beginning on June 24th-July 13th. We will not be able to honor same day registration for this program. Sign up early. Virtual Dementia Tour Thursday, 7 pm: Jul 11 Zoila Castellanos, a professional from the memory care community, will conduct a “Virtual Dementia Tour” at Crowell Library. Participants will experience the overwhelming effects of trying to perform everyday tasks for one living with memory loss, building sensitivity along the way. Covering all the stages of the disease process, the

VDT combines scholarly resources with a patented simulation toolkit that enables participants to experience the physical and mental challenges facing those with dementia and Alzheimer’s disease.

Creative Writing Workshop Sunday, 2 pm: Jul 14 Are you a writer looking to sharpen your skills or gain inspiration for your current project? Or are you someone who loves to write creatively as a hobby? Spark your creativity with creative writing prompts and activities. Feel free to share your work with others in a non-judgmental environment.

No registration is required, but must be 18 years or older to participate.

Dakim BrainFitness for Seniors

Dakim is an ideal way for people in their 50’s and up to keep their brain sharp. Think of it as a fun and engaging personal trainer for the brain. This clinically tested computer based program has a touch screen that anyone can use. It features more than 300 hours of vivid graphics, music, humor, movie clips, stories, and trivia, people can sign up for 30 minute sessions or drop in without an appointment. Whether you are sharp as a tack or you are currently experiencing some cognitive decline, the system adjusts to one of 5 levels, based on your performance. First-timers should sign up for an orientation to see what it is about. Call 626-300-0777 to make an appointment.

## South Pasadena Fourth of July Festival of Balloons

“To the Moon and Beyond - 50 Years of Exploring America’s Freedom” The City of South Pasadena is celebrating its 38th annual Festival of Balloons.

**Events**  
Kiwanis Club Pancake Breakfast  
Location: South Pasadena Fire Station, 817 Mound Avenue (enter on Hope Street, between Fremont Avenue and Mound Avenue)  
Time: 7:00 a.m. to 10:00 a.m.  
Pancake Breakfast Tickets, Day of: \$8.00 per person, kids under 6 years old eat for free.  
Pancake Breakfast Tickets, Presale (Beginning 6/20): \$8.00 per person, kids under 6 years old eat for free.

- South Pasadena Fire Station, 817 Mound Avenue  
- South Pasadena Senior Center, 1102 Oxley Street  
- Bristol Farms, 606 Fair Oaks Avenue  
- Charlie’s Coffee House, 266 Monterey Road  
- Dinosaur Farm, 1510 Mission Street  
- Jones Coffee Roasters, 1006 Mission Street  
- Mission Framing, 1501 Mission Street  
- Re-Imagine Your Home, 1518 Mission Street  
- UPS Store, 1107 Fair Oaks Avenue  
- South Pasadena-San Marino YMCA, 1605 Garfield Avenue  
Event Picture 1  
Opening Ceremony  
Location: South Pasadena Library Community Room – lawn, 1115 El Centro Street  
Time: 10:30 a.m.  
**Parade**  
Location: Mission Street, from Diamond Avenue to Garfield Park  
Time: 11:00 a.m.  
PARADE ENTRY: Download the Parade Registration Packet (please follow the submission instructions in the packet).  
Celebration at Garfield Park  
Location: Garfield Park, 1750

Mission Street  
Time: 12:00 p.m. to 3:00 p.m.  
Details: Games, food, and activities  
Event Picture 3

Fireworks Show  
Location: South Pasadena High School, 1401 Fremont Avenue.  
Time: 9:00 p.m. (Gates open at 5:30 p.m.)  
Details: Food vendors will be on site at the show. Pets are not allowed  
- Stadium - Alcohol and glass bottles are not allowed in the stadium.  
- Field - Only water is permitted on the field, no food. Rounded bottom chairs only on the field (narrow legs/feet of camping chairs will damage the turf).  
Fireworks Tickets, Presale (Beginning 6/20): \$10.00 per person. Kids under 3 years old are free:

- South Pasadena Fire Station, 817 Mound Avenue  
- South Pasadena Senior Center, 1102 Oxley Street  
- Bristol Farms, 606 Fair Oaks Avenue  
- Charlie’s Coffee House, 266 Monterey Road  
- Dinosaur Farm, 1510 Mission Street  
- Jones Coffee Roasters, 1006 Mission Street  
- Mission Framing, 1501 Mission Street  
- Re-Imagine Your Home, 1518 Mission Street  
- UPS Store, 1107 Fair Oaks Avenue  
- South Pasadena-San Marino YMCA, 1605 Garfield Avenue  
Fireworks Tickets, Day of (July 4, 7:00 a.m. to 3:00 p.m.): \$10.00 per person. Kids under 3 years old are free:  
- At the Pancake Breakfast (7:00 a.m. to 10:00 a.m.)  
- At Diamond & Mission / City Hall / Fair Oaks & Mission (11:00 a.m. to finish of Parade)  
- At Garfield Park (12:00 p.m. to 3:00 p.m.)  
Fireworks Tickets, At the Gate (July 4, 5:30 p.m. to 3:00 p.m.): \$13.00 per person. Kids under 3 years old are free:

## New Parcel Tax in South Pasadena Later This Year



The passage of Measure W in 2018 created L.A. County’s Safe Clean Water Program. The Safe Clean Water Program’s goals include improving and protecting water quality; capturing rain and stormwater to increase safe drinking water supplies and preparing for future droughts; and protecting public health and marine life by reducing pollution, trash, toxins and plastics entering Los Angeles County waterways, bays and beaches.

Beginning in late 2019, the program will generate about \$300 million through a special parcel tax of 2.5 cents per square foot for impermeable surface area (about \$83 a year for the average County household). This includes paved and developed areas where rainfall cannot be absorbed into the ground and instead runs off as stormwater in the L.A. County Flood Control District.

For more information please visit the Safe Clean Water Program website: [safecleanwaterla.org/](http://safecleanwaterla.org/)

## Chu Hosts Health Care Talks with Speaker Pelosi

Speaker of the House Nancy Pelosi was in the San Gabriel Valley Monday to discuss health care, including access and affordability. The event, hosted by Rep. Judy Chu (CA-27) was part of the “Speaker in the House” series to engage communities across the country and ensure the voices of the American people are being heard in the halls of Congress. The conversation was held at East Los Angeles College and featured LA County Supervisor Hilda Solis, Louis McCarthy, CEO of the Community Clinic Association of Los Angeles County, and Berenice Constant, the Vice President of Government Relations at AltaMed. They were joined by leaders representing LA Community College, Allied Pacific IPA, the CEOs of nine area hospitals, the Directors of local Departments of Public Health, and others. The moderated conversation addressed attempts to undermine the ACA and the need to protect it, proposals to reduce the price of prescription drugs, women’s health and access to abortion care, the proposed public charge rule and its impact on immigrant access to healthcare, and more. Rep. Chu, Speaker Pelosi, and Supervisor Solis issued the following statements:

“I am so honored and happy to have Speaker Pelosi join us in the San Gabriel Valley for this important conversation,” said Rep. Chu. “Struggles to cover the rising cost of health care, or fear that an unexpected illness or injury could force difficult financial choices are among the top concerns I hear from constituents every day. This is an issue for all Americans, as evidenced last Congress when so many voters called to oppose the Republicans’ planned ACA repeal that they overwhelmed the Congressional phone lines. Health care – both the wellbeing of our loved ones and our ability to access and afford the care we need – is a kitchen table issue for millions. That is why we have made health care a top priority in our For the People agenda. From defending the ACA in court to lowering the cost of drug prices, we are committed to ensuring that health care is a right accessible to all.”

“As a member of the House Ways and Means Committee, I’m privileged to be on the front lines for health care. Just this spring, we advanced a bipartisan package of prescription drug bills that

requires greater transparency from drug makers, studies trends in inpatient drug costs, and more. We are also fighting back against rules from this Administration meant to keep poor women or immigrants from accessing safe and legal health care, like the proposed Title X rule which would lead to the shutdown of clinics women rely on for care, or the cruel Public Charge rule that penalizes poor or disabled immigrants. That’s only some of what we achieved in our first 100 days in the majority, including passing legislation to clean up corruption, guarantee equal pay for equal work, and combat gun violence. Today’s conversation was a chance to share the progress we’re making directly with the community and to hear from those most involved about how we can do more. I am so grateful to Speaker Pelosi and all our other guests who made it such a success.”

“House Democrats are accelerating a drumbeat of action across America to deliver on our promise For The People: to lower health costs by reducing the price of prescription drugs and protecting the pre-existing condition benefit,” said Speaker Pelosi. “It is a pleasure to join Congresswoman Chu, friends and health care advocates at East Los Angeles College for this critical conversation about protecting every families’ right to affordable, quality health care. In stark contrast to years of a special interest Republican Congress that put the wealthy ahead of working families, our Democratic Majority is ensuring that government works For The People.”

“As the Supervisor for the First District of Los Angeles County, I have seen firsthand how the Affordable Care Act has benefited LA County residents along with millions across California and the nation. We must do everything we can to protect the gains we have made, but I also believe that we must do more to achieve health equity so that everyone can live long, healthy, and vibrant lives,” said Los Angeles County Supervisor Hilda L. Solis. “Los Angeles County is home to over 10 million residents – which is more people than most states. We are a powerful voice. We are even more powerful when we join forces with leaders such as Congresswoman Chu and Speaker Pelosi to protect the progress we have made and do more to bring health care to all.”

## Pasadena Humane Society Wiggle Waggle Registration

Registration for the Pasadena Humane Society & SPCA’s 2019 Wiggle Waggle Walk is now open! For a limited time, we’re offering special early bird pricing, so sign up today and join in raising lifesaving funds for animals in need throughout Pasadena and 10 other service cities!

The 21st annual walk will take place Sunday, September 29th from 8 a.m. to 11 a.m. at Brookside Park at the Rose Bowl. They hope you’ll be back to enjoy all the excitement whether as an individual walker, a team captain, or as a member of a

team.

The goal this year is to raise \$225,000 to help provide food, shelter, veterinary care, and other services to the more than 11,000 animals who come through PHS’ doors every year.

Early bird registration (before midnight on July 31st) is just \$25 per person and includes a bandana and participant bib. There are also great prizes for reaching fundraising milestones including a t-shirt, leash, socks, waist pack, and more.

Fetch all the facts and register today at [WiggleWaggleWalk.org](http://WiggleWaggleWalk.org).

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## ST. RITA SCHOOL ON-SET AT CHANNEL 7 EYEWITNESS NEW STATION



St. Rita School students involved in the "Raider's Talk News" club visited the Channel 7 Eyewitness News station on June 11, 2019 to learn from the professionals about reporting, public speaking, journalism, broadcasting, and television production. This was an exciting day for our Raiders!

Students were treated to a behind the scenes experience where they learned how the daily news segments are put together. Part of the tour included visiting the Control Room, Editing Room filled with all sorts of interesting equipment and discovering the magic of the Green Screen. Following a Q&A session with the news crew, the students were able to watch a live taping with reporter Marc Cotarobles and Weathercaster Kimi Evans.

"Raider's Talk News" was established in 2018, under the direction of computer teacher, Mr. Hernandez. The idea to establish Raider's Talk News developed when Mr. Hernandez saw how enthusiastic the school was about giving the parents and students a place to receive important information, all while giving students the freedom to express themselves in a creative environment. Raider's Talk News is a safe space for students to collaborate with their peers, develop public speaking skills and build self-esteem; all which are valuable 21st century skill qualities, preparing them for their future in the job market.

Students meet twice a week to review weekly news that will go into the newscast, and film episodes that air once a week on their club Youtube channel.

We are looking forward to what the students will create in the 2019-2020 school year! As Mr. Hernandez stated "I am excited to see what the future of "Raider's Talk News" will be in the next 2 years!"

## DAMES AT SEA: HAPPY, TAPPY SUMMER MUSICAL SETS SAIL AT SIERRA MADRE PLAYHOUSE



*Produced by Christian Lebano for Sierra Madre Playhouse. Produced by special arrangement with Samuel French, Inc.*

Ruby gets off the bus from Utah with "nothing but tap shoes in her suitcase and a prayer in her heart." As fate would have it, she is immediately cast in the chorus of a Broadway show. When the theatre is forced to close, Ruby's songwriting sailor boyfriend persuades the Captain of his ship to allow the show to move on deck. Voila! Dames at sea! When the show's lead gets seasick, Ruby may have to go on for her. Will Ruby come back a star? Do you need to ask?

Dames at Sea at once pays affectionate homage to and sends up the optimistic early Broadway musicals of the 30s and 40s. It's filled with songs, tap-dancing and romance from start to finish. It is suitable for general audiences.

George Haimsohn and Robin Miller created the book and lyrics for the show. It was their only collaboration. Haimsohn's other musicals included Now Zing and Johnny American. Miller's other musicals included Peg, Radio Times and Vanity Fair. Music for Dames at Sea was composed by Jim Wise. Wise co-wrote the play Olaf Who Never Walked But Always Danced.

Dames at Sea premiered off-Broadway in 1968, making a star of its young lead, Bernadette Peters. The show debuted on Broadway in 2015.

Joshua Finkel directs the Sierra Madre Playhouse production of Dames at Sea. The most recent of his dozens of directing credits include The Bully Problem, The Wedding Night, Together at Last, Violet, The Fantasticks and A Funny Thing Happened on the Way to the Forum. He is also an actor and choreographer. He is the recipient of an MFA in Classical Theatre from the Professional Theatre Training Program of the University of Wisconsin-Milwaukee.

Sean Paxton is the music director. He has been musical director for several of Sierra Madre Playhouse's summer musicals, including Always....Patsy Cline (Ovation Award nominee), Pump Boys and Dinettes and The Marvelous Wonderettes.

Jeffrey Scott Parsons choreographs Dames at Sea. A critically acclaimed star of cabaret and musical theatre, he is known for his expertise in tap.

The cast includes (in alphabetical order) Ruben Bravo, Katie Franqueria, Jennifer Knox, Melissa Mayer and Chuck McLane.

A special film series to accompany this production will include classic musicals.

If you're looking for a dancing, singing good time, sail away with the Dames at Sea.

Sierra Madre Playhouse, 87 W. Sierra Madre Blvd., Sierra Madre, CA 91024. This is just east of Pasadena. Parking is available on the street and in free lots behind the Playhouse and across the street.

Runs through Sunday, July 21. Fri. & Sat. at 8:00, Sun. at 2:30.

ADMISSION: \$45. Seniors (65+) \$40. Youth (to age 21) \$25. Preview \$20.

RESERVATIONS: (626) 355-4318.

ONLINE TICKETING: [www.sierramadreplayhouse.org](http://www.sierramadreplayhouse.org)

## SCHOOL DIRECTORY

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

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

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

Barnhart School  
240 W. Colorado Blvd Arcadia, Ca. 91007  
(626) 446-5588

Head of School: Ethan Williamson  
Kindergarten - 8th grade  
website: [www.barnhartschool.org](http://www.barnhartschool.org)

Bethany Christian School  
93 N. Baldwin Ave. Sierra Madre, Ca. 91024  
(626) 355-3527

Preschool-TK-8th Grade  
Principal: Dr. William Walner  
website: [www.bcsllions.org](http://www.bcsllions.org)

Clairbourn School  
8400 Huntington Drive  
San Gabriel, CA 91775  
Phone: 626-286-3108 ext. 172  
FAX: 626-286-1528

E-mail: [jhawes@clairbourn.org](mailto:jhawes@clairbourn.org)

Foothill Oaks Academy  
822 E. Bradbourne Ave., Duarte, CA 91010  
(626) 301-9809

Principal: Nancy Lopez  
[www.foothilloaksacademy.org](http://www.foothilloaksacademy.org)  
[office@foothilloaksacademy.org](mailto:office@foothilloaksacademy.org)

Frostig School  
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(626) 791-1255

Head of School: Jenny Janetzke  
Email: [jenny@frostig.org](mailto:jenny@frostig.org)

The Gooden School  
192 N. Baldwin Ave. Sierra Madre, Ca. 91024  
(626) 355-2410

Head of School, Jo-Anne Woolner  
website: [www.goodenschool.org](http://www.goodenschool.org)

High Point Academy  
1720 Kinneloa Canyon Road  
Pasadena, Ca. 91107

Head of School: Gary Stern 626-798-8989  
website: [www.highpointacademy.org](http://www.highpointacademy.org)

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

Monrovia High School  
325 East Huntington Drive, Monrovia, CA 91016

(626) 471-2800 Principal Darwin Jackson  
Email: [schools@monrovia.k12.ca.us](mailto:schools@monrovia.k12.ca.us)

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

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

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

Sierra Madre Elementary School  
141 W. Highland Ave, Sierra Madre, Ca. 91024  
(626) 355-1428 Principal: Lindsay Lewis  
E-mail address: [lewis.lindsay@pusd.us](mailto:lewis.lindsay@pusd.us)

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

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

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

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

Pasadena Unified School District  
351 S. Hudson Ave., Pasadena, Ca. 91109  
(626) 396-3600 Website: [www.pusd@pusd.us](http://www.pusd@pusd.us)

Arcadia Unified School District  
234 Campus Dr., Arcadia, Ca. 91007  
(626) 821-8300 Website: [www.ausd.net](http://www.ausd.net)

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

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

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1900 S. Santa Anita Avenue Arcadia, CA 91006  
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626-574-8229/626-574-0805  
Email: [inquiry@acslions.com](mailto:inquiry@acslions.com)  
Principal: Cindy Harmon  
website: [www.acslions.com](http://www.acslions.com)



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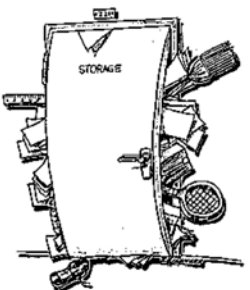
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### CAT OF THE WEEK

#### Katnip News!



She's a Fox!

My name is Foxie and I'm only 2 yrs old. I'm very sweet, loving, and well behaved. I'm spayed and have all my shots. I was rescued along with my 6 newborn kittens and have been very well cared for since. My babies have all been adopted but one, named

Bobby. If I could live at your house, I would be a calm, quiet companion for you, either by myself, or with my son, Bobby, or with other nice kitties, too. See more of me and Bobby at [www.lifelineforpets.org](http://www.lifelineforpets.org) & click on the Independently Rescued page. Call 626-991-6619 for more info.

Good News: Atticus has been adopted!



Foxie  
626-991-6619  
[lifelineforpets.org](http://lifelineforpets.org)

### Pet of the Week

Baby Cakes (A475273) gets a big two thumbs up review from PHS staff and volunteers. "Maybe the most calm, relaxed dog ever" and "Very sweet dog" are just a couple of the wonderful compliments Baby Cakes is receiving. This adorable doggy always has a smile on her face and a wag in her tail. A sweet treat of a pup, she's easy to leash and walk and enjoys fun fetch sessions in the play yard. Baby Cakes is a calm presence in a hectic world. You've got to meet this Zen cuddle bug!



The adoption fee for dogs is \$140. 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](http://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

### LOOKING FOR A BEST FRIEND?

Gus is a fetching 5-year-old Labrador and Jack Russell terrier mix boy weighing about 54 pounds. This petite fellow is super handsome, super smart, and full of energy and love. He loves walking, jogging, fetching tennis balls, cuddling in laps, offering up his belly, and being a champion toy squeaker.

See him in action here - <https://youtu.be/iqlcMz-rIOkw>.

Gus is great on a leash and well behaved during his baths (probably because he enjoys playing with water so he would be your best bud in the pool in the hot California summers). Since not much else is known about his past, Gus may be best suited to be in an only-dog home and with older children. Gus is a special loving pup who is looking for a forever family.



His adoption fee is \$130, which includes spay surgery, a microchip, first vaccinations and a free wellness check-up at a participating veterinarian. To arrange a 'Meet and Greet', please visit between 10:30am to 4:30pm Tuesday through Sunday. Website: [www.sgvhumane.org](http://www.sgvhumane.org).

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PET SITTING

\$15.00 First Hour (Includes Feeding) \$12.50 Medications \$5 extra



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## Free Healthy Living Dine & Learn Seminar Includes a Buffet Dinner with Soup, Salad and a Selection of Entrees

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- ★ To reach and sustain a healthy weight
- ★ Healthy food can taste so good and still fill you up!

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visit [www.NuSci.org](http://www.NuSci.org). Call now to sign up:

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## Even though you need help each day, we agree that you're still in charge

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### HIRING AN IN-HOME CAREGIVER

Dear Savvy Senior:

I need to locate a good in-home caregiver for my 83-year-old mother. What's the best way to find and hire one? Looking for Care

Dear Looking:

Finding a good in-home caregiver for an elderly parent can be challenging. How can you find one that's reliable and trustworthy, as well as someone your parent likes and is comfortable with? Here are some tips that can help.

Know Your Needs

Before you start the task of looking for an in-home caregiver, your first step is to determine the level of care your mom needs. This can pinpoint the type of help she'll need. For example, if she only needs help with daily living tasks like shopping, cooking, doing laundry, bathing or dressing, a "homemaker" or "personal care aide" will do.

But, if she needs health care services, there are "home health aides" that may do all the things a homemaker does, plus they also have training in administering medications, changing wound dressings and other medically related duties. Home health aides often work under a nurse's supervision.

Once you settle on a level of care, you then need to decide how many hours of assistance she'll need. For example, does your mom need someone to come in just a few mornings a week to help her cook, clean, run errands or perhaps bathe? Or does she need more continuous care that requires daily visits or a full-time aide?

After you determine her needs, there are two ways in which you can go about hiring someone. Either through an agency, or you can hire someone directly on your own.

Hiring Through an Agency

Hiring a personal care or home health aide through an agency is the safest and easiest option, but it's more expensive. Costs typically run anywhere between \$14 and \$25 an hour depending on where you live and the qualification of the aide.

How it works is you pay the agency, and they handle everything including an assessment of your mom's needs, assigning appropriately trained and pre-screened staff to care for her, and finding a fill-in on days her aide cannot come.

Some of the drawbacks, however, are that you may not have much input into the selection of the caregiver, and the caregivers may change or alternate, which can cause a disruption.

To find a home-care agency in your mom's area ask for referrals through friends, family or doctor's offices, or use the home-care locator service tool at [PayingForSeniorCare.com](http://PayingForSeniorCare.com) – click on "Find Quality, Affordable Care." In addition, Medicare offers a home health compare tool at [Medicare.gov/HomeHealthCompare](http://Medicare.gov/HomeHealthCompare) to help you find and compare home health care agencies.

You also need to be aware that original Medicare does not cover in-home caregiving services unless your mom is receiving doctor's ordered skilled nursing or therapy services at home too. But, if your mom is in a certain Medicare Advantage plan, or is low-income and qualifies for Medicaid, she may be eligible for some coverage.

Hiring Directly

Hiring an independent caregiver on your own is the other option, and it's less expensive. Costs typically range between \$12 and \$20 per hour. Hiring directly also gives you more control over who you hire so you can choose someone who you feel is right for your mom.

But, be aware that if you do hire someone on your own, you become the employer so there's no agency support to fall back on if a problem occurs or if the aide doesn't show up. You're also responsible for paying payroll taxes and any worker-related injuries that may happen. If you choose this option make sure you check the aide's references thoroughly, and do a criminal background check, which you can do sites like eNannySource.com.

To find someone, ask for referrals or try eldercare-matching services like Care.com or CareLinx.com. Or, for a fee, an aging life care expert (see [AgingLifeCare.org](http://AgingLifeCare.org)) can help you find someone.

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



## SENIOR HAPPENINGS

**HAPPY BIRTHDAY! ...June Birthdays\***



Beth Copti, Marilyn Diaz, Anne Schryver, Jo Ann Williams, Paul Hagan, Lenore Crilly Joann Serrato-Chi, Harriett Lyle, Jean Coleman, Birgitta Gerlinger, Donna Mathieson, Luciana Rosenzweig, Linda Wochnik, Marian Woodford, Debbie Sheridan, Joanne Anthony, Carole Axline, Kika Downey, Shirley Hall, Annie Scalzo, Janet Ten Eyck, Jane Thomas, Ray Burley.

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



### 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 10:00 a.m. - 11:00 a.m. Join the class with Instructor Barbara Dempsey as she leads you in the art of Hula!

**Bingo Time:** Every Tuesday beginning at 1:00 p.m. Cards are only \$0.25 each! Everyone is welcome to play! Activity may be canceled if there are less than five people.

**Free Blood Pressure Testing:** 2nd Tuesdays Monthly from 11:00 a.m. - 12:00 p.m. No appointment is necessary.

**Brain Games:** Every third Thursday of the month at 12:45-1:45pm 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, May 15th from 10:30 a.m. - Noon. Attorney Lem Makupson is available for legal consultation. Specializing in Family Law, Wills, Trusts, Estates and Injury. Please call the Hart Park House for an appointment, 626-355-5278 ext. 704.

**Senior Club:** Meets Saturdays, Weekly at Hart Park House Brown Bag Lunch, great company and bingo at 11:30 a.m.

**Chair Yoga:** Mondays & Wednesdays 11:00 - 11:45 a.m. with Paul Hagen. Classes include Yoga and balance exercises. All ability levels are encouraged and welcomed!

**Birthday Celebration:** Every 2nd Thursday Monthly at the Hart Park House. Share free birthday cake and ice cream kindly provided by the Senior Community Commission!

**Game Day:** Every Thursday Monthly 12:00 Noon come into the Hart Park House and join a lively poker game with friends!

**Free Strength Training Class:** Fridays 12:45 p.m. - 1:30 p.m. with Lisa Brandley, light weights, low impact resistance training and body conditioning. Class equipment provided.

**Gentle Yoga for Active Seniors:** Every Monday & Wednesday from 8:15 - 9:45 a.m. with Andrea Walsh at the Hart Park House. Classes include complete floor relaxation, standing and floor postures, balancing, and featuring extended meditations on the fourth Wednesdays of the month! Call (626)-355-5278 for more information.

**Art with Kt** - Wednesday, May 15th 1:00 - 2:00p.m. Watercolor florals, realistic and abstract techniques will be demonstrated. Reserve your spot today by calling 626-355-5278 x 704.

**COMING SOON—TBD Grandparent to Grandparents:** Please join a group of grandparents for an afternoon of learning, sharing and building community led by Community Services Commissioner Rowinsky. Call 355-5278 for information.

**ART WITH KT** - Wednesday, June 12th 12:30 - 1:30p.m.

Join us for a participant favorite, glass etching! Using acid you will etch you will etch an image that you create into either a purple or pink bud vase. Reserve your spot today by calling 626-355-5278 x 704.

### COMMUNITY HEARING SCREENING PROGRAM

**Wednesday, June 26 12:30 p.m.-2:30 p.m.**

Hearing loss affects 1 in 3 people over the age of 60. Hearing problems can greatly affect people's enjoyment of life and their ability to communicate with friends and family. Connect Hearing is proud to partner with local organizations for our Community Screening Program, to provide better hearing care for everyone in the community.

We provide FREE, quick and convenient hearing screenings on-site. Its quick, easy & convenient! Our trained hearing care professional will be on hand to explain the results and answer any questions.

Please call 355-5278 to reserve your spot.

### UPCOMING SIERRA MADRE SENIOR EXCURSIONS

July	Aquarium of the Pacific (Long Beach)
August	Boat Tour (Lake Arrowhead)
September	LA County Fair
October	Nethercutt Collection (Sylmar)
November	Santa Barbara Bird Sanctuary
December	LA Zoo Light Show

**Senior Cinema - 1st & 3rd Wednesday Beginning at 1:00 p.m.**

**June 5th "Black Panther" PG-13 2 hr. 14 min.**

Prince T'Challa returns home to the reclusive, technology advanced African nation of Wakanda to serve as his country's new king. However, T'Challa soon finds that he is challenged for the throne from factions within his own country. When two foes try to destroy Wakanda, the hero known as "Black Panther" must team up with C.I.A. Agent Everett K. Ross and members of Dora Milaje, Wakandan special forces, to prevent Wakanda from being dragged into a World War.

**June 19th "Oceans Eight" PG-13 1 hr 50 min.**

Danny Ocean's younger sister Debbie attempts to pull off the heist of the century at New York City's star-studded annual Met Gala. Her first step is to assemble the perfect crew: Lou, Rose, Daphne Kluger, Nine Ball, Tammy, Amita and Constance.

## GRANDPARENT TO GRANDPARENT

**A DISCUSSION FOR PEOPLE LIVING CLOSE TO THEIR GRANDCHILDREN**

Grandparenting can be one of the greatest experiences of life, but it's not without its challenges.

Join us on Thursday June 27 at 1:00 PM in the Hart Park House Senior Center as we share the joys, challenges and discuss the responsibilities of helping to raise the next generation.

Facilitated by Karen Rowinsky, clinical social worker and psychotherapist.

Discussion topics will include:

- Communicating between generations
- Dealing with personality differences
- Setting boundaries and managing conflicts

Questions? Contact Clarissa Lowe, 626-355-5278 ext 703 or Lawren Heinz at ext 704  
Hart Park House Senior Center, 222 W. Sierra Madre Blvd., Sierra Madre, CA

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## OUT TO PASTOR

A Weekly Religion Column by Rev. James Snyder

### WHATEVER HAPPENED TO THE SIMPLE THINGS IN LIFE?

I'm not a very complicated person. I like simple things; things nice and easy. Occasionally I will do a crossword puzzle, but beside that, I enjoy the simple life. On the other side, the Gracious Mistress of the Parsonage is very complicated. Just when I have everything figured out, I find another side of her that I did not know was there.

I suppose that is what married life is all about; year-by-year discovering new aspects of your spouse. I am very simple minded when it comes to going out to eat. When we go to a restaurant, for example, I'm very simple in what I order. Most of the time I order the same thing because I enjoy what I am eating at the time. My wife is not quite like that. Ordering her supper is quite a complicated thing. It takes several minutes to go through the menu and then several minutes to think about what she wants to eat. Me, I tell the waitress, "I'll have a cheeseburger, French fries and a Diet Coke." And that's that.

"You had that," my wife will say, "yesterday. Why don't you pick something different for to-night?" I remember one time I made a drastic mistake which I will never repeat. I said to my wife, "Okay, why don't you choose my supper for tonight?"

Boy, did she have a time ordering for me. I do not even know what she ordered, but it was a lot. I saw more on my plate than I could possibly eat. Some things on my plate I did not know exactly what they were. I was very careful that none of it resembled broccoli. I have not made that mistake ever again. However, she often asks me, "Would you like me to choose your supper for tonight?" Since that time, I have reverted to the simple things, especially when it comes to eating out at a restaurant.

Once I had to buy some new shirts along with some new ties. For some reason I went shopping by myself, which in itself is good. When I came home that night from my shopping spree, my wife looked at all the shirts and ties I bought. "You bought these shirts?" She looked at the shirts and then at me with both hands on her hips and said, "These shirts are the same shirts you have in your closet. Why didn't you get something different?" My assumption is, a shirt is a shirt and if I am going to get a new shirt, I should get a new shirt that replaces the old shirt. Simple! In my simple way of life, I only wear white shirts. I can buy these shirts and not even have to think about what I am buying. A shirt is a shirt and what is wrong with white?

The next time my wife took me shopping. It was the worst shopping experience I have ever had. We went to the men's clothing store and then the simplicity of life ended in a crash. My wife spent all afternoon looking at all kinds of shirts in all kinds of colors and then trying to find ties that would match. I did not know so many colors existed in the world. I do not even think the rainbow has as many colors. My idea is that a white shirt never draws attention. A shirt of any color always draws attention to itself. I like to slip in and slip out without notice; it is the simple way of doing things.

When it comes to work, I am rather simple. I start a task and keep at it and to its finished, then I move on to the next task. I do not like to confuse things and so I do everything simply. My wife is not like that. She is one of those "Multitaskers" that you hear about.

I was watching on television a man juggling four balls in the air at the same time. In the middle of his act, I stopped, looked at my wife and said, "That's you. You have too many balls in the air." It is true. She can juggle four tasks at the same time and get them all done perfectly.

Don't get me wrong here. I respect and can appreciate that kind of work ethic. I cheer her on and encourage her. There's only one small problem. Because my wife is a Multitasker, she expects the person who said, "I do," at the wedding altar to have the same work ethic. I've tried to explain this, but by the time I finished explaining it, she is already on to the next topic. I cannot possibly keep up.

Even when we take a few vacation days, she cannot sit still and enjoy the simple life. She does more on a two-day vacation spree than I do all year long. I cannot keep up with her. I discovered if I let her do "her thing," I will have the opportunity to do "my thing," which is just enjoy-ing the simple things of life.

I was thinking of what David once said. "Teach me thy way, O Lord, and lead me in a plain path, because of mine enemies" (Psalm 27:11). Following the Lord is a very simple thing. Just trust Him and he will lead you in a plain path.

Dr. James L. Snyder, pastor of the Family of God Fellowship, lives with the Gracious Mistress of the Parsonage in Ocala, FL. Call him at 352-687-4240 or e-mail jamesnsnyder2@att.net. The church web site is www.whatafellowship.com.

## CHRISTOPHER Nyergeres



### THE URBAN BEARS

[Nyergeres is the author of "Enter the Forest," "How to Survive Anywhere," and other books. He can be con-tacted at [www.ChristopherNyergeres.com](http://www.ChristopherNyergeres.com) or School of Self-reliance, Box 41834, Eagle Rock, CA 90041]

With all the local bears in the news lately, it was refreshing to listen to Kim Bosell, the Natural Ar-eas Administrator for the County of Los Angeles, who shared her years of experience with bears recently at Eaton Canyon Nature Center.

Grizzlies were native to Southern California, and though they apparently got along just fine for centuries with the indigenous people, bears and new settlers didn't get along. There were conflicts right from the start as settlers began to kill the grizzlies, Bosell told the audience. The last known grizzly was killed in California in the 1920s.

Though all the grizzlies were killed off in Southern California, the black bears of Yosemite were alive and well, getting into trash cans, begging for food, getting too close to people, getting into cars. The solution? Send them to Southern California! In 1933, 13 black bears from Yosemite were let loose in the San Bernardino mountains, and 11 were let loose in the Angeles National Forest. Bosell stated that that are an estimated 3500 black bears in the entire state of California, and the Department of Fish and Game allows 1800 to be hunted each year. "But most hunters don't hunt bear in Southern California, and so the black bear population is a wild guess," says Bosell.

Bosell shared everything you'd ever want to know about black bears – and more – in her informa-tive – and humorous -- photo presentation.

Black bears, for example, are usually brown, but can also be black, white, blond, even blue! The color depends on the location, and our local black bears are mostly brown. When walking on all fours, they are about three to four feet tall, and they can be up to seven feet tall when standing. And they are fast! Black bears can run up to 35 mph in spurts.

"To protect itself, a bear will fight or flight, and the black bear chooses flight, especially up a tree," says Bosell. She points out that the black bear will just wait, and wait, even for hours, until a threat goes away, and so news crews and police and gawking public watching a bear up in a tree only prolong the situation.

Bosell pointed out that our local black bears are not very concerned about people, and don't have a predatory instinct.

"Bears will always communicate how they feel," says Bosell. "They will blow air through their lips, clap their jaws, and when they start vocalizing, they want you to leave their personal space. Next, they'll flatten their ears, and next they'll charge."

Bosell shared what we've heard many times: If a black bear approaches, don't run, but rather, make yourself appear larger and more imposing, raise your arms, and make noise.



"But when I was tracking Henry, and he charged, I never ran so fast in my life," said Bosell to much laughter. Fortunately, according to Bosell, 99% of the time, the bear charge is a bluff, intended to scare you out of the area.

In fact, despite the fear caused by the local black bears, Bosell pointed out that only one death has been attributed to the black bear – in 1875! "Since the 1980s, there have been 14 black bear attacks, but none fatal," points out Bosell.

Still, Bosell's educational – and highly entertaining – presentation pointed out that bears can cause a lot of damage when they get into urban trash cans, cars, and inside homes. It's important not to feed the bears because they will come back again and again to the desirable urban trash food. "In Can-ada, they don't give bears a second chance. Bears caught eating human food are killed. In California, we have a 'three strikes' policy," explained Bosell. To emphasize the point, she said that "a fed bear is a dead bear."

But it is a on-going battle to educate the public about how to live with bears, and how to bear-proof homes, cars, and trash cans.

In California, the three problem areas are Tahoe, Mammoth, and Monrovia. Monrovia has lots of old growth avocados, and unfortunately, the problem is exacerbated by people deliberately leaving trash out so they can watch the bears eat it.

Unfortunately, feeding bears can cause harm to children, and property damage, and ultimately the problem bear could be killed.

The entertaining program was well-received by local residents. A lively question and answer pe-riod followed the slide show presentation where residents inquired about the personal ramifications of living close to bears.

### THANK YOU!

Dear Christopher,

Thank you for your wonderful article in the Mountain Views News highlighting Shawn Maestretti Garden Architecture and regenerative garden practices! It was beautifully written and informative. Addressing climate change head on is essential to our survival. The world needs more people like you to continue to spread vital information!

Very best,

Shawn Maestretti



## FAMILY MATTERS

By Marc Garlett



### THE REAL COST TO YOUR FAMILY OF RELYING ON A WILL ALONE

Whenever the topic of estate planning comes up, people invariably mention creating a will. And with good reason—having a will is a foundational aspect of your estate plan.

However, a will is only one small part of effective planning. In fact, if your plan consists of a will alone, you're guaranteeing your family will have to go to court when you die. There's a saying in this field of law: "Where there's a will, there's a probate." And it's no laughing matter.

One of my primary goals as an estate planning attorney is to keep my clients' families out of court and out of conflict no matter what. Yet with only a will in place, your plan will fall woefully short of that goal, leaving your loved ones—and yourself, if you become incapacitated—susceptible to getting stuck in an unnecessary, expensive, time-consuming, and public court process. Here's why having just a will is not enough:

#### A will offers no protection against incapacity

A will helps ensure your assets are properly distributed when you die. But it offers no protection if you become incapacitated and are unable to make decisions about your own medical, financial, and legal needs.

Should you become incapacitated with only a will in place, your family would have to petition the court to appoint a guardian or conservator to manage your affairs, which can be extremely costly, time consuming, and traumatic.

#### Your family must go to court

While you may think having a will allows your loved ones to inherit your assets without court intervention, this is not true. For your assets to be legally transferred to your beneficiaries, your will must first pass through the court process called probate.

The probate process can be extremely distressing for your loved ones. The proceedings can drag out over years, and in most instances, your family will have to hire an attorney, generating hefty legal bills that can quickly drain your estate.

Moreover, probate is public, so anyone can find out the value and contents of your estate. They can also learn what and how much your family members inherit, making them tempting targets for frauds and scams.

And if you think you can just pass on your assets using beneficiary designations to avoid all of this... well, that's just asking for trouble.

#### A will doesn't protect against creditors, lawsuits, or poor decisions

Passing on your assets using a will leaves those assets vulnerable to several potential threats. Your assets are not only subject to claims made by a beneficiary's creditors, they are also vulnerable to lawsuits and divorce settlements the beneficiary may be involved in. And if your beneficiary is immature or has poor judgment, a sudden windfall of cash could cause serious problems.

#### Not all assets are covered by a will

Some assets can't even be included in a will. For example, a will only covers assets or property owned solely in your name. It does not cover property co-owned by you with others listed as joint tenants, nor does a will cover assets that pass directly to a beneficiary by contract, such as a life insurance policy or retirement account.

#### Don't let your plan fall short

Though a will is an integral part of your estate plan, a will is almost never enough by itself. Instead, wills are often combined with other planning vehicles, such as living trusts, to provide a level of protection devoid of any gaps or blind spots. And here's the thing: If your plan is incomplete, it's your family that suffers, having to clean it all up after you are gone.

I want to empower you to feel confident that you have the right combination of planning solutions for your family's unique circumstances. Please let me know if you have any questions.

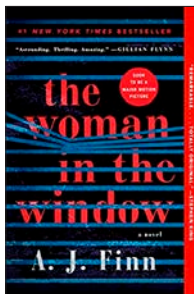
MARC

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

A local attorney and father, Marc Garlett is on a mission to help parents protect what they love most. His office is located at 55 Auburn Avenue, Sierra Madre, CA 91024. Schedule an appointment to sit down and talk about ensuring a legacy of love and financial security for your family by calling 626.355.4000 or visit [www.GarlettLaw.com](http://www.GarlettLaw.com) for more information.

## Jeff's Book Pics

By Jeff Brown

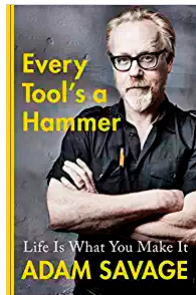


### THE WOMAN IN THE WINDOW: A Novel by A. J. Finn

For readers of Gillian Flynn and Tana French comes one of the decade's most anticipated debuts, a twisty, powerful Hitchcockian thriller about an agoraphobic woman who believes she witnessed a crime in a neighboring house. It isn't para-noia if it's really happening . . . Anna Fox lives alone—a recluse in her New York City home, unable to venture outside. She spends her day drinking wine (maybe too much), watching old movies, recalling happier times . . . and spying on her neighbors. Then the Russells move into the house across the way: a father, mother, their teenaged son. The perfect family. But when Anna, gazing out her window one night, sees something she shouldn't, her world begins to crumble and its shocking secrets are laid bare. What is real? What is imagined? Who is in danger? Who is in control? In this diabolically gripping thriller, no one—and nothing—is what it seems. Twisty and powerful, ingenious and moving, The book is a smart, sophisticated novel of psychological suspense that recalls the best of Hitchcock.

### EVERY TOOL'S A HAMMER: LIFE IS WHAT YOU MAKE IT by Adam Savage

MythBusters' Adam Savage - Discovery Channel star and one of the most beloved figures in science and tech - shares his golden rules of creativity, from finding inspiration to following through and successfully turning your idea into reality. Adam Savage is a maker. From Chewbacca's bandolier to a 1,000-shot Nerf gun, he has built thousands of spectacular projects as a special-effects artist. Adam is also an educator, passionate about instilling the principles of making in the next generation of inventors and inspiring them to turn their curiosity into creation. In this practical and passionate guide, Adam weaves together vivid personal stories, original sketches and photographs from some of his most memorable projects, and in-interviews with many of his iconic and visionary friends in the arts and sciences - including Pixar director Andrew Stanton, Nick Offerman, Oscar winner Guillermo Del Toro, artist Tom Sachs, and Chef Traci Des Jardins - to demonstrate the many lessons he has picked up from a life-time of making. Things like: don't wait until everything is perfect - in your workshop or in your life - to begin. Plan with pencil and paper. Sweep up every day. Learn from doing. Share your toys. There is an ex-act tool for every task (Adam probably has four of them in his wondrous shop), but if you need to pound in a nail and all you have handy is a skill saw - hammer away. The most important thing, always, is just that you make something. Every Tool's a Hammer is sure to guide and inspire you to build, make, invent, explore, and most of all enjoy the thrills of being a creator.



### ONE GIANT LEAP: THE IMPOSSIBLE MISSION THAT FLEW US TO THE MOON by Charles Fishman

The remarkable story of the trailblazers and the ordinary Americans on the front lines of the epic mission to reach the moon. President Kennedy astonished the world on May 25, 1961, when he announced to Congress that the United States should land a man on the Moon by 1970. No group was more surprised than the scientists and engineers at NASA, who suddenly had less than a decade to invent space travel. No one knew how to navigate to the Moon. No one knew how to build a rocket big enough to reach the Moon, or how to build a computer small enough (and powerful enough) to fly a spaceship there. No one knew what the sur-face of the Moon was like, or what astronauts could eat as they flew there. On the day of Kennedy's historic speech, America had a total of fifteen minutes of space-flight experience—with just five of those minutes outside the atmosphere. Russian dogs had more time in space than U.S. astronauts. Over the next decade, more than 400,000 scientists, engineers, and factory workers would send 24 astronauts to the Moon. Each hour of space flight would require one million hours of work back on Earth to get America to the Moon on July 20, 1969.50 years later, One Giant Leap is the sweeping, definitive behind-the-scenes account of the furious race to complete one of mankind's greatest achievements. It's a story filled with surprises—from the item the astronauts almost forgot to take with them (the American flag), to the extraordinary impact Apollo would have back on Earth, and on the way we live today. The book introduces readers to the men and women who had to solve 10,000 problems before astronauts could reach the Moon. From the research labs of MIT, where the eccentric and legendary pioneer Charles Draper created the tools to fly the Apollo spaceships, to the factories where dozens of women sewed spacesuits, parachutes, and even computer hardware by hand, Fishman captures the exceptional feats of these ordinary Americans. One Giant Leap is the captivat-ing story of men and women charged with changing the world as we knew it—their leaders, their triumphs, their near disasters, all of which led to arguably the greatest success story, and the greatest adventure story, of the twentieth century.

## All Things

By Jeff Brown

### DOES EATING MUSHROOMS PROTECT BRAIN HEALTH?

Mushrooms are a much-loved ingredient in cuisines around the world. They are nutritious and especially rich in antioxidants, which protect cell health. .Edible mushrooms — both cultivated and wild species — contain a high amount of die-tary fiber, antioxidants, and protein, as well as vitamins and minerals.New research has found that people who integrate mushrooms into their diets — even if they only consume them in small portions — appear to have a lower risk of mild cogni-tive impairment (MCI), which often precedes Alzheimer's disease.As to the kinds of mushrooms, the study included four of the most commonly eaten varieties: golden, oyster, shiitake and white button.Mushrooms are rich in ergothioneine, which the human body can't produce on its own, so it's at least plausible that this compound is part of the story. And since mushrooms are already well-studied for their nutrient profiles and possible links to supporting cell health and immunity, there's plenty to dig into here and no doubt more findings to come.



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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



## OUR NATIONAL DEBT IS OUT OF CONTROL, BUT NOBODY SEEMS TO CARE

**Breaking news: Federal spending is out of control.**

I'm kidding, of course. Spending, deficits and debt have been out of control for years. It's just that last week we broke yet another record.

For the first time in our nation's history, federal spending topped \$3 trillion in a fiscal year's first eight months, according to last week's Monthly Treasury Statement.

How much is \$3 trillion? According to Kiplinger, \$3 trillion would pay the salaries of every member of the U.S. Congress for the next 32,336 years.

Of course the issue isn't just what the U.S. government spends. It's what the government spends relative to the tax revenue it takes in. In that regard, there's some good news and some bad news.

The good news: The economy is doing well, causing tax revenue to swell. During this fiscal year's first eight months, federal tax revenues were the second highest ever collected (they were down slightly from last year's record amount).

The bad news: Our government continues to spend way more than it takes in - about \$800 billion more during this fiscal year's first eight months, despite tax revenue pouring in. That \$800 billion adds to our national debt, which now stands at a whopping \$22 trillion.

How much is \$22 trillion? If you were to repay \$22 trillion at \$220 million every day, it would take 273 years to pay off the balance - on an interest-free loan! In other words, we have a massive a spending, deficit and debt problem, but few people seem to worry about it anymore.

A recent Wall Street Journal article, "How Washington Learned to Love Debt and Deficits," sheds light on the regrettable lack of interest in taming our growing debt.

"In theory, an increased supply of government bonds - sold to raise funds when spending exceeds revenues - should increase government borrowing costs," write Kate Davidson and Jon Hilsenrath. "Theory also says big deficits crowd out business borrowing and increase private borrowing costs, too. The opposite has happened."

What has happened is that the economy expanded by a robust 5.2 percent last year while the cost of government borrowing remained relatively low - one reason why immediate concerns over spending, deficit and debt concerns have waned.

How long we can get away with heavy borrowing is anyone's guess. As baby boomers retire in big numbers, the costs of Social Security, Medicare and other government programs will soar. We already are NOT able to pay our bills. The Congressional Budget Office estimates we will begin falling \$1 trillion short in 2022 and keep falling short by that amount annually through 2029.

Even this English major can calculate that our national debt may stand at \$33 trillion or more by 2030.

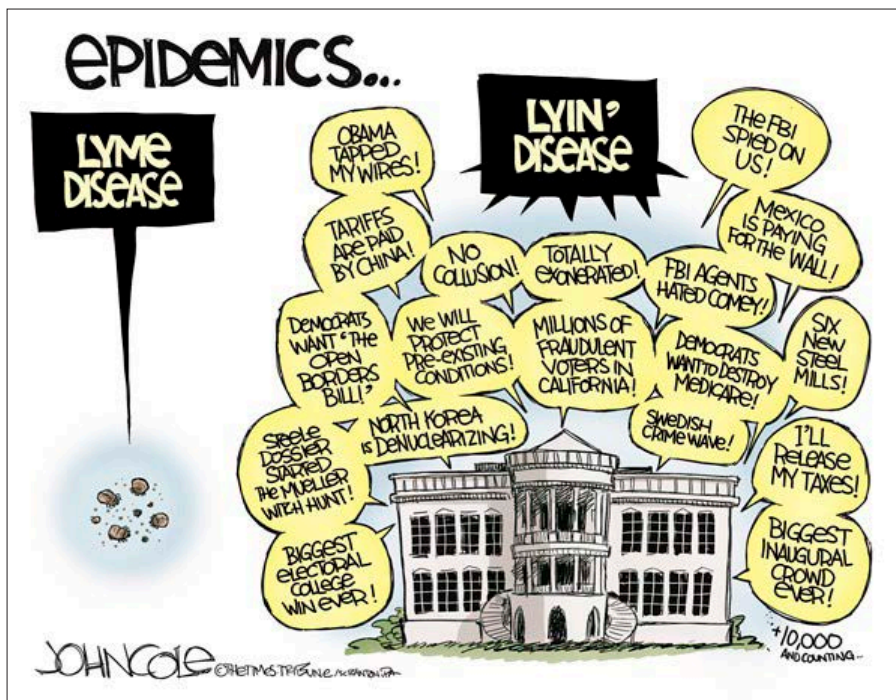
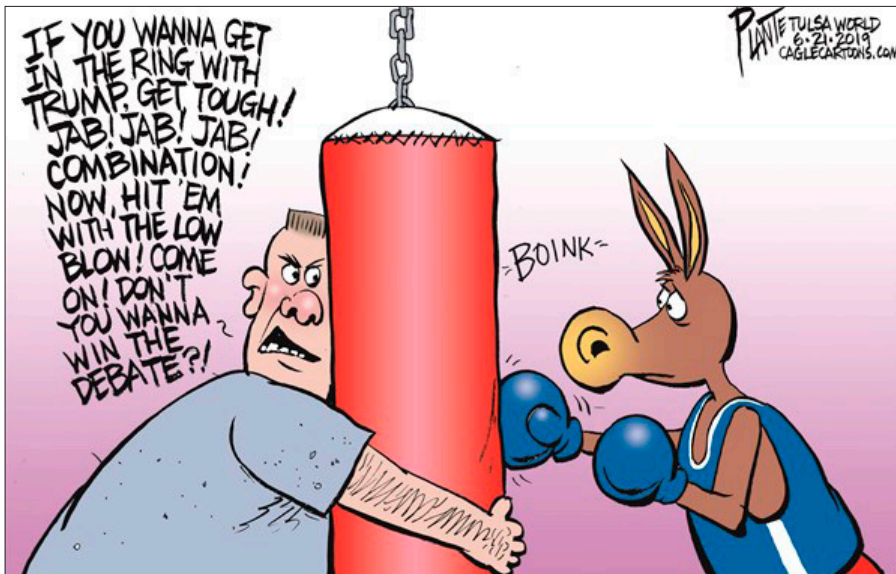
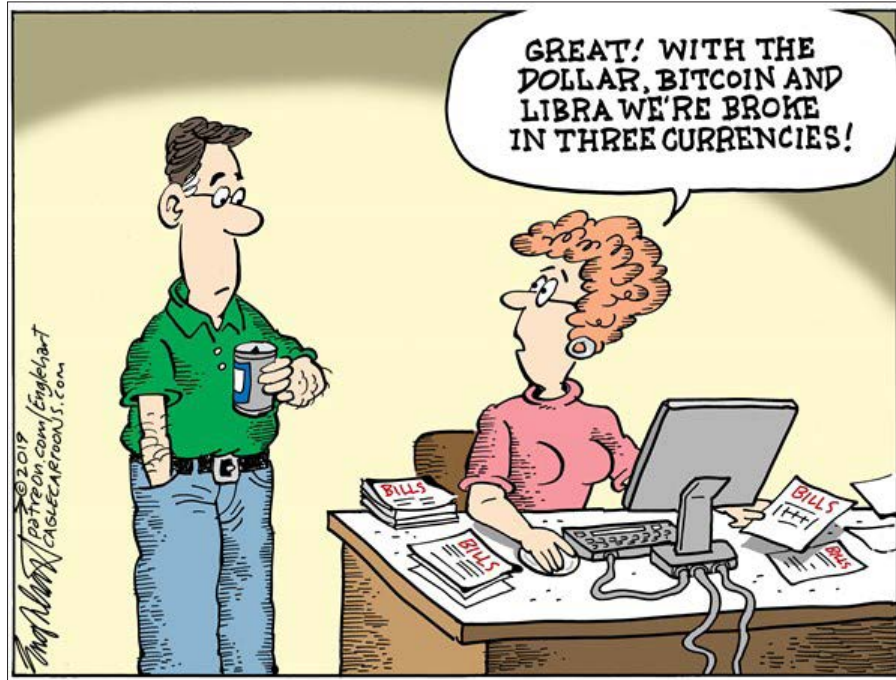
How much is \$33 trillion? It's \$30 trillion more than the debt was in 1989, \$28 trillion more than it was in 1999, \$21 trillion more than it was in 2009 and \$11 trillion more than it is now.

It worries me that I'm one of the few Americans left who worries that our deficits, spending and debt are out of control.

So I may as well have some fun with the subject.

If the U.S. government printed \$1 million bills, a whole bathtub's worth of them wouldn't equal \$1 trillion. And 33 bathtubs full of \$1 million bills won't be enough to cover our national debt in 2030.

Tom Purcell, author of "Misadventures of a 1970's Childhood," a humorous memoir available at amazon.com, is a Pittsburgh Tribune-Review humor columnist.



# LEFT TURN/RIGHT TURN

## PETER FUNT



## I'D TRADE 23 CANDIDATES FOR ONE SURE WINNER!

Is the bulging field of Democrats seeking the 2020 presidential nomination a sign of strength? Or is it a troubling indication that wresting the presidency from Donald Trump won't be as easy as it ought to be?

At last count there were 23 "major" candidates including seven senators, four members of Congress, three mayors, two governors and a clutch of other hopefuls. The field has something for everyone: young, old, male, female, black, white, Latino, Asian, gay and straight. They have robust resumes, promising platforms and meaningful messages. And, believe it or not, there are 142 other Democrats who have filed as presidential candidates with the Federal Elections Commission, among them 89-year-old Mike Gravel, the former senator from Alaska.

So what's the problem? Some Democrats think the field is too large, even for this early stage. In Iowa, where the actual process of selecting a nominee begins for real with the caucus Feb. 3, three out of four Democrats planning to participate believe some candidates should drop out now, according to polling by the Des Moines Register.

As I see it, only three - Joe Biden, Bernie Sanders and Elizabeth Warren - have a real chance at the nomination. Five others - Cory Booker, Pete Buttigieg, Kamala Harris, Amy Klobuchar and Beto O'Rourke - have long-shot status. The rest are just sucking up oxygen.

This wouldn't be so bad if one of the three top candidates had the "it" factor of Barack Obama. Yes, Hillary Clinton was loved by her supporters in 2016, but she was widely disliked as well. Her only real challenger, Sen. Bernie Sanders, faced the same love-him or hate-him division. And the others? A dollar says you can't conjure up the names Lincoln Chafee, Martin O'Malley and Jim Webb.

This time around, thinning the roster from 23 to, say, 10, would make it easier to debate - and free up space for lawn signs across Iowa - but it wouldn't change the bigger problem. The Democratic field is both crowded and flawed.

Joe Biden is the early frontrunner but you have to wonder if that will hold considering age (he'll be 77 next year), baggage (his positions have changed on key issues over the course of a lengthy career, most recently on the Hyde amendment which bars the use of federal funds for all but a few abortions) and the gaffe gene (he is, after all, Joe being Joe). Bernie Sanders, who usually polls second, is a year older than Biden. He has also shifted on

some issues such as gun control, and would spend half his time in a general election campaign explaining what it means to be a "democratic socialist."

Sad to say, both "Sleepy Joe" and "Crazy Bernie" present soft targets for Donald Trump. A Biden campaign boils down to "Make America Normal Again," while the Sanders angle is "Make America More Liberal Again." These are not broad-based themes, and neither moves the presidency away from the control of aging, white males.

Elizabeth Warren is a policy wonk, maybe to a fault, but her passion is unmistakable. Yet, she is not particularly effective on the stump, often getting bogged down in her own position papers. She could find herself with the type of negative polling that dashed Clinton's hopes.

On my scorecard, the next five Democrats have equal or better profiles but lesser chances. Amy Klobuchar is tough, experienced and fluent on the issues. Pete Buttigieg is a genuine star, super slick in interviews and probably the most inspirational Democrat since Obama. Kamala Harris is charismatic and has broad support among black voters. Beto O'Rourke and Cory Booker have sparked pockets of interest with their high-energy stump styles.

Still, the odds don't favor this group. Buttigieg is probably eight years away from a real shot at becoming the nation's first openly gay president. Harris has equivocated badly on straightforward questions, leaving some to wonder if she has the depth at this stage of her career to be president. Klobuchar, Booker and O'Rourke can't seem to find a lane that could carry them through the primary process.

Which brings us back to the top three, any one of whom would make a fine president and all of whom should be able to defeat Trump. Then again, no Democrat in memory had a better chance of winning the presidency than Clinton, who was Trumped in the Electoral College.

Democratic voters might hope that the first debates next week will clarify things. That's doubtful. Debating could speed the exit of some candidates who never really had a chance, but it's unlikely to change things at the top. As Republicans proved in 2016 with a field of 17, swaying opinion is difficult on an overcrowded stage, and this month's monstrosity will involve 20 of the 23 candidates plus five moderators.

If you're worried about a repeat of 2016 and, like me, long for someone with more charisma and fewer drawbacks, then you're stuck with the words of Iowa playwright Meredith Willson in "The Music Man": "Ya got trouble, my friend."

Peter Funt is a writer and speaker. His book, "Cautiously Optimistic," is available at Amazon.com and CandidCamera.com.

## SARAH SANDERS DOESN'T DESERVE THE MEDIA'S ABUSE

As White House Press Secretary Sarah Sanders packs up her office and prepares to leave the West Wing at the end of the month, it is tempting to wonder how she'll look back on her two years serving as the voice of what is arguably the most unorthodox administration to ever lead the nation.

There is no more thankless job in western civilization than serving as the spokesperson for President Trump while dealing on a seven-day a week schedule with a media whose collective persona on any given day ranged from hostile to whiny, respectful to belittling, smug to courteous, small-minded to insightful.

Her daily press briefings became steadily more contentious and argumentative until she decided to ditch them altogether. Whether the President will permit Sanders' successor to resume the tradition is unclear, but the relationship with the media is unlikely to change significantly because the Trump is convinced he is his own most effective press secretary. His designated surrogate is expected to follow the narrative as laid out on the boss' Twitter feed, no matter its accuracy, its disconnect from reality or its often personally insulting characterization of his critics.

The media also bears some responsibility for the death of the daily briefing, turning it into a self-aggrandizing play to the television cameras exercise while playing directly into the hands of a president who believes they are "the enemy of the people."

Sanders' frustration often came through in her briefings as she defended Trump or struggled to explain to a roomful of skeptical reporters the president's latest rant, his frequently cockeyed allusion to historical events or his vague hints at taking unilateral action to punish any person or nation which displeased him at the moment.

The rhetorical contortions Sanders and her predecessor Sean Spicer suffered through as they sought to clarify the presidential commentaries and rationalize his actions were not only personally embarrassing but seriously undermined their credibility. Once lost, credibility is impossible to restore.

More than once, she shaded the truth and tiptoed perilously close to the line separating honesty from lying. Her assertion that she'd been contacted by FBI agents disturbed over the activities of Special Counsel Robert Mueller was a blunder which haunted her and was used by her critics as evidence of lying in the service of her boss.

The acrimonious relationship between the administration and the media clearly reached critical mass and Sanders faced no option but to end the briefings. The situation was beyond repair and any effort to patch things up, acknowledge the mutual antagonism and move past it would surely fail.

She does not, however, deserve the abuse heaped on her as she heads for the exit. By flinging insults at her, reporters, cable news talking heads, columnists and editorial writers serve as reminders of the low esteem to which the media has tumbled. Former press secretaries eager to regain relevancy and B-list entertainers whose audiences deserted them long ago piled on and embarrassed themselves.

Express their differences with her if they must, but display some class by at least acknowledging the immense difficulty of the job, the relentless pressures, and the self-control necessary to hold tongue and temper when confronted by ill-informed and disrespectful self-promoters masquerading as journalists.

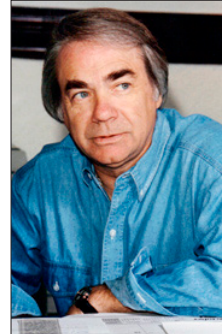
To be sure, she chose the arena in which to compete, knowing full well that the environment could be a vindictive, merciless blood sport and she could walk away at any point. The line she walked - representing a President who consistently displayed a casual appreciation for the truth while striving to maintain her credibility - often proved impossible. At some point, departure was inevitable; it was simply a matter of when.

The job is one in which scars outnumber medals and anyone who takes it believing otherwise, should find another line of work. Sanders has insisted that her tenure in the White House was an honor she'll carry forever, that it was the job of a lifetime. Doubtless there were times when it was all of that, offset by times when it was not.

She's headed back to her home state of Arkansas where she should sit in a rocker on the front porch, watch the sun sink over the Ozarks, smile to herself and tell CNN to go to hell.

Carl Golden is a senior contributing analyst with the William J. Hughes Center for Public Policy at Stockton University in New Jersey.

## CARL GOLDEN





























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