

Mountain Views News

Sierra Madre

Arcadia

Duarte

Monrovia

Pasadena

Altadena

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San Marino

SATURDAY, JULY 27, 2019

VOLUME 13 NO. 30

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DOWNTOWN BUSINESSES REJECT PROPOSED TAX REDUCTION AND REVISED DISTRICT BOUNDARIES

The final results are in. Efforts by the city to form a new Assessment District to what city staff and consultants believed would be of great benefit to downtown businesses and consumers has failed to gather the required support from business owners.

By state law, any effort to alter existing taxes require a vote by those in the impacted area. For Sierra Madre's business district, that involved seeking approval from almost 200 business owners, many of whom do not live in Sierra Madre.

In May, the city began the Prop 218 process which sent ballots to all within the proposed assessment district. Of the nearly 200 ballots, only 98 were returned. Of those completed ballots returned, those approving the changes numbered 42, however those opposing the changes numbered 46 so the effort did not pass.

The City currently has four existing special assessment districts which finance various services and improvements including parking, lighting, landscaping, and associated maintenance within the Central Business District area of the City. Each of the four districts was established to fund the cost of improvements and maintenance of specific benefits in the downtown district, however, two of the districts do not collect enough funds and are subsidized by expenditures from the General Fund. The remaining two districts collect sufficient revenue for the benefit provided and have accumulated a fund balance of \$595,000.

City staff has identified the need to correctly balance the amount of revenue collected within the district(s) with necessary expenditures. If formed, the new District would pay for the maintenance of the landscaping and lighting improvements put in place by these existing assessment districts and fund the implementation and associated maintenance of additional similar improvements nearby. The new district would collect \$22,676 less than the current combined collection of the four existing districts.

On March 26, 2019, the City Council adopted Resolution 19-09 initiating proceedings required to begin the formation process for the District by directing that an Engineer's Report be prepared. Subsequently, another City Council meeting was held on May 14, 2019, where Resolution 19-20 was adopted to approve the Engineer's Report and set the date of the public hearing for the formation of the District. On May 22, 2019, assessment ballots were mailed to the property owners within the proposed District's boundary, to vote for or against the formation of the District.

To assist the City in proceeding with the formation process for the District, the City hired NBS Government Finance Group ("NBS"). NBS has prepared the Engineer's Report for the District, which provides a description of the improvements, the estimated costs of improvements, a diagram for the District, and the District assessment roll containing the Fiscal Year 2019-2020 assessment for each parcel within the District. NBS has worked with the City Attorney to ensure recommendations will meet local, state, and federal regulations including compliance with Proposition 218 and appropriate assessment district regulations. NBS has handled the noticing and protest ballot process, and will submit the appropriate materials to Los Angeles County by the Fiscal Year 2019-20 property assessment deadline.

The final count was confirmed and accepted by the city council. The existing assessment district and tax structure will remain. MVNews

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2019 SUMMER OF SIERRA MADRE CONCERTS IN THE PARK
PRESENTED BY THE KENSINGTON

JUNE 2ND - PASADENA COMMUNITY ORCHESTRA
JUNE 23RD - SIERRA MADRE MUSIC CO.
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



SAVE THE DATE AUGUST 6, 2019

Last year the Sierra Madre Police Department deployed teams that visited individual block parties within the city. Your participation was well received citywide, making the evening very successful. All teams rotated each event to ensure that all residents could meet the entire department without leaving their party!

If you are part of a Neighborhood

Watch team, please contact your block captain or if you are not part of a team, you can contact me so we can accommodate your block party. The date again is, Tuesday, August 6, 2019 at 5:00PM.

We are looking forward to visiting neighborhoods throughout the city on another fantastic National Night Out!

For more information, please feel free to contact:

CSO Lou Oronoz @ 626/355-4596 or lorono@cityofsierramadre.com with any questions.

SIERRA MADRE EMERGENCY SIREN NOTIFICATION PROGRAM

To ensure the reliability of the Emergency Siren Notification Program, Testing of the Emergency Siren will occur on the last Tuesday of each month at noon.

Next Test:

July 30, 2019 - Noon

The Siren will be sounding for a few minutes to monitor its functions and effectiveness.

GET A ONE-RING CALL? DON'T CALL BACK.

A while back, the public was warned you about the "one ring" scam. That's when you get a phone call from a number you don't know, and the call stops after just one ring. The scammer is hoping you'll call back, because it's really an international toll number and will appear as a charge on your phone bill — with most of the money going to the scammer. Well, the scam is back with a vengeance, and the FCC just issued a new advisory about it. Read the FCC's advisory for more detail, but the advice from both agencies remains the same if you get one of these calls:

- Don't call back
- Report the robocall to the FTC at www.donotcall.gov and to the FCC at www.fcc.gov/complaints
- Always check your phone bill for suspicious or unusual charges

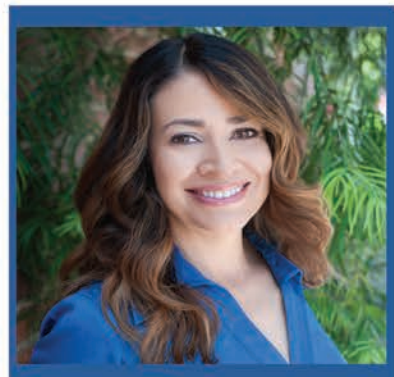
A CALL FOR ARTISTS! CITY HALL ART SHOW

Are you a local artist looking to display some of your work?

ABOUT CITY HALL ART SHOWS

In an effort to promote the professional development of local artists and their work, the Community Services Commission and Arts Review Board features a rotating calendar of visual art shows at City Hall. Local artists are invited to submit samples of work for review and possible inclusion for future exhibits. Shows run for 6 to 8 weeks. The exhibits may be viewed during business hours, Monday through Thursday from 7:30am-5:30pm, at Sierra Madre City Hall, 232 W. Sierra Madre Blvd.

If you are interested in submitting your art work please email samples to: Clarissa Lowe - CLowe@CityOfSierraMadre.com. Should you have additional questions, please contact the Community Services Department at (626) 355-5278 for more information.



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Sun	Sunny	Hi	90s	Lows	70s
Mon:	Sunny	Hi	90s	Lows	70s
Tues:	Sunny	Hi	90s	Lows	70s
Wed:	Sunny	Hi	90s	Lows	70s
Thur:	Sunny	Hi	90s	Lows	70s
Fri:	Sunny	Hi	90s	Lows	70s

Forecasts courtesy of the National Weather Service

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 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.

This week at the Sierra Madre Public Library

July 29 - August 3

Monday at 9:00 am

Baby Rhyme Time

Monday at 10:00 am

Preschool Storytime

Monday at 11:00 am

Reading Buddies

Tuesday from 12:00 - 4:00 pm

LEGO Play Day

Tuesday at 4:00 pm

Soap Making Workshop #4

Tuesday 4:00—8:00

Virtual Reality & tabletop board games

Thursday at 2:00—4:00 pm

Reading Buddies

Thursday at 4:00 pm

Incredibles Weekly Art Workshop for Kids

Friday & Saturday

Friends Book Sale

Saturday at 10:00 am

Craft for adults

Saturday

Last day of Super Summer Fun Program

Read, Discover, Connect
@ Sierra Madre Public Library

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THE SHOPS ON BALDWIN IN SIERRA MADRE



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GFWC Sierra Madre Woman's Club
550 W. Sierra Madre Blvd. 2018: 111 Years
Founded February 23, 1907 - "Living the Volunteer Life" in Friendship
Member: General Federation of Women's Clubs cfwc.org & gfwc.org

Rent The 1914 Essick House
Holiday Get-togethers, Seminars
Anniversaries, Parties, Weddings
Anita @ 626-355-4379

Explore Opportunities & Membership with Us
Join for Member - Only Yoga w/ Paul Hagan Tuesdays, 10 am
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
Accepts Clean, Gently Used Donations Weekdays to 2 pm

GFWC Sierra Madre Woman's Club
550 W. Sierra Madre Blvd. 2018: 111 Years
Founded February 23, 1907 - "Living the Volunteer Life" in Friendship
Member of General Federation of Women's Clubs cfwc.org & gfwc.org
SierraMadreWomansClub GFWCSierraMadreWomansClub.org

Sierra Madre Volunteers Wanted

Can YOU volunteer regularly each month
At the "Best Little Thrift Shop" in SGVD?

Wistaria Thrift Shop

Help Sort, Prep & in Retail Shop?

Your Time Helps Raise Funds for Our Scholarships

Call Gayle - 355-6007 1-4 pm

Network & Explore Membership with Us

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

Rent the 1914 Historic Essick House 626-355-4379

Wistaria Thrift Shop Open: M, Th, F 10a-3p 355-7739

Clean, Gently Used Donations Accepted Weekdays to 2 pm



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Pasadena Altadena

News From Your Community For Your Community

PHS Wiggle Waggle Walk

Early Bird rate Ends Wednesday

The Pasadena Humane Society & SPCA's (PHS) biggest, most fur-tastic fundraiser is just around the corner. That's right... our 21st annual Wiggle Waggle Walk steps off Sunday, September 29th at Brookside Park at the Rose Bowl!

Whether or not you have a dog, all are welcome to wiggle and waggle on a one- or three-mile route around Pasadena's iconic Rose Bowl stadium. If you're not already registered or are just learning about this beloved community dog walk, now is the time to sign up and put your best paw forward for the more than 11,000 animals PHS takes in every year.

Our goal is to raise \$225,000 to help provide these animals with food, shelter, veterinary care, and much more... and we need your help!

This event offers a host of animal-related vendors, demonstrations, a photo booth, and food trucks. It's a day of fun for the entire family! Day of registration opens at 8 a.m. and the walk steps off at 9 a.m., but sign up at wigglegagglewalk.org before July 31st to take advantage of our Early Bird rate of just \$25 per person.

Sign up as an individual or gather together friends, family, and coworkers to form a team. Create your own fundraising page and share your story about why you're supporting PHS with everyone you know. Every dollar you raise helps to create a second chance for the animals and earns you some sweet swag. We have prizes that range from a cool t-shirt, dog leash, PHS socks, and on-trend waist pack, to a chance to win either a ride along with a PHS Animal Control Officer or a professional photography session for you and your pet.

All participants will receive a dog bandana and participant bib with their registration. Fetch your friends then visit wigglegagglewalk.org to register, make a donation, and get all the details!

Community ALERT:

Catalytic Converter Thefts

According to the sheriff's department, the Altadena community is currently experiencing thefts of catalytic converters. The incidents are occurring during the early morning hours and most of the vehicles targeted are parked curbside. At this time, it appears the suspects are targeting Toyota Prius' and Honda's. Please remain vigilant and report any suspicious activity. Anyone with information about the thefts or to report a theft at (626) 798-1131.



Council Postpones Hearing, Rejects Another

The city council postponed a hearing for a project at 127-141 N. Madison Ave. that was scheduled for Monday night, although went ahead with another appeal for the housing project at 253 S. Los Robles Ave. (Pictured above) and then rejected that project altogether.

"Several Board members, Advocacy Committee members and supporters attended the meeting with Pasadena Heritage staff, prepared to speak," Officials for Pasadena Heritage said. "Many thanks are due to our co-appellants, the Women's City Club of Pasadena and the Blinn House Foundation, for taking this on with us. We were especially gratified to learn that more than 70 letters were received in support of our appeal, a most impressive showing."

The Madison Ave project was postponed after the council presentations, comments, and

discussion on the Los Robles Ave. went for more than four hours. According to reports, most of the debate was related to the height of the building and the impact of the project along South Los Robles Ave.

At issue was a California state law that would allow a taller building 80 foot building instead of 60 foot one in exchange for two additional affordable housing units. Under an Affordable Housing Concession Permit Pasadena would have been forced to grant more square footage 94,000, opposed to 80,000 square feet. This would also allow for 91 units as to 70 under the city's zoning laws.

The council deadlocked, 4 to 4, after voting and again re voting. When asked what that meant, Pasadena Mayor Terry Tornek replied "There is no project."

Representative Richard McDonald for the project

developer Zhuang & Zhong Los Robles LLC told reporters that the developer had no plans to resubmit the design and would likely file a lawsuit against the city.

Officials for Pasadena Heritage said "The project at 127-141 N. Madison Ave is located between two National Register Historic Districts, and any new building should be compatible with its historic setting per our General Plan and Design Guidelines for the district. The FAR (floor area ratio) requested far exceeds the allowable FAR in the Zoning Code that already includes a density bonus. Pasadena Heritage believes that a successful project could be developed here, but it must comply with our General Plan, Zoning Code, and Design Guidelines."

The council set the hearing for the Madison Ave project at their August 19 meeting.

NASA Mars 2020 Rover Does Biceps Curls at JPL



The robotic arm on NASA's Mars 2020 rover does not have deltoids, triceps or biceps, but it can still curl heavy weights with the best. In this time-lapse video, taken July 19, in the clean room of the Spacecraft Assembly Facility at the Jet Propulsion Laboratory, the rover's 7-foot-long (2.1-meter-long) arm handily maneuvers 88 pounds (40 kilograms) worth of sensor-laden turret as it moves from a deployed to a stowed configuration.

The rover's arm includes five electrical motors and five joints (known as the shoulder azimuth joint, shoulder elevation joint, elbow joint, wrist joint and turret joint). The rover's turret includes HD cameras, the Scanning Habitable Environments with Raman & Luminescence for Organics & Chemicals (SHERLOC) science instrument, the Planetary Instrument for X-ray Lithochemistry (PIXL), and a percussive drill and coring mechanism.

On Mars, the arm and turret will work together, allowing the rover to work as a human geologist would: by reaching out to interesting geologic features, abrading, analyzing and even collecting them for further study via Mars 2020's Sample Caching System, which will collect samples of Martian rock and soil that will be

returned to Earth by a future mission.

"This was our first opportunity to watch the arm and turret move in concert with each other, making sure that everything worked as advertised — nothing blocking or otherwise hindering smooth operation of the system," said Dave Levine, integration engineer for Mars 2020. "Standing there, watching the arm and turret go through their motions, you can't help but marvel that the rover will be in space in less than a year from now and performing these exact movements on Mars in less than two."

Mars 2020 will launch from Cape Canaveral Air Force Station in Florida in July 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 plans 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.

For more information about the mission, go to: mars.nasa.gov/mars2020/

Pasadena Huntington Free Pass



The Huntington Pass program with Pasadena Public Library allows a family of four (two adults and two children) free admission to The Huntington through August. The pass is available for checkout for one week and allows one visit per family during that week. Two passes are available for checkout at Pasadena Central Library and one is available at the La Pintoresca Branch. Passes are available on a first-come, first-served basis each Friday. They cannot be reserved. Each pass is good for one week, Friday-Thursday. Once the passes are checked out, they will not be available for checkout until the following Friday. The pass must be checked out up by an adult family member with a valid Pasadena Public Library Card and may be checked out once during the six-month period. Passes do not need to be returned to the library site. The Huntington Library, Art Collections, and Botanical Gardens • 1151 Oxford Rd. • San Marino
Pasadena Central Library is located 285 E Walnut St. For more information call (626) 744-4066.

House Unanimously Passes PRIDE Act



Fixes LGBT Discrimination in Tax Code

The House of Representatives unanimously approved Wednesday of H.R. 3299, the Promoting Respect for Individuals' Dignity and Equality (PRIDE) Act of 2019, introduced by Representatives Judy Chu and Andy Levin (MI-09). The PRIDE Act would remove gendered language like "husband" and "wife" from the tax code to accommodate same sex couples. Instead, tax filings will use words like "spouse" and "married couple."

The PRIDE Act also corrects the tax code to allow same-sex couples who married before the Defense of Marriage Act (DOMA) was struck down to claim the refunds they to which they are entitled. For years, same-sex couples in states that recognized legal marriage were wrongfully denied federal refunds because DOMA did not allow them to file federal taxes jointly. That law was overturned in 2013 by the Supreme Court's decision in U.S. v. Windsor, but the IRS still lacks the authority to override limitations in the tax code that limits to three years the period within which a married couple may file jointly after having filed separate returns. This bill would correct that to allow the IRS to provide refunds to same-sex couples who married in states that recognized same-sex marriage before DOMA was overturned. In the Senate, Senator Elizabeth Warren (D-MA) has also introduced companion legislation that would allow for same-sex couples married before the

repeal of DOMA to refile their taxes as a married couple. Reps. Chu and Levin issued the following statements:

"This bill corrects injustices in our laws that failed to recognize the reality of legal same-sex marriage in our country," said Rep. Chu. "For starters, it removes gendered language like 'husband and wife' and replaces it with neutral wording like 'they' and 'married couple'. It also allows same-sex couples who married in states before the repeal of the Defense of Marriage Act (DOMA) to go back and refile past taxes as a married couple, something they have been prevented from doing even after the repeal of DOMA by an IRS restriction that only allows married couples who filed separately to refile returns going back three years. Legalizing same-sex marriage has meant greater equality for families across our country. It's time our tax code reflect that. I'm thrilled to have the support of my colleague Andy Levin and I hope the Senate will act on this legislation soon."

"The House today sent a message to LGBTQ married couples across America that their unions are recognized, valued and dignified by the U.S. government," said Rep. Levin. "The PRIDE Act moves our country closer to true equality and equity for the LGBTQ community and I am proud that the House today passed this important bill. I commend Congresswoman Chu for her leadership in getting the PRIDE Act to the House Floor, and Speaker Pelosi and Chairman Neal for their commitment to passing legislation that affirms the LGBTQ community."

LEGO Robotics at the Library

Program inventions that come to life. Take one of America's favorite toys to the next level with LEGO robotics. In this class, boys and girls will design and configure a variety of creations using LEGO blocks, batteries and motors. The possibilities for imagination and fun are endless! For ages 7-12. For information, call (626) 744-6530. To sign up, visit



cityofpasadena.net/reserve or stop by any Pasadena community center. Saturdays, July 6-Aug. 24 • 10-11:30 a.m. Villa-Parke Community Center • 363 E. Villa St.

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WALKING SIERRA MADRE - The Social Side by Deanne Davis

"Loud is the summer's busy song. The smallest breeze can find a tongue, while insects of each tiny size grow teasing with their melodies, till noon burns with its blistering breath around, and day lies still as death." John Clare

I'd say that's a pretty accurate description of August, which is coming right up. All we can do is move slowly, remember that only "Mad dogs and Englishmen go out in the mid-day sun," (Noel Coward); clip the burned leaves off our plants; water sparingly early in the morning and keep praying for that El Nino thing to show up this winter. Just celebrated granddaughter, Emily's, 9th birthday and her mommy's birthday is coming up July 30th. It's monsoon season in Arizona now and the skies look threatening early in the morning and it's windy windy windy.

"Hello August...can time slow down, please?"

Remember when school started after Labor Day and the month of August was the last hurrah of summer? Forget that! School starts for Jessie and Emily - 6th and 4th grade respectively - on August 7th! Emily's birthday presents featured a lot of school clothes and a trip to see the new Lion King live action movie, which was gorgeous to see, but everybody still loves the 1994 animated version best. Here she is with her new artist's portfolio as she is quite a talented artist.

"August in sub-Saharan Los Angeles is one of the great and awful tests of one's endurance, sanity and stamina." Henry Rollins

I made pancakes for everybody for breakfast this morning. One of my best ever \$19.99 purchases from Kohl's a few years ago was the Presto griddle. This thing is fantastic, heats up instantly and you can't mess up your pancakes. Honest! Here's my recipe as I'm not a fan of mixes:

- 2 cups sifted all purpose flour
- 3 tsp. double-acting baking powder
- 1 tsp. salt
- 3 Tb. sugar
- 2 eggs
- 1-3/4 cup milk
- 3 Tb. melted butter

Blend the eggs and milk in your electric mixer, then add the dry ingredients which have been mixed together in a small bowl. Add in the melted butter. Be sure your griddle is hot then make pancakes in whatever size you like, from dollar to plate size. You can't go wrong with this recipe. Enjoy!

"We are all faced with a series of great opportunities disguised as impossible situations. And they usually arrive in August!" Charles Swindoll



"A perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing and the lawnmower is broken." James Dent

It's not too late to put in a tomato plant! Be good to yourself and drink a lot of water. Take heart: Fall is on the way!

May you have a perfect summer day every single day this week.

"Sunrises & Sunflowers Speak Hope" is here!

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"A Tablespoon of Love, A Tablespoon of Laughter"

is also available on my book page and the apple cake recipe is in there!

KATIE Tse....This and That



No, I haven't been to any interesting parties lately. Sorry if the title misled you. But when I was driving through Alta Dena the other day, I passed a market with items hanging outside, and was amused to see a piñata of a Patron Silver tequila bottle.

That's a new one! A new one for me, anyway. When I think of piñatas, I usually imagine the traditional type --colorful morning stars with streamers. Or those character-themed ones, like Batman, Winnie the Pooh, or the Little Mermaid. Patron, on the other hand, was a first.

Another common assumption regarding piñatas is that they're for kids. This got me wondering exactly what kind of party this Patron piñata was for. If it's for a kids' party, how does Patron fit in? That's kind of like having Johnny Walker or Maker's Mark party favor dispensers. A short skip and a hop from promoting other consumable vices, such as Marlboroughs or Camels cigarettes. Pick your poison, I guess.

But maybe I'm getting ahead of myself. Perhaps this thing wasn't for a kids' party at all. For all I know it could've been for adults. That line of reasoning begs the question, are grown-ups really going to blindfold each other and come out swinging at a piñata? I suppose anything's possible, and the more I thought about this, the more fun it sounded.

I mean, haven't we all had times when it would feel so good to crack something open with a bat? Nothing violent, of course. Unless you're talking about violence from the piñata's point of view. It's like that song "Something's Gotta Give." "When an irresistible force meets an old immovable object..." Surely those songwriters had Patron piñatas in mind.

If this was a piñata for adults, what favors would go inside? Other than the pure thrill of connecting with something while blindly swinging a bat, how could you motivate adults to break this thing open? Little bottles of Patron is an obvious choice, but that might not be the best option, since whacking them hard enough could result in tequila-soaked guests.

I don't know. Maybe those little bottles are plastic, anyway. However, filling something that big with pocket-sized bottles of booze would be expensive. (This was a regular, full-size piñata.) I suppose you could fill it with a cheaper tequila, but you wouldn't want to risk guests mutinying in disappointment if that were the case.

Setting the idea of little Patron bottles aside for the moment, most adults are easy. They'd go for chocolate or similar edibles. But do people put chocolate in piñatas? Doesn't it melt? I'm writing this on a three digit degree day, that's why I ask. AC would help, but piñatas aren't for indoors. Unless perhaps you have a mansion. In which case money is no object, and you could fill the thing with Dom Perignon for that matter.

At the end of the day, I continued past this market with its intriguing Patron Silver piñata, and have not had the opportunity to drive back again since. I have no idea what the inspiration behind this piñata creation was, nor do I have any notions about who bought it. But there's one thing I know --the party it was used for must've sure been interesting!

*Check out my novel "A Year at Apex" in paperback and ebook on Amazon and Barnes & Noble! Apex has it all --humor, romance, the human condition, and public education. Perfect for you and the educator in your life!

SIERRA MADRE POLICE BLOTTER

July 14 to July 21, 2019

During this period the Sierra Madre Police Department responded to 276 calls for service.

Physical Altercation

On Tuesday, 7/16/19 at 8:30PM, officers responded to the 300 block of W. Sierra Madre Bl. for a report of battery. The victim stated that he was struck in the face by a co-worker. This is an ongoing investigation

Suspicious vehicle

Officers on patrol in the area of Carter Ave. and Baldwin Ave. on Thursday, 7/18/19 at 3:31AM, observed a vehicle parked on a dirt path occupied by two people and with its trunk open. Following the field interview, the driver was arrested for possession of drugs and drug paraphernalia, then taken to the Pasadena Police jail for booking. Case referred to DA's office.

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AROUND SAN GABRIEL VALLEY

RACING NEWS: PRATT TOP JOCKEY AT SANTA ANITA; JORGE VELEZ AT LOS AL AND DEL MAR OPENS

By Joan Schmidt



There is so much to report in the Horse Racing World. Flavien Pratt was the jockey with the most wins during the last Santa Anita Meet. Then it was off to Los Alamitos for a 14 day meet; Apprentice Jorge Velez lead with 9 wins. Other recent highlights were Gary Stevens older brother Scott Stevens won the prestigious George Wolff Award, and Justify was horse of the year!

It's a disgrace that trainer Jerry Hollendorfer is banned from Santa Anita, Del Mar, Golden Gate Fields and some New York tracks. He is a scapegoat because of the negative publicity re: horse fatalities at Santa Anita in 2018. Well, CHRURCHILL DOWNS continues to lead in horse fatalities, followed by Hawthorne. No one realizes that because it's kept quiet. During the Kentucky Derby, the biased announcers kept sneaking in ROTTEN comments about Santa Anita, but failing to mention that THREE died at Churchill Downs during training. I honestly believe they are jealous of Santa Anita because the last two Triple Crown Winners, American Pharoah and Justify have come from here and actually California Chrome would have won if jockeys didn't purposely block him out.

Now, everyone is down at Del Mar, a beautiful venue for a 36-day meet. A lot of the jockeys and their families enjoy the close proximity to the beach. Del Mar opened Wednesday, July 17. Flavien won the Oceanside Stakes on Jasikan (Trained by John Sadler) besides wins on United and Give Me the Loot. Through Sunday, July 21, he leads with 10 wins. Joel Rosario has been successful, also. He had Stakes wins on Catalina Cruiser and Mutual Unusual on Saturday. Apprentice Jorge Velez had his first Del Mar win on Freedom Ride. Abel Cedillo who returned to Southern CA has been successful as also Ruben Fuentes. Everyone was happy when Victor had his first Del Mar win this year on Stormy Lady.

Trainer Jerry Hollendorfer and the CA Thoroughbred trainers have filed a civil complaint Monday, July 15 to allow him to train at Del Mar. The Judge has postponed a final decision; he wants to thoroughly go through all the information. Currently, Jerry's Assistant Dan Ward has been overseeing some of his horses.

Del Mar is really a beautiful venue. You can have breakfast there. Racing is Wednesdays-Sundays. Please visit their website. Also we have gone just for the day. I know people have taken the train there for daily excursions. But it's also great to stay a couple days and enjoy the beach and sights! See you there!

Jeff's Book Pics

By Jeff Brown

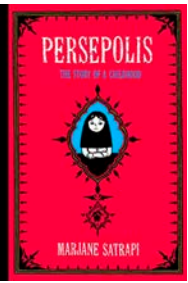
THE ISLAND OF SEA WOMEN: A NOVEL BY LISA SEE

Mi-ja and Young-sook, two girls living on the Korean island of Jeju, are best friends that come from very different backgrounds. When they are old enough, they begin working in the sea with their village's all-female diving collective, led by Young-sook's mother. As the girls take up their positions as baby divers, they know they are beginning a life of excitement and responsibility but also danger. Despite their love for each other, Mi-ja and Young-sook's differences are impossi-ble to ignore. The Island of Sea Women is an epoch set over many decades, be-gin-ning during a period of Japanese colonialism in the 1930s and 1940s, followed by World War II, the Korean War and its aftermath, through the era of cell phones and wet suits for the women divers. Throughout this time, the residents of Jeju find themselves caught between warring empires. Mi-ja is the daughter of a Japanese collaborator, and she will forever be marked by this association. Young-sook was born into a long line of haenyeo and will inherit her mother's position leading the divers in their village. Little do the two friends know that after surviv-ing hundreds of dives and developing the closest of bonds, forces outside their control will push their friendship to the breaking point. This beautiful, thoughtful novel illuminates a world turned upside down, one where the women are in charge, engaging in dangerous physical work, and the men take care of the chil-dren. A classic Lisa See story—one of women's friendships and the larger forces that shape them—the book introduces readers to the fierce and unforgettable female divers of Jeju Island and the dramatic history that shaped their lives.



PERSEPOLIS: THE STORY OF A CHILDHOOD BY MARJANE SATRAPI

A New York Times Notable Book. Wise, funny, and heartbreaking, Persepolis is Marjane Satrapi's graphic memoir of growing up in Iran during the Islamic Revolution. In powerful black-and-white comic strip images, Satrapi tells the story of her life in Tehran from ages six to fourteen, years that saw the overthrow of the Shah's regime, the triumph of the Islamic Revolution, and the devastating effects of war with Iraq. The intelligent and outspoken only child of committed Marxists and the great-granddaughter of one of Iran's last emperors, Marjane bears witness to a childhood uniquely entwined with the history of her country. Persepolis paints an unforgettable portrait of daily life in Iran and of the bewildering contra-dictions between home life and public life. Marjane's child's-eye view of de-throned emperors, state-sanctioned whippings, and heroes of the revolution al-lows us to learn as she does the history of this fascinating country and of her own extraordinary fam-ily. Intensely personal, profoundly political, and wholly original, Persepolis is at once a story of growing up and a reminder of the human cost of war and political repression. It shows how we carry on, with laughter and tears, in the face of absurdity. And, finally, it introduces us to an ir-resistible little girl with whom we cannot help but fall in love.



THE WRITTEN WORLD: THE POWER OF STORIES TO SHAPE PEOPLE, HISTORY, AND CIVILIZA-TION BY MARTIN PUCHNER

The story of literature in sixteen acts—from Homer to Harry Potter, includ-ing The Tale of Genji, Don Quixote, The Communist Manifesto, and how they shaped world history. In this groundbreaking book, Martin Puchner leads us on a re-markable journey through time and around the globe to reveal the how stories and literature have created the world we have today. Through sixteen founda-tional texts selected from more than four thousand years of world literature, he shows us how writing has inspired the rise and fall of empires and nations, the spark of philosophical and political ideas, and the birth of religious beliefs. We meet Murasaki, a lady from eleventh-century Japan who wrote the first novel, The Tale of Genji, and follow the adventures of Miguel de Cervantes as he battles pirates, both seafaring and literary. We watch Goethe discover world literature in Sicily, and follow the rise in influence of The Communist Manifesto. Puchner takes us to Troy, Pergamum, and China, speaks with Nobel laureates Derek Walcott in the Caribbean and Orhan Pamuk in Istanbul, and introduces us to the wordsmiths of the oral epic Sunjata in West Africa. This delightful narrative also chronicles the inventions—writing technologies, the printing press, the book itself—that have shaped people, commerce, and history. In a book that Elaine Scarry has praised as “unique and spellbinding,” Puchner shows how literature turned our planet into a written world.” It's with exhilaration . . . that one hails Puchner's book, which as-serts not merely the importance of literature but its all-importance. . . . Storytell-ing is as human as breath-ing.” —The New York Times Book Review.The 3 reviews are from Amazon.com

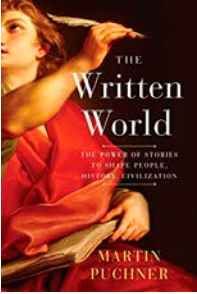


TABLE FOR TWO by Peter Dills

thechefknows@yahoo.com

LOCAL WINE SHOP HAS A GREAT SELECTION

One of the most common questions that I get as a restaurant advocate/food Influencer (fancy name for critic on line) is where is my favorite steakhouse? The Answer: My house, nothing beats heading over to Pavilions or Howie's for a filet and bbq'n at home. Wine by the glass another story. At a restaurant that can be a very tricky situation. To this, I say “buyer beware” from the get-go. Wine by the glass can provide a huge revenue stream for your favorite restaurant. In fairness to the restaurant (and before you start calculating how much the restaurant is paying for a bottle of wine and charging for a glass), let's remember that there is often some waste once a bottle is opened. For instance, sparkling wine can't last for more than 24 hours once opened. I have sent back many an old wine back and asked for a fresh bottle, and to my surprise, without much resistance. Local sommelier and wine geek Russ Meek tells me that even reds and whites, once opened, can easily lose their luster after just a few days. My advice is to ask the server/bartender to open a “fresh” bottle - it will make you feel a whole lot better about paying that premium price.



Chardonnay is the best selling wine by the glass here in California, and one that stands out to me is Rambuer Chardonnay. Hailing from the grape-rich area of Napa Valley, this higher end chardonnay satisfies those of us who like a bit of buttery and oaky chardonnay. I found this gem at one of my favorite non-home restaurants, Taylor's Steak House in La Canada. Taylor's has consistently offered a very good wine by the glass program; they aren't giving it away, but you won't feel like you've been gypped. Rombauer Chardonnay is light gold in color, well balanced, and the finish is crisp and clean. Some of my wine snob friends have called it “overrated” but I don't agree. This is a fantastic special occasion wine or a treat at a medium to higher end restaurants. The supply is ample, and you should have no problem finding it at your local market.

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Each week I will give you my Dills Score. Starting with a base of 50 points, I added 8 points for color, 8 points for aroma or “nose”, 8 points for taste, 9 points for finish, and 8 points for my overall impression, which includes my value rating.

Email Peter at thechefknows@yahoo.com and follow me on my podcast

CHRISTOPHER Nyerges



30 YEARS LATER AND THE HOUSE DEMOLISHED, DID IT MATTER IF WE USED GLOSSY OR FLAT?

[Nyerges is the author of Enter the Forest, Guide to Wild Foods, and co-author of Ex-treme Simplic-ty. He has led wilderness trips since 1974. He can be reached at the School of Self-Reliance (Box 41834, Eagle Rock, CA 90041); or on-line at www.SchoolSelf-Reliance.com.]

It was the summer of 1973 when my brother and I lived on my grandfather's farm in Chardon, Ohio. One day, we decided to paint the kitchen a beautiful shade of light turquoise.

We turned on the radio, and began our task. We opened the windows, and I did the trim while my brother rolled. We listened to the radio as we busied ourselves with our individual tasks. We worked the corners, the edges, the front surfaces.

There's something about painting -- perhaps it's the fumes, perhaps it is the long quiet times of many little tasks. Painting requires no moral decisions, no great choices, no necessary pontifications about the meaning and purpose of life. And yet...

And yet, there you are, with your self, and the task before you. For me, painting time has often been a time to re-enter the inner I, to think, to remember. In many ways, it is the ideal task for self-enlightenment.

When we were done, we felt we'd accomplished something, and felt we'd given something back to the old farmhouse.

When the weekend came, another uncle came to visit us. He strode into the kitchen, looked around at the paint, and simply said “you didn't use glossy!”

Glossy? We were teenagers from California, visiting the home where our mother grew up. Though it may be second-nature to us today, back then we had no sense that a kitchen should be painted glossy. Glossy vs. flat were not issues that we thought much about. We didn't think it mattered all that much?

But Uncle Joe seemed to think it was a big deal, and just one more bit of evidence that teenagers from “the big city” were a bunch of dimwits who wouldn't know a cow from a goat. Uncle Joe shared it around to family and friends that we'd painted the kitchen in “wrong” paint, so we heard about in the weeks that followed. Some relatives didn't care, but others would comment as they came in, “Oh, so there's the flat paint job,” instead of, “Hey, hello, long time no see!”

Dumb city boys who don't know the difference between flat and glossy paint, who actually had the stupidity to paint a kitchen in flat paint.

Of course, our intent was to make the family happy that we'd improved the old farmhouse. We wanted the relatives to comment that we were industrious nephews who proved that all city boys were not idiots.

Today, while I was painting my own bathroom -- glossy paint, white -- memories of the summer of 1973 in Chardon began to play again in my mind. Perhaps it was the paint. Perhaps it was the cool breeze blowing fresh oxygen through the room. I heard the chickens out back and it reminded me of my brief period of farm-living.

I began to think about how Uncle Joe responded, and how he could have responded. I realized then the great truth in the phrase that WHAT we do is of little or no importance, but HOW we do it is eve-rything.

Uncle Joe died over 10 years ago, and when I visited the old farm site in 1999, the entire farm house and barn had been torn down and were now just a field. None of it mattered anymore in the world of physical reality. Joe was gone, and the entire farmhouse was simply a memory, glossy or flat.

Joe could have congratulated us on taking the initiative to paint, and could have explained why kitchens are always painted glossy. He could have told us that it was a great primer coat, and enthusiastically offered to drive us right then to the hardware store to get glossy paint, and we'd all do the final coat together. That would have been something. Our memory would have been profoundly different had Uncle Joe taken that route of inclusiveness, family-ness, and helpfulness.

I do not fault him for what he did do -- he probably knew no other way. In fact, from what I knew about his father (my grandfather), his father probably would have beaten him had Joe painted the kitchen with flat paint. So to Joe, that was just one of millions of automatic reactions to things in his world. He probably forgot about in a few years, after the novelty of talking about Marie's silly nephews wore off.

I realized then how important such “little things” can be, and I wondered how well I would do when my next opportunity arose. It is especially important with impressionable youth to do the very best we can to be a good example.

It seemed like an important insight, that the “how” is more important than the “what” and that flat or glossy really doesn't matter. Perhaps it was the paint. Perhaps it was the cool breeze blowing fresh oxygen through the room....



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Fueling of NASA Mars 2020 Rover Power System Begins

NASA's Associate Administrator for the Science Mission Directorate, Thomas Zurbuchen, has given the go-ahead to begin fueling the Mars 2020 rover's Multi-Mission Radioisotope Thermoelectric Generator, or MMRTG. The generator will power the rover and help keep it warm while exploring the Red Planet.

"The progression of the Mars 2020 rover project is on schedule," said Zurbuchen. "The decision to begin fueling the MMRTG is another important milestone in keeping to our timetable for a July 2020 launch."

Essentially a nuclear battery, an MMRTG can provide about 110 watts of electrical power to a spacecraft and its science instruments at the beginning of a mission. The excess heat from the generator can also serve to keep spacecraft systems warm in cold environments. In all, 27 past U.S. space missions have used radioisotope power — from the Viking missions on Mars to the Voyager spacecraft entering interplanetary space to, most recently, the Curiosity rover on Mars and the New Horizons spacecraft that sailed past Pluto.

MMRTGs work by converting heat from the natural decay of radioisotope materials into electricity. The generators consist of two major elements: a heat source that contains plutonium-238 (Pu-238) and thermocouples that convert the plutonium's decay heat energy to electricity. The process of loading the heat source into the MMRTG, which the Department of Energy (DOE) manufactured, is timed to a mission's launch date. The Mars 2020 fueling process has been initiated thanks to the continued progress constructing the rover and the spacecraft that will get it there.

"We are advancing on all fronts —

including completion of the cruise stage that will guide us to Mars and the sky crane descent landing system that will gently lower us to the surface," said Project Manager John McNamee of NASA's Jet Propulsion Laboratory, which manages the mission in Pasadena, California. With the exception of incorporating the Adaptive Caching Assembly, with its seven motors and more than 3,000 parts, work on the Mars 2020 rover's interior is 100% complete. On the exterior, the most visible additions have been the remote sensing mast, the mobility suspension system, the main robotic arm and the rover's high-gain antenna. The external components of the Mastcam-Z and SuperCam science instruments have been installed on the high perch of the remote sensing mast, and the PIXL and SHERLOC instruments' turret assemblies have been added onto the end of the robotic arm.

"Our Mars 2020 rover is on a historic mission — the first leg of a round trip to Mars," said Zurbuchen. Mars 2020 will launch from Cape Canaveral Air Force Station in Florida in July 2020 and land at Jezero Crater on Feb. 18, 2021. It will be the first spacecraft in the history of planetary exploration with the ability to accurately retarget its point of touchdown during the landing sequence — technology that could prove essential to future crewed missions to the Moon and Mars.

NASA will use Mars 2020 and other missions, including those to the Moon, to prepare for human exploration of the Red Planet. The agency plans to establish a sustained human presence on and around the Moon by 2028 through NASA's Artemis lunar exploration plans.

Resident Donates 60 Beanie Babies to SPPD



One of South Pasadena's residents, Hanna Crowley (pictured), came to South Pasadena Police Department and donated a collection of about 60 Beanie Babies that her mother had collected over a decade ago. Margo and Hanna had heard of a story up in San Luis Obispo where a person had donated stuffed animals to local law enforcement. The stuffed animals were given to kids during a crisis situation to help comfort them. Hanna previously worked as a camp counselor did not want their valuable collection of Beanie Babies to just end up on the trash or to go unwanted. She wanted to donate their collection of Beanie Babies to local children who could appreciate and also use them in a crisis situation as a way of comfort.

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Summer Concerts In The Park

Feel the beat of the summer with the city's free summer concert series! "Summer Throwback" at Washington Park tonight, "80's Vibe" at Grant Park on July 27 and "Latin Fiesta" at Villa-Parke on August 10 (Latin Fiesta is subject to change). All concerts start at 5:30 p.m. and end at 7:30 p.m. Bring a lawn chair, a picnic and your dancing shoes. For More information visit: cityofpasadena.net search "Concerts In The Park." or call 626-744-6523.

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ARCADIA - MONROVIA - DUARTE

ARCADIA POLICE BLOTTER

For the period of Sunday, July 14th, through Saturday, July 20th, the Police Department responded to 912 calls for service, of which 114 required formal investigations. The following is a summary report of the major incidents handled by the Department during this period.

Sunday, July 14:

1. Shortly before 6:55 a.m., officers responded to the Racetrack 76 gas station, 701 West Huntington Drive, regarding a burglary report. Officers discovered unknown suspect(s) smashed the glass door, stole the register and keys, and fled undetected. No suspects were seen and no witnesses were located.

2. At approximately 2:15 p.m., officers responded to the 1000 block of West Duarte Road regarding a vehicle burglary report. Sometime between Friday, July 12th and July 14th, unknown suspect(s) entered the victim's vehicle by unknown means and fled with clothing, shoes, and toiletries. No suspects were seen and no witnesses were located.

Monday, July 15: After 11:14 a.m., an officer responded to the front counter of the Arcadia Police Department regarding a forgery report. The officer determined an unknown suspect forged two of the victim's checks and cashed them for a total loss of \$262.87. The victim does not know how the suspect obtained their personal information or the identity of the suspect. At approximately 3:42 p.m., officers responded to JCPenney, 400 South Baldwin Avenue, regarding a theft report. Loss prevention employees witnessed the suspect steal approximately \$100.00 worth of merchandise before exiting the store, failing to make payment. The 19-year-old male from Altadena was arrested and transported to the Arcadia City Jail for booking.

Tuesday, July 16:

3. Around 1:56 a.m., an officer initiated a traffic stop on a vehicle in the area of Duarte Road and Baldwin Avenue for failing to obey traffic signs. Upon contacting the driver, the officer detected a strong odor of alcohol emitting from the vehicle. Through a series of tests, the officer determined

the suspect was driving with a blood alcohol content of 0.14%. The 24-year-old male from Arcadia was arrested and transported to the Arcadia City Jail for booking.

4. Just before 7:45 a.m., an officer responded to Western Rooter, 136 East Santa Clara Street, regarding a commercial burglary report. Surveillance footage revealed three suspects attempted to enter the location by prying open a roll-up door with two large digging tools but were unsuccessful. They fled emptyhanded.

The suspects are described as Hispanic males in a gold or tan colored Honda with 4-doors and a sunroof. The investigation is ongoing.

5. At about 10:54 a.m., an officer responded to a residence in the 300 block of California Street regarding a burglary report. Surveillance footage captured an adult male, an adult female, and a child entering the residence without the owner's permission on July 14th at 4 a.m. No loss was reported. The investigation is ongoing.

Wednesday, July 17: Shortly after 2:10 p.m., an officer responded to the 1000 block of East Camino Real Avenue regarding the activation of an Arcadia Police Department GPS tracking device. An investigation revealed the male and female suspects were in possession of the stolen package, merchandise, and tracking device. A 31-year-old male from Pasadena and a 29-year-old female from Azusa were arrested and transported to the Arcadia City Jail for booking.

Thursday, July 18:

6. Before 12:19 a.m., an officer responded to 24 Hour Fitness, 125 North First Avenue, regarding a burglary report. The victim stated he had his gym bag, wallet, car keys, and ID stolen from his secured locker sometime between 10:30 p.m. and midnight. No suspects were seen and no witnesses were located.

7. Around 6:15 a.m., an officer responded to a residence in the 00 block of La Porte Street regarding a residential burglary report. The officer determined unknown suspects smashed a window and removed another window but fled emptyhanded. The investigation is ongoing.

MONROVIA SET TO FOLLOW-UP WITH SUPERVISOR BARGER'S STAFF AFTER SUCCESSFUL BREAKFAST MEETING EVENT

This past Friday, the City Council held a special meeting with LA County Supervisor Kathryn Barger to discuss a variety of issues that overlap between the City and LA County. The meeting was successful, and all of us at the City appreciate the work that Supervisory Barger does to support Monrovia and the rest of her district.

We wanted to share that based on the Supervisor's comments at our meet-

ing, coupled with follow-up discussions that we had with her staff following the meeting, it appears that some tangible take-away results from the meeting include the following:

- Consideration by LA County to allocate \$300,000 (from LA County Parks & Open Space District Excess Funds) to support our efforts to upgrade Lucinda Garcia Park
- Commitments to improve the process of allocating LA County Measure H homeless funds to support successful local homeless response models, with a particular emphasis on Monrovia's very own Housing Displacement Response

Program

- An allocation of \$5,000 from LA County to support our Youth Employment Services internship program

- Continued support from the Supervisor for our rWMP stormwater programs

A copy of the presentation that we used to guide the discussion with the Supervisor can be found online, and of course, we will be certain to keep everyone informed as to our progress on each of the above referenced partnership projects with LA County!

DUARTE NEWS BRIEFS

AD HOC CITIZENS FINANCE ADVISORY COMMITTEE

- The Duarte Finance Ad Hoc Committee held its first meeting on July 18.
- Attendees were given a general orientation, discussed the scope and mission of the committee and future agenda items.
- The next meeting will be held on August 1 and will be focused on a discussion of the City's 2019/20 budget, historical trends, and forecasts.

CITY COUNCIL SPECIAL MEETING

- The City Council will have a Special Meeting on July 30 in the City Council Chambers (1600 Huntington Dr.) at 10 a.m.
- The meeting will focus on interviewing City Manager recruitment consultants. The public is invited to attend.
- View the agenda here.

COMMUNITY DEVELOPMENT THIRD AND OAK MULTIPLE FAMILY DEVELOPMENT

- Project is near completion.
- The developer will seek final inspection and approval from Planning Dept. the week of July 29.

ORANGE BLOSSOM PARK

- Park construction anticipated to be complete by August 5.

HARBOR FREIGHT

- Harbor Freight is preparing to move into the building vacated by Staples at 1450 S. Mountain Ave.
- Signs were permitted this week and are expected to be installed within the next two weeks.
- Architectural plans for the remodel of the interior and exterior of the building were approved this week and the project is expected to promptly move forward into plan check.

SWEET BASIL PIZZA

- Located at 1215 Huntington Drive.
- Interior remodel is complete and the sign has been installed.
- The soft opening is expected this week and the grand opening is coming soon.

CITYWIDE RESTRIPIING PROJECT

- The restriping project in various areas of the city is in its completion phase.
- This project includes refreshing crosswalks, stop legends and other traffic control markings.

CHARTER COMMUNICATIONS

- Charter will be working on Huntington Drive over the next two weeks for the replace of cables.
- Anticipate potential delays in front of 1830 Huntington Drive and 1000 Drive.

POWER POLE WORK

- Southern California Edison is continuing to work in the fire hazard areas of the city.
- They will be replacing poles as needed to reduce the risk of damage to power lines.

A MESSAGE FROM BRIAN MCDONALD
SUPERINTENDENT

Dear PUSD Employees, Families, and Community,

Interim Superintendent Dr. David Verdugo I hope you are having a productive and restful summer break. The PUSD team is busy preparing for the start of the school year so that our faculty, staff, and schools will be ready to welcome students when the new school year begins on August 12.

Although the start of each new school year is one of my favorite times because it is filled with optimism, hope, and excitement, I will have to miss this special time with you this year since I am scheduled for a planned surgery in late July and will be on medical leave recuperating for several weeks.

Dr. David Verdugo (pictured, right) the former Superintendent of Paramount Unified School District and a veteran leader who has served more than 43 years in K-12 education and mentored and coached aspiring superintendents across the country, will lend his experience and expertise in guiding PUSD until I return.

Dr. Verdugo's leadership as interim superintendent will be invaluable as we resolve important issues facing our school district at one of the busiest times of the school year. He will support our Executive Leadership Team, which will be led by Chief Academic Officer Dr. Elizabeth Blanco.

I am so proud of our team and the thoughtful and caring way they are preparing to welcome students back to school.

My family and I truly appreciate your well wishes and kind thoughts during this time. I will see you soon!

Sincerely,
Brian McDonald, Ed.D.
Superintendent

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Arcadia High School 180 Campus Drive Arcadia, CA 91007 Phone: (626) 821-8370, Principal: Brent Forsee bforsee@ausd.net	Odyssey Charter School 725 W. Altadena Dr. Altadena, Ca. 91001 (626) 229-0993 Head of School: Lauren O'Neill website: www.odysseycharterschool.org
Arroyo Pacific Academy 41 W. Santa Clara St. Arcadia, Ca. (626) 294-0661 Principal: Phil Clarke E-mail address: pclarke@arroyopacific.org	Pasadena High School 2925 E. Sierra Madre Blvd. Pasadena, Ca. (626) 396-5880 Principal: Roberto Hernandez website: http://phs.pusd.us
Barnhart School 240 W. Colorado Blvd Arcadia, Ca. 91007 (626) 446-5588 Head of School: Ethan Williamson Kindergarten - 8th grade website: www.barnhartschool.org	St. Rita Catholic School 322 N. Baldwin Ave. Sierra Madre, Ca. 91024 Principal Joan Harabedian (626) 355-9028 website: www.st-rita.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	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
Clairbourn School 8400 Huntington Drive San Gabriel, CA 91775 Phone: 626-286-3108 ext. 172 FAX: 626-286-1528 E-mail: jhawes@clairbourn.org	Sierra Madre Middle School 160 N. Canon Sierra Madre, Ca. 91024 (626) 836-2947 Principal: Garrett Newsom E-mail address: newsom.garrett@pusd.us
Foothill Oaks Academy 822 E. Bradbourne Ave., Duarte, CA 91010 (626) 301-9809 Principal: Nancy Lopez www.foothilloaksacademy.org office@foothilloaksacademy.org	Walden School 74 S San Gabriel Blvd Pasadena, CA 91107 (626) 792-6166 www.waldenschool.net
Frostig School 971 N. Altadena Drive Pasadena, CA 91107 (626) 791-1255 Head of School: Jenny Janetzke Email: jenny@frostig.org	Weizmann Day School 1434 N. Altadena Dr. Pasadena, Ca. 91107 (626) 797-0204 Lisa Feldman: Head of School
The Gooden School 192 N. Baldwin Ave. Sierra Madre, Ca. 91024 (626) 355-2410 Head of School, Jo-Anne Woolner website: www.goodenschool.org	Wilson Middle School 300 S. Madre St. Pasadena, Ca. 91107 (626) 449-7390 Principal: Ruth Esseln E-mail address: resselln@pusd.us
High Point Academy 1720 Kinneloa Canyon Road Pasadena, Ca. 91107 Head of School: Gary Stern 626-798-8989 website: www.highpointacademy.org	Pasadena Unified School District 351 S. Hudson Ave., Pasadena, Ca. 91109 (626) 396-3600 Website: www.pusd@pusd.us
La Salle College Preparatory 3880 E. Sierra Madre Blvd. Pasadena, Ca. (626) 351-8951 website: www.lasallehs.org Principal Mrs. Courtney Kassakhian	Arcadia Unified School District 234 Campus Dr., Arcadia, Ca. 91007 (626) 821-8300 Website: www.ausd.net
Monrovia High School 325 East Huntington Drive, Monrovia, CA 91016	Monrovia Unified School District 325 E. Huntington Dr., Monrovia, Ca. 91016 (626) 471-2000 Website: www.monroviaschools.net
	Duarte Unified School District 1620 Huntington Dr., Duarte, Ca. 91010 (626)599-5000 Website: www.duarte.k12.ca.us
	Arcadia Christian School 1900 S. Santa Anita Avenue Arcadia, CA 91006 Preschool - and TK - 8th Grade 626-574-8229/626-574-0805 Email: inquiry@acsllions.com Principal: Cindy Harmon website: www.acsllions.com

FAMILY MATTERS

By Marc Garlett



MORE ON THE LIFETIME ASSET PROTECTION TRUST – YES, IT’S THAT BIG OF A DEAL

Last week, I discussed the general benefits of a unique estate planning vehicle known as a Lifetime Asset Protection Trust (LAPT). This is an important enough estate planning tool that I want to dive in a little deeper this week.

LAPTs are primarily designed to protect your loved ones and their inheritance from threats, such as divorce, serious debt, devastating illness, and unfortunate accidents. At the same time, LAPTs can provide your heirs with a unique educational opportunity in which they gain valuable experience managing and growing their inheritance, while enjoying airtight asset protection.

Safeguarding your children's inheritance
If you're like most people, you hope to leave an inheritance for your children. Indeed, it may even be one of the primary motivations driving your life's work. Yet if you don't take the proper precautions, the wealth you pass down can easily be lost or squandered. And in certain cases, the inheritance can even end up doing more harm than good.

When it comes to leaving an inheritance, most lawyers will advise you to place the money in a trust, which is the right thing to do. However, not every lawyer goes past a basic distribution of the trust assets outright to your loved ones at specific ages, such as one-third at 25, half of the balance at 35, and the rest at 40. Check your own trust now to see if it does this or something similar.

But giving outright ownership of the trust assets in this way puts everything you've worked so hard to leave behind at risk. While a trust may protect your loved ones' inheritance as long as the assets are held by the trust, once the assets are disbursed to the beneficiary, they can be lost to future creditors, a catastrophic accident or illness, divorce, bankruptcy, or a major lawsuit.

Rather than risking their inheritance by leaving it outright to your children at certain ages or following certain life events, such as graduating college, you can gift your assets to your children at the time of your death using an LAPT. When you gift an inheritance to your kids via an LAPT, the trust owns the assets, not your children.

Therefore, if your kids ever get divorced, file bankruptcy, have a major medical issue, or are ordered to pay damages in a lawsuit, they can't lose their inheritance because they never owned it in the first place. An LAPT can be built into a revocable living trust, which becomes irrevocable at the time of your death and holds your loved one's inheritance in continued trust for their lifetime.

A trustee of your choice manages the trust assets upon your death. Because the LAPT is discretionary, this individual has the power to distribute the assets at their own discretion, instead of being required to release them in a rigid structure. This discretionary power enables the trustee to control when and how your kids can access their inheritance, so they're not only protected from outside threats like ex-spouses and creditors, but from their own poor judgment as well.

And if you're afraid that a trustee would keep your beneficiary from using the trust assets, you can build in protections to ensure your beneficiary has flexible use, unless there would be a significant risk of loss if he or she did. You can even allow your beneficiaries to become Co-Trustees and then sole Trustees of their own LAPT.

And contrary to what some might think, LAPTs are not just for the mega wealthy. In fact, the asset protection they provide is even more valuable for those leaving behind a modest inheritance. With less money to pass on, it's much more likely that the inheritance could be totally wiped out by a single unfortunate event, as opposed to a much larger inheritance, which might survive even multiple mishaps.

An educational opportunity
Additionally, you can use an LAPT as a unique way to educate your children about investing, charitable giving, and even running a business. This is done by adding provisions into the trust allowing the beneficiary to become co-trustee of the trust with a person you've chosen and trust to support their education.

In this way, the beneficiary would become co-trustee at a predetermined age or stage of life and be able to use and control the trust assets under the supervision of the other co-trustee you've named to guide them. You can even allow the beneficiary to become sole trustee later in life, once he or she has been properly educated and is ready to assume full control. As sole trustee, the beneficiary would be able to resign and replace themselves with an independent trustee, if necessary, to provide the ultimate asset protection.

A priceless gift
If you wish to protect your child's inheritance from all possible threats, while incentivizing them to invest and grow the money rather than squander and waste it, consider including a Lifetime Asset Protection Trust in your plan for the ones you love. Indeed, the trust's highly flexible structure, combined with its bulletproof asset protection make it one of the most valuable gifts you can give your loved ones.

The point is, there are several different ways your trust can be structured to meet your family's unique needs, which is why it's so important to explore what options might be best for your particular situation before simply executing a "one-size-fits-all" trust.

Dedicated to empowering your family, building your wealth and defining 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 for more information.

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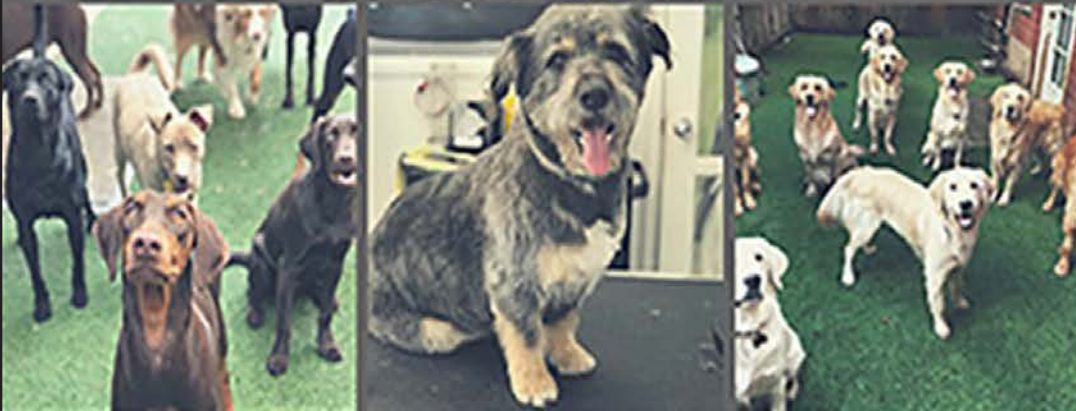
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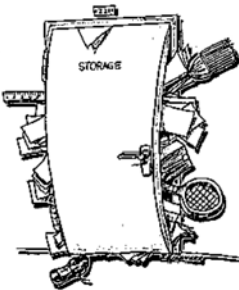
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CAT OF THE WEEK

Katnip News!



BOBBY IS THE
BESTEST!

My name is Bobby. I'm young and a soft buff color. I'm also well behaved, love to cuddle, and love to be pet. I'm 11 months old. I can be adopted by myself, or with

my mom, Foxie, or my step-sister, Sammie, or with another kitty! I hope I find a forever home purr-ty soon!

Please call the nice lady who is taking care of me, at 626-991-6619. You can see more pictures of me at www.lifelineforpets.org, the More Cats page. I can't wait to meet my future forever humans!

Good news: Tucker has been adopted!



Bobby
626-991-6619
lifelineforpets.org

Pet of the Week

Jenny (A479266) just heard about the extraordinary spell that has fallen over our Neely Cat Center and is looking forward to having some magic waft her way. This 8-year young, blonde beauty is ready for her second act and a chance at unconditional love. Jenny can be a little shy (perhaps because of her vision impairment) but once she's comfortable, she's a sweet, tail wagging, cuddle buddy. This special girl is excited and waiting for you to magically appear!

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. 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.

***Magic appeared on July 16 and transformed some of our cats and kittens into your favorite Harry Potter characters. Look for the special kennel cards to identify who is part of this mystical transformation. While under the spell these cats adoptions are free. Don't wait, for the spell will disappear on Sunday, July 28. All other cats and kittens are available for a reduced adoption fee of \$25 during this promotion.



LOOKING FOR A BEST FRIEND?

Midge is a petite 1 ½ year old pretty brown tabby with silky long hair, delightful to touch. When people first approach, Midge's striking green eyes capture their attention. Midge needs a cat person who understands. She may initially play hard to get, but has demonstrated a loving side. While she remains shy inside her condo, when brought out to the "catio", her cautious demeanor noticeably changes. Midge has rewarded the outpouring of love from staff and volunteers she knows by melting into petting hands on a lap and relaxing stretched out on a bed. She especially enjoys laying peaceful in sunbeams. She may like a feline friend. A calm, steady environment and patience will help her adjust while she warms up to a new environment and people. Her adoption fee is \$99, which includes spay surgery, microchip, first vaccinations and a free wellness check-up at a participating veterinarian.





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HOW TO HELP AN AGING PARENT WITH A HOARDING PROBLEM

Dear Savvy Senior:

My 70-year-old mother has become somewhat of a hoarder. Since my father died a few years ago, her house is so disorganized and messy with stuff that it's becoming a hazard. What should I do to help her?

Troubled Son



Dear Troubled:

Clutter addiction is a problem that effects up to five percent of Americans, many of whom are seniors. The problems can range anywhere from moderate messiness to hoarding so severe it may be related to a mental health disorder like obsessive-compulsive disorder. Here's what you should know, along with some tips and resources that can help your mom.

Why People Hoard

The reasons most people hoard is because they have an extreme sentimental attachment to their possessions, or they believe they might need their items at a later date. Hoarding can also be a sign that an older person is depressed or showing early symptoms of dementia.

Common problems for seniors who live in excessive clutter are tripping, falling and breaking a bone; overlooking bills and missing medications that are hidden in the clutter; and suffering from the environmental effects of mold, mildew and dust, and even living among insects and rodents.

What to Do

To get a handle on your mom's problem, the Institute for Challenging Disorganization offers a free "Clutter Hoarding Scale" that you can download off their website at ChallengingDisorganization.org.

If you find that your mom has a moderate cluttering problem, there are a number of things you can do to help.

Start by having a talk with her, respectfully expressing your concern for her health and safety, and offering your assistance to help her declutter.

If she takes you up on it, most professional organizers recommend decluttering in small steps. Take one room at a time or even a portion of a room at a time. This will help prevent your mom from getting overwhelmed.

Before you start, designate three piles or boxes for your mom's stuff – one pile is for items she wants to keep-and-put-away, another is the donate pile and the last is the throwaway pile.

You and your mom will need to determine which pile her things belong in as you work. If your mom struggles with sentimental items that she doesn't use, like her husband's old tools or mother's china for example, suggest she keep only one item for memory sake and donate the rest to family members who will use them.

You will also need to help her set up a system for organizing the kept items and new possessions.

Find Help

If you need some help with the decluttering and organizing, consider hiring a professional organizer who can come to your mom's home to help you prioritize, organize and remove the clutter. The nonprofit group National Association of Productivity and Organizing Professionals has a directory on the website at NAPO.net to help you locate a professional in your area.

If your mom has a bigger, more serious hoarding problem (if her daily functioning is impaired, or if she is having financial difficulties, health problems, or other issues because of her hoarding) you'll need to seek professional help. Antidepressants and/or talk therapy can help address control issues, anxiety, depression, and other feelings that may underline hoarding tendencies, and make it easier for her to confront her disorder.

To learn more and find professional help see the International OCD Foundation which provides a hoarding center on their website (Hoarding.iocdf.org) that offers information, resources, treatments, self-help groups, and more. Also see HoardingCleanup.com, a site that has a national database of qualified resources including cleaning companies and therapists that can help.

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

SENIOR HAPPENINGS



HAPPY BIRTHDAY! ...July Birthdays*

Nina Bartolai, Mary Lou Caldwell, Louise Neiby, Betty Hansen, Christine Durfort, Shahrzad Azrani, Jeanne Borgedahl, Janet Cox, Barbara Watson, Pat Alcorn, Karma Bell, Pancoska, Janet Swanson, Linda Thunes, Barbara Watson, Pat Alcorn, Karma Bell, Alice Clark, Dorothy Jerneyic, and Betty Dos Remedios

* 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. **Will Resume in September 2019**

Free Legal Consultation: Wednesday, July 25th 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.



JULY EXCURSION

AQUARIUM OF THE PACIFIC (Long Beach) July 17, 2019

Level of Walking: HIGH

Lunch will be on your own and spending money optional.

Registration Now Open through Thursday, July 11, 2019

*Maximum - 35 participants

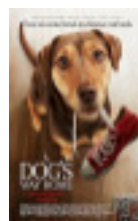


SENIOR CINEMA - 2nd & 4th Wednesday 1:00 pm

July 24th "A Dog's Way Home" PG;

1 hr. 50 36 min.

As a puppy, Bella finds her way into the arms of Lucas, a young man who gives her a good home. When Bella becomes separated from Lucas, she soon finds herself on an epic 400-mile journey to reunite with her beloved owner. Along the way, the lost but spirited dog touches the lives of an orphaned mountain lion, a down-on-his-luck veteran and some friendly strangers who happen to cross her path.



OUT TO PASTOR

A Weekly Religion Column by Rev. James Snyder



DID I TELL YOU THE STORY...?

I was having a rather down day recently. You know how it is; you are going along 100 miles an hour and finally you crash. I was experiencing one of those reality crashes.

Reclining in my chair, drinking coffee, I thought of one of my old friends. Oh my, he has been gone for almost 5 years now. How time flies by so quickly!

You know you have friends and then you have those who are really friends. He was without a doubt one of the latter. In fact, I do not have any friend that quite equals him as a friend.

Thinking about him, I began chuckling. The Gracious Mistress of the Parsonage came in about that time and said, "What are you laughing at?"

She knew I was going through a rather busy schedule and to find me sitting in a chair chuckling was a little strange.

"I was just thinking," I said while still chuckling, "of my good friend Brother Lloyd."

As soon as I said that, she started chuckling herself and sat on the couch. We knew Brother Lloyd for 30 years. In those 30 years, we have had some great times with him and his wife. The last five years of his life, he was a widower.

It seemed like nothing got him down for long. Oh yes, he had his issues and would give you a commentary on his issues. He never was afraid to speak his mind. He had an opinion on every subject under the sun and some over the sun. He must have had a great mind because he always gave people a piece of it.

I knew anytime I was struggling with something, all I had to do was call and he knew how to solve every problem in the world.

We talked on the phone quite a bit, but also we met for lunch at least once a month. He lived about two hours from me and so we met in the middle at a nice little restaurant.

Thinking back on him, I cannot say how much I appreciated our monthly lunches. It got me away from my world and I enjoyed being in his world, even though it was a short time. We almost could order each other's lunch and sometimes we did.

Of all the friends I have known down the years, nobody had more stories to tell than good old Brother Lloyd. He had a story for every subject you could think of at the time.

I would be talking about something in my life and he would interrupt, "Did I ever tell you the story about...?" Not waiting for my reply, he would go on with the story.

I have heard all his stories, and could tell them almost as good as he did. They must have been

true because every time he told them they were almost word for word as before.

Because I admired the old brother so much, I listened to each story as though I was hearing it for the very first time. I must admit, they always had a great application, particularly concerning the subject at hand. How he was ever to do that I will never know.

Looking back, I wished he'd put all his stories in a book. They would have been a fascinating read for anyone.

I must confess I did something once rather naughty. We were talking about some subject, I can't remember what now, and I said, "Brother Lloyd, did I ever tell you the story about...?"

Without giving him an opportunity to respond, I went on with the story. The story I was telling him was one of his stories he told me probably 100 times. I tried to tell it from my perspective, but kept it almost word for word.

I was sure he would catch on but he never did. When I finished with "his" story he said, "That's quite remarkable because something like that happened to me." Then he went on and retold that story as though he was telling it for the very first time. As far as I knew, he never caught on. I simply listened as though I was hearing it for the very first time.

Occasionally, I will think of one of his stories and it brings a certain sense of encouragement to my heart. Although he has been dead these many years, his stories still live in my heart to this very day. I only wish I was as good a storyteller as he was.

One thing he taught me was that everything that happens in a person's life, whether good or bad, is seed for a story. I am quite sure that there was a seed of truth in every story he told me. I never could tell where the twist was in any of his stories. He was such a wonderful brother that I really did not care.

Sometimes when my wife and I are talking I will say, "Did I ever tell you the story...?" To which my wife will always respond, "Yes, you did Brother Lloyd."

I chuckled and then thought of what David said. "Let the words of my mouth, and the meditation of my heart, be acceptable in thy sight, O Lord, my strength, and my redeemer" (Psalm 19:14).

Everybody has a story, but God's story is the only one that really matters.

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 jamesnyder2@att.net. The church web site is www.whatafellowship.com.

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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.

SUSAN HENDERSON

Editor/Publisher



THE GASLIGHTING OF AMERICA

Gaslighting is a form of psychological manipulation in which a person seeks to sow seeds of doubt in a targeted individual or in members of a targeted group, making them question their own memory, perception, and sanity. Using persistent denial, misdirection, contradiction, and lying, gaslighting involves attempts to destabilize the victim and delegitimize the victim's belief. Don't know of anyone who would use such tactics other than villains like Hitler? Well, wake up and smell the roses. The 45th President of these United States, should be correctly bestowed with the title of Gaslighter in Chief!

Before we go any farther, here is a brief glossary for this article: Victim/You: The American Public; They/Him: The many faces of Donald J. Trump. Don't believe it? Consider this: *(In a 2017 Psychology Today article, they articulate the 11 Warning Signs of a Gaslighter, from the Book: "Manipulative and Emotionally Abusive People – and Break Free" by Stephanie A. Sarkis Ph.D.)*

1. **They tell blatant lies.** You know it's an outright lie. Yet they are telling you this lie with a straight face. Why are they so blatant? Because they're setting up a precedent. Once they tell you a huge lie, you're not sure if anything they say is true. Keeping you unsteady and off-kilter is the goal. As of June 7, 2019 Donald Trump has told more than Verified 10,700 lies to the American Public! *"Totally Exonerated"*

2. **They deny they ever said something, even though you have proof.** Who are you going to believe? Him or your lying eyes? Time after time we have watched the replays of what he has said right along with him saying he "never said that". You know they said they would do something; you know you heard it. But they out and out deny it. It makes you start questioning your reality—maybe they never said that thing. And the more they do this, the more you question your reality and start accepting theirs. *Like the Wall Mexico was going to pay for or the tax break that would benefit everyone. Let us not forget the infamous pre-election video about sexual abuse of women.*

3. **They use what is near and dear to you as ammunition.** The US Constitution and the protections and freedoms it bestows on all citizens; social justice concerns and traditional American values. He attacks the foundation of your being. He attacks all political identifies that are not his kind of Republican. Democrats are not devils or demons any more than Republicans are. In this country, we have a right to our individual beliefs.

4. **They wear you down over time.** This is one of the insidious things about gaslighting—it is done gradually, over time. A lie here, a lie there, a snide comment every so often...and then it starts ramping up. Even the brightest, most self-aware people can be sucked into gaslighting—it is that effective. It's the "frog in the frying pan" analogy: The heat is turned up slowly, so the frog never realizes what's happening to it. After years of his 'noise' and the media's attempt to keep the public informed, your resistance is wearing thin. You'd rather listen to a TV or Radio station broadcasting in a language you don't understand rather than hear another word about him.

5. **Their actions do not match their words.** When dealing with a person or entity that gaslights, look at what they are doing rather than what they are saying. What they are saying means nothing; it is just talk. What they are doing is the issue.

6. **They throw in positive reinforcement to confuse you.** This person or entity that is cutting you down, telling you that you don't have value, is now praising you for something you did. This adds an additional sense of uneasiness. You think, "Well maybe they aren't so bad." Yes, they are. This is a calculated attempt to keep you off-kilter—and again, to question your reality. Also look at what you were praised for; it is probably something that served the gaslighter.

7. **They know confusion weakens people.** Gaslighters know that people like having a sense of stability and normalcy. Their goal is to uproot this and make you constantly question everything. And humans' natural tendency is to look to the person or entity that will help you feel more stable—and that happens to be the gaslighter.

8. **They project.** They are a liar and/or a cheater, yet they are constantly accusing you of that. This is done so often that you start trying to defend yourself, and are distracted from the gaslighter's own behavior. He yells 'Fake Media' so much you begin to doubt the very institutions that have always kept the public informed.

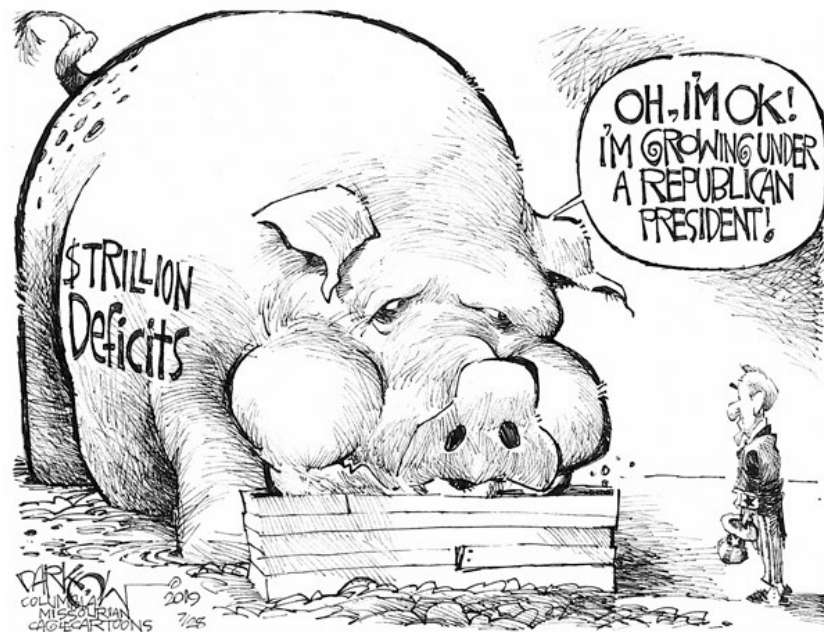
9. **They try to align people against you.** Gaslighters are masters at manipulating and finding the people they know will stand by them no matter what—and they use these people against you. They will make comments such as, "This person knows that you're not right," or "This person knows you're useless too." Keep in mind it does not mean that these people actually said these things. A gaslighter is a constant liar. When the gaslighter uses this tactic it makes you feel like you don't know who to trust or turn to—and that leads you right back to the gaslighter. And that's exactly what they want: Isolation gives them more control.

10. **They tell you or others that you are crazy.** This is one of the most effective tools of the gaslighter, because it's dismissive. The gaslighter knows if they question your sanity, people will not believe you when you tell them the gaslighter is abusive or out-of-control. It's a master technique. Hence, the many, many nicknames he loves to bestow on his enemies.

11. **They tell you everyone else is a liar.** By telling you that everyone else (Demprcats, the media) is a liar, it again makes you question your reality. You've never known someone with the audacity to do this, so they must be telling the truth, right? No. It's a manipulation technique. It makes people turn to the gaslighter for the "correct" information—which isn't correct information at all.

So, there you have it. Stop all the outside noise and take a moment to think about what is going on. Our country has always had differences of opinions, and our priorities have not always been in alignment with each other, but never before has there been such a reign of chaos.

Why, you might ask? Let's see, consider this familiar title, "The Man Who Would Be King". And that he will be if we continue to allow him to destroy the foundations that our country was built upon. Get your heads out of the sand people, that's for ostriches. As citizens, we need to be aware and take more responsibility for future generations. By the way, if you want to continue as an ostrich, remember, when his head is in the sand looking for food to satisfy his urges, his butt is sticking straight up in the air, and easy target



DICK POLMAN



MUELLER'S TESTIMONY: IMPEACHMENT ACCELERANT OR ANTICLIMAX?

Remember the now-distant days when we Americans who closely track Donald Trump's lies and lawlessness waited in great anticipation for "Mueller Time"?

That historic reckoning seemed virtually assured - until Trump's servile attorney general, Bill Barr, falsely spun the Mueller report as a total exoneration of his client. Barr's bumper-sticker mantra, amplified by his client's relentless tweets, infested the mainstream media bloodstream and struck a chord with a public that hasn't bothered to read the densely circumlocutions report.

So it's quite possible that Robert Mueller's long-awaited open testimony, slated for Wednesday in front of the House Judiciary and Intelligence committees, will be a yawner. Indeed, he recently warned that "the report is my testimony." But key House Democrats believe (or hope) that if the special counsel merely recites the most crucial passages on TV, that he will somehow bring the report to life and seed more grassroots support for impeachment.

If that were to happen, fine. But it's a sad commentary on our attention-deficit, sub-literate culture that the powerful substance of the Mueller report has not sufficiently resonated. Only three percent of Americans have reportedly read the entire thing, and only 10 percent say they've read some of it.

If Mueller's public testimony moves the needle, fine. But legal experts with federal prosecutorial experience know already how damning it is - regardless of whether Mueller remains characteristically reticent under questioning.

Donald Ayer, a former assistant U.S. attorney and a deputy attorney general under George H. W. Bush, calls it "a very readable account of repeated acts by the president carefully tailored to interfere with and disrupt (Mueller's) investigation." Mimi Rocah, another former assistant U.S. attorney, says the report amasses "an overwhelming amount of incriminating information" that documents how Trump "engaged in obstruction of justice by repeatedly trying to dissuade witnesses from cooperating or testifying, using threats and intimidation" - and she points out (as have more than 1000 current and former prosecutors) that if not for a Justice Department memo that argues against indicting a sitting president, obstruction charges were likely justified.

Indeed, those current and former prosecutors write in their open letter: "To look at these facts and say that a prosecutor could not probably sustain a conviction for obstruction of justice - the standard set out in Principles of Federal Prosecution - runs counter to logic and our experience."

There's certainly fertile ground for substantive questions. House Democrats, most notably Judiciary Chairman Nadler, would ideally love to hear Mueller endorse the obstruction angle - in colloquial, everyday language. They will surely ask him whether he, as an experienced professional prosecutor, believes that Trump committed obstruction-of-justice crimes, as determined by the weight of the evidence, even though Trump, as a sitting president, cannot be criminally charged.

Will Mueller elaborate on his report and answer that question in the affirmative? Yeah, right. And the 2019 Phillies will rally to win the National League East.

So if Mueller won't bite on whether Trump should be criminally charged, Judiciary Democrats will surely ask him to elaborate on the remedy he offered in his report: "The Constitution requires a process other than the criminal justice system to formally accuse a sitting president of wrongdoing." Well, the only other process is impeachment. Does Mueller believe that the evidence he amassed meets the threshold for an impeachment probe of high crimes and misdemeanors?

Could Mueller answer in the affirmative? Yeah, right. And unicorns will gambol on the National Mall.

Excuse me for trying to lower expectations, but Mueller is not likely to break character and deliver an indelible Hollywood moment. In fact, when the news broke that his testimony was being pushed back one week, because House committee Democrats wanted to ensure that their junior members would have the chance to speak, the odds of another Democratic muck-up increased. Expect repetitive questions badly framed within a five-minute window, all while preening for the cameras.

Perhaps Mueller's mere appearance on live TV will dominate the news cycle for a day, and remind enough potential 2020 voters that our Russia-enabled president is soaked in corruption - regardless of whether Mueller does little more than read aloud from what he has written. But if "Mueller Time" lays an egg, I'll be reminded of an old Peanuts cartoon, circa 1968, when Charlie Brown laments, "What a team. We can't even win enough games to have a slump!"

He could easily have been talking about the Democrats.

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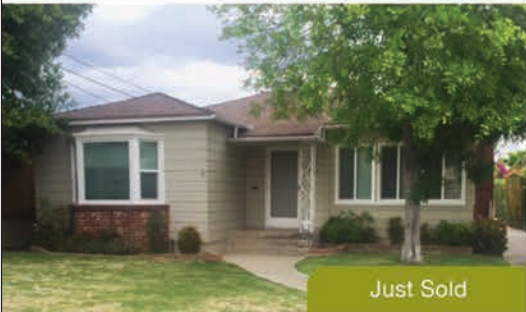
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