

Weather Wise



5-Day Forecast Sierra Madre, Ca.

Mon: Sunny Hi 80s Lows 60s
Tues: Sunny Hi 80s Lows 60s
Wed: Sunny Hi 80s Lows 60s
Thur: Sunny Hi 90s Lows 60s
Fri: Sunny Hi 90s Lows 60s

Forecasts courtesy of the National Weather Service

BARGAIN BOOK TABLE

The Friends of the Sierra Madre Library will have a Bargain Book Table Sale inside the Library from September 15-20 during the Library's public open hours. Featured subjects will include Fiction, Sports, Cookbooks, Gardening, Children's and Specialty books, all in good condition. All books will be sold at the bargain price of \$1.00.

For further information on programs and services please visit the Library's web site at www.sierramadre.lib.ca.us or call (626) 355-7186. These every-other-month book sales provide funding for Library resources and programs.

SIERRA MADRE AQUATICS CENTER

The Sierra Madre Aquatics Center will be opening for Fall 2008 for lap swim. Hours will be Monday, Wednesday, Friday, Saturday, and Sunday from 12:00 pm - 2:00 pm and Tuesday and Thursday from 6:00 pm - 8:00 pm. Lap swim season passes are available for \$100.00 and there will NOT be daily admissions. You can purchase season passes at the Community Recreation Center at 611 E. Sierra Madre Blvd. The Sierra Madre Aquatics Center needs to sell 65 passes in order to stay open for the Fall Season. For more information contact 626-355-5278.

St. Rita's Semi-Annual Welcome Event

New to St. Rita's church or school and don't feel you know many members? Moved to Sierra Madre recently, and looking for a new Catholic church home? Belonged to St. Rita's for a long time, but don't feel you've connected yet? Let us welcome you to St. Rita's!

Join us Sunday afternoon, September 21 at 3 p.m. for a casual wine and cheese gathering at the home of Dick and Chris Bertrand. Please bring a bottle of wine or your favorite beverage, a cheese and crackers plate, or an appetizer to share.

Representatives of various St. Rita organizations will join our pastor, Father Krekelberg, to welcome you to our wonderful parish community! At 5 p.m., following the gathering, we will tour the St. Rita's campus and facilities, with those who are interested. RSVP to Chris Bertrand at 626-355-1621.

YOUTH ACTIVITY CENTER EVENTS

Back To School Barbeque, Friday, September 19th

Free Food, Great Fun - Don't Miss Out and Grab A Hot Dog with your BFF!

and

The YAC is on MYSPACE!

go to: www.myspace.com/smyac for the latest information about the YAC

GOOD OLD FASHIONED FUN IN SIERRA MADRE

Activities For Young and Old

All activities are sponsored by the Sierra Madre Department of Community & Personnel Services. Unless otherwise indicated, all activities are held in the Recreation Center (aka YAC) at 611 E. Sierra Madre Blvd.

For Kids:

- Hapkido Karate
- Classical Ballet
- Sports Blitz
- Mini-Sports Blitz
- Pee Wee Soccer
- Introduction of Model Rocketry
- Kindermusik
- Yoga For Kids
- Storytelling Yoga For Kids


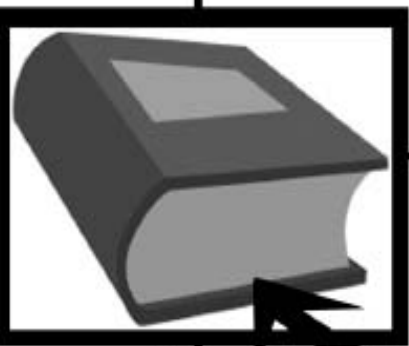

For Adults

- Jazzercise
- Social Dance
- T'ai Chi Ch'uan
- Yoga For All Ages
- International Folk Dancing
- Hapkido Karate
- Country Western Line Dancing
- Weight Loss Challeng
- Tennis
- Aerobic & Strength Training

For more information, go to: www.cityofsierramadre.com

1. Click on Community & Personnel Services
2. Visit the Active.com button
3. Type in the class you are looking for and follow the prompts.

or call
626-355-5278

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Planning Commission Meeting, Council Chambers, 7:00 pm Senior Community Meeting, Council Chambers 3:00 pm			
7	8	9	10	11	12	13
Bargain Book Table, Sierra Madre Public Library, September 15th - 20th During Normal Operational Hours						
	Community Services Commission Meeting Council Chambers 6:00 Pm	14	15	Tree Advisory Commission Meeting Council Chambers 7:00 pm	16	17
			Library Board of Trustees Meeting City Hall Conference Room 7:00 pm			
		23	24	Calendar For The Month Of September		
28	29	30				

Youth Acting Classes Offered

Youth Acting and Music Theater Workshops at Sierra Madre Playhouse are registering students, now, for Fall Semester 2008. Taught by Alison Kalmus and Dianne Harmel this acclaimed program, in its 9th year, offers drama and vocal classes ranging from beginning technique through advanced performance on the SMP stage. Classes fill quickly so for information and registration go to www.sierramadreplayhouse.org or call 626-398-7636

BROWN BAG LUNCH TALK @ ARCADIA HISTORICAL MUSEUM

On Thursday, September 18 from noon to 12:30 p.m., the Ruth and Charles Gilb Arcadia Historical Museum will be holding a Brown Bag Lunch Talk with Irene Verdugo and Theresa Richau. Irene is a Tongva elder and descendant of Victoria Reid (spouse of Hugo Reid). She and her granddaughter, Theresa, will be here to talk about their history.

Bring your own lunch or enjoy pizza, on us! After lunch, plan on staying to enjoy the new exhibit Tongva: Our Voice, Our History, Our People, which will be on display through November 22, 2008.

For more information, please call the Museum in advance at (626) 574-5440 or consult our website.

The Arcadia Historical Museum is located at 380 W. Huntington Drive, immediately behind the Community Center. The Museum is open Tuesday through Saturday from 10 a.m. to 4 p.m. Admission is always free.

Upcoming Events In Town

- September 18 - Sierra Madre Honors - Dinner and Awards
- September 20 - Creative Arts Group Flea Market
- Sept. 22 LA Opera At The Library
- Sept 24 SMWC New Member Tea 1-3

SAN MARINO CHURCH TO HONOR LOCAL POLICE AND FIRE DEPARTMENTS

San Marino Congregational Church, a member of the United Church of Christ (UCC), has designated September 14, 2008, as Public Safety Sunday. As such, a special worship service will recognize the vital work of police officers, firefighters, paramedics and others, who provide public safety services in the West San Gabriel Valley.

"Public safety is everybody's concern, especially in the Post 9/11 Era, and the men and women who put their lives on the line every day are to be commended," said Rev. Art Cribbs, San Marino UCC's pastor. "It is easy to take them for granted, so this is our way of letting them know how grateful we are to them for serving and protecting our communities."

San Marino UCC is inviting the community to attend this important service to help its members express their appreciation to these valued public servants for their dedication and commitment to public safety.

Sunday, September 14, 2008, at 10:00 a.m. - Worship hour, which will honor representatives from the following: San Marino Police and Fire Department, Pasadena Police and Fire Departments, San Gabriel Fire Department, Sierra Madre Police Department, South Pasadena Fire Department El Monte Police Department, 11:00 a.m. - Refreshments with local public safety officers

San Marino Congregational Church (UCC), 2560 Huntington Drive, San Marino, CA 91108. Phone number is 626.292.2080.

San Marino Congregational United Church of Christ is an open and affirming church. Its members are committed to the defense of the spiritual, civic and human rights of all people. San Marino Congregational UCC is a member church of the United Church of Christ denomination, which is dedicated to realizing God's just and loving purpose in the world.



MISSION WEST FALL STREET FESTIVAL FINE ART AND CRAFT

On Historic Mission Street between Meridian & Fremont Avenues in South Pasadena

**SATURDAY & SUNDAY
SEPT. 20 & 21, 2008
10 a.m. - 6 p.m.**

- PAINTING
- SCULPTURE
- JEWELRY
- CERAMICS
- PHOTOGRAPHY
- CLOTHING
- AND MORE
- Free Admission

Fine Art & Craft Displays

- Great entertainment throughout the day
- International Food Court
- Children's Entertainment Area with Rides and Amusements



CLOCKWISE FROM LEFT:
 MINDY KEYES - ELITE SILK ARTS
 • Silk Embroidery
 LAURA KNIGHT - IRON RHAPSODY
 • Metal Sculpture
 GINA DAVIS - BEJEWELLED BY GINA
 • Handmade Jewelry
 LESLEE ADAMS • Watercolors

a del Mano Productions Event • INFO: (626) 797-6803 • www.delmanoprod.com

SIERRA MADRE CERTIFIED FARMERS MARKET Every Wednesday 4pm-8pm

Public parking lot on Mariposa Avenue. Fresh vegetables and seasonal fruits from California family farms. Specialty foods, vegetarian and vegan dishes, ethnic foods and hot food - Everything you'll find at the farmers market has been made or picked fresh, is pesticide-free and preservative-free.

MountainViews-Observer

Pasadena Altadena

News From Your Community For Your Community



Residents Vote to Buy Open Space

By Dean Lee

The possibility of buying the Annandale Canyon Estates and leaving the 20.6 acre property open space got one step closer Monday night as the city council approved the creation of the Annandale Canyon Open Space Benefit Assessment District.

The new district still has to be passed by a 50 percent vote of local residents. Annandale Canyon Estates is in the San Rafael Hills boarding Glendale.

Director of Planning and Development Richard Bruckner said staff would mail out ballots and a hearing would be set for Oct. 27. Staff will then count the ballots.

"They're weighted ballots by the district your in and the portion of the payment made." He said. Earlier he had explained there would be four assessment zones based on their proximity to the area. Those with the highest annual assessment, their vote would count twice of those with an annual assessment paying half the same amount.

In November of last year, the city and developer Annandale Canyon Estates, LLC agreed to end a lawsuit with a settlement agreement to buy the property for \$7 million. The lawsuit stemmed from the timing of the city's environmental review of the project staff told the council.

Councilmember Chris Holden said their action was based around solving the problem of the litigation. Confused, Vice Mayor Steve Haderlien then asked that he and the public be informed about the lawsuit something City Attorney Michele Bagneris said she would bring back.

The developer had submitted an application to build 24 homes on the site. A number of residents pressured the city to stop the project.

The city last year received a \$2.5 million grant from the Santa Monica Mountains Conservancy toward the purchase. Holden and others said they needed to act before grant ran out.

"If we lose that grant from the Santa Monica Mountains Conservancy I don't know what we're going to tell them in the future when we want another grant," said organizer Nina Chomsky of the Residents Working Group. Chomsky was one of many residents working with the city on the creation of the district.

It was unclear what would happen if residents voted the district down, as well as, leaving the city to figure out how to fill a gap of \$1.7 million. Residents assured the council that would not happen. An earlier phone and mail survey as well as outreach showed residents were willing to fund \$1.3 million of the cost.

"I had some reservations coming in," councilmember Victor Gordo said. "I think going forward with acquisition at this point for land without first looking at the study and some of the assessment that we are doing with regard to the open space survey, I think we are getting a little ahead of ourselves."

City staff said they had state and county sources to get the \$1.7 million. Councilmember Margaret McAustin also said she had some concern about voters not passing it.

"I'm a little bit uncomfortable with this stacking of funds that we might find ourselves boxed in," she said. "And then have to come up with this money when we have not had a chance to evaluate this money against other projects."

McAustin did say she was in favor of preserving the property.

Gordo also asked about the public benefit, "in my mind that means a clear plan that describes access, hours of operation, type of uses that are allowed." He said. "I do understand this will be passive recreation."

Vice Mayor Steve Haderlien asked if they would hear back from the state by October.

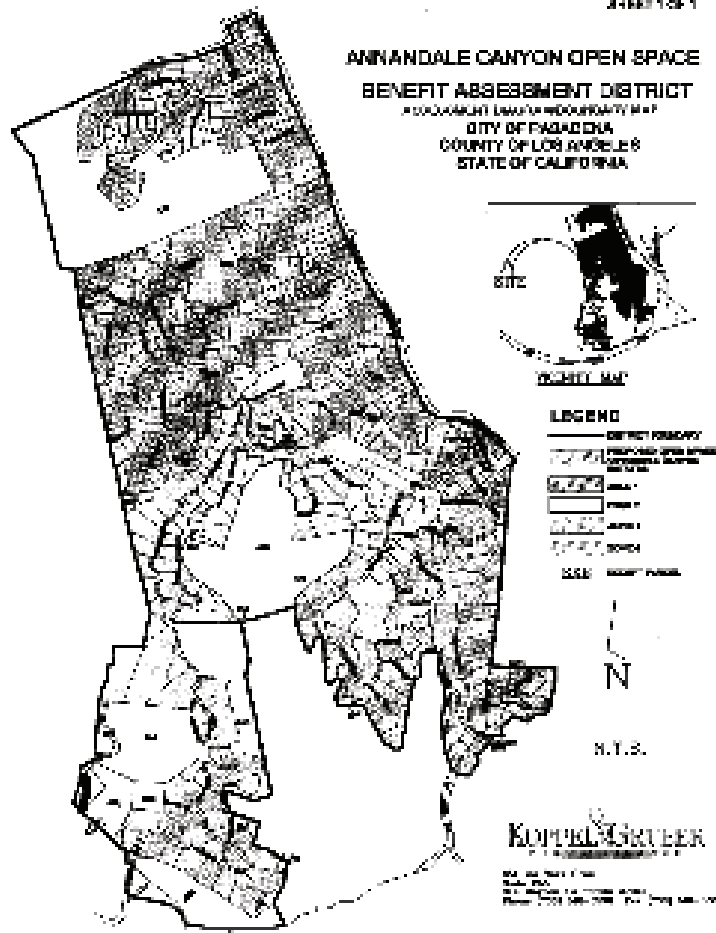
"So on Oct. 27 we can make a more thoughtful decision," he said. "Is this a \$3.2 million expenditure, or a \$1.5 million expenditure or something in between."

Staff blamed the state's late budget for not having the information ready. "I hope we have an adopted state budget by that time so we can bring you back that information."

Chomsky said their vision for the area was to have good working trails and that public access could

not work without that although she also said none of the funding from the assessments would go for that.

"The Santa Monica Mountains Conservancy really knows how to do this and I think we will be back working with them on this," she said.



South Lake Avenue To Celebrate PARK(ing) Day



On Sept. 19th, the South Lake Avenue District will participate in PARK(ing) Day—a global event centered in San Francisco where citizens and artists collaborate to temporarily transform a metered spot into a public park. The South Lake Business Association is partnering with EPTDESIGN, the South Lake

Avenue architectural firm that designed South Lake's Streetscape Improvement project which is currently under construction. The SLBA will be "parked" all day, but design details and location of the parking spot is under wraps. People are encouraged to enjoy a walk on South Lake while looking for the park location.



David McCabe

"Here we have 11 teachers that have decided that despite the fact they are getting lower pay—that they could go to the district next door and get paid thousands more—they have decided to stay in Nuview because they are committed to the community...and your reward for that is letting them go," he told the board. "You're making these cuts as close to the classroom as you could get and they need to be farther away. If the board doesn't consider this I'm going to remember you in November." Following the meeting, McCabe

was approached by many parents and teachers urging him to run for one of the two spots opening up on the board. After consideration he realized that this sort of action was what he teaching his PCC students to do. He then decided to begin his campaign against four others vying for the spot.

In fact, last Wednesday the Nuevo District Teachers Association Union hosted a "Meet the Candidates" forum where it was determined that they would endorse McCabe and one other candidate for the upcoming election in November.

Senator Jack Scott Honored



Sen. Jack Scott Photo D. Lee/MVO

By Teresa Baxter

Last week Pasadena City College, UCLA, local educators and elected officials gathered to honor Sen. Jack Scott for his service in the California State Legislature and to congratulate him on his appointment as the California Community College System Chancellor.

PCC President Dr. Paulette Perfumo hosted the event at her private residence, in Pasadena. Among those in attendance were Pasadena Mayor Bill Bogaard and Assemblyman Anthony Portantino of the 44th Assembly District.

Acting UCLA Executive Vice Chancellor and Provost Scott Waugh introduced Scott by sharing some of his numerous accomplishments—highlighting his presidency at PCC, his service on many Boards and his perspective of higher education from the legislative government.

"I can't think of anybody who is better suited to lead what is one of the most important segments of higher education in California," said Waugh. "It is a little wonder that all of his colleagues over the years have looked to him for leadership."

Scott was elected in 2000 to the State Senate representing the 21st District. He has been a member of the State Legislature since 1997 and has successfully authored key bills important to community colleges that

were signed into law.

"In 1973, I cast my lot with the community colleges because I became convinced that it was the most egalitarian of all the segments of higher education," said Scott. "It was the place where the individual, who was an immigrant, or someone who had not done well in high school, or someone who had come from an impoverished home had a chance for opportunity. It was the fulfillment of the American dream."

On Tuesday, Oct. 28, the PCC Foundation will be hosting their inaugural "Building the Spirit of a Vibrant Community" award luncheon, which will also honor Scott for his significant contribution to the areas served by the Pasadena Area Community College District. The luncheon additionally will highlight the important role that PCC plays in the San Gabriel Valley and Southern California.

"Through his tireless efforts as an educator and state legislator, Senator Scott's unwavering support of education to all who seek it has made the San Gabriel Valley community a much better place," said PCC President Perfumo.

Mayor Bogaard will emcee the luncheon, while the PCC Jazz Combo Band will provide music for both the reception and the lunch portions of the program. For more information, please call the PCC Foundation at 626-585-7065.

PCC Instructor Walks the Walk

By Teresa Baxter

In the spirit of the Mahatma Gandhi truism, "Be the change that you want to see in the world", a Pasadena City College instructor has decided, on a smaller scale, to set the example for his students by running for school board in the rural community where he lives, in Neuvo, CA.

David McCabe is the education program director at PCC and admits that he is passionate about teaching, while realizing he carries great influence on his students by his actions. He also has the educational experience to question political implications that can have an impact on the lives of many.

One of the courses that he teaches takes a contemporary approach to what is required of a teacher regarding educational quality, the role of the superintendent and the impact of school board decisions.

Educationally, California is in a state of crisis and many school districts are faced with difficult decisions regarding the state's failure to reach a budget. Therefore, McCabe feels there is an urgent need for leaders to protect and nurture the students. This would require retaining experienced teachers in any community.

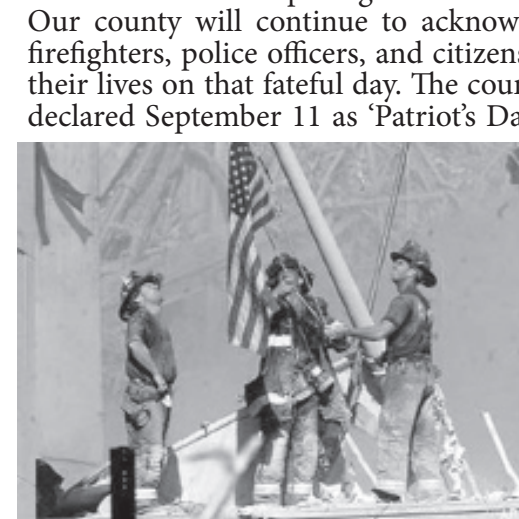
"I've always known the Nuview district didn't pay their teachers well. Matter of fact, out of 12 districts in the area they are rated at 11th," he said. "I was becoming increasingly aware that many teachers were leaving the district."

In May, McCabe discovered a great majority of the established teachers; some having severed for over a decade were to be laid-off so that the Nuview School District could have the option of replacing them with inexperienced teachers for half the price. He decided to attend the next board meeting and speak during the public comment session.

Local Official Pays Tribute In September 11th Attack Anniversary Statement

Los Angeles County Supervisor Michael D. Antonovich issued the following statement on the seventh anniversary of September 11:

"Today, we pay tribute to the thousands of innocent victims who died on September 11, 2001 in Washington D.C. that day and witnessed the aftermath of the attack on the pentagon. Our county will continue to acknowledge the brave firefighters, police officers, and citizens who sacrificed their lives on that fateful day. The county has officially declared September 11 as 'Patriot's Day' to remember those who died and to honor the courageous police, fire, emergency personnel and civilians and salute our armed forces serving in Iraq, Afghanistan and around the world."



NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: MountainViews-Observer Pub. 09/08, 09/15, 09/22, 09/29/2008

**FILE NO. 2008-1541257
STATEMENT OF ABANDONMENT
OF USE OF FICTITIOUS BUSINESS
NAME**

The following person(s) has/have abandoned the use of the fictitious business name: **THE SMOKING ASTERIX, 230 N. MARKET ST. #109, INGLEWOOD, CA 90301**. The fictitious business name referred to above was filed on 07/01/08, in the county of Los Angeles. The original file number of 20081170663. The business was conducted by: A **GENERAL PARTNERSHIP**. The business information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false, is guilty of a crime.) **SIGNED: LOAN K. CHU / OWNER.** Publish: MountainViews-Observer Pub. 09/08, 09/15, 09/22, 09/29/2008

**FICTITIOUS BUSINESS NAME
STATEMENT**

File No. 2008-1541724
The following person(s) is (are) doing business as: **STRIKE FORCE SECURITY SERVICES** 16140 SATICOY ST., VAN NUYS, CA. 91406. Full name of registrant(s) is (are) **CRESTLINE MEDIA CORP 92 WEST LAUREL AVE. SIERRA MADRE, CA. 91024**. This Business is conducted by: A CORPORATION. Signed: **NORA BETH CREST** This statement was filed with the County Clerk of Los Angeles County on 08/18/08. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on **AUGUST 26, 2008.**

NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: MountainViews-Observer Pub. 09/01, 09/08, 09/15, 09/22/2008 MBP

**CNS-1417973#
NOTICE OF PETITION TO
ADMINISTER ESTATE OF:
RICHARD DITMAS BROMLEY
AKA RICHARD D. BROMLEY
AKA RICHARD BROMLEY
CASE NO. GP013988**

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the WILL or estate, or both of **RICHARD DITMAS BROMLEY AKA RICHARD D. BROMLEY AKA RICHARD BROMLEY.** A PETITION FOR PROBATE has been filed by **MARGARET W. BROMLEY** in the Superior Court of California, County of LOS ANGELES.

THE PETITION FOR PROBATE requests that **MARGARET W. BROMLEY** be appointed as personal representative to administer the estate of the decedent.

THE PETITION requests the decedent's WILL and codicils, if any, be admitted to probate. The WILL and any codicils are available for examination in the file kept by the court.

THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.

A HEARING on the petition will be held on 09/19/08 at 10:00AM in Dept. A located at 300 E. WALNUT ST., PASADENA, CA 91101

IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.

IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within four months from the date of first issuance of letters as provided in Probate Code section 9100. The time for filing claims will not expire before four months from the hearing date noticed above.

YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code Section 1250. A Request for Special Notice form is available from the court clerk.

Attorney for Petitioner
**PETER R. PALERMO, ESQ.
PALERMO, BARBARO, CHINEN
& PITZER**

SECRETARY OF SERVICE AND VOLUNTEERING

The City of Sierra Madre invites applications for the volunteer position of Secretary of Service and Volunteering. All applications are due Thursday, September 11, 2009, 4:00 p.m. The Secretary of Service and Volunteering plans, develops and implements volunteer and community service programs including volunteer recruitment, volunteer relations, volunteer assignments and serves as a liaison for resident inquiries to all City Departments. This is an at-will, unpaid position appointed by the City Council which serves at the will of the City Manager.

The typical duties and responsibilities of this unpaid position include, but are not limited to, the following:

- Develops and implements volunteer programs in support of City services;
- Recruits volunteers for support work and recommends assignments that will make the best use of individual talents;
- Develops training programs for volunteers and City staff who use volunteers;
- Serves on task forces and committees related to volunteerism;
- Maintains public contacts in the community and public/private sectors in order to implement volunteer programs;
- Promotes public awareness of the City's needs for volunteers, by such means as writing press releases and making public appearances;
- Coordinates the preparation and printing of publicity materials with the various City Departments.
- Reviews proposed legislation and City, departmental, and program policies and procedures for issues related to volunteers;
- Maintains volunteer time records and applications;
- Assists with planning and implementing volunteer recognition events and activities;
- Assists staff in writing grant applications for programs utilizing volunteers;
- Demonstrates continuous effort to improve operations, decrease turnaround times, streamline work processes, and work cooperatively and jointly to provide quality seamless customer service.
- Performing various related essential duties as required.

Qualified applicants will have knowledge of:

- City of Sierra Madre services and programs.
- Principles, techniques, tools, and media used in promoting good public relations.
- Principles and practices of volunteer management.

As well as the ability to:

- Communicate in the English language by phone or in person in a one-to-one or group setting.
- Comprehend and make inferences from written material.
- Produce written documents in the English language with clearly organized thoughts using proper sentence construction, punctuation, and grammar.
- Work cooperatively with other City employees and the general public.
- Work safely without presenting a direct threat to self or others.

To apply, each candidate must complete an employment application and return to City of Sierra Madre, 232 W. Sierra Madre Blvd., Sierra Madre, CA 91024, Attn: Community & Personnel Services Department. Telephone: (626) 355-7135. Fax: (626) 355-2251. Applications must be completed and demonstrate that the minimum qualifications are met. Resumes may be attached to completed application forms as supplemental information, but will not be accepted in lieu of an official application form. Selected applicants will be invited to interview with the City of Sierra Madre to determine the candidate that best fits the needs of the City. This is an at-will, unpaid position appointed by the City Council which serves at the will of the City Manager.

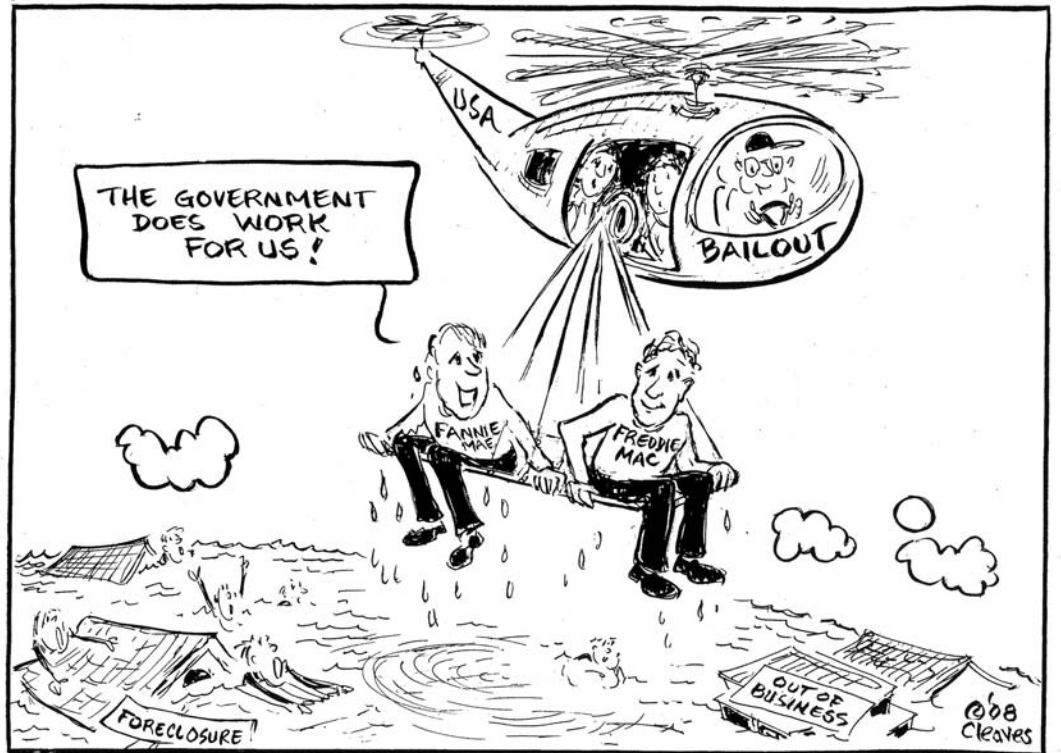
Letter To The Editor

Leaf Blowers in Sierra Madre

Each week hundreds of gardeners come into Sierra Madre to keep our gardens nice but they also use gas leaf blowers which create untold hours of noise and air pollution for those at home affecting this city's resident's quality of life. There are parents taking care of children, retired folk, those who work out of the home or work nights, students, and those home because of disability or illness, etc. Hundreds of towns across the United States have banned them including many in California. This is a very important change we must make in Sierra Madre to make our city better. For those that work away from the home during the day they don't notice it as much but believe me for the 1000's of citizens who are home we do notice and have to endure this unnecessary negative quality of life issue. Each blower sound can be heard up to 1/4 of a mile away or more while the gardeners themselves wear noise and sometimes breathing protectors. And also let's not forget the gas fume green house gases and dust pollution put into our air by 100's of leaf blowers every week effecting all of us including those with allergies and asthma. No longer allowing them will also make a statement that our All American City cares not only for the welfare of its citizens but also for the environment as well. Some cities have also banned electric blowers which can also cause quite a lot of pollution. Blowers may be a gardeners convenience but it is a residents nuisance. The City Council will address this issue again on Sept.23rd. Let them know how you feel, this is your chance!

You can call City Hall and leave a message at 355-7135 or go to the City Hall website at <http://cityofsierramadre.com/> and then click on contact us and leave an email for Council members!

J. Allen



"Just the help I want, when I want it."

Needing a little extra care doesn't mean giving up your independence or your dignity. Set within a beautiful garden oasis, the Assisted Living apartments at Westminster Gardens offer just the right amount of help for those who need assistance with daily health maintenance. With 24/7 access to health professionals, you're never far from a friendly, helping hand. Give yourself and your loved ones the peace of mind that you're free to live your lifestyle while still getting the little extra help that you need.

Help yourself to a better lifestyle. Stop in for a no-obligation tour of our Assisted Living apartments today.



Westminster Gardens
A Retirement Oasis

1420 Santo Domingo Ave., Duarte, CA 91010
(626) 358-2569 ext.151 www.WestGardens.org

Westminster Gardens is an affiliate of Southern California Presbyterian Homes, a non-sectarian, not-for-profit company serving seniors through quality retirement housing since 1950. DSS License #197605991. CCRC #205

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Owner Wesley 626-358-2381

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Doing Business As,
Fictitious Business Name Filing

MAIL BOX & POSTAL 280 W. Sierra Madre Blvd., Sierra Madre
626-836-6675

**Obtain Street Address - Business Stationery - Flyers
Rubber Stamps - Business Cards - Mailing Service**



Kim Clymer Kelley

The Mountain Clymer: Train Wrecks Of The Angeles - Part 1

I miss many things about my home in the mountains. I miss rising in the morning and heading to the barn to clean the stalls and feed the animals. I do not do routine well... ordinarily I like my life totally void of any kind of routine. But for some reason, that ritual became so deeply rooted in my soul, that I long for it still. It was a very meditative time. People who have not participated regularly in this activity always look at me as though I am nuts when I say that raking horse manure is very "Zen", but it is, and I know of others who have had the experience and agree. I also miss all of my animals and being able to ride through the mountains whenever I want. I miss the hard physical work. It was torturous at times...the heat...the bugs...the rain and cold, and the danger of the way-too-narrow trails that are often in desperate need of repair and maintenance. But the pleasures usually far out weighed the negatives...all the different smells...the dampness of the canyon, the dryness of the chaparral, the bay leaves that the horses munched on as they traveled, and even the smell of the animals themselves...I love that smell. Then there is the visual beauty of the ride and the spirit that each little section of trail holds...the serenity of the canyon's stream, all of nature's artistic treasures that are hidden among the trees and rocks along the trail, then as you climb higher, the expansive views of the mountains and the valley below and, at the end of the day, the endless night

sky and twinkling valley lights as the train heads up the road toward home. It was such a wonderful feeling to come home, unload, unsaddle, and feed the animals, and collapse on the sofa, satisfied and exhausted...and relieved that everyone got home safely and without incident. That, however was not always the case.

The previous owner of the station, Dennis, was quoted to me by one cabin owner as saying, upon his impending departure, that one of the reasons that he felt he needed to leave was that he felt that one day he would end up dying out there on the trails. Packing is dangerous, there is no doubt about it. The first time I rode the trail to Sturtevant Camp, I was frightened by the narrowness and rockiness of the trail and the steepness of the drop-offs. I remember one trip early on that I made with camp manager, Chris Kasten. Along the route he told me the names of all of the sections of trail. I had already named some of the landmarks myself. He pointed out "Step on My Toe Canyon", "Jody's Meadow", "Tiger Lily Canyon", "Falling Sign Junction", "Fern Lodge Junction", "Fiddler's Crossing", "Cascade"...and "Hogee's Drop-off". Hearing the story of "Hogee's Drop-off" sent shivers down my spine. This is the exact place where in the 1960's Vin Hogee (one of the relatives of the founder of Hogee's Resort Camp on the Winter Creek) was riding his horse when a group of scouts rounded a bend in the trail and spooked the animal. The horse reared and toppled over the edge of the trail at a point where there was a vertical drop of about 75 feet. The horse was killed instantly, and Vin was air lifted to a hospital where

he too died a short time later. Now a young pine grows out of the steep, rocky ledge in the same spot where he fell from the trail. I always made sure to make an offering or prayers as I rode by this spot and sometimes even got the courage to stop and look over the edge to try to picture the morbid scene... just to remind myself not to get careless and to keep my guard up at all times.

Dennis had taken a couple months before leaving the station to train me to pack. I would stop in whenever I had time to help him and accompany him on packs. This familiarized me with the canyon's trails, the cabins and some of the cabin owners as well as teaching me the dos and don'ts of packing. He taught me how to weigh the cargo and load the animals... how to top load...how to load all shapes and sizes of lumber...how to side load large items...and how to box the groceries for camp groups when they came in. He taught me the importance of checking the animals every few seconds as they traveled along the trail to make sure that they are all paying attention, that they are still all tied together, that the loads are still balanced and secure, and that the saddles are still snug and not leaning to one side or the other. It only takes a few seconds for a load to go from just listing slightly to falling completely off of the animal...a total disaster on such narrow and treacherous trails. There are many places where it is impossible get off a horse let alone walk along side a loaded pack train to adjust or unload and reload a saddle that has slid completely around an animal or to retrieve an item that has fallen off a donkey and tumbled from the trail. He also taught me

about the dangers of switchbacks and how important it was to take them slowly and to watch the animals closely. He taught me about the dangers of bees and snakes, slides and falling rocks, protruding branches, the loose edges of the trails, and oncoming hikers and mountain bikers. As we walked the trails Dennis, in his understated, down-home, country way, told tales of his and others' packing mishaps and adventures... some funny and some very scary...about the time that one of the donkeys fell off the trail into a bees nest and the ensuing rescue, about one donkey dropping dead after a pack while tethered in front of the cabin they were packing to...poor Bomber...about the time when he came upon a burning cabin, called for help and left his animals in the safety of the streambed as he tried to put it out while waiting for the water dropping helicopter to arrive...and about the time that one of the donkeys nearly drown at a stream crossing. There were so many stories...so much history. As the new steward of the station, I felt it was my responsibility to remember everything, add my new stories and pass it all on to anyone who would listen. I eagerly ate up everything that I was told.

I felt relatively confident that I could handle most of the basics. All of the training and warnings stuck in my head and echoed in there whenever a question or new situation would arise. I was hopeful that if I was careful, I would not have to face any such perilous circumstances. Realistically, there was almost no chance of that happening.

Next week...my train wreck stories begin.



TABLE FOR TWO

By Peter Dills

ROY'S

I sat down to write a review on Roy's, the new hot spot in Pasadena in a cluster of restaurants. I found myself in a favorable mood, but last week I seemed to also be keen on Ruth's Chris. And why, I asked? The food? As

Borat said, "Not so Much." It's just the organization, the polish, the new car smell, the fresh clean bathrooms. It just clicks and it tempts and entices me!!

Roy's Restaurant hits Pasadena like Hurricane "Ike" hits the Gulf of Mexico. Clear the streets, board the windows, gather supplies because it is here. Am I hysterical, am I wrong to be concerned, has the landscape shifted irreversibly, should we be shouting and we are not?

And why? You see, I am very concerned about the future of Pasadena and our town's restaurant culture. You see, I have been witness to a troubling trend developing over a period of time. It didn't start yesterday and it has been vigorous in its growth and persistently strident. It is the type of trend that once rooted, makes it exceedingly difficult to reverse. We may be burning a bridge, which we will want to cross back over again. I am talking about a piece of Americana that we'd better consider closely before we allow the undertaker to whisk it away. It is the thing that has made this city special.

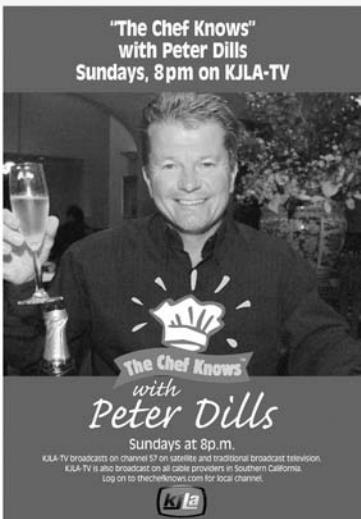
Pasadena is a city that has made individual restaurant ownership a possibility. It is a city which has extended opportunity to families from distant shores and our own indigenous ones. It has given the tangible experience of the American dream to many. Is it now closing its door of opportunity to them? And if so, what would be lost for all of us? I'm talking about the restaurants where you know the owner because he comes to your table. Your kids may know his kids and they are friends. You are not just another customer to him and he is not "just another restaurant" to you. He has chosen to invest his money and time in the place where he lives, and often times where he has grown up. His house payment and mortgage are risked as he serves the community and offers us something different, something incredibly unique, which we can call our own.

Such places are known as "mom and pop restaurants" for a reason. Maybe if we think about it we really may want the biggest restaurant chain on every corner, but we should also consider what we may be sacrificing. Do we want the glitz, glamour and opulence that these new restaurants can offer in our community? Maybe, but we should also know that someone is being displaced and it may be the person that fought for what you believe in at a city board meeting, or made sure the little league team had new uniforms. With the way things are going, you will soon be hearing people talk about the "good old days." Oh sure, we will have people coming from all parts to visit trendy Old Town, and everyone supports that, but we are risking losing our identity, and the insight and ambience created by the very people and their Mothers and Fathers.

First it was The Cheese Cake Factory, then Ruths Chris and now Roy's. Why I am concerned? Because I am drawn to these places too. There is an attraction in them and they parade it well. I am not as taken by The Cheesecake Factory though; I'm not going to wait an hour for mediocre food.

The newest corporate member of our community is Roy's. Chef Roy Yamaguchi specializes in seafood dishes that combine local flavors with European sauces and Asian spices, which are excellent. Roy opened his first restaurant in Honolulu in 1988 and now has 30 restaurants in Hawaii and other parts of the United States, Japan, and Guam. Do I like it? Yes, and I hate myself for it. Let's not forget the little guy or we may be forgetting the only thing that really gives our city any true value.

Tell me your thoughts...e mail me ..thechefknows@yahoo.com



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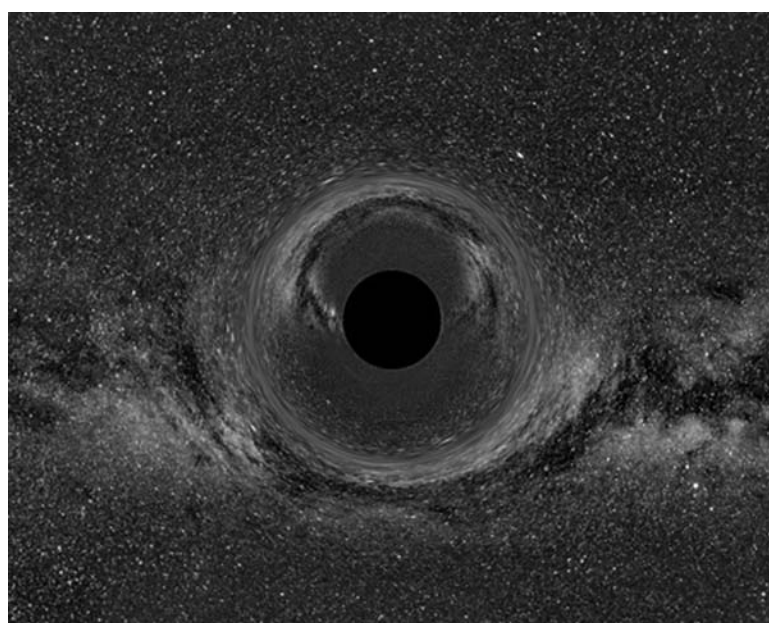


Photo by Aaron Dominquez

Looking Up With Bob Eklund

CLOSEST LOOK EVER AT THE EDGE OF A BLACK HOLE

Astronomers have taken the closest look ever at the giant black hole in the center of the Milky Way. By combining telescopes in Hawaii, Arizona, and California, they detected structure at a tiny angular scale of 37 micro-arcseconds - the equivalent of a baseball seen on the surface of the moon, 240,000 miles distant. These observations are among the highest resolution ever done in astronomy.



"This technique gives us an unmatched view of the region near the Milky Way's central black hole," said Sheperd Doeleman of MIT, first author of the study that was published in the Sept. 4 issue of the journal Nature.

"No one has seen such a fine-grained view of the galactic center before," agreed co-author Jonathan Weintraub of the Harvard-Smithsonian Center for Astrophysics (CfA). "We've observed nearly to the scale of the black hole event horizon - the region inside of which nothing, including light, can ever escape."

Using a technique called Very Long Baseline Interferometry (VLBI), a team of astronomers led by Doeleman employed an array of telescopes to study radio waves coming from the object known as Sagittarius A* (A-star). In VLBI, signals from multiple telescopes are combined to create the equivalent of a single giant telescope, as large as the separation between the facilities. As a result, VLBI yields exquisitely sharp resolution.

The Sgr A* radio emission, at a wavelength of 1.3 mm, escapes the galactic center more easily than emissions at longer wavelengths, which tend to suffer from interstellar scattering. Such scattering acts like fog around a streetlamp, both dimming the light and blurring details. VLBI is ordinarily limited to wavelengths of 3.5 mm and longer; however, using innovative instrumentation and analysis techniques, the team was able to tease out this remarkable result from 1.3-mm VLBI data.

The team clearly discerned structure with a 37 micro-arcsecond angular scale, which corresponds to a size of about 30 million miles (or about one-third the earth-sun distance) at the galactic center. With three telescopes, the astronomers could only vaguely determine the shape of the emitting region. Future investigations will help answer the question of what, precisely, they are seeing: a glowing corona around the black hole, an orbiting "hot spot," or a jet of material. Nevertheless, their result represents the first time that observations have gotten down to the scale of the black hole itself, which has a "Schwarzschild radius" of 10 million miles.

"This pioneering paper demonstrates that such observations are feasible," commented theorist Avi Loeb of Harvard University, who is not a member of the discovery team. "It also opens up a new window for probing the structure of space and time near a black hole and testing Einstein's theory of gravity."

If you'd like to learn more, you can contact Bob at beklund@mobserver.com. High-resolution images can be seen at: http://www.cfa.harvard.edu/press/2008/pr200816_images.html

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From the Inside Out: Too Cool!

By Mary Carney

If you grew up in a "cold climate" area of the country, with snow and ice in the winter, I'm sure you remember your mom telling you to bundle up before you went outside. Keep your head warm. Warm mittens. Snow suits. Two pair of socks. Inside, if you felt cold, you wore a sweater. In the winter (if you were lucky) you got soft flannel PJs and/ or flannel sheets to sleep in, with a hot water bottle to snuggle. And there might have been constant fussing at you to keep your feet warm - at least wear socks!

As we get older, and less physically active, staying warm may have been an ongoing struggle, especially for women working in an office. Temperatures are set to be comfy for men, who already have 15% more hemoglobin in their systems and thus run at a slightly higher temperature than do women and who, in addition, wore sturdy shoes, socks, slacks, T-shirts, long sleeved shirts, neckties. Such temperatures are not the best for women, with their statistically slightly lower body temperature, who used to wear high heels (cramping their feet), bare legs covered with thin nylons, skirts, short-sleeved, open-necked blouses, and maybe a jacket or sweater. Cooler temperatures around the legs, while sitting relatively still for hours at a time, create stress and long-term body temperature reduction. Three cheers for pant suits!

For those of us who wound up with "cold hands and feet", the medical point of view is, "Oh, cold hands and feet, your thyroid is low."

Um, wait just a moment here. Low thyroid creates cold hands and feet? It's actually the other way around. It's the continuous stress of the cooler temperatures that slow down thyroid functioning. It's the ice-cold water (beverages) we drink (especially with our meals) that both dilutes, and slows down the digestive enzymes below their essential operational temperatures that keeps them from digesting your food properly.

Do you know your body's temperature ranges? Have you ever taken your temperature when you first wake up in the morning? That's your "basal" (basic) body temperature. Before you exercise, have you ever taken your temperature? And then again when you stop? Have you taken your temperature before you got into a hot tub, and then again afterwards when you're nice and warm?

When body functions occur at lower than 98.6, every function slows down. It's like trying to pour a spoonful of honey - warm honey flows smoothly, cold honey (72 degrees) doesn't want to leave the

spoon. Given the Thyroid / Insulin seesaw, a cool body temperature (slow functioning thyroid) leads directly to the creation of higher insulin levels. So, the importance of appropriate physical activity is essential in keeping our temperatures up.

Our bodies were designed for physical activity from the time we wake up in the morning until the time we snuggle in bed to go to sleep at night. Physical activity burns calories, producing heat, thus producing sweat that helps eliminate waste byproducts through our skin.

In today's world, sweating is "not done"; we might "smell" - a true taboo in today's scent-free world. Never mind that when we "smell", we're getting rid of wastes through the skin pores, which may include sulfur (from onions and garlic), ammonia (from protein digestion), and other mineral salts.

As a matter of fact, when we get "under the weather" and feel a fever coming on, medical advice says sternly: "Get that fever under control," take something to mask the symptoms, and keep right on working. The alternative, and personally healthy response is to actually increase your inner body temperature to further reduce viral / bacterial replication, and to speed up the waste removal by stimulating the sweating process. Fever is one of our immune system's first lines of defense. With an average body temperature of 98.6, to my way of thinking, there's nothing wrong with a 99, or 100, or 101 or 102 fever - as long as you have enough fluids to keep the sweating process functioning. It's your body's way of letting those bugs know that they're under attack. Yes, keeping the brain cooler than 104 is essential. But it is said that cancer cells can't exist beyond a temperature of 107... so there's obviously a heat benefit here somewhere.

Getting warm ought to be a "first response" with the first hint of any under the weather condition - and the best way is a couple cups of hot lemon water before getting into a hot bath (raise body temperature), with Epsom salts (increase alkalinity, reduce acidity), followed by warm castor (palma christi - healing energy) oil on paper towels wrapped around the tummy and back (surrounded by layers of saran wrap), then another cup (or two) of hot lemon water before snuggling between layers of thick absorbent bath towels under your bedcovers so you can "sweat it out while you sleep - a critical first step to nip that cold or flu in the bud.

Keep that "cold" from catching up with you; stay warm from the inside out, and stay well.

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The Senior Spot
By Bruce Lamarche

REVERSE MORTGAGES - NOT AFFECTED BY INDUSTRY WOES

Reverse mortgages are safe. They are immune from the troubles seen in today's mortgage industry. These problems all started with the collapse of several major sub-prime lenders. These companies experienced high default rates for loans made to risky borrowers. There are a number of reasons that REM's are a solid bet for seniors desiring extra income, and will be for the future.

We currently read that lenders are getting tough on qualifying borrowers for loans. GOOD NEWS: REM's have only three elements to qualify. 1) You have to be aged 62 and up. 2) You have to have enough equity. (No, your home doesn't have to be paid off!) 3) You have to live in your home. 4) Oh yes, I almost forgot, you have to have a pulse. Beyond this there's not much for you to do. Credit and income are not part of the qualification process. Although the process involves a lot of steps and paperwork, the process can be made easy by dealing with the right lender. A good lender won't burden you with a ton of paper and will provide you with a clear understanding of the facts.

The newspapers are covering the fact that there are a lot of foreclosures now and that the rate of defaults on mortgages is at an all time high. GOOD NEWS: with a REM there is no default possible. The way that people default on loans is to fail in making their payments. There are no monthly payments to be made on a Reverse. The lender sends you money, not the other way around.

We are reading about larger lenders with financial problems and about those who go out of business. GOOD NEWS: REM's are insured by the Federal Government. You have government insurance that assures you that all terms will be met, no matter what happens. Worst case: if the lender goes under, the government steps in and continues paying all terms through FHA (Federal Housing Authority). While this is not probable, you are covered. You still get your cash flow.

More GOOD NEWS, because of the problems with the conventional mortgage industry, the rates on Reverse Equity Mortgages are down!

With all loan costs being put into the loan (no money out of pocket) and qualifying being based essentially only on age and equity, the REM may be a good choice for seniors wanting to have their homes pay them back for all the years of payments made to lenders. Seniors have a safe tool that will help maintain independence with sufficient cash flow. To check out the facts, contact a government approved correspondent for confidential information.

This article is provided by Bruce Lamarche, a member of Society of Certified Senior Advisors®, www.csa.us. Bruce's company, R & B Reverse Mortgage Services (HUD Approved Correspondent) helps seniors make an informed decision about obtaining a reverse mortgage. www.LASeniorMortgage.com He can be reached at (626) 335-2564.



By Pat Birdsall

BIRD'S EYE VIEW

Too Many Choices, Too Little Time

When did grocery shopping get so complicated? It's no wonder that folks have so little "quality time" to spend with their families—they have to spend more time making decisions at the supermarket.

I had just a few items to pick up the other day so I went to the local market. Laundry detergent was first on the list—how hard could that be? Just grab some Tide and move on down the shopping list. But oh, not so fast! Do I want it in a plastic bottle or a cardboard box? Then I must choose between Unscented, Original Scent, Ocean Breeze or Tide with Clorox...What size is sufficient? I think I put the one just right for my laundry needs in the cart. The cart I selected by the way was one that not only veered left constantly, but had wheels that squeaked so loudly that other shoppers glared at me like I was intentionally trying to annoy them.

I needed toothpaste. I used to be able to go in—pick up a tube of Colgate and that was that. Now, I have to decide do I want Max fresh, Max Fresh Plus Whitening, Advanced Frost, Mint Fresh Stripe, Cinnamon Spice, Mint Zing, Tarter Control, Cavity Protection, Icy Blast, Etc, etc. Whew! Next item....deodorant. That shouldn't be difficult, I thought. But, oh my, do I want a stick, a gel, a roll-on or a spray? Then I needed to determine if I needed 24 hour protection or just take my chances with less. Do I want unscented so as not to "offend" while trying not to offend, or do I want Ocean Breeze, Fresh Blast, Caribbean Cool or Wild Freesia. Wild Freesia? I'm perspiring just trying to decide which one is right for me.

I really needed to get shampoo, but decided I didn't have enough time to make the appropriate selection. I'll just have to start my shopping earlier in the day so I can get home and spend that "quality time" with the family that I mentioned.

(This is something I wrote in September, 2006)

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ANNOUNCING NEW SENIOR SERVICES WEBSITE LOS ANGELES COUNTY NETWORK OF CARE

User-friendly website for those seeking services for seniors in Los Angeles County.

Los Angeles County-The County and City of Los Angeles have partnered to create a "user-friendly"..... website, Los Angeles Network of Care, at: losangeles.networkofcare.org/aging. This website helps seniors, disabled, and their caregivers to quickly locate services they need.

Los Angeles County has a population larger than most states and a senior population aged 60 and older of 1.4 million-placing a huge demand on the Area Agencies on Aging to provide comprehensive and accessible

services. The website has features that allow consumers or their caregivers to create their own personal information record on-line that can also be used by their care coordinators. The website has educational information on matters such as diseases, medications and treatments, care management issues, prevention, early intervention, planning, consumer advocacy and protection.

Enhancements to the website will include an increase of the County's Information and Assistance staff to better meet the service demands. Website data is continuously updated.

SENIOR HAPPENINGS...

By Pat Birdsall

FYI:
"Seniors for Seniors"-Adopt an Older Animal

The Pasadena Humane Society & SPCA has a wonderful program for people and pets who have reached the best years of their lives! It's called "Seniors for Seniors," and it enables people 60 and up to adopt pets age 5 and up at no cost, thanks to the generous support of the Pets for the Elderly Foundation. Of course, most pets at age 5 (like most humans at age 60!) are hardly over the hill; on the contrary, they're just hitting their stride, and the Seniors for Seniors program—besides offering financial assistance to our more experienced adopters—gives an extra boost to the terrific middle-aged cats and dogs who are sometimes overlooked by shelter visitors. Find out more about Seniors for Seniors by visiting the shelter at 361 S. Raymond, Pasadena, or check out our website (www.phsspsca.org) to view the wonderful pets—of all ages—looking for new homes.

*Grandparents Day- Sunday, September 7th

Recipe of the Month:

Slow Cooker Zesty Black Bean Soup

2 cups dried black beans (1 pound), sorted & rinsed
10 cups water
8 cups vegetable broth
2 cans (14.5 oz. each) diced tomatoes with green chilies, undrained
2 medium carrots, coarsely chopped (1 cup)
2 medium onions, coarsely chopped (1 cup)
1/4 cup chopped fresh cilantro
2 tsp finely chopped garlic
1 tsp salt
1/4 tsp pepper
1/8 tsp ground red pepper (cayenne)
Sour cream, if desired
Chopped fresh cilantro, if desired

- Heat beans and water to boiling in 4-quart Dutch oven; reduce heat. Simmer uncovered 10 minutes; remove from heat. Cover and let stand 1 hour.
- Drain beans. Place beans and remaining ingredients (except sour cream and cilantro) in 6-quart slow cooker.
- Cover and cook on Low heat setting 10 to 12 hours.
- Serve soup topped with sour cream and cilantro. Makes 9 servings. (Betty Crocker)

~Helpful Hints~

Even dishwashers can get dirty. To remove rust stains or lime buildup, put an envelope of lemon Kool-Aid in the soap dispenser and run a normal cycle (without the dishes).

Happy Birthday
Edwina Garcia, Yvonne Osti
and Helen Blanchard

For Your Funny Bone

A man goes to see the Rabbi. "Rabbi, something terrible is happening and I have to talk to you about it." The Rabbi asked, "What's wrong?" The man replied, "My wife is poisoning me." The Rabbi, very surprised by this, asks, "How can that be?" The man then pleads, "I'm telling you, I'm certain she's poisoning me, what should I do?" The Rabbi then offers, "Tell you what. Let me talk to her, I'll see what I can find out and I'll let you know." A week later the Rabbi calls the man and says, "Well, I spoke to your wife. I spoke to her on the phone for three hours. You want my advice?" The man said yes and the Rabbi replied, "Take the poison."

Quote: Grandchildren: The only people who can get more out of you than the IRS. ~ Gene Perret

Activities:

Unless listed differently, all activities are at the Hart Memorial Park (Senior Center) 222 W. Sierra Madre Blvd., Sierra Madre

Lunch Program: Monday- Friday at the Intervale Café -12:00 Noon-Call (626) 355-0256 to make your daily reservation. Suggested donation \$2.00 for seniors (60+) and \$3.75 for visitors

Monday: Free Strength Training Class with volunteer Lisa Brandley 1:00- 1:45 PM
Tuesday: Bingo: 1:30-3:30 PM .25c per card

Yoga- 5:30 PM- 7:00PM Instructor Andrea Walsh- \$6.50 for seniors (50 and over.) Call 355-5278 for more information

Wednesday: 1st & 3rd Wednesdays-Community Lunch & Learn Program

Thursday: Game Day- 1:00- 3:30 PM Poker, UNO, Scrabble, Cribbage, Chess, Checkers, Backgammon, Pinochle...you name it.

Yoga- 5:00 PM- 6:30PM \$6.50 for seniors (50 and over) Call 355-5278 for more information

Friday: Ping-Pong- 1:30 PM

Saturday: Senior Club for those 55 and older- Brown bag lunch at 11:30AM. Meeting at Noon- Bingo at 12:30 PM -Only .25c per card

Can you donate one hour of your time per month? Local volunteer drivers are desperately needed for the Sierra Madre Meals-on-Wheels program. Please call Darlene Traxler at 626.355.6220. You can make a difference in someone's life.

Monthly Excursions:

*For reservations and further information call Susan Clifton at (626) 355-7394 or stop by and see her at the Hart Memorial Park House- 9:00 AM- 2:00 PM

August 29- Hollywood Bowl- John Williams Conducts- 6:30 PM- 11:00 PM

A community excursion arranged by the Recreation Department. \$27.00 per person (Bowl ticket & ticket for the Park & Ride Bus. (Leaves from Arcadia County Park) For more information & to buy tickets, call (626) 355-5278.

September 20- Fillmore Train Trip- (10:00 AM- 5:00 PM.) Take the bus from the Sierra Madre Senior Center to Fillmore and catch the train to Santa Paula. A 3-course meal will be served in one of the vintage dining cars. Enjoy a one and a half-hour layover to see the interesting sights. \$49.00 per person.

For more information and reservations call (626) 355-7394.

Free Blood Pressure Clinic- Second Tuesday of each month 11:00 AM- Noon No appointment necessary


Free Homeowners & Renters Assistance Program- Don Brunner is volunteering again this year from 1:00 PM- 2:00 PM every Wednesday from July 2nd to October 15th by appointment only. If you are 62 or older or disabled and have income less than \$41,000 you may be eligible for money back from the State of California. For reservations and more information call (626) 355-7394.

NEW Program- Financial Consulting Joohee Lee, MBA, an Arcadia resident, is a financial service professional with New York Life Insurance Company in Pasadena. She will assist you with repositioning your assets to maximize income, and return benefits your heirs. She will be volunteering on the 3rd Tuesday of each month at the Hart Memorial Park House from 10:00AM- Noon. Call (626) 355-7394 for an appointment.

Meals-On-Wheels:


Meals are delivered to homebound seniors through the YWCA Intervale lunch program M-F with frozen meals for the weekend. \$2.00 suggested donation per day
Call Susan Garcia at (626) 858-8382

Baby Boomers & Beyond



<p><u>Men's Health Discussion</u></p> <p>Monday, September 22, 2008</p> <p>Hart Park House in Memorial Park 222 W. Sierra Madre Blvd. 7:30 am to 8:30 am</p>	<p><u>Women's Health Discussion</u></p> <p>Wednesday, September 24, 2008</p> <p>Hart Park House in Memorial Park 222 W. Sierra Madre Blvd. 7:30 am to 8:30 am</p>
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- Each morning will include continental breakfast
- Discussions will be led by physicians from Proactive Care Partners
- Focus is on health concerns for persons 55+
- FREE & open to all Foothill Residents
- Supported by a grant from the Sierra Madre Community Foundation



For more information please call 626-355-7394

One Of A Kind:

Featuring unique homes & gardens and the people who create them



Chris Bertrand

By Chris Bertrand

A vacation home close enough to go regularly, yet far enough to feel you're getting away:

Welk Resort

Years ago, someone told me that the best vacation home is about a hundred miles from home. That distance, according to this sage, was far enough to feel you're getting away, and close enough that you'll use it regularly. Makes a lot of sense, if you're going to have a vacation home. Twice in the last few months, friends mentioned that they had purchased a time share in Escondido, though the preferred lingo these days is "fractional or vacation ownership." One friend even invited me to visit during their vacation!

orientation we saw in the 80's. Our Glendora friends, who purchased in the new construction phase, were attracted by the family friendly atmosphere, perfect for their nine year old twins. They felt that if they committed to a week here a year, they'd actually take the time off from work and activities. Welk Resort is an easy, quick drive to two family attractions, the world famous Wild Animal Park in Escondido and to Legoland. The plus to this close-in location is that it doesn't require airfare, security checks and extra fees for luggage. Welk Resort is located that perfect distance from Los Angeles. Door



During August, I had the delightful opportunity to return to the Welk Resort in Escondido after a hiatus of more than twenty years. The last time I was there, the word timeshare wasn't part of most Americans' vocabulary. Back in the mid-80's, we golfed and dined at the hotel there, when it was half an hour from our Poway home. Please don't ask my score. It was the last time I ever attempted the sport, due to my complete and utter ineptitude at impacting a small ball with a long stick. If golfing is on the agenda now, I ride along to peek at the back yards of the homes along the fairway, and nobody gets hurt.

Since then, Lawrence Welk Resort was shortened to Welk Resorts. The hotel disappeared in favor of water slide and an additional recreation facility to serve the complex of nearly 600 condo-style, time shares, with many more nearing completion.

Mr. Lawrence Welk, of champagne bubbles and early television fame, was also a savvy real estate investor and developer. The story goes that Welk toured North County San Diego in 1964, planning to purchase an orange grove. Instead, he decided on a motel and a nine hole golf course in the hinterlands of Escondido. What started as a modest retirement development in the 1960's, now sports 600+ acres, 36 holes of golf, Broadway-style live theatre, five pools, four spas, tennis facilities, waterslide, catch and release fishing, a fitness center, billiards, basketball, sand volleyball, lounges with 50" plasma televisions and a restaurant.

I found the musical theater production of "Altar Boyz" to be professional and entertaining. The 339 seat theater is small enough to be intimate, yet large enough to accommodate a decent size stage. After September 14, the new production will be a tribute to Irving Berlin. Two nights a week, other productions run, including a comedy and magic show.

Three recreation centers include exercise classes, crafts, gathering events throughout the day, and even offer a Wii for inexperienced adults like me to try a hand at what nine year olds do without batting an eye. Tours are available for destinations like nearby wineries, all the way to tour bus excursions to Baja and San Diego. It's now definitely a family oriented getaway, different from its elder adult

to door from Sierra Madre to Welk, it's 98.2 miles, and you're there in about an hour and a half. It almost qualifies as this year's new vocabulary word devised from the gasoline price crisis, a STAY-cation.

The 1400 square foot condo I visited is in the older section, built in the 80's. It's perfect for two couples or a family, and sleeps six. I found the low density appealing, with lots of space between buildings plus pleasant golf and mountain views.

You can certainly try it out with hotel style reservations for a couple of days. When I checked www.WelkSanDiego.com for a two night stay from Friday, Sept. 12-14, the rate for an 800 square foot condo was \$262.65 per night.

As far as buying into Welk Resort, you can buy a week or two per year directly from the Resort. There are two styles of ownership here, and at their three other locations in Branson, near Palm Springs. One ownership ties a particular week to a particular unit in the resort. The second style of ownership guarantees a category of accommodation for a particular week.

Just like buying a home, there are some available on the resale market through organizations like www.TUG2.com or www.CalResales.com. On the date of my research though, I only found a couple of Welk San Diego listings.

My hosts, owners for several years at Welk Resort are pleased with the high exchange value of their Welk Resort Villa, when they decide to trade it for time elsewhere. They feel part of the high exchange value and appeal, is that timeshares in San Diego are few and far between. Of those that do exist in San Diego County, many of them are small, and/or designed like hotels.

The Welk Resorts corporate website proudly quotes that "The Welk resorts have been honored with Gold Crown status by Resort Condominium International, a major worldwide vacation exchange organization. In 2001, Welk Resort San Diego was named "Best Resort internationally" by readers of Timesharing Today."

For more information call or visit: Welk Resort San Diego, 8860 Lawrence Welk Drive, Escondido, CA 92026 (760) 749-3000 and www.WelkSanDiego.com.

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626-821-1239



114 E Pomona Ave., Monrovia 0.75 per SF

Free standing Industrial bldg with 4 offices, reception area, 4K sq. ft. inside, 500 sq. ft. extra storage in rear, partial fenced, dock hi tro door, 400 amps. Close to 210 fwy/Myrtle Ave. Great exposure!

John Faire
626-821-1239



432 Patterson Ave., Monrovia \$1,589,000

Beautiful 5br, 4.5ba, 4,450 sq. ft. home built in 2004. Features study, loft, family rm, cathedral ceilings, crown molding, lots of balconies, salt water pool & spa, outdoor kitchen w/bar & Pergola. Lot 11,504 sq. ft.

Marti Moore
626-255-8537

Open
Sunday 2 - 4



590 Ramona Ave., Sierra Madre \$1,279,000

Fabulous mid-century modern home w/an open flowing floor plan, master bdr w/exquisite master bath w/stacked stone shower. Large wood deck overlooks nature setting in yard.

Marsha Fields
626-821-1276

Open
Sunday 1 - 4



Open Houses - 9/13 & 9/14
Open Saturday & Sunday 12-4pm
480 N Catalina Ave., Pasadena \$399,500

Open Sunday 1-4pm
1828 Cogswell Rd., El Monte \$599,000
3300 Tyler Ave., El Monte \$399,900
540 Valmont Dr., Monrovia \$698,000
602 N Willowbrook Circle, Monrovia \$799,950
5306 N Muscatel Ave., San Gabriel \$675,000
636 W Sierra Madre Blvd., Sierra Madre \$798,000
590 Ramona Ave., Sierra Madre \$1,279,000

Open Sunday 2-4pm
343 Oak Knoll Dr., Glendora \$959,000
5495 Burning Tree Dr., La Canada Flintridge \$1,760,000
2348 Warwick Ave., Los Angeles \$350,000
5367 Bohlig Rd., Los Angeles \$399,000
1827 S 10th Ave., Monrovia \$585,000
1829 S 10th Ave., Monrovia \$790,000
844 E Foothill Blvd., Monrovia \$899,000
432 Patterson Ave., Monrovia \$1,589,000

Open Sunday 2-5pm
300 E Forest Ave., Arcadia \$679,000
584 Acacia St., Sierra Madre \$1,488,000

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OKTOBERFEST
 GOLF AND TENNIS TOURNAMENT

Saturday, October 4, 2008

Golf & Lunch - \$65 Tennis & Lunch - \$45 Lunch Only - \$25

Golf Tournament will be played as foursome scramble at Eaton Canyon. Sing up with a team or we can place you in one. Tennis is round robin doubles with rotating partners in coed divisions. Scoring will be on the honor system.

Reception, silent auction, raffle, lunch, and awards take place at the Community Recreation Center located at 611 E. Sierra Madre Blvd. beginning at 12:00 pm. Tax-deductible opportunities exist with this event! If you have an item you would like to donate to the silent auction or raffle, or if you would like to sponsor a Tee Sign at \$100 (includes a round of golf), please email city@ci.sierra-madre.ca.us.

Please return registration forms to the Community Recreation Center or City Hall no later than Monday, September 22, 2008. For additional information call 626-355-5278



Registration Form



Check One: Golf & Lunch \$65 Golf Tee Sponsor \$100
 Tennis & Lunch \$45 Lunch Only \$25
 I cannot attend but wish to make a donation of \$

Name: _____ Phone: _____

Address: _____ City: _____ Zip: _____

E-Mail: _____

For tennis players - Please circle playing level: Beginner Intermediate Advanced

I would like to play on a court / golf (indicates other registered players names): _____

I hereby release the City of Sierra Madre, its instructors, volunteers, and employees from any and all liability for any injury suffered by myself arising from or connected with this event and I assume all risk for injuries received.

Signature _____ Date: _____

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- ☞ **Niko and Friends Café** is owned by Paul and Cristina, local Sierra Madre residents.
- ☞ We **buy our products from local companies** when possible
- ☞ We are a **family business**
- ☞ We encourage you to bring your family and your well behaved dogs to our **dog friendly patio!**

What we offer:

- ☞ **Sandwiches and Panini**
 Make Your Own Sandwich Masterpiece!
 Select your bread, filling, condiments and cheese
- ☞ **Soups**
 On Fridays, as a homage to San Francisco, we feature Clam Chowder in a Sourdough Bowl or in a small cup
- ☞ **Salad**
 A variety of salads depending on the season and produce available
- ☞ **Pastries, Cookies and Cakes**
- ☞ **Coffee Drinks**
 We carry coffees from a local Pasadena roaster who trained Paul how to make the best lattes and cappuccinos! Other choices: Americano, Mocha, Espresso, Strong & Flavorful Filtered Coffee
- ☞ **Ice Blended Smoothie fruit drinks with juice or iced blended coffee mocha drinks**

Activities and Events at Niko & Friend's Café:
Sunday, September 14th, Live Music with Dan Roten, from 1 to 4 pm
Friday, October 10th, Scrapbooking Night, from 6 to midnight, \$30 includes equipment usage, dinner, snacks and drinks. **Reserve your spot today!**
NikoandFriendsCafe@live.com

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