

FIRST DAY OF SUMMER BRINGS EXTREME FIRE DANGER

Fire officials, lawmakers and scientists gathered Friday to warn of what could be the worst summer for wildfire after years of drought —making this year the driest on record.
Full Story on Page 4

SEARCH FOR MISSING FIREFIGHTER CONTINUES

Off Duty Arcadia Firefighter / Paramedic Michael Herdman, 36, who disappeared last Friday night, June 13th still had not been located at press time.

The weeklong search is a collaboration of several agencies in the Los Padres National Forest, where Herdman and a friend, Taylor Byars had been backpacking.

The search has been difficult due to the rough terrain of the area and, according to the *Los Angeles Times*, three workers have been injured during the search. One of the injured remains in intensive care following a bite from a rattlesnake. Heat exhaustion and a leg injury incapacitated the other two rescuers.

Helicopters and drones are also being used to try to locate Herdman who, although he has extensive training in survival skills, is “running out of time”, news sources have said.

Herdman ran off to catch his dog, Duke said Byars who was with him. Duke was spotted and



almost captured late in the week, however the dog remains in the forest. Speculation is that the dog is probably in close proximity to where Herdman is. Herdman is a seven year veteran of the Arcadia Fire Department.

MVnews/Arcadia’sBest

WATER CONSERVATION ORDINANCE TO BE REVIEWED

Sierra Madre, CA. – June 20, 2014 – The Energy Environment and Natural Resources Commission has begun its review of the water conservation ordinance. The regular commission meeting of July 16th has been set aside by the Commission for the sole purpose of discussing the current ordinance. Public participation in the meeting is desired by the Commission in an effort to capture as many constructive ideas as possible. In order to generate participation in the meeting, the Commission and staff will publicize the meeting to the greatest extent possible.

Commission study of the ordinance will include review of ordinances from other cities, community input, analysis of the effectiveness of the current ordinance, study of building code amendments to include water conservation measures such as gray water use and water conserving fixtures, and analysis of the effectiveness of public education efforts. The Commission expects to present its recommendations to the City Council in October.

CITY HIRES ENVIRONMENTAL ENGINEER TO FIND WAYS TO IMPROVE WATER QUALITY

By Susan Henderson

As residents continue to struggle with the quality of the imported water from the Metropolitan Water District, the City Council approved the hiring of an Environmental Engineer to work with staff on finding solutions to the city’s water discoloration problem and more importantly, to assist with the development of a Nitrification Plan. Nitrification is a by product of chloramine treated water. Nitrification is the conversion of ammonia to nitrate which depletes oxygen in water. This stimulates plant growth and causes toxicity to aquatic life. It also presents a public health hazard and affects the reuse of wastewater for reuse purposes on Water Treatment. *www.anua-us.com).

With the drought that has no apparent end in sight and the probability of the continued use of imported water treated with chloramine, Public Works Director Bruce Inman and Water Superintendant Jose Reynoso stressed the need for the city to be proactive and work on solutions that would resolve the long term effects of using chloramine treated water. Those solutions include evaluating the possibility of blending imported water with local groundwater, reviewing the city’s existing Nitrification Plan and doing a Corrosion Control Study, in an effort to provide residents with the best quality water possible.

Selected as the consultant was Dr. Helene Baribeau, Ph.D.,P.E. Her firm, Baribeau Environmental Engineering (BEE) has extensive experience in Disinfectants and Disinfection By-Products, Distribution System Water Quality Nitrification, Water Systems Master Plans, and Vulnerability Assessments.

Dr. Baribeau obtained her undergraduate



Dr. Baribeau has an extensive professional profile. She has worked with the Pasadena Water and Power and NASA. To learn more about her and BEE, go to <http://baribeauenvironmental.com/>

and graduate degrees from the department of Civil Engineering – Environment of École Polytechnique of Montréal, Québec, Canada. She is a registered professional civil engineer in the state of California, USA, and holds a Water Treatment Operator - Grade 3 license from the State of California, Department of Public Health. She is a member of the American Water Works Association (AWWA).

The contract awarded to BEE will cost the city approximately \$50,000.00, funds that will be paid by the Water Company.

The council voted unanimously to approve the contract.

SIERRA MADRE CITY COUNCIL AGENDA FOR TUESDAY, JUNE 24, 2014 INCLUDES (partial listing):

- * 2013-2015 Biennial Budget
- * Contract For Development of 186 W. Highland
- * Building Moratorium
- * 2014-2015 Budget Reductions/UUT Sunset

6:30 pm City Council Chambers 232 W. Sierra Madre Blvd. Sierra Madre

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WALKING SIERRA MADRE.....

The Social Side By Deanne Davis

“Tea is a bridge over the physical body, the spirit and the mind.” Aruna Kumar

That’s what Aruna Kumar, right, said when I was chatting with her in her lovely new tea room, T-Neer, which is at 142 West Sierra Madre Blvd., a door or two down from our new Subway and i-fruggie. Just walking in the door was a calming experience with the sound of a water fountain in the background, couches and overstuffed chairs, which provide the perfect background for tea. As Aruna says, “tea should be sipped slowly, one should relax over their tea.” At T-Neer, that is entirely possible. When one walks in the door, a sense of quiet comes to meet you. The interior of T-Neer is painted a fresh grass green and there is a whole wall of tea canisters, 123 of them to be exact! Aruna has white teas, green teas, oolong teas and Pu-Erh Teas. This particular tea is a special category of tea, called “China’s Mystery Tea.” Made from black, green or white teas, the processing of Pu-Erh tea involves a secondary fermentation. That sounds inscrutable, intriguing and delicious.

“The sounds of the tea being made invite the peach blossoms to peep in through the window. ~Uson, quoted in Sasaki Sanmi, Sadō Saijiki”

Aruna, who has the most delightful smile, is originally from Sri Lanka. Her parents are still there and, with the continual political unrest in Sri Lanka, they are always on her mind. Aruna and her family live in Arcadia, but she chose Sierra Madre for her new business as she loves the view of the mountains from her store, the people are friendly and she really likes the neighborhood. Aruna has two children, a 19 year old who is in college studying fashion design, who works with her mom at T-Neer when she has free time; and a 15 year old who is still in high school.

I asked Aruna what made her decide on a tea room and she said she has always had a passion for tea and her family going back to her great-grandparents have been tea planters. Her teas are from exotic places around the world: India, China, Japan, Sri Lanka and Taiwan, where her oolong teas originate. Sitting on a comfy stool at the bar in the back of T-Neer, where Aruna brews her teas, I asked her how she does it. She said her mother taught her how to brew tea and she made it clear that tea is more than just a drink, it is a balm for the spirit.

“A cup of tea is a cup of peace.” ~Soshitsu Sen XV, quoted by Kenneth S. Cohen

Tea is the most widely consumed beverage in the world, next to water. At T-Neer, each order of tea is brewed singly for each customer, and that includes iced tea. She’s got dozens of small white teapots that are just waiting for you to try a pot of Passionate Pomegranate white tea, or Orange Sunset, or maybe Timeless Love, which is white tea, chocolate chips, chrysanthemum petals, peppermint leaves with chocolate and peppermint flavors! You could try the Organic Jasmine Pearls, which is green tea rolled with jasmine flowers, or Harmony, which is Jasmine green tea, houjicha, sencha and light citrus flavor. Don’t these sound wonderful!

T-Neer opens at 7:30 a.m. and they have a fabulous and healthy breakfast to go with your tea: Chick peas with herbs, veggies and chicken, OR chick peas with herbs, veggies and bacon, OR chick peas with herbs, veggies and eggs, served with freshly steeped loose leaf tea, hot or iced. There was a gentleman in T-Neer enjoying his breakfast and, let me tell you, enjoying is the absolute right word!

If you come in after 11:00, T-Neer has a lovely selection of great things to go with your tea, including sandwiches on toasted bread (cucumber cream cheese with dill and mint; tuna melt cheese which includes sundried tomatoes; chicken salad with almonds and cranberries; and more). Mini scones with jam and cream, and your choice of cakes, (lemon olive oil, cinnamon buttermilk, and flourless chocolate... these are served with fruit salad). There are fresh garden salads, and other delightful choices you can make. This makes me hungry just writing about all T-Neer has to offer. Hope it makes you hungry reading it! My walking buddy, the always ready to try something new, John, and I will be visiting for breakfast soon!

“Drink your tea slowly and reverently, as if it is the axis on which the world earth revolves — slowly, evenly, without rushing toward the future. ~Thich Nat Hahn

T-Neer is open daily from 7:30 a.m. to 8:00 p.m..



Aruna Kumar

Saturdays: 8 a.m. to 8 p.m.. Sundays 9 a.m. to 4 p.m.

Look through the Mountain Views News for a coupon which is good for 10% off your first visit. T-Neer has been open since June 2nd and, already, Aruna tells me, she has a nice group of regular customers who stop in frequently for tea and a moment of peace. Take a friend and stop in for tea and a little something to nibble. You’ll walk away refreshed and relaxed. Guaranteed!

“A Tablespoon of Love, A Tablespoon of Laughter.”

My own personal book, is available on Amazon.com and at the following link: <https://wwwcreatespace.com/4561071>



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Weather Wise

5-Day Forecast - HOT

Sierra Madre, Ca.

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

Forecasts courtesy of the National Weather Service

CITY OF SIERRA MADRE CALENDAR OF EVENTS

Unless otherwise noted, all meetings listed below are held at City Hall 232 W. Sierra Madre Blvd. Sierra Madre, Ca. 626-355-7135

NEXT CITY COUNCIL MEETING:
Tuesday, June 24, 2014
6:30 pm

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

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

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

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

Just write a Public Service Announcement that describes your event and e-mail it to radio@cityofsierramadre.com.



SIERRA MADRE CITY MEETINGS

City Council

June 24, 2014 - 6:30 pm

The final agenda and staff reports will be available online no later than Friday night. Enter the date "06/10/2014" for the complete agenda packet.

We will be live tweeting the City Council's decisions at Tuesday's Council Meeting. Follow the action @ CitySierraMadre #SierraMadreCC.

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 5:30 the night of the meeting and your statement will be delivered to all the Council Members.

Agendas and staff reports will be posted online 72 hours before the meeting. Unless otherwise noted, all meetings will take place in the City Council Chambers, 232 W. Sierra Madre Blvd.

*These meetings will be recorded and aired live on Time Warner, Channel 3 and streamed online.

Upcoming Public Meetings

Wednesday, June 25

Library Board of Trustees, 7:00pm

Tuesday, July 2:

Special Planning Commission, 7:00pm

Please note the July 3rd Senior Community and Planning Meetings have been cancelled. The Senior Commission will reconvene July 10th.

Agendas and staff reports will be posted online 72 hours before the meeting. Unless otherwise noted, all meetings will take place in the City Council Chambers, 232 W. Sierra Madre Blvd.

*These meetings will be recorded and aired live on Time Warner, Channel 3 and streamed online.

SUMMER LOCAL HISTORY STORYBOARD TOURS

Enjoy a Storyboard Tour with our Teen Docents at the Sierra Madre Public Library! Tours on Tuesday at 1:00 pm for 6 weeks. Each week will highlight a different aspect of Sierra Madre History.

Locals - June 24

Disasters - July 1

SUMMER READING PROGRAM

Readers of all ages: join the Summer Reading fun, going on now! Stop by or call the Library for more in-formation: 626-355-7186.

ABBIE THE AVERAGE MAGIC SHOW

Monday June 23, 10:00 am

@ the Library

Abbie the Average will outfox you with his hare-raising magic and wow you with his catchy juggling. Plenty of audience participation and non-stop laughs make this one doggone hilarious variety show.

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THE SIERRA MADRE KIWANIS CLUB

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WE MEET WEEKLY AT THE LODGE (FORMERLY THE MASONIC TEMPLE) AT 33 E. SIERRA MADRE BLVD.

MEETINGS ARE EACH TUESDAY AT NOON,

EXCEPT FOR THE 2ND TUESDAY OF EACH MONTH,

WHEN WE MEET AT 7:45AM. VISITORS ARE ALWAYS WELCOME!

JOIN US, MEET YOUR NEIGHBORS, HELP YOUR COMMUNITY, AND HAVE SOME FUN!



Rotary Club of Sierra Madre

Is known for its camaraderie (ComRotary).

If you have been thinking about making a difference

In your community, please join us for

Breakfast created by Chef Mario at

The Park Hart House,

222 W. Sierra Madre Bl.,

Sierra Madre, CA 91024,

Tuesdays, 7-8:30 a.m.

We have dynamic speakers each week.

For more info go to Facebook or Meetup

Sierra Madre Police Blotter

For the Period June 8th, 2014 to June 15th, 2014

During the week of Sunday, June 8th to Sunday, June 15th, the Sierra Madre Police Department responded to approximately 336 calls for service.

Monday, June 9th

At 3:02 pm, Sierra Madre Police responded to the 1900 Block of Oakwood Avenue in regards to an identity theft report. When responding Officers arrived, they were informed that the victim's computer had not been working as he was unable to log on. An ad popped up stating it was from the computer software company, and to fix the computer the victim must pay \$249 online with a credit card. The following day the victim was contacted by the suspect and informed he needed to pay an additional \$300 via money gram. With the computer still not working by Monday, the suspect contacted the victim and informed him he needed to pay an additional \$300, but it was to be picked up at the victim's residence by another individual. Upon notifying the police, the money pick-up was not followed through with. The victim was advised by Officers to disconnect their internet and to monitor their bank accounts. This case has been forwarded to the Detectives Bureau.

Thursday, June 12th

At 6:43 am, Sierra Madre Police responded to the 390 East Block of Grand View Avenue regarding a vandalism report. When Officers arrived on scene they were informed by the victims that someone had painted an "X" on their rear door and spray painted nearby plants. The victim stated that the night before they had left a can of gold spray paint near the door that was to be used for painting two kick panels of the door. When they awoke in the morning they discovered the gold "X" and paint on their plants, along with the can of spray paint missing from their property. This case has been forwarded to the Detectives Bureau.

Thursday, June 12th

At 6:15 pm, Sierra Madre Police responded 130 East Block of Highland Avenue regarding a vandalism report. Once on scene, Officers were informed by the victim that upon returning home, she discovered her parkway flowerbed had been disturbed and her flower pot was broken and laying in the street with the toy wagon it had been sitting on. Further investigation revealed there to be obvious foot prints stomped into the victim's flowerbed. This case has been forwarded to the Detectives Bureau.

Sunday, June 15th

At 8:38 am, Sierra Madre Police responded to the 300 Block of Churchill Road regarding an auto theft report. Responding Officers were informed by the victim that while she went to walk her dog earlier that morning, she noticed both her driver's and passenger's side doors were slightly open. When she inspected her vehicle, she noticed her work identification card and three pairs of shoes were missing from the vehicle. Further investigation revealed the victim had left her vehicle unlocked during the night. This case has been forwarded to the Detectives Bureau.

Sunday, June 15th

At 7:30 pm, Sierra Madre Police responded to the 440 Block of Theresa Lane regarding a vehicle tampering report. Upon arrival, Officers were informed by the victim that between the hours of 11 pm the previous night and 8 am that morning someone had entered his vehicle and ransacked the paper work that was inside. No property was reported missing from the victim. This case has been forwarded to the Detectives Bureau.

Leonora Moss

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

EXTRAORDINARY
CUSTOM FLORAL
ARRANGEMENTS



BIG CHANGES AT SIERRA MADRE'S INTERNET RADIO STATION:

The Board of Directors of Village Vine Online has decided to move the organization in a new direction. In keeping with our mission of community service, we are discontinuing 24/7 live audio streaming. In order to better serve the community, our focus will be on providing live audio and video webcasts and podcasts of community events, podcasts of hosted shows home-grown here in Sierra Madre, video and audio webcasts and podcasts of community sports events, and, by the end of the summer, we will present a community blog, with guest host bloggers rotating every few months.

CITIZEN WEBCASTERS: Part of our new approach is to utilize "citizen webcasters" living here in town. We are now actively recruiting people who can attend public events, and, utilizing equipment as simple as their smart phones, webcast those events through the Village Vine web site. Contact us at hostvi@yahoo.com if you would like to volunteer. Training will be provided.

CITIZEN PODCASTERS: We are looking for podcasters who might like to share their home-grown podcasts on the Village Vine web site. Subjects for podcasts could include original music, gardening, cars, dogs, water conservation, sports, etc. The subject matter for potential podcasts is only limited to the degree the community might have interest in it. Contact us at hostvi@yahoo.com if you would be interested in podcasting with us.

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New! THE KINDNESS OF STRANGERS



From The Editor: A few days ago, the Mountain Views News received an email from a Sierra Madre resident who had a very inspiring story to share. It's short and to the point, but reminds us of the little things that happen to all of us, the small things that we fail to celebrate. At her suggestion, I am starting a new feature, "The Kindness of Strangers", and encourage readers to share their stories. I can assure you, they will be uplifting especially in contrast to all the challenges and issues we have to deal with daily. So, if you have something you would like to share, please submit it to: editor@mntnviewsnews.com. It doesn't matter where you were or when it happened. Share your good experiences in hope that it might bring a little joy and/or inspire someone. —Susan Henderson, Editor/Publisher MVNews

From Patricia Locher, Sierra Madre

Last Tuesday morn, I went out to bring in the trash barrels, from the curb. As I went to get the last one, I saw the Athens Street Sweeper rapidly coming up my way. Knowing I could not grab that barrel in time, I held up my hand, hoping the driver might stop in time for me.?

Well, he not only stopped the big, ole sweeper, short, but he literally jumped off his high perch, and hauled that barrel over to me, on the sidewalk!

I was so surprised, but managed to thank him, Profusely, still.

He grinned, tipped his head, scrambled up to his high seat, and was off up the street, doing

his thankless job!

I am sorry that I did not get his name, so I could tell his company of his fine gallantry.

It made me think, however, that we should be able to thank more folks for their "small acts of kindness."

So, how about a column, "The kindness of Strangers!" Maybe it would foster more good will amongst us? You never know?

(By the way, the kind man worked for Athens Services.)

If you have a story to share, email: editor@mntnviewsnews.com

SIERRA MADRE

Sierra Madre

Arcadia

Pasadena

Altadena

Monrovia

REMEMBRANCE PAUL C. DUNCAN



**Beloved husband, father,
grandfather and great grandfather.**

Our "Pop" passed away at home on June 13, 2014 at age 85. Born in Broken Arrow, OK Preceded in death by his daughter Francine and eight brothers and sisters, he is survived by his wife of almost 64 years, Marga-ret; his daughters Kathy (Cory) and Christine McClain (John); grandchildren Kimberly Pollock (Tim), Laura Lukač (Elmir), Amy McClain, Matthew McClain; and four great grandchildren Reagan, Kennedy Pollock, Layla & Erik Lukac

He worked in law enforcement for over 40 years, including the LAPD, and then devoted his retirement years to fishing, traveling ,volunteering for Mobile Missionary Assistance Program (MMAP) for 17 yrs 102 - 3 week projects and spending time with his family.

For many years he was an active member of Bethany Church in Sierra Madre. After he retired he joined the infamous Beantown coffee group with Gordon Caldwell Gary Wood, George Mauer which met

every weekday morning at 9 am.

A memorial service will be held at 11:00 a.m. on Monday, June 23rd at the First Church of the Nazarene of Pasadena. In lieu of flowers, the family is requesting donations in Paul's honor to Rainbow Acres, 2120 W. Reservation Loop Rd. Camp Verde, AZ 86322-8408.

INTRODUCING LIZZIE OF SIERRA MADRE'S LIZZIE'S TRAIL INN AND CREATOR OF DELICIOUS CHICKEN & RAVIOLI DINNERS

By Jeff Lapiides

On Saturday, June 28, 2014, the Sierra Madre Historical Preservation Society will host its second annual Chicken & Ravioli Dinner in honor of Lizzie and the good times associated with her establishment, Lizzie's Trail Inn.



Please join us as we continue the spirit of Lizzie: her congeniality and friendship and delicious food! So, who was Lizzie and how did this come to be?

Sierra Madre knows her as Lizzie, the operator of the Trail Inn on East Mira Monte at the foot of the Mount Wilson Trail in the 1920s and '30s. History knew her as Elizabeth Louisa Ciez Adler Weiss Stoppel McElwain. She led a colorful but all-too short life.

The roots of her family names of Ciez and Adler are unknown. Her younger son's birth certificate lists Ciez as his mother's maiden name. But Lizzie's obituary in the Los Angeles Times lists her maiden name as Adler. Lizzie was born in the Russian Empire on September 20, 1888. Her village was near Kiev in today's Ukraine. According to her obituary in the Sierra Madre News of January 4, 1939, within months of her birth, her mother died and her father was killed.

The story continued: A family with nine children took her in, and when she learned in 1906 of being adopted, the now-eighteen-year-old Elizabeth ran away to Kiev. A kind woman in the city welcomed the girl into her family. As it turned out, this woman was a sister of Elizabeth's birth mother – her aunt! Her new family immigrated to Cincinnati, Ohio, in 1909.

Lizzie met her first husband, Louis Weiss, and they married in Cleveland. They welcomed their first

child, Joseph, in Ohio and relocated to Los Angeles in 1911. In 1913, their second son, Ruben, was born.

By 1920, Lizzie was the landlady at a rooming house at 309 Temple Street in Los Angeles (currently the site of the County of Los Angeles Heating and Refrigeration Plant). According to the previously cited obituary, she was fluent in nine languages and volunteered as an interpreter at the Los Angeles County Hospital on Mission Road on the east side of the Los Angeles River. Her husband passed away the following year. It's worth noting that Mr. Weiss was 35 years Lizzie's senior.

Residing at the rooming house was Louis August Stoppel who was to become Lizzie's second husband in 1927. In the meantime, according to Dr. William White in 1996, Mrs. Elizabeth Weiss bought the business at the Trail Inn on her birthday in 1925. By October of the following year, Louis Stoppel's name appeared on search warrants and a disposition of a guilty plea for illegal manufacturing of alcohol at the Trail Inn and the adjacent Richardson House.

During Lizzie's years at the Trail Inn, the establishment developed a sterling reputation for her kitchen fare, especially her fried chicken and her ravioli dinners. It also had a less savory back story of sexual trysts in the three cabins above the inn, and, of course, the moonshine. But everyone agreed that Lizzie was most congenial and had many friends.

On November 1, 1935, Lizzie's declining health (thought to be due to breast cancer) led her to relinquish the Trail Inn. Louis Stoppel had left Lizzie sometime in the early years of the decade. But on December 16, she once again assumed the lease and the business. In 1936 Lizzie married Edward Harding "Mac" McElwain and got the support she needed.

Even though Lizzie was ill, she continued to personally pay bills and taxes through December of 1938. But the end came on January 3, 1939, at the age of 50. Lizzie is buried in East Los Angeles at the Home of Peace Memorial Park on Whittier Boulevard.

Lizzie's Trail Inn lives on as the City of Sierra Madre's mountain history Museum. The Museum is operated by the Sierra Madre Historical Preservation Society and is open Saturdays between 10 and noon. The spirit of Lizzie—congeniality and friendship—continues to greet all visitors.

Lizzie's Famous Chicken & Ravioli Dinner Saturday, June 28, 2014 (See flyer on page 9)

WHAT YOU MAY NOT KNOW ABOUT THE REMARKABLE HONEYBEE IN SIERRA MADRE

In Sierra Madre, as in communities across the nation and around the world, bees pollinate about 70 per-cent of our food including providing us honey. Without our bees, we would not have melons, tomatoes, apples, almonds, cherries, cranberries, grapes, citrus, alfalfa, macadamias, gourds, pears, plums, peaches, kiwis, macadamias, sunflowers, canola, avocados, zucchini, lettuce, broccoli and even cotton (over 100 food crops to mention a few!). The beef and dairy industries rely on bees to pollinate the alfalfa and clover fields for feed. Even corporations such as Starbucks and General Mills — owner of Haa-gen-Daz — rely on bees to pollinate their coffee and more than half of their ice cream ingredients.

Honey is the backbone for over 250 processed beverages, sauces and foods. The cotton we wear is a direct result of bee pollination efforts. Bees wax provides powerful pain medicines (called apitherapy) which offers effective relief from fibromyalgia, rheumatoid arthritis and multiple sclerosis. In America alone, bees directly provide commerce with \$44 billion annually!

The United States military, intelligence community and Homeland Security are now using bees to replace "sniffer dogs" for detecting potential bombs, explosives and landmines. The Red Cross estimates that between 50 and 100 million landmines exist in 80 countries, maiming 22,000 people (mostly children) every year! Bees are becoming the frontline detectors.

Bees are also the frontline detectors of lung and skin cancers, diabetes and tuberculosis.

Quiet simply, we humans cannot live without nature's best friend, our honeybee.

WHY ARE BEES DISAPPEARING?

Around the globe, and in Sierra Madre, bees are dying. Globally, bees are dying by the billions from what scientists call Colony Collapse Disorder. One of the biggest and most dangerous components to bees and to humans of Colony Collapse Disorder is the use of pesticides. Pesticides, in particular the class of pesticides known as neonicotinoids, have been over-used and found in plants, vegetables, soil and ground water. Not only are these pesticides, which are not needed in our environment, killing the much needed bees, they are also killing other pollinators such as the Monarch butterfly and are even dangerous to the much-loved hummingbird. But what humans don't know is that neonicotinoids are extremely deadly to humans and these pesticides are found in our agriculture and the food we eat, as well as our ground water. THIS IS ALARMING! Medical science has identified the use of pesticides in our food, our water, around our homes, as a key and increasingly leading cause to a variety of cancers in humans. In particular children are very vulnerable to the toxins of pesticides.

WHAT YOU CAN DO TO HELP SAVE OUR HONEYBEES

First and foremost, STOP using pesticides around your gardens where bees need to work and to pollinate! Don't buy plants from mass retail shops such as Lowe's or Home Depot, which have been found to

contain high levels of neonicotinoids. Garden organically. Purchase from your independent and local nurseries and hardware stores who are certified organic or do not use plants treated with neonicotinoids. Follow the state of Oregon's ban on the use of neonicotinoids. Use this link: <http://www.beyondpesticides.org/dailynewsblog/?p=12881>

Plant bee-friendly flowers (yellow and blues) in large single color blocks throughout Sierra Madre.

Encourage homeowners to plant fruit and nut-bearing trees (as the nectar from these trees will become a safe, chemical-free source of bee food).

STOP exterminating our bees! Should you, or your neighbor, find an unwanted bee hive, have it properly removed by a bee expert who will remove the entire hive and relocate it safely, without the need of using a dangerous pesticide on your property exposing your family to deadly toxins. To find a local expert for bee removal and relocation (without the use of pesticide) go to this link which is a bee rescue hotline: <http://honeylove.org/rescuebees/> You can also call this local Sierra Madre number and ask for Warren Betts: 626.836.3040. We will help you relocate your bees safely and will never use pesticides on your property. The bees will be removed and relocated somewhere else where it is approved and safe for them to live.

If you have honeybees, enjoy them! It took evolution on Earth billions of years to create the "perfect pollinator," which is our honeybee, as well as bumblebees. Plant pesticide free plants and flowers that attract them to your garden. A garden comes to life when beautiful plants and flowers attract honeybees, hummingbirds and other pollinators, such as the Monarch butterfly.

Install bird fountains and bird baths which add water features and natural sounds to your garden. You will witness your garden come to life. Rest assured that honeybees are NOT dangerous.

Yes they have stingers but honeybees are pre-programmed by nature to never sting without provocation. Bees rarely attack animals or humans unless an animal or human comes too close to where the hive is located. Bees in your garden will never sting. Your bees will get to know you and work with you.

Please give the honeybees a chance! Honeybees sustain our food chain and food supply. Without the honeybee you and your children's health are certainly in jeopardy.

For more information, please contact:

The Sierra Madre Honeybee Society

Warren Betts: 626.836.3040

Or Visit:

<http://honeylove.org/rescuebees/>

To order a copy of THE INCOMPARABLE HONEYBEE by the world renowned bee advocate Dr. Reese Halter

Please email Dr. Reese Halter: drreesehalter@gmail.com

This article courtesy of the SM Honeybee Society

SIERRA MADRE CITY HALL ART SHOW CALL FOR ARTISTS

The City of Sierra Madre is seeking artists for the City Hall Art Shows. Art Shows at City Hall are held throughout the year and feature local artists in a variety of mediums. The shows are up for 8 weeks and artists can host a reception for friends and family.

If you are interested in being considered for an upcoming art show, please submit examples of your work electronically to amatsumoto@cityofsierramadre.com. Please be sure to keep electronic submissions to less than 4MB total per email. Submissions are received by the Sierra Madre Art Review Board which decides which submissions are featured as part of the rotating art shows.

Please note the following considerations:

- Art should be family friendly and the Art Review Board reserves the right to determine which art pieces are shown at City Hall
- All art needs to be hang ready
- Artists does not need to live in Sierra Madre to be considered
- The Art Review Board is seeking a variety of art mediums for consideration. Examples include: oil painting, watercolor, jewelry, photography and more.

For questions about the City Hall Art Shows, please contact Community Services Manager Adam Matsumoto at amatsumoto@cityofsierramadre.com or by phone at 626-355-5278.



CONCERTS IN THE PARK

PRESENTED BY THE KENSINGTON

JUNE 14

PASADENA COMMUNITY ORCHESTRA (Classical)
Sponsored by Pasadena Community Orchestra - 6:30pm-8:00pm

JUNE 22

REX MERRIWEATHER (Big Band)
Sponsored by Senior Community Commission

JUNE 29

CASH UP FRONT (Johnny Cash Tribute)
Sponsored by Sierra Madre Community Foundation

JULY 6

ELVIS (Elvis Tribute)
Sponsored by Sierra Madre Rotary Club

JULY 13

WOODY AND THE LONGBOARDS (Beach Boys)
Sponsored by Sierra Madre Civic Club

JULY 20

DECADES OF ROCK (Rock and Roll Covers)
Sponsored by Spero Foundation

JULY 27

HARD DAY'S NIGHT (Beatles Tribute)
Sponsored by Sierra Madre Volunteer Firefighters Association

AUG 3

GEM CITY JAZZ CATS (Big Band)
Sponsored by Sierra Madre Kiwanis Club & Friends of the Sierra Madre Library

AUG 10

OPA OPA (Latin Jazz)
Sponsored by L.A. County Supervisor Michael D. Antonovich

AUG 17

SIERRA MADRE MUSIC BANDS (Top 40 Covers)
Sponsored by Sierra Madre Music

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

FOR MORE INFORMATION CONTACT THE COMMUNITY SERVICES OFFICE AT 626.355.5278

LAURA MITCHELL

- * **Realtor**
- * **NAR, CAR, AAR**
- * **Architectural Properties Director**
- * **Sierra Madre Resident Since 1984**
- * **Sierra Madre 4th of July Committee Member**
- * **Sierra Madre Community Foundation Board Member**

Laura Mitchell

626.254.1027 Direct
626.833.2849 Cell
Lauramitchell@coldwellbanker.com
CalBRE#01296522

SETTLEMENT FINALIZED IN MCDADE LAWSUITS



The city of Pasadena and the parents of an unarmed teen shot by police finalized mutual settlements last week totaling more than \$1 million in lawsuits filed by Anya Slaughter and Kenneth McDade—their son Kendrec McDade, was shot by Pasadena police officers in 2012 who were responding to a 911 armed robbery call.

Pasadena City Attorney Michele Beal Bagnieris publicly announced the agreement Monday although settlements were reached last week just before a trial was to begin.

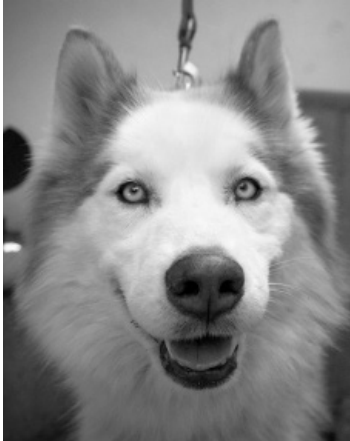
According to a statement released by the city, the settlements were finalized Monday, with no finding of fault or liability by the City, the Pasadena Police Department and its officers. The settlements are a final resolution to the lawsuits in which settlements were reached in principle about a week ago, but the terms could not be made public until the agreements were fully finalized and executed, including payments to both parents.

The agreements included monetary settlements for the parents, who, in turn, agreed to dismiss their lawsuits against the City and Pasadena police officers. Slaughter has received \$850,000 and Mr. McDade has received \$187,500. All parties agreed to absorb their own legal fees.

McDade, 19, was killed by Pasadena police officers Matthew Griffin and Jeffrey Newlen, in March Of 2012. Each shot him four times. Griffin and Newlen were responding to a 911 call made by Oscar Carrillo that claimed armed men stole a backpack containing his laptop.

IT was later determined that Carrillo deliberately gave police false information about a seeing a gun to speed up the response time. He served jail time after pleading guilty to falsify the 911 call.

Pet of the Week



S'mores is a three-year-old brown and white Siberian Husky. She's very friendly and even knows a few commands.

S'mores' adoption fee is \$125, which includes her spay surgery, a microchip, the first set of vaccinations, as well as a free follow-up health check at a participating vet. New adopters will receive complimentary health and wellness exam from VCA Animal Hospitals, as well as a goody bag filled with information on how to care for your pet.

Call the Pasadena Humane Society & SPCA at 626.792.7151 to ask about A357419, or visit at 361 S. Raymond Ave. in Pasadena. Adoption hours are 11-4 Sunday, 9-5 Tuesday – Friday, 9-4 Saturday. Pets may not be available for adoption and cannot be held for potential adopters from phone calls or email. Directions and photos of all pets can be found at www.pasadenahumane.org.



Colorado Street Bridge Party is Back

After being on hiatus last year, Pasadena's biggest block party is back —the celebration at the Colorado Street Bridge—organizers announced this week. A night of music, dancing, rare mustangs, free kids activities, and festive foods and beverages will be held atop one of the most infamous bridges in the world. The festivities are set for July 12 from 6:00 to 11:30 p.m.

Live music on three stages will be offered by groups such as Snotty Scott & the Hankies and Mercy & the Merkettes, while the Park Stage will be transformed into a Jazz Cub with performances by the likes of the Donovan/Muradian Quintet. Younger party goers will be entertained in the children's

area with balloons, pets from the Pasadena Humane Society & SPCA, face painting, cookie decorating, and more.

Guests can stroll along the Bridge to discover delicious offerings from local vendors including Robin's Wood Fire BBQ & Grill, Bling Bling Dumpling, Whole Foods, Old Fashioned Kettle Korn, Big Mama's Rib Shack, Shuck It Roasted Corn and Mexican, and more. A selection of wines from San Antonio Winery, along with on-tap handcrafted beers from Craftsman Brewing and Eagle Rock Brewery, and specialty cocktails including a Bridge Party Rum Punch will also be available.

Tickets are available in advance

at www.pasadenaheritage.org/Bridgetickets for \$16 adults/ \$8 kids, \$14 adults/ \$6 kids member pricing. Day of prices are \$18 adults/ \$9 kids.

Take the Metro Gold Line and then take the free ARTS Bus to the Bridge. Show your Metro Tap Card to receive a free commemorative event poster, featuring artwork by artist Kenton Nelson, while they last.

Council Approves FY 2015 City Budget

The Pasadena City Council unanimously approved a balanced Fiscal Year 2015 Annual Budget Monday, June 16, 2014 during its regularly scheduled meeting, capping a series of public meetings and hearings held since mid-May on the City's finances.

The FY 15 Annual Budget of approximately \$675.2 million includes about \$209.5 million in the General Fund to help pay for police and fire services, parks and other public programs and services that support Pasadena's outstanding quality of life and public safety.

The newly approved budget represents a slight decrease from the adopted FY 14 Budget of \$677.5 million. For FY 15, about \$72.3 million of the annual spending plan was authorized May 12 as part of the City's Capital Improvement Program budget dedicated to improving and investing in the City's key infrastructure, streets, public buildings and water and power projects.

The FY 15 budget includes appropriations for 16 City departments with about 2,170 full- and part-time employees, the Mayor and City Council offices, the Successor Agency to the Pasadena Community Development Commission, as well as the City's three operating companies—Rose Bowl Operating Company, Pasadena Center Operating Company and Pasadena Community Access Corporation.

The Council and its Finance Committee began holding meetings and receiving public input May 12 on the FY 15 Annual Budget. Public hearings were held at City Hall May 12, May 19, June 2 and June 9 and June 16 with special joint meetings of the Finance Committee and the City Council.

Feinstein to Sing with Pops

Michael Feinstein, the incomparable two-time Emmy and five-time Grammy-nominated entertainer joins the Pasadena POPS for one night only to sing a full concert celebrating the musical legacy of George and Ira Gershwin on Saturday, July 19 at the Los Angeles Arboretum with "Michael Feinstein SINGS Gershwin." Feinstein shares both the music of the Gershwins and personal stories from his recent book The Gershwins and Me, which reflects upon his six-year collaboration with Ira Gershwin.

Gates open at 5:30 p.m. and concert begins at 7:30 p.m. The LA County Arboretum 301 N Baldwin Ave. Tickets start at \$20.00 for lawn seating and \$42 for table seating.

First Day of Summer Brings Real Fire Danger

Fire officials warned Friday that the first day of summer, today, brings with it a reminder that the National Forests and wild-lands in the area are exceptionally dry and, facing a long hot summer, wildfire danger is at an all-time high.

Jet Propulsion Laboratory Climatologist Bill Patzert said in the western United States, 11 of the past 16 years have been drier than normal. The last three have been "dramatically dry," he said.

Patzert said summer was starting off with a bang as temperatures in the foot hills could reach 100 degrees this week.

"Ninety-five percent of all forest fires are started by people," he said. "So, we often focus on how dry it is out there but human behavior is as big a factor in the equation."

Patzert used an equation: Fire = Fuel + Meteorology + Ignition.

"Knowing a little about our everyday meteorology and modifying our behavior can

go a long way," he said. "Fire danger is lowest in the morning, highest in mid-afternoon."

He said anyone using heavy machinery, gardening equipment or other like activities should be most cautious in the afternoon.

Southern Region Cal Fire Captain Mike Mohler said as well as keeping defensible space by clearing brush, he said homeowners should clean rain gutters of pine needles and keep brooms and other such items, including patio furniture inside. He said during a fire thousands of embers can be blown away by the wind and land on these items.

Assemblymember Chris Holden introduced a bill passed as part of the state budget bill approving \$90 million for firefighting capabilities. He said fire crews have already responded to nearly 2300 wildfires in the state that burned more than 17,000 acres including in Glendora and Rancho Cucamonga.



DUI/Driver's License Checkpoint Planned

Pasadena Police Department Traffic Unit will be conducting a DUI/Driver's License Checkpoint on Friday, June 27, 2014, at an undisclosed location within the city limits between the hours of 8:00 p.m. to 3:00 a.m.

The deterrent effect of DUI checkpoints is a proven resource in reducing the number of persons killed and injured in alcohol or drug involved crashes. Research shows that crashes involving an impaired driver can be reduced by up to 20 percent when well-publicized DUI checkpoints and proactive DUI patrols are conducted routinely.

In California, this deadly crime led to 802 deaths in 2012 because someone failed to designate a sober driver. Nationally, the latest data shows nearly 10,000 were killed by an impaired driver. "Over the course of the past three years, DUI collisions have claimed 4 lives and resulted in 69 injury crashes harming 95 of our friends and neighbors," said Pasadena Police Chief Phillip L. Sanchez.

Officers will be looking for signs of alcohol and/or drug impairment with officers checking drivers for proper licensing delaying motorists only momentarily. When possible, specially trained officers will be available to

evaluate those suspected of drug-impaired driving. Recent statistics reveal that 30 percent of drivers in fatal crashes had one or more drugs in their systems. A study of active drivers showed more tested positive for drugs that may impair driving (14 percent) than did for alcohol (7.3 percent). Of the drugs, marijuana was most prevalent, at 7.4 percent, slightly more than alcohol.

According to the National Highway Traffic Safety Administration (NHTSA), checkpoints have provided the most effective documented results of any of the DUI enforcement strategies, while also yielding considerable cost savings of \$6 for every \$1 spent. Nearly 90 percent of California drivers approve of DUI checkpoints.

DUI Checkpoints are placed in locations based on collision statistics and frequency of DUI arrests affording the greatest opportunity for achieving drunk and drugged driving deterrence. Locations are chosen with safety considerations for the officers and the public.

Drivers caught driving impaired can expect the impact of a DUI arrest to include jail time, fines, fees, DUI classes, other expenses that can exceed \$10,000 not to mention the embarrassment when friends and family find out.

Learn How to Produce Your Own TV Show

With the opening of the new Pasadena Media studios at 150 S. Los Robles Ave, they are offering free television-training programs for producers. Plan to attend an orientation to discover the right classes for you. Producers' Training teaches how to produce shows for The Arroyo Channel. Studio Production/Equipment training is also offered to volunteer crewmembers. In addition, on-going training will soon be



PASADENA MEDIA

available in citizen journalism and digital film groups. Call the office (626) 794-8585 or go to PASADENAMEDIA.ORG and explore what Pasadena Media has to offer.

Class Offerings 6:00 pm – 8:00 pm Nightly

Orientation Training

Monday June 23 at 6:00 pm - 8:00 pm

Introduction to Field Production Training

Wednesday June 25 6:00 p.m. - 8:00 p.m.

Producers Training

Monday June 30 at 6:00 pm - 7:00 pm

PCAC Board Of Directors - Regular Meeting

Tuesday July 1 at 7:00 pm - 9:00 pm

**Citizen Journalism
Digital Film Group**

coming soon
coming soon

ARCADIA

Sierra Madre

Arcadia

Pasadena

Altadena

Monrovia

POLICE BUST INDOOR MARIJUANA CULTIVATION OPERATION

On Monday June 16, 2014, at about 3:00 PM, Arcadia Police Officers were dispatched to the 500 block of West Huntington Drive on a tip that a residence was possibly being used to grow marijuana indoors. Police department personnel responded to the address and contacted the resident of the property. Officers conducted a preliminary investigation and determined that a marijuana cultivation operation was being conducted inside the garage of the residence. The garage was converted into a marijuana cultivation area with lighting, ventilation, electrical wiring, irrigation and drying bins strewn throughout the bottom level of the residence. Approximately 135 marijuana plants were found in various stages of growth.

The suspect was ultimately arrested and is identified as Tiv Ke Roeung, a male Asian, 40 years-old, and a resident of Arcadia. Roeung is currently in custody at the Arcadia Police Department's Jail, and was booked for a felony violation of H&S 11358 - Cultivation. Roeung is being held without bail on an immigration hold by the U.S. Immigration & Customs Enforcement Agency.

This case is currently being investigated by Detectives from the Arcadia Police Department. Anyone with information on this incident is encouraged to contact the Arcadia Police Department at (626) 574-5151, case #14-3047. If you prefer to provide information ANONYMOUSLY, you may call "Crime Stoppers" by dialing 800-222-TIPS (8477), texting the letters TIPLA plus your tip to CRIMES (274637), or using the tip web page at [Los Angeles Regional Crime Stoppers](#).

CITY OF ARCADIA - SUMMER CONCERT & MOVIES IN THE PARK SERIES!

The Arcadia Recreation and Community Services Department proudly announces the Summer Concert Series for 2014!

Mark your calendar! The City of Arcadia's FREE summer concert series is approaching fast, so make sure you don't miss out on the fun in the sun! The summer concerts are held on Thursday evenings starting at 6:30-8pm on the lawn between City Hall and the Police Department (240 West Huntington Drive). Bring the kids out to participate in the FREE fun zone, featuring games, crafts, and activities each week. In addition, the City is pleased to announce The Surfer Taco Food Truck at all of the 2014 Summer Concert Series! A portion of the proceeds will be given to the Recreation and Community Services Department! For more information, please call 626.574.5113. Listed below is the line-up for this summer.

The Answer (Classic Rock) – July 10, 2014

Since 1964, The Answer has been supplying its renditions of top 40 hits, back then popular rock and today now classified as classic rock. The Answer's uncanny reproduction of all that's good in classic rock today sets them far above their competition. With stage energy, witty antics, and FREE giveaways, The Answer delivers a knock out show which is enjoyed by all ages! This is simply a show you cannot miss!

Tommy Tassi and the Authentics (Oldies) – July 17, 2014

Tommy Tassi and the Authentics have been entertaining southern California audiences since 1978. They specialize in the pop hits of the 50's, 60's & 70's. The group's main feature is its front man and lead vocalist, Tommy Tassi, who has an uncanny ability to sound like many of

the legendary artists. From the tender ballads to the bellowing rockers, he truly delivers sound-a-like renditions of the classic hits. As a showman, he brings much enthusiasm to the stage, working the audience with his spirited personality and creating an atmosphere of clapping, singing along and dancing.

Wise Guys (Big Band) – July 24, 2014

From Swing to Swank, The Wiseguys Big Band Machine is an eighteen-piece ensemble dedicated to keeping great music alive. For over 20 years this Montebello, California-based big band features a screamin' horn line, talented vocalist, exciting soloists, and a roarin' rhythm section. Their repertoire includes the swingin' vocal tunes of Frank Sinatra, Bobby Darin, Dean Martin and big band favorites from Glenn Miller, Pérez Prado, Count Basie and Buddy Rich. If you caught their show you know The Wiseguys keep audiences on the dance floor with their Big Band Vegas Sound... BET ON IT!!

PlayTheGroove Band (Modern & Contemporary Jazz) – July 31, 2014

The PlayTheGroove Band (aka Present Tense) brings vocal and instrumental compositions into a new era. By blending driving grooves with textures of R&B, rock, funk, pop and touches of Latin, the ensemble creates a fresh sound that is as sophisticated as it is accessible. The

PlayTheGroove Band is a "Jazz Jam Band Experience" exhibiting a blend of original compositions with unique renditions of contemporary classics. They combine contrasting styles so flawlessly, it's breathtaking. Like a sleek, fast rollercoaster, the music challenges listeners to hold on tight and enjoy the ride. *(Partial listing)*

Arcadia Police Blotter

For the period of Sunday, June 8th, through Saturday, June 14th, the Police Department responded to 1,052 calls for service of which 132 required formal investigations. The following is a summary report of the major incidents handled by the Department during this period.

Sunday, June 8:

- Just after 2:30 a.m., an officer responded to Embassy Suites, 211 East Huntington Drive, regarding an intoxicated adult at the front counter. The officer discovered the 53-year-old White male was under the influence of an alcoholic beverage and unable to care for himself. He was arrested and transported to the Arcadia City Jail for booking.
- Around 8:30 a.m., an officer responded to the area of Orange Grove Avenue and Rodeo Road regarding a suspicious subject walking around aimlessly for the past hour. The officer made contact with the subject and discovered she was under the influence of a controlled substance. The 29-year-old White female was arrested and transported to the Arcadia City Jail for booking.

Monday, June 9:

- At approximately 2:33 p.m., an officer was dispatched to a residence in the 000 block of Genoa Street regarding a battery report. A mother and her autistic son had an argument during which the son struck the mother several times on her body. The 22-year-old Asian male did not meet the requirements for an involuntary psychiatric hold and the mother was not desirous of prosecution.
- At about 7:33 p.m., an officer conducted a traffic stop on a vehicle in the area of Santa Anita Avenue and Camino Real Avenue for tinted windows and a broken tail light. The officer discovered the driver, a 22-year-old Black male, was in possession of a dangerous weapon in the form of a wooden baseball bat and the passenger, a 24-year-old Black male, had an outstanding misdemeanor warrant. Both subjects were arrested and transported to the Arcadia City Jail for booking.

Tuesday, June 10:

- At approximately 10:19 a.m., an officer was dispatched to a traffic collision in the area of Michillinda Avenue and Encanto Drive. As Party-2 was driving north on Michillinda, he stopped in the roadway to let a peacock pass by when Party-1 collided into his passenger side. The officer determined Party-1 was at fault since the driver failed to yield at a stop sign. No injuries were reported.
- Around 1:50 p.m., an officer conducted a traffic stop on a vehicle at Michillinda Avenue and Sunset Avenue for driving with a suspended license due to a previous DUI. The 68-year-old White male explained he did not know his license was suspended. He also had expired registration and no proof of insurance. He was cited in the field for the listed charges and his vehicle was impounded for 30 days.

Wednesday, June 11:

- Around 9:22 a.m., an officer made consensual contact with a bicyclist in the 2800 block of Foss Avenue. The officer discovered the 30-year-old Hispanic male was in possession of methamphetamine. He was arrested and transported to the Arcadia City Jail for booking.
- At about 4:42 p.m., an officer was dispatched to Rite Aid, 165 East Foothill Boulevard, regarding a suspect detained for theft. The 18-year-old Hispanic male selected a pair of 5 lbs. ankle weights and put them on his ankles after discarding the packaging inside the store. Shortly after, he filled a bag with merchandise and attempted to exit the location without making payment. He was

arrested for Commercial Burglary and Providing False Information, and transported to the Arcadia City Jail for booking.

Thursday, June 12:

- At about 7:44 a.m., an officer conducted a traffic stop on a motorcyclist driving a gas powered bicycle in the area of Longden Avenue and Myrtle Avenue for not wearing a helmet. An investigation revealed the driver was never issued a license, and was in possession of methamphetamine and drug paraphernalia. The 31-year-old Hispanic male was arrested and transported to the Arcadia City Jail for booking.
- Shortly after 7:20 p.m., an officer conducted a traffic stop on a vehicle in the 300 block of Santa Clara Street for tinted windows. The officer discovered the driver, a 29-year-old Hispanic male, was under the influence of a controlled substance. A search of his vehicle revealed he was in possession of narcotics for sale, drug paraphernalia, several credit cards that were linked to fraud, and property that was obtained by fraud. He was arrested for the listed charges and transported to the Arcadia City Jail for booking.

Friday, June 13:

- Around 7:15 p.m., an officer responded to a residence in the 000 block of Peachtree Avenue regarding a suspicious circumstances investigation. The victim, a juvenile male, explained he was walking to 7-Eleven in the 900 block of West Duarte Road in Monrovia when a vehicle pulled alongside him. The driver asked the juvenile if he wanted a ride and after the juvenile gave no response and continued walking, the driver cursed at him to come back and followed him. The juvenile ran into 7-Eleven, at which time the vehicle made a right turn on Duarte Road and headed eastbound out of sight.

The subject is described as a heavy set Asian male, approximately 30 to 40-years-old, medium length "gelled" black hair, with a short goatee, wearing a black t-shirt. The suspect vehicle is described as an old, dirty black car, possibly late 90's model. The make and model type are unknown.

- Shortly after 9:40 p.m., an officer conducted a traffic stop on a bicyclist in the area of Huntington Drive and Centennial Way for not having any wheel reflectors. The officer discovered the 39-year-old White male was in possession of narcotic drugs. He was arrested and transported to the Arcadia City Jail for booking.

Saturday, June 14:

- At about 7:14 p.m., an officer responded to a traffic collision in the parking lot of Jiffy Lube, 5 West Huntington Drive. A 35-year-old Hispanic female rear-ended another vehicle and she was determined to be under the influence of alcohol. She was arrested and transported to the Arcadia City Jail for booking. Bringing a Controlled Substance into a City Jail was added to the suspect's charges after cocaine was found hidden inside her bra.
- Shortly after 9:55 p.m., an officer observed a vehicle blocking a driveway in the 2000 block of South Sixth Avenue. As the officer made contact with the driver who was inspecting a residence's gate and pad lock, he detected a strong odor of marijuana coming from the location. A protective sweep of the house revealed it was being used as a marijuana grow. The 60-year-old Asian male was arrested for Cultivating Marijuana and transported to the Arcadia City Jail for booking. Further investigation is being conducted by the Detective Bureau.

MONROVIA - DUARTE

Sierra Madre

Arcadia

Pasadena

Altadena

Monrovia

ASSEMBLYMEMBER HOLDEN HONORS MONROVIA BUSINESS

A longtime Monrovia business has been named Small Business of the Year for the 41st Assembly District. At the California Small Business Day ceremony in Sacramento today, Assemblymember Chris Holden (D-Pasadena) recognized Pam Fitzpatrick as owner of The Dollmakers Kattywom-pus. The annual awards program honors small businesses throughout the state.

"I am pleased to honor Pam Fitzpatrick not only for all her hard work, but for her civic commit-ment as well," said Assemblymember Holden. "Pam is a success not only because she's a good businesswoman, but because she gives back to the community. Businesses like hers are the back-bone of the community and it is important that we recognize their contributions to the economy of California."

"I was both surprised and honored to receive the phone call that our family business had won this award. And it makes me smile every time I think about it: it IS possible to pursue your dream and succeed, and it IS possible to do it with your family," said Pam Fitzpatrick.

Fitzpatrick, the owner of The Dollmakers' Kattywompus, has been a part of the Monrovia busi-ness scene since 1991 when the store first opened in Old Town. Since then, her doll and retro toy store has expanded to offer music lessons and free Friday night concerts. Fitzpatrick is also very active in her community and has helped many non-profits by donating toys and giving of her time and energy. Her sister and co-owner, Jennifer Ranger accompanied her to Sacramento.

She was nominated by Becky Shevlin, Mayor Pro Tem, City of Monrovia who stated, "Pam Fitzpatrick is beyond tireless in her pursuit to not only promote her own family business but to also promote and protect the interests of other businesses in Monrovia Old Town."

DUARTE STATION SPECIFIC PLAN RECEIVES ECONOMIC DEVELOPMENT AWARD

The City of Duarte has received the 2014 Economic Planning and Development Award from the American Planning Association – Los Angeles Chapter (APALA) for the Duarte Station Specific Plan and EIR. The award was presented on June 12 at the APALA awards gala in Los Angeles. The specific plan was recognized for its forward thinking approach to planning with a focus on both economically feasible development and high quality design standards.

The Duarte Station Specific Plan was adopted by the Duarte City Council on December 10, 2013 and establishes the economic and land use framework for an innovative, transit oriented development adjacent to the future Duarte Gold Line Station scheduled to begin service in 2016. The Plan provides for mixed-use development of up to 475 residential units, 400,000 square feet of office, 12,000 of commercial, and 250 hotel rooms in the 19-acre planning area. RBE, the Dahlin Group and Economic and Planning Systems assisted

in the drafting of the plan.

One unique element of the plan was its incorporation of a Fiscal Impact Analysis that analyzed both the financial impacts of plan and the economic feasibility of development in the area. Community Development Director Craig Hensley explained, "From the beginning of the project, the City set the goal to develop a plan that would promote development at the Duarte Gold Line Station area. To accomplish this, the plan needed to allow for a mix of uses and densities that would be feasible for development. The plan also required excellent architectural designs so that development near the Gold Line station would be special and create a positive sense of place. It is great that the APALA has recognized the quality work that was done in Duarte."

This award is another indicator that Duarte is dedicated to quality economic development and the City Council and City Staff are on the right track. "This is a great follow up to the Most Business Friendly City award," Hensley said. For additional information on the Duarte Station Specific Plan visit [www.accessduarte.com](#) or call (626) 357-7931, ext. 230.

Monrovia Police Blotter

Highlighted Activity for the Weekend of June 16-18, 2014

During the last seven-day period, the Police Department handled 383 service events, resulting in 84 investigations. To see a complete listing of crimes reported, go to [http://www.crimemapping.com/map/ca/monrovia](#) for crime mapping. For Police Department news and information, visit our website and follow us on Twitter.

Welfare Check / Driving Under the Influence of a Controlled Substance / Possession of Drug Paraphernalia / Possession of Marijuana – Suspect Arrested

On June 16 at 12:47 p.m., police received a call reporting a dark gray Toyota Prius with paper plates stopped on the southwest corner of Heliotrope and Lime, with the driverslumped over the wheel and the brake lights on. Officers responded and determined the subject was under the influence of a controlled substance. When officers contacted him, he had a pipe for smoking methamphetamine in his hand and marijuana was found in his vehicle. The suspect was arrested and taken into custody.

Mental Evaluation

On June 16 at 1:14 p.m., a 16-year-old male subject who lives at a group home in the 900 block of West Olive was in a verbal altercation with another subject and punched a wall, hurting his hand. He was taken to a hospital by the on-site keeper. Later that day, police received a call reporting the subject was attempting suicide. He had climbed on top of a chair that he had placed on a pool table and had a sheet. When officers arrived, he denied any suicide attempt. He does not like where he has been placed. He was taken to a hospital for mental evaluation.

Public Intoxication – Suspect Arrested

On June 17 at 4:13 p.m., an officer was dispatched to Highway Esplanade and Chestnut regarding an intoxicated subject. An officer arrived and located the subject, who was breathing, but was not responsive. Monrovia Fire Department paramedics checked the subject. He was determined to be intoxicated and was arrested for being drunk in public.

Residential Burglary

On June 17 at 9:16 p.m., a burglary was reported in then 500 block of Valmont. The victim arrived home and found his front door, rear window and back door open. The home had been ransacked and jewelry was missing. The occurrence time is believed to be between 10:00 to 11:00 a.m. The investigation is continuing.

72 Hours Mental Evaluation

On June 17 at 11:14 p.m., officers responded to a

residence in the 300 block of East Palm on the report of a family disturbance. The female caller was crying on the telephone and told the dispatcher her husband was acting bizarre and was in possession of a handgun. When officers arrived, the female subject was waiting outside. The subject was inside the house with their two small children. Officers directed personnel around the perimeter of the residence. The dispatcher called the residence in an effort to facilitate a welfare check on the children. The subject refused all suggestions and would not cooperate, and he also admitted that he was armed with a gun.

A police sergeant was able to contact the subject and began negotiated with him on the telephone. The subject eventually agreed to put the gun down and go to the door to speak with officers. As officers approached the front door, the suspect began to slowly retreat back into the residence. Fearing for the safety of the children, the officers subdued the subject and detained him without further incident. A semi-automatic handgun was recovered from the kitchen counter. The magazine for the weapon was found nearby and was loaded with five rounds of live ammunition. The children were unharmed. The subject was determined to be a danger to himself and others, and was taken to a mental facility, where he would be held for a 72-hour mental evaluation. The weapon was seized.

HONORING OUR OWN

The Monrovia Police Department will be recognizing the accomplishments of six of our employees on Thursday, June 19, 2014, at 5:00 p.m., in the City of Monrovia Council Chambers. The six recipients will be awarded the Distinguished Service Medal for their exceptional work, their dedication to the Monrovia Police Department and their commitment to the community of Monrovia.

The Honorees are:

DISTINGUISHED SERVICE MEDAL

Detective Roberto Wilken
Detective Sarah Bushmeyer
Detective Stewart Levin
Officer John Jefferson
Officer James Ruano
Jailer Christine Garland

PUBLIC NOTICE

Watercolor Workshop

with Julie Hill

"Let's Paint an Elephant" Wed, June 25th, 9-3 p.m.



Creative Arts Group

108 N. Baldwin Ave. 626.355.8350 www.creativeartsgroup.org

Find us on Facebook by searching "Creative Arts Group Sierra Madre"

City of Sierra Madre

ORDINANCE NO. 1354

AN ORDINANCE OF THE CITY COUNCIL OF THE CITY OF SIERRA MADRE AMENDING MUNICIPAL CODE CHAPTER 17.08 – ZONING DEFINITIONS, CHAPTER 17.20 – ONE FAMILY RESIDENTIAL, AND CHAPTER 17.52 – HILLSIDE MANAGEMENT ZONE.

THE CITY COUNCIL OF THE CITY OF SIERRA MADRE DOES HEREBY RESOLVE:

WHEREAS, the definition of "bedroom" can be used to determine the parking requirement for a property, to assess whether residential additions or remodels can trigger compliance with parking requirements, or to determine the application of development impact fees; and WHEREAS, the existing definition of "bedroom" in the R-1 Zoning Ordinance is too broad, thereby presenting difficulties in making a determination of whether a given room constitutes a bedroom; and

WHEREAS, the R-2, R-3, R-C, H, and Zoning Definitions Ordinances do not currently include a definition of "bedroom"; and

WHEREAS, Planning Commission directed staff to amend the Zoning Ordinance to include a more specific definition of "bedroom" to enable staff in their determination regarding parking requirements for residential properties in the City; and

WHEREAS, the amendment qualifies for an Exemption, pursuant to Section 15061(b)(3) of the California Environmental Quality Act (CEQA) as it can be seen with certainty that there is no possibility that the activity in question may have a significant effect on the environment; and

WHEREAS, notice was duly given of the public hearing by the Planning Commission on February 20, 2014, with all testimony being received being made part of the public record, and the Planning Commission recommended approval of the amendment.

NOW, THEREFORE, BE IT ORDAINED by the City Council of the City of Sierra Madre as follows:

SECTION 1. Code Amendment. The definition of "bedroom" in Section 17.20.015 of the Municipal Code entitled "Definitions" is hereby amended to read: "Bedroom". For the purpose of calculating parking requirements, the following rooms which regularly make up a standard dwelling unit shall not be considered a bedroom: one kitchen, one living room, one family or recreation room, one dining room, and bathrooms.

SECTION 2. Code Amendment. Section 17.08.020 of the Municipal Code entitled "Words, terms, phrases defined" is hereby revised to include: "Bedroom" – R-2 Zone: For the purpose of calculating parking requirements in the R-2 Zone, the following rooms which regularly make up a standard dwelling unit shall not be considered a bedroom: one kitchen, one living room, one family or recreation room, one dining room, and bathrooms. "Bedroom" – R-3 and R-P Zones: For the purpose of calculating parking requirements, the following rooms which regularly make up a standard dwelling unit shall not be considered a bedroom: one kitchen, one living room, one dining room, and bathrooms. Single-family residences located in the R-3 and R-P Zones shall be subject to the bedroom definition in the R-1 Zone.

SECTION 3. Code Amendment. Section 17.30.210 of the Municipal Code entitled "On-site Parking" is hereby amended to read: D. "Bedroom". For those properties which are nonconforming with regard to the on-site parking space requirements of this Chapter, the addition of a bedroom(s) will require that the property conforms to such parking requirements, pursuant to the following definition of bedroom: The following rooms which regularly make up a standard dwelling unit shall not be considered a bedroom: one kitchen, one living room, one family or recreation room, one dining room, and bathrooms.

SECTION 4. Code Amendment. Section 17.52.080 of the Municipal Code entitled "Definitions" is hereby amended to include: "Bedroom". For those properties which are nonconforming with regard to the on-site parking space requirements of this Chapter, the addition of a bedroom(s) will require that the property conforms to such parking requirements, pursuant to the following definition of bedroom: The following rooms which regularly make up a standard dwelling unit shall not be considered a bedroom: one kitchen, one living room, one family or recreation room, one dining room, and bathrooms.

SECTION 5. California Environmental Quality Act. The amendment qualifies for an Exemption, pursuant to Section 15061(b)(3) of the California Environmental Quality Act (CEQA) as it can be seen with certainty that there is no possibility that the activity in question may have a significant effect on the environment.

SECTION 6. Severability; Continuation of Provisions. If any section, subsection, subdivision, paragraph, sentence, clause or phrase of this Ordinance is for any reason held to be invalid or unenforceable, such invalidity or unenforceability shall not affect the validity or enforceability of the remaining sections, subsections, subdivisions, paragraphs, sentences, clauses or phrases of this Ordinance or the rules adopted hereby. The City Council of the City of Sierra Madre hereby declares that it would have adopted each section, subsection, subdivision, paragraph, sentence, clause or phrase hereof, irrespective of the fact that any one or more other remaining sections, subsections, subdivisions, paragraphs, sentences, clauses or phrases hereof be declared invalid or unenforceable. To the extent the provisions of the Sierra Madre Municipal Code as amended by this Ordinance are substantially the same as the provisions of that Code as they read immediately prior to the adoption of this Ordinance, then those provisions shall be construed as continuations of the earlier provisions and not as new enactments.

SECTION 7. Effective Date. This Ordinance shall take effect thirty days after its passage and adoption pursuant to California Government Code section 36937.

SECTION 8. Certification. The City Clerk shall certify to the adoption of this ordinance and shall cause the same to be published or posted in the manner prescribed by law.

PASSED AND ADOPTED this 10th day of June, 2014.

AYES:

NOES:

Drifting Secondhand Smoke Affects Everyone!



The poisonous chemicals in secondhand tobacco smoke affect any and everything it comes in contact with, including your children and pets. You and your loved ones deserve a clean air environment, with protection from unwanted secondhand tobacco smoke in your home and community.

Join the **Coalition for Clean Air Residential Environments (C.A.R.E.) of Sierra Madre**. For a cleaner, safer, and healthier community.

For more information, contact:
caresierramadre@gmail.com
(626) 229-9750



Made possible with funding from the Centers for Disease Control and Prevention through the Los Angeles County Department of Public Health.

SIERRA MADRE EARTHQUAKE PREPAREDNESS EVENT

Join the City of Sierra Madre on Saturday, June 28, to celebrate the 23rd anniversary of the Sierra Madre Earthquake by preparing yourself for the next one!

The event is held from 10:00am-12:00pm at the Sierra Madre Fire Department located at 242 W. Sierra Madre Blvd., Sierra Madre, CA 91024.

In collaboration with the Sierra Madre Police and Fire Departments, you will learn safety procedures to protect your loved ones and possessions in an emergency. The L.A. County Fire Department is bringing the Yogi Bear Schoolhouse earthquake simulator and the Sierra Madre Volunteer Firefighters Association is providing hot dogs and drinks for free! In addition the following groups will have information booths during the event: American Red Cross, Safe and Ready, Sierra Madre CERT, Gas Company, Southern California Edison, Post Alarm, SMFD fire extinguisher demonstration and SMPD. For more information contact the Sierra Madre Fire Department at 626-355-3611.

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PASADENA UNIFIED TEACHERS RECEIVE LOCAL AND NATIONAL ACCOLADES



From L to R: Ravishanth Dev Anandhan (Sierra Madre Middle School), Mellason Chidester, (Longfellow Elementary School), Rose Evans (Pasadena High School), Maria A. Soto (Willard Elementary School) and Kaiulani Sallas Venable (Jefferson Elementary School).

Pasadena, CA – Pasadena Unified School District (PUSD) teachers have been recently acknowledged as some of the best of the best in their profession. Whether being named a Teacher of Excellence, member of a “dream team,” or participating in a research mission in Tahiti, PUSD instructors truly are some of the finest in the business.

2014 PASADENA UNIFIED TEACHERS OF EXCELLENCE

The Pasadena Rotary Club honored five PUSD educators as “Teachers of Excellence” during their annual ceremony in May that honors teachers who excel in their profession. This year’s honorees are: Ravishanth Dev Anandhan (Sierra Madre Middle School), Mellason Chidester, (Longfellow Elementary School), Rose Evans (Pasadena High School), Maria A. Soto (Willard Elementary School) and Kaiulani Sallas Venable (Jefferson Elementary School).

The Teachers of Excellence program is a collaborative effort between the Rotary Club, the PUSD, and the United Teachers of Pasadena. The Rotary Club invites all school principals and parent associations to nominate teachers for this honor, and a selection committee composed of administrators, principals, Rotarians and previous winners reviews the entries.

This year’s Teachers of Excellence recipients have distinguished themselves as teachers who engage students in learning, create an exciting classroom environment, and have a positive impact on the future of PUSD students. Finalists submitted an essay, and a video, filmed and produced by PUSD’s KLRN television station, to demonstrate classroom activity and discuss their personal experiences, perspectives, and goals.

Teachers of Excellence winners were honored during an awards ceremony May 21. One winner, Mellason Chidester, will have the additional honor of being named the PUSD nominee for Los Angeles County Teacher of the Year. Video vignettes about each of the winners can be found at gopUSD.com/greatstaff.

SCHOOL DIRECTORY

Alverno High School
200 N. Michillinda Sierra Madre, Ca. 91024
(626) 355-3463 Head of School: Ann M. Gillick
E-mail address: agillick@alverno-hs.org

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

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

Barnhart School
240 W. Colorado Blvd Arcadia, Ca. 91007
(626) 446-5588 Head of School: Ethan Williamson
Kindergarten - 8th grade
website: www.barnhartschool.org

Bethany Christian School
93 N. Baldwin Ave. Sierra Madre, Ca. 91024
(626) 355-3527 Principal: James Lugenbuehl
E-mail address: jml@bcsliions.org
website: www.bcsliions.org

Clairbourn School
8400 Huntington Drive
San Gabriel, CA 91775
Phone: 626-286-3108 ext. 172
FAX: 626-286-1528
E-mail: jhawes@clairbourn.org

Foothill Oaks Academy
822 Bradbourne Ave., Duarte, CA 91010
(626) 301-9809
Co-Principals Nancy Lopez and Diane Kieffaber
info@foothilloaksacademy.org
preschool@foothilloaksacademy.org

The Gooden School
192 N. Baldwin Ave. Sierra Madre, Ca. 91024
(626) 355-2410 Head of School: Patty Patano
website: www.goodenschool.org

High Point Academy
1720 Kinneloa Canyon Road Pasadena, Ca. 91107
Headmaster John Higgins
626-798-8989
website: www.highpointacademy.org

LaSalle High School
3880 E. Sierra Madre Blvd. Pasadena, Ca.
(626) 351-8951 website: www.lasallehs.org
Principal Bro. Christopher Brady, FSC

Monrovia High School
325 East Huntington Drive, Monrovia, CA 91016
(626) 471-2800 Principal Darwin Jackson
Email: schools@monrovia.k12.ca.us

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

Pasadena High School
2925 E. Sierra Madre Blvd. Pasadena, Ca.
(626) 396-5880 Principal: Gilbert Barraza
barraza.gilbert@pusd.us
website: www.phs.pasadenahigh.org

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

Sierra Madre Elementary School
141 W. Highland Ave, Sierra Madre, Ca. 91024
(626) 355-1428 Principal: Esther Salinas
E-mail address: salinas.esther@pusd.us

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

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

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

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

PASADENA UNIFIED SCHOOL DISTRICT
351 S. Hudson Ave., Pasadena, Ca. 91109
(626) 396-3600 Website: www.pusd.us

ARCADIA UNIFIED SCHOOL DISTRICT
234 Campus Dr., Arcadia, Ca. 91007
(626) 821-8300 Website: www.ausd.net

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

THE REEL DEAL: by Ben Show
EDGE OF TOMORROW



With sci-fi movies becoming more and more abundant, the question that people ask themselves is which ones to see and which ones to skip. Many sci-fi movies are simply rehashed ideas from older movies in the genre and end up feeling way too similar. ‘Edge of Tomorrow’ is not one of those movies.

When an alien race invades the Earth, humans must fight them off. However, the aliens always seem to be one step ahead of the humans. That is, until a final invasion plan is put into action, using state-of-the-art mech suits.

Officer Cage (Tom Cruise) finds himself trapped in a time loop, using the aliens powers, and must find away to save the world.

While the plot may seem unoriginal, it is actually one of the best sci-fi movies I’ve seen in years and that’s because of Tom Cruise and Emily Blunt’s performances. Combined with the clever plot and the humor laced through the film, ‘Edge of Tomorrow’ is a must see summer blockbuster.



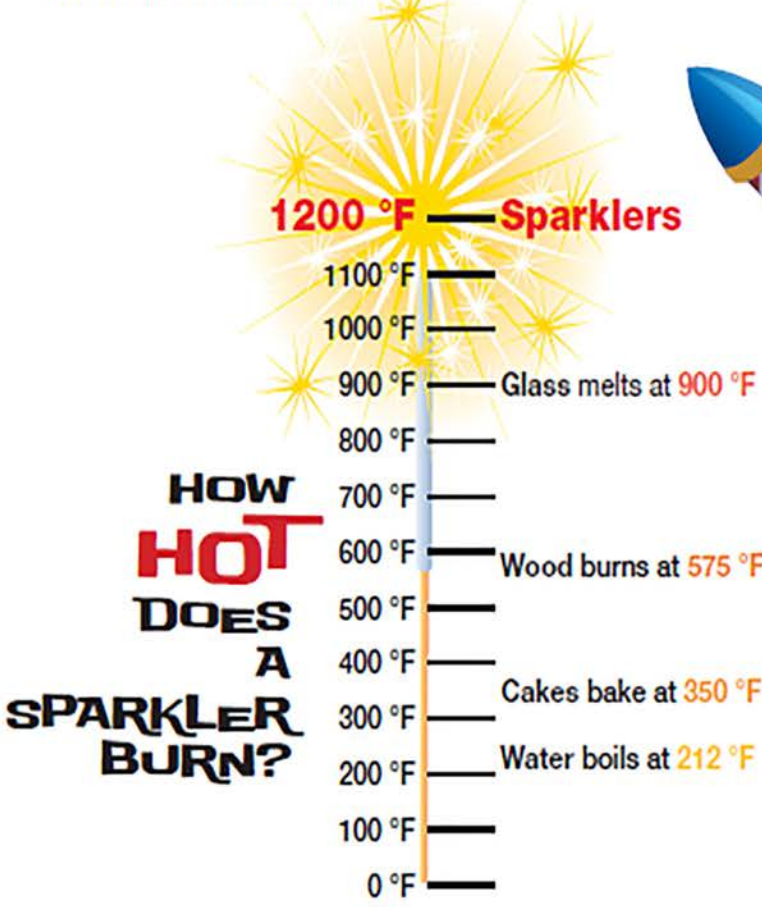
Fireworks are often used to mark special events and holidays. However, they are not safe in the hands of consumers. Fireworks cause thousands of burns and eye injuries each year. People can enjoy fireworks safely if they follow a few simple safety tips:

BE CAREFUL!

- » Be safe. If you want to see fireworks, go to a public show put on by experts.
- » Do not use consumer fireworks.
- » Keep a close eye on children at events where fireworks are used.

CONSUMER FIREWORKS

NFPA is opposed to consumer use of fireworks. This includes sparklers and firecrackers. Even sparklers burn hot enough to cause third-degree burns.



FACTS

- ! In 2011, almost 18,000 fires were caused by fireworks.
- ! Sparklers cause 16% of fireworks injuries.



Your Source for SAFETY Information

NFPA Public Education Division • 1 Batterymarch Park, Quincy, MA 02169

www.nfpa.org/education



by Chris Leclerc

As a youngster growing up in a rural setting in the deep south, I was lucky enough to have had lots of animals and domestic pets throughout my childhood. I remember enjoying the luxury of allowing my dogs to roam freely at will, knowing that they would most likely wander through the woods in our back yard, head off to the neighbor's house to play with their dogs for a bit and beg for leftovers, then eventually return home, just in time for supper.

That was such a luxury of freedom for myself and my pets, and I imagine there are many Sierra Madre locals who have similar childhood memories of their own. Those were the days, weren't they? With acres of undeveloped land surrounding us, ample space between our homes, and way less traffic passing through our neighborhoods, the risks were minimal for a pet with a nose for wanderlust who just loved to explore the great outdoors. It just seems natural, right?

Well, unfortunately the open acreage and broad land gaps that used to exist between our homes and property have shrunk dramatically in most parts of America over the years, and few & far between are the moments of silence without a vehicle passing swiftly by on the boulevards and streets that we live on. Let's face it folks, as residents in America, and most certainly in Los Angeles County, the days of "free-range" pet ownership are far-and-away long-gone.

Not only is it extremely risky to allow a dog to run free these days, it is also against the law. Pet owners in Sierra Madre and other parts of LA County should know better than to think it is OK to let their dogs roam off-leash outside the boundaries of their own fenced-in yard. I learned my lesson several years ago, while living in Hermosa Beach with my dog, "Lady". She was a friendly girl, so I was never concerned that she might hurt anyone, and at the time it never dawned on me that she, herself could be hurt by roaming free. I lived 2 blocks from the beach, and I loved to let Lady go play on the sand or follow me on foot as I rode my bike along the strand during the off-season months when there was minimal traffic and few tourists in town.

One day, I was riding my bike with lady following behind, when a cop stopped and cited me for having my dog off-leash. The leash laws were new to me then, so I was taken very much by surprise when I had to take a day off work to appear in court and pay a fine. That was the last time I ever allowed my dog to roam free, intentionally. Although I admit that it seemed ridiculous at the

LOVE EM' THEN, LEASH 'EM

time, I have since learned to respect the leash laws in LA County (one of the most densely populated places in the entire US) and I guess I have become a self-appointed advocate for full compliance, mostly for the sake of the animals' safety.

While we would all love to think that our own dog is smarter than other dogs, or at least smart enough to stay out of the street and behave properly by responding to the re-call command, it is simply an unsafe assumption that amounts to nothing less than illegal negligence. A domestic dog is a creature driven more by instinct than taught intelligence or allegiance to his master, regardless of how much training he's received. In fact, the human's delusion of owning the perfectly obedient dog is an excellent example of how, in some ways the dog is indeed smarter than the human being.

No offense to those responsible owners who have taken the time to properly train and discipline their pets, it's just that humans need to come to grips with the fact that a canine will do what comes naturally to itself, and much of the time the instinctual behavior of the canine is not in tune with the behavior or thought patterns of the human being.

Even a well-trained, very obedient domestic dog harbors a tendency to chase a squirrel scrambling up a tree, a bird suddenly taking flight out of a bush, or a cat meandering by on the opposite side of the road, and when such playful prey does make its way into a dog's proximity, his instincts are likely to override any obedience training he may have had, prompting him to take chase after whatever it was that caught his attention.

It only takes one time for a fast-moving vehicle to pass by the wrong place at the wrong time, to end the life of a beloved pet, so my advice is to set your "pet pride" aside, and take proper precautions. The risks are simply not worth it, and it would be you, not your dog at blame and fully responsible if such a tragic accident should happen.

A truly loving, caring pet owner will always protect their pet from harm, and that kind of unconditional love includes educating oneself and forfeiting some of the freedoms that we would all still love to enjoy, such as allowing them to roam off leash like we did in the good old days.

The leash laws in California also apply to when you are with your pet in the wilderness or forest. In fact, that is where you want to be most cautious, since there are so many potential unexpected dangers that you or your pet might be subjected to, such as soft soil giving way beneath a steep hillside, or some form of wildlife suddenly surprising you on the trail. Wherever you might be with your beloved furry, four-legged friend, one thing is for sure; If you love them, you will leash them!



SO DO CATS!...A SUMMER GUIDE TO KEEPING CATS CALM

(StatePoint) The majority of pet owners say they have at least one dog or cat with behavioral problems, which easily can be exacerbated by such startling things as July 4th fireworks and summer thunderstorms.

And unfortunately behavioral issues are the number one reason for euthanasia in dogs and cats, resulting in the death of approximately 15 million pets each year.

"Summer can be an especially tough time for pets and pet owners, when thunderstorms, fireworks displays and travel can cause distress and bad behavior," says Carolyn Stichler, vice president of marketing for Sergeant's Pet Care Products.

If you're part of the 73 percent of owners who say they have a pet that is scared of fireworks, you'll want to create a plan to help keep your cat calm.

In time for the Fourth of July, here is a summertime guide for a happier, healthier cat:

- **Safe Space:** Create a safe space for your pet to seek refuge. The area should be comfortable as well as secure so he can't escape and wreak havoc or leave your home. Provide toys and other distractions.
- **Stay Calm:** Even if your cat is flipping out, remain composed. Doing so will help send the message that there's nothing to fear. Also, exhibiting anger could contribute to your pet's stress and make the problem worse.
- **Rely on science:** More than two million cat owners have used a calming product on their pet. "You may want to consider a calming collar for your pet that has been scientifically proven to reduce or eliminate bad behaviors provoked by stress-related situations," says Stichler.



For example, Sergeant's Vetscription Calming Collar for Cats, available at mass retailers nationwide, mimics the pheromone that the mother produces to calm and reassure her kittens. Pheromones are chemical substances used for communication between members of a species.

Good for all ages and breeds, the pheromone calming collar provides constant exposure calming pheromones to help pets feel safe and secure. More information can be found at www.sergeants.com.

- **Be there:** You can't be home all the time, but if you know that a fireworks display will be taking place in your community or there's a stormy forecast, don't leave your pet home alone. Stay in or consider asking a neighbor, friend or cat sitter to come over. Make sure they know what to expect and coach them on how to keep your cat calm.
- **Ask a vet:** It never hurts to check in with a veterinarian and explain your pet's behaviors and symptoms. Your vet can offer tips and let you know whether the behaviors are normal.

Summertime is known for fun, sun and relaxation. But for pet owners and their furry friends, this is not always the case. Take steps to help your cat feel safe and secure in the face of seasonal stresses.

LOOKING FOR A BEST FRIEND?

To Enjoy The Summer With? Think Bronson!

He is a four year old, 12 pound handsome tri-colored brown, black and beige Chihuahua and maybe, Corgi mix boy with a muscular firm body. He was named after "Charles Bronson" because he has had tough challenges in his life, dealing with harsh treatment and trying to survive and fit in this world. He wants to find his place in a secure home with a compassionate adult or couple who will not only love and care for him, but also be the friend, teacher and guide in his life that he has never been fortunate to have.

When he is taken out of his kennel for walks and time in the play yard, he is very happy, relaxed, and lights up with a big smile. He loves going for walks, is easy on the leash, and is a good little walker with average energy. He is inquisitive, loves to explore and meet up and interact with other dogs. He is very curious about all the activity around him and eagerly participates. He seems to enjoy being busy focusing on or doing something, and not just sitting around while he is out, and because of this, he would most likely be happy if he had a task or a job to focus on. A positive training program would be the best thing for this intelligent guy.

Bronson isn't all brawn and brains. He also has a soft affectionate side, loves attention and shares that with you during down time. You can expect that he will enjoy sitting or lying close to you, or proudly up on your lap listening to everything you have to say.

Bronson will probably be the happiest as an only dog in the household. He is looking for a best friend to give him a happier and better chance in life, and he and all of his friends here at SGVHS are hoping it is one of you!

He currently resides at the San Gabriel Valley Humane Society located at 851 E. Grand Avenue in San Gabriel with his roommate. We are located off San Gabriel Blvd., north of Mission and south of Las Tunas.

To arrange a 'Meet and Greet' with Bronson, please stop by any time from 10:00am to 4:30pm Tuesday thru Sunday.

His adoption fee is \$120 which includes a microchip, neuter surgery, first vaccinations and a free wellness check-up at a participating veterinarian. Feel free to call us at (626) 286-1159 for more information on Bronson.

See our website at www.sgvhumane.org for information and photos of all our available pets.



PET OF THE WEEK: WAFFLE

Animal ID #A4718808

Puppies do not come any cuter than the very adorable Waffle (A4718808)! Waffle is a precious 4-month-old white male Short Haired Chihuahua mix puppy who was found in La Puente and brought to the Baldwin Park Animal Care Center on June 7th. Weighing 8 lbs, Waffle is a sweet baby with adorable freckles and beautiful coloring. A little timid in the shelter environment, he takes comfort in being around people and loves being held and carried about. He already gets along with other dogs and is ready to learn the training basics all puppies need to grow into happy, healthy adults.



Waffle will make a darling and adorable lap or purse dog for any individual or family with older children (who will be careful not to injure his small frame) living in any situation. He is a great little boy waiting for someone to adopt him! To see a video of Waffle, please visit: <http://youtu.be/rMaCkPk60zs>

To meet Waffle in person, please see him at the Baldwin Park Shelter, located at 4275 N. Elton, Baldwin Park, CA 91706 (Phone: 626-430-2378 or 626-962-3577). He is currently available now. For any inquiries about Waffle, please reference his animal ID number: A4718808. The shelter is open seven days a week, 12 pm-7 pm Monday-Thursday and 10am-5pm Friday-Sunday. This is a high-intake shelter with a great need for adoptions. For more information about Waffle or the adoption process, contact United Hope for Animals Volunteer Adoption Coordinator Samantha at Samantha@hope4animals.org. To learn more about United Hope for Animals' partnership with the Baldwin Park Shelter through its Shelter Support Program, as well as the many dogs of all breeds, ages, and sizes available for adoption in local shelters, visit <http://www.unitedhope4animals.org/about-us/shelter-support-program/>.

SGVHS CALENDAR PHOTO CONTEST

Calendars offered for a \$10 donation

2015 SGVHS Pet Photo Calendar

Wanna make your pet a celebrity? Whether you adopted from SGVHS or somewhere else, we welcome your best pet photos in our calendar contest.

Tell your friends, family and co-workers!

Everyone is invited to compete.

It's easy, just email your landscape (horizontal) format photo to sgvhscalendar@gmail.com

JUNE 30, 2014
Submission deadline



Our chief writer and owner of this wonderful newspaper Susan Henderson, is a bit of a tea totaler, so when she asked me to recommend a chardonnay in the \$20 range I was surprised. Well, here you are Susan! It's Black Stallion it is grown/located in Napa Valley just close to the Silverado Trail.

TABLE FOR TWO by Peter Dills
thechefknows@yahoo.com

Cabernet was yummy beyond words, I found the Chardonnay a better value and no need to pair up with food*, it is a wonderful sipping wine on a warm summer day (no ice cubes please). One thing my wine snob friends contend is that Napa Valley Chardonnays often run into criticism for being overly oaked and not allowing enough of the grapes varietal character to shine through. Finding a balance between oak and fruit notes in Napa Valley Chardonnays can be a challenge, especially at an affordable price point, but they are snobs and this gem comes in well below \$20. My research tells me that the 2012 growing season in Napa was exceptional a bonus for all varieties, including Chardonnay, I'd be interested to check out a few more 2012's from Napa, for now this one is a cut above the rest. * Pairs well with roasted chicken and soft cheese. Susan You'll love it.

Dills Score 90

Retail \$22, I found it on sale for \$16.

Each week I will give you my Dills Score. I have added points for value. I'm starting with a base of 50 points; I added 8 points for color, 7 points for aroma or "nose", 8 points for taste, 8 points for finish, and 9 points for my overall impression, which includes my value rating.

Email Peter at thechefknows@yahoo.com and follow me on Twitter @KINGOFCUISINE

Watch Dining with Dills on Charter 188 at 7 PM on Saturdays and Sundays



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Guest MUST present this flyer to the cashier before paying. Blaze Pizza will donate 20% of proceeds from your meal back to our organization.



Donation amount excludes proceeds from tax and gift card purchases. Valid for dine-in, take-out and online orders. Alcoholic beverages excluded. Event proceeds void if flyers are distributed in or near the restaurant. Manager, please attach this flyer to the guest check.



INGREDIENTS

- 1/4 cup good olive oil
- 3 tablespoons minced garlic (9 cloves)
- 1/3 cup dry white wine
- 1 tablespoon grated lemon zest (2 lemons)
- 2 tablespoons freshly squeezed lemon juice
- 1 1/2 teaspoons dried oregano
- 1 teaspoon minced fresh thyme leaves
- Kosher salt and freshly ground black pepper
- 4 boneless chicken breasts, skin on (6 to 8 ounces each)
- 1 lemon

DIRECTIONS

Preheat the oven to 400 degrees F.

Warm the olive oil in a small saucepan over medium-low heat, add the garlic, and cook for just 1 minute but don't allow the garlic to turn brown. Off the heat, add the white wine, lemon zest, lemon juice, oregano, thyme, and 1 teaspoon salt and pour into a 9 by 12-inch baking dish.

Pat the chicken breasts dry and place them skin side up over the sauce. Brush the chicken breasts with olive oil and sprinkle them liberally with salt and pepper. Cut the lemon in 8 wedges and tuck it among the pieces of chicken.

Bake for 30 to 40 minutes, depending on the size of the chicken breasts, until the chicken is done and the skin is lightly browned. If the chicken isn't browned enough, put it under the broiler for 2 minutes. Cover the pan tightly with aluminum foil and allow to rest for 10 minutes. Sprinkle with salt and serve hot with the pan juices.

Read more at: <http://www.foodnetwork.com/recipes/ina-garten/lemon-chicken-breasts-recipe.html?oc=linkback>



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- Egg Salad with olive spread
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THE JOY OF YOGA COME BACK AGAIN!



When I first started yoga it took me awhile to get into it. I dabbled around trying to find the right teacher. The very first one kept me away for a few years. But when the right teacher and the right time were there – it was magic. I went every chance I could. Even with 3 young kids at home. I hated when my teacher had a sub! I hated anything that got in the way of my class. My perfect world was 3-4 times a week. But then the sub was there for 3 weeks. I stopped after one week. I went back a few times, then I got a cold, then life happened and one day I was saying – “wow, I haven’t been to yoga in such a long time! I used to love it!” So I went back. I went “back” again and again. The thing is – even if you are not exactly where you left off, your body remembers. It groans a little sometimes, but you get happy again. It’s not the physical effort that really hooks us. It’s the increased vitality and happiness, the sense of inner calm and wisdom. We hear it all the time: “my family made me come.”

And then we stop for vacation. We think the feeling can’t go away this time. We will do yoga on vaca. And then, a few months later, we come back again.

What ever you are doing in your life – it gets better with yoga. But sometimes we need breaks. So don’t feel bad if you have been absent. Get your mat out of the trunk. We can al-ways tell if it’s been in there all rolled up and stuck together or unused in the back of your clos-et. But get it out again. Your smile will be so worth it!

I’ll see you in class – again.

Namasté,

René

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6 SECRETS TO HEALTHY DIGESTION

What is digestion? Simply put it is the breakdown of food so that it can be absorbed and used by our bodies for energy and repair as needed. Why is healthy digestion important? In order to achieve and maintain vitality throughout our lives we must have the proper fuel for our body and our body must be able to build and repairs cells. For many people digestion is not so simple. In fact for many is dreaded. One of the underlying causes of all digestive disorders is lack of fiber which is second to insufficient water intake. Some of the indication that your digestive system is not working properly are constipation, diarrhea, gas pains, and bloating. So for over all good health it is important that we know the 7 Secrets to Healthy Digestion.

1. State of Mind. Our outlook on life; our spiritual and mental health, play a role in healthy digestion. The secret here is to do whatever you do well and to love what you do! This covers your family life, your work life and your spiritual and recreational life.

2. Movement. We all need exercise but that exercise does not have to be in a gym or on some field or court somewhere. Our bodies have incredible moving parts and we were meant to move those parts not just when we were children but all throughout our life on a daily basis. Exercise can be walking, running, gardening, swimming or even cleaning house. Exercise may combine service with physical activity like volunteering with Habitat for Humanity or helping a friend move. It at times will be very vigorous and strenuous which will allow our cells to rapidly become oxygenated or meditative and relaxing as in yoga. No matter what your choice of movement is it will serve to not only to oxygenate our cells but it also relieves everyday stress and relieving stress is important for good digestion.

3. Eat a WHOLE FOOD Diet. Nature provides a bounty of beautiful, tasty foods that are all we need to fuel our bodies and build and repair our cells. Highly processed foods are the main enemies of the digestive system. For many dairy is as well... is no fiber in dairy. It is imperative that the digestive system has enough fiber all throughout the day to keep things happening inside your gut. If the digestive system is continually abused though diet it will lose its ability to absorb nutrients from the food that is ingested.

4. Chew. Chew your food thoroughly. Digestion begins physically in your mouth (mentally in your brain as you decide what to eat). If you do not take the time to chew your food well enough saliva will not accompany your food as it begins its journey through your body. Saliva contains enzymes that begin the breakdown of the food into useable parts for the body as well as moisten or lubricate your food to aid in transport.

5. Water. Water is the most component of healthy digestion. Without water we cannot absorb nutrients from the food we eat and we cannot move our food through our lengthy digestive system. We must consume water on a daily basis to achieve radiant health.

6. Rest and relaxation. Just as important as exercise or movement is rest. When we sleep our bodies take a break from the day’s activities. It is a time when little to hopefully no digestion occurs. During sleep our bodies take on the daunting tasks of repairing cells and eliminating toxins

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FOUR GOOD DOCTORS
by Dennis R. Buckley, D.C.

Health ADVANTAGE

In these challenging times, the stress of living can take a toll on your physical, emotional, mental and spiritual health.

From Dale Carnegie’s best selling book, “How to Stop Worrying and How to Start Living” comes some sage advice.

You need to listen to Dr. Diet, Dr. Quiet, and Dr. Merryman. I would add Dr. Exercise and you have a solid team of advisors to help you manage your stress and live a healthy whole life.

These 4 doctors reside within you so you have the majority of control to tap into their wisdom.

Activating *Dr. Diet* makes sure you charge up your body with great fuel to power and repair your body.

Dr. Quiet ensures that you are in control, you get your rest so your body can repair and have the ability to go inward and connect to your source.

Dr. Merryman makes sure that you enjoy the journey. He will make sure you are connected to others and can be of service because the happiest people are those who contribute to the greater welfare.

And *Dr. Exercise* gets us in motion to relieve pressure and stress, move joints and lubricate them. It also synergizes with the other three to bring balance.

Listen to these four great doctors and heed their message. Spend each day with each one to guide your day and you will be able to handle all the challenges and opportunities that come your way to live each day as a masterpiece.

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HOW TO PROTECT YOUR MEDICARE CARD FROM IDENTITY THEFT

Dear Savvy Senior:

I just turned 65 and received my Medicare card. I see that the ID number on my card is the same as my Social Security number, and on the back of the card it tells me I need to carry it with me at all times. What can I do to protect myself from identify theft if my purse and Medicare card get stolen? Conflicted Beneficiary



Dear Conflicted:

Many people new to Medicare are surprised to learn that the ID number on their Medicare card is identical to their Social Security number (SSN). After all, we're constantly warned not to carry our SSN around with us, because if it gets lost or stolen, the result could be identity theft.

But the Medicare ID is more than an identifier. It's proof of insurance. Beneficiaries need to show their Medicare card at the doctor's office and the hospital in order to have Medicare pay for treatment.

Over the years, many consumer advocates, have called for a new form of Medicare identification. The Centers for Medicare & Medicaid Services, which administers Medicare, also acknowledges the problem, but so far nothing has been done.

One of the main reasons is because it would cost an estimated \$255 to \$317 million to fix it. And that's just the direct cost to the federal government. It doesn't include the expense for physicians and other healthcare providers to adjust their systems, or the cost to the states.

Other government health systems like the Department of Veterans Affairs and Department of Defense have already begun using ID numbers that are different from SSNs, but no one knows when Medicare will follow suit.

In the meantime, here are some tips offered by various consumer advocate groups that can help keep your Medicare card safe and out of the hands of fraudsters.

Protect Your Card

For starters, AARP suggests that you simply don't carry your Medicare card at all, because it's not necessary. Most healthcare providers already have their patients in their electronic systems and know how to bill you.

But if you really don't feel comfortable not having it with you, then the Privacy Rights Clearing House, a national consumer resource on identity theft recommends that you make a photocopy of your card and cut it down to wallet size. Then use scissors to cut out the last four digits of your SSN, or take a black marker and cross them out, and carry that instead.

You will, however, need your actual Medicare card with you the first time you visit a new health care provider, who will likely want to make a photocopy of it for their files.

If you're worried that you'll need your card in an emergency situation in order to get care, you should know that emergency personnel cannot refuse you care until you show an insurance card. Although you'll need to come up with billing information before leaving a hospital, that doesn't mean you won't receive care.

Lost or Stolen Cards

If your Medicare card does happen to get lost or stolen, you can replace it by calling Social Security at 800-772-1213. You can also apply for a new card online at ssa.gov/medicarecard or go to your local Social Security office.

If your Medicare card has been lost or stolen, you will need to watch out for Medicare fraud. You can do this by checking your quarterly Medicare summary notices for services or supplies you did not receive. If you spot anything suspicious or wrong, call the Inspector General's fraud hotline at 800-447-8477.

If you need help identifying Medicare fraud, contact your state Senior Medicare Patrol program. See smpresource.org or call 877-808-2468 for contact information.

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.



KATIE TseThis and That

GREAT EXPECTATIONS!

My family and I were celebrating Father's Day at a restaurant last week. The meal included a lot of shellfish, and, therefore, the crack, snapple, and pop of claws, legs, and all the joints in between. Needless to say, we covered the table, and ourselves, with bits of shell and sweet, sticky sauce. As the waiter cleared the table, he passed out little individually wrapped towelettes. After I wiped the grease off my fingers, I noticed that the towelette package was labeled "Majestic Wet Napkin Inc. California"! (Exclamation mark added).

That could be seen as braggadocio. "Those cocky napkin makers are putting on airs!" Or, it could indicate that the people at the napkin P.R. department thought that the "Majestic" title would make the people who use them feel more special. "Hey, I'm not just wiping my greasy hands with any old towelette; this one is Majestic!" I'm certain no one else in the restaurant was pondering the towelette packaging that deeply, but it made it more meaningful for me.

Sometimes people's good intentions get lost in translation when naming their businesses. "Chaste Auto" in Monterey Park was most likely influenced by companies such as "Fidelity Cleaners". I imagine customers thinking "Ah, my car won't be 'fooling around' while it's away from me." Although that probably wasn't the mental image the business was shooting for, you know what they meant.

I was also reminded of an interesting article in the devotional, "Our Daily Bread." I don't recall the specifics (or how it related to spiritual matters), but it referenced a contest in which people came up with grandiose-sounding titles for their jobs. The occupation of "Underwater Ceramic Professional" a.k.a "dishwasher" won an award. I came up with the title, "Compartmentalization Efficiency Analyst" for my first job as a bagger at Albertson's.

As with the majestic towelettes, I found the concept behind this contest intriguing. While we shouldn't be arrogant about our occupations, it's important that we see the importance of doing our best wherever God has placed us. An encouraging verse is Colossians 3: 23-24, "And whatever you do, do it heartily, as to the Lord and not to men, knowing that from the Lord you will receive the reward of the inheritance; for you serve the Lord Christ." That is especially helpful when your boss is not the easiest person to get along with. (I'm so thankful I have the boss that I do!) Even more important is to respect those whose jobs are generally not held in high esteem. While our greed-driven culture values image over substance, it is important keep eternity in mind, because "there is no partiality with God." (Romans 2:11)



TECH TALK: TECHNOLOGY ASSISTANCE

Mondays, June 9 and June 23 from 2:00 to 3:00 PM Tech-savvy youth from Sierra Madre Middle School will provide assistance with the operation of cell phones, tablets, and computers. Participants should bring the device with which they need assistance; computers are available at the Senior Center for general instruction. The class is free of charge, but registration is required. To register, or for questions regarding the program call 355-7394

SENIOR HAPPENINGS

FYI - MEDICINE AND ALCOHOL MISUSE CAN HAPPEN UNINTENTIONALLY

The Food and Drug Administration on its website has some very useful information on the use of Alcohol while taking medications. Here are some signals that may indicate an alcohol or medication-related problem:

- Memory trouble after having a drink or taking medicine
- Loss of coordination (walking unsteadily, frequent falls)
- Changes in sleeping habits
- Unexplained bruises
- Being unsure of yourself
- Irritability, sadness, depression
- Unexplained chronic pain
- Changes in eating habits
- Wanting to stay alone a lot of the time
- Failing to bathe or keep clean
- Having trouble finishing sentences
- Having trouble concentrating
- Difficulty staying in touch with family or friends
- Lack of interest in usual activities

Do you think you may be having trouble with alcohol or medications? Do you want to avoid a problem? Here are some things you can do:

Talk to someone you trust: Talk with your doctor or other health care professional. They can check for any problems you may be having and discuss treatment options with you. Ask for advice from a staff member at a senior center or other program in which you participate. Share your concerns with a friend, family member, or spiritual advisor.

Share the right information with your health care professional: Make a list for your doctor of all your medications. Remind your doctor or pharmacist about any previous conditions that might affect your ability to take certain medicines, such as allergies, a stroke, hypertension, serious heart disease, liver problems, or lung disease.

Don't be afraid to ask questions if you want more information. Whenever possible, have your doctor or a member of the medical staff give you written advice or instructions.



HELPFUL HINT: White vinegar is an inexpensive way to keep your dishes sparkling, just pour white vinegar in the compartment of your dishwasher instead of a liquid rinse product.

FOR YOUR FUNNY BONE

Paul, late for an important meeting, was searching desperately for a parking spot in a parking lot. Looking up to the heaven's he entreated "God if you find me a parking spot, I promise to start going to church again." The words were barely out of his mouth, when a spot opened up right in front of his car. Paul looked back up, "never mind I found one."

HAPPY BIRTHDAY! ... June Birthdays*



Nellie Haynes, Dorothy McKay, George Enyedi, Theresa Daley, Ann Dugierian, Marilyn McKernan, Pat Fujiwara, John Shier, Beth Smith-Kellock, Mary Carney, Ann Disbrow, Joan Ellison, Ruth Kirby, Irene Kudirka, Anne Montgomery, Trini Ornelas, Martha Spriggs, Pat Starkey, Kathleen Coyne, Suzanne Decker, Halcyon Koerber, Jacque Persing

Jeanne Peterson and Grace Sanders.

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

Quote of the Week:

Seize the moment. Remember all the women on the Titanic who waved off the dessert cart. - Erma Bombeck



ACTIVITIES:

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

YMCA San Gabriel Valley Intervale Senior Café: Monday-Friday at 12:00 Noon (Participants are urged to arrive no later than 11:45 A.M.)

All seniors 60 and up can take part in the lunch program. There is a suggested donation of \$2.00 for those 60 and over and \$3.75 for non-senior guests. Daily reservations are necessary as space is limited. Please call 24 hours in advance...626.355.0256

Free Balance Class: Third Monday of every month 11:00 to 11:45 with Shannon Vandeveld. A variety of balance exercises are practiced; all ability levels are encouraged and welcomed.

Free Blood Pressure Testing: Held Second Tuesday of the month from 11:00 am-12:00 pm: No appointment necessary.

Bingo: Every Tuesday afternoon from 1:00 pm- 3:00 pm Cards are only .25c each!

Chair Yoga Update: This class has become so popular that Instructor Paul Hagen has agreed to offer another class. Starting Monday, April 7th chair yoga will meet twice a week on Mondays and Wednesdays from 11:00 to 11:45 am, except on the third Monday of the month when the balance class is held. Due to the demand for this class and Paul Hagen's time a suggested donation of \$5 at one of the classes is requested, but is not required. If you have any questions please feel free to stop by or give us a call 626.355.7394

Free Legal Consultation: Pasadena attorney Lem Makupson volunteers on the 2nd Wednesday of the month. He focuses on estate planning, trusts, wills, probate, conservatorships and business law. ***Appointments are a must!** Please call: 626.355.7394 to make yours

Birthday Celebrations: The 2nd Thursday of the month the Senior Center celebrates the birthdays of our patrons at 12:30 pm. Please join us for free cake and ice cream and "**celebration**." (The cakes are provided due to a generous donation from the Sierra Madre Civic Club.)

Game Day: Every Thursday at 1:00pm. Poker is usually the game of choice, or should I say chance? Board games and other card games are also available.

Free Strength Training Class: Every Friday from 1:00 pm -1:45 pm Conducted by long-time volunteer, Lisa Brandley. The class utilizes light weights for low-impact resistance training. Weights are provided by the Sierra Madre Senior Center.

Senior Citizens Club: Every Saturday at the Hart Park House (Senior Center). Brown bag lunch at 11:30am; Club meeting at Noon; Bingo 12:30- 3:30 pm. Only .25c per card.

LUNCH & LEARN: THE KENSINGTON - SIERRA MADRE

Wednesday, June 25th • 12:00 to 1:00 pm

The Kensington, the Senior Center's soon to be across the street neighbor, is scheduled to open in November 2014 and is designed to be a home for seniors who need assisted living and memory care services. Hear from Brandy Valencia, Executive Director of The Kensington, about the type of services they will offer, the design and layout of the building, and their involvement in the community.



UPCOMING EXCURSIONS:

Aquarium of the Pacific (Long Beach, CA)

Date: Friday, June 20, 2014 Time: 9:00am to 3:00pm

Meeting Location: Hart Park House Senior Center Cost: \$25.00 (does not include lunch) The Aquarium features a collection of over 11,000 animals representing over 500 different species in exhibits ranging in size and capacity from about 5,000 to 350,000 gallons. Exhibits introduce the inhabitants and seascapes of the Pacific, while also focusing on specific conservation messages associated with each region. The Pacific Ocean is the focus of three major permanent galleries, sunny Southern California and Baja, the frigid waters of the Northern Pacific and the colorful reefs of the Tropical Pacific. You will be given a daily schedule of the shows included in the price of admission some of which are the care and feeding of sea otters, seals and sea lions, and sharks, the tropical reef dive in which divers speak from inside the 350,000 gallon tropical reef tank, and a penguins multimedia show. Participants are asked to bring additional money for souvenirs and lunch; there are a variety of restaurants nearby. Last day to register is Thursday, June 12, 2014. Level of Walking: Moderate

SENIORS ROCK! Concert in the Park

Sunday, June 22, 2014 6:00-8:00pm Memorial Park

Listen to the big bang sounds of Rex Merriweather & This Ain't Your Daddy's Big Band on Sunday, June 22nd from 6:00-8:00pm at the Memorial Park Bandshell, 222 W. Sierra Madre Blvd. Music includes tunes from the 40s, swing, and theme songs from classic TV shows and radio.

The concert is sponsored by the Senior Community Commission who will be giving away FREE popsicles while supplies last. Also for sale are "Sierra Madre Seniors Rock!" T-shirts, proceeds from the t-shirts support senior programs and services. Seating is on the green so remember to bring blankets and lawn chairs. For additional information please call the Community Services Department at 626-355-5278.



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WHAT'S ON 98

June 23 – June 29, 2014

O-Kay for Sound is playing Thursday Morning at 9:00 a.m.
Released in 1937: The smash hit stage show featuring the legendary Crazy Gang from the London Palladium brought to the big screen in 1937.

When I was fresh out of college and determined not to be a preacher like my dad, I got a job at the U.S. Steel rolling mills in McDonald, Ohio. I was a bricklayer helper, delivering and passing brick one by one to the bricklayers as they crawled inside the furnaces to repair the brickwork that comprised the walls, ceiling and floors.

At lunch time we all gathered in the small bricklayer room to eat lunch and gab a bit, and sometimes play a bit of Pinochle. My partner for games of Pinochle was Jimmy D., a bricklayer in his 50's who loved to spend his vacations in Las Vegas. He always brought back fascinating stories of his Vegas adventures, and the best stories usually revolved around the Las Vegas 'Rat Pack' and their stage shows at the Sands.

The Vegas Rat Pack consisted of Frank Sinatra, Dean Martin, Sammy Davis Jr., Peter Lawford and Joey Bishop. They performed for many years at the Sands Hotel to sold out audiences, blending rehearsed jokes and bits with improvisational humor that was different every show. Those shows were the stuff of legends, but this isn't the first and only famous team of comedians thaw wowed a nation. In 1930's

Britain six stage comedians played to sold out audiences at the London Palladium. They were known as The Crazy Gang, and in addition to their legendary live performances they made several motion pictures together. This movie is basically a motion picture version of their stage act, complete with the support acts that filled out their stage shows.

Thanks to the invention of motion pictures, you can experience today what it would have been like to attend one of their sold out performances at the Palladium. Just pop a bowl of white kernel popcorn with warm melted butter drizzled on it and imagine that you are in the standing room only audience at the famed Palladium, with the best seat in the house.

by Jimbo Berkey

This is how the schedule works:

- | | |
|----------|--|
| 7-9 | Comedy movies |
| 9-11 | Comedy movies and A Taste of Threater |
| 11- Noon | Beverly Hillbillies, Love that Bob, The Lucy Show, Little Margie |
| 1-3 | Romance movies |
| 3-5 | Film Noir movies and Dragnet |
| 5-6 | Comedy movies |
| 7-9 | Mystery movies |
| 9-10 | Crime movies |

This programming is only available for Sierra Madre Time Warner customers. Those who do not subscribe to Time Warner will not be able to view the programing available on Channel 98.

My Picks of the Week

- | | |
|-----------|--|
| Monday | Moonlight Sonata |
| Tuesday | Return of the Whistler |
| Wednesday | The Dishonored Lady |
| Thursday | O-Kay for Sound |
| Friday | Outer Gate |
| Saturday | The Courageous Dr Christian |
| Sunday | The Great Mike - Santa Anita Race Track location |

Make sure you have your popcorn ready, gone to the potty, cushions fluffed and your are comfortable. There are no interruptions during the movie. The films are not edited for time or content.

The City of Sierra Madre is not funding any aspect of the printing, videos, movies, tv shows etc. Not one taxpayer dime has been spend on this programming.

Mountain Views News
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THIS WEEK ON 98

Monday 6.23.14	Movies - 9
7 to 8 am	Sweetheart of the Navy
9 to 10 am	Lady of Burlesque
11 to 12 pm	Beverly Hillbillies, Love that Bob, The Lucy Show, Little Margie
1 to 2 pm	Moonlight Sonata
3 to 4 pm	The 39 Steps
5 to 6 pm	Road to Happiness
7 to 8 pm	Conquest of the Air
9 to 10 pm	Behind the Green Lights & Prison Nurse
Tuesday 6.24.14	Movies
7 to 8 am	The Missing Corpse & The Millionaire Kid
9 to 10 am	People are Funny
11 to 12 pm	Beverly Hillbillies, Love that Bob, The Lucy Show, Little Margie
1 to 2 pm	The Dancing Pirate
3 to 4 pm	Convict 99
5 to 6 pm	A Song For Miss Julie and Rhythm in the Clouds
7 to 8 pm	Return of the Whistler
9 to 10 pm	House of Secrets
Wednesday 6.25.14	Movies
7 to 8 am	Neath Brooklyn Bridge & Sky Patrol
9 to 10 am	Keep Your Seats Please
11 to 12 pm	Beverly Hillbillies, Love that Bob, The Lucy Show, Little Margie
1 to 2 pm	Becky Sharp
3 to 4 pm	The Dishonored Lady
5 to 6 pm	Rainbow on the River
7 to 8 pm	Bowery Blitzkrieg
9 to 10 pm	Hells House & The Man From Utah
Thursday 6.26.14	Movies
7 to 8 am	Speed Devils & Live Wire
9 to 10 am	O Kay For Sound
11 to 12 pm	Beverly Hillbillies, Love that Bob, The Lucy Show, Little Margie
1 to 2 pm	Swing High Swing Low
3 to 4 pm	Back Door to Heaven
5 to 6 pm	Moonlight and Cactus & Star Reporter
7 to 8 pm	Dick Tracy vs Cueball
9 to 10 pm	Broken Dreams & Prison Nurse
Friday 6.27.14	Movies
7 to 8 am	Hats Off & Atlantic Flight
9 to 10 am	Windbag The Sailor
11 to 12 pm	Beverly Hillbillies, Love that Bob, The Lucy Show, Little Margie
1 to 2 pm	Thunder in the City
3 to 4 pm	Little Tough Guys
5 to 6 pm	Molly and Me
7 to 8 pm	Outer Gate
9 to 10 pm	Gangs Inc & Riders Of The Whistling Skull
Saturday 6.28.14	Movies
7 to 8 am	Mark of the Avenger & Sheriff of Sage Valley
9 to 10 am	Loaded Pistols & Border Caballero
11 to 12 pm	Renegade Girl & Trigger Pals
1 to 2 pm	The Cowboy Millionaire & Rip Roarin Buckaroo
3 to 4 pm	The Courageous Dr Christian & Border Patrol
5 to 6 pm	The Bold Caballero & Black Stallion
7 to 8 pm	The Man Who Walked Alone & The Way of the West
9 to 10 pm	Girls in Chains & Blue Steel
Sunday 6.29.14	Movies
7 to 8 am	Jungle Book
9 to 11 am	Kids A Cookin - 2 hours of kids cooking shows
11 to 12 pm	Lady Behave
1 to 2 pm	Horace Takes Over & X Marks the Spot
3 to 4 pm	Mr Wong The Fatal Hour & Dangerous Holiday
5 to 6 pm	Thats My Baby & The Case Of The Radiant Wine
7 to 8 pm	The Great Mike
9 to 10 pm	Flames & Female Fugitive

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Open House Sunday 2-5pm

This lovely 4 bedroom Ranch style home features sparkling pool, remodeled kitchen with stainless steel appliances. Large family room and living room, master bedroom has spa tub in bathroom and walk-in closet. Located in gorgeous area next to the Arboretum & beautifully landscaped with palm trees front and back.



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SATURDAY, JUNE 21, 2014

SECTION B

AROUND SAN GABRIEL VALLEY

“What’s Going On?”

News and Views from Joan Schmidt



MY HUSBAND, MY FRIEND:

A Memoir by Neile Adams McQueen

Recently, my husband and I traveled to Idyllwild for an amazing afternoon with Neile Adams McQueen, the “First and Foremost” of Steve McQueen’s wives. The event was the first of The Fourth Annual Idyllwild Authors Series presented by Eduardo Santiago & Pen Center USA. It was held in conjunction with the 20th Anniversary re-release of her book, My Husband, My Friend: A Memoir with a new and expanded photo album.

What made the day so incredible were two different things. First was meeting Neile Adams and learning so much about her and Steve McQueen - their backgrounds, how they met, their lives together, the road to stardom and what eventually led to their breakup. Eduardo’s pertinent questions brought out so much. Neile was born in the Philippines. Her mother, a beautiful well known dancer fell in love, but had no idea the father of her child was a married man with children of his own. They were married

in a ceremony, but he returned to his family and Neile never met him. Consequently Neile was raised by the kind old man who had also raised her mother!

Steve had a similar childhood. His parents may have been married, but his father left home soon afterward and his mother couldn’t handle raising a baby. She dropped Steve off at her uncle’s farm. His great uncle was strict, but loved Steve, and Neile feels the uncle influenced how Steve raised his children. Steve’s childhood wasn’t easy. At one point his mother came for him. She remarried and her husband beat Steve. Eventually he went back to his great uncle’s farm till he was seventeen and his mother brought him to New York. This revised book has so many great photos, including Neile’s second husband, Al Toffel.



Neile and husband

Neile wrote this book to deal with her grief. Till the day he died, she loved Steve McQueen. They almost “grew up” together. When they met, they were both young, he was struggling in his career and she was a dancer on Broadway. During their marriage, she read his scripts and advised role choices. Neile couldn’t fall apart in front of her current husband, Al - she loved him deeply. So she began writing in the wee hours of the morning in a closet. Neile also wanted to set the record straight. There had been so many untruths about Steve.

The book is “For their son, Chad, and grandchildren Molly, Steven, Chase and Madison and In Loving Memory of their daughter, Terry.” Neile also acknowledges her husband Al Toffel “For his extraordinary understanding in an extremely unusual and difficult situation...this book would not be possible without his active support.”

The second great aspect of attending this event was learning about the Idyllwild Author Series, a yearly event hosted by Eduardo Santiago at Idyllwild’s Café Aroma. The setting is gorgeous-outside at the side of the Café. Everyone is so friendly and it’s such a quaint little village with neat stores...a great outing. Most have lunch prior to the signing which usually is at 3pm. Please visit www.idyllwildauthors.com to see the remaining scheduled authors. On Sunday, July 13, 3pm at Café Aroma, 54750 North Circle Drive, Idyllwild, CA 92549, Eduardo will interview Josephina Lopez, The Creator of Real Women Have Curves and author of Hungry Woman in Paris.

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FOSTER FARMS KICKS OFF “PASS THE PLATE” WEST COAST FOOD DONATION PROGRAM AT FOOTHILL UNITY CENTER

75 Center families to receive weekly Foster Farms meals as part of event to help feed more than 75,000 people this summer

June 19, 2014 – To commemorate its 75th anniversary, Foster Farms launched its “Pass the Plate” West Coast meal donation program at Foothill Unity Center’s Pasadena location yesterday. Local families of four received the first of the company’s summer meal donations and learned first-hand of Foster Farms’ commitment to helping feed people in need this summer.

Starting today, Foster Farms will be distributing weekly complete chicken dinners to 75 needy families of four in each of seven West Coast cities, in partnership with local food banks. Foster Farms has also committed to help feed an additional 75,000 people based on consumer participation in its online share program. For every “Pass the Plate” social media share at Take75.com, Foster Farms will help donate chicken for one meal to local food banks.

The company is rolling out the program to focus greater awareness on food insecurity in the country and encourage others to join in helping to address this issue. According to a recent modern dinner survey of 2,000 West Coast consumers commissioned by Foster Farms, more than one-third of families are unaware that 49 million Americans, nearly 15 percent of American households, do not have enough to eat – a condition food assistance organizations call “food insecure.”

Foothill Unity Center, a partner of the Los Angeles Regional Food Bank, is the only Los Angeles area distribution site for the program. Other partners are food banks in San Diego, Sacramento, San Francisco-Marina and Manteca, California; Seattle, Washington; and Portland, Oregon.

“On behalf of our client families, we’re delighted to be a beneficiary of Foster Farms’ commitment to giving back to local communities,” said Foothill Unity Center Executive Director Betty McWilliams. “This generous donation of chicken dinners with all the fixings will help sustain 75 families we serve with protein-rich meals throughout the summer – a time when parents can’t rely on school lunches to help feed their children.”

“Pass the Plate” is part of Foster Farms’ new Take 75 program, a movement focused on encouraging people to take at least 75 minutes each week to get back to basics and enjoy meals with family and friends. “As a family-owned business, family is at the heart of Foster Farms,” said Ira Brill, the company’s director of communications. “We believe that all families deserve to connect with each other over a family meal. If we can play a small part in putting dinner on the table for families in need so they can focus on what really matters – time together – then our “Pass the Plate” program will be a success.”



Foothill Unity Center clients Patricia Moran and daughters Izel, 7, and Marisol, 5, will receive weekly family chicken dinners from Foster Farms this summer.

About Foothill Unity Center

Founded in 1980, Foothill Unity Center is the primary provider of food, case management/crisis help, and access to health care resources across eleven San Gabriel Valley cities. As the federally designated Community Action Agency for the Foothill Area, it operates two locations, in Monrovia and Pasadena, serving clients in Pasadena, Altadena, South Pasadena, Sierra Madre, Arcadia, Monrovia, Bradbury, Duarte, Azusa, Baldwin Park and Irwindale. 77% of clients are at or below the National Poverty Level. The number of people it serves has more than tripled over the last five years, making community funding contributions and volunteer support more critical than ever.

About Foster Farms

Family-owned and operated since 1939, Foster Farms continues its legacy of excellence and commitment to quality established by its founders, Max and Verda Foster. The company specializes in fresh, all natural chicken products free of preservatives, additives or injected sodium enhancers. Based in the Central Valley with ranches in the Pacific Northwest, the company produces fresh chicken in or near each region it serves and delivers it fresh within 48 hours. Foster Farms has long provided community support through a variety of initiatives including scholarship programs, grants, volunteer programs and support of families needing food assistance. It also makes Thanksgiving dinner possible for thousands of West Coast families each year through donations of Thanksgiving turkeys to local food banks.

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SEAN’S SHAMELESS REVIEWS:

By Sean Kayden

CRAFT SPELLS

Craft Spells’ debut album, “Idle Labor,” is an influential album from those who did it best – New Order, The Cure, and Tears For Fears. “Idle Labor” is an introspective, faintly desponding, reverie record that showcases singer/songwriter Justin Paul Vallesteros’ mesmerizing vocals, tenderness, and heartache. A dreamy, idealistic, straight from the bedroom produced album for the kids with the dreamer’s disease and those completely clinging onto a better, yet forgotten yesterday. I’ll give Craft Spells credit for what most bands in their genre never do—change their style on the sophomore endeavor. The progression from “Idle Labors” to “Nausea” is impressive. With “Nausea,” Vallesteros and company seem more comfortable with getting older, even if becoming older isn’t something they necessarily want to happen. The lo-fi sound has diminished as we come to find “Nausea” is polished but perhaps not as effective.

If you’re a fan of the band, this noticeable change in direction may come as a surprise. I found myself never entirely charmed by the efforts. I did however like some of the new arrangements the band have been toying with. This was especially apparent on “Laughing For My Life.” Vallesteros’ vocals are less yearning and more commanding this time around. “Twirl” is upbeat and groovy. It doesn’t even feel like Craft Spells tune, but this new style is either hit or miss. Unfortunately, as the record continues on, I found myself dealing with more misses than hits. I admire the ambition and not resting on their laurels, but rarely did I find myself grasping onto anything worth holding.

There is a certain allure to be found in a few tracks like “Nausea,” “Komorebi,” “Changing Faces.” The manufactured instruments have been replaced with more guitars, bass and piano. The dreamy and jangly pop sound no longer exists within Craft Spells’ sound.

The first half of the album is intriguing, but after that I was disappointed. “Nausea” is by no means a bad record. At the very least, Craft Spells are finding their sound. They are leaning more toward the sound of Real Estate than their previous efforts. Sweet vocals, melodic and hypnotic at times, Craft Spells does create quite the atmosphere. When their sound is at their best, it’s terrific and it draws you in. However, these moments are fleeting and too few throughout the record. That is why I never was engaged by one song to the fullest. In this case, it appears the sum of its parts is greater than the whole.

Don’t count Craft Spells out completely, but their new music only passes the time by instead of fully occupying it the way you’d want any great album to do so.

Grade: 6.2 out of 10

Key Tracks: “Komorebi,” “Laughing For My Life,” “Changing Faces”

Artist:	Craft Spells
Album:	Nausea
Label:	Captured Tracks
Release Date:	June 10th, 2014

Jeff’s Book Picks

By Jeff Brown

GOOD HUNTING: AN AMERICAN SPYMASTER’S STORY

BY JACK DEVINE & VERNON LOEB

"A sophisticated, deeply informed account of real life in the real CIA that adds immeasurably to the pub-lic understanding of the espionage culture.the good and the bad." —Bob Woodward

Jack Devine ran Charlie Wilson’s War in Afghanistan. It was the largest covert action of the Cold War, and it was Devine who put the brand-new Stinger missile into the hands of the mujahideen during their war with the Soviets, paving the way to a decisive victory against the Russians. He also pushed the CIA’s effort to run down the narcotics trafficker Pablo Escobar in Colombia. He tried to warn the director of central intelligence, George Tenet, that there was a bullet coming from Iraq with his name on it. He was in Chile when Allende fell, and he had too much to do with Iran-Contra for his own taste, though he tried to stop it. And he tangled with Rick Ames, the KGB spy inside the CIA, and hunted Robert Hanssen, the mole in the FBI. It is the spellbinding memoir of Devine’s time in the C.I.A. where he served for more than thirty years, rising to become the acting deputy director of operations, responsible for all of the CIA’s spying operations. Good Hunting sheds light on some of the CIA’s deepest secrets and spans an illus-trious tenure,and never before has an acting deputy director of operations come forth with such an account.

A DELICATE TRUTH: A NOVEL BY JOHN LE CARRE

A counter terrorist operation, code named Wildlife, is being mounted on the British crown colony of Gi-braltar. Its purpose: to capture and abduct a high-value jihadist arms buyer. Its authors: an ambitious Foreign Office Minister, a private defense contractor who is also his bosom friend, and a shady Ameri-can CIA operative of the evangelical far-right. So delicate is the operation that even the Minister’s per-sonal private secretary, Toby Bell, is not cleared for it. Three years later, a disgraced Special Forces Soldier delivers a message from the dead. Was Operation Wildlife the success it was cracked up to be or a human tragedy that was ruthlessly covered up? Summoned by Sir Christopher “Kit” Probyn, retired British diplomat, to his decaying Cornish manor house, and closely observed by Kit’s daughter, Emily, Toby must choose between his conscience and duty to his Service. If the only thing necessary for the triumph of evil is that good men do nothing, how can he keep silent? Another page turner by Le Carre.

DAYS OF FIRE: BUSH AND CHENEY IN THE WHITE HOUSE

by Peter Baker

In Days of Fire, New York Times White House correspondent Peter Baker chronicles the history of one of the most consequential presidencies in modern times through the figures of George Walker Bush and Richard Bruce Cheney. Drawing on hundreds of interviews with key players, and thousands of pages of never-released notes, memos, and other internal documents, Baker paints a riveting portrait of a partner-ship that evolved dramatically over time, from the early days when Bush leaned on Cheney, making him the most influential vice president in history, to their final hours, when the two had grown so far apart they were clashing in the West Wing.





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THE WORLD AROUND US

Looking Up

with Bob Eklund



ASTEROID CLOSE ENCOUNTER IMAGED WITH RADAR



NASA scientists used Earth-based radar to produce these sharp views -- an image montage and a movie sequence -- of the asteroid designated "2014 HQ124" on June 8, 2014. Photo courtesy NASA/JPL-Caltech/Arecibo Observatory/USRA/NSF

NASA scientists using Earth-based radar have produced sharp views of a recently discovered asteroid as it slid silently past our planet. Captured on June 8, 2014, the new views of the object designated “2014 HQ124” are some of the most detailed radar images of a near-Earth asteroid ever obtained.

An animation of the rotating asteroid and a collage of the images can be seen at <http://youtu.be/6r7ncRra1hI>

The radar observations were led by scientists Marina Brozovic and Lance Benner of NASA’s Jet Propulsion Laboratory, Pasadena, California. The JPL researchers worked closely with Michael Nolan, Patrick Taylor, Ellen Howell and Alessondra Springmann at Arecibo Observatory in Puerto Rico to plan and execute the observations.

According to Benner, 2014 HQ124 appears to be an elongated, irregular object that measures at least 1,200 feet on its long axis. “This may be a

double object, or ‘contact binary,’ consisting of two objects that form a single asteroid with a lobed shape,” he said. The images reveal a wealth of other features, including a puzzling pointy hill near the object’s middle, on top as seen in the images.

The 21 radar images were taken over a span of four-and-a-half hours. During that interval, the asteroid rotated a few degrees per frame, suggesting its rotation period is slightly less than 24 hours.

At its closest approach to Earth on June 8, the asteroid came within 776,000 miles, or slightly more than three times the distance to the moon. Scientists began observations of 2014 HQ124 shortly after the closest approach, when the asteroid was between 864,000 miles and 902,000 miles from Earth.

Each image in the collage and movie represents 10 minutes of data.

The new views show features as small as about 12

feet wide. This is the highest resolution currently possible using scientific radar antennas to produce images. Such sharp views for this asteroid were made possible by linking together two giant radio telescopes to enhance their capabilities.

To obtain the new views, researchers paired the 230-foot Deep Space Network antenna at Goldstone, California, with two other radio telescopes, one at a time. Using this technique, the Goldstone antenna beams a radar signal at an asteroid and the other antenna receives the reflections. The technique dramatically improves the amount of detail that can be seen in radar images.

To image 2014 HQ124, the researchers first paired the large Goldstone antenna with the 1,000-foot Arecibo radio telescope in Puerto Rico. They later paired the large Goldstone dish with a smaller companion, a 112-foot antenna, located about 20 miles away.

A recent equipment upgrade at Arecibo enabled

the two facilities to work in tandem to obtain images with this fine level of detail for the first time.

“By itself, the Goldstone antenna can obtain images that show features as small as the width of a traffic lane on the highway,” said Benner. “With Arecibo now able to receive our highest-resolution Goldstone signals, we can create a single system that improves the overall quality of the images.”

The first five images in the new sequence—the top row in the collage—represent the data collected by Arecibo, and are 30 times brighter than what Goldstone can produce observing on its own.

For asteroids, as well as comets, radar is a powerful tool for studying the objects’ size, shape, rotation, surface features and orbits.

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

FAMILY MATTERS

By Marc Garlett



FATHER'S DAY REFLECTIONS

My daily goal is to be a better father today than I was yesterday. Some days I feel like I achieve it. Most days I don't. But after opening my homemade Father's Day cards and gifts this year, I decided to put pen to paper (actually, fingers to keyboard) as I reflected on the many challenges encompassed in that lofty objective, which I'm sure most other dads share.

At the top of that list would be protecting our children in every possible way, including legally. One of the most difficult things to do is think about the possibility we may die unexpectedly or too early, leaving our children without one of the most important people in their lives. But stepping up and making a legal plan to protect your children if something should happen to you is one of the best Father's Day gifts you can give yourself and the people you love.

Here are 10 steps we use to help you get there:

1. List of potential guardians. Identifying the people you would like to raise your children if something should happen to you is the first step. Write down everyone you would consider, and for now, do it separately from your spouse.
2. Prioritize what's important to you. Write down everything that is important to you when you think about how you want your kids to be raised. Do you want them to be raised with the same values you were raised with? Do you want them to live where they are living now? What about their education? List all your priorities and then rank them in order of importance.
3. Don't make it about the money. Many people are tempted to turn to the person with the most money to be guardian, but providing for your children financially is your job. You can leave enough money behind to ensure your children are well taken care of by using life insurance, trusts, savings or a combination of all of these.
4. Compare your lists. Take your list of potential guardians and compare it with your prioritized list of what's important to you, then rank the list of guardian candidates. You should wind up with a list of at least three good candidates that match your prioritized values.
5. List people you don't want raising your kids. Think about all the people who may be in line for custody in case something should happen to both you and your spouse or co-parent and then create a list of those people you would never want raising your kids.

6. Exclude the people you don't want as guardian in writing. Write a confidential letter of instruction outlining who you would never want raising your kids and why. This letter will be sealed away unless someone on the list tries to gain custody. Having that letter will make it less likely those people would want to pursue a claim in court.

7. Name temporary guardians. We all hate to think that this could happen to us, but we know it happens to others like us every day -- couples leave their children with a babysitter and get into a terrible accident. The babysitter calls and calls, but there is no one to answer. The police are summoned and the children have to be placed with Child Protective Services. It's terribly frightening. To prevent this possibility, you should name local temporary guardians who can take over in these circumstances until long-term guardians are appointed.

8. Make it all legal. Once your choices are made, you will need to legally document them. If you don't, a judge will make these decisions for you. We can help you create a comprehensive Kids Protection Plan® as well as other estate planning essentials like a will, powers of attorney, health care directives and even a trust that will ensure your plan is done right and will last for as long as you need it.

9. Make a plan for your assets. Once you've taken care of your children, be sure you take care of your assets. We can explain how a trust can be used to bypass the court system and protect your assets.

10. Leave more than money. Your lasting legacy should be much more than just money; it should also be those valuable intangibles that reveal who you are through your insights, values, wisdom and experiences. We make this possible as part of your legacy planning process, helping you digitally capture and pass on your own story and your aspirations for your loved ones.

Call our office to schedule a time for us to sit down and talk about a Family Estate Planning Session, where we can identify the best ways for you to ensure your legacy of love and financial security for your family. Call 626.355.4000 today or visit www.GarlettLaw.com for more information.

Marc, a local attorney, father, and CASA volunteer (Court Appointed Special Advocate for Children) is on a mission to help parents protect what they love most. His office is located at 49 S. Baldwin Ave., Ste. G, Sierra Madre, CA 91024.

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As we see some market recovery, the scales become a little more balanced between buyers and sellers. However, if you're a buyer moving out of the area, local conditions here aren't relevant. You need to investigate whether it's still a strong buyer's market in the area where you are relocating.

If long listing times and price reductions are prevalent, then you have the luxury of exercising some of the following options when you search and eventually make an offer. First of all, you needn't jump at the first suitable home you find, because inventory will be high and price reductions open to discussion.

When you finally decide to make an offer, play the time card to your advantage, asking for a speedy seller response, perhaps within 24 hours. Pres-sure to accept is one thing, but do allow a reasonable amount of time for inspections, repairs, etc. Speaking of which, don't be shy about stipulating major repairs in your offer, and the inclusion of a "home warranty" policy for the first year.

Offer below asking price, but don't lowball and insult the seller. You can always reject their counteroffer in a strong buyer's market, as long as you can accept the risk and move on to the next property. Have your representative assemble a good selection of suitable properties and take one step at a time!



CONSTANT CONTACT LAUNCHES TOOLKIT

It's no secret that I'm a big fan of Constant Contact. I like that it is easy to use. They have amazing customer support and their technology keeps getting better all the time. Constant Contact is good about updating their tools and they listen to feedback from their users.

Like that they provide educational events for small businesses. Because we teach classes for them, I know first hand that Constant Contact works for people. I hear success stories all the time. I recently heard about a plumber who sent out a simple email campaign that resulted in 6 sale calls.

Constant Contact also makes sure their tools produce campaigns that are mobile friendly. You can even design an email campaign from your smart phone, send it to a list and track results.

Constant Contact recently launched something exciting called Toolkit. It's designed to provide an all-in-one experience with access to 15 marketing campaign types. It includes email marketing, event registration, trackable coupons, Facebook promotions, donation campaigns and surveys.

The new Toolkit is affordable, pricing starts at \$45 per month. If you were to purchase the tools separate from different companies, you'd spend a lot more. To rationalize the cost, I like to think about it this way...if you made one sale from one campaign, you would easily pay for the cost of Toolkit and most likely bring in additional income. It really is a tool that helps small businesses and non-profits grow.

About MJ: MJ and her brother David own HUTdogs, a creative services business that specializes in Internet Marketing strategies and Social Media. They offer social media management services and help their clients build a strong on-line presence. "Like" them on Facebook for trending news in social media, internet marketing and other helpful tips, www.facebook.com/hutdogs.

Sign up for their upcoming classes, webinars and presentations at: www.hutdogs.com/workshops/schedule

the
creative entrepreneur

by Lori Koop, Business Coach

Yesterday my client was complaining about owning his own business. All the pressures he felt. How he never had time off. I listened for a while, then said "why don't you sell it? You don't have to own this business." He looked at my serious face and responded "just like that?" I answered "yes."

I often hear entrepreneurs say they "have to" _____, they "need to" _____, they "should" _____. And they feel trapped, frustrated. Well, of course! These statements sound like they have no choice. It's no wonder they resist.

We're creative people. We like our freedom. Whether it's to decide what products we will sell, where we will sell them, or whether we will stay in business. We like to choose. We were born to choose.

Resume your momentum and your enthusiasm. Simply change your words to the truth. Instead, use... I "choose to" _____ or "I want to" _____. And feel empowered.

I guarantee, you'll feel the difference!

.....

LORI KOOP, helping creative entrepreneurs prosper. Schedule a complimentary session: www.LORIKOOP.com or call 626-836-1667. (Location: 49 S. Baldwin Avenue, Suite L, Sierra Madre 91024) I write every other week.

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Mountain Views News

PUBLISHER/ EDITOR
Susan Henderson

CITY EDITOR
Dean Lee

EAST VALLEY EDITOR
Joan Schmidt

BUSINESS EDITOR
LaQuetta Shamblee

SENIOR COMMUNITY EDITOR
Pat Birdsall

SALES
Patricia Colonello
626-355-2737
626-818-2698

WEBMASTER
John Avery

CONTRIBUTORS

Chris Leclerc
Bob Eklund
Howard Hays
Paul Carpenter
Kim Clymer-Kelley
Christopher Nyerges
Peter Dills
Hail Hamilton
Rich Johnson
Merri Jill Finstrom
Lori Koop
Rev. James Snyder
Tina Paul
Mary Carney
Katie Hopkins
Deanne Davis
Despina Arouzman
Greg Welborn
Renee Quenell
Ben Show
Sean Kayden
Marc Garlett

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Letters to the editor and correspondence should be sent to:

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

Phone: 626-355-2737
Fax: 626-609-3285
email:
mtnvnews@aol.com

Mountain Views News Mission Statement

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

JOE Gandleman *Independent's Eye*



FAILURE IN IRAQ: 7 THOUGHTS

Wither Iraq?

That's actually a two-pronged question. First, where will Iraq wind up when it completes its latest, chaotic chapter? Second, will Iraq's next incarnation be as a cohesive nation-state, or will it literally wither and splinter into two (or more) parts?

There are many points and twists to ponder as Iraq (again) dominates the news. Here's a partial list. And I'm sure that in keeping with how our 21st century 24/7 politics operates, I'll get more of those charming weekly emails containing suggestions on where I should put my computer.

Some thoughts:

1. Baby Boomers apparently learned nothing from Vietnam.

Even though it was a bitterly divisive issue in the 1960s, the overriding historical and political consensus today is the Vietnam War was a massive, costly-in-terms-of-lives-and-treasure foreign policy mistake.

The Greatest Generation's "Best and the Brightest" miscalculated on Vietnam, and the "Mediocre and Ideologically Blinded" Baby Boomers failed to learn from their elders' mistakes, despite possessing countless history books, studies and news articles.

2. Discount conservatives' current "I told you so" on Iraq today.

They were the ones who sold the Iraq War to Americans and to the British under what turned out to be false pretenses. They offered Polyanna-ish analyses on how long the war would last, wrongly characterized how Iraq's population would receive victorious Americans and miscalculated on how a toppling Saddaam Hussein would reshape the Middle East. In retrospect, they were brimming with -- and acting on -- almost wishful thinking.

3. Discount liberals "I told you so on Iraq" today.

A segment of the Democratic Party rooted in the George McGovern wing opposes most military ventures almost immediately. They argue we shouldn't be the world's policeman, the government is lying (usually before there is any concrete evidence of that) and/or that military action is being propelled by the military-industrial complex. Yes, some liberals

did present specific, thoughtful reasons for opposing the Iraq War. But many merely repeated old recycled anti-war riffs. It's like a psychic who makes 200 predictions and then touts the one that comes true as proof of special powers.

4. Televised or reported anger doesn't necessary mean widespread support.

Senator John McCain and what some call the "conservative political entertainment media" have been blaming President Barack Obama for Iraq's woes and suggesting it's time for stronger military action. McCain is screaming "I told you so," contending the U.S. shouldn't have withdrawn and should have left a residual force in Iraq. But Politico reports: "More Americans agree with President Barack Obama's views on Iraq than those of Sen. John McCain, a new poll says. According to a Public Policy Polling survey released Tuesday, 54 percent of voters say they agree more with the president on Iraq, compared with 28 percent who said they agree more with McCain." McCain is as knee-jerk in his constant calls for military action as many Democrats are in their calls to avoid it.

5. The Weekly Standard's editor Bill Kristol (as usual) needs a reality check.

Kristol, increasingly the national symbol of a neocon political pundit, argued on MSNBC's "Morning Joe" that Americans could be convinced to support renewed military action in Iraq. And VHS tapes and pay phones are the wave of the future.

6. Former Vice President Dick Cheney needs to look up the meaning of the Yiddish word "chutzpah."

In an op-ed co-written with his daughter Liz, the former Vice President, who left office with a poll approval rating a tad above jock itch, delivered Iraq war criticism and all blame to Obama. Cheney offering sound Iraq strategy and accurately assessing blame is like Mel Gibson teaching a course to rabbis on the meaning of Judaism.

7. The world is a dangerous place and what happens in Iraq does matter.

Serious policy makers and thoughtful Americans have to be concerned over what Al Jazeera calls the rise of "Syraq." Whatever happens in Iraq could create significant ripples throughout the region and in the U.S.

There are more aspects to ponder so this list is just a beginning.

P.S. to those who plan to email: My computer won't fit up there.



OUT TO PASTOR

A Weekly Religion Column by Rev. James Snyder

SWALLOWING PRIDE OR EATING CROW ARE BOTH BITTER PILLS TO SWALLOW

I have noticed lately that I have been getting in trouble with the Gracious Mistress of the Parsonage, at least more than normal. I am at the stage of life where this kind of thing needs to be brought to a bare minimum.

At the end of each month my wife will quiz me as to if I have paid all of the bills. In my rhetorical answer is always, "I sure did, my lady." Then I will bow before her. For some reason she does not get the humor of that.

My job is to pay the bills and her job is to make sure the end of the month I have paid the bills. This has been our relationship for longer than I can recall.

Every once in a while I get in a little tickle mode and dramatically declare that I forgot to pay the bills for the month. "Oh my, what will we do?"

The first time I did that, she threw a smile in my direction. I dramatically would catch it and put it in my pocket.

I notice she has not been throwing smiles at me lately. Honestly, who can blame her?

It was towards the middle of the month when the cable went dead. We had no telephone, TV or Internet service. The first thing my wife said was, "You did pay the Comcast bill, didn't you?"

I put on my regular show and assured her that I did.

We had to call the Comcast Company, but as it stood, we had no telephone service. Fortunately, my wife had her cell phone and called the Comcast Company to see what the problem was, maybe the service had gone out in our neighborhood.

One thing about my wife getting on the telephone for such a thing as finding out why we had no service is that she does not have patience. She hates being put on hold. I hate her being put on hold because she usually takes out her frustration on me.

Now, what do I have to do with that? After all, I did pay the bill. In fact, I went to the checkbook and showed her the number of the check and the amount of the check. "There," I said most adamantly, "I paid the bill."

After about 45 minutes of waiting rather impatiently, my wife finally connected with the service representative who was able to help her. I did not hear the conversation, but I knew it must have been quite serious because I could see in her face that she was getting angrier by the minute.

"We paid our bill on time," she protested in a very stern manner. "My husband has

the check number to prove that he wrote the check out."

I was sitting in my easy chair going through my briefcase enjoying the drama that was unfolding before me. I love it when somebody is in trouble and that somebody is not me. I must confess it does not happen that often, but when it does happen, I take full advantage of it. I was gloating just a little bit and feeling pretty good about myself.

I had my briefcase and was sorting out some papers and getting ready for the next day when I ran across a bunch of envelopes. I looked at them, then looked over at my wife, and then looked back at the pile of envelopes and all of the color drained from my face. I could not believe what I found in my briefcase.

There in a neat bundle where all of the bills I had written out for the previous month. The checks had been written, signed and placed in the proper envelope with a postage stamp on it. All of the bills for the month were there staring at me with such vicious eyes as I have never seen before.

What will I do now?

I knew I had to face the music and it was not a song I enjoyed. I picked up the envelope with the Comcast bill address on the front, took it over to my wife as she was on the phone to the Comcast representatives, laid it on her lap and then walked away.

"I know my husband paid the bill because he pays this bill every month."

Then she noticed the envelope I had placed in her lap, she turned around and stared at me a stare I have not had from her in a very long time.

"Just a minute," I heard her say to the other person on the phone, and then she looked at me. Then it came. "Is this the bill you were supposed to send out last month?"

Lying at this moment would not have been productive in any fashion.

She opened the envelope and there was the check dutifully written out to the Comcast Company. She was able to pay the bill over the phone and then it would be my turn to pay.

David who got in a lot of trouble understood this when he wrote, "I acknowledged my sin unto thee, and mine iniquity have I not hid. I said, I will confess my transgressions unto the LORD; and thou forgavest the iniquity of my sin. Selah" (Psalms 32:5).

Swallowing pride or eating crow is not my idea of a delightful repast but it can be the beginning of something good.

LEFT TURN/RIGHT TURN

HOWARD Hays As I See It



"The threats of aggression by any group, anywhere, can no longer be tolerated . . . Your choice is simple: join us and live in peace, or pursue your present course and face obliteration. We shall be waiting for your answer. The decision rests with you."

We'll begin with a game of "guess the attribution" for the above quote. Here's a hint: It didn't come from Greg Welborn, who last week suggested the United States assume the role of the world's policeman. (Answer later.)

The idea of world cop was a hot topic at the Second Presidential Debate in October 2000. George W. Bush accused Al Gore of supporting the concept, and he nailed it: "If we're an arrogant nation, they'll resent us."

Referring to Vice President Gore, Bush said, "He believes in nation building. I would be very careful about using troops as nation builders." He went on, "I'm not so sure the role of the United States is to go around the world and say this is the way it's got to be . . . I don't want to be the world's policeman."

Despite this common sense, Bush lost the election to Al Gore (later reversed by the Supreme Court).

Once in office, with Vice President Cheney's buddies ogling Iraq's oil resources, Bush knew he couldn't go after Saddam Hussein simply because he was a thug. As soon as we were attacked on 9/11, the focus of the administration (and especially Dick Cheney) was not on finding who was responsible, but on how to link it to Saddam.

There were those bogus ties to Al-Qaeda, Saddam's "imminent threat" to the U.S., Condi Rice's "smoking gun" becoming a "mushroom cloud" and, of course, the WMD. "We not only know Saddam Hussein has weapons of mass destruction", assured Donald Rumsfeld, "we know where they are."

(The fact that the hijackers' funding came from Saudi Arabia, an ally, laundered through Dubai, another ally, didn't come up.)

It was only after folks stopped buying into those rationales that the justification for our Iraq occupation became, "Freedom is on the march!" Nation-building was now what we were all about. According to polls at the time, though, most of our soldiers stationed in Iraq still believed they were there fighting those who attacked us on 9/11.

Sen. John Cornyn (R-TX) last week sent a re-tweet: "It took nearly 4,500 American lives to win freedom for Iraq. It took one president to lose it." It's been dubious "freedom", at best, under Prime Minister al-Maliki; especially for journalists, activists, Sunnis and females. The Status of Forces Agreement calling for all U.S. troops to be out of Iraq by the end of 2011 was signed in 2008 -- by George W. Bush. President Obama tried to get it extended, but the Iraqis wouldn't have it - and kicked us out.

We did not sacrifice "4,500 American lives to win freedom for Iraq." We went there because

of lies concocted by the Bush Administration to gain access to Iraqi oil fields.

What's especially galling is being subjected to so many who were so tragically wrong (and/or intentionally misleading) about Iraq now being given media platforms to chastise President Obama and proffer advice.

Sen. John McCain (R-AZ) is on Fox News proclaiming it's all Obama's fault. Back in 2003, he was on Fox News with this prediction: "We're going to win . . . it will be brief, we're going to find out massive evidence of weapons of mass destruction". He assured that Sunnis and Shiites will play nice with each other. In 2011, he lauded the withdrawal of our troops from Iraq as Bush's "victory".

Bill Kristol of The Weekly Standard is all over the place blaming President Obama for not charging right back in. In 2003, he promised it was "going to be a two month war", and in testimony before Congress promised our "forces would be welcomed in Baghdad as liberators".

Douglas Feith now writes that President Obama "didn't take seriously the warnings" and forms policy according to "political benefits". In 2003, as Under Secretary of Defense for Policy, he headed the Office of Special Plans -- an outfit created to gather its own "intelligence", because the CIA and established intelligence community wasn't telling them what they wanted to hear.

Paul Wolfowitz, Bush's Deputy Secretary of Defense, shows up on interview shows to school the president. In 2003, he testified before Congress about Iraq's potential oil revenues, explaining that "we're dealing with a country that could really finance its own reconstruction, and relatively soon."

Paul Bremmer is another who's now explaining the complexities to the president and the rest of us. One of his first acts as head of the new Coalition Provisional Authority, taking control after the invasion, was to purge most all professionals from Iraq's government and military. (What could go wrong?). Later, nearly \$9 billion in reconstruction funds went missing under his watch.

As for the former vice president, Sen. Harry Reid (D-NV) had the best response: "Being on the wrong side of Dick Cheney is being on the right side of history."

If you haven't gotten it by now, the opening words are Klaatu's warning coming at the end of "The Day The Earth Stood Still" (1951). If there's one thing to take away from that classic science fiction, it's that it's fiction; when we start massacring each other, there will be no planetary police force of Gorts arriving in their saucers to save us from ourselves.

The only upside to a country here on earth acting as "world policeman" is that nothing would more assuredly unite warring factions around the globe than if a single nation presumed entitlement to the role.

The responsibility for saving us from the madness is one we have to take on ourselves. And, a good first step would be to stop giving credence to those who brought on such madness in the first place.

INDIANS AND EMAILS GREG Welborn



I want to weave together two events of the past week into a coherent theme. While they may seem a bit unrelated, and perhaps even a bit insignificant or "dated", the theme connecting them is among the most important we can address. What rights do we truly possess if the government is allowed to run roughshod over them without consequences? Put differently, if the Washington Redskins team can be stripped of their property rights and True The Vote can be denied their free speech, what rights do the rest of us really possess?

First, the facts behind each event. The Washington Redskins were informed by the U.S. Patent and Trademark Office that they have been stripped of their rights to the "Redskins" trademark and copyright. The brand which is the Washington Redskins no longer belongs to the owner of the team. The reason they lost the rights is because a small group of Native Americans claimed that use of the term offended them.

True The Vote faces a different, but nonetheless related, breach of their rights. They are one of the conservative organizations which was harassed by the IRS. They sued the IRS and, in pursuing evidence to prove their case, requested copies of ALL emails from or to the IRS concerning the handling of their request for tax-exempt status. We need to understand that attainment of tax-exempt status, and thus the ability to solicit donations which would fund political advertisements and programs, is a straight forward first amendment issue. If the government can deny me the ability to place political advertisements, they have in fact denied me my right to free speech. The IRS responded by informing True The Vote's attorney that 6 separate individual computers, which collectively contained all the requested emails, have suffered hard drive crashes simultaneously with no backups available. Thus, no evidence relating to the IRS' handling of True The Vote's request can be made available, and correspondingly the government will have stifled free speech without suffering any consequences. Do I really need to add that nobody in their right mind believes 6 separate computers crashed or that no backups exist? Perhaps I do, but if so, it would itself be a significant violation of law.

How are these two seemingly different events related? The answer is that without property rights, freedom of speech and a set of objective laws equally enforced, there can be no real freedom for anyone. If the government can take away my property, they have the ability to punish me for speaking out against them. If the government can significantly impede my expression of opinion in the public square, they have the ability to punish me for speaking out against them. If the government can arbitrarily decide whether laws apply to me vs. to someone else, they can, through selective enforcement, punish me for speaking out against them. In other words, our whole system of governance and rights would disintegrate overnight.

Consider the logical consequences of the government trademark office decision. The trademark is a property right -- every bit as important and valuable as the homes

or the businesses we own. The pretext for taking away this valuable property was that a small number of people were offended. Lest you think this is an extreme example, I'd point you to the University of California's Irvine Campus. The Phi Gamma Delta fraternity (nicknamed the "fijis") has held an annual Luau, and many participants have come dressed in grass skirts. Someone of Polynesian heritage complained that he was "offended", and the university cancelled the Luau and punished he fraternity. Similarly, in a California public school, a white student was prohibited from wearing a sombrero because a Hispanic kid complained that white kids wearing Hispanic costumes was insulting.

You see where this is going? Forget whether or not someone was offended. I'm willing to stipulate that people have been offended. But freedom of speech means nothing if we're willing to restrict it because someone is offended. If that becomes the threshold for restricting speech, then I'd like to register my sense of offense over a host of things -- What if I feel offended at the concept of gay marriage? What if I feel offended at the concept of aborting a human fetus? Shouldn't I, by this new standard, have the right to force others to stop advocating their opinions?

The problem, as you can probably surmise, is that it would never get to that. Because I am a middle-aged, white, heterosexual male, no police officer, district attorney, or judge would take seriously my complaints about being offended. Offense can only be felt significantly enough to warrant government action by those who meet certain randomly proscribed ethnic, racial, religious or sexual criteria. This is not equal enforcement of the law.

In this same vein, then, you can see how the Redskins' issue relates to True The Vote's issue. If the IRS selectively enforced rules, criteria, or regulations against conservative groups seeking tax-exempt status, then the concept of equal enforcement of the law is ruined. Unless True The Vote is allowed to reasonably make their case, they've lost their rights -- as have we all.

I conclude by again appealing to my Liberal and Independent readers. This is not a Conservative issue. This is an American issue. If you stand aside and allow this to happen to us (Conservatives), then don't you think we will stand aside when a future Conservative administration seeks to crush your right to dissent? Once the precedent has been established, all of our freedoms are jeopardized. Once we go down that path too far, there is no turning back. Injuns and emails are more related than you think, and certainly more important than anyone dreamed. *About the author: Gregory J. Welborn is a freelance writer and has spoken to several civic and religious organizations on cultural and moral issues. He lives in the Los Angeles area with his wife and 3 children and is active in the community. He can be reached grewelborn2@gmail.com*

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

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3. orchard
4. terrarium

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B. land where fruit trees are grown
C. land where vegetables, fruits, flowers are grown
D. see-through box used for growing plants

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Do you have a "green" thumb? Read the clues below. Fill in this puzzle!

1. process by which plants change sunlight into energy and food
2. tulips and onions grow from this round, food-filled part, which is buried under the ground
3. can be very tiny, but has the information and food to start a new plant
4. supporting part of plant; stalk
5. H₂O; to sprinkle on or wet plants
6. loam, top of earth, dirt
7. grow down into ground and hold plant in place; "drink" water from soil; store food for plant
8. small part of a plant that will develop into a leaf, flower or stem
9. part of a plant that produces pollen, seeds
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