

SATURDAY, JULY 26, 2014

VOLUME 8 NO. 30

BEATLEMANIA IN SIERRA MADRE!!



Volunteer Firefighter's Association and will run from 6:00-8:00 pm, but be sure to get there early to secure a spot! Please note that no alcohol is allowed in Memorial Park. FOOD VENDING: Farmers Belly food truck.

Hop aboard the Yellow Submarine and get to know the Fab Four with Beatles tribute band Hard Day's Night this Sunday, July 27th at Concerts in the Park. These excellent musicians deliver an exciting and authentic recreation of a Beatles concert from the "Touring Years" (1964-66) and the Sgt. Pepper and Abbey Road era (1967-70).

The concert is sponsored by the Sierra Madre

JOIN SIERRA MADRE
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NIGHT OUT!

August 5th from 6pm-9pm
Memorial Park

Bring the family out to enjoy a fun night hosted by your
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Prizes! Give-aways!

EFFORT TO REPEAL UTILITY USERS TAX UNDERWAY

Notice of Intent To Circulate Petition Filed With City Clerk

By Susan Henderson

On Wednesday, July 2nd, three Sierra Madre residents filed a notice with the city announcing their intention to circulate a petition to place on the ballot an initiative entitled "Stop The Utility Users Tax". The measure, if passed by two thirds of the qualified voters casting ballots in the election where the measure appears, would totally eliminate the existing UUT.

The petition states the intent of the measure as, "repealing existing ordinances permitting the taxation of utilities and prohibiting the enactment of future utility user taxes except upon submission to the voters and approval by two-thirds of the votes cast."

The residents who have proposed the measure, Earl Richey, Shirley Moore and David McMonigle are listed on the Pasadena Tea Party's TEAPAC website as having "informally associated themselves as the Sierra Madre Tax Limitation Committee (SMTLC)." The site also takes ownership of the effort as part of the California Tax Limitation Committee's "TAX REVOLT". It also notes that the Sierra Madre action follows a similar action in Arcadia.

Earl Richey, a vocal opponent of Sierra Madre's city government, is listed as the contact person for the effort. At press time, he had not returned a phone call in order to get his comments. However, on the TEAPAC website, they quote longtime Sierra Madre resident Maurice Whittaker who did speak with the Mountain Views News.

Whittaker stated that while he had informed TEAPAC's President Michael

Alexander that he would sign the petition, he was quite surprised to learn of the quote attributed to him on the TEAPAC website. The site quotes Whittaker as saying, "The City of Sierra Madre is out of control just like every city. It's being run for the financial benefit of public employees and the unions rather than the citizens. In these tough times it's only fair that government share some of the pain and learn how to live within its means."

Attorney has prepared, as required by law, the proposed language and content. What happens next remains to be seen.

Arcadia's Effort

Earlier this month, the Arcadia City Council rejected the petition of more than 700 signatures submitted by the Arcadia Tax Limitation Committee by refusing to put the measure on the November or "any future ballot". That committee was

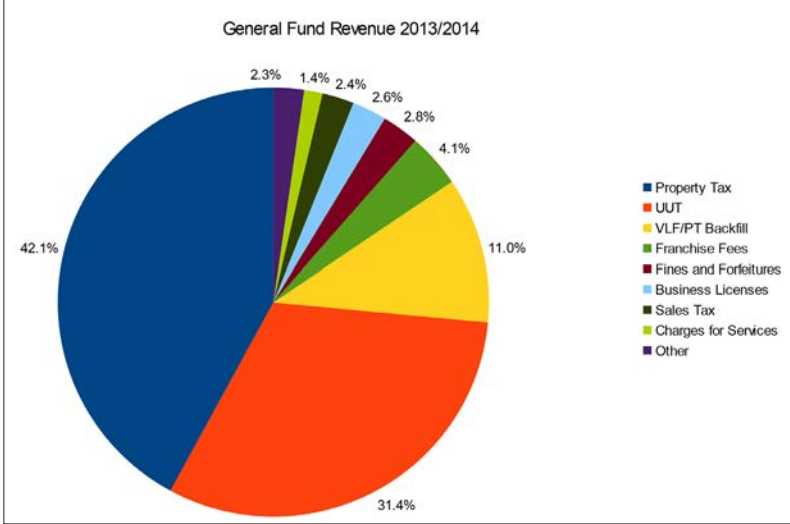
spearheaded by Arcadia residents Carolyn Papp, Larry Papp and Greg Welborn.

Arcadia, where the UUT represents less than 14% of its General Fund, is a city that has other resources including a major shopping center, race track and other commercial businesses that generate sales tax revenue.

Sierra Madre, on the other hand, received 31.4% of its General Fund revenue in the 2013-14 fiscal year from the UUT and derives approximately 2% of its revenue from sales taxes with no desire for expanded commercial development.

Sierra Madre is currently facing a financial challenge trying to provide services with a reduction of no less than \$1 million dollars as a result of voters narrowly rejecting an extension of the existing UUT at 10%. As a result, the UUT will be reduced to 8% in 2015 and by 2016 it will drop to 6%.

If a total repeal is passed the city will be faced with a reduction in revenues of more than 31% of the General Fund with no other source of income identified.



Repeal of the UUT would reduce the city's revenue by 31.4%

Whittaker denied having ever made such a statement and said that while he did agree and will sign a petition, he is doubtful if the effort will be successful. When asked what proponents of the measure intend to replace the income derived from UUT taxes in Sierra Madre with should the tax be eliminated he replied, "I don't know. That's why I don't think it will pass [the repeal]."

There are several steps that need to be completed before the measure can be put before voters, including gathering enough signatures. At this point, the City

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Walking Sierra Madre...The Social Side: VICTOR ESPINOZA

Sierra Madre Resident Is Best Known For Winning The Kentucky Derby and The Preakness This Year By Deanne Davis

"Awesome. I never dreamed I'd win a second Kentucky Derby, but here it is. This was a typical race for him (California Chrome). He ran like he always does. Art (Sherman) just said: 'You know him, ride him.' I had the trip I wanted"

I had the opportunity to sit down outside Starbucks a few days ago to chat with Victor Espinoza, a fairly new Sierra Madrean, AND a two-time Kentucky Derby-Preakness winning jockey. In 2002, Victor rode War Emblem to victory in the Derby and the Preakness, just as he did this past May with California Chrome. The Triple Crown of racing – Derby-Preakness-Belmont Stakes – was last won by Affirmed in 1978, which tells you just how hard it is to win The Triple Crown! Victor's career wins: More than 3,100 and many more to come!

After the Triple Crown meets, Victor flew over to England to ride in the Windsor Castle Stakes at the Royal Ascot five-day meet, June 17-21, winning on the colt, Hootenanny, then chatted with Queen Elizabeth II and her Racing Advisor John Warren in the Ascot Parade Ring.

He threw out the ceremonial first pitch at Yankee Stadium on June 2nd and joked with David Letterman about who's the boss when he and California Chrome get together. California Chrome likes to play around before the race but when they get in the gate, Victor is the boss and that's that! Victor's met Michael Strahan, thrown a ceremonial pitch for the Angels and loves what he does. But he didn't tell me all that stuff, that's all public record.

Victor is a delightful guy who would really rather talk about his love for and commitment to the young cancer patients of City of Hope than any of his celebrity encounters. He was quite moved recalling his visit to City of Hope after the Kentucky Derby win where he brought California Chrome t-shirts and autographed pictures to share with the kids. Meeting the amazing young people at City of Hope showed Victor a different kind of athlete; kids who are running races that are very hard to win...

"All these kids, they have cancer. ... Since that time, I donated 10 percent of my earnings for all the kids that have cancer. ... It changed my life to see those kids like seven, eight, 10 years old, 20 years old. ... I hope today with what earnings I have I can make a change for one of those kids."

Born on a farm in Mexico, Victor relocated to the United States in 1993. His mom and the rest of the family are still in Mexico. Older brother, Jose, is also a jockey but following a serious accident, from which he is still recuperating in New York, he may not be riding professionally in the future. Victor has had a

number of accidents himself but, as he says, "every day is a concern, but it's your job!" He's on the move constantly following various race meets; Chicago coming up, Los Alamitos, Del Mar. Which are his favorite tracks? "It's a fun place where I can win a race!" But favorites are Santa Anita and Del Mar.

Needless to say, Victor is in splendid shape. He says he works out a lot. Obviously, to control a racehorse weighing in at 1,000 lbs. or so, you've gotta be

at the top of your game! The maximum weight of a jockey, including full gear, saddle, and saddle cloth is 126 lbs. in a Triple Crown race. That's a lot of horse for a pretty light rider! During cooler months Victor runs up the Mt. Wilson Trail to First Water. But now that summer, the heat and possible rattlesnakes are upon us, he's spending more time at the gym, sometimes two sessions a day, lifting weights in the morning. Made me feel a twinge of guilt as my weight lifting guru, John, and I are only making it to the gym on an average of once a week. Well, we're walking Sierra Madre the other days!

Of course, we got into the 'what do you eat' conversation and Victor confessed that his weakness is dessert and bread. Which one of us isn't in that same dietary boat! But he has learned what his body can and can't tolerate and found out the hard way, just like all of us, that dieting doesn't work. As he says, life is about learning and he's learned his body. Restrictive diets just made things worse so now it's sensible moderation, small meals, and a safe distance from those seductive sirens bread and dessert! On race days, he eats very lightly, possibly just one small meal. I asked him if the old practice of sweating off excess weight is something he does. No! It's not! The 'hot box' is still happening but not with Victor. His health is too important to him to upset the electrolyte and energy balance!

Victor is one busy guy, still riding occasionally for California Chrome owner, Art Sherman, but he's ready and able to go just about anywhere to ride upcoming new mounts, one of which might just possibly be the next Triple Crown winner. We're long overdue for another Citation, Secretariat or Affirmed to take home horseracing's biggest challenge and Sierra Madre would love to see Victor Espinoza in the saddle!



Victor poses with a young patient at City of Hope

My book: "A Tablespoon of Love, A Tablespoon of Laughter" is available on Amazon.com; or at <https://wwwcreatespace.com/4561071>



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Weather Wise

5-Day Forecast - HOT

Sierra Madre, Ca.

Mon:	Sunny	Hi	90s	Lows	60s
Tues:	Sunny	Hi	90s	Lows	60s
Wed:	Sunny	Hi	90s	Lows	60s
Thur:	Sunny	Hi	90s	Lows	60s
Fri:	Sunny	Hi	90s	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, August 12, 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

Next City Council Meeting
August 12, 2014 - 6:30 pm

The final agenda and staff reports will be available online no later than Friday night. Enter the date "08/12/2014" for the complete agenda packet.

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.

Upcoming Public Meetings

Monday, July 21:
Community Services Commission, 6:30pm

Tuesday, July 22:
City Council, 6:30pm*

Wednesday, July 23:
Library Board of Trustees, 7:00pm

Thursday, August 7:
Senior Community Commission, 3:30pm

Thursday, August 7:
Planning Commission, 7:00pm*

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.



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Psychotherapist
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EXCEPT FOR THE 2ND TUESDAY OF EACH MONTH,

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

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AND HAVE SOME FUN!



Rotary Club of Sierra Madre

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222 W. Sierra Madre Bl.,

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SGV Polar Bear Club Lifesaving Blood Drive

Sunday, August 3, 2014

11:00 a.m. to 4:30 p.m.

The Church of the Ascension

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To schedule your appointment, please call City of Hope at (626)471-7171 or
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REMEMBRANCE

**DUANE
THEODORE
(TED)
DAHINDEN**



Duane Theodore (Ted) Dahinden, born in 1926 in Middletown, New York, husband to Else and father to Eric and Donna, passed from this earth to the presence of God on Monday, July 21, 2014. He joined the Navy during the latter part of World War II serving as a radioman in the Pacific until VJ day. Following the war he earned two degrees from Indiana Tech in Fort Wayne.

Following college, he began a career in aerospace as an engineer and also was commissioned in the US Navy Reserve. He served a full career, retiring as a Lieutenant Commander. He was part of several notable projects including the B-2 built by Northrop. He was an avid reader and always enjoyed a good debate. Ted was a bright light until the end and he will be greatly missed by family and friends from California to New York.

He was preceded in death by his parents, Pearl and Theodore, and two brothers, Leigh and Garth. He is survived by his wife, Else, son Eric and his wife Sherry, and daughter Donna Schroeder and her husband Juergen. Also surviving him are two grandsons, Brian Dahinden and Ryan Burke, along with a great-granddaughter, Leila Rose Burke.

There will be a memorial service held, at 2:00 p.m., Tuesday, July 29, 2014 at Village Bible Church in Hot Springs Village and interment will be at Walkhill Cemetery in New York.

Online guestbook: www.rollerfuneralhomes.com/chenal

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City of Sierra Madre

NOTICE

From: The City of Sierra Madre

Subject: CITY COUNCIL CONSIDERATION TO EXTEND AN INTERIM MORATORIUM ORDINANCE PURSUANT TO GOVERNMENT CODE SECTION 65858 ON THE ISSUANCE OF ALL BUILDING PERMITS AND/OR GRANTING OF DISCRETIONARY APPROVALS FOR CONSTRUCTION OF NEW DEVELOPMENT REQUIRING NEW WATER SERVICE CONNECTIONS AND DECLARING THE URGENCY THEREOF

On July 8, 2014, the City Council adopted Ordinance No. 1357U, an Ordinance of the City Council of the City of Sierra Madre, California Establishing an Interim Moratorium Ordinance Pursuant to Government Code Section 65858 on the issuance of all building permits and any discretionary approvals for construction of new development requiring new water service connections and declaring the urgency thereof. The Ordinance will expire on August 22, 2014, and the City Council will consider extending it for an additional 22 months and 15 days (until July 26, 2016).

All interested persons may attend this meeting and the City Council will hear them with respect thereto. If you have any questions, please contact Danny Castro, Director of Development Services at 626.355.7138.

CITY COUNCIL MEETING

City of Sierra Madre
City Council Meeting
Tuesday, **August 12, 2014**
(meeting begins at 6:30 p.m.)
91024

PLACE OF MEETING

City of Sierra Madre
City Council Chambers
232 W. Sierra Madre Blvd
Sierra Madre, CA

FRIENDS OF THE SIERRA MADRE LIBRARY, BEST USED BOOK SALE WILL BE HELD ON FRIDAY, AUGUST 1ST, FROM 3-7 P.M., AND SATURDAY, AUGUST 2ND, FROM 10 A.M. TO 2 P.M.

Featured will be BACK-TO-SCHOOL with school supplies: binders, paper, pens and book covers, dictionaries, thesauruses, and reference books. Included will be a complete set of the 2011 World Book encyclopedia and a complete set of the 2007 Encyclopedia Britannica. Also, we will have many teacher resource books and materials ready to use in the classroom. In addition, there will be a complete set of "Annals of America" and a set of "The Encyclopedia of Science and Physical Science" suitable for classroom use.

Our table books include some wonderful art books, as well as beautiful cookbooks, history, sports and some great automobile books. Nearly new fiction titles include books by James Patterson, Clive Cussler and Harlan Coban.

Our Children's/Young Adult collection in the basement features some beautiful books priced from \$1.00-\$5.00. In the parking lot, many Children's/Young Adult titles can be found ranging in price from 25 cents - \$1.50. In addition, the parking lot will have adult paperbacks for 25 cents each or 5/\$1.00 and our popular "Bargain Books" for only \$1.00!

The sale will be held at the rear of the library located at 440 West Sierra Madre Blvd. Come early to stock up and save. Mark your calendars for The Best Used Book Sale on Friday, August 1st, from 3-7p.m., and Saturday, August 2nd, from 10:00 a.m. to 2 p.m. sponsored by the Friends of the Sierra Madre Library. All proceeds benefit the programs and resources of the Sierra Madre Library. For more information on the Friends' group please contact the Library at 626-355-7186 or on the Friends' website at sierramadrelibraryfriends.org

Sierra Madre Police Blotter

During the week of Sunday, July 13th to Sunday, July 20th, the Sierra Madre Police Department responded to approximately 399 calls for service.

Tuesday, July 15th

At approximately 11:15 am, Sierra Madre Police Department responded to the 630 block of Mariposa Avenue regarding a vandalism report. When Officers arrived, they were informed by the victim that earlier that morning she had left her vehicle parked on the sidewalk and when she arrived home later that afternoon, she noticed two 6 inch scratches on the right rear hatch of the vehicle. It appears an unknown sharp object was used to create the scratches. This case has been forwarded to the Detectives Bureau.

At around 2:15 pm, Sierra Madre Police Department responded to the station front lobby regarding an identity theft report. The victim informed Officers that a few days prior he contacted his bank to check the balance of his account, upon which he discovered an amount of \$153 had been deducted without his knowledge or permission. Through his own investigation, the victim revealed the deduction came from a credit card company to pay for a bill. The victim informed Officers he did not have a credit card open in his name with that company and did not give anyone permission to use his name to open an account. The victim is believed to have had his identity and financial security compromised. This case has been forwarded to the Detectives Bureau.

Wednesday, July 16th

At 9:45 pm, Sierra Madre Police Department responded to the Mariposa Parking Lot regarding a stolen vehicle report. Upon their arrival, Officers were informed by the victim that she parked and locked her vehicle at 3 pm. When the victim returned to her vehicle at around 9:30 pm, she noticed her vehicle was now parked within two parking spots, with the radio on and a key in the ignition with the doors still locked. The victim stated she only had one key for the vehicle and it was in her possession. Nothing in the vehicle was missing or damaged. When Officers attempted to use the key found in the ignition on the vehicle's door locks, the key would not unlock the doors. This case has been forwarded to the Detectives Bureau.

Friday, July 18th

At approximately 12:47 am, Sierra Madre Police Department responded to the 700 block of W. Highland Ave. regarding a residential burglary. The victims informed Officers that they had been away on vacation for several days, and upon coming home that morning they noticed their bedrooms, closets and a vehicle in their garage had been ransacked. During the investigation, Officers discovered a broken window near the rear of the house. The victims reported a total of approximately \$100,000 in property loss. This case has been forwarded to the Detectives Bureau.



Rotary meets Tuesdays 7-8:30 a.m. for Breakfast & a speaker. 222 W. Sierra Madre Bl., Sierra Madre



Guests Aruna and Sidath Kumar from T-Neer located at 142 W. Sierra Madre Bl., Sierra Madre

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CITY SET TO
DECLARE
LOCAL WATER
EMERGENCY

The Pasadena city council will hear arguments on Monday to determine if a local water emergency exists and to implement the Level 1 water supply shortage plan as recommended by the city's water and power department.

To declare a Level 1 shortage, the city must hold a public hearing and receive city council approval.

Under Pasadena's water waste prohibitions ordinance, the Level 1 shortage plan limits outdoor watering to three days per week on Tuesdays, Thursdays and Saturdays during summer months and requires water leaks to be fixed within 72 hours.

"As early adopters of these measures, the city believes it's important for everyone conserve water. These new regulations will ensure that everyone in the state will join Pasadena residents in this important effort," said Eric Klinkner, PWP Chief Deputy General Manager.

The city approved 13 permanent water waste prohibitions in 2009, including: No watering outdoors between 9 a.m. and 6 p.m., except with a hand-held container or hose with a shut-off nozzle. No watering during periods of rain. No excessive water flow or runoff onto pavement, gutters or ditches from watering or irrigating landscapes or vegetation of any kind. No washing down paved surfaces unless for safety or sanitation, in which case a bucket, a hose with a shut-off nozzle, a cleaning machine that recycles water or a low-volume/high-pressure water broom must be used. No washing vehicles except by using a hand-held bucket or similar container or hose equipped with a water shut-off nozzle.

Fines for repeat offenders can be up to \$500 per violation for residential customers, and up to \$1,000 per violation for all non-residential accounts.

The City Council's meeting Monday begins at 6:30 p.m. in the Council Chamber, 100 N. Garfield Ave., second floor.

Pet of the
Week



Little Girlis is a five-year-old grey and white pit bull. She's loves belly rubs and going for walks in the park. She's very sweet and affectionate too. This clever girl knows her "sit," "down" and "stay" commands.

Her adoption fee is \$100; however, she qualifies for our Seniors for Seniors program in which her adoption fee is waived for adopters 60 years old and older. The adoption fee 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 A358741, 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.

City to Draft
Mandatory
Spay and
Neuter
Ordinance

The city council voted last week 5-3 in favor of drafting a controversial city ordinance that would force all dog and cat owners to spay and neuter pets older than six months.

Councilmembers Terry Tornek, John Kennedy and Councilwoman Jacque Robinson voted against an ordinance. The city attorney's office will draft an ordinance within 60 days.

Nearly 50 speakers, and a packed city council chambers were evenly split on the issue. At times the crowd became unruly, shouting out comments from their seats.

Those against an ordinance argued that spaying or neutering pets as early as six months can cause health issues. They also said the law would unfairly affect low income residents. They also said the ordinance would not fix the problem of stray animals.

Speaking on behalf of the Pasadena Humane Society and in support of the ordinance,

PWPProjectGroundbreaking



Pictured Mayor Bill Bogaard (second, from left), PWP staff and Councilmembers

From the City Manager
Newsletter

Pasadena Water and Power (PWP) broke ground, earlier this month, on the Glenarm Repowering Project. The project, also known as GT5, was held at Pasadena's historic 107-year-old Glenarm Power Plant.

Pasadena Mayor, Bill Bogaard and Pasadena Water and Power General Manager, Phyllis Currie spoke about the history of the plant and the project's role in providing more reliable, locally-generated power for Pasadena.

The project will replace an aging power-generating unit with a more efficient and environmentally-friendly unit at the plant. The firm ARB, Inc. is heading up the multi-million-dollar project to replace the aging turbines with a new 71-megawatt natural gas-fired combined cycle plant. The

Congressman
Statement
on Banning
Discrimination
Against LGBT
Workers

Adam Schiff, vice chair of the Congressional LGBT Equality Caucus (Equality Caucus), released the following statement Monday after President signed an executive order prohibiting federal contractors and agencies from discriminating against employees on the bases of sexual orientation and gender identity:

"With Republicans still unwilling to bring up the Employment Non-Discrimination Act in the House - despite bipartisan support during passage in the Senate - the President was right to act to protect LGBT workers in the federal government from being discriminated against. We should be using every avenue available to fight discrimination - it's just the right thing to do.

"Nevertheless, this does not free Congress from the responsibility to pass ENDA and protect all workers from discrimination and we must continue to call for such action, and work to narrow the exemption granted to religious organizations."

Schiff earlier led an effort urging President Obama to issue such an Executive Order. The announcement is an important step towards ending discrimination against LGBT employees and ensuring that they are judged based on the quality of their work and not because of who they are or who they love. The executive order, when implemented,



President and CEO Steve McNall said mandatory spay and neuter would cut down on the number of animals euthanized. Last year the agency euthanized 283 dogs and 739 cats he said.

Lisa Lange, Senior Vice President of PETA also spoke in favor of an ordinance saying "it makes good sense across the

board."

Certain animals including law enforcement dogs, service animals, and licensed breeders would be exempt from the ordinance.

La Casita Del
Arroyo to
Re-Open

The public is invited to attend the Grand Re-Opening celebration for the completed historic renovation of La Casita del Arroyo. Join Mayor Bill Bogaard, Councilmember Steve Madison and other Pasadena officials along with La Casita Foundation representatives at 4 p.m., Tuesday, July 29, 2014 to celebrate this event at 177 S. Arroyo Blvd. Light refreshments will be served.

The historic City-owned building originally designed in 1932 by noted architect Myron Hunt. Today, La Casita serves as a community meeting house for public and private functions.

The \$517,700 construction project was managed by Pasadena's Department of Public Works, including upgrades to the restrooms, kitchen, banquet room and entry area; Americans with Disabilities Act (ADA) improvements; plumbing and electrical systems upgrades and restoration of the historic bicycle velodrome wood paneling. Exterior work included parking lot improvements, roof replacement and new heating, ventilation and air conditioning (HVAC) systems.

Funding came from La Casita Foundation, the City's Capital Improvement Project Fund, and Residential Impact Fees. Work was completed by B-One Construction Co., a local general contractor and Onyx Architects, a local Pasadena architectural firm.

For more information call (626) 744-7033.

Countdown:
The Cold War
Hit Parade

In conjunction with its series, "Critical Mass: The Culture of the Cold War," on the 69th anniversary of the bombing of Nagasaki, Pasadena Public Library's Allendale Branch will present a chart-topping, heart-stopping one-man show of songs to take to the fallout shelter with folk singer and red-diaper baby boomer Ross Altman. Join Altman for a journey of rediscovery with songs and stories from the late great Cold War on Saturday, August 9, 2 p.m. at Allendale Branch Library, 1130 S. Marengo Ave., Pasadena.

Altman grew up in the silent '50s, except his family was anything but silent. His father was an unfriendly witness before the House Un-American Activities Committee (HUAC). As a result of his refusing to name names, he was blacklisted and lost all of his clients but one - a used car salesman. Altman's international set list will include songs by American dissidents Bob Dylan, Phil Ochs, Malvina Reynolds, Paul Robeson, and The Weavers; Russian dissident Alexander Galich; East German dissident Wolf Biermann; and poems by e.e. cummings and W.H. Auden. Join us for this lively and entertaining musical performance.

Disneyland Celebrates
59th Birthday; Brings Back
Ticket Books for the Day

Local author of
"The Disneyland Story"
discusses the park's curious
history at the Allendale
Branch Library.

By Dean Lee

All the costumed characters, including Mickey, Donald Duck and even Grumpy, came out dancing filling Town Square at Disneyland earlier this month marking the park's 59th birthday - the celebration also included an unveiling of next year's 60th Diamond Anniversary logo, a glittery version of Cinderella Castle, to be used starting spring 2015.

"I was driving here this morning very excited," said Disneyland Ambassador Megan Navarette. "Because to take part in something so historic, Disneyland just celebrated 59 years, it's such a special place to so many people."

Founder Walt Disney held a special "International Press Preview" event July 17, 1955, considered by many to be the parks opening.

Functional souvenir ticket book were also given out as a special offering, this year, for event guests on July 17, including media - the first time since attraction tickets were last used in the park in 1982. The new tickets were similar to books, starting in 1959, although using a system of numbering, based on a attraction's opening day, 50s, 60s, etc. instead of the famed "E" or "A" ticket.

Sam Gennaway author of "The Disneyland Story: The Unofficial Guide to the Evolution of Walt Disney's Dream," said the original tickets were used as a way to explore the park, "It forced you to do things like, the Castle Walk Through, or to ride a vehicle on Main Street, because you have to use up those 'A' and 'B' tickets."

He also said they also helped keep the little attractions alive, "People miss those and just go for the big huge rides nowadays."

Disney is known to experiment, he said, and could bring ticket books back as part of the fast pass system.

Gennaway also discussed his book, The Disneyland Story, at an event July 12 in Pasadena covering everything from Walt Disney's Carousel of Progress, Main Street, to the evolution of iconic attractions such as Dumbo.

"Of course we've all been on Dumbo, it's the first thrill ride

for many people as you go flying around," he said. "At one point Harry Truman would not get in one because he didn't want to sit inside an elephant - as a Democrat." Dumbo originally had ears that flapped but they would always break so were gotten rid of early on."

He said, although dated, the Carousel of Progress, the inspiration for Tomorrow Land, still survives at Walt Disney World Florida.

According to Gennaway, Disneyland stands the test of time through something Walt Disney used called the "architecture of reassurance." He said Disney employee John Hench, known for drafting the original layout for Disneyland, coined the term.

"John Hench thought of the idea, get rid of the messy vitality and focus, really, on eliminating all the visual contradictions," he said. "Everything matches either by a story that's implied or a story that's explicit, so whether it's the material, where the doors are, how tall the windows are, signage, it all seems to fit together."

He said this creates a situation where the brain does not worry about fear, "so that aspect can be turned towards something else and that tends to be communication, that's why someone who would never wear a goofy hat will buy a goofy hat and wear it all day around the park."

Gennaway was asked at the event, during a Q&A, what lesser known or must do activities he liked.

"If you've never done it, is the C. K. Holliday and E. P. Ripley, the first two trains that were running you can ask for a tender car ride..." he said. "You can ride up to two people on the tender car, which puts you into the locomotive. You can talk to the fireman and engineer as they drive around the park."

Gennaway also said you can also go into the wheelhouse of the Mark Twain Riverboat.

"About three people can up there and it's a great view, 360 degrees, of the Rivers of America and you can pilot the ship, pull the steam whistle, you get that snap of the whistle" he said.

Gennaway is a senior associate at the Pasadena urban planning firm of Katherine Padilla & Associates. He is also the author of "Walt and the Promise of Progress City"



Confetti, made of circles and squares, is shot into the air marking Disneyland's 59th birthday. The shapes littered the Town Square and parts of Main Street with thousands of Hidden Mickeys, for those that paid attention. Photo D.Lee/MVNews.

Learn How to Produce
Your Own TV Show

New Citizen Journalism
training starts Wednesday
nights, learn how to report
news using social media
skills.

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

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

Producers' Training

Monday July 28 at 6:00 pm - 8:00 pm

Orientation and Tour

Wednesday July 30 at 1:00 p.m. - 3:00 p.m.

Advanced Studio Lighting

Wednesday July 30 at 6:00 pm - 8:00 pm

Citizen Journalism Training

Wednesday July 30 at 6:30 pm - 8:00 pm

Basic Editing

Thursday July 31 at 6:00 pm - 8:00 pm



PASADENA MEDIA

is also offered to volunteer crewmembers. In addition, on-going training will soon be 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.

ARCADIA

Sierra Madre

Arcadia

Pasadena

Altadena

Monrovia

Over \$70,000 Raised at 7th Annual CARMA Cares Charity Fundraiser



Arcadia, CA - The Del Mar horse crowd dug deep into their pockets on July 19th to raise money for retired racehorses. CARMA's (California Retirement Management Account) 7th Annual "CARMA Cares Charity Fundraiser – Cards 4 CARMA" at the Del Mar Hilton Hotel was enjoyed by more than 200 owners, trainers, jockeys and fans. After several years of a beach theme, this year the event moved back indoors at the Hilton and featured a variety of card games to raise funds for retired racehorses. The evening included live music, provided by Eric Auckerman's West Coasters Band, a silent auction, a charity Texas Hold 'Em poker tournament and various card games.

Steve Rothbloom, a regular fixture in the Doug O'Neill barn and a familiar face at the races won the Texas Hold 'Em style poker tournament, in a close finish with owner Bob Bone. Many poker players lingered to see how the tournament would end and were able to enjoy the other casino-style games while waiting. CARMA Chair, Madeline Auerbach, expressed her gratitude for all the support given by the racing industry. "So many people donated items for the auction, purchased tickets, and sponsored the event this year," said Auerbach. "We could not do such important work and raise these kinds of dollars without the support of our entire community - owners, trainers, jockeys, agents, sponsors and volunteers.;"

This year's grand prize, two weekend packages at Carson Valley Inn Hotel & Casino, was generously donated by owner Mike Pegram. Additional sponsors included Madeline Auerbach, Bourbon Lane Stables, Daily Racing Form, First Foundation Bank, Rick & Marcia Gold, Harris Farms, Havens Bloodstock, Jay Em Ess Stable, Liberty Road Stable, Little Red Feather Racing Club, Narvick International, Rancho San Miguel, Jim & Janet Rome, Santa Anita Park, TVG-Betfair, Chuck Winner and von Bluecher, Blea, Hunkin Equine Medicine Inc.

All CARMA donations will be used to help care for retired racehorses whose careers have ended after competing in California Thoroughbred races. Through a detailed grant process, facilities that care for these Thoroughbreds may apply for funding on an annual basis. Last year, CARMA awarded more than \$450,000 to a variety of charities that retire, retrain, and re-home former Thoroughbred racehorses. After such a successful fundraising event, CARMA is looking forward to the grant process which begins in September. The 2014 grants will be presented in December, during the Santa Anita race meet.

CARMA (California Retirement Management Account) is a charitable 501 (c)(3) organization formed to assist Thoroughbred rehabilitation and retirement organizations that facilitate the care and retraining of horses who raced in California and whose racing careers have ended. CARMA ensures the racehorses have retirement options by managing and disbursing funds to qualified retirement facilities caring for such horses.

Summer Concerts & 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.



The 1st Marine Division Band – August 7, 2014 National Night Out & Arcadia's 111th Birthday!

National Night Out promotes crime prevention and awareness through police-community partnerships. Arcadia's Police and Fire Department will be joining us for this very special occasion. Free fingerprinting for the kids, crime prevention materials and other information will be available. Stop by and show your support to Arcadia's finest. But wait...that is not it! Help Arcadia celebrate our 111th birthday by enjoying some birthday cake while supplies last.

The 1st Marine Division Band, based out of Camp Pendleton, California, consists of 50 Marine musicians. While the primary mission of the 1st Marine Division Band is to provide musical support for military parades and ceremonies, they remain versatile to accommodate other needs. In addition to the Ceremonial Band and Concert Band, the band forms smaller ensembles such as Big Band, Jazz Combo, Brass Quintet, and Party Band. They perform at over 300 commitments a year, with highlights including the State Funeral of President Ford, the Tournament of Roses Parades, Disneyland's Independence Day Concerts, and annual concerts at the California Center for the Arts, Escondido. In 2007, the 1st Marine Division Band was awarded the "Colonel George S. Howard Citation of Musical Excellence for Military Concert Bands" administered by the John Philip Sousa Foundation.

Arcadia Police Blotter

For the period of Sunday, July 13th, through Saturday, July 19th, the Police Department responded to 905 calls for service of which 108 required formal investigations. The following is a summary report of the major incidents handled by the Department during this period.

Sunday, July 13:

1. Around 6:45 a.m., an officer was dispatched to a residence in the 100 block of East Laurel Avenue regarding a suspect attempting to break in through a bathroom window. Officers located the subject in the rear yard and discovered he was under the influence of methamphetamine and heroin. The victim explained the suspect was a relative, but had no permission to enter the residence. The 33-year-old White male was arrested and transported to the Arcadia City Jail for booking.
2. Just after 3:30 p.m., an officer responded to the parking lot of the Santa Anita Race Track, 285 West Huntington Drive, regarding a disturbance. A 57-year-old Hispanic male was under the influence of alcohol and unable to care for himself. He was arrested and transported to the Arcadia City Jail for booking.

Monday, July 14:

3. At about 4:11 a.m., officers made contact with a lone subject sitting inside a parked vehicle on eastbound California Street at Second Avenue, after discovering a felony warrant was attached to the license plate. An investigation revealed the warrant did not belong to the 22-year-old Hispanic male driver; however, he was in possession of a large butcher's knife and possible stolen credit cards. He was arrested and transported to the Arcadia City Jail for booking.
4. At approximately 5:48 p.m., an officer was dispatched to a residence in the 000 block of La Porte Street regarding a disturbance between a mother and her son. After arguing over bills, the son twisted his mother's arm as he grabbed her purse. A records check revealed the son had an outstanding misdemeanor warrant. The 37-year-old Hispanic male was arrested for the warrant only since the mother was not desirous of prosecution for Battery. He was transported to the Arcadia City Jail for booking.

Tuesday, July 15:

5. Just after 5:15 p.m., an officer was dispatched to a residence in the 1000 block of Fairview Avenue regarding a dispute between a male subject and his two ex-girlfriends. The suspect, a 24-year-old Hispanic male, pushed one ex-girlfriend and struck the other ex-girlfriend in the head with her purse. The suspect fled the scene prior to the officer's arrival. An area check was conducted, but he was not located. Further investigation is being conducted by the Detective Bureau.
6. Around 7:09 p.m., officers responded to a residence in the 000 block of West Naomi Avenue regarding a burglary report. Unknown suspect(s) entered the location through an open kitchen window, ransacked the interior, and fled undetected with a large amount of cash. No evidence or witnesses were located.

Wednesday, July 16:

7. At about 12:07 p.m., an officer was dispatched to a residence in the 000 block of Fairview Avenue regarding a report of an overdose. A female subject attempted to commit suicide by ingesting a dozen antihistamine pills. Arcadia Fire responded to the scene and transported the subject

to Arcadia Methodist Hospital for treatment and a psychological evaluation.

8. Shortly after 4:20 p.m., an officer responded to a residence in the 100 block of South First Avenue regarding a missing juvenile described as an 8-year-old Asian male. Dispatch advised the juvenile's mother last saw him around 11:00 a.m., riding his scooter in the area of First Avenue and Alta Street. After an extensive search lasting thirty minutes, an Arcadia officer located the juvenile in the 000 block of West California Street. He was transported to his residence where he was reunited with his mother.

Thursday, July 17:

9. At approximately 3:50 p.m., an officer was dispatched to Greater El Monte Community Hospital in El Monte, 1701 South Santa Anita Avenue, in reference to a battery investigation. The victim explained he was attacked by two Hispanic male adults while he was walking in the area of Baldwin Avenue and Sierra Madre Boulevard. The victim suffered a broken leg and a large laceration to his head, which caused him to lose consciousness. Upon gaining consciousness, he called a relative who transported him to the hospital. The victim did not think he could recognize the suspects if seen again.
10. Around 11:47 p.m., an officer conducted a traffic stop on a vehicle in the area of Live Oak Avenue and Peck Road for speeding. A search of the vehicle revealed the 23-year-old Vietnamese male driver was in possession of marijuana and concentrated cannabis. He was arrested for the listed violations and transported to the Arcadia City Jail for booking.

Friday, July 18:

11. At about 2:17 p.m., an officer conducted a traffic stop on a vehicle in the area of Peck Road and Clark Street for suspended registration. A records check revealed the driver had an expired license. The 22-year-old Hispanic female was cited and released in the field without incident. Her vehicle was left legally parked.
12. Shortly after 11:50 p.m., an officer conducted a traffic stop on a vehicle in the area of Duarte Road and Mayflower Avenue for failing to signal within 100 feet of making a turn. The officer discovered the driver was never issued a license. The 19-year-old Hispanic male was cited in the field without incident and his vehicle was left legally parked.

Saturday, July 19:

13. Around 1:22 a.m., an officer conducted a traffic stop on two bicyclists riding in the area of Foothill Boulevard and Second Street for not having proper bicycle lighting equipment. The officer discovered one of the subjects, a 49-year-old Hispanic male, had an outstanding felony warrant. The other subject, a 34-year-old White female, was in possession of a controlled substance and drug paraphernalia. Both subjects were arrested and transported to the Arcadia City Jail for booking.
14. At about 1:15 p.m., an officer responded to Sephora at the Santa Anita Mall, 400 South Baldwin Avenue, in reference to a theft report. A 20-year-old White female concealed merchandise inside her purse and a used shopping bag. Afterwards, she paid for two other items and exited the store without making payment for the concealed items. She was arrested and transported to the Arcadia City Jail for booking.

MONROVIA - DUARTE

Sierra Madre

Arcadia

Pasadena

Altadena

Monrovia

COUNCILMEMBER JOHN FASANA RECEIVES CONSENSUS-BUILDING AWARD FROM SAN GABRIEL VALLEY COUNCIL OF GOVERNMENTS

Duarte, CA, July 24, 2014 - Duarte Councilmember John Fasana was awarded the annual "Consensus Builder" Award by the San Gabriel Valley Council of Governments (SGVCOG) on Thursday, July 17th at the SGVCOG's annual award's reception. "John Fasana is someone we all know and trust here in the San Gabriel Valley, cited City of Industry Mayor, Tim Spohn, SGVCOG 3rd Vice President who made the nomination. Adding, "he works tirelessly representing the San Gabriel Valley, advocating for our transportation needs." Fasana has represented the City of Duarte on the SVGCOG's Governing Board since its formation in 1994, and has served as Chair of the SGVCOG's transportation committee for over twenty years. In this capacity, John has advocated for the San Gabriel Valley's transportation needs and was instrumental in the formation of the Metro Gold Line Foothill Extension Construction Authority and in securing funding for both Phase 1 (downtown Los Angeles to Pasadena) and Phase 2A (Pasadena to Azusa). He was also influential in the planning and implementation of a number of other critical transportation projects in the San Gabriel Valley, including the Alameda Corridor-East Construction Authority (ACE), the El Monte Transit Center I-210 Sound walls, and the I-10/I-605 Interchange.

John Fasana was first elected to Duarte City Council in 1987. He has served as the San Gabriel Valley's representative on the Los Angeles County Metropolitan Transportation Authority (Metro) since its formation in 1993. He currently serves as Second Vice-Chair and previously served as Chair during FY 2001-2002. He also represents Metro on the Metro Gold Line Foothill Extension Construction Authority.

Residents to Celebrate the City's 31st Annual National Night Out Against Crime, Aug. 5 with Neighborhood Watch Block Parties

DUARTE, CA., July 23 2014 — Hundreds of Duarte residents are expected to participate in the citywide "going away party" for crime at block parties, cookouts and ice cream socials in neighborhoods throughout Duarte in recognition of the City's 31st annual National Night Out Against Crime on Tuesday, Aug. 5.

Neighborhood Watch area coordinators and block captains, with the support of Duarte Public Safety and Duarte Sheriffs, are encouraged to coordinate block parties throughout the community. Residents can contact the Public Safety Office to gather ideas, event flyers and to schedule a Deputy to visit their block party. Residents are encouraged to bring canned good

Monrovia Police Blotter

During the last seven-day period, the Police Department handled 394 service events, resulting in 71 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.

Vehicle Tampering

On July 21 at 6:53 p.m., an officer responded to the 200 block of West Walnut regarding a vehicle tampering. The victim went to her vehicle which was parked in the carport area and realized the driver side door handle had been removed from her vehicle. Nothing appeared to be taken except the door handle. The investigation is continuing.

Driving Under the Influence of Alcohol – Suspect Arrested

On July 21 at 9:10 p.m., an officer was dispatched to the area of Wildrose and Mountain regarding a male suspect sleeping in her yard. The resident said the suspect appeared to have been drinking. The suspect drove his vehicle to the front of her residence, parked his vehicle and then got out and fell down into her yard. Officers determined the suspect had been involved in a traffic collision and driving under the influence of alcohol. The suspect was arrested.

Residential Burglary

On July 22 at 12:18 a.m., dispatch received alarm activation from a residence in the 100 block of Rose Lane. Officers contained the residence and eventually cleared the home. A rear window was broken and the back door window was shattered. The door was locked and it does not appear entry was made by the suspect. The victim was notified and arrived home. The investigation is continuing.

Driving Under the Influence of Alcohol – Suspect Arrested

On July 23 at 9:30 p.m. an officer stopped a driver in the area of California and Huntington for a traffic violation. Upon contacting the driver he displayed signs of intoxication. Field sobriety tests were conducted and it was determined the driver was driving under the influence of alcohol and was arrested. The passenger in the vehicle had an outstanding warrant for driving under the influence of alcohol and was arrested.

donations to their neighborhood gatherings, which will benefit residents served by the Duarte Community Services Council.

Over 10,000 communities across the nation including Duarte will participate in National Night Out, which is sponsored by the National Association of Town Watch. The crime, drug and violence prevention program is designed to send a message to criminals that neighborhoods are organized against crime.

For more information on how to host a National Night Out gathering, contact Aida Torres at the Duarte Public Safety Department (626) 359-5671, ext. 316, or visit www.accessduarte.com/publicsafety.

PASADENA UNIFIED MASTER PLAN/BOUNDARY COMMITTEE TO DISCUSS FUTURE DESIGN OF ALL DISTRICT ATTENDANCE BOUNDARIES TUESDAY, JULY 29

Pasadena, CA – The Pasadena Unified School District (PUSD) Board Master Plan/Boundary Committee will meet next week to continue their work examining current school attendance boundaries and how they can be improved to better serve all of PUSD's students and schools. The discussions at these committee meetings will lead to recommendations to the full board about the realignment of attendance boundaries for district schools. The next meeting will take place Tuesday, July 29 at 6 p.m. in the Elbie J. Hickambottom Board Room (Room 236), 351 South Hudson Avenue, Pasadena. [Click here for the July 29 meeting agenda.](#)

Members of the PUSD community and residents of Pasadena, Altadena and Sierra Madre are invited to attend and provide

input on potential school attendance boundary changes at the committee meetings. Parent and community input is critical to the committee as they develop their recommendations.

With an eye toward shifting residential demographics within PUSD and the lopsided distribution of students at district campuses, the PUSD Board of Education created a Master Plan/Boundary Committee to study possible school attendance boundary scenarios and other master planning issues for the district. The board subcommittee is chaired by Dr. Mikala Rahn with Ms. Kimberly Kenne and Dr. Elizabeth Pomeroy also serving on the committee.

This limited term subcommittee has been tasked with the following:

- Examine feeder patterns and enrollment data, population data and school configurations
- Maximize school size/facilities, specialty programs and neighborhood capacity
- Examine where specialty programs are needed based on district value statements
- Examine strategies for increased enrollment at secondary level
- Focus on strategies for under-capacity, small schools
- Community outreach and public input on various boundary scenarios

The committee will develop recommendations for the full board by September 2014 for school attendance boundaries starting in the 2015-16 school year.

PASADENA UNIFIED NAMES DON BENITO PRINCIPAL JULIANNE REYNOSO AS EXECUTIVE DIRECTOR, ELEMENTARY

Kathy Onoye, Ed.D. Announces Retirement After Four-Decade Career

Pasadena, CA – The Pasadena Unified School District (PUSD) today announced that Don Benito Fundamental Elementary School Principal Julianne S. Reynoso has been named Executive Director of the district's elementary schools. She replaces Kathy Onoye, Ed.D., who retires July 31 after 43 years as an educator, administrator and teacher.

"Ms. Reynoso takes a position that is critical to the continued success of our elementary schools," said Deputy Superintendent Brian MacDonald, Ed.D. "I am pleased to have her as part of our executive team that is working to achieve academic excellence for all students."

As Executive Director of PUSD elementary schools, Reynoso will be responsible for managing the district's elementary instruction, curriculum and professional development. Reynoso served as principal of Don Benito twice: in the 2004-2005 academic year and again since 2009. In between, she coordinated the district's acclaimed Pasadena Math Pipeline, a professional development program for PUSD math teachers. She first joined PUSD in 1994 as a teacher at Cleveland Elementary and later moved to Hamilton Elementary and Franklin Elementary. Reynoso has a bachelor's degree from San Diego State University, a master's degree in Human Development from Pacific Oaks College and an administrative credential from Azusa Pacific University.

"I look forward to continuing positive relationships with school administrators,

teachers, staff, district leaders and the community to improve teaching and student outcomes and to ensure that the common core and 21st century learning initiatives are implemented effectively at all schools," said Reynoso.

Dr. Kathy Onoye has served as the district's Elementary Executive Director since 2008. Over the course of her four-decade career as an educator, Onoye spearheaded educational programs that have proven that every child -- regardless of their socio-economic status -- can learn and achieve at high levels. She was responsible for initiating what have become some of PUSD's most vaunted programs: the dual language immersion programs in Spanish and Mandarin Chinese, early education programs and the International Baccalaureate Programme.

"On behalf of the district, I am grateful to Dr. Onoye for her service and her championship of PUSD students," said PUSD Superintendent Jon Gundry. "While I wish her wish her a well-deserved retirement, we will miss her expertise, knowledge and unflagging support for the students, teachers and staff of this district." As principal of Willard Elementary School, Onoye led the school's historic closure of the achievement gap among all student groups by moving English learners, socio-economically disadvantaged student and other subgroups into academic proficiency. By combining inquiry-based learning practices with standards-based curriculum, she inspired teachers to delve deeply into

subjects while meeting requirements to raise the school's academic achievement. In 2004 Willard Elementary became the first school in PUSD and one of the first urban public schools in the country to earn authorization as an International Baccalaureate school.

Onoye began her career as a classroom teacher at PUSD's Audubon Elementary School in 1971 and moved to Willard in 1975, where she remained until 2008.

"I would like to thank the students, teachers and fellow educators of PUSD for 43 years of inspiration and learning," said Onoye. "It has been my privilege to work with colleagues who are deeply committed to teaching children so that they can succeed as adults."

Along with her leadership positions in education, Onoye is a long-time Pasadena resident and takes an active interest in her community. She is a member of the Board of Directors of the Pasadena Educational Foundation, is clerk of the Board of Directors of All-Saints Church in Pasadena, serves on the advisory board of Young & Healthy and volunteers at Huntington Memorial Hospital. To honor Onoye for her service to the Pasadena Unified community, the Pasadena Educational Foundation has established the Kathy Onoye Principal's Award to be awarded annually to a PUSD school principal for a specified project.

The search for a new Don Benito principal will begin immediately. Former Jefferson Elementary School Principal Jill Girod will serve as interim principal until the position is filled.

REGULAR EXERCISE CAN HELP KIDS DO BETTER IN SCHOOL

(StatePoint) Physical activity may not be the first thing parents or teachers think about when they want to boost a child's academic performance, but evidence supports the notion that a bit of exercise for the body is beneficial to the brain as well.

In fact, kindergarteners who participated in Build Our Kids' Success (BOKS), a free before-school program involving physical activity and nutrition education, had significantly improved memory skills as rated by teachers, compared to their peers who did not participate. A study of the children's performance also concluded that those who participated in the program exhibited good behavior in the classroom.

"A sedentary life and poor eating habits can lower kids' performance in the classroom and start a cycle of health problems later in life," says Kathleen Tullie, Founder and Executive Director of BOKS and the Director of Social Responsibility for Reebok. "Simply stated, a healthy body and a healthy brain go hand in hand."

So how can you incorporate more healthy habits into your family's routine?

- Active weekends: Instead of a lazy Saturday or Sunday, get outside and get moving. Take a soccer ball to the park for a pick-up game or hike a local trail. Make exercise on the weekends a regular habit for your family, and those habits will extend to the rest of the week as well.

- Fuel throughout the day: A hearty breakfast sets kids up for a great day. Follow that up with a healthful, satisfying lunch and snacks such as nuts and fruit, to help kids avoid the pitfalls of the junk food machines.

- Cook together: Take-out is great when you're crunched for time, but be sure to cook at home at least a few times a week. Not only are homemade meals one of the only ways you can be exactly sure of what you're feeding your family, but the act of cooking together is a great opportunity to impart some lessons about nutrition and eating right.

- Bed time: Adequate sleep is crucial for a healthy, functional mind and body. Setting a regular bedtime and sticking to it is best to ensure kids get a full night's rest.

- Volunteer to get your school involved: Children should have one hour or more of physical activity daily, according to the Centers for Disease Control and Prevention. Unfortunately, physical education class may not be sufficient. Investigate what other opportunities your child's school has for physical activity, such as before school programs like BOKS or after school sports. If your school doesn't have such a program in place, look into starting BOKS at your school.

BOKS, for example, can be run by anyone -- parents, teachers, the school nurse or a community activist. To learn more, visit www.BOKSKids.org.

Healthy habits will not only reduce your child's risk for such problems as obesity, diabetes and heart disease, they can help prime children for more success inside the classroom and beyond. So give your children a leg up and encourage them to get moving.

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@bcsllions.org
website: www.bcsllions.org

Clairbourn School

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

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.monroviashools.net

DUARTE UNIFIED SCHOOL DISTRICT

1620 Huntington Dr., Duarte, Ca. 91010
(626) 599-5000 Website: www.duarte.k12.ca.us

THE REEL DEAL: EXTANT by Ben Show

With most shows off for the summer hiatus, there really is not that much to watch. Reruns and trashy reality shows, as well as movie reruns, take up most of the airtime. However, every Wednesday night, the tv event of the year airs an hour long episode.

Molly Woods (Halle Berry) has just spent the past thirteen months in space. Returning to Earth means facing the difficulties of everyday life again, as well as reuniting with her husband John (Goran Visnjic) and her android son, Ethan (Pierce Gagnon). But right when life seems to be back to the way it used to be, she makes a discovery that will change her and the rest of the world forever: she is pregnant.

Everything about this show is what all other shows should strive to do. The idea is original, and very interesting, not only dealing with several science fiction topics, but also real world questions of humanity and tolerance. Every episode gets more interesting, constantly messing with your mind with one conspiracy theory or another. And the acting is movie quality, definitely deserving of some Emmys. 'Extant' is a sci-fi show with a twist that will hopefully make it past the first season.



You can help.

In your neighborhood, some parents are spending hundreds of dollars to outfit their kids for Back to School ... as others are struggling to keep a roof over their heads.

Not having the right things on the first day of class has a huge impact not only on children's self-confidence, but their readiness to learn. That's why **Foothill Unity Center's annual Back to School Distribution** is such an important effort.

With your support, we'll help these kids start the school year on a level playing field with new backpacks, uniforms, clothing, school supplies, even professional haircuts and manicures.

We expect to register **1,500 children** grades K-12 for our 16th Back to School Distribution on August 5 at Santa Anita Park racetrack.

Can you help give them a better start to school that lasts all year long? Please send a check or click Donate Now - and play a part in changing young lives.

Thank you!

DONATE NOW

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TAYLOR’S STEAKHOUSE IN LA CANADA

A Brunch to dine for. Still. (Repr

Everyone has the favorite idea of the perfect Sunday afternoon. Some prefer the beach, others like to lounge and for me it’s sipping good champagne with a great meal. Madame Begue’s restaurant in New Orleans might be the initial restaurant to offer ‘brunch’ but many claim credit for the invention of the Sunday Brunch. The Sunday Brunch may have not been invented in Las Vegas but the act was perfected there.

I truly think that life should be a celebration,

TABLE FOR TWO by Peter DILLS
thechefknows@yahoo.com

time stops for no person, and before you know it, you are in your 40’s and writing in a newspaper about classic restaurants. That’s how I came upon Taylor’s Steak House in La Canada for this story on Sunday Brunch.

The area of La Canada sure has changed even in the last year, but the good news, the prices at Taylor’s have reflected little of that change. I made it a point to write the owner Bruce a note upon my exiting one Sunday Brunch, “Don’t change a thing.”

Old School is a term of affable endearment. Red leather booths, Marge as the server and of course a good stiff drink for under (\$10). Elva was my server on this visit and she pulled a full bottle of “J” sparkling wine for (\$28). Crazy - good!!! If you want to invest the day in the House Sparkling Wine, it is available too. With the first glass being on the house. So what is on the menu? A Classic Eggs Benedict (\$13.95) a dish that is so good the originator Commodore E.C. Benedict would be most proud to pull a fork over. For omelet worshippers, the build your own at (\$13.95) has local restaurateur David Yost in just about every Sunday when he is not working at one of his own restaurants. Fish lovers will rejoice on the Alaskan Halibut (\$18.95), it is in season at the moment and fresh. If you compare the price to the regular dinner menu and that you are getting a complimentary glass of bubbly it is quite the deal. My Brunch companion was very pleased with the Poached Salmon and Hollandaise for (19.95). Also, for bacon aficionados something unique to Taylor’s is the hand cut Virginia smoked ham trimmed to bacon. It will straighten your tail with delight. Waffles and other morning food items are available. One additional recommendation, order the “J” Champagne off the regular wine list. If you love good bubbly and want to treat yourself.

RECALL NOTICE!!!

If you've picked up fruit at Costco, Trader Joe's or Walmart stores recently, keep reading.

Wawona Packing Co. is voluntarily recalling peaches, nectarines, plums and pluots that were packed at its Cutler, California, warehouses between June 1 and July 12. Wawona believes the products may be contaminated with Listeria monocytogenes.

Costco, Trader Joe's, and the Walmart Corp. -- which operates Walmart and Sam's Club stores, have all posted notices about the fruit recall on their websites. The recall is nationwide, according to the U.S. Food and Drug Administration.

Internal testing at Wawona revealed the potential Listeria contamination, the FDA says. The facility was shut down and sanitized; subsequent tests have been negative for the food-borne illness.

"We are aware of no illnesses related to the consumption of these products," Wawona President Brent Smittcamp said in a statement. "By taking the precautionary step of recalling product, we will minimize even the slightest risk to public health, and that is our priority."

Trader Joe's has urged customers not to eat any



History Taylor’s originally started on 8th St. in downtown LA; Tex Taylor started the clubby namesake restaurant location over 45 years ago. The downtown location is still going strong. Son, Bruce Taylor has since taken over the reigns and opened this second location in La Canada. Red leather booths, full bar and veteran servers, just like the good old days.

Our server “Elva” did a great job of making us feel at home. The afternoon was worth the label of celebration. I will be back.

Brunch Hours are from 10 AM to 2 PM.
Reservations are suggested. Open for Lunch and Dinner, Full Bar

Taylor’s Steakhouse 901 Foothill Blvd. La Canada (818) 790-7668

Log onto www.taylorsteakhouse.com for complete menu and prices



This article was originally published in 2011.

of these stone fruits -- meaning fruits with large pits -- and to return them to a nearby store for a full refund.

In addition, Wegmans Food Markets, Inc. has recalled several of its baked goods that contain fruit from Wawona Packing Co. This includes cakes, pies, tarts and other pastries. For a full list, see FDA.gov.

Listeria monocytogenes is a bacterium that can cause Listeriosis. The most common symptoms of Listeriosis are gastrointestinal issues (such as diarrhea), fever and muscle aches. Pregnant women, infants, older adults and people with a weakened immune system are particularly at risk for a more serious infection, according to the Centers for Disease Control and Prevention.

The CDC estimates about 1,600 illnesses and 260 deaths are caused by Listeriosis each year in the United States. Overall, outbreaks have been on the decline since 2001, but the largest in U.S. history occurred in 2011. Cantaloupes from a farm in Colorado sickened 147 people and killed nearly three dozen. The farmers responsible recently were sentenced to five years' probation, including six months of in-home detention.

From CNN News Reports



INGREDIENTS:

- 1 cup (6 ounces) uncooked orzo
- 6 ounces green beans, trimmed and cut into 2-inch lengths
- 2/3 cup bottled Italian dressing
- 1 (4-ounce) jar fancy pimientos, drained and diced
- 8 cups torn salad greens
- 4 large ripe plum tomatoes, sliced
- 12 small balls fresh mozzarella
- 1 (6-ounce) jar marinated artichoke hearts, drained
- 8 thin slices baked ham, cut in half lengthwise
- 16 long, thin breadsticks

DIRECTIONS:

Bring a large saucepan of lightly salted water to a boil. Add the orzo and cook it according to the package directions, or just until tender, about 8 minutes. Add the beans to the water for the last 2 minutes of cooking. Drain out the hot water, rinse the orzo and beans under cold water, and drain again well. Return the cooked ingredients to the pot. Add 1/4 cup of the dressing and the pimientos and toss to mix.

Arrange the salad greens on individual plates. Divide the tomatoes, cheese, and artichoke hearts evenly among the plates and then drizzle each salad with the remaining dressing. Top each salad with a helping of orzo.

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People all over the world have shared stories called myths. Myths are ancient tales that tried to explain mysterious things that people wondered about in the past – events they did not know the reasons for or things they did not understand. People believed these stories to be true. Myths were very important to them.

Myths and Legends!

What Are Myths About?
Find out by filling in the phrases:

1. how the _____ began
2. secret of the rhythm of _____
3. heroes slaying _____ animals
4. natural happenings like _____
5. why _____ things happen

life evil world unlucky lightning

Pandora opened a box and let evil into the world, but there was still HOPE.

Who or What? Myths are full of people, gods, heros and creatures. Who or what are these characters in myths? Read the clues to fill in the crossword:

1. powerful beings, rulers of all
2. stories to explain things people did not know or could not understand
3. huge manlike beings that some people thought existed before humans
4. pilots with problems in their engines or instruments would blame these
5. they search and dig to find items that will tell about myths of different peoples
6. played harmless pranks, did household chores overnight
7. people of great strength and courage
8. physically smaller than giants; hunted and ate people
9. fire-breathing, flying monsters
10. underground folk, under four feet tall, hard-working; they mined and worked precious metals like gold
11. ugly elves, pesky and annoying
12. they lived under bridges, in forests and on mountains; they protected their lands

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Happy Tails

by Chris Leclerc



FUN FINDS FOR THE CANINE-LOVING COLLECTOR

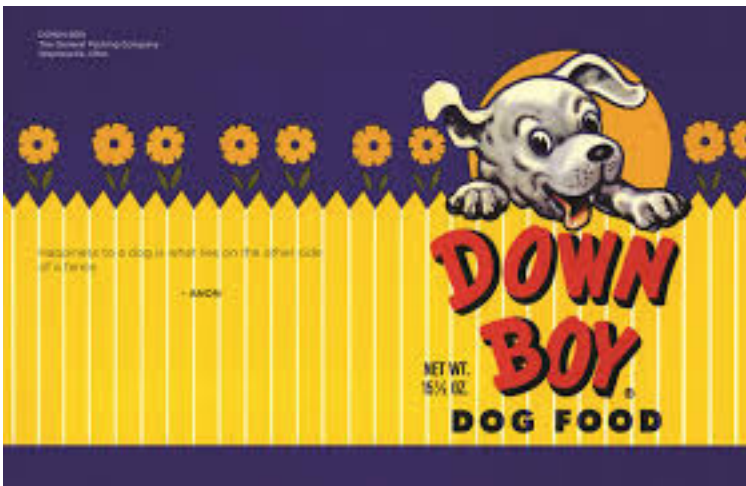
I have often heard it said that one man's trash is another man's treasure, and as an avid recycler of pre-owned things, I totally "get" that old adage. My husband, Rick, retired chiropractor turned antique dealer, has taught me a lot about the value of antique collecting over the years. He has been a prolific picker since he was a kid, and through years of experience hunting for rare treasures, he's managed to hone a keen eye for the good stuff. In fact, he has appropriated some pretty amazing art, antiques and oddities over the years that we both enjoy having in our home.

When Rick sold his practice several years ago, he decided to go full time into the antique business and if you don't mind me saying, I think he is one of the most knowledgeable dealers in Pasadena. Although I have to admit I might be a bit biased, I really do believe his shop, UNCHARTED ANTIQUES, 27 North Altadena Drive is one of the coolest, most interesting resale stores any buyer or collector could hope to come across. He is best known for the original art work as well as the eclectic collection of industrial and mid century oddities he has for sale in his shop. He constantly amazes me with his ability to procure fabulous finds in today's competitive antique resale market.



to collect, myself. I already knew that certain types of ephemera, if kept in good condition, can maintain a hefty value that is likely to increase with time, but I had never thought about old pet food labels as being collectible. What makes this genre of ephemera so intriguing to me is the fact that the graphics bear such sweet images of animals in their design. And some, particularly the mid-century labels (1950' & 60's) are extremely colorful, whimsical and decorative which makes them perfect for display as art in a frame.

After reading the BARK article, I was as curious as a cat to learn more about collectible pet food labels - what they go for in the resale market, who is collecting them, which ones are considered most valuable, and what makes certain ones more desirable than others to the prospective collector. I am a person who likes what I like just because I like it, rather than following a trend, but I couldn't help wondering what was going on inside this relatively limited and isolated resale niche.



I grew up in a humble, yet very happy home where I was taught to appreciate what I had. My mother, whose most memorable mantra was, "Waste not, want not", also turned out to be my main mentor for finding antique furnishings and other interesting things at yard sales, and fixing them to be used as decorative additions to our household. I have such great memories of scoping out Saturday morning garage sales with my mom, followed by stops at the local thrift shops around town, and coming home with all kinds of goodies, having spent very little of my weekly allowance. Thanks for the memories, ma...I love you for it!

With all the good input and influence that I've been privy to throughout my life, I have learned at least a little about the value of previously-owned things, but I recently realized that even vintage pet food labels are included among the many rarities that are often sought out by both dealers and buyers in the antique resale market. Well, I must say as an animal lover that makes me very happy! I just wish I had been the one to come up with the idea.

It was when I read an article in the Summer 2014 issue of BARK magazine this past week, entitled Vintage Dog Food Labels - Selling Dog Food with Panache, that I began to think that of old pet food labels as something I might want

The most interesting result I found from my internet search was on a website called dogster.com. It was a short article about Warren Dotz, a huge enthusiast of old dog food label collecting. This guy even published a coffee-table tome about them, entitled Dog Food for Thought. In the book are numerous color images of labels from his personal collection, many of which he obtained through an on-line auction website. He must have wanted those labels pretty badly, because he placed his highest bid at \$4,000 for four lots! I imagine he must have been quite pleasantly surprised when he found out he'd won all four at only \$19.95 per lot! Sleeper auction? Maybe.

The BARK magazine article I read included eye-catching high-dpi color images of a few vintage dog food labels, and when I went on-line I found many, many more. I've included a couple of the images I found in this week's column to tantalize the eyes of my fellow dog lovers in hopes that perhaps it will incite a stronger market for their collect-ability. To those of you who may now be feeling inspired to take on the hobby of vintage pet food label collecting, I wish you happy hunting! I just want to say one thing; if you see me at a yard sale, beware because I do tend to sharpen my elbows before I sally forth on my weekly Saturday morning hunts! Have fun, good luck, love and let live.



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LOOKING FOR A BEST FRIEND?

Looking For A Best Friend?? To share the summer with? So is Fudge!

Fudge is being called a Chihuahua mix, although at 12 pounds, he is bigger than most Chihuahuas, and his features are not typical for that breed. He has a beautiful golden tan and white coat and soulful big brown eyes. As you can see from his photo, he usually has a smile on his face. Fudge is estimated to be about 7 years old.

We do not know Fudge's history, but he was seen being left in the shelter parking lot by someone who drove off intentionally leaving him behind. Needless to say, he was lost and confused for his first few days with us, staying mostly on the cot in the back of his kennel.

Since those early days, though, Fudge has blossomed and has become a happy, friendly dog that is a joy to be around. He loves people, and will reward you with kisses if he has the chance. Fudge likes to sit on a lap, or lie next to you quietly, receiving pets and attention.

He is a smart boy and will sit for treats, so at some point he has had some training. Fudge enjoys going for walks with our volunteers, and does very well on the leash. He seems to like the company of other dogs, and he happily shares his kennel with Pancho, another Chihuahua mix.

Fudge was recently taken to an off-site adoption event where he behaved very well. He was a perfect gentleman with our volunteers, and friendly to new people that he met.

We get a lot of "small brown dogs" at the shelter, and many of them get overlooked. There are some hidden gems in that group, and our golden boy, Fudge, is one of them. He has a non-demanding sweet spirit that wants nothing more than a loving home to call his own. He has



already been neutered, so he is "good to go" as soon as his forever family finds him. Please come in to meet him - he is sure to win your heart.

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 Fudge, 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. He is also eligible for our 'Senior For Senior' reduced fee adoption program. Feel free to call us at (626) 286-1159 for more information on Fudge.

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

PET OF THE WEEK: SALLY

Animal ID #A4731844



There is so much to love in this adorable package! Meet Sally (A4731844), a 7-year-old cream-and-white female Maltese/Terrier mix who was found in El Monte with Peppermint Patty [A4731841] and Schroeder [A4731843] and brought to the Baldwin Park Animal Care Center on July 9th. Weighing 14 pounds, Sally is a family-ready pup who already seems to understand how she should behave in the home environment. She is gentle with all the dogs she meets and walks very well on the leash. With her medium energy, she will make a stupendous couch potato buddy and would be happy to watch movies with you all weekend long. Sally will make an exceptionally good indoor companion for a senior or adult couple in any living situation. To watch a video of Sally, please visit the following link: <http://youtu.be/5N4iGqO7CS0>

To meet Sally in person, please see her at the Baldwin Park Shelter, located at 4275 N. Elton, Baldwin Park, CA 91706 (Phone: 626-430-2378 or 626-962-3577). She is currently available now. For any inquiries about Sally, please reference her animal ID number: A4731844. 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 Sally 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/>.

90th Anniversary Celebration

August 2, 2014
6:30-9:30pm
at the OpenHouse
Community Companion Speakeasy
5271 Sereno Dr.
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Libations, finger foods, music & professional dance lessons under the stars and shhhh! a silent auction!

The San Gabriel Valley Humane Society was founded in 1924 by Fannie Thompson Kessler, in a time when our country was feeling prosperous, optimistic and a little rebellious. We've been providing compassionate care for stray and abandoned animals ever since. Please join us in celebrating our 90th Anniversary!

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THE JOY OF YOGA

RIGHT HERE, RIGHT NOW



In the philosophy of yoga we look at the mind as having a storehouse of memories called chitta. Memories from our past influence our decisions about our future. We also have a section of the mind called manas, where we take in sensory input. The sensory input guides us in decisions based on sensory desires. What happens most of the time is that we are either remembering or anticipating ("I loved that chocolate ice cream at Mother Moo's. I have to go back to Mother Moo's to get more!"). This kind of thinking is constantly dictating our behavior. It

is very hard to "just be" when we are thinking of the past and the future, or what we are going to have for lunch.

After a yoga class we rest in savasana (corpse pose) where the body lies inert. The natural breath pattern takes over and the mind is hopefully calmer with less thought of the past and future jumbling around inside. This allows us to rest in the here and now.

It is at these quiet moments that we can hear our soul speak. Because we do not associate ourselves with who we think we are – but who is really inside. Too often we define ourselves with our careers, our family positions, our who we think we should be – all based from our memories and our senses. When we do that, we are not aligned with our dharma (our souls purpose). Getting quiet through yoga and meditation can help us to tap into our true nature, to see clearly in the here and now and find contentment and freedom from the pull of our memories and desires. Then the "higher mind" can step in and help us make the right decisions and help us choose the right path.

See you in the here and now!

Namasté, René

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QUALITY IS JOB 1

Back in the 70's the Ford motor company coined this motto in response to the influx of Japanese cars dominating the market. The US car maker's quality was down. To compete, the quality of US cars had to be upgraded.

In the US we now more than ever need to apply this motto to our health care. I'm not talking about the health care system for that reform is not health reform at all. All they are talking about is economic reform....They're protecting the health insurance industry.

I'm talking about us individually and our own self responsibility to health.

Look at the make-up of the US population. Over 60% are overweight, over 30% are obese, less than 15% get regular exercise. Diabetes, autoimmune diseases, heart disease, cancer, and arthritis in its many forms are rising. This is poor quality.

In regards to health are we mindful or careless? Carelessness in how we eat, drink, exercise, sleep, our posture and in the habits we cultivate will have the most profound effects on health. It starts with you. Do not be careless with this precious commodity called health or this incredible machine called our body.

St. Augustine said, "Conquer thine own self and the whole world will be conquered." To turn the health care of the citizens of the US and the world in fact, we will need to be much more mindful and disciplined in how we live.

In watching this health care reform (finance) debate, do you think we will really be any better off than now with the government telling you what care you can and can't have?

Do not count on anyone else. Count on yourselves and take action. Whatever is not true in your life will come back to you time and time again until you take action and correct your course.

Your habits have developed over time. New habits can overcome old habits through mindfulness and consistent action. Bad habits are easy to put in place but hard to live with. Good habits are harder to put in place over bad habits but are much easier to live with. You are guaranteed two pains in life, the pain of discipline or the pain of regret. One weighs ounces the other tons.

The choice is yours. In regards to your health make it Quality Job 1.

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Dr. Tina is a traditional naturopath and nutritionist at Vibrant Living Wellness Center

LONG LIVE THE ITALIANS AND THE TOMATO

Eating tomatoes can help reduce the risk of cardiovascular disease, cancer and maybe osteoporosis. Not only that, but cooked tomatoes are actually better for you than raw ones.

U.S. researchers found this juicy vegetable is the biggest source of a powerful antioxidant called lycopene, and unlike other fruit and vegetables it has greater potency after it is cooked.

Lycopene is the red pigment in tomatoes and several fruits. According to scientists, it is a potent carotenoid. Carotenoids are a group of naturally occurring pigments essential for plant growth which have a high ability to suppress unstable oxygen. Due to this ability to decrease oxidative stress, lycopene has been associated with a decreased risk of chronic diseases. Lycopene in tomatoes can reduce heart disease by almost 30 percent making the phytochemical almost as powerful as many classes of drugs commonly prescribed for cardiovascular disease.

Could tomatoes be an effective alternative to dangerous statins, the class of drugs commonly prescribed for these conditions? Scientists at the National Centre of Food and Safety in Illinois said "the nutrient lycopene contains protective mechanisms that help prevent inflammation and blood clots".

A strong link has already been established between this wonder veggie and a lower risk of certain diseases such as prostate cancer, heart disease and now osteoporosis. Researchers have recently found an important connection between lycopene and bone health. A diet consisting of a variety of many fruits and veggies including tomatoes and other lycopene-containing foods has been shown to be especially beneficial to postmenopausal women who are at a higher risk of developing osteoporosis. We don't always think about antioxidant protection as being important for bone health, but it is, and tomato lycopene (and other tomato antioxidants) may have a special role to play in this area.

After just spending 2 weeks in Italy and eating tomatoes with just about every meal, no wonder Italians are number 11 in life expectancy in the world. And sadly, the United States is number 42.

So be sure to consume tomatoes on a regular basis is part of a healthy diet. And if possible, buy organic. A study released just last week showed organically grown vegetables had higher nutritional value than conventionally grown ones.



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IS YOUR DIET MAKING YOU SICK?

Feeling under the weather? Many common ailments, as well as serious life-threatening conditions, are caused by what you are and aren't putting into your body, say experts.

"Even if you stick to a well-balanced diet, you may not be getting sufficient nutrients," says Dr. Michael A. Smith M.D., author of the new book and educational tool, "The Supplement Pyramid" and host of Healthy Talk on www.RadioMD.com.

In fact, nearly all Americans have an inadequate intake of Vitamin E and nearly a third does not get enough Vitamin C according to government statistics.

"It doesn't matter how many fruits and vegetables you're eating if they're grown in nutrient-poor soil," says Smith. "The unfortunate truth is that the nutrient content of our soil -- and thus our crops -- has been steadily declining for decades."

While organic produce may reduce your exposure to pesticides, it doesn't necessarily mean it will be more nutrient-rich. So in addition to a healthy diet, what can you do to ensure you're getting sufficient nutrition? Smith offers a few tips:

- Take an ideally dosed multi-vitamin/mineral. From Vitamin A to zinc, your body is dependent on these nutrients for optimal health. But not all multivitamins are the same. Skip the bare-bones variety that provide minimal doses of some essential nutrients, and opt for a robust multivitamin that delivers ideal doses of a full spectrum of essentials.
- Omega-3 fatty acids are healthy fats that

your body can't live without, supporting mental and cognitive health, decreasing cardiovascular disease risk, and lowering systemic inflammation. But because your body can't make them, you either have to get omega-3 fatty acids through your diet or supplementation.

- All of your cells need energy to function, particularly your heart and brain cells. You may have never heard of coenzyme Q10, but it plays a critical role in cellular energy production. Look for this supplement in ubiquinol form, which is absorbed much better by the body.

- It doesn't matter how healthy your diet is. If your gut is compromised, it can't extract the protein, carbohydrates, fats, vitamins and minerals you need to survive. Not only that, but about 70 percent of your immune system is actually located in your gut. Since so many factors diminish levels of beneficial bacteria in the gastrointestinal tract, it's essential to replenish their numbers with daily probiotic supplementation.

- When seeking out supplements, stick with a company that has an established track record of selling high-quality products and uses only pure, potent raw materials. They should also include dosages of key ingredients high enough to impact your health. Find out if your supplements make the grade by doing your research.

For free tools to build your personal supplement regimen and for more information about Smith's new book, visit www.MySupplementPyramid.com or call 1-855-870-0687.

Don't assume a healthy diet is sufficient. Key supplements can improve the way you feel.

Protect Your Family from Tick Bites and Lyme Disease

More than 30,000 cases of Lyme disease are reported each year, making it the most commonly reported vector-borne illness in the US, according to the Centers for Disease Control and Prevention. Make sure your family isn't part of that number.

As the warmer months coax us outside, reducing the risk of tick bites is essential to protecting your family from Lyme disease and its potential long-term, devastating effects.

Lyme disease can cause facial or Bell's palsy, severe headaches, neck stiffness, heart palpitations, and pain and swelling in large joints. However, it's difficult to diagnose, as symptoms can be attributed to other health problems. Left untreated, approximately 60 percent of Lyme disease sufferers experience arthritis, while five percent develop chronic neurological challenges months or years after the infection.

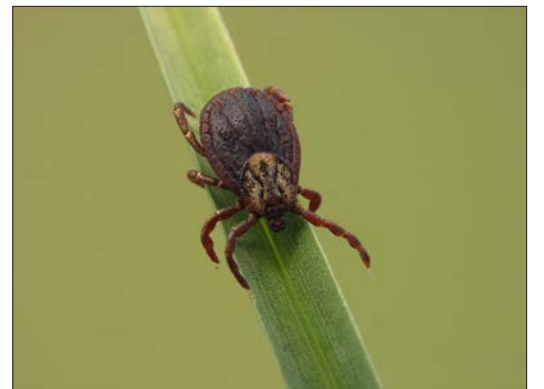
"Had I understood the potential severity of Lyme disease and taken the threat seriously, I might have saved my children from years of suffering," says Jennifer Reid, a mother of two children affected by Lyme disease and Community Coordinator for the BLAST Lyme Disease Prevention Program. "Prevention is possible."

BLAST is a helpful acronym representing basic tick bite prevention measures -- Bathe, Look for ticks, Apply repellants, Spray the yard and Treat your pets. Additionally, Reid recommends taking these simple steps:

For People

- Avoid wooded and busy areas with high grass and leaf litter.
- Apply repellent to exposed skin and clothing before outdoor activities.
- Bathe or shower right after spending time outdoors and conduct a full-body tick check. Use a mirror to see hard to reach places such as the under arms, belly button, scalp, and behind the knees.

For Pets



- Check pets for ticks daily and remove them as soon as possible.
- Talk with your veterinarian about using tick preventatives on your pet.
- Watch pets closely for changes in behavior or appetite. This may indicate Lyme disease infection.

In Your Yard

- Place a wood chip or gravel barrier between your lawn, patio, and play equipment and any wooded areas. This will restrict tick migration into recreational areas.
- Mow the lawn frequently and keep leaves raked.
- Keep playground equipment and patios away from yard edges and trees and place them in sunny locations, if possible.
- Pest control products can help protect your family from tick bites, according to RISE (Responsible Industry for a Sound Environment), a national trade association. On a seasonal basis, consult a professional to spray the perimeter.

Get more tips to become a "backyard boss" and protect your family against hidden lawn and landscape risks by visiting <http://blog.debugthemyth.com>.

This season, take charge of your backyard and learn how to protect your family.

HOW TO FIND THE BEST REACHER GRABBER TOOL

Dear Savvy Senior:
What kinds of reacher grabber tools can you recommend for seniors who need help picking things up off the ground. I bought a cheap one at Walmart a few months ago that doesn't work very well for me, and would like to find one that does. Need a Hand

Dear Need:
A good reacher grabber is a very handy tool for anyone with mobility issues. It works like an extension of your arm allowing you to reach down and pick things up off the ground without bending or stooping over. It can also help with reaching and grabbing things in high overhead places, as well as areas that are difficult to get to. But with so many different reachers on the market today, finding a good one that works well for you is not always easy. Depending on your needs, here are some top options to consider.
Lightweight reacher: If you want a reacher primarily for picking up small lightweight items around the house, the "Aluminum Reacher with Magnetic Tip" by Duro-Med is multifunctional. Available in 32 and 26-inch lengths, it has a trigger-style handgrip with a serrated jaw that provides a secure grip when lifting objects. It also has a magnet built into the tip for picking up lightweight metal objects like a paperclip, and a small hook (or horn) that aids in retrieving things like clothes, shoes or keys. But, because of its lightweight design, it doesn't work as well at retrieving heavier items like canned goods from shelves.
All-purpose reacher: For retrieving small and medium-sized items, the "Ettore Grip'n Grab" can handle most chores. Available in 16, 32 and 50-inch lengths, it has a soft comfortable trigger handgrip and a rubberized jaw that's strong enough to lift objects up to 5 pounds and up to 4 inches wide, yet sensitive enough to pick up something as small as a dime. The jaw can also swivel 90 degrees to reach things in awkward spaces.
Ergonomic handle reachers: If you have hand or wrist arthritis that makes gripping difficult, the 31-inch "Medline Reacher" has a handgrip



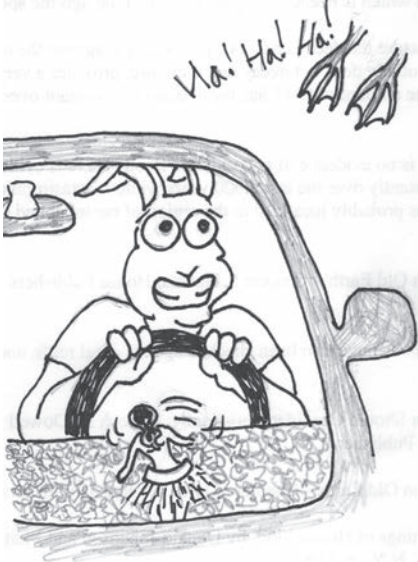
that lets you use all five fingers to close the jaw for better gripping power. Or, consider the new "HealthSmart GripLoc Sliding Reacher," a 43-inch two-handed reacher with a power slide handle that opens and closes the jaw (no hand squeezing required), and a twist lock that locks the jaw when it's clinched to secure your item.
Folding reacher: For easier storage or travel, the 32-inch "EZ Reacher Collapsible" has a slip-joint in the arm that allows it to fold in half. It also has stainless steel fingers with silicone suction cup tips that do a nice job of picking up large and small items; and a pistol grip with an optional safety lock that locks the jaw onto items without continuously squeezing the trigger.
Adjustable length reacher: If you need a reacher for various lengths, the "PikStik TelescoPik" has a lockable sliding shaft that adjusts from 30 to 44 inches. It also has a trigger grip and a rotating rubberized jaw that can lift up to 5 pounds.
Outdoor reacher: For outdoor use, the 36-inch "Unger Nifty Nabber" is ideal for heavy-duty jobs. It has a rubber-coated jaw for a strong and reliable grip with a built-in magnet, an aluminum handle and can lift 20 pounds.
Where to Buy
You can buy reacher grabbers at many pharmacies, retail, medical equipment and home improvement stores. But, because it's a specialty item, the selection is very limited. Your best bet is to buy one online at amazon.com, which sells all of the top reachers at prices ranging between \$12 and \$40. Just type the product name in the search bar to find it.
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 Tse.....This and That
THE SEAGULL WHO PLAYED "CHICKEN"

How has your week been? I don't know about you, but nothing particularly noteworthy or funny happened to me. But don't think I'm complaining! I'll take familiar and predictable any day! However, familiar and predictable don't make for interesting writing. So, if you read my column last week, you'll remember that when inspiration fails me, I can always rely on my mom's friend, Florence, for ideas!
Here's a recap on Florence if you missed or forgot last week's article. Not only is Florence a fabulous story teller, but she, herself, attracts funny situations. As moths are drawn to the light, so humorous people and situations gravitate toward Florence. She doesn't even have to try to make things happen. If you hang around her long enough, you, too, will get involved in something worth retelling.
Today's story includes one of the many animals Florence and her family rescued near their home in rustic Montebello. (Yes, Montebello was rustic once.) Although they did not live near the ocean, a wayward seagull crash landed on their property. (It was probably pulled in by Florence's inherent magnetism.) They nursed it back to health, but it

was never seaworthy again. So, it became sort of a family pet. We'll call him Dean (think James Dean in "Rebel Without a Cause").
Among his many personality quirks, Dean had the habit of standing at the back end of their long driveway, waiting for an oncoming car. As soon as one would come by, Dean took to the air and dive bombed right in front of the car's path. He had gotten very good at timing this, and knew just when to pull away at the last moment. Nine times out of 10, the driver would loudly slam on his breaks. Perhaps it was the sound of the screeching breaks or the smell of burnt rubber. Whatever it was, Dean got a kick out of it. I'd like to think that it was the drivers' good, animal-loving nature that kept Dean from becoming road kill, but for many of them it was more likely an automatic reaction to a large foreign body hurtling toward their windshield.
I'm sure Florence's family tried to break Dean of this nasty habit, but who's ever heard of a trained seagull? Probably equally difficult was their explanation of the long, heavy tire marks in front of their driveway.



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SENIOR HAPPENINGS
HAPPY BIRTHDAY! ... July Birthdays*



Nina Bartolai, Mary Lou Caldwell, Louise Neiby, Eunice Banis, Betty Hansen, Christine Durfort, Shahrzad Azrani, Jeanne Borgedahl, Janet Cox, Dorothy Montgomery, Bess Pancoska, Janet Swanson, Linda Thunes, Barbara Watson, Pat Alcorn, Karma Bell, Alice Clark, Dorothy Jerneycic, and Betty DosRemedios.
*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: "Let freedom never perish in your hands." ~ Joseph Addison



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: Every 3rd Monday, from 11:00 to 11:45 am with Shannon. All ability levels are encouraged and welcomed. Canceled for the month of July.
Hawaiian and Polynesian Dance Class: Every Tuesday morning from 10:00am to 11:00am. Join instructor Barbara Dempsey as she instructs you in the art of hula.
Bingo: Every Tuesday beginning at 1:00pm. Cards are only \$0.25 each! Everyone is welcome to join. May be canceled if less than 5 people.
Free Blood Pressure Testing: Held 2nd Tuesday of the month from 11:00am to 12:00pm. No appointment is necessary.
Free Legal Consultation: Wednesday, July 23rd from 10:00am to Noon. Attorney Lem Makupson is available for legal consultation. He specializes in Family Law, Wills, Trusts, Estates, and Injury. For an appointment call 626-355-7394.
Chair Yoga: Mondays and Wednesdays from 11:00 to 11:45 am, except on the third Monday of the month when the balance class is held. A suggested donation of \$5 at one of the classes is requested, but is not required.
Birthday Celebrations: Every second Thursday of the month the Hart Park House Senior Center celebrates birthdays of our patrons. The free birthday cake is provided by the Sierra Madre Civic Club.
Game Day: Every Thursday starting at 1:00pm. A regular group of seniors play poker. Other games available for use. Free Strength Training Class: Every Friday from 12:45pm to 1:30pm with Lisa Brandley. The class utilizes light weights for low impact resistance training. All materials for the class are provided.
Senior Club: Every Saturday at the Hart Park House Senior Center. Brown bag lunch at 11:30 am. Club meeting at noon. Bingo 12:30-3:30 pm. Annual membership is only \$10.00.



UPCOMING EXCURSIONS
California Science Center (Los Angeles, CA)
Date: Friday, July 18, 2014 • **Time:** 9:15am to 3:30 pm
Meeting Location: Hart Park House Senior Center
Cost: \$25.00 (does not include lunch)
Experience the California Science Center's feature exhibition, "Pompeii," which offers a glimpse into the opulent lifestyle and tragic end of this ancient Roman society. Relive the volcano's catastrophic eruption through an immersive multimedia experience. The trip also includes the National Geographic film "Forces of Nature" and which showcases the power of volcanoes, earthquakes, and severe storms on the 7-story IMAX screen. Participants are asked to bring additional money for souvenirs and lunch; two restaurants are available onsite. Last day to register is Thursday, July 10. Level of Walking: Moderate



1st & 3rd Wednesday
Shown at the Hart Park House Senior Center
July 2nd: Nine (2009)
Famous film director Guido Contini struggles to find harmony in his professional and personal lives as he engages in dramatic relationships with his wife, his mistress, his muse, his agent, and his mother. Rated PG-13, Start time: 1:00 pm (run time 118 minutes)
Featuring: Daniel Day-Lewis, Judi Dench, Nicole Kidman, Marion Cotillard, Sophia Loren, Kate Hudson, and Penelope Cruz
July 16th: Blue Jasmine (2013)
After everything in her life falls to pieces, including her marriage to wealthy businessman Hal, elegant New York socialite Jasmine moves into her sister Ginger's modest apartment in San Francisco to try to pull herself back together again. Rated PG-13, Start time: 1:00 pm (run time 98 minutes) Featuring: Cate Blanchett, Alec Baldwin, and Peter Sarsgaard

SEASONAL FUN AT THE SENIOR CENTER
Word Puzzle Competition • July 14-18, 2014
Come to the Senior Center during the week of July 14 to exercise your brain and enjoy the company of other puzzle enthusiasts! Try a different word puzzle everyday and enter for a chance to win a \$20 gift card. Featured puzzles include word searches, crosswords, kriss kross, sudoku, and rebus puzzles. For each puzzle you complete, you will receive one raffle ticket. Puzzles may be completed at home, but they must be returned to the Senior Center by Monday, July 21 at 11:00 am to be considered for the drawing. Tickets will be drawn and winners announced on Monday, July 21 at 12:15 pm. Prizes include a \$20 Domino's gift card and two \$20 Trader Joe's gift cards.

LUNCH & LEARN PRESENTATION - SALT THERAPY
Wednesday, July 30, 2014 • 12:00 to 1:00 pm
This presentation was rescheduled from October 2013. Listen to Reiki Master Kristen as she explains the benefits of Salt Therapy. Discover the all-natural, drug-free treatments that are offered at The Salt Studio such as salt therapy, massage therapy, and Reiki. These forms of treatment are helpful with many conditions that affect the body including: Arthritis, Chronic Obstructive Pulmonary Disease (COPD), muscle tension, stress, Sinusitis, sore throat, colds, cough and congestion. If you would like to have lunch during the talk, please make a lunch reservation with the Senior Lunch Cafe at 626-355-0256 or bring your own.

LET THE BRAIN GAMES BEGIN
Tuesday, July 22, 2014 • 11:00 am to Noon
Improve your memory and strengthen your brain with fun, hands-on activities. Each month brings new games and contests to facilitate brain stimulation. Be sure to bring your friends as you engage in friendly competition for prizes. Activities facilitated by Swati Puri, Community Liaison for ComForcare Senior Services in Pasadena. Questions? Contact the Senior Center at 626-355-7394.

Tech Talk: Technology Assistance
Mondays, July 14 and 28 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 626.355.7394.

PEACE OF MIND SEMINAR
The City of Arcadia Recreation & Community Services Department, in conjunction with Forest Lawn Memorial Parks and Mortuaries, is holding a free seminar for senior citizens on Friday, August 1, 2014 at 10:00am at the Arcadia Community Center located at 365 Campus Drive.
This presentation will discuss the importance of planning your final wishes to ensure your family from unnecessary emotional burden. Refreshments and door prize will be provided. For more information or to register, call Arcadia Senior Services at 626.574.5130.



SEAN'S SHAMELESS REVIEWS:

JULY'S PLAYLIST

By Sean Kayden

The Rosebuds – “Blue Eyes” – North Carolina indie rock band gear up to release their sixth studio album, “Sand + Silence.” The record is being produced by Justin Vernon of Bon Iver. “Blue Eyes” is a big, summery jam that combines huge hooks and indelible harmonies. Vernon and his Bon Iver bandmate Matt McCaughan are present by diving in on guitar, keyboards, and drums. While a new Bon Iver isn't planned in the foreseeable future, this glorious estival tune should definitely fit the bill for the time being. Let's hope the forthcoming record due out August 5th via Western Vinyl is equally as great.

Francisco The Man – “Progress” – LA quartet rockers are primed and ready for their long-awaited debut LP, “Loose Ends” dropping September 30th on Small Plates Records. Their newly released single is a pop gem that's a nice find among the rubble of popular mainstream offerings. Beach

vibes, synths, and lush guitars fluently mixed with 90s British shoegaze make the sound for this infectiously catchy track. “Progress” breathes new life into what the epitome of a summer rock song used to be. While this song won't conquer the airwaves (sadly), it will conquer the summer dreams of those who end up seeking this one out.

Twin Peaks – “I Found A New Way” - Chicago's Twin Peaks are here to revitalize a forgotten era. Their 70s power rock sound infused with glam and classic rock is the approach they're going for and it works damn well at that. “I Found A New Way,” the second single that'll be found on Twin Peak's upcoming sophomore LP, “Wild Onion” is totally unhinged. The naysayers claiming rock is dead couldn't be more mistaken. For those older listeners yearning for a walk down memory lane, look no further than this vintage jam of the modern day. “Wild Onion” is out August 5th through Grand Jury.

Slow Club – “Tears Of Joy” – Slow Club's “Tears of Joy” is a lovely, languorous, and soulful tune. Duo

Charles Watson and Rebecca Taylor hailing from Sheffield pensive directional change with “Complete Surrender” is evident right off the bat as “Tears Of Joy” kicks off the band's third LP. The duo share vocal duties, which is a pleasant balance between both a male and female voice. With each proceeding record, the band has been adamant about slightly reinventing themselves. As they change, so does the quality progression of their material. The title of the record couldn't be more fitting as anyone who takes this one for a ride will find himself or herself completely surrendering to it.

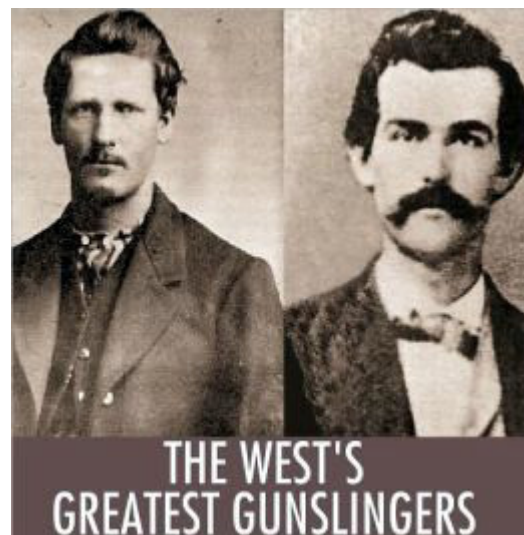
Colony House – “Silhouettes” – Newbies Colony House just released their debut record, “When I Was Younger,” on July 22nd. Nashville up and comers can be described as Kings Of Leon lite. Not as raw and slightly more polished than the rugged KOL, the trio dive into the spectrum of where darkness is greeted by lightness. “Silhouettes” is a fun, catchy, lively summer track. While the band has a far way to go to match the success of fellow Nashville natives, their new record may be the starting point they just need to eventually reach such great heights.

Jeff's Book Picks

By Jeff Brown

THE LAST GUNFIGHT: THE REAL STORY OF THE SHOOTOUT AT THE O.K. CORRAL AND HOW IT CHANGED THE AMERICAN WEST

by Jeff Guinn



A New York Times bestseller, Jeff Guinn's definitive mth busting account of the most famous gunfight in American history reveals who Wyatt Earp, Doc Holliday, and the Clantons and McLaurys really were and what the shootout was all about. On the afternoon of October 26, 1881, in a vacant lot in Tombstone, Arizona, a confrontation between eight armed men erupted in a deadly shootout. The Gunfight at the O.K. Corral would shape how future generations came to view the Old West. Wyatt Earp, Doc Holliday, and the Clantons became the stuff of legends, symbolic of a frontier populated by good guys in white hats and villains in black ones. It's a colorful story but the truth is even better. Drawing on new material from private collections, including diaries, letters, and Wyatt Earp's own hand-drawn sketch of the shootout's conclusion as well as archival research, Jeff Guinn gives us a startlingly different and far more fascinating picture of what actually happened that day in Tombstone and why.

THE ENGLISH GIRL (GABRIEL ALLON) by Daniel Silva

Daniel Silva delivers another spectacular thriller starring Gabriel Allon, The English Girl. When a beautiful young British woman vanishes on the island of Corsica, a prime minister's career is threatened with destruction. Allon, the wayward son of Israeli intelligence, is thrust into a game of shadows where nothing is what it seems and where the only thing more dangerous than his enemies might be the truth. Silva's work has captured the imagination of millions worldwide; his #1 New York Times bestselling series which chronicles the adventures of art-restorer and master spy Gabriel Allon has earned the praise of readers and reviewers everywhere. This captivating new page-turner from the undisputed master of spy fiction is sure to thrill new and old fans alike.

ARCHER'S VOICE (A SIGN OF LOVE) BY MIA SHERIDAN

When Bree Prescott arrives in the sleepy, lakeside town of Pelion, Maine, she hopes against hope that this is the place where she will finally find the peace she so desperately seeks. On her first day there, her life collides with Archer Hale, an isolated man who holds a secret agony of his own. A man no one else sees. Archer's Voice is the story of a woman chained to the memory of one horrifying night and the man whose love is the key to her freedom. It is the story of a silent man who lives with an excruciating wound and the woman who helps him find his voice. It is the story of suffering, fate, and the transformative power of love.



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SIERRA MADRE PLAYHOUSE

6 RMS RIV VU

A COMEDY BY BOB RANDALL

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*Members of AEA, the Union of Professional Actors & Stage Managers

It is 1972 in New York City and rent-controlled apartments are in hot demand. Anne Miller, a stay-at-home mom, wants a spectacular find, a 6 room pre-war with a Hudson River view – but Paul Friedman, an advertising exec has also come to see it. A faulty doorknob forces these strangers into sudden intimacy. Romantic sparks ignite and each considers more than a move to a new apartment.

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The Upcoming Season – A Special Mix

By Christian Lebano, Artistic Director



As I was putting this season together, I was looking for a mix of plays that would support our new Mission – to produce only American plays. But I was also looking for plays that would give our audiences a range of experiences and points of view. There are so many factors that go into play selection – from suitability to availability (we got turned down for rights five times) that the puzzle that is a season became a real challenge. I am proud of what we've put together for you.

- 6 RMS RIV VU by Bob Randall (August 1 – September 6) was a 10 Best play in 1972, but has been overlooked since then – there hasn't been an LA area production in many years. We wanted to end the summer with a romantic comedy and this one seemed perfect. It will remind anyone who was a young adult during that period of hot topics like Women's Lib and encounter groups. And anyone who lived in New York during this period will find many of the references amusing. This play will not interest children under 14.

4000 Miles by Amy Herzog (September 26 – November 8) was an unexpected coup. A 2013 Pulitzer-nominated play, SMP will be giving it its LA County premiere. It's a beautifully written play about two people at opposite ends of life reaching out and finding common ground in their loneliness and isolation. AND it's pretty funny. This play reminds me in many ways of Driving Miss Daisy and should appeal to audiences who enjoyed that show. This play is not appropriate for children under 16 because of references to sex and drugs.

A Little House Christmas (November 28 – December 28) from the books by Laura Ingalls Wilder and adapted by Jim DeVita is a charming play that celebrates the simple pleasures of a family Christmas. So many of us read the books as children or enjoyed the television series, it will be a pleasure to rediscover the joy the Ingalls family found in each other. This play is suitable for young children and families.

Einstein is a Dummy by Karen Zacarias with music by Debbie Wicks La Puma (January 16 – February 28) is our second Field Trip Series offering after the great success we had with schools last year with Battledrum. This play will be offered to local schools at matinees during the week and on Saturday matinees for our patrons and their children. A 12-year old Albert struggles with all the issues a young person faces but finds a universe inside himself. It's funny, moving and has great songs. It is appropriate for children 7 and up.

A Walk in the Woods by Lee Blessing (January 30 – February 28) will play in the evenings during the run of Einstein is a Dummy – SMP's first rotating repertory! A wonderful play about two arms negotiators – a Russian and an American – who find common ground away from the negotiating table. This play seemed like a natural pairing with Einstein. This play will not interest children under 16 – though there is nothing inappropriate in it.

The Odd Couple by Neil Simon (March 20 – April 26) is an American Classic about what happens when two old friends who are very different men room together after both are separated from their wives. Set in 1966, this wonderfully funny play still has lots to say about marriage and friendship. This play is appropriate for children 14 and up.

Always....Patsy Cline by Ted Swindley (May 8 – June 27) rounds out our season and will end it with a rollicking bang. Based on a series of letters between Patsy Cline and her number one fan, this musical has all the songs we love so much and a lot of humor and heart. This musical is produced a lot but rarely in a space as intimate as ours – we are all in for a treat. Appropriate for children 10 and up and essential for anyone who loves Patsy Cline!

Please let me hear from you about programming at the Playhouse. christian.lebano@sierramadreplayhouse.org
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**1926 Sierra Madre Villa Ave,
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SATURDAY, JULY 26, 2014

SECTION B

AROUND SAN GABRIEL VALLEY



“What’s Going On?”

News and Views from Joan Schmidt

JOSEFINA LOPEZ, A WOMAN WITH MANY HATS: AUTHOR, PRODUCER, ACTIVIST, CHAMPION OF WOMEN’S RIGHTS

I love my job! I have met another awesome

woman who has blown me away. Josefina Lopez is one remarkable woman who has accomplished so much although she’s only 45 years old! Recently Josefina participated in the Idyllwild Author Series, with Eduardo Santiago. (Photo of Eduardo and Josefina courtesy of Jenny Kirchner) Josefina was born in San Luis Potosi, Mexico to Catalina and Rosendo Lopez. When she was five, her family relocated to the US-Boyle Heights (East LA). Josefina graduated from the first class of the LA High School for the Arts in 1987, the year she

Nature Calls (2007), Boyle Heights (2008), Lola Goes To Roma (2011), Hungry Woman (2012) Fifty One Fifty (2012), Trio Los Machos(2012) and A Cat Named Mercy (2013). Several became screen plays.

Josefina’s latest book is a novel, Hungry Woman in Paris, inspired by her own life...”Since I was a little girl, I wanted to live in Paris. I think every writer and artist has that fantasy. So when I met my husband who is French-American, and he asked me if I’d ever consider living in France, I told him, ‘Yeah’.” Since Josefina and her husband were against war, and President Bush was re-elected, it was time to start a “new life in France”. Josefina also went to Paris to “take time off from



received Amnesty and became a US Citizen in 1995

For over twenty years, Josefina has been an activist and has been doing public speaking. Her topics include Chicano Theater, Women’s History Issues and Minority Representation in Cinema at over 200 universities including Yale, Dartmouth, and USC.

Her writing skills are unmatched. First there are her plays. One of her best-known plays Real Women Have Curves (1992) led to the film of the same title co-written with George LaVoo as a feature for HBO. This film starring America Ferrera, Lupe Ontiveros and George Lopez opened doors for these actors.

Real Women Have Curves is a coming-of-age story about Ana, a first generation Chicana torn between pursuing her personal goal of attending college and her family’s expectation of her finding employment. Along the way, Ana finds cultural assumptions about beauty, marriage and a woman’s sole in society. Another play she penned, Detained in the Desert, written in protest of SB1070 won many awards and turned it into a film. Other plays include Unconquered Spirits (1995), No Place Like Home (1999), Queen of the Rumba (2000), The Cleaning Lady (2009), Baby Boom (2005), When

my unrewarding writing career in Hollywood and have my second baby.” While living in France, she studied French and read a very funny book, A Year in La Merde. (A year in Sh*t), penned by an Englishman after observing the French! Josefina wanted to write about her observations. After her second child Sebastian was born, she enrolled in Le Cordon Bleu Cooking School so she could write about her experiences as an immigrant in France with a Latina as the protagonist...”I wanted to present a delicious female fantasy that would excite Latinas and create a forum for discussion about female sexuality.” This is how Hungry Woman in Paris came about.

Josefina has received many awards and accolades, including recognition from US Senator Barbara Boxer’s 7th 1998, and The Gabriel Garcia Marquez Award from LA Mayor James Hahn in 2003. Recently, 2013, she received a grant from The California Endowment in Josefina and husband, Emmanuel Deleage, the Executive Director of CASA 0101 Theater live in Silver Lake, CA with their two sons, Etienne and Sebastian. To learn more about Josefina Lopez, please visit www.josefinalopez.co and www.hungrywomaninparis.com.

FOOTHILL EXTENSION UPDATE



Yesterday, Metro approved the agency’s Short Range Transportation Plan (SRTP). The plan was approved without an updated future project list indicating which transit projects would be advanced should additional revenues become available during the next 10 years. Attending in support of the Foothill Gold Line were representatives from Congresswomen Grace Napolitano and Judy Chu and State Senator Carol Liu, along with Construction Authority Chairman, Glendora Councilman Doug Tessitor. Each urged inclusion of the Foothill Gold Line to Claremont in the Final SRTP as part of that future project list and map. Their efforts are appreciated and clearly had an impact on the proceedings. Particularly yesterday, Los Angeles Mayor Eric Garcetti ran his first Metro board meeting as Chairman. He began the meeting reiterating the importance of collaboration, working regionally and delivering successful projects. As part of his remarks (which are summarized below in a post on Metro’s blog, The Source), Mayor Garcetti

highlighted the need to complete projects in the most heavily traveled corridors, specifically identifying the need to build the Foothill Gold Line to Claremont.

Separately, I want to share that over this past week, our contractor (FTC) has completed work on the Magnolia Ave grade crossing in Monrovia and Foothill Boulevard bridges in Azusa. With these project elements behind us, only one bridge structure and two at grade crossings remain to be completed on the project. These are the last significantly impactful activities for communities along the 11.5-mile corridor; all are on schedule to be completed in the next two months. Remaining major activities include completing installation of the light rail track, the OCS and safety systems equipment (and testing), station elements, and parking. Below are photos taken this week of work underway. Left, tiles are installed on the Duarte/City of Hope station canopies; and right, track is installed near the recently completed Magnolia Ave crossing in Monrovia.

L.A. MAYOR ERIC GARCETTI OUTLINES HIS GOALS AS METRO BOARD CHAIR

Los Angeles Mayor and Metro Board Chair Eric Garcetti delivering his remarks on Thursday morning. Photo by Steve Hyman/Metro.

As noted earlier, Los Angeles Mayor Eric Garcetti is the Chair of the Metro Board of Directors for the next year. At the start of today’s Board meeting, Garcetti briefly outlined his goals as Board Chair. Here are some highlights from his comments.

•“When you’re talking about transportation, the top priority has to be reducing traffic. Traffic, especially in Los Angeles, defines our lives. It keeps us from being with our loved ones and enjoying life’s daily moments. But it’s equally important that we provide good service for our customers and build for the future.

“The only way we can do that well is by working together as a region. We all know that traffic doesn’t care about borders. And none of us can serve our constituents well if we only care about what happens inside our city limits.”

•“How we do that? Innovation and technology. That’s not only the obvious things — like having cell service in our stations or creating an app where riders can load their tap cards on their phones so they don’t have to wait in line at the ticket machine.”

•“We must always be looking at where there is new demand and build projects in our most heavily traveled corridors. We must complete projects like the Exposition line all the way to Santa Monica. We must plan to build the Gold Line extension to Claremont. We must improve service between the San Fernando Valley and the Westside. We must make sure the Blue Line is fixed, and our highest [ridership] rail line runs like it once did. And we must find a way to open the train to the planes by the time the Crenshaw Line starts running.”

•“I’m committed to keeping the momentum going on our construction projects — and

making sure they’re done on time and on budget. We cannot repeat the cost overruns and sinkholes of the 1990s.

“When I became Mayor, I was told the new lane on the 405 project wouldn’t be open until the fall. So I called an old friend, Nick Patsouras, and asked him to volunteer his time and talents to get it done sooner. He came through big for us. As Chair, I am calling on him to now lend his expertise and provide construction oversight of the Crenshaw Line.”

•“Over the last year, we were successful in securing over three billion dollars from the federal government. I’m confident that success will continue if we work together across the region to get our fair share from Washington and Sacramento. But we also need to think creatively about public-private partnerships and innovative financing. People are impatient, people can’t wait.”



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In 2012, the Voyager mission team announced that the Voyager 1 spacecraft had passed into interstellar space, traveling farther from Earth than any other manmade object.

But in the nearly two years since that historic announcement, and despite subsequent observations backing it up, uncertainty about whether Voyager 1 really crossed the threshold continues. There are some scientists who say that the spacecraft is still within the heliosphere—the region of space dominated by the Sun and its wind of energetic particles—and has not yet reached the space between the stars.

Now, two Voyager team scientists have developed a test that they say could prove once and for all if Voyager 1 has crossed the boundary. The new test is outlined in a study accepted for publication in *Geophysical Research Letters*, a journal of the American Geophysical Union.

The scientists predict that, in the next two years, Voyager 1 will cross the “current sheet”—the sprawling surface within the heliosphere where the polarity of the sun’s magnetic field changes from plus to minus. The spacecraft will detect a reversal in the magnetic field, proving that it is still within the heliosphere. But, if the magnetic field reversal doesn’t happen in the next year or two as expected, that is confirmation that Voyager 1 has already passed into interstellar space.

George Gloeckler, a professor in atmospheric, oceanic and space sciences at the University of Michigan in Ann Arbor and lead author of the study, who has worked on the Voyager mission since 1972, has been a vocal opponent of the view that Voyager 1 has already entered interstellar space. He said that, although the spacecraft has observed many of the signs indicating it may have reached interstellar space (such as cosmic rays),

Voyager 1 did not see a change in magnetic field that many were expecting.

"This controversy will continue until it is resolved by measurements," Gloeckler said.

If the new prediction is right, “this will be the highlight of my life,” he said. “There is nothing more gratifying than when you have a vision or an idea and you make a prediction and it comes true.”

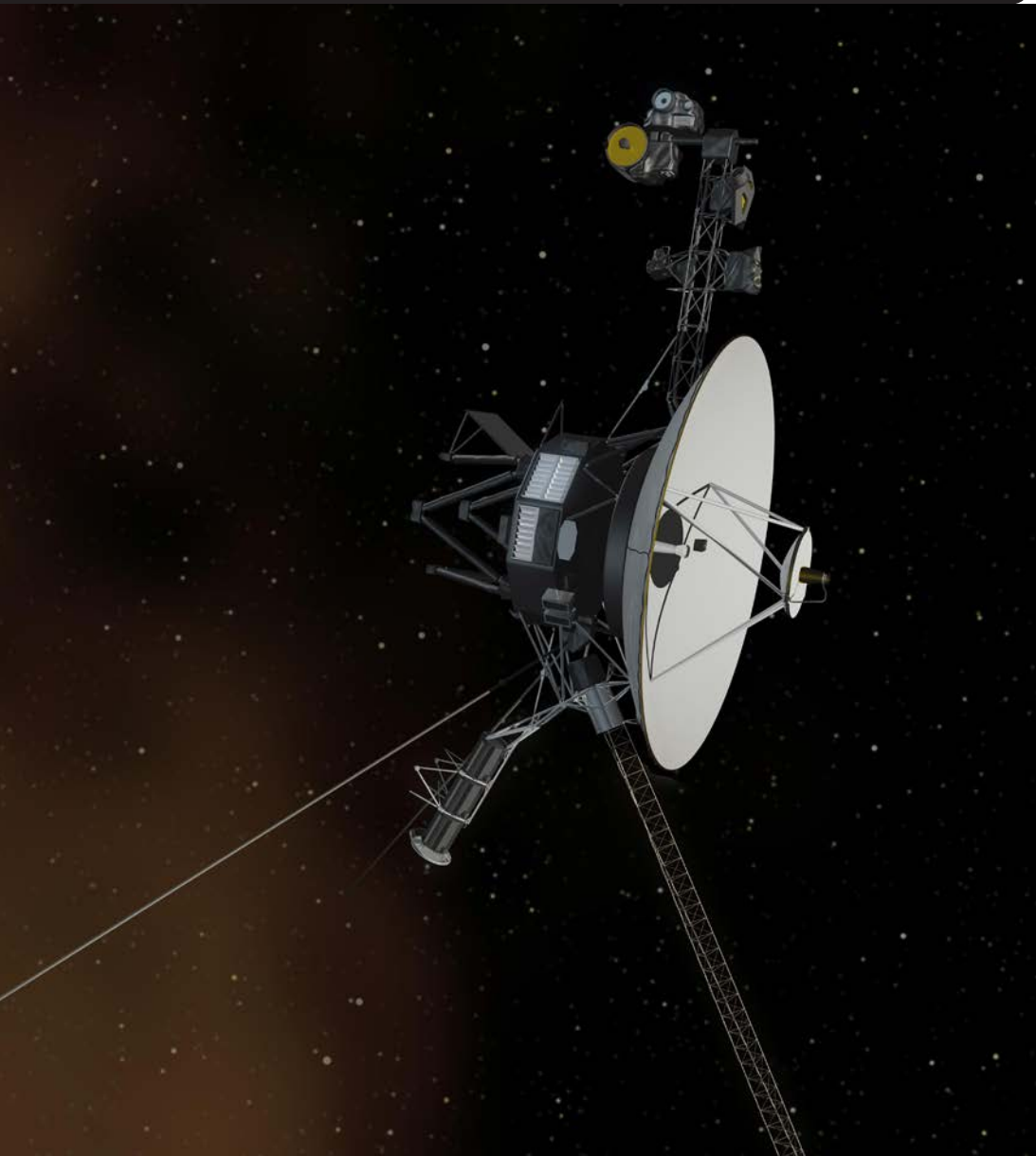
The twin Voyager spacecraft, Voyager 1 and Voyager 2, were launched in 1977 to study Jupiter and Saturn. The mission has since been extended to explore the outermost limits of the Sun's influence and beyond. Voyager 2, which also flew by Uranus and Neptune, is on its way to interstellar space.

Alan Cummings, a senior research scientist at Caltech and a co-investigator on the Voyager mission, believes Voyager 1 has most likely crossed into interstellar space, but he said there is a possibility that Gloeckler and Fisk are right and the spacecraft is still in the heliosphere. He said that if Voyager 1 experiences a current sheet crossing like the one being proposed in the new study, it could also mean that the heliosphere is expanding and crossed the spacecraft again.

"If the magnetic field had cooperated, I don't think we'd be having this discussion," Cummings said. "This is a puzzle."

Ed Stone of Caltech, who is NASA's Voyager Project Scientist, added that "It is the nature of the scientific process that alternative theories are developed in order to account for new observations. This paper differs from other models of the solar wind and the heliosphere and is among the new models that the Voyager team will be studying as more data are acquired by Voyager."

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



By Christopher Nyerges

Nyerges is the author of such books as "Self-Sufficient Home," "Extreme Simplicity," "How to Survive Anywhere," and "Guide to Wild Foods." He has been teaching self-reliance skills since 1974. He can be reached at Box 41834, Eagle Rock, CA 90041, or www.SchoolofSelf-Reliance.com.]

At one time, life stretched out like eternity, like the last scene from "The Good, The Bad, The Ugly," where you

honesty.

Could the urbanization of the world be part of the culprit in our fall from grace? Perhaps.

But it's still no excuse. Even if I never found Shangra-la on earth, I have not stopped believing in the principles by which such a place must exist. For example, you must keep your word. Yes, printed papers are OK for poor memories, and for those who are inclined to twist the words later to mean something else from the original intent. But when you twist your word, and bend your word, you bend your very soul, and you dis-integrate your very integrity. That's why my father always said to keep your word, that a person is only as good as their word. Even in middle-class Pasadena, my father knew that there was an ineffable something about the giving and keeping of your word. In Shangri-la, you would always keep your word.

In my vision of Paradise, there would be work, but the god that we all trusted wouldn't be money. Money, or some version of it, seems inescapable for daily commerce and for converting your work and time into a medium of useful, recognizable exchange. But in Paradise, money would naturally be a tool to assist others to get their own enterprises going, and to provide for the common good. People would not be obsessed by money and would not be driven by the desire for money. Killing for money would be unheard of.

Work must have a tangible result, within the framework of a goal. A person must naturally feel uplifted by doing one's work, and when one knowingly works at a menial and pointless job to fulfill someone else's desires and goals, it's hard to feel uplifted.

Of course, bits and pieces of this Shangra-la exist

right now, everywhere, in most people. I believe that everyone has an innate desire to do good and rightness, and even fairness, and everyone ultimately recognizes the objective reality of the

Law of Thought, that what you think and what you do has ramifications that are scientific result of those specific thoughts and actions.


If you inwardly believe in the possibility of a Paradise on earth, you must start to grasp those principles of living and thinking that lead to Shangri-La. And though you must do so personally, on your own, it is fortunate that there are others, if you can find them, who are also seeking a higher road.

Shangri-La is not a place that you find, but rather, a place that you earn the right to be a part of, by the evolution of your thought and actions. What does that mean? What must someone do? Again, the answers are everywhere, hidden in plain view. They go by such names as learning to think, separating feeling from emotions, distinguishing empathy from sympathy, learning to use words precisely, working hard to see world events objectively, and not subjectively based on your personal cultural

bias. It means learning the practical value and living the precepts taught by all the great Way-showers of history, from all cultures. Ever heard of the Golden Rule? That's a good place to start. How about the 10 Commandments? Another good starting point.

One winter night during high school, my friend Nathaniel and I bicycled into a little side canyon of the Angeles National Forest, and we made a safe little fire in our campground and talked about the meaning of life and how we thought that civilization might fail. It had never occurred to us that we are barely civilized now, and we only believe we are “civilized” because of our material wealth and technological toys. We bemoaned the fact that society is on the fast road to uncivil barbarousness, and wondered what could be done, and what should be done.

We always toyed with the idea of becoming hermits and hiding out in a cave somewhere, but both of us were way too social to live out our lives in a cave. By whatever choices we made, we felt that everyone should be a good example, and no one should assume that there is no hope for the future. Our civility, our culture, our sense of civilization, after all, is an internal concept that we first keep alive inside our thinking. Once that flame is bright within, it is proper to share with others, and attempt



Sierra Madre

CERT

COMMUNITY EMERGENCY RESPONSE TEAM

WHEN:
AUGUST 2014
 Saturday 9th 8:00-5:30
 Tuesday 12th 6:30-9:30
 Wednesday 13th 6:30-9:30
 Thursday 14th 6:30-9:30
 Saturday 16th 8:00-3:30

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WHAT:

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 The Sierra Madre Community Emergency Response Team gives critical support to first responders, provides immediate assistance to victims, and organizes spontaneous volunteers at a disaster site. CERT members also help with non-emergency projects that help improve the safety of the community.

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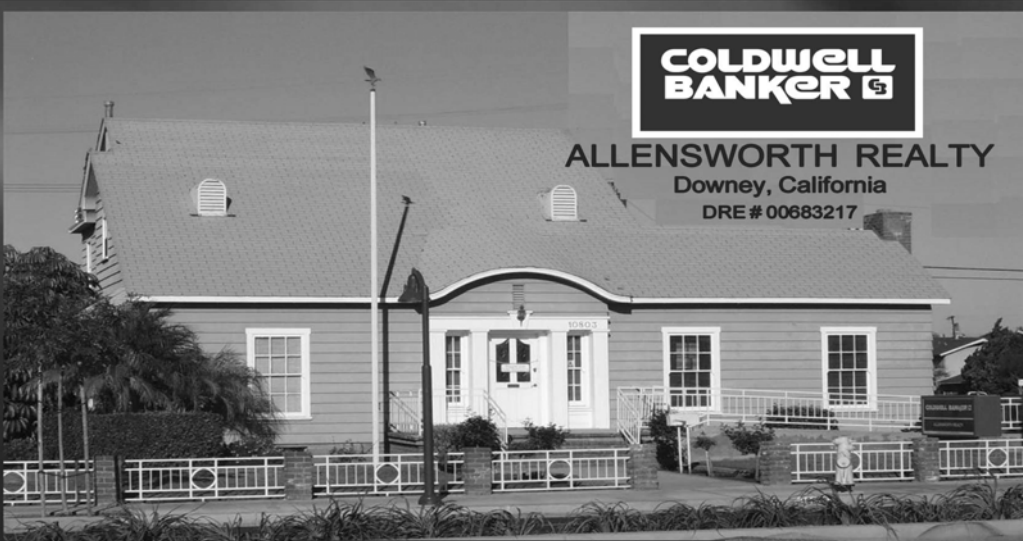
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FAMILY MATTERS

By Marc Garlett



ASK THESE 5 QUESTIONS BEFORE GIFTING ASSETS

Gifting assets can be a useful estate planning tool if you need to reduce your estate tax bill or for long-term care planning purposes. However, you need to be sure that your gift does not cause any unforeseen problems for you or the person receiving your gift.

Here are five questions you should ask yourself before gifting:

Why is the gift being made? Are you making a gift out of love or is there some estate planning goal you are trying to reach? If it's the latter, you need to be sure that the transfer of assets will be beneficial to you and your recipient. For example, if you are counting on Medicaid to pay for some of your long-term care, a gift could trigger up to five years of ineligibility unless handled correctly. Contact us or your own personal lawyer to evaluate your options.

Are you keeping enough for your needs? If you are making a large gift, you will need to do some long-term financial planning to ensure your gift does not compromise your future needs.

Are you expecting repayment? If your gift comes with an expectation on your part that you will be repaid, be sure your recipient understands that the gift is coming with these strings attached. Execute a promissory note so all parties are clear on the terms of your gift.

Are you expecting something else in return? If

you are gifting property with the expectation that you will be allowed to live there, or gifting assets for someone else to hold for you, you should consider using a trust for these purposes instead. If you don't, the recipient is legally in control of the gift and if they don't do what you want with it -- or worse, your assets become entangled in a divorce or bankruptcy -- this could cause huge problems for you.

Will the recipient benefit from your gift? If your recipient has special needs, a gift could disqualify them from receiving important benefits. If he or she has financial or other problems like alcohol or drug dependency issues, the gift could be detrimental.

One of the best ways for you to gift assets is through a Wealth Creation Trust, which allows you to decide the best time for children or grandchildren to receive your gift and gives them the necessary time and experience to learn how to protect and grow the assets in the trust for future generations. Call 626.355.4000 or visit www.GarlettLaw.com for more information.

Marc, a local attorney, father, and Court Appointed Special Advocate for Children (CASA) is on a mission to help parents leave a legacy of love and financial security for their families. His office is located at 49 S. Baldwin Ave., Ste. G, Sierra Madre, CA 91024.



While experts may debate the value of holding an open house, your home may be a good candidate for this marketing tool. If your agent offers to show off your home on a Sunday afternoon, apply some elbow grease and take advantage of the opportunity.

Obviously, get things tidy inside and out. Give all of your counter tops a spacious feel by hiding your toiletries under the sink in the bathroom, and by stashing your kitchen appliances in the cabinets. Clean and clear make a great impression.

Also remove photographs, appointment cards, school artwork, etc. from the refrigerator and other areas of the house. Yes, it's your home, but you want buyers to picture it as their home, so don't intrude

on the fantasy!

You can encourage buyers to linger by simply putting out refreshments, like fresh baked cookies (the aroma can be a powerful intoxicant!), and a pitcher of iced tea or minis of bottled water - anything to make them pause and take a closer look around.

The one thing that shouldn't be in the home during an open house is... you. No offense meant, but buyers are there to see the home, not the owner, and they may feel uncomfortable asking probing questions if you are within earshot. Make your visitors feel at ease, and trust your agent to take care of the rest!

WHAT DO ANNUITIES COST?

By Greg Welborn

Annuities seem to be coming back into vogue if the pace of advertising is any guide to market swings, and while annuities offer many benefits, they aren't the magic bullet that meets all financial needs. Moreover, annuities have fees which need to be understood in the context of the benefits being offered. Below is a quick primer on the cost structure of annuities.

There are essentially four types of annuity fees. They are not all present in every annuity, but all annuity fees will fall into one of these categories.

The first and most basic is the insurance charge. Sometimes referred to as "mortality and expenses", it is the fee associated with the annuity's death benefit, and it also covers the administrative costs. In addition to accumulating value over time, annuities can offer a specific payout to the owner's beneficiaries when the owner dies. This death benefit has a cost which is passed on to the owner.

The second level consists of investment management fees. If the annuity offers investments options, these fees are paid for the management of the money which is accumulating in the annuity. These fees are stated as a percentage of the annuity's daily accumulated value.

The third level consists of rider fees. These fees cover any optional product features. The more features being offered, the more fees there are likely to be. They are usually based on some percentage of either the accumulated value or on the amount of some guarantee being offered. The product features run the full spectrum from very useful to very frivolous, but you should always understand the cost of each extra benefit being offered and then assess whether the value of that benefit is worth the fee.

The fourth level



consists of surrender charges. This is a charge which you incur if you "surrender" the annuity within a certain time frame; surrender simply means you ask to cancel the contract and take whatever benefit exists at that time. The surrender charges cover the commissions paid to whoever sold the annuity, and they provide motivation for the owner to stay with the annuity. They usually start high -- say 8% if surrendered in the first year -- and decrease over time -- ultimately to 0% around the 8th year. They are deducted only if you actually surrender the policy. They are not charged if you stay with the policy.

The primary take-away from this primer should be to thoroughly understand each and every one of the charges in any annuity before you purchase it. Make sure that you're paying for something you really value, and don't be afraid to shop around, to ask questions and to wait until you get the honest answers you deserve.

About the author: Gregory J. Welborn is the Managing Partner of First Financial Consulting, a fee-only advisory firm. He has worked with The Today Show, Kiplinger's Magazine, and USA Today to provide objective financial advice to their readers and listeners. He has 3 grown children and is honored to be married to his wife of 25 years. He can be reached at gwelborn@ffconsult.net

NAZEE RIX, CENTURY 21 VILLAGE REALTY RECOGNIZED AS REAL TRENDS 2014 TOP THOUSAND

Eighth annual real estate ranking published in conjunction with The Wall Street Journal

Sierra Madre, CA (Grassroots Newswire) 07/14/2014 -- Andy Bencosme, Managing Broker of CENTURY 21 Village Realty, announced today that REALTOR Nazee Rix has made the REAL Trends 2014 "Top Thousand" list of America's top 1000 real estate sales professionals and teams for Individual Sales Professionals -- Sales volume. REAL Trends/The Wall Street Journal Top Thousand is an annual national awards ranking sponsored by the two respected publications. Designees are recognized as the top one half of one percent of the approximate one million licensed REALTORS® nationwide.

"We are honored to have the opportunity to have the contributions of Nazee Rix, associated with CENTURY 21 Village Realty recognized by the "Top Thousand" list. Her achievement is notable and valued by everyone in the CENTURY 21® System," said Rick Davidson, president and CEO, Century 21 Real Estate LLC. "With inclusion in such a prestigious category, Nazee Rix, of CENTURY 21 Village Realty raises the bar for real estate sales and customer service excellence across the industry."

The Top Thousand Real Estate Professionals was announced on June 27, 2014 with four separate categories honoring the top 250 residential agents



and agent teams for excellence in: Individual Sales Professionals -- Sales volume; Individual Sales Professionals -- Transaction sides (in each real estate transaction, there are two sides that can be represented by a real estate agent: a buyer's and a seller's); Team Professionals -- Sales volume, and Team Professionals -- Transaction sides.

CENTURY 21 Village Realty is a full-service brokerage located at 38 W Sierra Madre Blvd in Sierra Madre, specializing in Residential, Commercial, Income Property and Fine Homes & Estates properties.

About CENTURY 21 Village Realty CENTURY 21 Village Realty has been serving the Greater San Gabriel Valley since 1986. They are an independently owned and operated franchise affiliate of Century 21 Real Estate LLC (CENTURY21.com), the franchisor of the world's largest residential real estate franchise sales organization, comprised of approximately 7,000 independently owned and operated franchised broker offices in 77 countries and territories worldwide with more than 102,000 independent sales professionals.

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Mountain Views News Mission Statement

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

OPINION

LEFT TURN/RIGHT TURN

HOWARD Hays As I See It



“There are two kinds of people in the world; those who divide people into two kinds, and those who don't.”
- Robert Benchley

I like to think I treat everyone as an individual, but with

last week's events, I'll state flat-out there are good people and bad people. I have a simple rule: those who harm people are the bad ones – especially if they harm kids.

The Times last week reported on students from Carlsbad High School who'd put together a documentary promoting childhood vaccinations. They weren't prepared, though, for the vilification coming from the anti-vaccination crowd once the subject of their film got out. A PTA screening was cancelled when it threatened to become a lightning rod for pumped-up activists.

I don't question the sincerity of those choosing internet gossip over science. But with outbreaks of whooping cough and measles in places like neighboring Orange County, where parents are opting-out of routine vaccinations, kids are being harmed - and sincerity doesn't let you off the hook.

A three-judge panel from the D.C. Circuit decided in favor of Halbig in Halbig v. Burrell. I figured Burrell was our HHS Sec. Sylvia Burrell, but had to dig to find that Jacqueline Halbig is a former lobbyist for the Christian Coalition and “faith-based” advisor in the Bush Administration who's since established her own corporate lobbying and consulting firm.

In the suit, she was joined by business groups and attorneys general from states that have refused to go along with the Affordable Care Act.

Halbig contended that language in the ACA providing subsidies to those buying insurance through “state” exchanges implied that subsidies shouldn't be available to residents of states where they had to go through the federal exchange.

The purpose of the action wasn't to clarify language, but to kill the ACA – doggedly pursuing the goal after fifty failed attempts in the House and a Supreme Court decision that didn't go their way. Politically, those behind it, along with leaders of states that rejected the ACA, hope to stick it to the president.

They didn't succeed with the propaganda war; enrollments are up (including for younger, healthier folks) with the number of uninsured Americans dropping to the lowest on record, premiums holding steady and overall healthcare costs down in the first quarter of 2014 from the previous quarter. According to the Commonwealth Fund, 74% of Republicans are happy with their new plans under the ACA.

In states that expanded Medicaid under the ACA, the rate of uninsured among the poor dropped from 28% to 17%. In states that refused to cooperate, it remains at around 36%. According to an MIT economist, should this week's initial ruling hold, 6.5 million Americans could lose their insurance. The cheapest available plan could cost a quarter of a person's income in states without their own exchanges.

Chances are, this isn't going anywhere.

A three-judge panel from a Virginia court unanimously ruled it's not the judge's job to interpret language in the law.

I don't begrudge operatives making a buck off corporate clients or serving party honchos strategizing the next election. But as to those able to do so with no consideration of the potential harm to millions of Americans – families and kids – from losing health coverage, these aren't good people.

In the Middle East, there are clearly good people and bad people. There are Israelis and Palestinians who strive for peace, self-determination and the well-being of all. There are Israelis and Palestinians who seek to stifle prospects for peace and promote unending conflict.

With both Israeli Prime Minister Netanyahu and President Abbas of the Palestinian Authority, I get the impression of a Speaker John Boehner (R-OH); not adverse to making progress, but stymied by, and unwilling to stand up to, a small minority of hot-headed tea-baggers in the wings.

Over the past several months, negotiations between the two, led by Secretary of State Kerry, have floundered over issues like West Bank settlements, prisoner releases, Jerusalem, a “Jewish” state, imprisoned spy Jonathan Pollard and Palestinian status at the U.N.

Politically, this failure is a winner for Israeli factions that would love to see occupation become annexation of Palestinian territories (factions Netanyahu relies on to maintain a majority in his ruling coalition). In this they are allies with Hamas, who sees the exchange of rocket fire into Israel for Israeli attacks on Gaza as useful confirmation of the futility of negotiation – and a guarantee of continued popular support.

In the meantime, there's the suffering in Gaza; an area smaller than Bakersfield with half the population of L.A.; some 25 miles long and 4-to-7 miles wide. Hundreds are dead, two-thirds civilians, many children.

Two-thirds of Gazans are under 25, 43% under 15. Many have no memory of life except for under a crippling blockade; unable to travel or dream of a future.

There are good people among Palestinians and Israelis working cooperatively so kids in both lands might have those dreams. And there are the bad ones, on both sides, who see their hold on power as dependent on unending war. People, especially kids, being harmed are not a factor – except for propaganda considerations.

It seems to be mostly the bad people who make the news. We heard about good people, though, when President Obama paid tribute to the AIDS researchers on board the Malaysian airliner downed over Ukraine: “These were men and women who had dedicated their lives to saving the lives of others. . . . In this world today, we shouldn't forget that in the midst of conflict and killing, there are people like these . . . who are focused on what can be built rather than what can be destroyed . . . how they can help people that they've never met . . . it's time for us to heed their example.”

There are good people and bad people. Sometimes, it helps to look in the mirror and think about what kind we see.

DON'T WANT TO ALARM ANYONE GREG Welborn



Where the President spends his time is important – as much for what he's actually doing as for the message it communicates to the world. In the same vein, what the President says is equally important for the message and tone it delivers. While there have been plenty of examples of this particular president's tone deafness to what Americans and the larger world audience need to hear, the White House's most recent pronouncements communicate a level of detachment and disinterest which is dangerous.

In response to a question about the wisdom of the President's aggressive fund raising trips while much of the world seethes in war, White House Communications Director Jennifer Palmieri responded that changes in the President's fundraising schedule “can have the unintended consequences of unduly alarming the American people or creating a false sense of crisis”.

If that's meant to be reassuring, it missed the mark by a wide margin. It assumes, presumes and postulates that we shouldn't be alarmed right now; that things are going swimmingly enough that he can spend half a week jetting up and down the west coast to attend fundraisers. But anyone who can read a newspaper – heck even those who don't read but just watch T.V., even with the sound off – can see that the world is spinning out of control toward dangerous shoals. If ever the winds of another world war were blowing, they are now.

Putin's Russian separatists have seized control of eastern Ukraine and are so confident in the security of their booty and the unlikelihood of facing any serious consequences that they shot an unarmed, fully loaded commercial airline out of the sky with a SAM. Hamas and Israel are engaged in a serious ground war. Hamas shows so little contrition about having started the whole damn thing that it makes economic “demands” before it entertains any cease fire. ISIS has consolidated its control over roughly one-third of another nation state, whose sovereignty we paid dearly in lives and treasure to protect. Syria's Assad basks in the glorious pomp and ceremony of his inauguration for yet another term as murderer-in-chief. Boko Haram still holds “our girls”, continues to kill people in Nigerian villages, and just exploded two bombs which killed 75 more people. Most troubling about this little fraternity of thugs is their willingness to wantonly kill fellow Muslims and specifically target other Muslim leaders. Their willingness to take on other offshoots of the broader Al Qaeda community tells us that Al Qaeda has not been defeated and has now gone beyond metastasizing. Al Qaeda's resurrection under our current president has prompted competing terrorist organizations to take bolder steps in their own attempts to lay claim, through intimidation and murder, to territory for their own mini nation-states and fiefdoms.

My question to the President is how much more needs to happen on your watch before we should be alarmed? One of the great civilizing accomplishments in human history is on the verge of being reversed. It took centuries for the world to “civilize” enough to eliminate right-of-conquest as a legitimate means by which land is simply taken or carved out from another nation. Even as we civilized and came to the adoption of this unique Judeo-Christian moral value, it was clear that at least one “moral” nation would have to be strong enough to enforce the ban. The moral ban, after all, was not on war. The ban was on unjust war – on the use of force to take that which does not belong to you. War was not banned, nor can ever be, because military action is sometimes the only means by which a moral nation can enforce a civilizing norm on those thugs and tyrants who would seek to conquer and plunder their neighbors.

When war becomes unthinkable, or when the moral nation on whose shoulders a just world order rests shirks from its responsibilities, then evil fills the void and the right-of-conquest regains its allure as an affective political strategy. President Obama is the leader of one such moral nation who has made clear he does not believe in his own country's morality, let alone its moral call to duty, does not intend to bear the responsibility which is his alone to bear right now, and cannot think of a legitimate reason to pursue any war to the logical conclusion of defeating an immoral, evil enemy.

Mr. President, the furthest thing from your mind should be any concern about creating a false sense of crisis or alarm. There is no other earthly power on this globe which can, nor, sadly, any constellation of lesser earthly powers willing to, right the world order. The world is spinning out of control, thousands are dying and whole people groups are being subjugated. Europe has lost its nerve, depending too heavily on Muslim immigrants for much of its basic labor and on Russian for its energy. It will not confront evil; witness the muted reaction to the downing of Malaysian flight 17 – strong words but little action. Europe will not defend Ukrainians, Syrians, Jews, Muslims or Africans. I doubt they'll even defend themselves.

It is time for the United States of America to resume the role which only it can fill. The world needs a moral leader up front and confident, not detached and in the rear. Right now is the time to step up to the plate. If you can't do it, please get the hell out of the way; maybe Biden's got it in him, or John Boehner. Right now we don't seem to have a leader; let's hope we have some bench strength. So, right now seems like a pretty good time to be alarmed!

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 [HYPERLINK "mailto:gregwelborn2@gmail.com"](mailto:gregwelborn2@gmail.com) gregwelborn2@gmail.com

OUT TO PASTOR A Weekly Religion Column by Rev. James Snyder A YEAR OLDER BUT NOT THAT MUCH SMARTER



I think I am in a rut. No matter how hard I work, I do not seem to be getting any further along in life. Could it be that somewhere in my past, I peaked and did not

realize it? If so, I wish I knew about it so at least I could have the consolation that I have peaked.

This week I celebrate another birthday. This is a rut I am talking about. After all, I celebrate my birthday every year on the same day. The only reason I celebrate it on that day is because my mother said that was the day I was born. What if she lied about my birthday? After all, there is that issue with Santa Claus!

I cannot prove one way or the other that I was born on a particular day because knowing what I do know now it is very easy to manipulate paperwork and birth certificates. It might be old age, but I just do not trust anybody about anything these days. I do not even trust myself.

In the early days of my life, my parents told a few things that have proven not exactly true. I would not say they were lying to me they were just protecting me from the gruesomeness of truth.

I mentioned Santa Claus. The thing that irks me about Santa Claus is that now that I am older and have children and grandchildren I am supposed to be Santa Claus. Who in the world made up that rule?

Then there is the whole issue about the tooth fairy. It took me a long time to figure out that the tooth fairy did not really exist. Several times I extracted teeth ahead of time in order to get some cash from the tooth fairy. I frequently questioned why the tooth fairy was so stingy with his giving until I figured out that the tooth fairy was none other than my father,

A Weekly Religion Column by Rev. James Snyder

known for his closed cash policy.

Growing up in Pennsylvania one of the big factors had to do with Punxsutawney Phil. It took me a long time to figure out that that little rodent was not who my parents said he was. If he was who they said he was, he sure was not very good at predicting the future.

A lot of things my parents told me turned out not to be true, so why should I put a lot of stock in believing that my birthday is the exact day I was born?

According to them, I get to celebrate my birthday one day out of the year and a specific day that I believe they picked out. Now what I want to know is, why can I pick my own birthday? After all, it is MY birthday!

While I am on that subject, why can't I celebrate my birthday whenever I want to, why can't I celebrate my birthday every month? After all, nobody gets tired of eating birthday cake.

Now that I am older (I am not quite sure how old I really am because I am not sure my parents were exactly forthcoming in telling me the year I was born) what am I supposed to do?

Personally, I would like to establish a set of rules associated with “my birthday.” I do not care what other people do about their birthday, it is my birthday and I should be able to set the rules.

I think the first rule I would establish is, there should be no “surprise” birthday parties. If it is my birthday, I know when it is. If it is my birthday, I should be in charge of planning the party. After all, I know what I would like.

Who in the world started putting birthday candles on a birthday cake. I have been to several birthday parties and watched the “birthday boy” blow out

those candles. After seeing him blow out those candles, I had no desire to eat the cake subjected to his spit-laden breath. After all, germs and I are not amigos.

Do not let this get around, but when there are candles on my birthday cake, I make sure my tongue is well lubricated before I start blowing out those candles. After all, I love to share.

Another rule I would like to put in place has to do with birthday presents. It seems quite hypocritical for somebody to go out and buy a birthday present, wrap it up in fancy birthday wrapping paper and then bring it to me so that I can unwrap that paper to get to the birthday present.

If I am going to have birthday presents I think I should be the one to buy those presents. Everybody who wants me to celebrate my birthday could slip me a fiver and let me go out and buy what I really want. Nobody knows what I want better than I do.

Finally, I think if it is my birthday and I am celebrating it, I should get to pick what year I am celebrating.

Good old King Solomon had it right when he wrote, “The glory of young men is their strength: and the beauty of old men is the grey head” (Proverbs 20:29).

You are only young once but you can be old for a very long time. I am learning to live with it.

Rev. James L. Snyder is pastor of the Family of God Fellowship, PO Box 831313, Ocala, FL 34483. He lives with his wife, Martha, in Silver Springs Shores. E-mail jamesnyder2@att.net or website www.jamessnyderministries.com.



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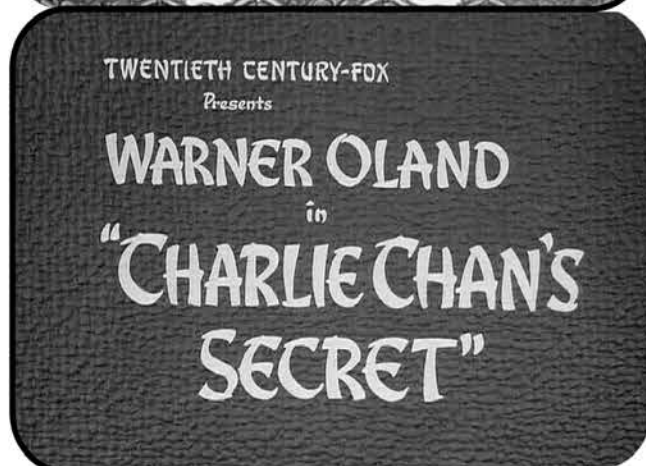
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WHAT'S ON 98

July 28 - August 3, 2014

Back Room Boy is playing Tuesday Night at 7:00 p.m.

Released April 17, 1942: A BBC employee is exiled to a remote island after making a big mistake, and finds himself in the middle of a shipwrecked crew of beautiful girls that are disappearing one at a time.

Make enough popcorn for everyone, because this comedy is for the guys, and the girls that like the guys . . . a rousing British comedy featuring Arthur Askey, master of British comedy in the 1940's.

As the movie begins, we discover that Arthur has a terribly important job for the BBC radio network. He is in charge of doing the 'dings' on air counting down to each hour. On this day he has a problem with his girlfriend. She doesn't like it that he must leave her before every hour for his top secret job.

It causes him to make a mistake on the dings before midnight, and he is brought before the bosses, who reprimand him for his mistake, and he vows that he will quit if he isn't given a job where there are no women around.

He proclaims that all of his troubles are because of the women in his life. After some discussion, it is decided that he will be posted to a tiny island in the North Sea off of the coast of Ireland that has no inhabitants. He will be alone on a piece of rock for months, a piece of rock that the locals on the mainland say is haunted by a murdering mermaid.

Once deposited on the deserted piece of rock, the fun begins when Arthur becomes convinced that there is a ghost wandering through the lighthouse that will be his home. He winds up keeping company with a little girl that stowed away on his boat over to the island, and a group of pretty girls and two daffy guys that are on a ship that is torpedoed and sunk nearby.

Strange things keep happening that cannot be explained . . . people disappear one by one without explanation until Arthur finally discovers a nazi spy ring that he captures with the help of the girls and saves the day for the British war effort.

by Jimbo Berkey

This is how the schedule works:

- | | |
|----------|--|
| 7-9 | Crime movies |
| 9-11 | Mystery movies |
| 11- Noon | Comedy movies |
| 1-3 | Film Noir movies and Dragnet |
| 3-5 | Romance movies |
| 5-6 | Beverly Hillbillies, Love that Bob, The Lucy Show, Little Margie |
| 7-6 | Comedy movies and A Taste of Theater |
| 9-10 | Comedy 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 programming available on Channel 98.

My Picks of the Week

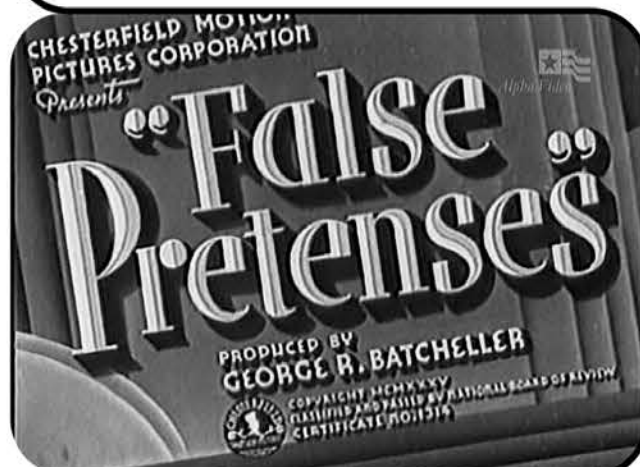
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|-----------|----------------------------------|
| Monday | Oh Mr. Porter |
| Tuesday | Back Room Boy |
| Wednesday | Devils Cargo |
| Thursday | The Demon Barber of Fleet Street |
| Friday | Country Gentlemen |
| Saturday | My Learned Friend |
| Sunday | The Hitchhiker |

Make sure you have your popcorn ready, gone to the potty, cushions fluffed and you 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 spent on this programming.

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JEAN HERSHOLT
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Directed by MURRAY CLOSE

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Starring
TOD SLAUGHTER

THIS WEEK ON 98

Monday 7.28.14	Movies
7 to 8 am	The Golden Eye & Casino Royal
9 to 10 am	Mystery Liner
11 to 12 pm	Minstrel Man
1 to 2 pm	Mutiny in the Big House
3 to 4 pm	Dark Journey
5 to 6 pm	Beverly Hillbillies, Love that Bob, The Lucy Show, Little Margie
7 to 8 pm	Oh Mr. Porter
9 to 10 pm	The Big Show Off & Barefoot Boy
Tuesday 7.29.14	Movies
7 to 8 am	Young Fugitives & Randy Rides Alone
9 to 10 am	The Contender
11 to 12 pm	Meet The Boyfriend & I Conquer the Sea
1 to 2 pm	They Drive By Night
3 to 4 pm	To The Victor Owd Bob
5 to 6 pm	Beverly Hillbillies, Love that Bob, The Lucy Show, Little Margie
7 to 8 pm	Back Room Boy
9 to 10 pm	Freckles Comes Home & Police Patrol
Wednesday 7.30.14	Movies
7 to 8 am	Religious Racketeers & Hearts in Bondage
9 to 10 am	Devils Cargo
11 to 12 pm	Hit Parade of 1937
1 to 2 pm	The Great Flammorian
3 to 4 pm	The Town Went Wild
5 to 6 pm	Beverly Hillbillies, Love that Bob, The Lucy Show, Little Margie
7 to 8 pm	Devils Cargo
9 to 10 pm	Religious Racketeers & Hearts in Bondage
Thursday 7.31.14	Movies
7 to 8 am	The Demon Barber of Fleet Street & Outlaws Paradise
9 to 10 am	Midnight Limited
11 to 12 pm	Hawaii Calls & Racing Strain
1 to 2 pm	Headline Woman
3 to 4 pm	Two Minutes to Play and The Vanishing Riders
5 to 6 pm	Beverly Hillbillies, Love that Bob, The Lucy Show, Little Margie
7 to 8 pm	Midnight Limited
9 to 10 pm	The Demon Barber of Fleet Street & Outlaws Paradise
Friday 8.1.14	Movies
7 to 8 am	The Crusader & Youth on Parole
9 to 10 am	Grief Street
11 to 12 pm	Harvest Melody & Fugitive of the Plains
1 to 2 pm	The Man Who Knew Too Much
3 to 4 pm	Mr. Reckless
5 to 6 pm	Beverly Hillbillies, Love that Bob, The Lucy Show, Little Margie
7 to 8 pm	Where Theres A Will
9 to 10 pm	Country Gentlemen & Ghost Camera
Saturday 8.2.14	Movies
7 to 8 am	Rock Mountain Mystery & Western Mail
9 to 10 am	I'm From Arkansas & Fighting Mad
11 to 12 pm	Desert Phantom & The Desert Trail
1 to 2 pm	Under Western Start & The Feud Maker
3 to 4 pm	Great Guy & the San Antonio Kid
5 to 6 pm	Kid Dynamite & Texas to Bataan
7 to 8 pm	My Learned Friend & the Lawless Frontier
9 to 10 pm	Mr. Moto's Last Warning & Fighting Deputy
Sunday 8.3.14	Movies
7 to 8 am	Bill and Co & Officer Thirteen
9 to 11 am	Kids A Cookin - 2 hours of kids cooking shows
11 to 12 pm	Romance on the Run & Fury Below
1 to 2 pm	Make a Million & Law of 45s
3 to 4 pm	Red Ensign & Fighting Renegade
5 to 6 pm	Convention Girl & X Marks the Spot
7 to 8 pm	Mr Wise Guy & The Purple Vigilantes
9 to 10 pm	The Hitchhiker & Killers of the Sea

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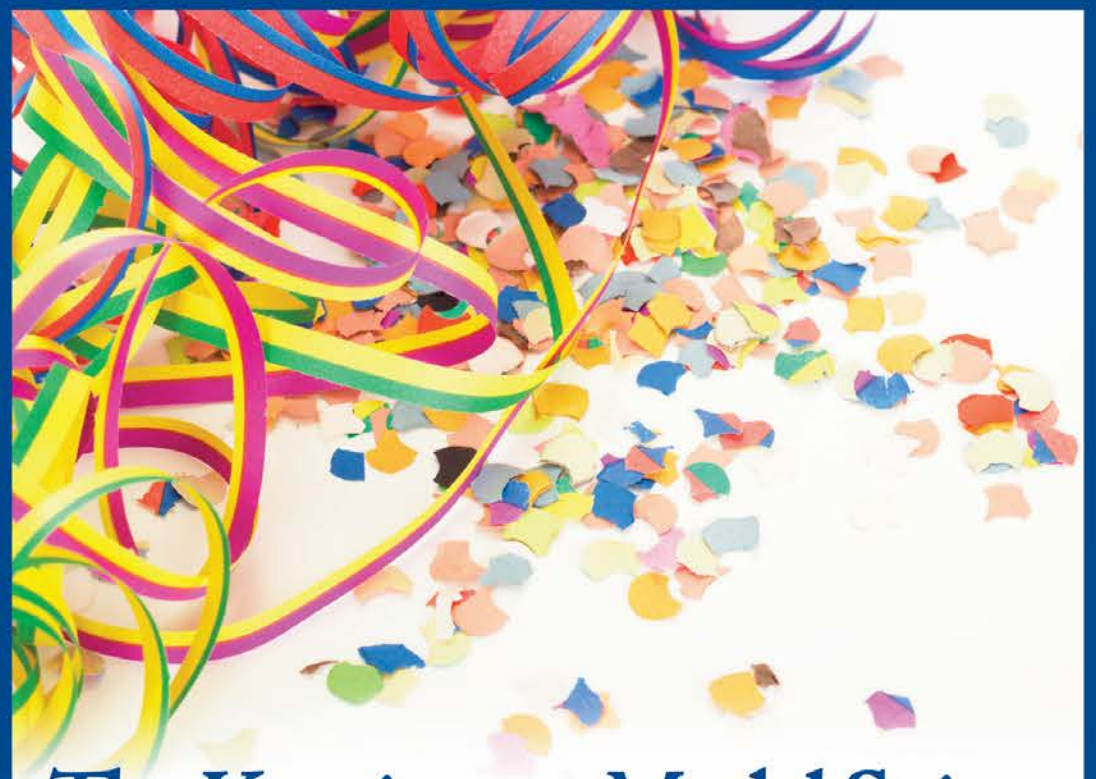
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The Kensington Model Suites Are Now Open for Tours – Celebrate with Us –

Open House:

Saturday, August 2 from 11am-2pm

Family and friends welcome

Summertime food & refreshments served

We are excited to announce the opening of our furnished model suites at The Kensington, an assisted living and memory care residence currently under construction in the heart of Sierra Madre. We plan to formally open our doors in late fall, but we invite you now to our Model Suites Open House for a sneak preview.

We are grateful for the chance to care for your family and to be part of your community. Let us thank you by inviting you to join us as we celebrate reaching our latest milestone. We're getting closer to bringing an enhanced program of care, a full spectrum of clinical support and two levels of memory support to seniors you love—in beautiful surroundings designed to meet their unique needs. Stop by, enjoy refreshments and take a guided tour of the model suites we can't wait to share.



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