

LOCAL ATHLETES CELEBRATE BIG WINS ON WORLD STAGE

AREA YOUTH MAKE USA TEAM AND GET THE GOLD *USA Water Polo Cadet Men's Team goes undefeated in Serbia*

Three local athletes are breaking water polo records and achieving dreams by all three being named to the USA National Cadet Water Polo Team and then going undefeated to win Gold. The athletes from left to right: George Avakian (Center) of Glendale, Nolan Krutonog (Goalie) of Beverly Hills and Nico Tierney (Center Defender) of Sierra Madre, are all members of Premier Water Polo Club (www.premierwaterpolo.com) and students at Harvard-Westlake High School.

With their teammates from around USA the athletes traveled to Serbia to compete in the Darko Cucik Memorial Tournament August 15-21 in Belgrade, Serbia. On Sunday, the USA Cadet Men's National Team won the Gold medal at the Tournament in Serbia following a 9-6 victory over Croatia. The win capped a 7-0 run at the tournament that included victories over Serbia, Croatia, Australia and the Netherlands.

Team USA once again relied on defense and goaltending to hold Croatia to just one goal in the second half of the championship final. George Avakian lead all Team USA scorers with three goals, followed by Ethan Parrish of Santa Barbara and Tanner Pulice of Orange County who added two each. Tierney scored one. Nolan Krutonog did the job in net turning aside 17 shots. Team USA and Croatia were even through the first quarter tied at 2-2 before Croatia took a 5-4 advantage at halftime. The United States took control in the second half holding Croatia scoreless in the third quarter as they rallied with two goals for a 6-5 lead. They surged ahead in the fourth outscoring Croatia 3-1 on the way to the 9-6 lead. picture attached # # # If you would like more information about this topic, please contact www.USAwaterpolo.org



From left to right: George Avakian, Glendale; Nolan Krutonog Beverly Hills and Nico Tierney of Sierra Madre

SAN GABRIEL VALLEY WOMEN MAKE THEIR MARK!

The 2017 Solhiem Cup, played at The Des Moines Country Club, which matched the best women golfers from Europe against the best American female golfers. The event was pure excitement from the opening ceremony to its closing. It was the most intense sporting event that this writer ever attended, and including being present at Dodgers' stadium when Gibson limped out of the dugout and hit the homerun that sparked the Dodgers to their last World Series victory. That series paled compared to the three days of golf that European and American women provided for their fans.

It is impossible to give a blow by blow account but let me start by explaining the event. The Solhiem Cup is played biannually, alternating venues between the US and Europe. In 2015 it was hosted by the European women and played in Germany and the US won. This year it was hosted by the United States and played in Des Moines, Iowa. If you are a golf fan it is enough to say that it is the Ryder Cup for Women. Each team is composed of twelve players, and they play a variety of games.

The USA went into Sunday's final Single matches leading Europe 10.5 to 5.5, needing 3.5 points to retain the cup and 4.0 points for an outright victory. On Sunday, all twelve players from each side played, thus the total points available was twelve.

The first match on Sunday was Lexi Thompson (USA) vs. Anna Nordqvist (EU). Lexi had been unstoppable all week. On Saturday Lexi and American Cristie Kerr led their opponents by two after seven holes. The amazing thing was that at one point in the match Lexie was eight under, having recorded six birdies and an eagle. (Note to non-golfers - that is amazingly great golf). However, the two of them were only up by two as the European team was matching them birdie for birdie - absolutely incredible golf. However, Sunday was a new day and Anna Nordqvist had Lexi down four thru the first four holes. On the back nine Lexi righted the ship ending the match with a half point. Since Lexi was the first match of the day it was important that she put points on the board for the USA. She did so in dramatic fashion recording four birdies and eagle on the back nine. When the first match finished the score read USA 11, Europe 6. (You need 14 points to win).

With Lexi's half point the USA needed to get to 14 to retain the cup and 14.5 to win outright. The European team then had to contend with Paula Creamer and Cristie Kerr in the next two matches. Both of whom won their matches, and now the USA was at 13 points. (At this Solhiem Cup Crisite Kerr became winningest USA competitor in the cups' history with 21 total career points.)



Angel Yan of Arcadia



Lizette Salas of Azusa

The next points that were made were from the San Gabriel Valley and they were the points that secured the victory for the USA. Angel Yin an 18-year-old rookie from Arcadia, California battled nerves and an uncooperative putter to give the USA a half point, making the point total for the USA 13.5. Yin put the USA team in position for a guaranteed win. (There were 7 American players playing behind her, and it was certain that one of them would at least get another half point for the outright win). Playing one group behind Angel was former USC Trojan from Azusa, California Lizette Salas in her third Solheim Cup. Salas was up by two with two holes left to play. She lost 17 but made the winning putt on 18 hole giving the American team the victory! The final score was 16 ½ USA to 11 ½ because after that putt, the rest of players had smooth sailing! IT WAS AWESOME!

MVNews/Photos courtesy LPGA

HELP TRIM THE SIERRA MADRE CHRISTMAS TREE!

Preparations are underway to decorate KerstingCourt for the Winter holidays! Join in the holiday spirit. Purchase an ornament for the Sierra Madre Community tree and help raise funds for civic improvements.

It's easy just visit Leonora Moss (9 Kersting Court) or the Bottle Shop (58 W Sierra Madre Blvd) and fill out a postcard and leave your donation. Checks should be payable to Sierra Madre Community Foundation. Volunteers will be decorating Kersting Court in mid-November for the holidays and in preparation of the Support

Small Business Saturday and Sierra Madre's Holiday Winter Events. Program Sponsored by the Sierra Madre Community Foundation and Sierra Madre Chamber of Commerce

Sierra Madre Community Foundation is a charity singularly devoted to Sierra Madre. SMCF solicits donations to enhance our community by making direct grants, both large and small, to worthy people and organizations that might otherwise be overlooked and also assists other community groups in collecting and distributing funds for programs



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REMEMBRANCES

GENEVIEVE STUBBS

When Genevieve Stubbs joined the Woman's Club in 1998, one of the first things she did was take on the responsibility for our annual Fall Fundraiser - the Craft Faire, which continued until attendees shifted focus to something else. Between these annual events, and since she only lived a couple blocks down Sunnyside, the Wistaria Thrift Shop became her second home. She loved being both prep crew (housewares, jewelry & Uncle Bill's) and retail crew, and brought her clear sense of fashion and delight with her everywhere. During the big shop events - Reopening, Holiday and Spring Extravaganzas and Brown Bag Sale - she was a primary spirit for the "end of day / end of event" supper socials, just down the street at her so-lovely house. For the December Holiday Boutiques, her jams, jellies and pickles were among the first items to sell, and she loved helping with the Trail Race.

When her daughter, Rosemary Morabito, joined the club in 2007 and got involved in the Thrift Shop, then becoming its Board Liaison, moving into becoming our club's President in 2010, getting involved at the SGVD District Level, and becoming SGVD President in 2012, Genevieve was so proud. Once Rosemary moved to Riverside, it was inevitable that she would want Genevieve there, as well. This was devastating for both us and Genevieve - if she'd been local, someone would have ensured she could still get to our club. Because of Genevieve's passionate involvement in all our activities, she was awarded Life membership in 2014. Rosemary said that Genevieve's years with the Club were her happiest. Those of us who knew her continue to miss her very much. Sadly, by the time we learned of Genevieve's passing, she had already been buried, and the memorial service was over.

Cards may be sent to
Rosemary Morabito & Family
17220 Andromeda Lane
Riverside, CA 92504

MEMORIAL SERVICES FOR CARL FOOTE

Memorial services for Sierra Madre resident, Carl Foote are tentatively scheduled for late September - Early October says a source close to the family. Foote's body was found by Sierra Madre Search and Rescue two weeks ago near Jones Creek in Bailey Canyon. Additional information on services in his memory will be forthcoming.



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Wed	Sunny	Hi 100s	Lows 70s
Thur	Sunny	Hi 100s	Lows 70s
Fri	Sunny	Hi 100s	Lows 70s

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 REGULAR September 12, 2017
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

Regular City Council Meeting
Tuesday, September 12, 2017,
6:30 pm

Can't make it to the meeting, but still want to share your thoughts? You can mail or drop off a written statement to City Hall or email city@cityofsierramadre.com before 30 the night of the meeting and your statement will be delivered to all the Council Members. Sierra Madre City Hall 232 W. Sierra Madre Blvd. Sierra Madre, CA 91024 (626) 355-7135

City Council

August, 2017 - Dark
September 12, 2017 at 6:30 pm
September 26, 2017 at 6:30

Planning Commission

September 7, 2017 at 7:00 pm
September 21, 2017 at 7:00 pm

Community Service Commission

August, 2017 - Dark
September 18, 2017 at 6:30 pm

Senior Community Commission

August, 2017 - Dark
September 7, 2017 at 3:00 pm

Library Board of Trustees

August, 2017 - Dark
September 27, 2017 at 7:00 pm

Energy, Environment, and Natural Resource Commission

August, 2017 - Dark
September 20, 2017 at 7:00 pm



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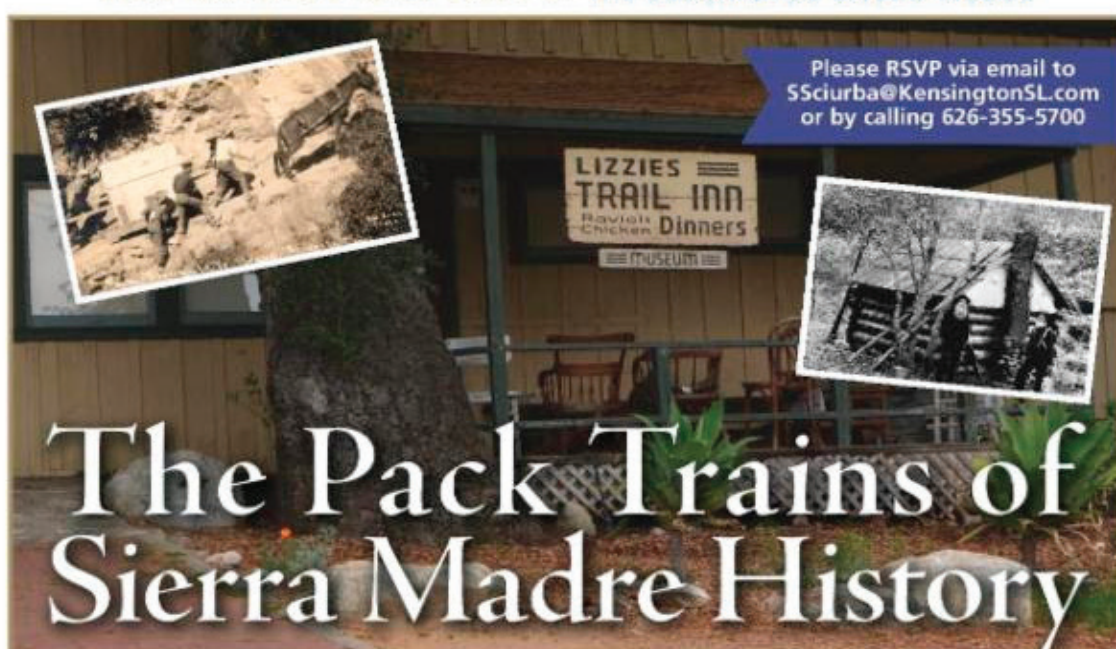
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The Pack Trains of Sierra Madre History

Our speaker, Dr. William White, will talk about the history of the Sierra Madre pack trains and mountain trails. He will also talk about the hospital, located where The Kensington Sierra Madre now stands.

Dr. White earned his medical degree from Loma Linda University in 1962. He did his internship at White Memorial Hospital from 1962-1963. This is the same hospital that was named after Dr. White's Great Grandmother.



For 31 years Dr. White's medical office was located where The Kensington now stands and in 1994 he moved his office into the Arcadia Medical Group.

Speaker:
Dr. William White

EVENT DETAILS

THURSDAY, AUGUST 31, 2017
From: 6:30pm - 8:00pm

at The Kensington
245 West Sierra Madre Blvd.
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Walking Sierra Madre...The Social Side

by Deanne Davis

"I'd seen a great many partial eclipses, but a partial eclipse has the same relation to a total eclipse as flirting with a man does to marrying him. It's completely different." Annie Dillard

"Once upon a time I was falling in love but now I'm only falling apart. There's nothing I can do, a total eclipse of the heart." Bonnie Tyler

Monday! First total eclipse of the sun in a while. In case you didn't know, in the period of 1901 to 2000, there were 228 solar eclipses across the globe, including 71 total eclipses. We, having attempted to buy glasses at Best Buy a little too late, watched it on TV, while the rest of the world was out there actually seeing it. Well, there's going to be another one in 2024 and we'll get our glasses in plenty of time to get out there. It was really neat to see all the school kids out on their playgrounds viewing this event.

This total eclipse made me think of "Little Shop of Horrors," one of my favorite movies, starring Rick Moranis, Steve Martin, Bill Murray and a bunch of other talented folks. You remember, nerdy Skid Row flower shop assistant, Seymour, longs for co-worker, Audrey, who is dating "a dentist, a semi-sadist." Seymour discovers an unusual plant, which he names Audrey II, which only thrives on a diet of human flesh and blood. As I recall, Seymour buys the plant for \$1.99 during a total eclipse of the sun. Steve Martin as the dentist is hysterical and Levi Stubbs as the voice of the insatiable, carnivorous Audrey II is wonderfully creepy. If you haven't seen it, treat yourself!

Speaking of school kids, our Texas girls, Jessie and Emily, started 4th and 2nd grade and their mommy and a bunch of her mommy friends celebrated by having a Margarita party, which I thought was exceptionally cool. Actually, there has been a huge sigh of relief all over the place as schools have recommenced. St. Rita's is still under construction and I think they kick off their new school year after Labor Day.

Tuesday, my best walking buddy, John, and I, came across this nifty Free Library setting, complete with a bench to enjoy your book. I love these things and am so delighted every time I see one. After encouraging the ever-obliging John to take a seat on the bench, he quickly discovered that it was awash in dew...and so was he! Also, Tuesday, a landmark event: I enjoyed the last two figs on our fig tree. They were exquisite and I was delighted to have beaten the squirrels to most of our fig crop. High Five!

Had dinner with our Huntington Beach son, also John, at Only Place In Town Café and enjoyed sitting outside and relaxing with this neat guy, sans family. A little reminiscing over the fish tacos and BBQ beef sandwich included a great story about getting a ticket from a motorcycle policeman back when he was but a boy, for making a U-turn in a business district. John and I laughed heartily and allowed as how we watch people on a daily basis do this all over the place with complete impunity! Anyhow, as the officer was writing his ticket, John noticed an ant crawling on



his helmet. He politely pointed this out to the cop and asked if it would be OK if he flicked it off. After taking a long hard look at our son, he consented, the ant was flicked and the ticket handed over. This was the first time we had heard this story. Just one of those little secrets your children keep from you... fortunately! There's a lot we don't need to know.

What has happened to T-Neer?? Going down there tomorrow to take a look as that was such a lovely, gracious place here in our city. We were so very sad to hear of Carl Foote's death and send our love and sympathy to his family and friends.

Did you happen to read "All Things" by Jeff Brown in the Mountain Views News last week? If you didn't, go online and read it...that wonderful story of the 80 people on Panama City Beach in Florida, forming a human chain to save a family of 9 from the riptide. This will warm your heart and give you hope! Page B2 - www.mtnviewsnews.com Stay cool, dear friends and neighbors, the heat is returning!

Thursday, August 31st from 6:30 to 8:00 p.m. Dr. William White will be at The Kensington talking about the Pack Trains of Sierra Madre! Call and RSVP.

My book page: Amazon.com: Deanne Davis

Blog: www.authordeanne.com

"A Tablespoon of Love, A Tablespoon of Laughter" is now available at Sunrise Books + Coffee at Pasadena First Church of the Nazarene - just down the road on Sierra Madre Blvd.

Kindle readers, give yourself the gift of: All 3 of the Emma Gainsworth Short Stories - You'll see pumpkins differently!

They're on Amazon.com on my book page!

Follow me on Twitter, too! <https://twitter.com/playwrightdd>

SIERRA MADRE POLICE BLOTTER

August 13, to August 20, 2017

During this time period, the Sierra Madre Police Department responded to approximately 360 day and night time calls for service.

Tuesday, August 15

A traffic stop was conducted for a vehicle code violation on Baldwin Ave. south of Orange Grove Ave. at about 12:40 a.m. The driver was in possession of a controlled substance and drug paraphernalia. The driver was arrested and transported to the Pasadena jail. The vehicle was impounded. Case to the DA's office for filing

Thursday, August 17

At about 8:50 p.m., officers responded to a report of

battery in the 700 block of W. Sierra Madre Blvd. The officers determined after speaking with both parties that the female spouse was the primary aggressor and was arrested for domestic battery. The wife was transported to Pasadena Jail for booking. Case referred to the DA's office

Friday, August 18

Officers responded to the 200 block of W. Sierra Madre Blvd. for a suspicious persons call. A male and female were detained on scene. The female was in possession of hypodermic needles and had warrants for her arrest. The female was arrested, and the male was released. The female was medically cleared, then booked for cite and release at the Pasadena Jail. Case to the DA's office

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A Noise Within Premieres 'A Tale of Two Cities'

Performing September 3 through November 19.

A Noise Within (ANW) presents the first production of its 26th season, the United States premiere of Tony-winner Mike Poulton's thrilling adaptation of A Tale of Two Cities by Charles Dickens, directed by co-producing artistic directors Julia Rodriguez-Elliott and Geoff Elliott, performing September 3 through November 19.

A Tale of Two Cities' opening lines are among the most famous in all Western literature: "It was the best of times, it was the worst of times ... it was the spring of hope, it was the winter of despair." More than 200 million copies of the book have been purchased – making it the second bestselling single-volume of all time (the first is Cervantes' Don Quixote, the basis of ANW's spring 2017 hit Man of La Mancha).

Julia Rodriguez-Elliott said, "Poulton has given the theatre a bold, fast-paced adaptation. He breathed new life into the classic novel, a taut political thriller that feels so immediate, so exciting, so theatrical, and so wonderfully alive for audiences. It's a roller coaster of romance and adventure, without losing the rich characterizations and Dickens' eloquent language."

Tickets for A Tale of Two Cities, starting at \$25, are available online at anoisewithin.org and by phone by calling 626-356-3100. A Noise Within is located on the corner of Foothill Boulevard and Sierra Madre Villa Avenue at 3352 East Foothill Blvd., Pasadena, CA 91107, just north of the Madre Street exit off the 210.

Pet of the Week



Friendly Blue (A418298) is a 3-year-old shorthair kitty. Blue can be a bit shy when he first meets you, but he quickly warms up. After nibbling on some kitty treats, he loves affection and rolls over for pets. Blue's fun personality really shines when he's playing with cat toys. If you are looking for a mellow yet playful kitty, ask about Blue.

The adoption fee for cats is \$75. All cats are spayed or neutered, microchipped, and vaccinated before being adopted.

New adopters will receive a complimentary health-and-wellness exam from VCA Animal Hospitals, as well as a goody bag filled with information about how to care for your pet.

Call the Pasadena Humane Society & SPCA at (626) 792-7151 to ask about A418298, or visit at 361 S. Raymond Ave. in Pasadena. Adoption hours are 11 a.m. to 4 p.m. Sunday; 9 a.m. to 5 p.m. Tuesday through Friday; and 9 a.m. to 4 p.m. Saturday.

Pets may not be available for adoption and cannot be held for potential adopters by phone calls or email. Directions and photos of all pets can be found at pasadenahumane.org.

** Registration is now open for the 19th Annual Wiggle Waggle Walk! Join our community of animal lovers to raise funds for the animals on Sunday, September 24 at Brookside Park at the Rosebowl. Learn more and register at wigglewagglewalk.org.



Council to Vote on Union Street Bikeway

By Dean Lee

After pulling the issue from their last meeting agenda, the city council is set Monday night to vote to have Pasadena City Manager Steve Mermell enter into a contract with DKS Associates for consultant services for the Union Street Two-way Protected Bikeway (Cycle Track) Project for an amount not to exceed \$999,714 according to the city's staff report.

The designated bikeway from Wilson Ave to Arroyo Parkway would be located on the south side of the street. DKS services would include environmental documentation, preliminary engineering, preparation of plans, specifications, estimate, right-of-way and public outreach.

"Prior to the development of design the DKS Team will

address all safety and ADA concerns identified by the public. There will be three outreach phases: the first will reintroduce the project and solicit input, the second will be to present and solicit input on sixty percent design, and the third phase will be to present and solicit input on ninety percent design."

Residents in the area have already expressed concerns over removing lanes and parking on Union Street; currently Union is a one way street. Pasadena Department of Transportation Director Fred Dock said that parking would be evaluated block by block. According to a staff report in November the project would remove 21 parking spaces, most, 14, of which are in the Central Playhouse District.

The council will also, Monday night, vote to accept a grant for

The Safer Streets Pasadena —a Bike Safety Outreach Program that focuses on bicycle safety outreach through distribution of safety education material and safety equipment. Activities include the expansion of the "Ride Right. Ride Bright" bicycle safety campaign. The program is scheduled to begin in October distributing educational material, 1,000 bicycle head lights and tail lights, and 300 bicycle helmets at various activities throughout the City. IT ends in September 2018.

The items are both on the council's consent calendar, items which are approved by one motion, although the public does have the right to comment on any item on the agenda. The city council meets at 6:30 p.m. in the city council chambers.

Women's Equality Day

Today - August 26th - Passage of the 19th Amendment to the U.S. Constitution.

It has been 97 years since women were given the vote - Let's Party!

Games - Learn the history of getting the vote - Light refreshments - Video on Inez Milholland (pictured) and documentary Beauty Bites Beast.

Event is at 6:00 pm Women's City Club 160 N Oakland Ave Pasadena, CA 91101 Lots of free parking in back, entry on Madison Event is FREE

County to Establish a Public Safety Commission

On a motion by Supervisors Kathryn Barger and Janice Hahn, last week, the Board of Supervisors voted 3-0, with Supervisor Mark Ridley-Thomas abstaining, to establish a "Blue Ribbon Commission on Public Safety" to explore innovative solutions to criminal justice challenges resulting from statewide reforms.

"Working together, this vital commission will help us achieve our goal of delivering meaningful treatment programs as well as enhancing public safety," said Supervisor Barger. "This is not just about the tragedy of losing Officer Boyer or Sergeant Owen, it's also about the many young lives lost due to drug addiction who are not receiving the help they need and deserve."

"This is not a referendum on voter-approved statewide criminal justice reforms," said Supervisor Hahn. "This will be a conversation about the mechanics of making the reforms we do have work better and improving outcomes for both formerly incarcerated individuals and public safety."

The motion builds on a previous motion unanimously approved by the Board on February 21, 2017 which was also authored by Supervisors Barger and Hahn. The February motion requested a report on the murder of Whittier Police Officer Keith Boyer by a "Post Released Supervised Person," including an historical analysis of the gunman's involvement with the state parole system, his probation supervision, as well as recommendations for policies and procedures to help identify risk factors and ensure the highest level of public safety.

Royals of Pasadena: Rose Queen and Royal Court Opens Sept. 2



In honor of the 100th Rose Queen, Pasadena Museum of History will present an exhibition celebrating the Pasadena Tournament of Roses Royal Court.

This unique exhibition will explore the traditions and history of the Royal Court, from the selection process to the Rose Queen Coronation, to riding on a float in the Rose Parade.

Exquisite gowns of past Rose Queens and Princesses will be on display, from the sleek satin gowns of the 1940s, to the tulle confections of William Cahill in the 1950s and 60s, and the modern-day glamour of Tadashi Shoji, the elegance of the Royal Court will be celebrated.

Vivid photos and ephemera documenting this century-long Pasadena tradition will enhance the exhibit, as well as daywear, accessories, and jewelry from the Court wardrobes, generously on loan from former members

of the Royal Court.

Special highlights include Queen's crowns from the past century, on loan from the Tournament of Roses, and the gown of 1940 Rose Queen Margaret Huntley Main, the oldest living Rose Queen.

Royals of Pasadena will be on view from September 2, 2017 through February 11. The exhibitions galleries will be open 12:00 to 5:00 p.m. Wednesdays through Saturdays. Please check the PMH website at www.pasadenahistory.org for information about exhibit-related programs and special holiday hours.

Admission is \$7 General; \$6 Students and Seniors; Free for Museum Members and Children under 12. Free parking is available in the Museum lot and on Walnut Street. Pasadena Museum of History is located at 470 W. Walnut St., Pasadena 91103. Phone: 626.577.1660.

Free Events Roundup at the Pasadena Senior Center

There is something for everyone in August at the Pasadena Senior Center, 85 E. Holly St. You do not have to be a member to attend. Some events require advance reservations as noted.

Heart-Healthy Eating – Thursday, Aug. 31, at 10 a.m. It takes more than avoiding unhealthy foods to prevent a heart attack. Learn what kinds of healthy foods are best. Presented by Regal Medical Group.

Friday Movie Matinees – Fridays, Sept. 1, 8, 15 and 29, at 1 p.m. Sept. 1: "The Last Word" (2017, R) starring Shirley MacLaine and Amanda Seyfried. A retired businesswoman accustomed to being in control of everything forms a bond with the young journalist she hires to write her life story. Sept. 8: "Beauty and the Beast" (2017, PG) starring Emma Watson and Dan Stevens. A young woman is taken prisoner by a beast in his castle only to discover there is a kind heart and the soul of a true prince underneath his gruff exterior. Sept. 15: "The Philadelphia Story" (1940, NR) starring Cary Grant and Katharine Hepburn. When a conceited young socialite's ex-husband and a tabloid reporter arrive at her family home the day before she is to marry a dull business tycoon, she begins to examine her life and priorities. Sept. 29: "A Man Called Ove" (2016, PG-13) starring Rolf Lassgård and Bahar Pars. After a boisterous young family moves in next door to a retired loner with strict principles, an unhappy past and a short fuse, he learns life is sweeter when it's shared (Swedish with English subtitles).

A Toast to the Joys of Music – Tuesdays, Sept. 5 to 26, from 9:30 to 11:30 a.m. Tom Campbell will play guitar and sing songs in the Senior Center Lounge. Stop by and enjoy his covers of traditional country, country rock, blues, folk, gospel and classic rock originally made famous by Willie Nelson, Merle Haggard, Vince Gill, Elvis Presley, B.B. King, Neil Young, The Grateful Dead, The Rolling Stones and many more.

Memory Loss Education – **Tuesdays, Sept. 7 to 28, at 1 p.m.** If you've never played Chicken Foot dominoes before, or even if you have, come join the fun as Vicki Leigh leads participants in a rollicking version of the game that is easy enough for beginners yet challenging enough for more seasoned players. Oh, and please excuse the laughter every Thursday...it's contagious! For more information call Vicki at 928-478-4654.

For more information visit www.pasadenaseniiorcenter.org or call 626-795-4331.

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



About the Clean Air Car Show

If you're looking for more information on sustainable living and alternative fuel vehicles, then this is the event for you! The 2017 Clean Air Car Show and Green Living Expo is a free event with informative talks brought to you by South Pasadena Beautiful, alternative fuel vehicles ranging from plug-in hybrids to hydrogen fuel cell, sustainability vendors and fun activities for the whole family put on by the South Pasadena Public Library. We look forward to seeing you at Garfield Park on Sunday, September 10th, from 10:30 am – 2:30 pm.

ALTADENA POLICE BLOTTER

Sunday, August 13th
6:20 PM – A commercial burglary occurred in the 2200 block of N. Windsor Avenue. Suspect(s) entered the location by shattering the window. Stolen: black Dell laptop.
8:00 PM – A petty theft from an unlocked vehicle occurred in the 600 block of W. Woodbury Road. Stolen: tree climbing spikes, leather work belt, and a rope.

Monday, August 14th
4:49 PM – An assault with a deadly weapon occurred in the 2500 block of Fair Oaks Avenue. Suspect was taken into custody.
Wednesday, August 16th
1:13 PM – A package theft occurred in the 100 block of W. Mariposa Street. Stolen: face wash.
3:00 PM – A vehicle was reported stolen from the area of Lincoln Avenue and Archwood Place. Vehicle was recovered by Pasadena Police Department.

6:30 PM – Jonathan Longtain, 27 years old of Glendale was arrested in the area of Windsor Avenue and Woodbury Road for transportation for sale of narcotics.
Thursday, August 17th
9:00 PM – A vehicle burglary occurred in the 400 block of Stonehurst Drive. Suspect(s) entered the vehicle by removing the door lock. Stolen: various

construction tools.

Friday, August 18th
12:10 AM – A vehicle burglary occurred in the 3100 block of Marengo Avenue. Suspect(s) entered the vehicle by shattering the window. Stolen: black/white purse.
3:00 AM – A grand theft occurred in the 900 block of Shelly Street. Stolen: Harley Davidson saddle bags, seat, snap covers, Alpine speakers and amplifier.

7:30 PM – A petty theft from an unlocked vehicle occurred in the 1200 Sunny Oaks Circle. Stolen: credit card.
Saturday, August 19th
1:35 PM – Jesus Sanz, 22 years old of Pasadena was arrested in the area of Ventura Street and Olive Avenue for possession of a controlled substance.
4:00 PM – A petty theft from an unlocked vehicle occurred in the 2000 block of N. Madison Avenue. Stolen: black wallet, vehicle keys, currency, and credit card.

6:00 PM – A vandalism occurred in the 600 block of W. Woodbury Road. Damage: fence cut.
9:00 PM – Andre Oliver, 32 years old of Pasadena was arrested in the area of El Sereno Avenue and Woodbury Road for possession of a controlled substance.

ARCADIA

Sierra Madre

Arcadia

Pasadena

Altadena

Monrovia

FALL INTO GOOD HEALTH HEALTH SCREENINGS, HEALTH LECTURES

Arcadia Senior Services in partnership with Methodist Hospital is having its annual Health Fair on Friday, September 8 from 9am-1pm. It will take place at the Arcadia Community Center, 365 Campus Drive. September is “National Senior Center Awareness Month” and “Health Aging Month”. To highlight these two nationally designated events this health fair will have informational tables available from 9-11:30am plus giveaways, and raffle prizes. In addition, there will be free health screenings; spine, balance evaluation, blood pressure, retinal, bone density and more.

Two of the free screenings; memory assessment and hearing testing require an appointment. There is also a carotid artery screening for \$7. Dr. Jay linuma, who specializes in family medicine, will present an informative lecture at 12pm, “Stress and High Blood Pressure: What is the Connection”. Individuals may purchase lunch tickets for \$2 starting at 7:30am. Lunch will be served from 11-11:45am. To make an appointment or for additional information please contact Arcadia Senior Services at 626.574.5130. This program is for individuals age 50 and over.

ARREST / CRIME TRENDS - THIRD ROW SEAT THEFTS FROM SUV'S.

This past week, we have had reports of at least four, third row seat thefts from SUV's. The majority of these thefts have occurred in restaurant or shopping center parking lots, afternoon and evening hours. It only takes seconds for a thief to break a window, enter the vehicle, and make off with the third row seat. The seats are often then sold on the Internet, to salvage yards, and at flea markets. If your third row seat is not bolted down to the floor of the SUV, here are some tips to help prevent this type of theft:

- Park in visible, well-lighted areas
- Back into the stall against a wall or tree, making access more difficult
- If not in use, remove the third row seat and store it at home
- Park in the garage or behind a gate, when possible

THE CITY OF ARCADIA RECREATION AND COMMUNITY SERVICES DEPARTMENT FALL 2017 REGISTRATION FOR ADULTS 50 YEARS +!

The City of Arcadia Recreation & Community Services Department – Senior Services Division is offering fall classes for adults (50 years of age and older). The course offerings include oil painting, yoga, strength training, line dancing, tai chi, zumba gold and aerobics. Registration is now open on-line, for walk-in, fax-in or mail-in. Courses are

offered at the Community Center, 365 Campus Drive.

For specifics on class dates, times and locations, please contact Arcadia Senior Services at 626.574.5130 or log onto the City of Arcadia Website at www.arcadiaCa.gov.

ARCADIA POLICE BLOTTER

For the period of Sunday, August 13th, through Saturday, August 19th, the Police Department responded to 1,063 calls for service, of which 128 required formal investigations. The following is a summary report of the major incidents handled by the Department during this period.

Sunday, August 13:

Shortly before 1:10 a.m., an officer responded to the Santa Anita Race Track, 285 West Huntington Drive, regarding a battery report. The officer discovered an altercation occurring between an ex-boyfriend and ex-girlfriend resulting in the female suspect punching the male victim multiple times in the face. The 25-year-old female from Los Angeles was arrested and transported to the Arcadia City Jail for booking.

At approximately 7:54 a.m., an officer responded to the 100 block of Wheeler Avenue regarding a vehicle burglary in progress. Officers located the suspect and, during a consensual search, found burglary tools. A witness positively identified the 37-year-old male from Monrovia as the burglar. He was arrested and transported to the Arcadia City Jail for booking.

Monday, August 14:

Just after 6:30 a.m., an officer responded to the 300 block of North Santa Anita Avenue regarding a burglary report. Surveillance footage revealed a white Ford F-350 was seen driving away from the location hauling a stolen dump trailer.

The suspects are described as a heavy-set male passenger and an unknown driver. The investigation is ongoing.

At approximately 3:12 p.m., an officer responded to the Santa Anita Mall, 400 South Baldwin Avenue, regarding a robbery report. The victim stated he was approached by the suspect who then forcibly removed his gold necklace and fled in an awaiting vehicle.

The suspect is described as a Hispanic male, 18 to 22-years-old, approximately 5'10", 140 pounds, with a “buzzed” haircut. He fled in an awaiting silver sedan. The investigation is ongoing.

Tuesday, August 15:

Around 9:14 a.m., an officer responded to Foothill Middle School, 171 East Sycamore Avenue, regarding a vandalism report. The officer discovered an unknown suspect used spray paint or markers to graffiti various locations at the school. No suspects were seen and no witnesses were located.

Just before 9:25 a.m., an officer responded to the 00 block of East Foothill Boulevard regarding a theft from vehicle report. A witness reported seeing an unknown suspect exit their vehicle, approach the victim's truck, and steal a leaf blower from the open bed. The suspect then entered the passenger side of a black Chevrolet Suburban. The investigation is ongoing.

Wednesday, August 16:

Shortly after 8:15 a.m., an officer responded to a carport in the 700 block of South Old Ranch Road regarding a

vehicle burglary report. The officer discovered an unknown suspect smashed the driver's window and stole change, CD's, and cigarettes. No suspects were seen and no witnesses were located.

At about 10:43 a.m., an officer responded to a residence in the 900 block of Arcadia Avenue regarding a fraud report. The victim discovered an unknown suspect applied for at least two credit cards in the victim's name against the victim's knowledge. The victim does not know how the suspect obtained her personal information. The investigation is ongoing.

Thursday, August 17:

Before 10:52 a.m., an officer responded to a residence in the 1000 block of West Foothill Boulevard regarding an audible alarm activation. An investigation revealed unknown suspects smashed an exterior door and fled once the alarm activated. The investigation is ongoing.

Around 7:51 p.m., an officer responded to a residence in the 1000 block of Loma Verde Drive regarding a package theft report. The victim stated her package was stolen from her porch sometime between Monday, August 14th and today's date. No suspects were seen and no witnesses were located.

Friday, August 18:

At about 11:19 a.m., an officer responded to the front counter of the Arcadia Police Department regarding a theft that occurred in the 5400 block of Peck Road. The victim stated her vehicle was repossessed on April 25th. Upon collecting her belongings from the repossession company, she discovered a diamond ring and her notary stamp had gone missing. The investigation is ongoing.

Just before 9:09 p.m., during a DUI checkpoint, the officer contacted a subject for driving under the influence near the intersection of Santa Anita Avenue and California Street. Through a series of tests, the officer concluded the 42-year-old male from Monrovia was under the influence of an alcoholic beverage while driving a vehicle. He was arrested and transported to the Arcadia City Jail for booking. A records check revealed the suspect was also driving with a suspended license. This violation was added to his list of charges.

Saturday, August 19:

Shortly after 1:53 p.m., an officer responded to StorAmerica, 5630 Peck Road, regarding a burglary report. An investigation revealed unknown suspects stole the victim's car, located information indicating she had a storage unit, and then the suspect proceeded to break into her storage unit and steal jewelry, clothing, and a toy. Surveillance footage revealed one of the suspects is a local transient. The investigation is ongoing.

At approximately 9:36 p.m., an officer responded to a residence in the 1800 block of Tulip Lane regarding a burglary report. The officer determined unknown suspects likely entered the house by opening the garage doors by unknown means. Once inside, the suspect(s) ransacked the home and fled with miscellaneous jewelry. The investigation is ongoing.

MONROVIA - DUARTE

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CITY OF MONROVIA POLICE CHIEF JIM HUNT SET TO RETIRE AFTER 27 YEARS OF DEDICATED SERVICE TO THE COMMUNITY

MONROVIA, CA - City of Monrovia Police Chief Jim Hunt has announced his plans to retire after 27 years in law enforcement. Chief Hunt will be retiring on Thursday, November 2, 2017, after 26 years with the Monrovia Police Department. He has been with the City since July 1991, when he joined the force as a police officer. Since then, Chief Hunt has worked several specialized assignments throughout his career, including Bike Officer, Field Training Officer, Detective, Special Enforcement Team Sergeant, SWAT Team Sergeant, Community Policing Sergeant, and Regional Tactical Team Commander. Chief Hunt was also a Certified Drug Recognition Expert.

In 2002, Jim was promoted to Lieutenant, and in 2006, promoted to Captain, where he served as the Operations Division Commander and then the Services Division Commander. On May 1, 2011, he was promoted as Monrovia's eighth Chief of Police, and has served in this role for the last 6 ½ years. Jim has a Master's degree in Public Administration from the University of La Verne, and is a graduate of the Federal Bureau of Investigation's National Academy and the California Commission on Police Officer Standards and Training Command College. Throughout his tenure with the Monrovia Police Department, Chief Hunt has worked diligently to expand the City's Community Policing programs aimed at building relationships with community members and helping to find creative solutions to long-standing crime issues in the community. Under his leadership, Monrovia reached its lowest levels of crime in over 50 years. During his term as Chief, the Monrovia Police Department won the 2012 James Q. Wilson Community Policing Finalist Award from the California Police Chiefs Association for the Safe Neighborhoods program, the 2017 James Q. Wilson Community Policing Finalist Award from the California Police Chiefs Association for the Achieving Community Trust program, and the 2017 Cisco Community Policing Award from the International Association of Chiefs of Police for the Achieving Community Trust program.

“Beyond the results and the awards and the recognition, what I will always remember about Jim is that fact that he is a truly good man,”



said City Manager Oliver Chi. “I have had the privilege of working closely with him during the past three years addressing a variety of organizational, operational, and community-wide law enforcement issues. And in that time, what I have seen first-hand is that Jim has an authentic desire to serve people, and he employs an approach that I would describe as being laced with humility. Jim is one of those rare, special people, and all of us here in Monrovia are truly blessed to have had him as our Chief of Police.”

Prior to starting his law enforcement career, Jim owned and operated a restaurant in the City of Covina. He brought his service-oriented, small business experience to his work here in Monrovia, and has been instrumental in developing many community policing programs aimed at creating a premier quality of life for the citizens of Monrovia.

In retirement, Jim is looking forward to spending time with family, and particularly his new 10 month old grandson. Additionally, Jim will be kept busy in retirement making custom guitars, fighting off sharks while surfing, and making delicious gourmet pizza for his family and friends.

MONROVIA'S ACHIEVING COMMUNITY TRUST (ACT) PROGRAM WINS THE COVETED CISCO COMMUNITY POLICING AWARDS PRESENTED BY THE INTERNATIONAL ASSOCIATION OF CHIEFS OF POLICE (IACP)

This past week, the City of Monrovia was notified that our Achieving Community Trust community policing program has been recognized as the winner of the International Association of Chiefs of Police (IACP) / CISCO Leadership in Community Policing Award, sponsored by Cisco Systems. This is simply a tremendous honor for the City of Monrovia and the Monrovia Police Department. Since 1998, IACP has recognized outstanding community policing initiatives undertaken by law enforcement agencies from throughout the world through the annual IACP / CISCO Leadership in Community Policing Award. The award identifies and rewards best practices in community policing by recognizing police organizations that use the power of collaboration and partnerships to make local, national, and global communities safer. The award winners provide a model for improved police services on issues that are specific to individual communities, but which are also valuable for all communities around the world.

It is also important to note that the award is only granted if there are programs worthy of recognition. In many years, the award is simply not presented if no new community oriented policing innovations are submitted. All of us that are part of the Monrovia community should be tremendously proud of the advances we have made in developing innovative community policing models that are being recognized on an international level.

This latest recognition of our ACT program highlights Monrovia's continuing commitment to community policing, a philosophy which permeates our very high-performing Monrovia Police Department. We have worked for years to promote organizational strategies that support the systematic use of community partnerships and problem-solving techniques to proactively address the root cause of the conditions that give rise to public safety issues such as crime and social disorder.

The IACP / CISCO Leadership in Community Policing Award will be presented at a formal dinner recognition ceremony at the IACP Annual Conference in Philadelphia on Tuesday, October 24, 2017. Our most sincere thanks to the entire team at the Monrovia Police Department for the incredible work that has been done over the years to build community relations and make Monrovia a safer place. This latest recognition of our ACT

program means that law enforcement executives from around the world are recognizing the good work being done in Monrovia, and that they consider our program an example for others to follow.

The ACT Program – which was developed in recognition of the fact that police use-of-force incidents across our country were eroding the relationships between law enforcement and the communities they serve – has been recognized as a truly innovative program through which community trust in law enforcement can be enhanced. The initiative was developed in cooperation and coordination with community members who shared the reasons why they lacked trust in the police. From those discussion, we developed a three-pronged strategy that involved listening to disaffected communities, educating our youth about safe interactions with law enforcement, and instituting a cutting-edge and innovative virtual police officer training program. Monrovia's ACT Program has also previously been recognized in California with a \$200,000 grant award from the State of California, as well as a James Q. Wilson Award for Excellence in Community Policing.

The City wants to hear from you!

Public Scoping Meeting

Alexan Residential Development

- Learn about the proposed development at 1625 S. Magnolia Avenue, Monrovia
- Proposed 395-420 residential units; 5-story residential building; 6-story parking structure; directly west of Metro Gold Line Station
- Share your comments

Thursday, September 7, 2017
5:30 pm to 7:30 pm

The meeting will be held at:
Knights of Columbus Hall
130 W. Pomona Avenue

For more information please contact:
Steve Bernier, Planning Division Manager
(626) 932-5539 | sbernier@cityofmonrovia.ca.us

Project Location Map

READ US ONLINE AT:
www.mtnviewsnews.com

ARCADIA UNIFIED SCHOOL DISTRICT RANKED AS BEST PLACE TO TEACH IN LOS ANGELES

-AUSD Ranked 15th Best School District in California-



Arcadia Unified announced its new teachers this year with an NFL draft style news conference.

ARCADIA-- The Arcadia Unified School District ranks as the best place to teach in the Los Angeles Area according to Niche.com. Niche also rated Arcadia Unified at the top of the class in several other categories, naming the district as the #4 best place to teach in California, the #15 best school district in the state, and gave Arcadia Unified A+ ratings in overall school district, academics, teachers, and college prep, according to its 2018 rankings list.

"We are delighted and proud that Arcadia Unified School District has been recognized as the best place to teach in our area," said Arcadia Teachers Association (ATA) President and Arcadia High School teacher Kevin Fox. "This speaks volumes about the working relationship ATA has with the district. It takes a lot of hard work by all members of our Arcadia Unified community to get to this level, including cooperation and collaboration within and among teachers as well as between the teachers and the district, our students, and their families." Arcadia Unified Niche Distinctions:

- #1 Best Place to Teach in the Los Angeles Area
- #4 Best Place to Teach in California
- #5 Best School District in Los Angeles County
- #6 District with the Best Teachers in California
- #15 Best School District in California

A+ overall grade from Niche
A+ in academics
A+ in teachers and college prep

Considering there are over 1,000 school districts in California, receiving these recognitions are extremely rare. In compiling its annual rankings,

Niche, an influential school and neighborhood review website, performs a comprehensive data analysis of information collected from the U.S. Department of Education and from millions of reviews from students and parents. Niche also assigns grades to each school, with each Arcadia Unified school receiving an overall A+ grade.

"We are very fortunate to be a destination district for students and staff," said Arcadia Unified Superintendent Dr. David Vannasdall. "Our teachers are among the finest educators you will find that strive every day to imagine, inquire, and inspire as they challenge students to make a profound impact on their world."

In Niche's February 2017 list results for best public high schools in California, Arcadia High School was ranked among the top 2% of public high schools in the state. Likewise, the home of the Apaches has been named a U.S. News and World Report Gold Medal School three times, an honor bestowed on less than 3 percent of the more than 19,000 schools in the country. Most recently, and for the second consecutive year, Arcadia High's 2017 graduating class had a student accepted into every Ivy League school in the country.

Arcadia Unified was also placed on the College Board's 7th Annual AP*

District Honor Roll last year. Only 22 districts in California made the prestigious list, with Arcadia Unified being recognized for its outstanding Advanced Placement and Honors curriculum. For more information about the Arcadia Unified School District, please visit www.ausd.net, and for more details on Niche ratings, you can visit www.niche.com.

SCHOOL DIRECTORY

ALVERNO HEIGHTS ACADEMY
200 N. Michillinda Sierra Madre, Ca. 91024
(626) 355-3463 Head of School: Julia V. Fanara
E-mail address: jfanara@alvernoheights.org

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

Preschool-TK-8th Grade

Principal: Dr. William Walner

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

Frostig School

971 N. Altadena Drive Pasadena, CA 91107

(626) 791-1255

Head of School: Jenny Janetzke

Email: jenny@frostig.org

The Gooden School

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website: www.goodenschool.org

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(626) 351-8951 website: www.lasallehs.org
Principal Mrs. Courtney Kassakhian

Monrovia High School
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(626) 471-2800 Principal: Darvin 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
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Principal Joan Harabedian (626) 355-9028
website: www.st-rita.org

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Lisa Feldman: Head of School

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PASADENA EDUCATION NETWORK



The Pasadena Education Network (PEN), a network of more than 1,200 parents who send their children to and support the Pasadena Unified School District (PUSD), announced their series of free programs to help parents understand their public school options in Pasadena, Altadena, and Sierra Madre. As more families are considering their public school options, the organization has expanded their offerings.

PEN offers programs for parents whose students are entering kindergarten through high school, including tools for evaluating educational options and an opportunity to meet parents of students who attend schools across the district. The fall parent programs kick-off with "Choosing the Right Elementary School" on Monday, September 18 at 6:30 p.m. at All Saints Church, Sweetland Hall, 132 No. Euclid Avenue, Pasadena. Dr. Mikala Rahn, the president of Public Works, a non-profit organization that evaluates schools throughout the state, provides parents of pre-school aged children with valuable information about what to look for when evaluating an elementary school for their children. Parents whose children attend schools throughout PUSD will be on hand during a reception following the presentation.

PEN's other grade transition programs include

Editor's Note: We apologize for not inserting the author's credit and column branding for Mr. Daniel Golden in last week's edition of Mountain Views News... His Column was titled, "Inside The Petri Dish: Health and Wellness Tips for High School and College Students."

ICYMI go to: <http://mtnviewsnews.com/v11/htm/n33/p07.htm>

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IN THE MOMENT

Learning to Live From A Pup's Perspective

Happy Tails

by Chris Leclerc



A couple of years ago I decided it was time to take a personal moral inventory, in an effort to better myself and to become more valuable and available to those around me. By the Grace of God I have indeed managed to make a few adjustments to my lifestyle and that alone has given me a more positive outlook. Not a bad start, but there are still many aspects of myself that I find to be less than the best I could be, and so the pursuit of improvement continues. Progress is paramount.

One of the most influential aspects of my daily life is the time I spend with the kind canines I am so fortunate to have befriended over the past 7+ years I've been pet sitting and dog walking. Although I do consider myself very blessed to have several true-blue two-legged pals, I can honestly say that few are the human companions I have who can boast the attitudes of sheer gratitude that I find among my furry four-footed friends.

Nothing eases internal tension like walking a grateful dog. It's like cutting butter with a hot knife. I wake up in the morning, happy to be alive and feeling good for the most part. But by the time I walk out the door to embark on my day of dog walking, I have dodged the darts of negativity dealt by the media I've tuned into. (Why I subject myself to such grief is beyond me). I've mentally combated an entourage of talking heads who thrive on sharing wicked tales of harsh reality from capital hill to a crime-ravaged dark alley in an urban sprawl, and I've miraculously navigated my way through this time of year's school traffic to make it to my first destination. I am feeling the stresses of everyday human life.

In my best attempt to shake off the would-be heavy cloud that might otherwise overwhelm me, I get out of my car and while approaching my first client's house I begin to pray. I thank God for the opportunity to live. Just to live. That should be enough, as life in and of itself is such an amazing gift. But there is more to be grateful for so I continue my prayer with sincere thanks for the chance to be part of a community that, in my opinion, is socially nourishing and awe-inspiring. I then finish my prayer in thanks to God for the beautiful beasts He allows me to walk alongside each day and I ask Him to guide our every step.

The tension begins to melt away. When I enter the door I am greeted by a more over-the-top enthusiastic, fun-loving, energetic, carefree individual than a fiction writer could even begin to attempt to conjure up as a character in a whimsical nursery tale. But this is not fiction. This is my reality - every day! The dog embellishes me with his unique brand of hairy hugs and canine kisses, I leash him as quickly as possible through the exciting chaos, and off we go on our way.

As we commence our journey, his enthusiasm remains at a level higher than mine will probably ever be in this lifetime, as he walks on the same trail we walked just the day before. To him, it is all brand new...every single day. To him, that blade of grass he just sniffed - the same one he sniffed yesterday - was like a little bit of heaven that he'd never sniffed before. To him, that light breeze that just passed through the trees was like the feeling I felt as a kid when

the roller coaster dropped from top to bottom on its tracks. To him, that cat in the neighbor's yard was put there just for his own personal entertainment, no other reason whatsoever. And to him, nothing else matters.

He is in the moment. There are no concerns about what took place yesterday. There is no stress about what he should be getting done in lieu of taking a walk. There is no urgency to finish it up and get to the next task. There are no thoughts of regret, no angst over memories of last week's blunder, and no burning desire for more than exactly what is happening right here and now...that dog is in the moment.

Suddenly he raises his snout up toward the sky to catch a whiff of a passing scent, or to inspect the flashing movement of a flitting hummingbird. Then down again it goes as fast as it went up, to resume his mission of reading "pee-mails" left by those who visited this spot before him. He casts periodic glances my way, just to reassure himself of my presence and I return his glances with a nod and a wink. I stop for a moment, lean down and give him a peck on the cheek followed by a loving, "You are such a good boy and I'm proud of you!", to which his eyes roll back as if to reply, "I love you too." Then, down to the trail returns his intent focus, head swinging to and fro, floppy ears bouncing up and down on either side. In the moment.

And there it is, plain and simple. A subtle yet (oh-so) valuable lesson to be learned from a precious pup. I know we humans don't get to just "live" like a dog lives, as if there is nothing to be planned for and no amends to be made for yesterday. We must bear the burden of responsibilities that are inherent to being human. But must we spend our every moment planning future events that we likely won't bother to enjoy because we will be so busy thinking about the next activity to be planned? And if we spend our days regretting the fact that we wasted time in the past, have we not wasted yet more precious time in fruitless regret?

I don't know about you, but I want to learn how to live in the moment, like my canine companions do. They don't even have to try, it comes naturally for them. I believe I was better about living in the moment as a child, but I seem to have lost that skill somewhere along the way of becoming an adult. Today I am on a new quest to restore my skill of being in the moment, and I am pleased to have the best teachers one could hope for. I'd be lost without the pets I get to spend time with. I hope you will join me in learning important lessons from the animals. They teach us through their simple ways of living, if we are willing to learn. There is a reason why God created them and put them by our side. Love, learn and let live.



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Katnip News!



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HEALTHY LIFESTYLES

THE JOY OF YOGA
YOGA FOR GOOD POSTURE

I've never been so tall doing yoga! Ha! Those of you who know me know that's some

seriously wonderful news. Yoga can transform a person slouching in their chair into someone who sits upright with no assistance.

The sages say that asana poses were developed to make the spine strong in preparation for meditation. "One whose spine is full of energy" is the definition of a yogi, so it goes without saying that the spine is a huge focal point in yoga.

I remember my mom telling me to "hold your shoulders back" Most of the time, this is what the teacher is masterfully trying to accomplish with students in yoga class. To assist with alignment of the spine when you are not enjoying the expertise of a teacher, enjoy a few of the wonderful postures described below at home.

First, try Tadasana or Mountain Pose. Stand with your feet hip distance apart, activate your legs and

belly. Draw shoulder blades onto your back and face your palms forward. Stand tall and breathe deeply. Second, try Utkatasana or Chair Pose. Inhale and bend your knees deeply while bringing the arms right alongside ears. Firm the belly and tilt your pelvis just slightly forward. Make sure your knees don't jut out too far over the ankles. Breathe deeply here with all muscles engaged. Other poses I love for posture and the confidence that boosts the structure are Warrior I, Bridge Pose, and just unassisted sitting, or meditation posture.

Keep practicing and watch the body change! Remember, everything is connected, so even safely stretching hamstrings can assist in posture. See you in class soon. Visit Yoga Madre's website for the current schedule: www.yogamadre.com. Please email me at keely@yogamadre.com with questions or inquiries.

Namaste,
Keely Totten, E- RYT 500, Teacher Trainer at Yoga Madre



THE MISSING PAGE

Real Life Tips from Life's Instruction Manual

LOVE AFTER 40, GO GET IT!

Are you over 40 years old and single?

Does the idea of looking for love cause you to break out in hives?

Are you paralyzed by that stupid Newsweek article, from 30 years ago, that said a single woman over 40 was more likely to be killed by a terrorist than to find a mate and marry?

First of all, that article has been proven to be wrong over and over again. Second, who cares about stats when we are talking about a life you would love that includes love? The truth is that the odds are actually in your favor. Older adults are changing the rules for aging, dating, and sex. Love is available to everyone regardless of age. Studies also indicate that the maturity of age helps older adults have more positive dating experiences than they did in their youth. Older adults have well developed emotional brains.

Over 40 and ready to date? Good, because it's your time!

"Two are better than one because they have a good return for their labor: If either of them falls down, one can help the other up. But pity anyone who falls and has no one to help them up. Also, if two lie down together, they will keep warm.

But how can one keep warm alone? Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken."

--- Ecclesiastes 4:9-12 New International Version Being in a committed relationship leads to reduced stress, better healing capacity, feeling a greater sense of purpose and a longer, healthier life.

I know that the idea of dating and courtship can seem frightening, but the rewards are immense and worth the challenge. A few short years ago, I was at a crossroads. My very long marriage ended, and my child was at college, and I was lonely. I had to decide what I wanted for myself, and I started asking myself questions. What would make me happy? I realized that I longed for connection and intimacy. I didn't know where to start, and I didn't know how.

I have since built a deeply fulfilling relationship where I have great fun and adventure. The best part is that I had fun all along the way.

Having healthy relationships is part of living a full life, and romantic love is available and possible regardless of age. Are you ready to make love welcome? What are you willing to do to experience love? Ask yourself, what if I could find love? Everything starts with your thinking and your beliefs. You have to believe that love is at least possible. You also must be willing to take action.

Write to me; I would love to hear your thoughts on love after 40. What comes up for you when you think about dating and looking for love?

Lori A. Harris is a Lawyer and coach that helps women over 40 find love and have fun doing it! Find out more about her at www.LoriAHarris.com



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TABLE FOR TWO by Peter Dills thechefknows@yahoo.com

AVANTI ITALIAN BISTRO AND BAR

I was going through my last couple of hundred reviews and I was shocked/saddened to see so many restaurants that have gone out of business the past five years. The list is too long for the space that I get here each week. One restaurant that has passed is Avanti Café on North Lake, for years owner Bobbi Ghorfarian prided himself on delicious food in a café style setting. But don't fret pizza and pasta lovers. This was a planned exit for an entrance of the Avanti Italian Bistro and Bar on Sierra Madre in Pasadena. You might remember it as the Spring Garden, got to say 40 years living in Pasadena I never stopped in. Anyway you know

I have made it a point to let my readers know that I am in a constant search for the family owned restaurant. You may accurately say, it is the Holy Grail for this Restaurant Critic. It is the American dream for many and a business which has put many a child through diapers and college. It may stem out of some kind of shameless guilt which I carry. For I have written about the Big Chains when need be. I vowed that I would return to my true love, the Local Corner Restaurant. I think I found the Grail. Tap your heels together three times and just repeat the words, "There's no place like home, there's no place like home." They are responsible for some of the area's best gourmet pizzas. On my last visit I was to enjoy the glazed Apple Pizza (\$13) and a traditional Hawaiian Pizza for (\$12). One of the tests I put to each restaurant that I review is their soup. Avanti makes an unbelievable Chicken Barley Soup (\$7), all I can add is, Wow. Need another reason to stop the next time. The Giuseppe Pizza (\$14) is loaded with Spinach, Ricotta, Chicken Breast, Mushrooms and Red Peppers, all very fresh and perfectly baked in these flavorful ovens. The setting at Avanti Bar and Grill is somewhat sheik a fireplace, high wooden beams and a service bar with a small patio for those warm fall nights; the Bistro is unpretentious and very welcoming. There is a small parking lot in the back, seating is fairly limited here but



Avanti maintains a nice selection of beer/ wine and full bar. And has a happy hour that well.. is just OK. Well worth the drive from wherever you are reading this. My daughter Lauren has to have the Garlic Knots with each visit. She knows her stuff, and you will love them too!!!

So all and all the restaurant mortality rate is so high, that even with all my experience in the hospitality business I would be crazy to open a restaurant. Owner Bobbi did the right thing to concentrate on one place he might have wished I wrote about the additions to the pizza, but that is what I was in the mood for.

Avanti Italian Bistro and Bar 187 N. Sierra Madre Pasadena

Join my new food blog www.peterdills.tumblr.com tune into my radio show on AM 830 KLAA on Sundays at 5 Pm and KRLA AM 870 on Saturdays

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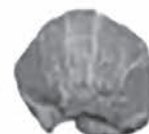
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HOW TO STOP UNWANTED JUNK MAIL AND GUARD AGAINST MAIL FRAUD

Dear Savvy Senior,
My elderly father gets over 100 pieces of junk mail every week, and I just discovered that he's given away nearly \$5,000 over the past few months to many of the solicitors that mail him this junk. Can you offer any tips on how can I stop this?
Irritated Son



Dear Irritated,
Millions of older Americans get bombarded with unwanted junk mail these days, including "mail fraud" schemes that you and your dad need to be particularly careful of. Here's are some tips that may help.

Mail Fraud Alert
While junk mail comes in many different forms – credit card applications, sweepstakes entries, magazine offers, coupon mailers, donation requests, political fliers, catalogs and more – the most troublesome type is mail fraud, which comes from con artists who are only trying to take your money.

Mail fraud can be tricky to detect because there are many different types of schemes out there that may seem legitimate. Some of the most common mail scams targeting seniors today are phony sweepstakes, foreign lotteries, free prize or vacation scams, fake checks (see FakeChecks.org), donation requests from charities or government agencies that don't exist, get-rich chain letters, work-at-home schemes, inheritance and investment scams, and many more.

If your dad is getting any type of junk mail that is asking for money in exchange for free gifts or winnings, or if he's receiving checks that require him to wire money, you need to call the U.S. Postal Inspector Service at 877-876-2455 and report it, and then throw it away. Unfortunately, once a person gets on these mail fraud lists, also known as "suckers lists," it's very difficult to get off. That's because these criminals regularly trade and sell mailing lists of people who they believe to be susceptible to fraud, and they won't remove a name when you request it.

Knowing this, a good first step to help protect your dad is to alert him to the different kinds of mail fraud and what to watch for. The U.S. Postal Inspection Service can help you with this. They offer a list of the different mail fraud schemes at PostalInspectors.

uspis.gov.

Another option is to see if your dad would be willing to let you sort through his mail before he opens it so you can weed out the junk. You may want to have the post office forward his mail directly to you to ensure this.

If your dad feels compelled to donate to certain charities, ask him to let you check them out first to make sure they're legitimate. You can do this at charity watchdog sites like CharityNavigator.org and Give.org.

Reduce Junk Mail

While scam artists aren't likely to take your dad's name off their mailing lists, most legitimate mail-order businesses will. To do this, start with the Direct Marketing Association, which offers a consumer opt-out service at DMAchoice.org. This won't eliminate all his junk mail, but it will reduce it. The opt-out service is \$2 for 10 years if you register online, or \$3 by mail. Then, to put a stop to the credit card and insurance offers he gets, call the consumer credit reporting industry opt-out service at 888-567-8688, and follow the automated prompts to opt him out for either five years or permanently. Be prepared to give his Social Security number and date of birth. You can also do this online at OptOutPrescreen.com. If you choose the permanent opt-out, you'll have to send a form in the mail.

You should also make sure your dad's home and cell phone numbers are registered with the National Do Not Call Registry (DoNotCall.gov, 888-382-1222), to help cut down on telemarketing calls.

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

KATIE TseThis and That



BATES MOTEL, AND OTHER FUN DESTINATIONS

I am sorry to be guilty, yet again, of recycling an old article. But I barely remember it, which means you won't either! So with that, enjoy!

Ah, summer, the most wonderful time of the year! And summer just wouldn't be summer without a family vacation! This year our vacations were fun and memorable without being scary, like the time my Mom, Grandma, and I went to Michigan about 20 years ago.

We were there for two or three weeks. The time not spent going to various touristy places was filled with family visits and get-togethers. At one point, too many guests had used up all the available beds at my aunt's farm house where we were staying. This meant that Mom and I had to find a motel until the crowd cleared out and we could get our beds back. So Mom and I left Gran at the farm house and looked for lodging for the night. Already you can tell this is going to be bad.

Based on the advice from a relative, Mom and I decided to spend the night at the "Airport Motel" in Sebawaing. Keep in mind that this was before the days of cell phones, GPS navigation, and other helpful devices that make life more livable. All we had was the address, a map book, and the smiling endorsement from our relatives as we drove out into the boonies.

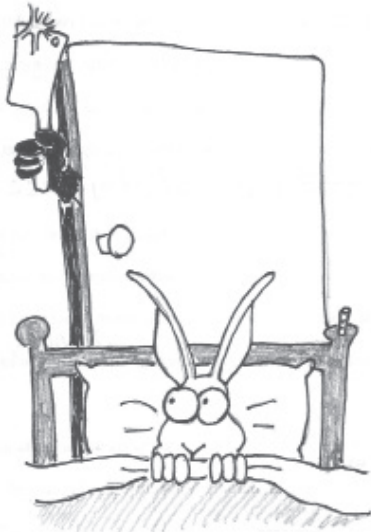
At the time, Sebawaing was mostly cornfields with a double lane highway running through it and deep ditches on both sides. Needless to say, it gets

darker than the inside of a cow at night! All we could see were the yellow lines on the road until at last we reached our destination --the Airport Motel. By "motel," I mean six rooms separated by an office in the middle. There were maybe one or two other cars in the lot, and the man at the desk was creepy. This being 20 years ago, I don't remember what specifically was creepy about him, but there must have been something for me to remember that.

We got our room and tried to forget the creepiness of the whole situation, but it was difficult. The faucet and shower ran muddy reddish sulfuric-smelling water whenever you first turned it on (this isn't that uncommon in Michigan, but it still didn't add to the ambience). The knobs on the TV were missing and the beds were different sizes. It wasn't as if one bed was a king and the other was a queen, they were totally different designs, as if they had been found at a yard sale earlier that day. But what was most disturbing was the door behind one of the beds. I can forgo TV and even a shower, but having Norman Bates come in and murder us during the night in the middle of Sebawaing was just too much!

Luckily, Mom and I have no shame when it comes to things like this, and

were perfectly fine with returning our key to the surprised, but still creepy, manager. The long drive back through the cornfields was still as dark and scary as it was the first time, but at least we knew where we were going --and it wasn't the Airport Motel! Thank goodness for Best Western!



SENIOR HAPPENINGS



HAPPY BIRTHDAY!August Birthdays

Bill Nelson, Karlene Englert, Juanita Fernandez, Jeanette Francis, Joseph Kiss, John Luke, Jacquie Pergola, Maury Whitaker, Pat Miranda, Phyllis Chapman, Jerry Burnett, Margaret Aroyan, Phyllis Burg, Beverly Clifton, Rosemary Morabito, Susan Poulsen, Dorothy Quentmeyer, Genevieve Stubbs, Miop Tulleners, Joy Barry, Ellie Baudino, Marcia Bent, Daryls Brechwald, Joan Spears, Ruth Torres, Jane Zamanzadeh. * To add your name to this distinguished list, please call the paper at 626.355.2737. YEAR of birth not required but you must be over 60.



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

Hawaiian & Polynesian Dance Class: Every Tuesday morning from 10a.m. to 11a.m. Join instructor Barbara Dempsey as she leads you in the art of Hula.

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

Free Blood Pressure Testing: 2nd Tuesdays of the month from 11a.m. to 12p.m. No appt. is necessary.

Brain Games - *New Activity*: Join us on Thursday July 20th, at 10:30a.m. to 11:30a.m for Scattergories. A creative thinking game by naming objects within a set of categories. Everyone is welcome, no experience needed. Great way to strengthen your brain and make new friends. Activities are facilitated by Senior Volunteers.

Free Legal Consultation: Wednesday, August 16th from 10:30a.m. to Noon. Attorney Lem Makupson is available for legal consultation. Specializing in Family Law, Wills, Trusts, Estates, and Injury. Appointments are required by calling 626-355-7394.

Senior Club: Meets every Saturday at the Hart Park House Senior Center. Brown Bag Lunch at 11:30a.m.

Chair Yoga: Mondays & Wednesdays from 11:00 to 11:45a.m. with Paul Hagen. 3rd Mondays of each month, a variety of balance exercises are practiced. All ability levels are encouraged and welcomed!

*A suggested donation of \$5 at one of the classes is requested, but is not required.

Case Management: Case Management Services are provided by the YWCA and offer assistance in a variety of areas. Appointments are required and can be scheduled by calling the Hart Park House Office at 626-355-7394.

Birthday Celebrations: Every 2nd Thursday of the month at the Hart Park House, share some free birthday cake provided by the Sierra Madre Civic Club.

Game Day: Every Thursday starting at 12:00p.m. Come join this group of Seniors in their poker game. Other games are offered to all.

Free Strength Training Class: Fridays from 12:45p.m. to 1:30p.m. with Lisa Brandley. This energetic class utilizes light weights for low impact resistance and training conditioning. All class materials are provided.



AUGUST EXCURSION

Gondola Getaway in Long Beach
Date: Friday, August 25th
Time: 9:15a.m. to 2:30p.m.
Cost: \$35.00 (Not including Lunch)

Gondola Getaway brings old world charm and a thousand year old tradition to Southern California. Authentic Venetian Gondolas gently cruise the enchanting canals and waterways of Naples Island, near the resort area of Belmont Shore in Long Beach. It's a unique way to enjoy the architecture of Naples Canals and its beautiful homes and yachts. The cruise is approximately one hour. Lunch is on your own around 2nd Street, Belmont Shore District with many dining options and shops. Level of Walking: Medium; please call the Hart Park House for reservations at 626-355-7394.

Draw from History with Kt Boyce - Free Art Class -

Monday, August 28th at 12:30p.m. – 1:30p.m. at Hart Park House
Join us as we use color pencils to learn color theory and value. Portraits of Sierra Madre's heroine are ready for you to shade and bring them back to life as we enjoy learning about their history. Kt will read the bios of Geronimo and Lucky Baldwin and a few others. Participants will reflect on their legacy, how things have changed, and others stayed the same in Sierra Madre. All art materials and supplies will be provided freely, however spaces are also limited. Reservations are required to save your spot! Please call the Hart Park House 626-355-7394.

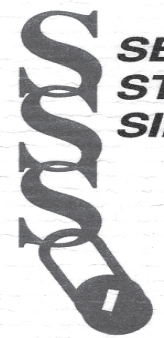
SENIOR CINEMA -

THE IRON LADY

August 16th at 1:00p.m.



Former British Prime Minister Margaret Thatcher (Meryl Streep) reflects on her life and career as she finally prepares to dispose of the belongings of her later husband. Daughter of a Grantham grocer, she successfully broke through a double-paned glass ceiling of gender and class. Thatcher became the first female prime minister of the United Kingdom and remained as such for 11 years, until declining popularity forced her to resign. Run time: 1h 45m.



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Looking Up with Bob Eklund



IN QUEST TO REACH ALPHA CENTAURI, BREAKTHROUGH STARSHOT LAUNCHES WORLD'S SMALLEST SPACECRAFT

Breakthrough Starshot, a multi-faceted program to develop and launch practical interstellar space missions, successfully flew its first spacecraft—the smallest ever launched.

On June 23, a number of prototype “Sprites”—the world’s smallest fully functional space probes, built on a single circuit board—achieved low Earth orbit, piggybacking on OHB System AG’s ‘Max Valier’ and ‘Venta’ satellites. The 3.5-by-3.5-centimeter chips weigh just four grams but contain solar panels, computers, sensors, and radios. These vehicles are the next step of a revolution in spacecraft miniaturization that can contribute to the development of centimeter- and gram-scale “StarChips” envisioned by the Breakthrough Starshot project.

The Sprite is the brainchild of Breakthrough Starshot’s Zac Manchester, whose 2011 Kickstarter campaign, “KickSat,” raised the first funds to develop the concept. The Sprites were constructed by researchers at Cornell University and transported into space as secondary payloads by the Max Valier and Venta satellites, the latter built by the Bremen-based OHB System AG, whose generous assistance made the mission possible.

The Sprites remain attached to the satellites. Communications received from the mission show the Sprite system performing as designed. The spacecraft are in radio communication with ground stations in California and New York, as well as with amateur radio enthusiasts around the world. This mission is designed to test how well the Sprites’ electronics perform in orbit, and demonstrates their novel radio communication architecture.

Breakthrough Initiatives—including most notably, Breakthrough Starshot and Breakthrough Listen—are a set of long-term astronomical programs exploring the universe, seeking scientific evidence of life beyond Earth, and encouraging public

debate from a planetary perspective.

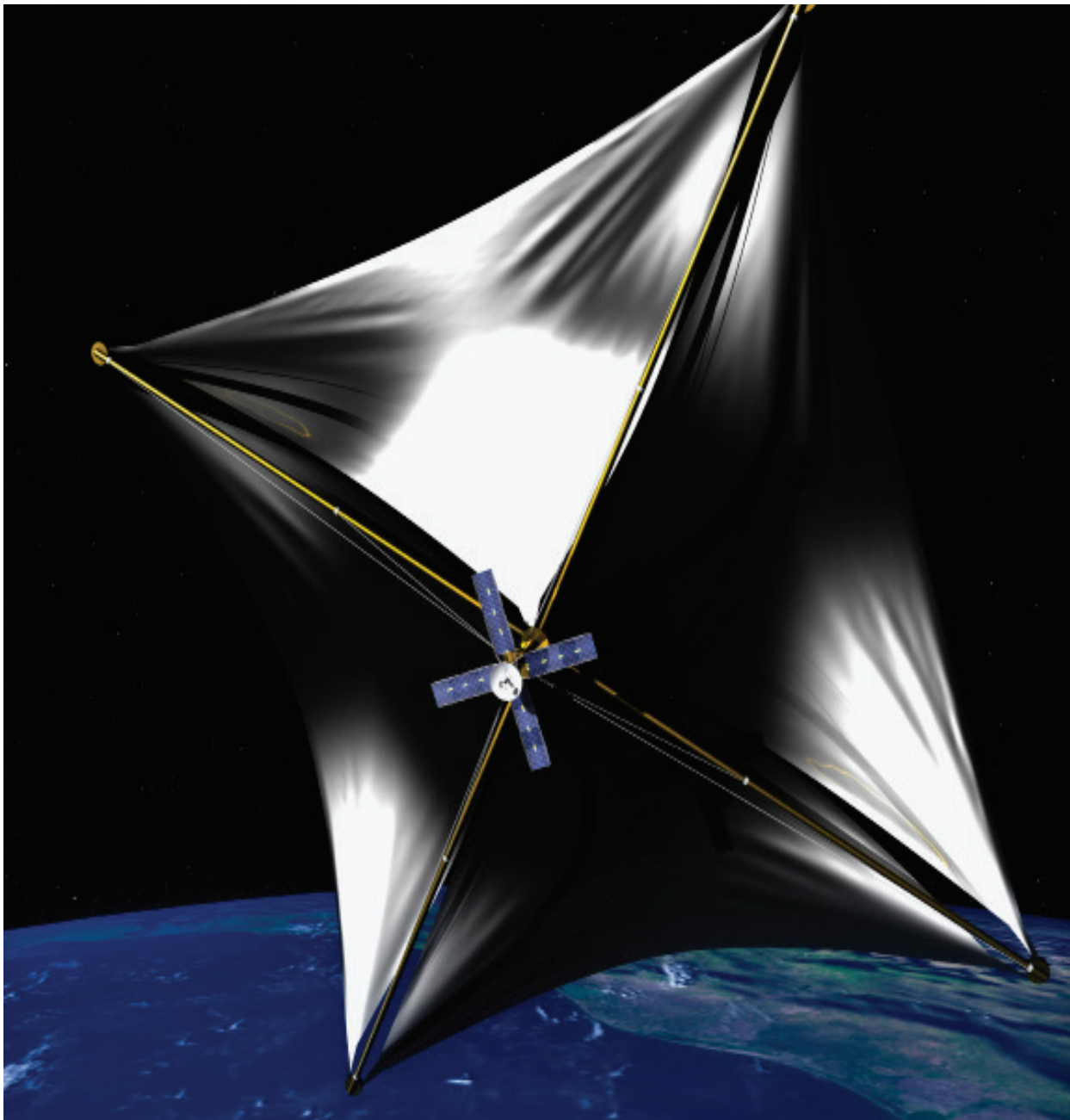
Breakthrough Starshot, announced on April 12, 2016, by Yuri Milner and Stephen Hawking, is a \$100 million research and engineering program aiming to demonstrate proof of concept for light-propelled spacecraft that could fly at 20 percent of light speed and, in just over 20 years after their launch, capture images and other measurements of the exoplanet Proxima b and other planets in our nearest star system, Alpha Centauri.

The Starshot concept envisions launching a “mothership” carrying about a thousand tiny spacecraft (on the scale of centimeters) to a high-altitude orbit and then deploying them. A phased array of ground-based lasers would then focus a light beam on the crafts’ solar sails to accelerate them one by one to the target speed within 10 minutes, with an average acceleration on the order of 100 km/s², and an illumination energy on the order of 1 TJ delivered to each sail, estimated to have a surface area of 4 m × 4 m.

If an Earth-size planet is orbiting within the Alpha Centauri system habitable zones, Breakthrough Starshot will try to aim its spacecraft within 1 astronomical unit (93 million miles) of it. From this distance, a craft’s cameras could potentially capture an image of high enough quality to resolve surface features.

The fleet would have about 1000 spacecraft, and each one would be a very small centimeter-sized vehicle weighing a few grams. They would be propelled by a square-kilometer array of 10 kW ground-based lasers with a combined output of up to 100 GW. Each spacecraft would transmit data back to Earth using a compact on-board laser communications system using its solar sail as an antenna and the propulsion array as the receiver.

You can contact Bob Eklund at: beklund@MtnViewsNews.com.



CHRISTOPHER Nyerges
A TALK AT THE ROTARY CLUB

[Nyerges is the author of many books including “Extreme Simplicity: Homesteading in the City” and “How to Survive Anywhere.” He also leads outdoor

expeditions. For more information, he can be reached at www.SchoolofSelf-Reliance.com, or Box 41834, Eagle Rock, CA 90041].

Last Tuesday, I gave an early-morning lecture to the Sierra Madre Rotary club, one of the city’s service organization. Just to get to the meeting required hardiness and orienteering skills, since I had to arrive at 7 a.m. (that’s way earlier than I usually get up) and then I had to search for a nearly-hidden small room in Sierra Madre Park. But I found the place, and was greeted by the friendly members, including the excellent chef Mario who created a top-notch omelette for me as I watched and gave directions. I was thinking, the omelette alone is a good reason to be a Rotarian.

My presentation revolved around the topics that I have been teaching all my life – ethnobotany, native uses of plants, and some of the ways that past civilizations utilized the natural flora to provide not only food, but medicine, fire, even clothing and cordage.

I brought many of the seasonal wild plants to show the assembled members, such as native wild cherries which were in season. These are thin-fleshed fruit which are tasty, though the leaves are toxic.

We also saw some of the most nutritious plants in the world, according to the USDA: lambs quarter, curly dock, and dandelion. These are all despised by farmers because they are invasive weeds, but each is highly nutritious. Lambs quarter – a relative of the popular quinoa – has edible leaves and seeds and eating it is like taking a mineral tablet. Curly dock is the highest source of vitamin A, and dandelion is the highest source of beta-carotene.

The members also got to see the remarkable yucca leaves, and see sandals, rope, and brushes that were made from this desert plant.

I also shared some of my thoughts about some of the past civilizations of North America, such as the Cahokia (they had the largest pyramid north of Mexico City, in present day Illinois), the Adena, and the Anasazi. I shared some ideas about what caused the demise of the



vast Anasazi empire, and wondered if our civilization could one day suffer a similar fate. In fact, recognizing the non-sustainability of many of the our current social practices is why I got interested in ethno-botany and survival in the first place.

Through osmosis, I also learned a lot about the Rotary Club by being there. For one, they are great fund-raisers for the club, and a can was constantly being passed around with many dollar bills going into it. I also learned that Rotarians will drop everything at a moment’s notice and help people in need, even people in a distant country.

At the meeting, they all pledged allegiance to the flag, they sang songs, and they eagerly shared some of their personal business enterprises. Oh, and did I mention Mario who makes an incredible omelette? At the end of the meeting, they all recited the Rotarian Code for analysis of activities and events: Is it the truth? Is it fair to all concerned? Will it build goodwill and better friendship? Will it be beneficial to all concerned? What a great code! It’s too bad that everyone doesn’t live by the Code of the Rotary Club.

I realized as I left and walked over the Bean Town for another cup of coffee, that Sierra Madre is a really great town. I got to see some of my favorite people on my walk. Steve Hardy, Sierra Madre’s resident artist, greeted me as he looked up from another art work. And Chris Leclerc, Sierra Madre’s famous dog walker and canine columnist, let me pet her beautiful little puppy she was walking.

Sierra Madre is a great town, and everyone can feel good to be a part of it. Get to know your neighbors and volunteer in activities that help the community.

OUT TO PASTOR

A Weekly Religion Column by Rev. James Snyder



CELEBRATION HAS BECOME A WAY OF LIFE FOR ME

I have just celebrated my birthday, my wife’s birthday and our wedding anniversary. I am not sure how old I am or how long we have been married and I won’t even go to my wife’s age. I’m old enough to know better.

I have long past the idea of candles on my birthday cake representing one candle per year. The fire department will not give us a permit to do that.

Someone asked me how long we have been married and without even thinking, I said, “Forever.” Once that word danced out of my lips I knew I was in trouble with the Gracious Mistress of the Parsonage. One look from her, and I knew that my forever had ended.

All seriousness aside, celebrations are wonderful opportunities, at least from my point of view, to gorge myself with cake. After all, if it is my birthday or anniversary or my wife’s birthday, I should be respectful enough to eat the cake presented.

At my age, I’m not too concerned about eating healthy. That’s why I love the holidays.

Between holidays, my wife insists on eating healthy. I cannot even name all of the vegetables that appear on our table at suppertime. I think they are vegetables, my wife says they are vegetables, but I am not so sure about it. My wife believes that if it is green and leafy it must be a vegetable.

I, on the other hand, with a fork in each hand, have had enough vegetables I want to get to the celebratory cake. After all, what is the sense in celebrating a birthday or an anniversary if you cannot eat the cake presented? Especially if it is my birthday.

I will give my wife the latitude to put vegetables, so-called, on our dinner table between our celebrations. The problem is, my birthday, her birthday and our anniversary are within three weeks of each other. That means, there are 49 weeks that I have to put up with vegetables.

Therefore, I am a great one when it comes to celebrating something. Anything. I am so glad that our culture is assisting me in this. It has come to the point where there is a celebration for every day of the year. I do not care what I’m celebrating, as long as cake is involved, I’m right there. After all, I certainly don’t want to offend anybody.

In my carefulness to not offend anybody in this regard, I have on occasion offended my wife. She is a vegetableaholic if ever there was one. She even eats vegetables as a snack. Once at a church fellowship, she brought in a huge plate of raw vegetables, insinuating it was a snack tray.

Recently, I was sitting in my lazy-boy chair, drinking a nice hot cup of coffee and reflecting on the important issues of life. I cannot tell you how many problems in this world I have solved if only somebody would listen to me.

However, in my muse a wonderful thought embraced several grey cells. What if, and I don’t have any legitimate documentation on this, when we get to heaven, it is a celebration every day with cake only an angel could bake? And what if, every day it was somebody’s birthday and we needed to celebrate it? That certainly would make heaven for me.

Further, in my muse, what if there were no vegetables whatsoever to be found at the Marriage Supper of the Lamb? That too would make heaven, heaven for me. What if all we had at that table was cake, pie, ice cream and soda pop? Wouldn’t that just be divine?

I think most people, particularly my wife, take this matter of eating healthy too seriously. I think when a person eats it should be an enjoyable experience and not a ragged old duty.

I wonder what kind of soda pop they will have in heaven? I’m sure it will not be a diet soda. Why would we be dieting in heaven?

What if, and again, I am speculating, everyone in heaven is fat? Everyone is fat, eating, laughing and enjoying themselves. Wouldn’t that be a shock to some people? I’m not saying it is, but who’s to say it isn’t? A person can dream, can’t they?

That certainly would be something worth celebrating.

In the midst of all this musing, my wife happened to walk in and said, “What in the world are you smiling at?”

I confess it caught me a little off guard. I looked at her, still smiling and said, “I was thinking about heaven and the great time we are going to have celebrating up there.”

I did not give her any particulars, because it was my dream. All she said was, “I think it’ll be a wonderful time up there celebrating.”

Her idea of celebrating may not be exactly my idea of celebrating, but then why get caught up in particulars. Her celebration may be different from my celebration, but if both of us are happy in that celebrating atmosphere, what’s the harm?

I couldn’t help but think of what Jesus once said to his disciples. “I am the living bread which came down from heaven: if any man eat of this bread, he shall live for ever: and the bread that I will give is my flesh, which I will give for the life of the world” (John 6:51).

The best celebration that I know of is feasting upon that “living bread” which is none other than Jesus Christ.

Dr. James L. Snyder is pastor of the Family of God Fellowship, 1471 Pine Road, Ocala, FL 34472. He lives with his wife in Silver Springs Shores. Call him at 352-687-4240 or e-mail jamesnyder2@att.net. The church web site is www.whatafellowship.com.

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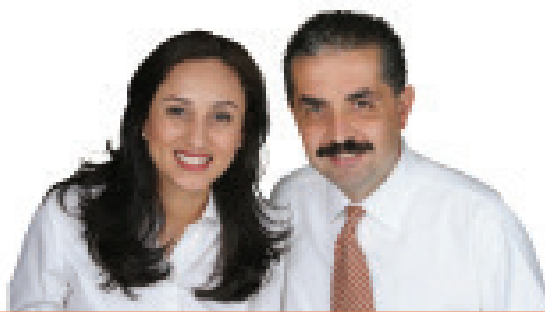
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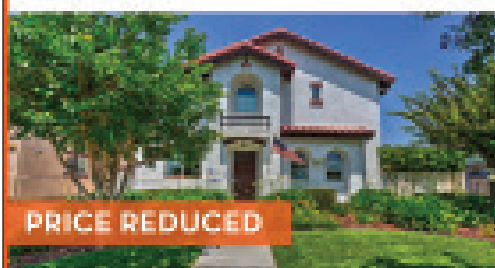
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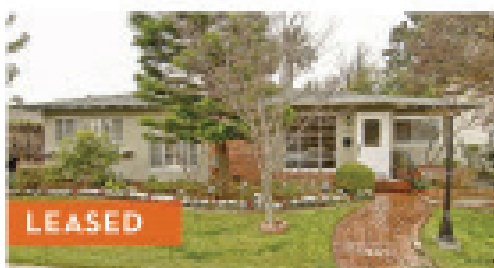
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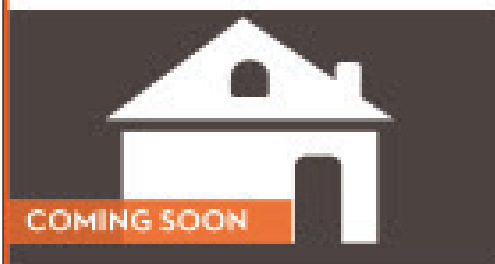
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This Week in Sierra Madre

the median list price is \$1,206,444

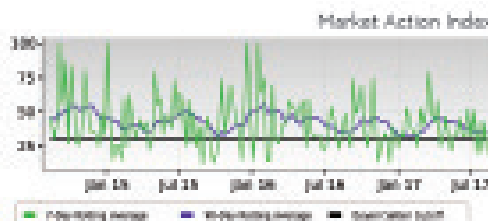
With inventory trending up but days-on-market trending down and the Market Action Index essentially flat recently, conditions do not seem to have strong up or down pull.

Supply and Demand

In the last few weeks the market has achieved a relative status point in terms of sales to inventory. However, inventory is sufficiently low to keep as in the Seller's Market zone so watch changes in the MAI. If the market heats up, prices are likely to resume an upward climb.

Real-Time Market Profile

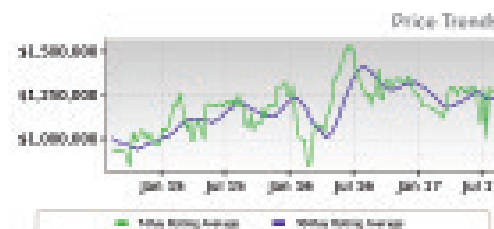
		Trend
Median List Price	\$1,206,444	↔
Asking Price Per Square Foot	\$254	↓
Average Days on Market (DOM)	91	↓
% with Price Decrease	15%	
% Reduced Prices DOM	28%	
% Flat Prices Increased	7%	
Median House Size (sq. ft.)	1054	
Median Lot Size	4000-10000 sq. ft.	
Median # of Bedrooms	3.0	
Median # of Bathrooms	2.0	
Market Action Index - Seller's Advantage	3.65	↔



The Market Action Index answers the question "How's the Market?" by measuring the current rate of sale versus the amount of the inventory. Index above 50 implies Seller's Market conditions. Below 50, conditions favor the buyer.

Price

The market seems to have paused around this plateau. The Market Action Index is a good leading indicator for the durability of this trend.



Quartiles

Characteristics per Quartile

Investigate the market in quartiles, where each quartile is 25% of homes.

Quartile	Median \$	Sq. Ft.	Lot Size	Bed	Bath	Age	Inventory	New	Absorbed	DOM
First	\$450,000	1,400	4500 sq. ft.	40	40	50	7	0	0	146
Second	\$600,000	1,600	10,000-20,000 sq. ft.	50	5.5	11	7	1	0	113
Third	\$995,000	1,800	10,000-20,000 sq. ft.	50	20	10	7	1	0	76
Fourth	\$2,000,000	1,000	20,000-30,000 sq. ft.	60	10	80	7	1	1	90

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SECTION B

AROUND SAN GABRIEL VALLEY

SANTA ANITA MAIN TRACK SET TO RE-OPEN FOR TRAINING SEPT. 3, AS HORSES PREPARE FOR 2017 AUTUMN MEET OPENER ON SEPT. 29

Stable area to begin welcoming horses on Sept. 1, Santa Anita's popular breakfast venue, Clockers' Corner, open for business Sept. 2

ARCADIA, Calif. (Aug. 21, 2017)—Santa Anita Park's stable area, closed for routine maintenance since mid-July, will re-open for business on Sept. 1, while Santa Anita's training track and main track will re-open for training on Sept. 2 & 3 respectively, roughly one month in front of opening day for the track's 19-day Autumn Meet on Friday, Sept. 29.

Santa Anita's popular breakfast destination, Clockers' Corner, located at the top of the stretch, will be open to both horsemen and the public beginning Saturday, Sept. 2, from 5 a.m. to 10 a.m., seven days a week.

In addition to the stable area, Santa Anita's sandy loam main track has also undergone maintenance over the summer, as soil has been removed, applied, and gradients have been addressed and verified. Santa Anita's Bandera

Bermuda turf course, newly installed in June and July of 2016, has been reinvigorated through a variety of means, with a large area, from the quarter pole to the Club House turn, completely re-sodded with brand new turf.

With the opening day Grade III Eddie D. Stakes serving as a prep for the Breeders' Cup Turf Sprint at Del Mar Nov. 4, Santa Anita will present five Grade I, Breeders' Cup "Win and You're In" stakes on Breeders' Cup Challenge Day, Saturday, Sept. 30. One additional "Win and You're In" stakes, the Grade I Santa Anita Sprint Championship, will be run on the second Saturday of the meet, Oct. 7.

First post time on opening day, Sept. 29, will be at 1 p.m., while first post on weekends will be at 12:30 p.m. For more information on Santa Anita's 2017 Autumn Meet, please visit santaanita.com, or call (626) 574-RACE.

PORTANTINO, LEYVA & RODRIGUEZ REQUEST FUNDS FOR GOLD LINE FOOTHILL EXTENSION FROM CAP AND TRADE GREENHOUSE GAS REDUCTION FUNDS

Sacramento, CA – State Senator Anthony J. Portantino (D – La Cañada Flintridge), along with State Senator Connie M. Leyva and Assemblymember Freddie Rodriguez, jointly sent a letter requesting that \$280 million of the Cap and Trade Greenhouse Gas Reduction Funds (GGRF) be allocated for the Gold Line Foothill Extension project. The funds would aid the Metro Gold Line Foothill Extension Construction Authority's efforts to bring the light rail project to the San Bernardino County community of Montclair.

The letter was sent from the three legislators to Senator Bob Wieckowski, Chair of Senate Budget Subcommittee 2 and Chair of the Senate Environmental Quality Committee, Senator Holly J. Mitchell, Chair of the Committee on Budget and Fiscal Review, and Senate President Pro Tem Kevin de León. The letter also requests that the issue be agendaized for public input on the Subcommittee 2's Hearing Agenda, and that the Construction Authority be allowed to testify.

"The Gold Line continues to be one of the most important light rail projects in California, creating

green travel for commuters and casual passengers and significant economic development to the San Gabriel Valley. I was pleased to be one of its biggest supporters while in the Assembly and I am continuing to make it a priority. I know that my colleagues feel the same way about it and I am very happy to join them in this joint letter," commented Portantino.

The Gold Line Foothill Extension project will increase public transportation from Los Angeles County to San Bernardino County. One of the most cost-effective ways to reduce greenhouse gas emissions is by taking cars off the road and providing viable alternatives. This project will decrease these emissions by increasing transit ridership while reducing the number of independent vehicles on the road. Additionally, this project will alleviate traffic congestion between two counties and offer disadvantaged communities another transportation resource. The cities that would benefit with a station platform are Glendora, San Dimas, La Verne, Pomona, Claremont, and Montclair.

CHP PRESENTATION AND MUCH MORE AT MONROVIA ARCADIA DUARTE TOWN COUNCIL MEETING

By Joan Schmidt

The August Town Council Meeting gave so much good information that I couldn't write fast enough! County residents who don't attend are making a big mistake.

The Guest Speaker was Tina Cherry, Director of Public Services for the City of Monrovia. She began thanking the Council for the opportunity to speak and the partnership between our Communities. The City is beginning Phase 2 of their improvements to roads, sidewalks and sewers in south Monrovia. She explained that the Old Depot will have an upscale restaurant—they are already building a platform to include outdoor dining. The \$3 fee is Metro, not the City. City Manager Oliver Chi explained that Monrovia is a city with free parking and they were not happy over the parking fee at Station Square. We learned the Monrovia Station has 90% parking full—the most of any cities. There also was mention of a Marriott Suite Hotel in the future on the northwest corner of Huntington Drive and Myrtle Ave.

CHP Officer Rodrigo Dominguez had a power point presentation for us. It showed the extensive area served by the Baldwin Park office. A chart revealed over 16,000 traffic collisions occurred since July 2015 and broke them into categories such as "hit and run," "reckless driving" and "fatalities." Officer Jimenez revealed their

CHP works with four Sheriff's Stations and 14 police agencies! We were told to call their number (626) 338-1164 for assistance.

Debra Mendelsohn, Senior Field Deputy for Supervisor Barger mentioned a motion sponsored by Supervisors Barger and Hahn to establish a "Blue Ribbon Commission on Public Safety," which passed. She talked about SEPTEMBER 13, Monrovia-Arcadia-Duarte Day at the Fair. Tickets can be purchased at a reduced rate with coupons available at all libraries. Ms. Mendelsohn also said the owners of the Mobile Home Park on Live Oak Avenue are trying to sell it. Their proposed project fell through. The site is empty, has transients living there and neighbors complain of trash.

Arcadia PD's Mike Vercillo came and had so many flyers with tips on safety. Again, residents who attend the Council Meetings would have access to these.

Deputy April Nelsen spoke of the latest crime trends and second story burglaries and robbers going through doggy doors.

Pamela Park's Sam Estrada talked of a successful summer camp, and Parks After Dark. Thanks to the Life Church for backpacks for the kids and the Probation Office and State for funding for After School Programs and Field Trips!

See you in September!

COUNTY EXPANDS EFFORTS TO HELP FOSTER YOUTH ACHIEVE THEIR GOALS AS ADULTS WITH SELF SUFFICIENCY PROGRAM

LOS ANGELES COUNTY —The Board of Supervisors unanimously approved a motion by Supervisors Kathryn Barger and Hilda L. Solis which seeks to organize and enhance efforts by county departments and community partners to help foster youth transition to successful adulthood.

"Today's Board motion asks the county to refine and focus the collective initiatives to ensure we are providing comprehensive programs and services to those vulnerable young people for whom the county has become their de facto parent," said Supervisor Barger. "Starting at the earliest age possible, we must help foster youth achieve four foundational goals of educational attainment, stable employment, permanent housing, and emotional and social connections for well-being."

"Foster youth are among our most vulnerable young people in society. To the extent that they have unique challenges, this population deserves our time, attention and enhanced competency toward serving them," said Supervisor Solis. "Our foster children are our county's kids and I am committed to seeing that responsibility through with this motion."

Under the direction of the Chief Executive Office and the Office of Child Protection, the County will examine the existing system of care, and collaborate with community organizations and partners who are experts in the fields of housing, employment, education and health to identify the gaps and shortfalls in services, potential bureaucratic hurdles, existing successful initiatives, and promising pilot programs.

NEWCOMERS AND FRIENDS OF SAN GABRIEL VALLEY INVITES LOCAL RESIDENTS TO SEPTEMBER EVENTS

August 22, 2017 – Arcadia and Pasadena, California. Are you interested in meeting new people, making new friends, exploring well-known landmarks, and enjoying new activities? Newcomers and Friends of San Gabriel Valley, a social club, invites local residents to attend their September meeting.

On September 6, at 10:00 am, Newcomers and Friends of SGV's "meet-and-greet" coffee will be held at the Fireside Room, Santa Anita Church, 226 West Colorado Blvd., in Arcadia. This general meeting is a great way to meet the members of Newcomers and Friends and learn about the

club's wide variety of daytime, weekday, fun activities. Anyone interested in joining is welcome to attend.

Additional Newcomers and Friends' mostly-daytime weekday activities include a Book Club, Bridge, Crafters, Games (Bunco, Rummikub, etc.), Hiking, Happy Hour, Day Trips, Lunch Bunch, Mah Jongg, Movies, Golf, and Wine Tasting.

To learn more about Newcomers and Friends of San Gabriel Valley, contact them via email at sgvnewcomers@gmail.com or visit them online at <http://www.sgvnewcomers.com>



CALLING ALL NEIGHBORHOODS OF
PASADENA, ALTADENA & SIERRA MADRE!

LET'S MAKE A DIFFERENCE TOGETHER!

Monday | Sept. 18th | 5:30-8pm

La Casita del Arroyo | 177 S. Arroyo Blvd. | Pasadena

Celebrating & Bridging Our Communities

Collaborate PASadena, together with numerous neighborhood associations & watches are getting together to learn from one another!

Come share the story of your neighborhood's strengths and challenges. Learn from one another's experiences, and from some specialists, about how we can make our neighborhoods caring, safe, and fun places to live!

Enjoy GAMES, FOOD, PRIZES, and lots of HELPFUL information!

Space is limited, so reserve your seat at the table today!

Info & RSVP: (626) 714-7670 / elizabeth@collpas.org

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ACONA, City Council District 2, Craftsman Heights NA, Garfield Heights NA, Harkness Neighbors, New Abbey Church, No Future Cafe, Orange Heights NA, Pasadena Foursquare Church, Pasadena Police Dept., Room 13, Sierra Madre Police Dept., Senator Anthony Portantino

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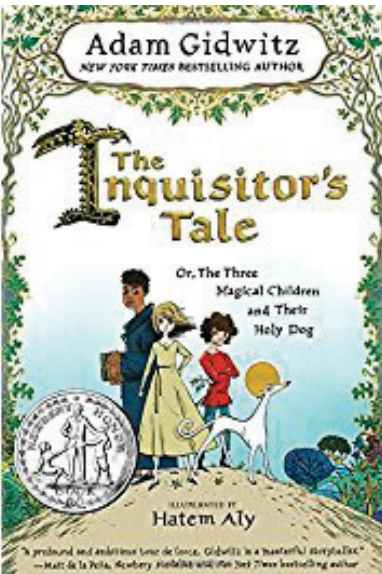
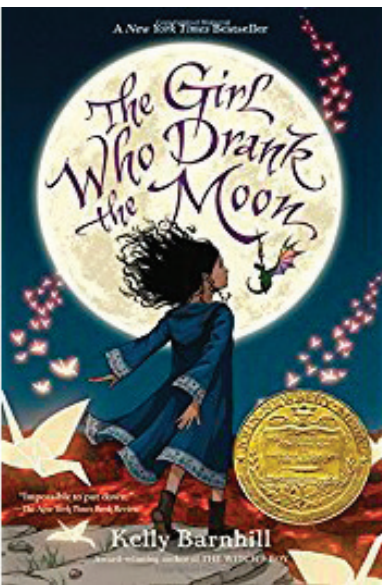


CalBRE #01943630

Jeff's Book Pics

By Jeff Brown

The Girl Who Drank the Moon by Kelly Barnhill
Winner of the 2017 Newbery Medal & An Entertainment Weekly Best Middle Grade Book of 2016. Every year, the people of the Protectorate leave a baby as an offering to the witch who lives in the forest. They hope this sacrifice will keep her from terrorizing their town. But the witch in the Forest, Xan, is kind. She shares her home with a wise Swamp Monster and a Perfectly Tiny Dragon. Xan rescues the children and delivers them to welcoming families on the other side of the forest, nourishing the babies with starlight on the journey. One year, Xan accidentally feeds a baby moonlight instead of starlight, filling the ordinary child with extraordinary magic. Xan decides she must raise this girl, whom she calls Luna, as her own. As Luna's thirteenth birthday approaches, her magic begins to emerge--with dangerous consequences. Meanwhile, a young man from the Protectorate is determined to free his people by killing the witch. Deadly birds with uncertain intentions flock nearby. A volcano, quiet for centuries, rumbles just beneath the earth's surface. And the woman with the Tiger's heart is on the prowl...



The Inquisitor's Tale: Or, The Three Magical Children and Their Holy Dog by Adam Gidwitz (Author), Hatem Aly (Illustrator)
A 2017 Newbery Honor Book & Winner of the Sydney Taylor Book Award. An exciting and

hilarious medieval adventure from the bestselling author of A Tale Dark and Grimm. Beautifully illustrated throughout! "A profound and ambitious tour de force. Gidwitz is a masterful storyteller." —Matt de la Peña, Newbery Medalist and New York Times bestselling author .1242. On a dark night, travelers from across France cross paths at an inn and begin to tell stories of three children. Their adventures take them on a chase through France; they are taken captive by knights, sit alongside a king, and save the land from a farting dragon. On the run to escape prejudice and persecution and save precious and holy texts from being burned, their quest drives them forward to a final showdown at Mont Saint-Michel, where all will come to question if these children can perform the miracles of saints. Join William, an oblate on a mission from his monastery; Jacob, a Jewish boy who has fled his burning village; and Jeanne, a peasant girl who hides her prophetic visions. They are accompanied by Jeanne's loyal greyhound, Gwenforte... recently brought back from the dead. Told in multiple voices, in a style reminiscent of The Canterbury Tales, our narrator collects their stories and the saga of these three unlikely allies begins to come together.

Featuring manuscript illuminations throughout by illustrator Hatem Aly and filled with Adam's trademark style and humor, The Inquisitor's Tale is bold storytelling that's richly researched and adventure-packed.

All Things

By Jeff Brown

This List Of Some Beautiful Things That Happened In 2016!
Scientists figured out how to link robotic limbs with the part of the brain that deals with intent to move so people don't have to think about how they will move the limb, it can just happen.
Child mortality is down everywhere and it keeps going down.
A solar powered plane circumnavigated the world.
Michael Jordan donated 2mil to try and help bridge connection between police and the community.
Tiger numbers are growing. And manatees, And pandas
Pakistan has made strides toward outlawing honor killings.
70,000 Muslim clerics declared a fatwa against ISIS.
California is now powering over 6 million homes with solar power, a record in the U.S.
Volunteers in India planted 50 million trees in 24 hours.
Apparently world crime as a whole has drastically declined as a whole in the last couple of decades.

500 elephants were relocated to a better, safer and bigger home.
The ozone layer is repairing itself and all the work we did to get rid of those aerosol chemicals was actually worth it.
A new therapy developed in Israel could cure radiation sickness.
The Anglican church resolved to solemnize same-sex unions the same as opposite-sex unions
Death by heart disease has decreased by 70% in the United States
Two brothers saw color for the first time thanks to specially-designed glasses
Portugal ran its entire nation solely on renewable energy for four days straight
A retiree is launching a project to transport 80 endangered rhinos to an Australian reservation to save the animals from poaching
An Afghan teacher has been delivering books via bicycle to villages that lack schools
Harriet Tubman is going to replace Andrew Jackson on the \$20 bill.

FAMILY MATTERS

By Marc Garlett



WHAT TO DO AFTER THE DEATH OF A SPOUSE OR PARENT

When a spouse or elderly parent passes away, taking care of "the estate" will probably be the last thing on your mind. And while it's necessary to give yourself ample time to process the loss of your partner or parent, it's also imperative you talk with your estate planning attorney sooner rather than later — or you might find yourself facing some unpleasant consequences. There are many immediate tasks at hand after the loss of your loved one such as notifying their friends, family, and colleagues, making funeral arrangements, and managing all the accompanying grief that arises.

It's dangerous to take estate-related matters into your own hands

This is often too difficult a time to pay close attention to all the paperwork and legal details which need to be attended to. Surviving spouses or adult children may have the urge to settle outstanding issues themselves, but small mistakes made during these exhausting times can come back to cause serious problems down the road.

Here are a couple of the most common consequences caused by the improper handling of your loved ones' estates:

Acting slightly out of accordance with the law — even by mistake — can make you vulnerable to the appearance of having conducted criminal behavior.

Performing your duties as an executor incorrectly could put your own personal estate and assets at risk.

Estate planning attorneys remove the guesswork for you

That's why it's a crucial time to lean on the support of a good estate planning attorney. It's your attorney's

job to use his or her extensive training and experience to make sure your family's estate is well cared for. Your attorney should be ready, willing, and able to carry the burden for you and take the initiative to ensure the smooth transition of all wealth and resources.

Here are the essential basics your attorney will cover, along with time-sensitive developments that could affect your administration of the estate:

1. Tying up loose ends with licenses, addresses, and accounts

This includes notifying the post office, IRS, and social security office as well as handling his or her email and social media accounts. It's also a good idea to contact his or her employer about benefits and pensions. A good estate planning attorney is instrumental in helping you handle this process and working with you to take stock of outstanding credit and debts - and you may not necessarily want to pay any debts until you've had a chance to consult with your attorney.

2. Learning your exact role in your spouse's or parent's estate plan

Once you formally meet with an attorney to begin the process of executing the directives and transfers delineated in your loved one's estate, they must go over the wills and trusts contained within it and clarify your specific legal and fiduciary role in carrying out his or her wishes. Your attorney will also assess the need for probate and if needed begin that judicial process at the appropriate time.

3. Beginning any necessary collaboration with other pertinent advisors

If your loved one worked with other professionals like a tax or financial planner, the attorney should get in touch with them to make sure the whole advisory team remains on the same page throughout the process.

The period immediately following the loss of a family member is one of the most difficult challenges life puts in our paths. Concern yourself with the personal aspects of grieving and healing, and know that you aren't alone when it comes to the complicated and often confusing task of sorting out his or her estate — far from it. Contact us or another qualified estate planning attorney right away to get help handling the legal and financial needs of the moment.

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

MARC

A local attorney and father, Marc Garlett is on a mission to help parents protect what they love most. His office is located at 49 S. Baldwin Ave., Ste. G, Sierra Madre, CA 91024. Schedule an appointment to sit down and talk about ensuring a legacy of love and financial security for your family by calling 626.587.3058 or visit www.GarlettLaw.com for more information.

BUSINESS TODAY

The latest on Business News, Trends and Techniques

By La Quetta M. Shamblee, MBA

WELL-ROUNDED MANAGEMENT OR A BALANCED MANAGEMENT

For sole proprietorships and small businesses to survive and thrive, it is imperative to develop and establish solid management skills and systems. A successful management approach involves multitasking and the constant juggling of multiple priorities related to key areas of the business. A strong foundation for management in the areas of administration, operations and personnel will greatly increase the likelihood for success and profitability. The administrative aspects of management will have the most profound impact on the entire business since this component deals with decisions that can only be made at the top, by the owner(s) or top-level executives. Employees should be able to count on having the resources readily available to do the jobs they were hired to do; this is one of the primary functions of business administration. This includes all of the "systems" needed to support the work of everyone in the company (i.e. adequate and appropriate office space, computer equipment, printers and/or copiers with readily-available supplies and if applicable, timely reimbursement for out-of-pocket expenses like mileage for a field sales rep). The operational aspects of management will dictate how smoothly the day-to-day and ongoing workflow is executed. Written guidelines should be developed for

every business process that is likely to be repeated on an ongoing or interim basis (i.e. ringing up a sale, weekly social media postings/promotions, ordering and stocking inventory, opening/closing the store). By developing and following standard guidelines, policies and procedures, you will be able to establish consistency to help your business achieve and maintain a reputation for quality. This will also make it easier and quicker to train new staff as your business evolves.

The personnel aspects of management are often easier said than actually executed. Labor laws at the federal, state and regional levels dictate guidelines for many aspects of employer-employee responsibilities. In addition to legal considerations regarding different classifications of personnel (i.e. exempt "salaried", non-exempt "hourly" and independent contractors "non-employees who work under a contract"), the ultimate success of management and the business rests upon the shoulder of the individuals who actually carry out the work.


Management talent can make or break a business, particularly in key areas that serve as pillars to support the business as a whole. The better the management, the greater likelihood that a business will make progress, succeed and prosper.

Sierra Madre Playhouse Presents

THE MARVELOUS
Wonderettes




Written & Created by Roger Bean
Musical Arrangements by Brian William Baker
Orchestrations by Michael Borth
Vocal Arrangements by Roger Bean & Brian William Baker
Directed by Robert Marra
Music Directed by Sean Paxton

Secret Love - You Don't Own Me - Wedding Bell Blues - Stupid Cupid - Rescue Me - It's in his Kiss - Son of a Preacher Man - Hold Me, Thrill Me - It's in his Kiss - Rescue Me - Stupid Cupid






July 14 - August 27, 2017
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PUBLISHER/ EDITOR
Susan Henderson

PASADENA CITY
EDITOR
Dean Lee

EAST VALLEY EDITOR
Joan Schmidt

BUSINESS EDITOR
LaQuetta Shamblee

PRODUCTION
Richard Garcia

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

WEBMASTER
John Avery

DISTRIBUTION
Kevin Barry

CONTRIBUTORS

Chris Leclerc
Bob Eklund
Howard Hays
Paul Carpenter
Kim Clymer-Kelley
Christopher Nyerges
Peter Dills
Rich Johnson
Merri Jill Finstrom
Rev. James Snyder
Dr. Tina Paul
Katie Hopkins
Deanne Davis
Despina Arouzman
Renee Quenell
Marc Garlett
Keely Toten

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Letters to the editor and correspondence should be sent to:

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

Phone: 626-355-2737
Fax: 626-609-3285
email:

mtnviewsnews@aol.com

Mountain Views News
Mission Statement

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

TOM PURCELL



VIGILS WELCOME: LET US PRAY

In the wake of the tragic events in Charlottesville, Va. - in response to the anger, violence and loss of life - many communities across the country are leading prayer vigils. I think that is a grand idea.

I'm no theologian or philosopher, but at the age of 55, one thing has become evident. There is good in this world and there is evil - there is love and there is hate - and with every decision we make every moment of every day, we are moving toward one and away from the other.

Greek philosophers had names for what is good. They believed that prudence, temperance, courage and justice were virtues that all people longed for and should strive to master. By mastering these virtues, we are better able to do good works.

And while we're striving for good, we need to fight the bad: excessive pride, envy, gluttony, lust, anger, greed and sloth. These are known as the Seven Deadly Sins.

To be sure, this world is a battleground between good and evil, love and hate. That battle rages in every human heart. We saw hatefulness and violence rear its ugly head in Charlottesville, and we must denounce it forcefully.

And we must also pray.

Prayer, according to Dictionary.com, is a "petition or entreaty." It is a conscious attempt to embrace good and root out evil by asking God to give us the grace to do so.

To me, prayer is like tuning a radio. It is a deliberate, conscious effort to hear and understand with greater clarity what good and truth and beauty are, and then, hopefully, align ourselves and our actions with them. Hopefully, with prayer, we become more understanding, forgiving, loving and peaceful.

Some may think the concept of prayer is silly - that reaching out to a higher power to get closer to truth is silly. But you know in your own heart that it makes sense - that we all long to be more virtuous in our deeds.

Would you really enjoy a movie in which the star is a coward who runs off when the pressure gets tough? Would you root for a character motivated by hatred, or for one who risks everything for love? We are always moved by the hero who risks his or her life to achieve a greater good. We always root for the hero who is willing to die because of the power of love and good and right, not hate.

The trouble is, even the most virtuous among us struggle to do good all the time, which is why we must pray.

I'm not very skilled at praying - I certainly struggle to embrace the virtues taught to me by my Catholic faith - but I pray for the grace to become more kind, giving and understanding.

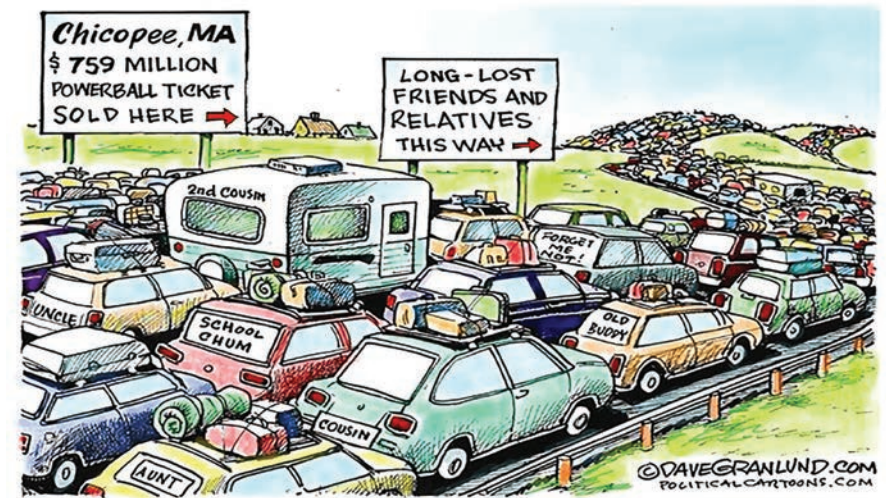
I pray that those in my country whose hearts are filled with anger and hate will be given the grace they need to overcome these emotions.

I pray that our growing polarization and lack of civility in our politics give way to peaceful, constructive discussion and unity, so we may address the many other real challenges we are up against. Multiple scientific studies confirm that people who pray recover more quickly from health issues than those who do not. Studies show also that people who have others praying on their behalf heal more quickly than those who do not.

Hopefully, the many prayer vigils taking place around the country will give all of us greater grace to become more virtuous - to become more understanding, forgiving, loving and peaceful.

Let us pray.

--
Tom Purcell, author of "Misadventures of a 1970's Childhood" and "Wicked Is the Whiskey," a Sean McClanahan mystery novel, both available at Amazon.com, is a Pittsburgh Tribune-Review humor columnist.



LEFT TURN/RIGHT TURN/CENTER

JOHN L. MICEK



TWO TRUMP POLICIES AT ODDS WITH ONE ANOTHER

It's already pretty clear that, in the Trump White House, the left hand often doesn't know what the right hand is doing. Now we have definitive proof that the right hand doesn't even know what it's doing.

Days after announcing an escalation of the American military prison in Afghanistan, President Donald Trump wants to prepare for that build-up by firing some 12,800 of them, as he finally turns his heinously cruel Tweets about bouncing transgender service-members into an actual policy.

Because wouldn't you thin out the ranks of your company for no good reason at all just as you were about to embark on a major project that could affect you and your long-term security for years to come?

No, of course not. But that's the logic at work in Trumplandia.

According to NPR, transgender service-members "would be subject to removal at Defense Secretary James Mattis' discretion - and the service would bar transgender people from enlisting, under new White House guidelines for the Pentagon."

NPR reporter Tom Bowman confirmed "rough details" of the policy after the noted leftists at The Wall Street Journal went public with the White House's plan for the Pentagon.

Gay and lesbian service-members have been able to serve openly in the U.S. military since 2011. In 2016, then-Defense Secretary Ash Carter extended that to transgender service members.

Trump abruptly changed course last month via a series of Tweets. "After consultation with my Generals and military experts, please be advised that the United States Government will not accept or allow transgender individuals to serve in any capacity in the U.S. Military," he wrote.

"Our military must be focused on decisive and overwhelming victory and cannot be burdened with the tremendous medical costs and disruption that transgender in the military would entail," Trump concluded.

Never mind that Defense Secretary James Mattis was in the middle of studying the policy and hadn't finished yet.

It also came as news to military bosses, who reaffirmed the service branches' commitment to inclusion and diversity. They also said they wouldn't carry out the policy until they got some kind of formal direction that wasn't a deranged Tweet by a septuagenarian with anger issues and the world's shortest attention span.

The New York Times reports that the ban, which would take effect in six months' time, "has not yet been finalized."

But "once it is approved, it would allow [Mattis] to force out transgender service members by setting a legal standard of whether they would be able to deploy to war zones or for other lengthy military missions," the newspaper reported.

Like, for instance, an open-ended military commitment in Afghanistan where the standards for ascertaining victory are only slightly easier than nailing oranges to the wall.

So now there's an actual policy, which in addition to barring transgender members from serving, would also direct the military to stop spending money on medical care for trans service-members (never mind the fact that the real cost is beyond negligible).

Besides being slimy and probably not legal, the policy would also cause "significant disruptions" in the military and would "degrade readiness even more than the failed 'don't ask, don't tell' policy," the Palm Center, which helped the military devise its transgender admission standards, said in a statement, citing the comments of some 56 retired commanders.

Speaking to The New York Times, Aaron Belkin of the Palm Center said it was "unconscionable" for Trump to "take aim at his own, loyally serving troops for political reasons at a time when the military needs to focus on real threats."

"Imposing one set of standards for transgender troops, and another set of standards for everyone else is a recipe for disruption, distraction and waste," Belkin told The Times.

It's also not the freedom that the 10 sailors of the U.S.S. John McCain were serving to protect when they were killed in a collision with an oil tanker. Trump would do well to remember that.

--

An award-winning political journalist, Micek is the Opinion Editor and Political Columnist for PennLive/The Patriot-News in Harrisburg, Pa. Readers may follow him on Twitter @ByJohnLMicek and email him at jmicek@pennlive.com.

MAKING SENSE by
MICHAEL REAGAN

TRUMP THE FUTURE
DEMOCRAT?



President Trump keeps making me look good.

Last week we repeated the sound advice we've frequently given him but which he regularly refuses to take - know when to shut up and listen to your staff.

This week he sabotaged himself yet again.

He totally wasted about 95 percent of the generally favorable media coverage and bipartisan huzzahs he got for his Afghanistan policy speech on Monday night.

He could have basked in the Afghan afterglow all week long and hit a few hundred balls on the practice range.

But instead by Tuesday night he was in Phoenix and up to his old dumb tricks, bashing Arizona's Republican senators John McCain and Jeff Flake, rehashing what he said about Charlottesville and throwing old and new spitballs at the fake media.

It's hopeless.

He just can't stop himself.

He can't let anything go.

He can't quit campaigning for the job he's already won.

And he can't keep from bashing the Republicans in Congress he so desperately needs.

It seems he's doing everything he can to get his base to vote Republicans out of power in 2018.

He wants to get rid of Flake. He certainly doesn't like McCain.

He's rough on Republican Congressional leaders Mitch McConnell and Paul Ryan - even though 70 pieces of legislation, some with bipartisan support and some especially pleasing to conservatives, have become law in the last seven months.

Like the media he hates, President Trump says virtually nothing about those many legislative accomplishments and almost nothing positive about the Republicans who got them passed.

But if he really wants to fix the tax system, get immigration reform or replace Obamacare some day, he's going to need those Senate Republicans he's been picking on.

The best way to get them to be a part of his team is not to hold a personal pro-Trump rally and use them as punching bags and punch lines.

Maybe the president is just trying to be a nice guy and doesn't want to pick on the leaderless, rudderless, just-say-no-to-Trump Democrats when they're so hapless, pathetic and confused.

Maybe he has a long-term secret plan to blow up the two-party system, or prove that Republicans and Democrats in Washington are so much alike ideologically that it doesn't matter what party you join.

But if he keeps it up much longer, President Trump will have a Democrat-controlled Congress in 2018 and then we Republicans are going to be asking him not to sign legislation to help us, but to help us by vetoing it.

Meanwhile, if the president stumbles any farther down this road to Republican Party ruin we might see him change his party affiliation.

He has no ideology, no party principles to uphold. What's it matter to him if he converts to a registered Democrat? It's what he was most of his life anyway.

You never know with Trump. But even if he switched parties in 2020, it probably wouldn't matter much.

The same forgotten Flyover Country people that put Hillary out to pasture and Donald into the White House would storm his huge rallies, cheer their Nascar hats off and later pull the Democrat lever for Trump with delight.

He'd easily win the Democrat nomination because they have no one to run against him. The Hate Trump media couldn't stop him.

And he'd easily get reelected president in 2020 as a Democrat because he'd have spent four years destroying the Republican Party.

Michael Reagan is the son of President Ronald Reagan, a political consultant, and the author of "The New Reagan Revolution" (St. Martin's Press). He is the founder of the email service reagan.com and president of The Reagan Legacy Foundation. Visit his websites at www.reagan.com and www.michaelereagan.com. Send comments to Reagan@caglecartoons.com. Follow @reaganworld on Twitter.

FICTITIOUS BUSINESS NAME STATEMENT
File No. 2017204918

The following person(s) is (are) doing business as: SANSAA SALES 10251 RUSSETT AVE SUNLAND CA 91040. Full name of registrant(s) is (are) SANSAA SALES 10251 RUSSETT AVE SUNLAND CA 91040. This Business is conducted by: INDIVIDUAL. Signed: SEVAK ALLAHVERDIAN, OWNER. This statement was filed with the County Clerk of Los Angeles County on AUG 1, 2017. The registrant(s) has (have) commenced to transact business under this fictitious business name as listed above on N/A. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself constitute an admission that the Fictitious Business Name is in violation of the rights of another under

FICTITIOUS BUSINESS NAME STATEMENT
File No. 2017070313
 The following person(s) is (are) doing business as:
 14411 E BLISS 9206 PETIT AVE NORTHRIDGE CA 91343
 14411 E BLISS 9206 PETIT AVE NORTHRIDGE CA 91343
 INC. 9206 PETIT AVE NORTHRIDGE CA 91343.
 This Business is conducted by: CORPORATION.
 Signed: PIYAYA, INC. SUSIE GUMAPAS,
 County Clerk of Los Angeles County on AUG 2,
 2017. The registrant(s) has (have) commenced to
 transact business under the fictitious business name or
 name(s) on AUG 2, 2017.
 This Fictitious Business Name Statement expires five years from the date it
 was filed in the office of the County Clerk. A new
 Fictitious Business Name Statement must be filed
 prior to that date. The filing of this statement does not
 prevent anyone from using this name of a Fictitious
 Business Name in violation of the rights of another
 under Federal, State, or common law (See section
 14411 et seq. Business and Professions Code
 and 14412 et seq. California Civil Code).
 AUG 5, 12, 19, 26, 2017

FICTITIOUS BUSINESS NAME STATEMENT
File No. 2017182983
 The following person(s) is (are) doing business as:
AGHAPY HANDY PRO HOME SERVICES 2105
FOOTHILL BLVD SUITE B329 LA VERNE, CA
91750. FRESHLY BAKED 2105 FOOTHILL BLVD
SUITE B329 LA VERNE, CA. 91750. Full name
of registrant(s) is (are) MAHER RE FATO NASEIF
BASTAWROS 2105 FOOTHILL BLVD SUITE
B329 LA VERNE, CA. 91750. This business is
conducted by: AN INDIVIDUAL. Signed: Maher
Refaat Naseif Bastawros, Owner. This statement was
filed with the County Clerk of Los

FICTITIOUS BUSINESS NAME STATEMENT
File No. 2017208356
 The following person(s) is (are) doing business as:
MAC KINNON'S 80 W SIERRA MADRE BL.
#354, SIERRA MADRE, CA. 91024. Full name
 of registrant(s) is (are) **KAREN HARPER 80 W**
SIERRA MADRE BL #354, SIERRA MADRE,
CA. 91024. This Business is conducted by: **AN**
INDIVIDUAL. Signed: Manoug Parikian, Owner.
 This statement was filed with the County Clerk of
 Los Angeles County on 8/2/2017. The registrant(s)
 of this business have previously transferred under
 the fictitious business name or names listed above on
 11/2005. NOTICE: This Fictitious Name Statement
 expires five years from the date it was filed in the

FICTITIOUS BUSINESS NAME STATEMENT
File No. 2017019763

The following person(s) is (are) doing business as:
RANDE S. GRAY, 1424 N. CRESCENT HEIGHTS BLVD., PH71, WEST HOLLYWOOD, CA, 90046; OMEGA GROUP, L.P., 1424 N. CRESCENT HEIGHTS BLVD., PH71, WEST HOLLYWOOD, CA, 90046; RANDE S. GRAY, 1424 N. CRESCENT HEIGHTS BLVD., PH71, WEST HOLLYWOOD, CA, 90046. The name of the registrant(s) is (are) RANDE S. GRAY, 1424 N. CRESCENT HEIGHTS BLVD., PH71, WEST HOLLYWOOD, CA, 90046; OMEGA GROUP, INC., 9000 W. SUNSET BLVD., 11TH FLOOR, WEST HOLLYWOOD, CA, 90046. This Business is conducted by: Copartners. Signed: Rande S. Gray & Omega Group, L.P. on 12/28/2017 above on January 1, 2017. NOTICE: This Fictitious Name Statement expires five years from the date it was filed and must be renewed by filing a Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name. This statement is subject to the Uniform Federal, State, or common law (See Section 14411 et seq. Business and Professions Code)

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