

SATURDAY, OCTOBER 25, 2014

VOLUME 8 NO. 43

OUR 2015 ROSE FLOAT PRINCESSES



The Sierra Madre Rose Float Association is pleased to announce the selection of the 2014-2015 Sierra Madre Rose Float Association Princesses. Please help us welcome (from left to right) Kayla Rice, Alexi Zate, Britney Stone, and Kristine Kuhn who will represent SMRFA and the City of Sierra Madre over the coming year. Ms. Rice is a junior at The Peace and Justice Academy, Ms. Zate is senior at LaSalle, Ms. Stone senior at San Marino High School and Ms. Kuhn is a junior at St. Lucy's Priory High School.

HAPPY IS A \$5 MILLION DOLLAR SCRATCHER

Happy's Liquors Produces Another Big Lottery Winner!

Sierra Madre resident, Steven C. Armogida made a very wise investment last week. He spent \$20 for a California Lottery Million \$\$ Match Game Scratcher. That \$20 turned into \$5 million and no doubt made him very happy along with the owners of the store where the ticket was purchased. This is the second million dollar winner for Happy's within the last five years. In August, 2010, another Happy's customer scratched his way to \$1 million dollars. (<http://mntvnews.com/v04/htm/n35/index.htm>). The store owners, Ashwani (right) and Kiran Gaur will receive \$25,000 for selling the winning tickets.

Happy's and The Bottle Shop, both long time retailers in Sierra Madre carry the distinguished title of "Lucky Retailer", since both have sold large winning tickets in the last year. On the official lottery website, Happy's is listed as having sold over 400 tickets a week and \$4,000 plus a week in winning tickets. The Bottle Shop is also listed as selling \$4,000 plus a week in winning tickets.



MVNews

MARIJUANA GROW HOUSE DISCOVERED IN SIERRA MADRE



The location of the grow 'houses' was behind the gates bordering 453/461 E. Grandview.

(Photo by S. Henderson, MVNews)

In a fortunate twist of fate for law abiding citizens in Sierra Madre, an apparently well established marijuana grow house was shut down this week.

According to Sierra Madre Police Chief Larry Giannone, "On Wednesday October 22, 2014 at 9:13 hrs. the Sierra Madre Police Department with the assistance of LA Impact Multi-agency Drug Taskforce, responded to the 400 block of E. Grandview Ave. and determined the property renter had established a large Marijuana Grow house with approximately 600 plants of Marijuana being cultivated under grow lamps that required over 30,000 volts of electricity power to maintain the growing operation. The renter at the location had converted all of the bedrooms, bathrooms, the garage, the cellar, and upstairs storage area of the garage into marijuana plant growing rooms. It was estimated that each plant generally yields approximately half a pound, to a pound of Marijuana per plant at maturity. Based on the evidence left behind in the residence, the LA Impact investigators estimated that the grower at this location was able to harvest the plants for an estimated street value of \$1,800,000 of Marijuana. The Marijuana and other evidence was confiscated and



Inside law enforcement found approximately 600 marijuana plants. (Photo Courtesy SMPD)

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BERKSHIRE HATHAWAY HOMESERVICES WELCOMES

Jacquie Pergola

TO THEIR SIERRA MADRE OFFICE!



Jacquie has been an active Realtor in the Foothill Communities for over 20 years. Her attention to her client's, every need during the buying and selling process has brought her repeat clients and referrals.

In addition to being a highly successful and top Realtor, Jacquie is an active volunteer serving Sierra Madre as a Senior Commissioner and volunteer at Creative Arts Group.

She and her husband Joe were selected as the Sierra Madre's Citizens of the Year for 2014, a well-deserved and prestigious recognition.

Berkshire Hathaway's owner, Reni Rose, said "we are truly delighted to have such a well-respected and highly regarded Realtor such as Jacquie become a member of our family!"

Please stop by Berkshire Hathaway HomeServices to welcome Jacquie or call her at 626 355-1600.



FOOTHILL UNITY CENTER SEEKING TURKEYS, FOOD, FUNDS, VOLUNTEER TIME FOR THANKSGIVING

Over 1,000 families will receive food boxes at November 24-25 distributions

Foothill Unity Center is gearing up for its annual Thanksgiving food distribution in partnership with its eleven-city community. The distribution for families will be held on Monday, November 24, at Ayers Hall at the Los Angeles County Arboretum in Arcadia. A second distribution for individuals will be held Tuesday, November 25, at the Center's Monrovia and Pasadena locations.

The Center is seeking donations of food, turkeys, funds, food drives and volunteer time for the Thanksgiving event and its upcoming Holiday Distribution in December. Funds may be donated securely online at foothillunitycenter.org. Food and checks may be dropped off weekdays from 9 a.m. to 5 p.m. at either Center location: 415 W. Chestnut Ave. in Monrovia or 191 N. Oak Ave. in Pasadena.

Thanksgiving is an especially difficult holiday for families who are struggling to survive, says Center Executive Director Betty McWilliams. "Last year, we sent more than 1,116 pre-registered families home with bountiful food boxes sized for their families, containing all the elements for a festive Thanksgiving dinner," she says. The experience of sharing this meal in their own homes is something they wouldn't otherwise have been able to enjoy."

Information on Thanksgiving volunteer shifts is available at foothillunitycenter.org/thanksgiving-and-holiday-distribution-programs or by calling the Center at (626) 358-3486. Photos of last year's events can be viewed in the online Photo Gallery.

Only one part of a bigger effort

The Thanksgiving Distribution is just



one aspect of the Center's year-round Family Food Program, which provided 35,190 food services last year. Each month, clients receive a grocery cart of food items, sized by number of people in the family to supplement needs for 7-10 days. They may return to pick up perishable food items once a week, including fresh produce, dairy and baked goods. The Center also delivers monthly food packages to qualified homebound senior and disabled clients, and gave 4,749 substantial bag lunches (enough for about two days) to homeless or those who have no place to store or cook food. Its volunteer-run Pet Food Bank helped families keep over 1,000 pets last year.

The Center also provides referrals to over 100 organizations for crisis and housing assistance, employment counseling, and much more. Its Health Services Child Health Connection program connects children with urgent health care needs to free and low-cost care, helps uninsured clients enroll for low-cost insurance coverage, and conducts health screenings and education seminars. It also operates a Medical Outreach Clinic in partnership with the Community Health Alliance of Pasadena (ChapCare) providing health and dental care to homeless and uninsured adult clients.



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Weather Wise



6-Day Forecast

Sierra Madre, Ca.

Sun:	Sunny	Hi 80s	Lows 50s
Mon:	Sunny	Hi 80s	Lows 50s
Tues:	Sunny	Hi 80s	Lows 50s
Wed:	Sunny	Hi 80s	Lows 60s
Thur:	Sunny	Hi 90s	Lows 60s
Fri:	Sunny	Hi 90s	Lows 60s

Forecasts courtesy of the National Weather Service

CITY OF SIERRA MADRE
CALENDAR OF EVENTS

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

NEXT CITY COUNCIL MEETING:
Tuesday, OCTOBER 28, 2014
6:30 pm

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

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

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

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

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

SIERRA MADRE CITY
MEETINGS

City Council

Next City Council Meeting

OCTOBER 28, 2014 - 6:30 pm

The final agenda and staff reports will be available online no later than Friday night. Enter the date "09/30/2014" for the complete agenda packet.

Can't make it to the meeting, but still want to share your thoughts? You can mail or drop off a written statement to City Hall or email city@cityofsierramadre.com before 5:30 the night of the meeting and your statement will be delivered to all the Council Members.

Upcoming Public Meetings

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

Wednesday, October 29:

SPECIAL CITY COUNCIL MEETING - BUDGET, 6:30pm

Thursday, November 6:

Senior Services Commission, 3:00pm

Thursday, November 6:

Planning Commission, 7:00pm

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

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**HALLOWEEN
HAPPENINGS**
FRIDAY, OCTOBER 31, 2014

**FREE
EVENT**

TRICK OR TREATING
3:30-5:00PM DOWNTOWN SIERRA MADRE

- Downtown Sierra Madre businesses will be handing out treats!
- Participating business will have sign in window indicating involvement
- For map of downtown trick or treat area, visit www.cityofsierramadre.com

COSTUME PARADE
5:00PM KERSTING COURT

- Follow the Sierra Madre Fire Department Engine and strut your spookiness down Sierra Madre Blvd
- Parade should only last 15 minutes. Starts at Kersting Court and ends at Hermosa Ave
- Costume parade is open to all ages and registration is not required to participate

COSTUME CONTEST
5:30PM MEMORIAL PARK

- All contestants must fill out a waiver form in Kersting Court from 4:00 - 5:00 pm - late contestants can fill one out in Memorial Park.
- Categories: Scariest (17 and under), Group (All ages - Must include 1 youth under 17), 2 and under, 3 to 4 years old, 5 to 7 years old, 8 to 12 years old
- Prizes will be given to the top 3 group and age category contestants; one winner crowned in scariest category with an invitation to appear in the Sierra Madre Playhouse's Zombie Show
- Strong efforts are being made to keep the contest to under an hour. Please arrive for a prompt start of 5:30pm

PRESENTED BY THE COMMUNITY SERVICES DEPARTMENT, SIERRA MADRE KIWANIS CLUB,
& SIERRA MADRE CHAMBER OF COMMERCE

For more information contact the Community Services Office at 626.355.5278

Leonora Moss

9 Kersting Court Sierra Madre, Ca. 91024
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- Estate Planners
- Elder Law Attorneys
- Financial Planners
- Tax Attorneys
- Certified Professional Accountants
- Medical Professionals
- Senior Living Directors & Managers
- Families and Caretakers

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Rotary Club of Sierra Madre

Is known for its camaraderie (ComRotary).
If you have been thinking about making a difference in your community, please join us for Breakfast created by Chef Mario at The Park Hart House, 222 W. Sierra Madre Bl., Sierra Madre, CA 91024, Tuesdays, 7-8:30 a.m. We have dynamic speakers each week. For more info go to Facebook or Meetup

HAVE YOU SEEN THE CROWS?

Well, don't be alarmed! There are more than 60 Scarecrows around town to protect you! Look around, they're everywhere!

THE SIERRA MADRE KIWANIS CLUB

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WE MEET WEEKLY AT THE LODGE (FORMERLY THE MASONIC TEMPLE) AT 33 E. SIERRA MADRE BLVD. MEETINGS ARE EACH TUESDAY AT NOON, EXCEPT FOR THE 2ND TUESDAY OF EACH MONTH, WHEN WE MEET AT 7:45AM. VISITORS ARE ALWAYS WELCOME!

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

Sierra Madre

Arcadia

Pasadena

Altadena

Monrovia

REMEMBERANCES

JOY JUANITA PHILLIPS

April 28, 1932 – October 08, 2014



Joy Phillips passed peacefully on Oct. 8 while in hospice at Silverado Convalescent home in Azusa, CA. She was 82. Joy was very active in her home until she was stricken with dementia after a fall at a local gym. While in hospice, she continued to visit with friends and family and do her daily exercises.

Joy was born in Cook County Hospital, Chicago, IL to a single mother. Joy was raised in Chicago, and succeeded

in school despite her parent's absences. She left Chicago by train to seek more secure home and better opportunities in Los Angeles. She met and married Michael Cimarusti who worked for the Los Angeles Times. They lived in Alhambra and raised their sons while Joy attended Cal State Los Angeles.

She obtained a teaching credential, and thus began her 28-year career of teaching. She taught English at Schurr High School in the Montebello School District. She was very encouraging to her students, and they felt their lives started off better because of her. One student became a journalist for the Times and later an English teacher, using Joy's techniques from the classroom, including "the read-around" – a student-based critique and grading system.

She enjoyed bird watching, and traveled to Costa Rica for a scientific observation of local birds in the cloud forests. She adored hummingbirds. She also traveled to Kenya to study insects. She went on several Earth Watch trips, including the North Sea to study the travel pattern of Minke whales.

Joy learned to design homes in the Owner-Builder camp during a 3-week study in Grass Valley, CA. Although fearful of saws at first, she became a

leader in the classroom. She assisted with the design/build of her and Jay Whitcraft's Sierra Madre home.

Joy was passionate about improving the quality of life in Sierra Madre as a result of her travels to Europe. She wrote letters to the City Council to encourage them to bring outdoor dining to Sierra Madre. She was also a Treasurer of the Home Owner's Club of Sierra Madre, and helped to create ordinances for the Tree Preservation Commission and the Planning Commission.

Joy surmounted the challenges in her life to become a loving mother, wife and companion. She was generous, trustworthy and cared deeply about mankind.

Jay Whitcraft, her long-time companion, loved her immensely and trusted her more than anyone he's ever known. After her injury, they spent every day together, as Jay was her caregiver. Prior to her that, Jay and Joy maintained separate homes in Sierra Madre.

Joy was predeceased by her mother Muriel, and her son Greg. She is survived by her son Kevin (Rene) Cimarusti and grandchildren Michael and Kristen, and also long-time companion Jay Whitcraft.

Donations in Joy's memory can be sent to the Alzheimer's Association, P.O. Box 96011, Washington, DC 20090-6011.

Joy's memorial service will be held on Saturday, November 01 at 1pm at Ascension Episcopal Church, 25 E. Laurel Ave., Sierra Madre.

Son-in-laws Vince Weber and Scott Welte, and seven grand-children, Morgan, Galyn, and Alexander Weber; Brock, Blake, Brooks, and Burke Welte.

Jim was a talented Architect and served on several civic and charitable boards and committees in the City of Arcadia where he resided for over 40 years. Memorial Service will be held on Wednesday, October 29, 2014 at the Church of The Good Shepherd, 400 W. Duarte Road, Arcadia at 10 A.M.

JIM H. KUHN

June 4, 1936 – October 19, 2014

JIM H. KUHN, affectionally known as loving Husband, Dad, and Grandpa passed away at home in Glendora on October 19, 2014 after battling heart disease and kidney failure. He is survived by his wife of 58 years, Barbara. Daughters Kelley Weber of Topeka, Kansas and Kacy Welte of Glendora,

LIBRARY HOLDS SILENT AUCTION OF COLLECTIBLES

The Friends of the Sierra Madre Library is pleased to present a Silent Auction of collectible books from November 3 - December 1, 2014. There will be some very interesting volumes including several signed, first, and limited editions. We have a signed J.M. Barrie novel, which he has inscribed "Fondly, J.M. Barrie" as well as Mary Pickford's novel, titled "The Demi-Widow", also signed.

Of particular interest is the Collector's Edition of "Visions of Armageddon", signed by Jerry Bruckheimer after the movie was finished. It was planned as a Limited Edition to be signed by both Bruckheimer and Michael Bay, the director. They had a falling-out and Bay refused to sign the books. Many unsigned ones were destroyed; we have one of the remainders.

The Silent Auction will begin Monday, November 3. Books will be shown in the Display Case in the

library, 440 West Sierra Madre Blvd. and will be available for inspection on Saturdays, November 8, 15, 22 from 1-2 p.m. and Monday, December 1 from 7-8 p.m. Bids may be entered on bid sheets in the notebook on the Service Counter and the auction will be closed at 8 p.m. on Monday, December 1. At that time, the highest bidder will be awarded the book. If not present, winners will be notified by phone and will have 10 days to claim the book. (Partial Listing)

THE DEMI-WIDOW
Mary Pickford - Signed First Edition
Bobbs-Merrill 1935

SENTIMENTAL TOMMY - THE STORY OF HIS BOYHOOD
J.M. Barrie - Signed
Charles Scribner's Sons 1901

TAU ZERO
Poul Anderson - Collector's Edition
Easton Press 1994

LES FLEURS DU MAL, VIGNETTES DE

GALANIS
Charles Baudelaire -
Edition Emile-Paul Freres 1942
Limited Edition, in French

BRAVE NEW WORLD
Aldous Huxley
The Heritage Press 1974 - With slipcase

WILDFLOWERS ACROSS AMERICA
Lady Bird Johnson and Carlton B. Lees
Signed - Abbeville Press 1988

ABRAHAM LINCOLN (6 volumes)
Carl Sandburg
Harcourt, Brace and World 1939

THE INN AT LITTLE WASHINGTON COOKBOOK
Patrick O'Connell - Random House 1996

DRESSED: A CENTURY OF HOLLYWOOD COSTUME DESIGN
Deborah Nadoolman Landis - Collins 2007

The Friends of the Sierra Madre Library is a non-profit organization and all proceeds benefit the Sierra Madre Library. For more information visit our website at www.sierramadrelibraryfriends.org, or call the library at 626-355-7186.

Walking Sierra Madre...The Social Side

by Deanne Davis

"When witches go riding,
and black cats are seen,
The moon laughs and
whispers,
'tis near Halloween!"

Author

Unknown

Halloween is just a week away and walking 'round town is purely a delight. There are ghosts and goblins, skeletons and gargoyles, ferocious pumpkins and giant spiders all over the place. Just yesterday a chain-gang of tiny people all holding hands, walking nicely with a teacher fore and another aft, came by to look at the pumpkin scarecrow next door. They were fascinated with her outfit, straw-stuffed arms and fabulous hair. Just wait a week, kids, there will be horrors galore all over Alegria as the residents take a look at the amazing stuff they did last year and then outdo themselves this year. Our store of candy is ready, having hit Smart & Final hard to bring home the most and the best possible. I have had to restrain myself as our bags of candy feature those cute little boxes of Dots. I love Dots. I really do and I've managed so far not to devour even one of those little boxes. However, it's been hard.

Trick or Treat! Give me something good to eat!
Crackers, fruit will not do,
Give me candy, I want two!
Candy! Candy! I want four!
Candy! Candy! Give me more!

We can't help but rejoice in October and November! Reveling in these delightful months when pumpkins rule the world—prominently displayed everywhere. Overflowing bins of tiny pumpkins, giant pumpkins, white, varicolored, and downright creepy strange pumpkins grab our attention the minute we enter our local market. Pumpkin patches with pony rides, hot apple cider, carving kits, and face painting appear overnight in dark, vacant lots. Jack-o-Lantern and costume contests abound and scarecrows are everywhere around town. Can't wait to see who the winners will be. I still love the Postal guy up in the canyon.

Fall is definitely here, finally, and hopefully, the heat is behind us. I'm actually making apple



butter today and the house smells wonderful. Remember Robert Duval in Apocalypse Now saying, "I love the smell of napalm in the morning!" I love the smell of apple butter in the morning and I bet Mr. Duval would, too. The nights are cooler, air has a nice brisk tang to it and leaves are starting to fall and crunch pleasantly underfoot. All those people who say we don't have fall color are just wrong!

Legendary Bingo in support of the Sierra Madre Rose Float was a big success. They sold a ton of pizza and all the games and prizes were a huge hit. Our Rose Princesses have been crowned and the float is moving toward completion. Have you noticed gas prices? My truck-drivin' walkin' partner, John, and I look and gasp when we pass the local station. What an improvement!

Think about hot spiced apple cider! Pour a gallon of cider in your big coffee urn, cut an orange into quarters and put it in the coffee-holding part, along with a handful of whole allspice, a bunch of cloves, a few sticks of cinnamon and let it perk. Smells almost as good as apple butter and is a nice thing to have as you're passing out the candy to all the little goblins, ghosts, and princesses. Happy Halloween!

If you like Walking Sierra Madre, you oughta take a look at my book!

"A Tablespoon of Love, A Tablespoon of Laughter" is available on Amazon.com or at <https://www.createspace.com/4561071>



The Sierra Madre Interact Club joined members of the Sierra Madre United Methodist Church to prepare and serve dinner to homeless families in the Family Promise support program. The Sierra Madre Interact Club is a Rotary-sponsored community service club for young people ages 13-18. The club meets on Monday evenings at 7:15PM, across the hall from the choir room in the United Methodist Church at the corner of Sierra Madre Blvd and Michillinda Ave.

GROW HOUSE (cont. from pg. 1)

illegal activity.

investigation is continuing into the identification of the responsible parties.

Upon further investigation by the Mountain Views News, it was learned that the location first came to the attention of authorities as a result of the brush fire last month. (<http://mtvnews.com/v08/htm/n38/index.htm>). The area where that fire, which is believed at this point to have been started by a mylar balloon hitting the wires, is north of the Grandview property.

According to sources, as Edison attempted to restore power to the area and firefighters began to make certain there were no other 'hot spots', it was discovered that one of the downed lines was on the Grandview property. Edison also learned at that time, that the power had been diverted from the meter for the property and was running directly from the pole. That set off the first warning to authorities that something was amiss.

As Edison and the Sierra Madre Police Department investigated further, they noticed other signs that a possible grow house was on the property. The placement of air conditioning ducts and the distinct odor of marijuana, which was confirmed by a drug sniffing canine, led to an attempt to get a search warrant from the courts.

Despite the statements of three officers, including at least one member of the Los Angeles Interagency Metropolitan Police Apprehension Crime Task Force (LA IMPACT*), and a drug sniffing dog, the request for a search warrant was denied.

SMPD continued their efforts to gain access to the home as Edison was still concerned that the bypassed electrical connection was a serious fire hazard.

When SMPD contacted the owner of the property, they were informed that the units were leased, however the owner had not heard from the tenants for several months. The owner was in fact, in the process of executing an unlawful detainer action against the tenants.

The owner, who public records list as Arbab Vida, stated that she was totally unaware of any

illegal activity.

At that point, Vida, along with Southern California Edison, The Sierra Madre Police Department and SM Public Works Department and LA Impact entered the home at the homeowners request and out of concern for the safety of the public. It was then that the SMPD's initial suspicions were confirmed and the marijuana growing operation was uncovered.

Captain Carlos Islas of the SMPD indicated that it is the trend for illegal drug operations to settle in upscale neighborhoods. He encouraged residents to be observant and report suspicious activity to the authorities. He mentioned a few indicators that something illegal may be going on:

1. When compared to average homes in the area, inconsistencies in resident/visitor patterns, ranging from irregular hours by the 'residents' to frequent visitors for short periods of time.
2. Windows are covered with black plastic, heavy curtains pressed against the windows or blinds that are tightly shut and pressed against the windows to prevent light from entering or escaping.
3. The unique smell of rotting cabbage or skunk-like odor mixed with a sweet vegetable smell. Moth balls, chlorine, manure, soap and air fresheners are frequently used to mask the smell of growing marijuana.
4. Outdoor/indoor lights, radio/television operating 24 hours a day; unretrieved flyers in the mailbox or on the porch; children's toys/bikes left outside residence with no evidence youngsters reside/visit there;

In the event you suspect such activity, contact your local police department.

At press time, no arrests have been made in this case.

**LA Impact is a compilation of numerous federal, state and local law enforcement agencies in Los Angeles County. The primary focus of LA IMPACT is to investigate major crimes, with an emphasis on dismantling mid to major level drug trafficking organizations. LA Impact has specialized proficiency in the following areas: major drug trafficking organizations, money laundering, covert operation information development, clandestine laboratory investigations, transportation and parcel interdiction and gang enforcement.*

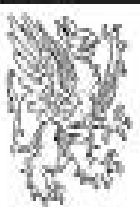
S. Henderson/MVNews

East Montecito Avenue Design District

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Greene & Greene era

38 E Montecito #6
Sierra Madre, CA 91024
(626) 423-2639
woodhilldesigns@yahoo.com

Outdoor Watering Limited to One Day per Week

Officials announced that as part of the city's Level 1 Water Supply Shortage Plan now in effect, Pasadena property owners are limited to watering outdoors one day per week, on Tuesday, Thursday or Saturday, starting Nov. 1.

Fines for repeat offenders can be up to \$500 per violation for residential customers and up to \$1,000 per violation for commercial accounts. Outdoor watering one day per week, during the fall and winter months, is mandated through March 31.

The city council approved Pasadena's existing Water Waste Prohibitions and Water Supply Shortage Plans Ordinance in 2009 and enacted the Level 1 plan on July 28. The key water waste prohibitions currently in effect for all PWP water customers include:

No watering outdoors between 9 a.m. and 6 p.m., except with a handheld container or hose with a shutoff nozzle.

No watering during periods of rain.

All water leaks must be fixed within 72 hours.

No excessive water flow or runoff onto pavement, gutters or ditches from watering or irrigating landscapes or vegetation of any kind.

No washing down paved surfaces unless for safety or sanitation, in which case a bucket, a hose with a shutoff nozzle, a cleaning machine that recycles water or a low-volume/high-pressure water broom must be used.

No washing vehicles except by using a handheld bucket or similar container or hose equipped with a water shutoff nozzle.

Additionally, with the close of daylight saving time on Nov. 2, Pasadena Water and Power (PWP) reminds customers to adjust their sprinkler timers to water before 9 a.m. or after 6 p.m.

A complete list of water waste restrictions is available at www.PWPweb.com/WaterWaste. Water-saving rebates and conservation tips are available at www.PWPweb.com/SaveWater. PWP customers can report water waste to the Pasadena Citizen Service Center at (626) 744-7311 or online at www.cityofpasadena.net/csc.

Pet of the Week



Patches is a 2-year-old calico shorthair. She is a little shy at first, but is affectionate once she warms up to you.

For the month of October, Patches' adoption fee is reduced to \$10, which includes his neuter surgery, a microchip, the first set of vaccinations, as well as a free follow-up health check at a participating vet. New adopters will receive complimentary health and wellness exam from VCA Animal Hospitals, as well as a goody bag filled with information on how to care for your pet.

Call the Pasadena Humane Society & SPCA at 626.792.7151 to ask about A361054, or visit at 361 S. Raymond Ave. in Pasadena. Adoption hours are 11-4 Sunday, 9-5 Tuesday – Friday, 9-4 Saturday. Pets may not be available for adoption and cannot be held for potential adopters from phone calls or email. Directions and photos of all pets can be found at www.pasadenahumane.org.



ALTADENA STUDENT CROWNED ROSE QUEEN

The Tournament of Roses named Madison Elaine Triplet Tuesday night as the 97th Rose Queen during an official ceremony, emceed by KTLA Rose Parade host and television personality Stephanie Edwards, at the Pasadena Civic Auditorium Plaza.

As Tournament of Roses President Rich Chinen crowned Triplet he said, "We are eager for Rose Queen Madison and each member of the Royal Court to share their inspiring stories with others and for the court to hear first-hand from the community about other

meaningful stories."

The announcement concludes a month-long process that began with more than 700 Pasadena-area young women who participated in the Royal Court tryouts.

Rose Queen Madison and the Royal Court will make as many as 100 community and media appearances, culminating with the 126th Rose Parade and the 101st Rose Bowl Game serving as the first College Football Playoff Semifinal on New Year's Day.

The Rose Queen and Royal Court were selected based upon a combination of

qualities, including public speaking ability, poise, academic achievement and community involvement.

Photos courtesy of Tournament of Roses

College Students Tapped For NASA Program

Two Pasadena City College students have been selected by the National Aeronautics and Space Administration to participate in the agency's National Community College Aerospace Scholars program.

The accolade will allow sophomores Melissa Perez and Angela Kim to join other community college students at a camp Dec. 3 to 5 at the Jet Propulsion Laboratory in Pasadena. While at JPL, the pair will be given the opportunity to work alongside engineers and scientists on various space exploration projects.

"Being selected means a lot to me," said Perez, a computer science and engineering major. "Working with any aspect of NASA is my lifelong goal. It's my dream to expand space exploration, whether with flights, robots, or sending people."

As part of the program experience, the scholars will be able to work with a NASA mentor-led team to compete in an engineering design challenge. They will also have access to NASA staff, missions, and facilities, according to the NASA website.

"I was pleasantly surprised I got in," said Kim, a mechanical engineering major, "and the participation in this program means getting a sense of a different field I may not know much about."

Paul Wilkinson, a professor who teaches Kim and Perez in his computer science courses at PCC, said he was proud of both students.

"They are examples of the caliber of students that our computer science program attracts," he said. "It also demonstrates that the sciences, especially computer science, should no longer be considered just for men."

Nonprofit Strategist Don Morgan to Run for Mayor

The Mayoral race in Pasadena is starting to heat up as another local resident, community development consultant Don Morgan, PhD, submitted forms last week to the City Clerk declaring his intention to campaign to replace outgoing longtime Mayor Bill Bogaard.

"The next mayor of Pasadena will enter an office built on solid footing," Morgan said in a prepared statement. "Mayor Bogaard's graceful leadership has effectively complimented one of the most talented city management teams in the country. Still, there is work to be done to address some of the lingering concerns and opportunities that face our city. I look forward to discussing specific issues that are important to you over the next several months."

After Bogaard announced, in early September, that he will not seek reelection, Councilmember Terry Tornek had already filed an intention to run and Councilmember Steve Madison said he is considering it.

According to the media statement from his campaign, as a strategy leader in the nonprofit sector, Morgan has spent the last



20 years in professional and academic pursuit of alliances that transform struggling cities into healthy, vibrant communities.

"The mayor of Pasadena is a unique job. What excites me most about the position is the opportunity to generate, facilitate, and promote innovative programs and partnerships that will secure and enhance Pasadena's vibrant future for all its residents. Enhancing that experience for other families and residents is the truest expression of our pride and passion for the city we call home," Morgan said in a prepared statement.

The nomination period will begin on Monday, November 17, at 7:30 a.m., and will close on Friday, December 12, at 5:30 p.m. the primary municipal election will be held March 10.

Public Invited to Pasadena Media's Trick or Treat TV

Pasadena Media invites all good ghouls, goblins, pirates, princesses and zombies of all ages to a special "Trick or Treat TV" costume celebration from 6 p.m. to 9 p.m., Monday.

Kids and adults alike are invited to join in the free, family-oriented fun to show off their best costumes and share a favorite scary story on camera.

"Trick or Treat TV" at Pasadena Media, 150 S. Los Robles Ave., will be recorded and aired four days later as the first-ever, one-hour Spooktacular Show on the Arroyo Channel just in time for All Hallows' Eve, Oct. 31, 2014. The Arroyo Channel can be seen by Charter cable television subscribers on channel 32 and by AT&T U-Verse subscribers on Channel 99. The Arroyo Channel is also streamed on Pasadena Media's website, www.pasadenamedia.tv.

There will be pumpkin carving and various holiday treats for the kids! Keeping your kids safe tips for the adults! All Pasadena area families are invited to show off their costumes on camera. Local businesses



and community groups are also welcome to come to the studio to share information about any fall festivals or Halloween events they are hosting.

Pasadena Media also invites historians to participate by sharing any haunting good tales, myths and scary mysteries that have occurred in the greater Pasadena area.

Volunteers who want to help transform the studio into the perfect haunted hideaway are needed to lend their hands and brains (to be returned after the event concludes) from 3 p.m. to 5:30 p.m. Volunteers who wish to rise to the occasion should contact "Chief Sprite" Bobbie Ferguson, (626) 794-8585, or email bobbie@pasadenamedia.org.

Learn How to Produce Your Own TV Show

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



PASADENA MEDIA

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

Class offerings days and nights weekly
Station Schedule

Citizen Journalism Training
Wednesday October 29 at 6:30 p.m. - 8:00 p.m.

Orientation
Monday November 3 at 6:00 p.m. - 8:00 p.m.

PCAC Board of Directors - Regular Meeting
Tuesday November 4 at 7:00 p.m. - 9:00 p.m.

Producer Training
Wednesday November 5 at 1:00 p.m. - 3:00 p.m.

Citizen Journalism Training
Wednesday November 5 at 6:30 p.m. - 8:00 p.m.



Dr. Robert Bell

for my contributions to the cultural enrichment of the broader Pasadena community."

In addition to his duties at PCC, Kong is an adjunct professor in the Graduate Industrial Design Department and Public Programs at the Art Center College of Design.

Public Library Celebrates 130 Years of Reading



Pasadena Public Library is inviting residents to come to the fair and join in the festivities as they celebrate 130 years of reading.

"The Fair is our thank you celebration to the Pasadena community for their tremendous support of the library and our 130th birthday," said Library Director Jan Sanders. "The event concludes our year-long celebration marking Pasadena's dedication to reading and the library. It will be a big wind-up celebration

which has something for every family member - storytelling, music, balloon sculptures, a cake walk, games for children, and lots more. And since it's a party, of course there are refreshments! Come by and get a hot dog, some popcorn, and lemonade - all free - then enjoy the festivities. It's our way of saying thanks for your support over the last century-plus."

Featured performers include; Musician Ross Altman, Storyteller Jim Coogan, Jumping Flea Circus Ukulele Band and Theatre Americana. The Fair will be held November 15 from noon to 4 p.m. at Central Library, 285 E. Walnut St.

For more information, call (626) 744-4207

ARCADIA

Sierra Madre

Arcadia

Pasadena

Altadena

Monrovia



RETIRED TEACHERS' WEEK TO BE CELEBRATED NOVEMBER 2-8

"Retired Teachers Never Stop Caring about Students and about Education."

The California Retired Teachers' Association (CalRTA) has good reason to celebrate Retired Teachers' Week, November 2-8, 2014. This organization has been going strong since its beginnings and is now celebrating its 85th Anniversary! CalRTA was founded in 1929 (known as CRTA then) through the efforts of Laura Settle, a retired Pasadena educator, with five or six people. Now the state organization numbers over 45,000 members!

Although retired from teaching, members of CalRTA stay vital and active. One major contribution they make is through volunteer service. Many go back to the classroom--not for pay but to volunteer their time and effort. Many are active in community and social organizations that serve the public. According to the CalRTA State Communications and Technology Committee, this past year CalRTA members contributed more than 2.1 million hours of volunteer service, with only 12 percent of the membership reporting their hours. That number translates to \$55 million! Besides that, members donated \$660,000 in grants to schools and scholarships to future teachers.

Of equal importance is that CalRTA members, like other public employees, give back to their communities and to the state economically through pension spending. According to the National Institute on Retirement Security in its Pensionomics 2014 report, California saw \$60.3 billion in total economic benefit in 2012 from pension benefits paid out by state and local pension plans. Besides that, expenditures coming from state and local pensions supported \$10.9 billion in federal, state, and local tax revenues. Finally, pension spending by retirees, such as teachers, police officers, and firefighters, supported almost 380,00 jobs that paid \$20.8 billion in wages and salaries! CalRTA President Bill Kipp states, "Retired teachers will continue to give back, both economically and through our volunteer service."

Membership in the California Retired Teachers' Association #71 (SGV) totals 500 members from Arcadia, Sierra Madre, Monrovia, Duarte, El Monte, Temple City, and other valley cities. Membership is open to all retired educators, as well as to any others interested in joining this active group. For more information, please call Marietta Watkins at (323) 258-9615 or Patricia Dietrich at (626) 446-8437.



Elizabeth Gross, LA County Mental Health Program Head; Marvin J. Southard, DSW, LA County Mental Health Director; Robin Kay, PhD, LA County Mental Health Chief Deputy Director; Supervisor Michael D. Antonovich; Alfredo Larios, LA County Mental Health District Chief; Massoud Eftekhari, LA County Public Works Deputy Director

LOS ANGELES COUNTY - Supervisor Michael D. Antonovich joined the Los Angeles County Department of Mental Health (LACDMH) and the Department of Public Works (DPW) to break ground on the new Arcadia Mental Health Center located at 330 E. Live Oak Ave in the City of Arcadia.

The existing facility will remain open during construction to ensure services continue to be available to patients. The facility will be approximately 12,000 square feet and will house a multidisciplinary team of clinicians and psychiatrist to serve over 2,800 clients. Construction is expected to be completed September 2015

ARCADIA CHAMBER ANNOUNCES HALE MEDICAL CENTER RIBBON-CUTTING ON OCT 30.

State of the Art Medical Center Open House

ARCADIA, CA (October 22, 2014) – The Arcadia Chamber of Commerce is pleased to announce a ribbon-cutting ceremony for chamber member Hale Medical Center located at 289 W. Huntington Drive, Arcadia, CA on Thursday, Oct 30, 2014 from 5 p.m. to 7 p.m. The state-of-the-art medical center will feature numerous amenities and conveniences for physicians and staff alike. The official ribbon-cutting ceremony will be followed by an open house and will include complimentary hors d'oeuvres and refreshments.

Hale Medical Center is located in the center of Arcadia with a foot bridge connected to the renowned Methodist Hospital. The medical center is another project developed and built by the Hale Corporation; a local developer that has been building in Arcadia for more than 35 years.

For more information on the Hale Medical Center contact Richard T. Hale III at RichardHale@TheHaleCorp.com or 626.622.4253.

Media contact: Scott Hettrick, Chamber CEO: 626-447-2159 / Scott@ArcadiaCaChamber.org

TRUNK O' TREAT HALLOWEEN EVENT AT GOOD SHEPHERD

Church of the Good Shepherd will welcome little witches, goblins, ballerinas, pirates and other costumed kiddies seeking Halloween treats at its annual Trunk O' Treat event on Halloween evening. Cars with fantastic spookily decorated trunks will line up in the church's parking lot Friday, Oct. 31, from 6:30-8:00 p.m. and offer tasty treats to the children. Community residents in their family-friendly costumes can enjoy this safe and fun celebration of Halloween. Church of the Good Shepherd, United Methodist, is at 400 W. Duarte Road, Arcadia.

FALSELY REPORTING CRIME

On Sunday October 19, 2014, at about 1:15 PM, the Arcadia Police Department received a third-party call. Someone at KABC-TV had just received a suspicious telephone call to their station. The male caller reported that he recently shot his grandmother, and the caller provided an address for her in the 800 block of Arcadia Avenue. Officers went to the address provided, and they attempted to make contact with the resident. The location was checked, and nobody was inside. Officers were ultimately able to make contact with the people who lived there. This was determined to have been a falsely reported crime, which was a violation of Penal Code 148.5(a).

This case is currently being investigated by detectives from the Arcadia Police Department. Anyone with information on this incident is encouraged to contact the Arcadia Police Department at (626) 574-5151, case #14-5139. If you prefer to provide information ANONYMOUSLY, you may call "Crime Stoppers" by dialing 800-222-TIPS (8477), texting the letters TIPLA plus your tip to CRIMES (274637), or using the tip web page at Los Angeles Regional Crime Stoppers.

Arcadia Police Blotter

For the period of Sunday, October 12th, through Saturday, October 18th, the Police Department responded to 1,048 calls for service of which 119 required formal investigations. The following is a summary report of the major incidents handled by the Department during this period.

Sunday, October 12:

Just before 10:06 a.m., an officer conducted a traffic stop on a bicyclist in the area of Camino Real Avenue and Mayflower Avenue for failing to stop at an intersection. The officer discovered the 23-year-old Hispanic male was in possession of cocaine and a counterfeit Social Security card. He was arrested and transported to the Arcadia City Jail for booking.

At approximately 11:50 p.m., officers responded to the 300 block of East Live Oak Avenue regarding a possible burglary in progress. An investigation revealed two unknown suspects attempted to remove the insulation tubes from the roof of the building. A witness described the suspects as two males of unknown race, wearing dark clothing. One of the suspects was seen riding a bicycle. Officers conducted an area check, but they were not located.

Monday, October 13:

At about 10:30 a.m., an officer responded to Hilton Garden Inn, 199 North Second Avenue, regarding a fraud report. The officer discovered a 35-year-old White female reserved a hotel room by using another person's information. One of the occupants staying in the room, a 22-year-old Hispanic female, was in possession of drug paraphernalia and stolen personal information. She was arrested and transported to the Arcadia City Jail for booking. The female who booked the room was outstanding at the time of the report.

At approximately 2:36 p.m., officers responded to Macy's at the Santa Anita Mall, 400 South Baldwin Avenue, regarding a theft report. An investigation revealed a 20-year-old White female concealed numerous items of clothing inside her purse and exited the store without making payment. She was arrested and transported to the Arcadia City Jail for booking.

Tuesday, October 14:

Around 2:23 a.m., an officer conducted an enforcement stop on a vehicle in the area of Baldwin Avenue and Huntington Drive for speeding. An investigation revealed the driver, a 22-year-old Hispanic female, was driving with a suspended license and had two outstanding misdemeanor warrants. The passenger, a 23-year-old Hispanic female, also had two outstanding misdemeanor warrants. Both suspects were arrested and transported to the Arcadia City Jail for booking. The vehicle was impounded for 30 days.

Just after 9:30 p.m., an officer conducted a traffic stop on a vehicle in the area of Huntington Drive and Golden West Avenue for expired registration. The officer discovered the driver, a 27-year-old Hispanic male, knowingly was driving with a suspended license. He was cited and released in the field without incident. The vehicle was released to the registered owner.

Wednesday, October 15:

Shortly after 10:45 a.m., officers responded to Hall of Fame Baseball Cards, 319 East Foothill Boulevard, regarding a commercial burglary report. An investigation revealed unknown suspect(s) broke the front windows, squeezed between the metal bars, and stole an unknown amount of items. No witnesses were located.

GREAT INFORMATION SHARED PALLIATIVE CARE BENEFITS

Rosslyn White, from Palliative Care Program at Methodist Hospital recently shared important facts of the program with the Duarte Kiwanis Club. It has been estimated that 90 million Americas live with serious illness, and this number is expected to double in over the next 25 years. Most of these are elderly people who must cope with the pain and debility of chronic disease along with the normal challenges of aging. Palliative care can help these people meet their challenges and maximize their quality of life.

The goal of palliative care is to improve quality of life by providing pain and symptom management coupled with psychosocial support with medical decision making. Expert Management of Symptoms include:

Pain
Problems with breathing
Nausea/vomiting
Constipation/diarrhea



Shown in the picture – left – Duarte Kiwanis President Elect, Cheryl Reynolds and Rosslyn White of the Methodist Hospital Palliative Care program.

Poor appetite
Difficulty sleeping
Depression/anxiety.

The Palliative Care team includes doctors, nurses, social workers and a chaplain and is designed to provide each patient with all the resources needed to meet their needs, medical, psychological and spiritual in nature. Palliative care is specialized care for people with serious illnesses. It is focused on providing patients with relief of pain and other symptoms and improving one's ability to live independently. The goal is to improve quality of life for both patient and family.

The Duarte Kiwanis Club has lunch meetings the first, third and fifth Tuesdays of the month at Westminster Gardens. For further information on speaking or joining the club, contact Dr. Diane Hernandez at drdiane@drhernandezoptometry.com

MONROVIA - DUARTE

Sierra Madre

Arcadia

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MONROVIA CITY COUNCIL: OUR SALUTE TO SERVICE

By Joan Schmidt

This past Tuesday, prior to its City Council Meeting, Monrovia Mayor Lutz and Council Members held its annual "Salute to Service".

Festivities began with the Presentation of Colors by VFW Post 2070's Commander Willie Williams, Al Noll, Ron Handy, Brian Harley and Mike Johnson.

Assistant Recreation Coordinator Guillermo Chavez then introduced attending Service Members, Chuck Keen and Earle Sweeney, American Legion Post 44; Robert Parry, VFW 2070; and Mitch Cochran, CA State Military Reserve.

Chuck Keen spoke of great programs to help Veterans such as job fairs and helping Vets deal with post-traumatic stress. On November 15, Assemblyman Chris Holden will hold a job fair at Taylor Hall, 1775 North Indian Hill Blvd., Claremont from 10:00 a.m.-2:00 p.m. On Sunday, November 9, from 8:30-11:30 a.m., there will be a breakfast at Immaculate Conception Church, 740 South Shamrock Ave., Monrovia, free for all military personnel with a valid ID. (Nonveterans, \$3 for children, \$6 for adults)

This year, Douglas and Zook Chapel of Remembrance, 600 E. Foothill Blvd. will hold its first annual Veterans Day Ceremony, Celebrating Monrovia's Military History at 3:00 p.m. Sunday, November 9. Keynote Speaker will be Steve Baker, Monrovia Historian. Participants will include American Legion Post 44 and VFW 2070. A reception will immediately follow the ceremony. Also representing Post 44 was Earle Sweeny who thanked Mayor Lutz and the City Council for their great support of Veterans and current military members.

After these speakers, Guillermo read the names of five Active Duty Servicemen from Monrovia. They are Matthew Phelps, Corporal, United States Marines; Kenneth Carmona, United States Marines; Timothy Taylor, Sergeant, United States Marines; Alex Yee, Airman First Class, United States Air Force; and Mark Daniel Beeman, First Lieutenant, United States Air Force.

Matthew Phelps' dad Chris, grandmother Sue and Aunt Alma and Uncle Jason were on hand to represent him. Daniel Deeman's parents also attended.

When Matthew's name was read, his dad and grandmother walked to the podium area. She was given the beautiful Certificate, and Dad, the "Care Package" prepared by local youth (Pens, pencils, stationary, games, snacks and more!). Mayor Lutz and the City Council came down and posed with the family. They were also presented with a Blue Star to hang in their window. A banner, bearing Matthew's name will be placed on either Myrtle Avenue or Huntington Drive. When Matthew returns to Monrovia, the banner will be given to him.



Daniel's parents also went up when their son's name was called and given a Certificate, Blue Star and Care Package. They were beaming with pride, and were so grateful to the City.

The other three honorees' families weren't able to attend. But a picture was taken of the City Council Members holding up each of the Certificates and the Care Package and Blue Star will be delivered to those families unable to attend.

Mayor Lutz told us that after 9/11, Monrovia was the first city in California to do this special recognition. She is very grateful to all service men and women either currently serving our country or who are our Veterans. Thank you, Mayor Lutz and the City of Monrovia for this great Recognition to our Service Members and American Legion Post 44 and VFW for participating.

PASADENA UNIFIED PRESENTS READY. SET. KINDERGARTEN! OCTOBER 28 TO PREPARE THE PARENTS OF ITS NEWEST STUDENTS

Pasadena, CA --- Continuing its 2014-2015 series of parent education seminars, the Pasadena Unified School District (PUSD) presents Ready. Set. Kindergarten!, an informative and interactive session to help parents of prospective kindergarteners prepare for the next school year. Presented by PUSD early childhood education teachers, the seminars include information on how to prepare young students for the first day of kindergarten, an introduction to the kindergarten curriculum, and fun, interactive learning activities for families. The event will take place Tuesday, October 28 at 9 a.m. at Willard Elementary School in Southeast Pasadena.

To be eligible for kindergarten in PUSD, a child must turn five years old by Sept. 1, 2015. Transitional kindergarten, providing age appropriate instruction to students born later in the year before they progress to a traditional kindergarten class, is also offered for children who turn five between September 2, 2015 and December 2, 2015.

PASADENA UNIFIED ISSUES STATEMENT ON SCHOOL SHOOTING IN WASHINGTON STATE

Pasadena, CA – Pasadena Unified School District (PUSD) Interim Superintendent Dr. Brian McDonald issued the following statement regarding the shooting at Marysville-Pilchuck High School in Washington State today:

“The entire Pasadena Unified family is deeply disturbed by the tragedy that occurred in Marysville, Washington today. Our thoughts and prayers are with the families of Marysville-Pilchuck High School.”

“The safety of our students is the top priority at PUSD. We take many precautions to ensure that students remain safe while at school. All schools have school safety plans that detail the proper response to a variety of emergency scenarios. The district has a zero tolerance policy regarding weapons on campus. PUSD can also activate its emergency operations center at a moment’s notice to coordinate emergency response efforts. We are fortunate to have a strong partnership with the Pasadena Police Department, Los Angeles Sheriff’s Department and the Sierra Madre Police Department to provide immediate assistance should any problems

Parents and guardians can begin registering incoming kindergarten students by visiting their local PUSD campus starting early 2015. Parents can also select any PUSD elementary school with space available through the district’s Open Enrollment process that begins in January 2015. Parents are welcome to visit and tour PUSD schools throughout the year. Call schools for schedules.

Parent education seminars are sponsored by PUSD’s Family Resource Center, which supports parents, teachers and staff in building partnerships for student achievement. For more information and for other parent education opportunities, visit www.pusd.us and click on Families.

Event: Ready. Set. Kindergarten!

Date/Time: Tuesday, October 28 at 9 a.m.

Location: Willard Elementary School, 301 South Madre Street, Pasadena

arise.”

“Crisis counseling and support is available to PUSD students in the wake of this incident in Washington. We also encourage staff and principals to re-familiarize themselves with emergency and security policies in light of this shooting.” Finally, it is important that if staff or students see something such as bullying or the threat of violent behavior they should say something. Information can be anonymously sent to the district by texting “tip PUSD” and a description of the concerning issue to 888777.

“To keep people informed in an emergency, the district is able to send critical information via text message. Text PUSD to 888777 to receive this service from the district.”

“PUSD recognizes the tremendous trust that parents place in us when they send their children to school each day. We take this responsibility very seriously. I want to reassure students and parents that our schools are safe.”

“Please join me and the staff and students of the district by offering our condolences to those affected by this tragedy.”



Angeles, Arcadia is known for combining small-town charm with the conveniences and amenities of a mid-size city. Arcadia is a full-service charter city governed by a five-member City Council, elected at large. Recognized for exceptional education and recreation opportunities and beautiful neighborhoods, Arcadia is also defined as the “Community of Homes” and has twice been designated the “Best City in California in which to Raise Kids” by Business Week Magazine.

TEEN NIGHT CITY OF ARCADIA, FRIDAY, NOVEMBER 14TH – 5-10PM ARCADIA COMMUNITY CENTER!

Come down and join Arcadia Recreation Department’s staff for an indoor game night at the new location, Arcadia Community Center, 365 Campus Drive in Arcadia from 5-10pm. The fee is \$8 per person and includes pizza dinner. Dinner is served at 7pm, so make sure to be there early! Participants will have the opportunity to watch movies, play board games, video games and pool. Advance registration is encouraged and will be required soon, however, participants can register onsite that evening. Teen Night is for middle school teens ages 11-14. Registration for Teen Night can be done on-line at www.ci.arcadia.ca.us, by fax, 626.821.4370 or by coming into the Recreation Office, 375 Campus Drive, Arcadia, CA 91007. If registering onsite, a parent or guardian must be present to sign the form. For more information please call 626.574.5113!

About the City of Arcadia

Nestled in the foothills of the San Gabriel Mountains, Arcadia is an 11.38 square mile community with a population of just over 56,000. Located approximately 20 miles east of downtown Los

SCHOOL DIRECTORY

Alverno High School

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

Arcadia High School

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

Arroyo Pacific Academy

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

Barnhart School

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

Bethany Christian School

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

Clairbourn School

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

Foothill Oaks Academy

822 Bradbourne Ave., Duarte, CA 91010
(626) 301-9809

Co-Principals Nancy Lopez and Diane Kieffaber
info@foothilloaksacademy.org
preschool@foothilloaksacademy.org

Frostig School

971 N. Altadena Drive Pasadena, CA 91107
(626) 791-1255
Head of School: Chris Schnieders, PhD
Email: Jackykn@frostig.org

The Gooden School

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

High Point Academy

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

LaSalle High School

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

Monrovia High School

325 East Huntington Drive, Monrovia, CA 91016
(626) 471-2800 Principal 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
website: www.odysseycharterschool.org

Pasadena High School

2925 E. Sierra Madre Blvd. Pasadena, Ca.
(626) 798-8901 Principal: Gilbert Barraza
website: www.pasadenahigh.org

St. Rita Catholic School

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

Sierra Madre Elementary School

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

Sierra Madre Middle School

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

Walden School

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

Weizmann Day School

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

Wilson Middle School

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

PASADENA UNIFIED SCHOOL DISTRICT

351 S. Hudson Ave., Pasadena, Ca. 91109
(626) 795-6981 Website: www.pusd@pusd.us

ARCADIA UNIFIED SCHOOL DISTRICT

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

MONROVIA UNIFIED SCHOOL DISTRICT

325 E. Huntington Dr., Monrovia, Ca. 91016
(626) 471-2000 Website: www.monroviaschools.net

DUARTE UNIFIED SCHOOL DISTRICT

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

THE REEL DEAL: by Ben Show GONE GIRL REVIEW

This movie had me interested from the first trailer. It looked dark, intriguing, and the story, unlike so many other mystery movies, was not cliché or simplistic. However, as more and more trailers were released, that intrigue was lost, due to the fact that more and more of the story was being shown. So, when I walked into the theater, I thought I had everything worked out. I was so very, very wrong.

Nick (Ben Affleck) and Amy Dunne (Rosamund Pike) are a troubled couple. Each fight grows increasingly intense and, as their wedding anniversary approaches, tempers flare beyond anything imaginable. And, when Nick returns home on the day of their anniversary, he finds his wife missing and his life begins to disintegrate around him.

“Gone Girl” is like a tsunami. It sneaks up on you, building and building until it becomes so massive that you cannot escape its path. It is interesting, yet predictable (in some ways), funny, yet disturbing. It may leave you scarred, it may not even phase you. But, undeniably, “Gone Girl” will make you question the true intentions of the people you know and everything that is going on in the world around you.



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SAN SIMEON WINE

Autumn is just around the corner and last weeks heat grip has eased up on a just a bit, though I am not ready to bring out the heavy Cabs just yet I wanted to give some attention to the oldest winery in Los Angeles. What you say Mr. Dills? Haven't you have covered all the wine regions of California and never once mentioned Los Angeles as a juice producer, San Antonio Winery on Lamar in Los Angeles is indeed a wine producer in fact, San Antonio/Maddelena produces over

TABLE FOR TWO by Peter Dills
thechefknows@yahoo.com

650,000 cases of wine per year putting it in the top 25 of all California Wines Sales. Yes friends the juice is produced through California

As I mentioned numerous times the Chardonnay grape has found a nice home here in California, the grape is used in many sparkling wines and of chardonnay my pick this week is the San Simeon 2013 Chardonnay, barrel fermentation and grapes that are sourced from Monterey, this is a splendid wine for dinner pairings, are you are an "oaky" chardonnay fan the San Simeon has fruit and oak toast smell and a well balanced finish. I would say that this wine has PTA. (potential to age) though with chardonnay don't let it sit too long. My recommended dinner pairing is a roasted chicken with plenty of garlic along with sides of fresh fruit.



Sideways Note: San

Antonio does offer tours of their downtown LA winery. Call For more information

Dills Score

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



Total Score 89

Retails for \$18.00; on sale for ~\$14 at area markets including Vons and Pavilions

Email Peter at thechefknows@yahoo.com twitter kingofcuisine watch Dining w/Dills every Sat and Sun at 7 PM Charter 188 Join me for my new radio gig on KLAA AM 830 on Sundays at 2 PM

GALE'S ITALIAN RESTAURANT HOSTS "GALES NIGHT 4 HOPE"

Terri and Jerry Kohl of Brighton* along with Gale Kohl raise funds for City of Hope in the fight against breast cancer PASADENA, Calif. – On Oct. 27, from 5 to 9 p.m., Gale's Fine Italian Dining Restaurant in Pasadena, together with Terri and Jerry Kohl of Brighton*, will host a fundraiser for breast cancer research at City of Hope in Duarte, California. A leading cancer research and treatment center, City of Hope helps women navigate breast cancer from diagnosis into survivorship with innovative research and treatments. Gale Kohl teams up with her brother, Jerry Kohl, and their families as 100 percent of the proceeds will be matched by Terri and Jerry Kohl. Your donation in the fight against breast cancer will then be tripled by their friends Debbie and Rick Powell.

Gale Kohl is personally selecting an exquisite meal from her highly praised menu that will include beverages and wine. Brighton* staff will be on hand to help serve and add to this wonderful opportunity to make a difference. Four seating times are available. Please join the Kohls, family and friends in this effort to support breast cancer research.

Gale's Fine Italian Dining Restaurant is located at 452 Fair Oaks Avenue in Pasadena. Their website is www.galesrestaurant.com. To register online, go to www.cityofhope.org/gale or call City of Hope at 213-241-7118.

About City of Hope

City of Hope is a leading research and treatment center for cancer, diabetes and other life-threatening diseases. Designated as a comprehensive cancer center, the highest recognition bestowed by the National Cancer Institute, City of Hope is also a founding member of the National Comprehensive Cancer Network, with research and treatment protocols that advance care throughout the nation. City of Hope's main hospital is located in Duarte, Calif., just northeast of Los Angeles, with clinics in Antelope Valley and South Pasadena. It is ranked as one of "America's Best Hospitals" in cancer by U.S. News & World Report. Founded in 1913, City of Hope is a pioneer in the fields of bone marrow transplantation and genetics. For more information, visit www.cityofhope.org or follow City of Hope on facebook, twitter, youtube or flickr.



LOUISIANA DEVILISH CRAB CAKES

INGREDIENTS:

1/4 cup finely chopped onion
1/4 cup finely chopped green bell pepper
3 tablespoons finely chopped celery
3 tablespoons unsalted butter
1 large egg
1 tablespoon sour cream
1/2 teaspoon dry mustard
1/2 teaspoon Worcestershire sauce
3/4 teaspoon cayenne
3/4 teaspoon salt
2 tablespoons thinly sliced scallion greens
16 saltines, finely ground
1/2 lb jumbo lump crabmeat, picked over
1 tablespoon vegetable oil
Accompaniments: tartar sauce and lemon wedges

DIRECTIONS

Cook onion, bell pepper, and celery in 1 tablespoon butter in a 10-inch nonstick skillet over moderately low heat, stirring occasionally, until vegetables are softened, about 8 minutes.

Whisk together egg, sour cream, mustard, Worcestershire sauce, cayenne, and salt in a large bowl, then stir in scallion, cooked vegetables, and 1/4 cup saltine crumbs. Gently stir in crabmeat, then form into 4 cakes (2 1/2 to 3 inches in diameter). Dredge cakes in remaining saltine crumbs.

Heat oil and remaining 2 tablespoons butter in cleaned skillet over moderate heat until foam subsides, then cook crab cakes, turning once, until golden brown, 8 minutes total.

Note: This recipe only serves two. You do the math! (From epicurious.com)

HEALTHY NUTRITIOUS HOLIDAY COOKING

Arcadia Senior Services is collaborating with Methodist Hospital in having a special free presentation on Tuesday, October 28, 2014 at 1:30pm. Victoria Pacheco, MS and a registered dietician with Methodist Hospital will be the guest speaker. Ms. Pacheco will teach you how to take your favorite holiday recipe and trim the calories and fat making it healthier. There will be a cooking demonstration. This informative and educational presentation will take place at the Arcadia Community Center, 365 Campus Drive. If interested in attending please call Arcadia Senior Services 626.574.5130.



Indulge and rediscover the pleasures of Afternoon Tea in one of our tea parlors or in our Secret Garden Patio.

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December 9
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Happy Tails

by Chris Leclerc



Are you looking for a fun way to spend a day with your pet, in celebration of Halloween? Well, LA is one place where we pet lovers can find plenty of festivities to take part in along with our furry four-legged friends, that's for sure. You may have to plan fast at this point, however, because time is quickly running out to participate in "boo-day" activities, before "turkey-time" falls upon us.

There are animal-friendly Halloween events scattered throughout the LA area, that not only welcome both dogs and cats to the party, but having your pet along with you is most definitely encouraged. Here are a few local day outings you might consider taking part in, along with your pet, where you can all get your Halloween groove on and strut your stuff in full, festive costume!

HOWL-O-WEEN POOCH PARADE & PET EXPO is an awesome annual event sponsored by the Rotary Club of Simi Sunset. This year's event will be held on Sunday, October 26 starting at 10:00AM at Rancho Tapo (Lemon) Park, located at 3700 Avenida Simi in Simi Valley. Parade participants and their pets march around the park dressed in their Howl-o-ween best followed by raving regalia of festivities that you can either watch or participate in. Admission is free for first-time marchers and spectators, but donations are always welcome. Proceeds go to the Ventura County K-9 Search & Rescue Team, Simi Valley Missing Pets, and the Valley Vet Non-Profit Spaying & Neutering Clinic. For more information go to howloweenpoochparade.com.

HAUGHT DOG HOWLOWEEN PARADE & DOG PARTY is having their 14th annual event at Marina Vista Park, located at 5355 E. Eliot Street in Long Beach on Sunday, October 26 from 2:30 until 4:00PM. More than 500 costumed dogs are expected to show out this year, along with their costume-bedecked humans, so you will want to keep your camera perched and aimed to capture all the best animal action! Parade participation entry fee is \$10. Reserved seating is also available for \$10 per person.

Visit their Facebook page of the same name to get more information and make reservations.

HALLOWEEN WINE & DINE WITH DOGGIES MEET-UP at Vauluse restaurant offers champagne, scary doggie treats and a red carpet photo shoot to those dog owners who dare to emerge from the safety of home on the evening of Friday, October 31. Who doesn't want to share a Hollywood Halloween evening gala with their favorite furry four-legged babe? Vauluse is located at 8210 Sunset Boulevard in West Hollywood. Call 323-656-6196 for reservations.

FRIGHT AND DELIGHT EVENT is hosted by all PetSmart stores beginning Saturday, October 25. These events may vary from store to store, but

WHAT TO DO FOR A FUN PET "BOO"?

all are expected to include a pet costume contest, treats, photos and prizes. Each location will add their own creative touches to the hoopla, so be sure to contact your local store for details and to confirm times. If you can't make the party, but would still like to enter your pet in the photo contest, you can upload pics of your cute canine or furry feline in costume to PetSmart's MONSTER CUTE PHOTO CONTEST on-line. The photo contest runs through November 2, and offers a grand prize of a \$1,000 American Express card as well as a daily \$75 gift card giveaway. Visit the PetSmart website for more information.

UNLEASHED BY PETCO is a Halloween party thrown by local Petco stores for all patrons and their pets who wish to attend. There will be treats and prizes, including a grand prize of a \$50 Unleashed gift card for the winner of the costume contest. Be sure to contact your local store for specifics, and visit their website before heading out, to take advantage of a coupon for one free pound of treats from the treat bar, available with every purchase. Just print the coupon if you want



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Chris Leclerc

www.canyoncanine.com
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a trick-free bag of treats for your pet.

This is just the short list of goings-on designed specifically for you and your canine and feline kiddos to enjoy on Halloween. I am sure there are many more that I did not include. And, as you locals know, there will also be lots of festivities happening here in Sierra Madre on the evening of the 31st, and dogs are allowed to tag along on leash.

I personally opt not to take my dog with me into the crazy crowd of costumed kids on Halloween, however if you do choose to let your pet come along, please remember to be courteous and cautious. Not everyone loves your dog as much as you do, and the chaos of so many kids bustling about in costume in close proximity can tend to make our pets nervous. Be aware of your surroundings, keep a close eye on your dog, and don't forget to carry plenty of poop-bags, just in case. Here's hoping you all have a happy, safe Halloween with your family and your four-legged furry friends!

LOOKING FOR A BEST FRIEND?

Looking For A Feline Friend??

Who is looking for his forever family? Meet Goliath, who came to the shelter as a kitten in 2011 and is now three years old. Goliath has a giant personality; that's where he gets his name. He is naturally shy and doesn't usually rush over



to meet visitors. We think that is why he has been overlooked for adoption. With the staff and volunteers, he is friendly and enjoys attention. He loves to race up into the climber by the window and bask in the sunlight, but if you wave

a feather toy in his general direction, his playful nature comes out and he is on it! Goliath is a gentle fellow, house broken and would be a great companion. Goliath would like for you to come in and take the time to meet him. He's sure you will think he is awesome.

He currently resides at the San Gabriel Valley Humane Society located at 851 E. Grand Avenue in San Gabriel. We are located off San Gabriel Blvd., north of Mission and south of Las Tunas. To arrange to meet Goliath, please stop by any time from 10:00am to 4:30pm Tuesday thru Sunday.

Good News! Cat adoption prices roll back to the 1920's to celebrate our 90 years of service to the San Gabriel Valley. His adoption fee is now only \$24 for the month of October which includes a microchip, neuter surgery, first vaccinations and a free wellness check-up at a participating veterinarian. Feel free to call us at (626) 286-1159 for more information on Goliath.

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

San Gabriel Valley Humane Society



OCTOBER IS

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San Gabriel Valley Humane Society 851 E. Grand Avenue San Gabriel, CA 91776
www.sgvhumane.org



PUBLIC MEETING NOTICE



WEDNESDAY NOVEMBER 5th 6:00 - 8:00 pm

SANTA ANITA STORMWATER FLOOD MANAGEMENT AND SEISMIC STRENGTHENING PROJECT

Please plan on attending the Public Meeting to learn more about how the Project will help to reduce flood risk, enhance sustainability of local water supply, and more.

MEETING LOCATION

ARCADIA CITY
COUNCIL CHAMBERS
240 W. HUNTINGTON DR.
ARCADIA, CA 91006

CONTACT US

damprompts@dpw.lacounty.gov
www.dpw.lacounty.gov/wrd/projects/SantaAnita








This project is partially funded by a State Proposition 1E grant as well as local partner agencies (City of Arcadia, City of Sierra Madre, and the Raymond Basin Management Board).



WEEKEND OPEN HOUSE

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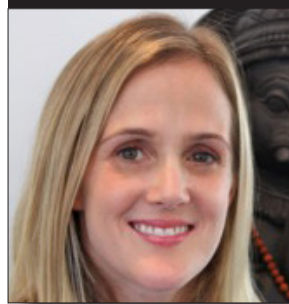
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THE JOY OF YOGA NOT ALL YOGA IS CREATED EQUAL

When first beginning in yoga, it's hard to know which type to practice. Because, let's just say it; not all Yoga is created

equal.

An important question to ask when beginning (or at any point in our journey) is: "What do I want to get from my yoga practice? What effect do I want the practice to have in my life?"

If you're coming to yoga to lose weight, and don't have any injuries or ailments then a fitness, fast-paced approach may be right for you. However, what if you need a practice to balance your already chaotic, supercharged life? Then a practice that provides strength, groundedness, and stillness may be right for you. How about the student seeking pain relief or a practice that will support the joints? Then a gentle practice, with precise, careful movement may be indicated. The fast-paced approach on a person who has anxiety or emotional upheaval may not be so good. The effect of a rigorous practice can make it hard to settle down, only worsening the problem. It's important that our practice support us in all areas of our life. Not just weight loss, or our

need for a cardio fix. Gentle students may need a little more challenge at times, of course, under the guidance of a qualified teacher.

When people ask what kind of yoga I practice, my answer is "Hatha Yoga. And no, it's not hot." Personally, I air on the more traditional side of things, staying away from yoga with external heat, or fitness style yoga that is hard on the joints. I want to be in my body comfortably for a long time. My practice includes stillness, pranayama (breath work), meditation, and self study. It's well rounded.

What I hold most dear is that my yoga includes tradition. I have a teacher, my teacher has a teacher, THAT person has a teacher, and so on, all the way back thousands of years. There's a lineage and power and reverence in that tradition. All of the practices and principles handed down can be applied in everyday life, TODAY.

I propose you try to find the best practice for you. Observe the effects of practice after class. See what works and what does not. What practice brings out the best in you?

Namaste and see you in class,
Keely Totten
Yoga Madre



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

Most people think of mushrooms as a vegetable but mushrooms are actually a fungus, a special type of living organism that has no roots, leaves, flowers or seeds. As any foodie can attest, the beauty of mushrooms is their exotic taste and that they are hearty. But are they healthy for us or just empty calories? Turns out that mushrooms are low in calories and high in nutrition.

Just like us, mushrooms are susceptible to the same pathogens, meaning bacteria and viruses. Mushrooms have evolved with a strong defense against bacterial invasion. If fact we get the antibiotics, penicillin, streptomycin, and tetracycline

Vibrant Living Wellness Center Heathcare the Way Nature Intended

ARE MUSHROOMS A HEALTH FOOD?

all come from fungal extracts. It's no wonder that studies have shown that the cultures who eat mushroom regularly have stronger immune systems. Like humans, mushrooms produce vitamin D when in sunlight. So mushrooms can be an excellent food source of vitamin D. All mushrooms contain excellent amounts of the nutrients potassium, copper, niacin and selenium.

The only drawback to mushrooms is that absorb and concentrate anything that is good or bad from soil, air and water. We know that mushrooms are especially talented at concentrating heavy metals and pollutants so healthy growing conditions are a critical factor. To be safe, I recommend organic mushrooms. I do not recommend picking mushrooms in the wild unless you are absolutely sure you know what you're picking since there are probably more poisonous mushrooms out there than edible ones.

After seeing what little powerhouses of nutrition mushrooms are, I highly recommend adding some to your diet. They're an excellent addition to any salad, great flavor enhancers, and hearty enough to replace meat in many dishes.



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LORI KOOP

create*
Coaching for Creatives

by Lori Koop

You were made to create something. Something unique. Something true. The result of passions put into play. This is your art. Maybe for you it doesn't involve paint, but instead involves nails, words or computers. What do you daydream about?

Your art is what you create. Of course, it's original... because you are an original. No one has ever been, is or ever will be just like you. With the gifts, the passions and the purpose you have. You were specifically designed. For the work that you're here to do. I call this "your work in the world." And no two people have the exact same calling. The vision is there for you. You are the exact right person to do it! Actually, you're the only person who can.

Maybe you've been side tracked, believing it's impossible. Believing you don't have what it takes. Maybe you lack the money. Or the time. It's easy to look away. To avoid. But it is inside you. And will continue to whisper. It wants your highest good. It wants you to fulfill your purpose. To be happy. It's why you're here.

If "something's missing," it is your art. I can help you find it and step out. It's not easy... but it's the only way to really live.

LORI KOOP : Coaching for Creatives. Schedule a complimentary session: www.LORIKOOP.com or call 626-836-1667. (Location: 47 E. Montecito Avenue, Sierra Madre 91024) I'm here every other week.

FREE FLU VACCINE CLINICS OFFERED THROUGH NOV. 25, 2014

PASADENA, Calif.—Fight the flu by getting a free vaccine offered by the Public Health Department through Tuesday, Nov. 25, 2014. The vaccine will be provided at various Pasadena locations, listed below, on a first-come, first-served basis.

The free vaccine will be available to everyone ages 6 months and older at no cost, while supplies last. Minors must be accompanied by a parent or guardian. Be sure to wear short sleeves.

For more details on the clinics, call (626) 744-6000 or visit www.cityofpasadena.net/publichealth.

Tuesday, Oct. 28, 2014
10 a.m. - 2 p.m. at the Jackie Robinson Center, 1020 N. Fair Oaks Ave.

Wednesday, Nov. 5, 2014
10 a.m. - 2 p.m. at the Pasadena Senior Center, 85 E. Holly St.
Pre-registration required. Call (626) 795-4331.

Tuesday, Nov. 11, 2014
10 a.m. - 12 p.m. at the Allendale Branch Library, 1130 S. Marengo Ave.

Tuesday, Nov. 18, 2014
10 a.m. - 12 p.m. at Santa Catalina Branch Library, 999

E. Washington Blvd.
Tuesday, November 25, 2014
10 a.m. - 12 p.m. at La Pintoresca Branch Library, 1355 N. Raymond Ave.

Different types of flu viruses can spread through the community during flu season. The Centers for Disease Control and Prevention recommends that everyone ages 6 months and older get the flu vaccine annually to protect against the most common types of flu viruses. Even healthy children and adults can get very sick from the flu.

High-risk groups susceptible to severe flu complications include seniors ages 65 and older, pregnant women and people with chronic medical conditions such as asthma, chronic lung disease and diabetes.

For more than 120 years, Pasadena's Public Health Department has worked to promote and protect the health of the greater Pasadena area. Promote. Protect. Live Well. Visit the Department online at www.cityofpasadena.net/publichealth.

Stay connected to the City of Pasadena! Visit us online at www.cityofpasadena.net; follow us on Twitter @PasadenaGov, www.twitter.com/pasadenagov, and like us on Facebook at www.facebook.com/cityofpasadena. Or call the Citizen Service Center, 8 a.m. to 5 p.m., Monday through Friday, at (626) 744-7311.

ONE IN SIX PEOPLE WORLDWIDE WILL HAVE A STROKE IN THEIR LIFETIME

One in three Americans cannot recall any stroke warning sign

LOS ANGELES, Oct. 21, 2014 — It was the summer of 2009 and Dana Rivera was having a typical day. She started her morning with a workout then dropped her son off at summer school.

Before picking him up in the afternoon, Dana made a quick stop at the store. There, she suddenly felt the left side of her body collapse. A store employee called 911, the paramedics arrived and Dana was rushed to the hospital. Dana was sent home with a migraine diagnosis, but wound up back in the hospital a short time later after her symptoms worsened. Tests confirmed that she had a stroke.

At 44 years old, the wife and mother of four had to overcome the challenge of regaining the use of her left side which became paralyzed from the stroke. Dana has since fully recovered and become a strong advocate for stroke awareness, as well as a support to stroke patients in recovery.

One in six people worldwide will have a stroke in their lifetime. In the United States, someone has a stroke every 40 seconds. Yet one in three Americans cannot recall any of the stroke warning signs.

In recognition of World Stroke Day on Oct. 29, the American Heart Association/American Stroke Association urges people to learn the stroke warning signs since bystanders often need to act in an emergency. "The patient doesn't always recognize their own stroke and when they do, sometimes their symptoms make calling for help difficult, if not impossible," said Reza Jahan, MD, associate professor, division of interventional neuroradiology, department of radiology and neurosurgery, UCLA Stroke Center. "Just like we need to learn CPR to save someone else's life, we need to learn how to spot a stroke and act fast for the best chance of a positive outcome."

The American Stroke Association's Together to End Stroke initiative, nationally sponsored by Covidien, a global healthcare product company, teaches the acronym F.A.S.T. to remember stroke warning signs:

F - Face Drooping: Does one side of the face droop or is it numb? Ask the person to smile.

A - Arm Weakness: Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

S - Speech Difficulty: Is speech slurred, are they unable to speak, or are they hard to understand? Ask the person to repeat a simple sentence like, "The sky is blue." Is the sentence repeated correctly?

T - Time to call 9-1-1: If the person shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get them to the hospital immediately.

"Those with loved ones who have stroke risk factors should make it a priority to learn F.A.S.T. and teach others," said Jahan. "Recognizing a stroke and calling 9-1-1 gives the patient a greater chance of getting to an appropriate hospital quickly and being assessed for life-saving treatment like a clot-busting drug or medical device."

The association offers a free mobile app to help people spot a stroke and identify award-winning hospitals nearby. This year, 795,000 people in the United States will have a first or recurrent stroke. In addition to a prior stroke, major stroke risk factors include:

Transient ischemic attack – About 15 percent of strokes are preceded by a TIA (or "mini stroke").

High blood pressure – It's the most important controllable risk factor for stroke. About 77 percent of people who have a first stroke have blood pressure higher than 140/90 mm Hg. An estimated 78 million Americans have hypertension.

Atrial fibrillation (Afib) – It increases stroke risk up to five times and affects more than 2.7 million Americans. Smoking – Current smokers have two to four times the stroke risk of nonsmokers or those who quit more than 10 years ago. In 2011, 21.3 percent of men and 16.7 percent of women 18 or older were cigarette smokers.

For more information about the stroke warning signs and mobile app, risk factors or Together to End Stroke, visit www.StrokeAssociation.org.

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A GUIDE TO FINDING AFFORDABLE DENTAL CARE

Dear Savvy Senior,
I had dental insurance through my work for many years but lost it when I retired. Where can retirees find affordable dental care?
Need a Dentist

Dear Need,
Finding affordable dental care can be challenging for seniors living on a tight budget. Most retirees lose their dental insurance after leaving the workplace, and original Medicare does not cover cleaning, fillings or dentures. While there's no one solution to affordable dental care there are a number of options that can help cut your costs. Here's where to look.

Medicare Advantage

While original Medicare (Part A and B) and Medicare supplemental policies do not cover routine dental care, there are some Medicare Advantage (Part C) plans that do. Many of these plans, which are sold through private insurance companies, cover dental care along with eye care, hearing and prescription drugs, in addition to all of your hospital and medical insurance. If you're eligible for Medicare, see medicare.gov/find-a-plan to look for Advantage plans in your area that covers dental care.

Dental Discounts

Another way you can reduce your dental care expenses is to join a dental discount network. How this works is you pay an annual membership fee – around \$80 to \$200 a year – in exchange for 10 to 60 percent discounts on service and treatments from participating dentists.

To find a network, go to DentalPlans.com (or 888-632-5353) where you can search for plans and participating dentists by zip code, as well as get a breakdown of the discounts offered.

Another option that's currently available only in the southern California area is Brighter.com. They provide users free access to a network of dentists offering up to 50 percent discounts on all services.

Dental Schools

Dental school clinics offer savings opportunities too. All 65 accredited dental schools in the U.S. offer affordable care provided by dental students who are overseen by their professors. You can expect to pay about half of what a traditional dentist would charge and still receive excellent, well-supervised care.

Another option is to check with local colleges that offer dental hygiene programs. For training purposes,



many programs provide teeth cleanings by their students for a fraction of what you'd pay at a dentist's office.

To search for nearby dental schools or dental hygiene programs visit ada.org/dentalschools.

Veterans Benefits

If you're a veteran enrolled in the VA health care program, or are a beneficiary of the Civilian Health and Medical Program (CHAMPVA), the VA is now offering a dental insurance program that gives you the option to buy dental insurance through Delta Dental and MetLife at a reduced cost.

The VA also provides free dental care to vets who have dental problems resulting from service. To learn more about these options, visit va.gov/dental or call 877-222-8387.

Low Income Options

If you're low income, there are various programs and clinics that provide dental care at a reduced rate or for free. To look for options in your area contact your state dental director (see astd.org), or your state or local dental society (ebusiness.ada.org/mystate.aspx).

You may also be able to get discounted or free dental care at one of the federally funded HRSA health centers (findahealthcenter.hrsa.gov, 877-464-4772), or at a privately funded free clinic (nafclinics.org).

Also check with the Dental Lifeline Network (dentallifeline.org, 888-471-6334) which provides free dental care for low-income elderly and disabled; Remote Area Medical (ramusa.org) which offers free health, eye and dental care to people in select locations; and Indian Health Service (ihs.gov), which provides free dental care to American Indians and Alaska Natives who are members of a federally recognized Indian tribe.

Also see toothwisdom.org, a website created by Oral Health America that will help you locate low-cost dental care.

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

SENIOR HAPPENINGS

HAPPY BIRTHDAY! ... October Birthdays*



Janda Ferris, Darlene Traxler, Margit Johnson, Sole Krieg, Ann Tyler, Pat Birdsall, George Maurer, Dick Anderson, Barbara Cline, Eva Poet, Mary Jane Baker, Dixie Coutant, Cathleen Cremins, Lillias Eubanks, Alma Mays, Adie Marshall, Darlene Crook, Susan Gallagher, Maggie Ellis, Gloria Giersbach, Elva Johnson, Ellen O'Leary, Jenny Piagenti, Gail Ann Skiles, Anita Thompson, Linda Boehm, and Angela Stella. Very special wishes to Artie Sanders who turns 80 this month!

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

Quote of the Week: "Of all the seasons, autumn offers the most to man and requires the least of him." ~ Hal Borlund



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

YMCA San Gabriel Valley Intervale Senior Café: Monday-Friday at 12:00 Noon

(Participants are urged to arrive no later than 11:45 A.M.) All seniors 60 and up can take part in the lunch program. There is a suggested donation of \$2.00 for those 60 and over and \$3.75 for non-senior guests. Daily reservations are necessary as space is limited. Please call 24 hours in advance...626.355.0256

Free Balance Class: Every 3rd Monday, from 11:00 to 11:45 am with Shannon. All ability levels are encouraged and welcomed.

Hawaiian and Polynesian Dance Class: Every Tuesday morning from 10:00am to 11:00am. Join instructor Barbara Dempsey as she instructs you in the art of hula.

Bingo: Every Tuesday beginning at 1:00pm. Cards are only \$0.25 each! Everyone is welcome to join. May be canceled if less than 5 people. Canceled on August 5th and 12th.

Free Blood Pressure Testing: Held 2nd Tuesday of the month from 11:00am to 12:00pm. No appointment is necessary.

Free Legal Consultation: Wednesday, August 27th from 10:00am to Noon. Attorney Lem Makupson is available for legal consultation. He specializes in Family Law, Wills, Trusts, Estates, and Injury. For an appointment call 626-355-7394.

Chair Yoga: Mondays and Wednesdays from 11:00 to 11:45 am, except on the third Monday of the month when the balance class is held. A suggested donation of \$5 at one of the classes is requested, but is not required.

Birthday Celebrations: Every second Thursday of the month the Hart Park House Senior Center celebrates birthdays of our patrons. The free birthday cake is provided by the Sierra Madre Civic Club.

Game Day: Every Thursday starting at 12:45pm. A regular group of seniors play poker. Other games available for use.

Free Strength Training Class: Every Friday from 12:45pm to 1:30pm with Lisa Brandley. The class utilizes light weights for low impact resistance training. All materials for the class are provided.



UPCOMING EXCURSIONS

Autry Museum & Route 66 Exhibit (Los Angeles)
Date: Friday, November 14, 2014 Time: 9:30am-3:00pm

Meeting Location: Hart Park House Senior Center Cost: \$10.00 (does not include lunch)
Don't miss a visit to this historic museum and the once in a lifetime exhibit Route 66: The Road and the Romance. The exhibit features more than 250 historical artifacts such as the oldest existing Route 66 shield alongside vintage gas pumps and neon art, John Steinbeck's original handwritten manuscript for The Grapes of Wrath and Jack Kerouac's typewriter scroll of On the Road, and a 1960's Chevrolet Corvette.

A one hour guided tour of the exhibit will be given followed by lunch on your own at the Autry Cafe and/or independent exploring of the vast collections of art and artifacts. The charter bus departs from the Hart Park House Senior Center at 9:30am and will return to Sierra Madre at 3:00pm. Participants should bring money for lunch and souvenirs. Last day to register is Thursday, November 6th. Level of Walking: Medium

LUNCH & LEARN PRESENTATION - ELDER ABUSE

Wednesday, October 29, 2014 • Begins at 12:00pm
Elder Abuse is a significant public problem. Each year, hundreds of thousands of adults over the age of 60 are abused, neglected, or financially exploited. Sam Gopinathan, CEO of Comforcare Senior Services, has considerable experience working with seniors who have been victims of elder abuse. In this session Sam will cover various aspects of elder abuse, but focus more specifically on financial abuse: How to identify abuse, how to seek help, and more importantly how to avoid it. If you are interested in having lunch with the Senior Lunch Café during the presentation please call 626-355-0256 to make a reservation; otherwise, bring your own.

SENIOR CINEMA - 1st, 3rd & 5th Wednesdays - At the Hart Park House Senior Center

October 29th – To Kill a Mocking Bird (1962)
Atticus Finch, a lawyer in the Depression-era South, defends a black man against an undeserved rape charge, and his kids against prejudice. Not Rated. Start time: 1:00 pm (run time 129 minutes)
Featuring: Frank Overton, Robert Duvall, Gregory Peck

Annual Art Festival

Nov. 7th 7-9 pm--Opening Reception

Nov. 8th 10-5 pm Nov. 9th 11-4 pm



Creative Arts Group

108 N. Baldwin Ave. Sierra Madre

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Find us on Facebook as "Creative Arts Group Sierra Madre"



KATIE Tse.....This and That MUCH ADO...

You gotta love Sierra Madre and its small town atmosphere. People know each other, or at least recognize each other, and little happens without acquaintances finding out about it. That being said, I hope I'm not in the Sierra Madre police blotter this week. Let me explain.

It started innocently enough. I was visiting my parents when my mom asked me to do them a favor. Their neighbors a couple of doors down had gone out for the day and asked Mom and Dad to walk their dog (we'll call her Sprinkles) once in the morning and then again in the afternoon. Would I mind hopping over and taking Sprinkles around the block? "Sure," I said, confident of my dog walking abilities. So I took the key and went over. Something didn't seem right as I entered. Sprinkles was eyeing me warily from the couch and barked a couple times. She seemed conflicted as to whether I was a friend or foe. Here was a "stranger" in her home, but when I picked up the leash she started licking my ankles. Then I heard it --ding--ding--ding. Mom's instructions hadn't included anything about disabling the alarm system, so I hoped maybe it would just go off on its own.

As the dings grew into blaring sirens I returned the leash to its hook by the door. Sprinkles looked disappointed. I picked up their phone to call the police, but there was no dial tone. Not having my purse, cell phone, or anything except their key, I locked up the house and returned to my parents.

Mom was juicing when I got back. "That was fast!" she remarked. "Well, not really," I said, "I set off the alarm." "You did what?" Dad asked. He's an avid exerciser, and was in the middle of his routine at the time. "Yes, that's that loud sound you're hearing. Maybe if I call them they can cancel the alarm." I tried both of their numbers, but was only able to leave a message. Then I called the cops.

Let me tell you, the Sierra Madre police are on top of things! Not that I call different police stations and compare responses, but they answered immediately. However, the Post alarm system is apparently even faster. "I'm calling because I accidentally set off my neighbors' security alarm," I explained. "I just wanted



to let you know so you wouldn't have to send anyone out." "What's your address?" the lady asked. "Um, well, I live on [Highland], but I'm at my parents' on [Grove]." "We already have a unit there." Shoot! "Can you go out and talk to them?" "Sure..." I said. "What are you wearing?" she asked. "A yellow sweatshirt." There was a pause. "And blue shorts." Okay, please don't literally shoot! "On my way."

There was not one, but two police SUVs parked at the corner. My neighbor across the street was talking to them as I trotted up. I waved and he smiled good-naturedly, probably wondering why this silly lady was choosing this moment to say hi. I recognized Officer Ford from the neighborhood watch meeting I had attended shortly after my husband and I moved to [Highland]. By the time I finished explaining the situation Dad was walking over, buttoning up his shirt (remember, this interrupted his workout). Officer Ford radioed in to the station, "I'm here with the responsible party, the dog-walker." "You're that girl who jogs, right?" he asked. "Yes," I said. "You don't have any ID on you, do you?" "No, sorry." "Okay, what about you?" he asked Dad. "John Hopkins, [727 Grove]" Dad answered. "So you live here, too?" he asked me. "No, I'm at [23 Highland]." "That's what I thought," he replied, probably remembering the neighborhood watch meeting. "So, your name's Hopkins?" he asked. "No, 'C.' Spelled 'T-S-E.'" Dad started chuckling, "You can read all about this in the paper! Look, Katie, now you have a story for this week. What paper is it again?" Dad asked. "Mountain Views News." "Oh," Officer Ford said, "I've seen it but I don't read it all the time." "It's called 'This & That.' My editor named it." I replied "So, I'll look for Katie Tse then" he said. "Well, they have me as Katie Tse on my column, but in the list of contributors I'm 'Katie Hopkins.'" He looked slightly weary of this conversation. "Just look for the cartoon rabbit" Dad said.

And so that was my run-in with the law last weekend. Officer Ford, if you're reading this, I promise to never break and enter into my neighbors' house again without their provision of the pass code. To my neighbors on [Grove], my apologies to you and Sprinkles, I'm sure it would've been a great walk!

(flu) is caused by a virus that affects the entire body and for some may cause pneumonia, dehydration and other serious complications, especially senior citizens, very young children and people with serious health conditions.

Founded in 1959, the Pasadena Senior Center is an independent, nonprofit organization that offers recreational, educational, wellness and social services to people ages 50 and over in a friendly environment. Services are also provided for frail, low-income and homebound seniors.



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SEAN'S SHAMELESS REVIEWS: BANDS WITH 2014 ALBUMS YOU NEED TO KNOW FOR 2015

By Sean Kayden

BLACK ENGLISH (NO) – “El Prado” - Black English, formerly known as NO, is an indie rock sextet from Echo Park, CA. Hailed as an optimistic version of indie rock heavyweights, The National, Black English's debut record “El Prado” is a soaring rock endeavor that is filled with raw emotion and heart. Bradley Hanan Carter belts with a stoic type of voice. Carter's vocals have a strong resemblance to the likes of Paul Banks from Interpol and a downright eerie similarity to Matt Berninger from The National. With glistening guitars and 80s drums, Black English will elevate you to a higher level. Intricate and thought-provoking lyrics, sublime guitars, and a layered vibe that can't be called anything but cool, Black English's first feature LP comes off like a band reaching their peak than merely just beginning. This is the type of unknown band you need to discover while hitting up one of the many festivals they will hopefully be taking part in come 2015. Arts & Crafts released “El Prado” this past February.

EMPIRES – “Orphan” - Chicago indie rockers, Empires released their LP, “Orphan” last month. A mixture of sounds that include the likes of The Killers, The Bravery, and The National, Empires have a wide-ranging resonance. Their particularly superb third record showcases what seems to be a rebirth of the band. It's more elegant in tone as well as primed and ready for arena-size audiences. Sean Van Vleet has so many different sides to his vocals. Dark and brooding to light, his range on vocals is utterly impressive.

With dance-ready beats found on, “Orphan,” and “Please Don't Tell My Love,” to anthem style jams like “Journey Kid,” there's plenty that this album is offering. Remember when The Killers were actually good? Well, Empires' song “Journey Kid” echoes to that elapsed time. The chorus is straight up Killers, but improved. Give Empires a fair shake. Several of their songs rank up with some of the best of the year. “Orphan” was released in September via Island Records.

FRANCISCO THE MAN – “Loose Ends” - Francisco The Man bursts onto the indie rock scene with, “Loose Ends.” It's an exceptional, exultant record that stimulates the listener's mind. Throughout this evolution, one's thoughts are cogitating questions of their own self-examined life. Scotty Cantino, Brock Woolsey, Nestor Romero, and Abdeel Ortega have been crafting music for numerous years with various singles and EPs, “Loose Ends” is their debut LP. The new material is deeply contemplative, which makes it a great discovery among the rubble of popular mainstream offerings. California vibes, occasional synths, and lavish guitars smoothly mixed with shoegaze has “Loose Ends” being certainly memorable. The first single “Progress,” breathes new life into what the epitome of a summer rock song used to be. The term progress usually suggests steady yet continuous. However, “Progress” is fast, vivacious, and hurried. If you're looking for a current wake-up call in life, turn up the volume on “Progress.” It may function as the opening number to the soundtrack of your new beginning “Loose Ends” is set for release on October 28th via Small Plates Records.

Jeff's Book Picks

By Jeff Brown

GRAY MOUNTAIN: A NOVEL by John Grisham

John Grisham has a new hero and she's full of surprises. The year is 2008 and Samantha Kofer's career at a huge Wall Street law firm is on the fast track until the recession hits and she gets downsized, furloughed, escorted out of the building. Samantha, though, is one of the “lucky” associates. She's offered an opportunity to work at a legal aid clinic for one year without pay, after which there would be a slim chance that she'd get her old job back. In a matter of days Samantha moves from Manhattan to Brady, Virginia, population 2,200, in the heart of Appalachia, a part of the world she has only read about. Mattie Wyatt, lifelong Brady resident and head of the town's legal aid clinic, is there to teach her how to “help real people with real problems.” For the first time in her career, Samantha prepares a lawsuit, sees the inside of an actual courtroom, gets scolded by a judge, and receives threats from locals who aren't so thrilled to have a big-city lawyer in town. And she learns that Brady, like most small towns, harbors some big secrets. Her new job takes Samantha into the murky and dangerous world of coal mining, where laws are often broken, rules are ignored, regulations are flouted, communities are divided, and the land itself is under attack from Big Coal. Violence is always just around the corner, and within weeks Samantha finds herself engulfed in litigation that turns deadly.

MY SISTER'S GRAVE by Robert Dugoni

What does a murder do to a family, to an entire small town? These questions spark My Sister's Grave, a deft blend of murder mystery and legal thriller that will wrench your heart as it takes your breath away. At the core is the poignant relationship between Sarah Crosswhite, who vanished without a trace 20 years earlier at the age of eighteen, and Tracy Crosswhite, her older sister by four years, who dedicates her life to finding out the truth about what happened to Sarah. The emotional questions in this book get under your skin: How would you feel if your sister completely disappeared? Would you hold out hope? What would you think when her body was discovered and your hope was crushed? What would you do if finding her remains raised more questions than it answered questions that your hometown wasn't prepared to face? As Robert said, “I think readers will love getting to know Tracy and her relationship to her sister, Sarah. I think people will feel the bond that those two characters share, as well as the pain Tracy feels when Sarah disappears. I think they'll love reading about a tough, strong-willed, intelligent woman seeking justice. Beyond that, I hope they'll just love an old-fashioned edge-of-your-chair thriller with a heart-pounding ending.”

SAILING ALONE AROUND THE WORLD
by Joshua Slocum

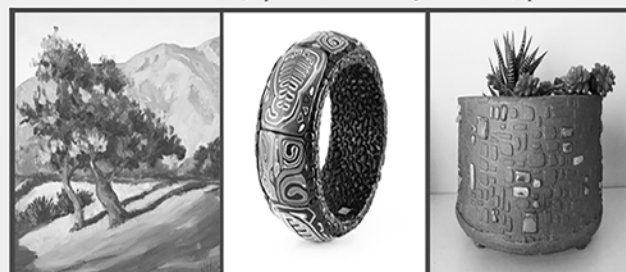
“Sailing Alone Around the World” is the famous sailing memoir about Slocum's solo global circumnavigation aboard the ship Spray. Slocum was the first person to sail around the world alone. The book was an immediate success and highly influential in inspiring later travelers. Any person no matter where or when will take heart from this true story. Joshua Slocum was a very complex man. He wrote a book as sublime and as soul-satisfying as anyone could wish for. This is a book for a warm fire and a glass of rum, or a cabin on a sailboat. The places he sees and the people he meets are extraordinary; and vividly painted. But they pale when he describes Spray and the sea. You can hear the love and longing in his voice when he describes them.

This is the last of a breed, trying to keep his heart alive after wrenching losses, at the end of his rope, and finding a way to continue on and be fulfilled. Excellent reading.



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On the Marquee: Notes from the Sierra Madre Playhouse

A journey's end is only the beginning.

4,000 MILES

by Amy Herzog

directed by Christian Lebano



SIERRA MADRE PLAYHOUSE

September 26 to November 8, 2014

For tickets: 626.355.4318 or www.sierramadreplayhouse.org

THE NEW NEWS, By Artistic Director, Christian Lebano

Today I got the most wonderful email from a new patron. She had never attended our theater before but read what she said:

“I came to see your production [4000 Miles] and experience your theater several Sundays ago, I wanted you to know what an incredible experience I had and how absolutely stunning I thought the entire production was. I was absolutely and totally absorbed in every moment. I think I get what you are trying to do there; create a very professional theater company doing world class work in a space that maybe was once a community theater? Anyway that is the vibe I got. I just wanted you to know that if this production is any indication, you are absolutely on the right track. I know that it must take such courage, resilience and fortitude to have your vision and to see it through. So I thought it might be nice to get an e mail from someone who gets it and is so impressed and awed by it.”

This really made my day. She so clearly saw what we are trying to do at SMP. I'll say again, if you haven't been to the Playhouse in a while, please come see what we are up to. We are now in rehearsal for A Little House Christmas based on the Little House series of books by Laura Ingalls Wilder and

adapted for the stage by James DeVita. I was at the first read-through of the cast and I can promise you and your entire family will be charmed by this play. Since we've dedicated our stage to plays that celebrate the American experience by American playwrights, I was thrilled to find a Christmas show that so clearly fit our new mission. Emily Chase, who is directing the play, has put together a wonderful cast and has added music from the Pa Ingalls Songbook. We may have a new Christmas tradition on our hands.

We have had our first production meetings for both Einstein is a Dummy (which will play school and Saturday matinees) and for A Walk in the Woods which will play evenings in repertory with Einstein. This is an ambitious undertaking for us, but one I think we are up for. We'll be casting both plays soon.

And soon I'll have to seriously start thinking about next year's plays – and we haven't even finished this season yet! Always so much to do.

4000 Miles plays until Saturday, November 8 and A Little House Christmas opens the day after Thanksgiving, November 28. I hope we'll see you in the audience for both.

ONE NIGHT ONLY! “MURDER ON THE AIR” ON OCTOBER 26 AT SIERRA MADRE PLAYHOUSE

“Murder on the Air.” A Live Radio Show -- with DEATH on the Program. Radio personalities are being murdered at the Flighttime Radio Station, including their most unpopular singer. A station page boy and his friend investigate the deaths in hopes of finding the killer and a chance to perform – ON THE AIR! Chris Sands and Ken Salzman direct this Vaudeville Variety Show Musical Murder Mystery. Presented by SanZman Productions in association with Sierra Madre Playhouse.

At Sierra Madre Playhouse, 87 W. Sierra Madre Blvd., Sierra Madre, CA 91024. Ample free parking behind theatre. Sunday, October 26, 2014 at 7:00 p.m. All seats \$20. Reservations: (626) 355-4318. Online ticketing: www.sierramadreplayhouse.org

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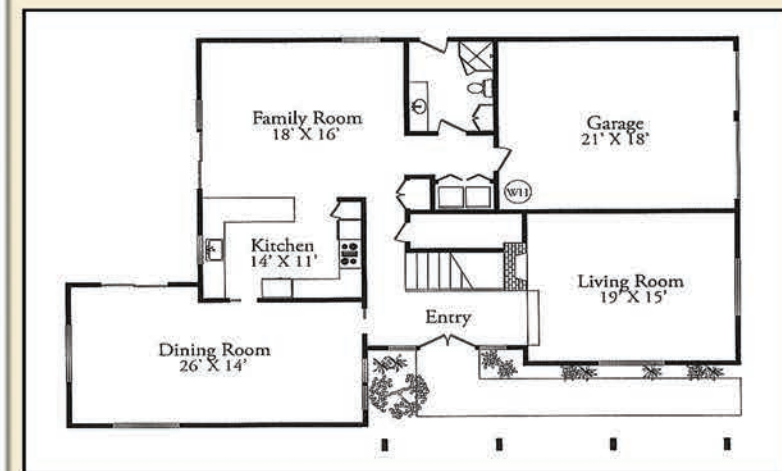
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OPEN HOUSE

CARAVAN

THIS SUNDAY 2-5PM **Wednesday, October 29th 10-1PM**
Thursday, October 30th 5-7PM **Thursday, October 30th 10-2PM**
Sunday, November 2nd 2-5PM

Built in 1968, this home offers 3 bedrooms and 3 full baths and measures approximately 2,837sf. The covered entry which shares beautiful skyline views of the city lights leading to the double door entrance of the home.

The first level offers a spacious formal living room with vaulted ceilings and fireplace, and is located just steps away from the formal dining room. Ideal for small gatherings or large family functions, both areas offer custom hardwood engineered floors which add warmth and elegance to this home. The open concept kitchen that looks into the spacious family room offers a sliding glass door leading to the private hill-like backyard. The first level also offers a hallway coat closet, a 3/4 bath, a laundry closet with built-in cabinets and direct access to the attached 3-car garage.

The spa-like master suite is located on the second level which includes a custom designed bath with double sinks, a jetted tub and an oversized walk-in shower. The suite also offers a spacious walk-in closet, a seating area and unobstructed views of the backyard. The additional 2 bedrooms offer amazing city views, and are situated on the second level along with the custom designed hallway bath. Contact Luther for more info. (626) 507-3029



HALLOWEEN PARTY!!

Join us Halloween Night Friday, OCTOBER 31 for dinner, drinks, and live entertainment by AD & The Soul Company.

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SECTION B

AROUND SAN GABRIEL VALLEY

COLORATURA SOPRANO LORI ANN FULLER PISCIONERI JOINS PASADENA COMMUNITY ORCHESTRA

PASADENA, Calif. – October 14, 2014. On Friday, November 14, 2014, coloratura soprano Lori Ann Fuller Pacioneri, who has been a soloist with the Los Angeles Opera and Los Angeles Philharmonic, joins the Pasadena Community Orchestra in the gala opening concert of the orchestra's 32nd season. Audiences will be caught up in the dramatic sweep and beauty of the arias Pacioneri will sing and the instrumental works Music Director Bethany Pflueger has selected to complement them.

A native of Louisiana, Ms. Fuller Pacioneri made her operatic debut in London in 1999 with conductor Sir Andrew Davis. She has since performed with numerous opera companies and symphony orchestras throughout the United States and Europe, portraying coloratura heroines from Verdi to Mozart, as well as musical theater ingenues. Since moving to Southern California, Ms. Fuller Pacioneri has sung roles in numerous productions by the L.A. Opera, and some of her most memorable concert performances have been with the L.A. Philharmonic.

Ms. Fuller Pacioneri performs four gems of coloratura opera literature, showing her versatile expression and virtuosic vocal flexibility. Lucia's two-part aria, "Regnava nel silenzio" ("Silence reigned"), from Donizetti's Lucia di Lammermoor, is at first mysterious and brooding, then switches gears (when she sings of love) to shimmer with coloratura acrobatics. The music of "Je veux vivre" ("I want to live in my dream") from Gounod's Romeo et Juliette is giddy and breathless waltz like Juliette herself. "Musetta's Waltz" from Puccini's La Bohème is as seductive and coquettish as the character who sings it. And no one, including the "dear papa" whom she addresses in the aria, can fail to be moved by the soaring, heart-melting music of "O mio babbino caro," from Puccini's Gianni Schicchi.

Each of the works from which the orchestra performs a section vividly expresses a distinctive sense of place. Rossini's William Tell Overture was beloved by generations before it became identified with "The Lone Ranger" TV series and numerous cartoons: it actually depicts its setting in the Swiss Alps in four beautifully evocative sections. Humperdinck's beloved Hansel and Gretel depicts the classic Grimm's fairy tale setting (and

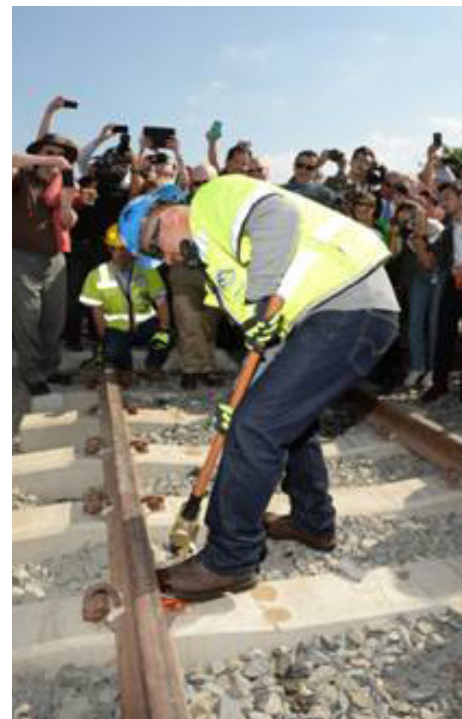
with one of the most beautiful chorales for the French horn section ever written). Bedrich Smetana is regarded as the founder of Czech musical nationalism. The "Polka" from his opera, The Bartered Bride, puts us at a Czech village celebration with its folk-based music. Finally, perhaps no instrumental work better exemplifies musical nationalism than Sibelius's Finlandia. The "Finlandia hymn," one of music's great melodies, with words added in 1941, has become one of the most important national songs of Finland.

PCO has been bringing fine classical music to the community for 31 years. Concerts are free (donations are welcome at the door). Well-trained musicians provide a high-quality musical experience. Concert starts at 8:00 p.m. on Friday, November 14th First Church of the Nazarene is located at 3700 E. Sierra Madre Blvd., one block west of Michillinda Ave. Parking is free and wheelchair accessible. Immediately following the concert, audience members will have the opportunity to meet the soloist and the other musicians at a reception.

For further information, please contact PCO at 626.445.6708 or publicity@pcomusic.org. Find us online at <http://www.pcomusic.org> or <https://www.facebook.com/pages/Pasadena-Community-Orchestra/125809577468516>. Concerts are made possible in part by the Michael J. Connell Foundation, the Pasadena Arts & Culture Commission, the City of Pasadena Cultural Affairs Division, Pasadena Community Foundation, Pasadena Showcase House for the Arts and LA County Arts Commission.



TRACK COMPLETION CEREMONY



On Saturday, under a nearly cloudless sky, dignitaries representing the San Gabriel Valley locally, in Sacramento, and Washington DC came together with more than 400 project supporters to mark the occasion of a significant project milestone: completion of all light rail track work for the 11.5-mile Pasadena to Azusa project.

The Track Completion Ceremony included installation of the final e-clip; the last of about 300,000 e-clips already installed along all 28 miles of completed track (the photos on right below capture the moment when Elias Avila, a Monrovia resident on our contractor's team, hammered in the last e-clip, completing the light rail track from Pasadena to Azusa).

We are honored by the outpouring of

support from so many elected officials attending this weekend's ceremony. Included were U.S. Representatives Grace Napolitano and Judy Chu; State Senator Norma Torres; State Assembly Member Roger Hernandez; County Supervisor Michael Antonovich; Construction Authority Board Members Doug Tessitor (Glendora Council Member), Sam Pedroza (Claremont Council Member), John Fasana (Duarte Council Member), Dan Evans and Marisol Rodriguez; Azusa Mayor Joseph Rocha and Council Members Uriel Macias, Angel Carrillo, Robert Gonzalez and Robert Alvarez; Metro Board Member and Glendale City Council Member Ara Najarian - to name just a few. The master of ceremonies was KNX Business Hour Host Frank Mottek.

VISIT ARCADIA APP & WEB SITE LAUNCHES IN TIME FOR BREEDERS' CUP

Year-round "Eat, Play, Stay" initiative by Arcadia Chamber and KAI Consulting

The Arcadia Chamber of Commerce and KAI Consulting Group have partnered with support from the City of Arcadia to launch a new initiative called Visit Arcadia for visitors that includes an exciting new app for cell phone and tablets, a companion web site, and cutting-edge technology for one-touch access from locations featuring the Visit Arcadia logo.

The new Visit Arcadia app is available at the Google PlayStore for Android phones and tablets and at iTunes for iPhones and iPads. The web site is www.VisitArcadiaCalifornia.com, which is linked at web sites of the Breeders' Cup, along with the Chamber's video "Arcadia's Got It All!" (www.breederscup.com/plan-your-visit/what-do), the City of Arcadia (www.ci.arcadia.ca.us/), and the Arcadia Chamber of Commerce (www.ArcadiaCaChamber.org) and ArcadiasBest.com, among others.

The app displays photo tiles of bright and easily recognizable images of the many great places to "Eat, Play, Stay" and Shop in Arcadia. Users are able to quickly search local restaurants by cuisine and distance, for example. One tap reveals a brief summary of the listing, as well as a locator map, directions, contact information, as well as user ratings and reviews with a quick click.

A section called "48-hours in Arcadia" offers helpful suggestions to travelers in town for a short visit who want to make the most efficient and enjoyable use of their time.

Distinctive purple Visit Arcadia decals are being placed in windows and other locations around highly-trafficked locations in Arcadia, beginning with hotels and on Breeders' Cup shuttle buses. Each logo is embedded with state-of-the-art computer chip technology that allows users with Near Field Communication (NFC)-enabled smart phones to simply touch their phone to the decal to get the Visit Arcadia web site to pop up. NFC is nearly-

ubiquitous on recent Android devices. For those without NFC technology, the more familiar QR code stamp is also included on the logo for a similarly simple connection.

For a city of only 57,000 people, Arcadia is a uniquely strong draw for out-of-town visitors to Santa Anita Park and the adjacent Los Angeles County Arboretum and L.A. County Arboretum; the Angeles National Forest and headquarters (recently designated a National Monument by President Obama); the nation's largest annual high school track meet, the Arcadia Invitational;

Southern California's largest marching band parade competition attracting more than 40 schools to the annual Festival of Bands; and L.A. County's Arcadia Park and its Santa Anita Golf Course and lawn bowling center, which attracts national and international tournaments.

"There is clearly a need for access to visitor information through technology being used by today's travelers," said Arcadia Chamber of Commerce CEO Scott Hettrick. "We are pleased to offer this service to benefit visitors as well as our local businesses and organizations."

Glenn Oyoung, founder of KAI Consulting Group and an Ambassador of the Arcadia Chamber, is responsible for the design and oversight of the implementation of the technology and content. "We're excited to help drive attention to Arcadia businesses and show visitors what this city has to offer," said Oyoung. KAI intends to expand and leverage this partnership with the Arcadia Chamber to create and link companion "Visit" sites and apps for other cities in the San Gabriel Valley to create a single recognizable brand for all visitors to the Valley. In the coming weeks, additional features will be added to the Visit Arcadia app and web site to allow businesses to place expanded listings, videos, and upcoming events on the site and app.



DUARTE UNIFIED ACCEPTING APPLICATIONS TO FILL VACANT SEAT ON BOARD OF EDUCATION

Due to the resignation of Pam Kawasaki, Board President, the Duarte Unified School District currently has a vacancy on its board of trustees. At the Regular Board Meeting of October 23, 2014, the Governing Board announced the process to fill the vacancy by a provisional appointment from among qualified applicants.

The school district is requesting all those interested in serving on the school board to submit an application. Applications are available on the district website, www.duarteusd.org and at the District Office, 1620 Huntington Drive, Duarte, CA, 91010.

To be eligible to apply for appointment to the Governing Board, an individual must be at least 18 years old, be a resident of the Duarte Unified School District, be a registered voter in the State of California, and not be

disqualified from holding civil office by the constitution or any law of the State of California.

This appointee will hold office for the remainder of the term of office for this vacancy.

An employee of the Duarte Unified School District may not be sworn into office as an elected or appointed member of the Governing Board, unless he or she resigns as an employee. If the employee does not resign, the employment will automatically terminate upon being sworn into office.

Return completed applications to the Superintendent's Office, 1620 Huntington Drive, Duarte, CA 91010 or email to Mercedes Ruiz at mr Ruiz@duarteusd.org, by the filing deadline of Friday, November 7 at 4 p.m. For additional information contact Mrs. Ruiz at 626-599-5037.

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Looking Up with Bob Eklund



MARS ORBITER SEES COMET FLYBY; COMETS FOUND AROUND NEARBY STAR

The longest-lived robot ever sent to Mars came through its latest challenge in good health, reporting home on schedule after sheltering behind Mars from possible comet dust.

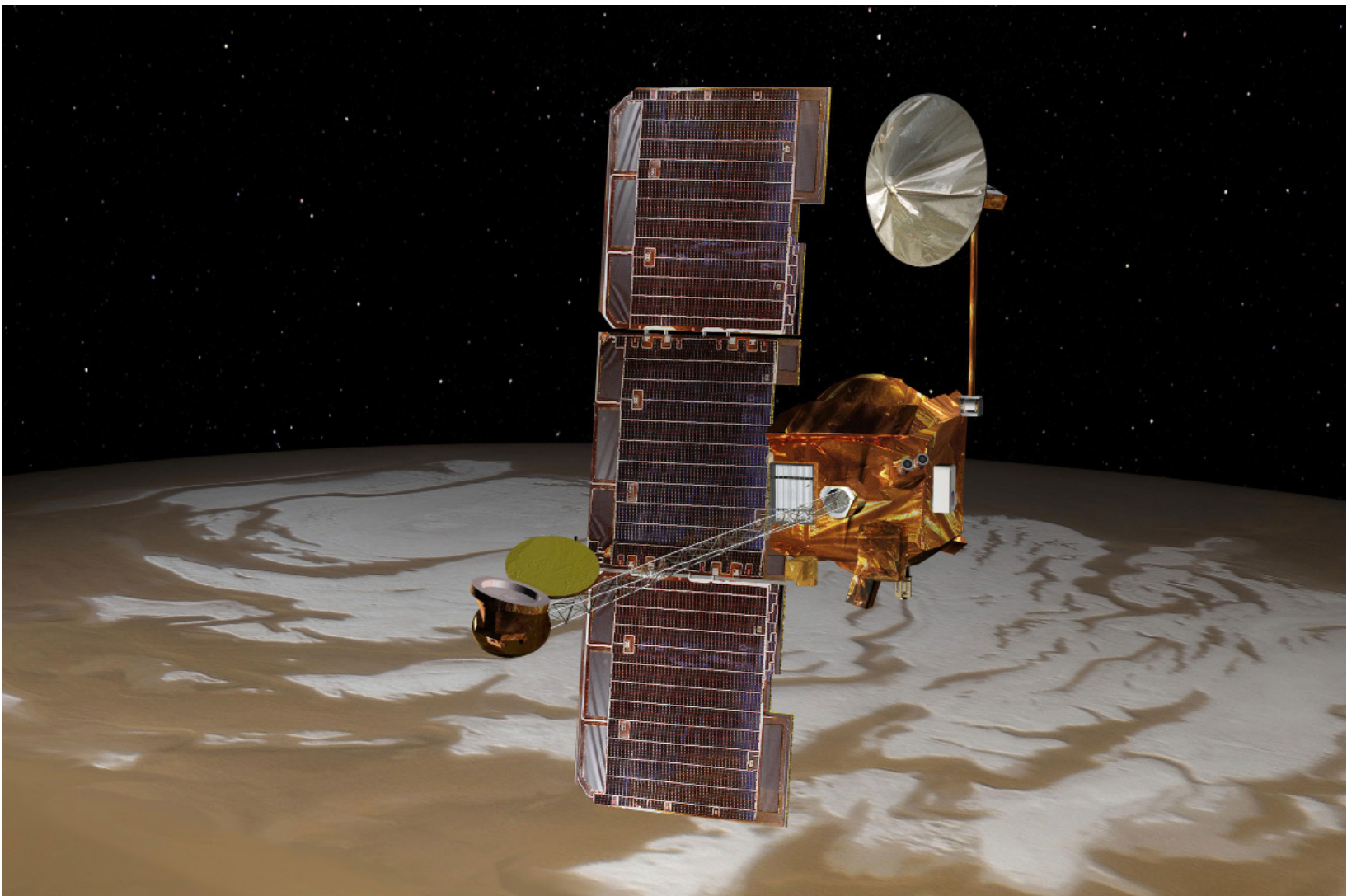
NASA's Mars Odyssey was out of communications with Earth, as planned, while conducting observations of comet C/2013 A1 Siding Spring on Sunday, Oct. 19, as the comet flew near Mars. The comet sped within about 88,000 miles of Mars, equivalent to about one-third of the distance between Earth and Earth's moon. Odyssey had performed a maneuver on Aug. 5 to adjust the timing of its orbit so that it would be shielded by Mars itself during the comet's passing, when computer modeling projected a slight risk from high-velocity dust particles in the comet's tail.

"The telemetry received from Odyssey confirms not only that the spacecraft is in fine health but also that it conducted the planned observations of comet Siding Spring within hours of the comet's closest approach to Mars," said Odyssey Mission Manager Chris Potts of NASA's Jet Propulsion Laboratory, Pasadena, Calif., speaking from mission operations center at Lockheed Martin Space Systems, Denver.

Three NASA Mars orbiters, two Mars rovers and other assets on Earth and in space are studying comet Siding Spring. This comet is making its first visit this close to the Sun from the outer solar system's Oort Cloud, so the concerted campaign of observations may yield fresh clues to our solar system's earliest days more than 4 billion years ago.

COMETS FOUND AROUND NEARBY STAR. A French team of astronomers at ESO's La Silla Observatory in Chile has studied nearly 500 individual comets orbiting the star Beta Pictoris and has discovered that they belong to two distinct families of exocomets: old exocomets that have made multiple passages near the star, and younger exocomets that probably came from the recent breakup of one or more larger objects.

Beta Pictoris is a young star located 63 light-years from the Sun. It is only about 20 million years old and is surrounded by a huge disc of material—a



very active young planetary system where gas and dust are produced by the evaporation of comets and the collisions of asteroids.

For almost 30 years astronomers have seen subtle changes in the light from Beta Pictoris that were thought to be caused by the passage of comets in front of the star itself. Comets are small bodies of a few kilometers in size, but they are rich in ices, which evaporate when they approach their star,

producing gigantic tails of gas and dust that can absorb some of the light passing through them. The dim light from the exocomets is swamped by the light of the brilliant star so they cannot be imaged directly from Earth.

To study the Beta Pictoris exocomets, the team analyzed more than 1,000 observations obtained between 2003 and 2011. The researchers selected a sample of 493 different exocomets.

Some exocomets were observed several times and for a few hours. Careful analysis provided measurements of the speed and the size of the gas clouds. Some of the orbital properties of each of these exocomets, such as the shape and the orientation of the orbit and the distance to the star, could also be deduced.

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



EXPLORING OUR HALLOWE'EN ROOTS

By Christopher Nyerges

Hallowe'en is coming. But what's it all about? Today in Sierra Madre, when most people think of Hallowe'en, they think of children – and adults -- getting excited about a costume they're going to wear, and all the

food and candy. But still, why do we celebrate this holiday? Is it simply a night of "fun"? How did this get started?

Historically, Hallowe'en had to do with the dead, with ghosts, with spirits. Let's turn back the clock a bit to explore the roots of this All Hallow's Eve. To the ancient Celts, there were six significant fire ceremonies during the year. The greatest of these were Beltane, the first of May, and Samhain, the last day in October. (Originally, Samhain was celebrated from October 31 through November 2). The Feast of Samhain (meaning "summer's end"), marked both their Feast of the Dead and the Celtic New Year. This time of the year, more or less half way between the autumnal equinox and the winter solstice, was a time of decay and death on the earth. This was especially apparent in Western Europe, when the temperatures dropped and the rains fell.

Throughout much of Europe in past centuries, country people (nearly everyone) lived simple lives, and their Old Religion was based on the seasons, and on the recognition of the reality of the spirit world. They relied on their Old Religion with its ritualistic ceremonies for help and for guidance. They believed that on the Feast of Samhain, the spirits of their ancestors could and would rise from the cold barren fields to dwell in the warm cottages. There they must be greeted with food, decoration, and festivity if they were to protect the household.

Thus, in its origin, the Feast of Samhain was a rite designed to protect humans from the activities of the dis-incarnate. It was a bargain with the dead (and other spirits) so they'd stay away and cause no trouble during the next year.

In the 700s, the Roman Catholic Church authorities accepted the fact that they had failed in their attempts to eliminate the "pagan" Samhain observances within the now-Christianized world. Thus, as has often occurred when New Religion clashed with Old Religion, the names of the holy days were simply changed. By changing the name from Samhain to Hallowed Eve, the Old Religion practice could continue, now as a Christian holiday. Everyone was happy, and things went on as usual.

The original custom of giving to the spirits spread through all cultures and lands with many variations. Today, the custom manifests by giving candy to the proxies of the spirits, the children who dress up like goblins and witches -- as well as whatever politician's masks are popular.

For see another way to observe this way, you should visit downtown L.A.'s Olvera Street sometime between October 31 and November 2, to see how "The Feast of the Dead" is commemorated in Mexico. You will not see an intent to keep the spirits away. Rather, via shrines, songs, and even painting the faces like skulls, the deceased spirits are invited back to be honored and remembered.

Unlike some religious groups who advocate



complete abstinence from any so-called "pagan" Hallowe'en celebrations, my posture is not to turn a blind eye to what society is doing, but to find a way to elevate the day to one of personal growth and insight.

So what are some practical lessons we might learn from Hallowe'en?

In past years, my associates have gathered to view the classic "vampire" movie "Nosferatu," both the original and the 1978 Klaus Kinski version. We gathered with large bowls of popcorn, and other refreshments, and explored the nature of fear. We remained focussed on finding the science within

that movie as to how to deal with our own inner fears. Additionally, "Nosferatu" provides a pictorial view of how each of us succumb to our weaknesses, and how we "become someone else." [See our Schedule at www.wtinc.info.]

Another way to elevate our use of this Hallowe'en time is to re-consider our use of costumes. Do we not invoke the presence of those persons we choose to masquerade as? Rather than invoke the presence of dark entities, why not dress up as our role models, or Heroes, and Saints. Children – and especially adults – can use this time to invoke the presence of such historical great figures such as

Florence Nightingale, Gandhi, Sequoia, Sitting Bull, Geronimo, or Abraham Lincoln.

By utilizing the ancient Holy Day of Samhain in this manner, we can rise out of the darkness of our own ignorance. By such practice, we can return to the roots of this ancient commemoration which we today call Hallowe'en.

[Nyerges is the author of Enter the Forest, How to Survive Anywhere, and other books. His weekly podcast can be heard on-line at Preparedness Radio Network. He can be reached at Box 41834, Eagle Rock, CA 90041, or www.ChristopherNyerges.com.]

FAMILY MATTERS

By Marc Garlett



HOW TO ENSURE A LIFETIME OF CARE FOR A SPECIAL NEEDS CHILD

Parents of children with special needs usually share one overriding concern: what will happen to my child after I'm gone? They also often struggle with guilt for what they envision as an eventual destiny for their other children who may assume care of their special needs sibling.

But I'm here to tell you, this is the kind of situation estate planning was made for. You can take action right now to ensure your special needs child has the proper care for the rest of his or her life. As you consult with your attorney to create a special needs trust or other estate planning tools, be sure to consider the following:

The amount of financial support your special needs child will require over his or her life. Start by calculating how much support you are providing now. Then think about the support they will need as they reach adulthood and project what that amount will be all the way into their senior years. Consider if he or she will be able to provide any of their own support, or will rely completely on government benefits. Of course, you also need to estimate how much you are able to contribute.

Governmental benefits protection. If your child already receives government benefits from Medicare or Supplemental Security Income (SSI), your plan will need to take this into consideration and not provide your child with too much income which would disqualify them from these benefits. Usually, a special needs trust will enable you to provide your child with additional income without losing governmental benefits.

How your other children fit into your estate plan. A vast majority of parents want to ensure equal treatment for all their children when it comes to an inheritance. But sometimes, with a special needs child, this is not possible - especially if parents have limited financial resources. If this will be true for your family, be sure you talk with your other children about your plan, and discuss

how distribution of other assets might help to even things up for them.

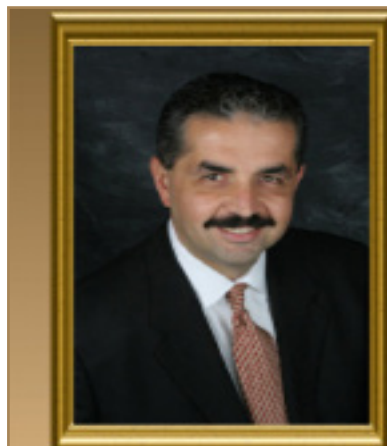
Who will manage your special needs child's finances. When you create a special needs trust, you will also need to name a trustee or trustees to manage the trust assets for the benefit of your child. Choose someone you know, who cares about your child, and who is willing to assume and carry out the responsibilities of caring for him or her.

On one hand, parents of special needs children are no different than any other parent. We all do whatever needs to be done to protect and provide for our children, no matter what. On the other hand, parents of special needs children often have to go far above and beyond what most other parents have to deal with. And the universal question of, "how do I want my child cared for after I'm gone?" becomes complicated and multi-dimensional. But with special care and planning, those parents can also ensure their child's care will continue in alignment with their desires, hopes, and dreams for the future, no matter what.

MARC

To you family's health, wealth, and happiness,

A local attorney, father, and CASA volunteer (Court Appointed Special Advocate for Children), 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. Call 626.355.4000 to schedule an appointment to sit down and talk about ensuring a legacy of love and financial security for your family or visit www.GarlettLaw.com for more information.



Tips of the Trade: Real Estate Revealed

by Luther Tsinoglou

FROM "LESS" TO "YES"

The painful truth: Sellers who do not price their property competitively are the most likely targets of lowball offers. In soft markets, buyers are more prone to make low offers on listings seen to be priced too high. Listings that don't sell usually require price reductions, which in turn often mean ultimately accepting an offer lower than you could have received by pricing aggressively from Day One.

Since selling your home can be such an emotional and subjective experience, it's easy to understand why you'd be reluctant to counter an offer below your asking price. But rather than feel insulted, try to see it as the beginning of a dialogue that could ultimately produce a sale.

If you feel any of the terms or conditions of the offer are unacceptable, ask your agent to present a counter-offer. Sometimes buyers and sellers don't really know beforehand what price they'll accept until they've begun the negotiations. For example, a buyer might agree to a higher price than planned if interest rates suddenly drop.

If you've received a lower than expected offer, but the buyers have proven their qualifications and commitment by securing loan pre-approval, you have grounds for serious consideration. The process of counter-offering can be swiftly settled or carry on ad nauseam. Be prepared to explore all options and act quickly before letting your negotiations fail.



Social Media Tips, Tricks & Ideas



by: MJ Finstrom

TIS' THE SEASON FOR SOCIAL CAMPAIGNS

Constant Contact is known for email marketing but that's not all they offer in their toolkit. Their Social Campaign tool allows you to offer coupons, download content or offer your fans a chance to win a prize. The strategy is called action gating and the mail purpose is to help you grow a quality, interested email marketing list. It works primarily with Facebook but you can leverage other social media tools.

Here are a few ideas for a social campaign:

Give away something that is directly aligned with what your target audience is interested in. For most businesses, giving away one of your products is the best way to go. Businesses like an auto shop or realtor could give away tickets to a local event or game. To enter for a chance to win, an email is required. Make sure to follow up with an email to everyone who entered, thank them for entering, announce the winner and give them a special discount or offer.

Provide content that educates. This is good for businesses that serve other businesses (B2B).

Share your expertise and offer really valuable tips or industry trends. They can only get your content if they sign up for your email. This is a great strategy for building your email list.

Offer an exclusive coupon: Only people who sign up for your email list will get the offer, perhaps a certain percent off their next purchase or a coupon for something free next time they visit your store. You might consider partnering with a non-profit that aligns with your business.

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

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

RETIREMENT REPAIR MANUAL

BY GREGORY J. WELBORN



Interest rates just dropped again -who'd a figured they could go lower? - and the mortgage refinancing advertisements kicked into high gear. But while low interest rates are "good" for someone with a mortgage, they're "bad" for someone in retirement who's counting on some sort of stable income. If retirement is right around the corner, or if you've already walked through that threshold, here's a brief retirement repair manual.

Have A Flexible Retirement Date: If things aren't looking so good because the portfolio is down and interest rates are down, consider moving retirement a bit into the future. You'll be surprised how dramatic the impact can be on your long-term situation from postponing just a few years. If you already walked out that door, think about picking up a part time job in some field you enjoy. Bringing in a little more income moves you in the same positive direction, and, if it's something you enjoy, you'll be improving your quality of life.

Choose Wisely When Making Your Social Security Election: At some point, you'll have to tell the good folks in D.C. whether you want to take your social security benefit at age 62, 70, or the middle option. That decision will impact a lifetime of benefits. You may need some help in determining the right course, but generally speaking, if you have longevity in your genes and you're of retirement age already, take the later payout date.

Check Your Stock Allocation: I know; I'm beginning to sound like a broken record - and only people old enough to be considering retirement

really know what a broken record sounds like. This analogy serves two good purposes. First, you may think twice before dismissing this perennial piece of advice. Second, it can remind you just how dynamic the economy is (all those new inventions that made the record player extinct). Owning a piece of this dynamic process (stocks) will help.

Keep Spending Under Control: This isn't an admonition to cut back "no matter what". That's counter-productive. You've worked hard to get to the place of being able to enjoy this next phase. But don't hesitate either to look for areas where you can save without compromising lifestyle too much. We all have habits which cost money unnecessarily. Be wise, be prudent and have fun.

If retirement is looking a little scary right now, there are things you can do to repair the plan. In most cases, a combination of the above - timeframe, earnings, stocks & spending - will get you through the lean times. The only critical mistake is putting your head in the sand.

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

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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.



NOBODY IS AS GOOD AS THEIR SELFIE

By Dr. James L. Snyder

I must confess I am not up to date with the latest technical gizmos. So much technology is around today that I believe most people have really lost their identity. I do not think they will soon recover.

I am not against modern technology; I simply cannot keep up with it. I would vote for anybody who would call a moratorium on all updates for the next five years. As soon as I get a product, it is out of date and I need, desperately need, an update if I am going to benefit from this product.

This brings me to the subject of the Selfie. It took me a long time to understand what this was. My clock is not always ticking. My idea of a Selfie is someone who is self-centered. How was I to know it had something to do with taking your own picture? I am not sure what to call people who take their own picture, but the modern term today is Selfie.

People want to believe that they are as good as their Selfie. I do not believe that for one moment. If I am as good as my Selfie, I am in pretty bad shape. I know you can Photoshop a picture to make yourself look a lot better, but then I ask, is that really a Selfie?

I think there are other ways to evaluate yourself. For me, my worth has to do with the pens I use. The Selfie that I took has no class and certainly lacks a lot of dignity.

Nothing is more personal than a person's pen. I never leave home without mine.

In fact, I carry on my person at all times a variety of pens. There is a pen for every activity. You can tell a lot about a person by the pen that they use. In my book, it is a fountain pen and I have a variety of them in my personal collection.

When it comes to pens, I have a collection that, well, let's say it exceeds a few. I have been collecting these pens since I have been able to write. After all, a writer without a pen is not really a writer.

The Gracious Mistress of the Parsonage has the opinion that I am a wee bit obsessive about my pen collection. I remember in exasperation at my growing pen collection, she once asked, "If you had to choose between me or your pens, which would you choose?"

As a man who has been a husband for more decades and I care to remember, certain questions that come from the other side of this

marriage equation should never be answered and should be avoided at all costs. When such questions are put forth, the name of the game is switch the topic as quickly as possible.

I do not want it to be, an "either/or" kind of a situation. I choose to keep both, which has made me happy for so many years.

My idea is simply this, if something is worth writing it is worth writing with a fountain pen. You can tell a lot about a person by the pen they use and if it is a fountain pen, that tells me volumes about that person.

A fountain pen is the choice of the really serious writer. I know there are all kinds of pens these days, and I have my share of them, but when it comes to serious writing, it always has to be a fountain pen. There is something about a fountain pen that makes words flow almost effortlessly.

I take pride in my fountain pens and always have on my person the fountain pen for the day. Each day calls for a special fountain pen. Woe be unto the person who confuses one pen with the wrong day. After all, let us get serious about this fountain pen business.

I was at the post office jotting down some notes while I was waiting in line just using and enjoying my fountain pen. The person in front of me turned around and said, "Sir, could I borrow your pen for a moment?"

There are questions and then there are questions. I froze and simply stared at her. I like being a gentleman as much as I can but when it comes to a fountain pen I really draw the line. Fortunately, for me, I had another pen, which was not a fountain pen for such emergencies as this. Not everybody is worthy of using a fountain pen, especially my fountain pen.

I do not think it is appropriate for someone to ask to borrow one of my pens!

Also, on the other side of the counter, I do not borrow or use somebody else's pen. I know it may be a phobia on my part, but I am sticking to it. When I go to the counter to pay for lunch, for example, the cashier always offers one of her pens. I refuse to use a pen that has been used by a million other people. I am not a germ-phobic, just a pen-a-phobic.

David understood this when he wrote, "My heart is inditing a good matter: I speak of the things which I have made touching the king: my tongue is the pen of a ready writer" (Psalm 45:1).

A person's value is determined by what he or she values the most.

PUBLIC NOTICE

City of Sierra Madre

ORDINANCE NO. 1355

AN ORDINANCE OF THE CITY COUNCIL OF THE CITY OF SIERRA MADRE, CALIFORNIA AMENDING TITLE 9 OF THE SIERRA MADRE MUNICIPAL CODE BY ADDING CHAPTER 9.56 RESTRICTING HUNTING OF ANIMALS WITHIN THE CITY OF SIERRA MADRE

WHEREAS, SECTION VII OF ARTICLE XI OF THE CALIFORNIA CONSTITUTION PROVIDES THAT A CITY MAY MAKE AND ENFORCE WITHIN ITS LIMITS ALL LOCAL, POLICE, AND OTHER ORDINANCES AND REGULATIONS NOT IN CONFLICT WITH GENERAL LAWS; AND

WHEREAS, THE CITY OF SIERRA MADRE HAS THE OBLIGATION TO PROTECT ANIMALS TO THE BEST OF THE CITY'S ABILITY WHILE THE ANIMALS ARE WITHIN THE CITY LIMITS; AND

WHEREAS, THE CITY OF SIERRA MADRE HAS DETERMINED THAT THERE IS A NEED TO PROHIBIT THE HUNTING OF ANY ANIMALS DOMESTICATED OR WILD, WITHIN THE CITY LIMITS; AND

WHEREAS, THE CITY COUNCIL OF THE CITY OF SIERRA MADRE HAS AN OBLIGATION TO TAKE ACTION TO PRESERVE THE HEALTH, SAFETY, AND WELFARE OF ITS RESIDENTS, BUSINESSES, AND THE GENERAL PUBLIC.

THE CITY COUNCIL OF THE CITY OF SIERRA MADRE DOES HEREBY ORDAIN AS FOLLOWS:

SECTION 1. TITLE 9 OF THE SIERRA MADRE MUNICIPAL CODE IS HEREBY AMENDED BY ADDING CHAPTER 9.56 ("HUNTING OF ANIMALS") TO READ AS FOLLOWS:

"HUNTING OF ANIMALS"

9.56.010. TITLE.

This chapter shall be known as the "Hunting of Animals" Ordinance" and may be so cited.

9.56.020. Purpose and Scope.

It is the purpose and intent of the Sierra Madre City Council, through the adoption of this chapter, to restrict the hunting of animals within the city limits of City of Sierra Madre.

9.56.030. Definitions.

For the purpose of this chapter, the following terms shall be defined as set forth in this section: Hunting" shall mean the killing or wounding of any animal by the means of discharging any firearms, firearm, weapon, air gun, archery device, slingshot, paintball gun or explosive of any type with the specific intent to injure, mutilate, or kill any animal, domesticated or wild.

City Limits" shall mean the all areas, both private and public within the City of Sierra Madre.

9.56.040. Hunting prohibited.

No person shall hunt, pursue, trap, kill, wound, maltreat or attempt to hunt, pursue, trap, kill, wound, or maltreat any wild or domesticated bird or animal, and no person shall permit any pet to pursue, trap, kill, or wound any wild or domesticated bird or animal within the City Limits of the City of Sierra Madre. This prohibition shall not apply to removal of rats, mice or other vermin from private property.

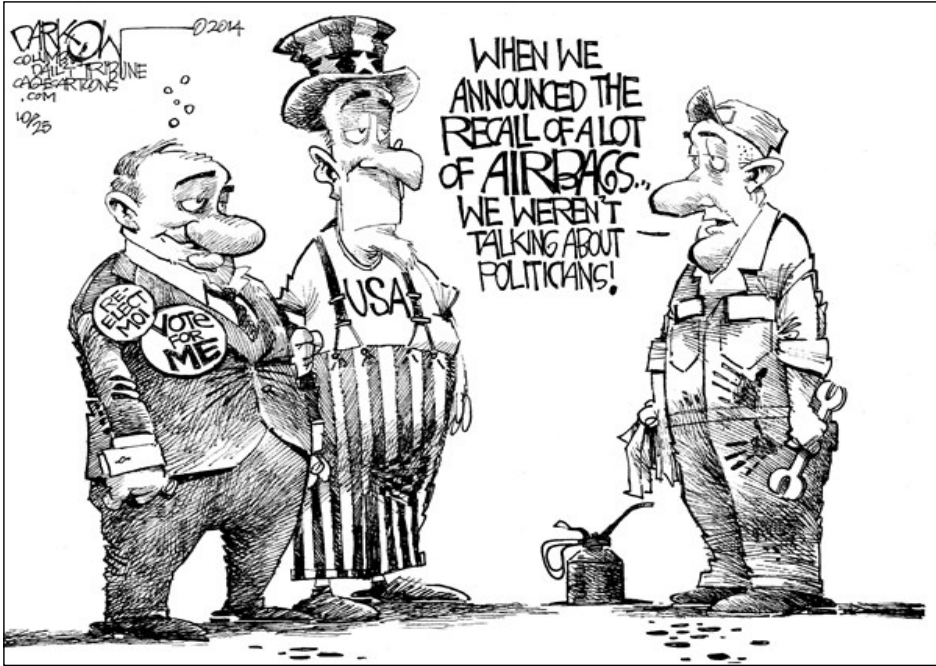
SECTION 2. Effective Date. This Ordinance is adopted by the City Council and shall take effect 30 days after approval by the City Council. This Ordinance and the City Clerk's certification, together with proof of publication, shall be entered in the Book of Ordinances of the City Council.

SECTION 3. Certification. The City Clerk shall certify to the passage and adoption of this Ordinance and shall cause the same to be published according to law.

PASSED, APPROVED AND ADOPTED, this 14th day of October, 2014I, Nancy Shollenberger, City Clerk of the City of Sierra Madre, California, do hereby certify that the foregoing Ordinance was introduced at a regular meeting of the City Council of the City of Sierra Madre held on the 23rd day of September 2014, and was adopted at its regular meeting of October 14, 2014 by the following vote:

AYES: Mayor John Harabedian, Mayor Pro Tem John Capoccia, Council Members Rachelle Arizmendi, Denise Delmar, and Gene Goss

NOES: None



GREG Welborn ISLAM MAY NEED A CIVIL WAR



"The test of every religious or political system is the man that it forms – Amial"

Murder and terror in Ottawa brings close to the heart once again the reality that one of the world's major religions begets such evil that a great war may yet be required to purify it and allow it to reclaim a mantle of moral credibility it once wore proudly. This is not a war of the type we're seeing now in the Middle East; this is not the war between ISIS and western powers, as necessary as that war is to saving thousands from slaughter, torture and suppression. No, the killings in Ottawa, the earlier beheadings of innocents, the brutal subjugation of women and the torture of children may compel us to defend ourselves, but such acts should also demonstrate that simply driving them from our shores, or from the borders of any particular Middle East country, will not eliminate the evil which has taken root at the core of Islam. As painful as it is to realize, the war which must be fought is a civil war within Islam itself between the powers of good and evil vying for dominance.

We have always been reminded, and now doubt will hear again, that Islam is a peaceful religion. That may be true, but it is only true insofar as it applies to a classical strain of Islam which existed in history, and may well exist in some quarters today. But it is false insofar as it does not explain the totality of Islam; insofar as it fails to explain the great numbers of Muslims (upwards of 20%) who believe terror and violence against the infidels are justified, not to mention the smaller – but more potent – numbers of Muslims who willingly commit these heinous and cowardly acts.

So if classical Islam spawned a great culture, established a body of law which condemns terrorism and suicide, restricts jihad to the retaking of one's own property, prohibits the slaughter of non-combatants, and tolerates other religions in its midst, we can celebrate such fine religious principles, but we must still ask ourselves where is this form of the religion and what actions are its adherents taking in the world today?

We can fairly ask that because world events, as briefly listed above, seem to demonstrate another version of that religion – another darker, evil vision of fealty to Allah – is dominant and active. This is the Islam which dismisses the tenants of its classical roots, condemns Jews as "pigs", "dogs", and "unworthy to draw breath", acts to kill and maim those same Jews, and tortures, murders and beheads vast categories of unbelievers. This is the Islam which produces Muslims who lead or join Al Qaeda, ISIS and the Taliban, and who troll the streets of Ottawa.

Pretending that the vile, evil side is small and confined to a few isolated patches of real estate is self-deluding. 20% of a one billion people is still 200 million adherents or supporters of an evil philosophy. They cannot readily be contained to some small area – not in the 21st

century of social media and easy international travel. Polling in Muslim countries has continuously affirmed the existence of this worrisome population, the most recent of which shows 60% of Jordanians do not view ISIS as a terrorist group. Remember, the Jordanians are supposed to be the moderate ones.

With the events in Ottawa, we may once again be prompted to find our nerve and the commitment to confront ISIS in some meaningful way, but as of today, the numbers of bombing sorties we currently fly against ISIS are but rounding errors compared to the numbers we flew against Saddam's forces when we really meant to "degrade and destroy". But removing ISIS will not solve the larger problem – the problem presented by the existence of, and credibility accorded to, the underlying evil philosophy that grips Islam. An honest assessment of the situation today inevitably draws comparisons to Christianity's struggle with good and evil.

Centuries ago Christianity was intolerant, repressive and in most places thoroughly corrupted. In essence, it took a long and protracted civil war to restore Christianity's original moral vision. The birth of Protestantism started this battle, leading to the Thirty-Years' war. The American Revolution continued it, establishing freedom of religion. The battle was ultimately successfully concluded through the abolitionist movement and our American civil war, which finally eliminated slavery as an acceptable Christian practice. Thankfully, because brave believers were willing to fight the good fight, intolerance and repression in the name of God are no longer accepted by faithful Christians.

So it appears that Islam must fight its own internal civil war if it is to resume its role as a moral religion. Homeland Security and our military may be able to protect us from Islam's dark side, but to rid the world of it – which is to protect Christian, Jews and Muslims themselves – Islam will have to do the heavy lifting. Islam must fix itself.

We can hope and pray that only a few lives will be lost. But if we truly love our Muslim brothers, we must refrain from that very human tendency to simply pray for peace. Peace, at the price of subjugation, torture and fear, is not a noble or moral outcome to wish upon that cohort of a billion people who claim to worship Allah. The conflict between good and evil, which will define what allegiance to Allah really means, must be fought within Islam. Islam must be purged of the hate which seeks to consume it. I don't know where it will start; I would have hoped it would have begun by now, but this battle will have to be waged across the globe by Muslims of all nationalities. Only then will Islam be able to reclaim the mantle of moral credibility.

Sierra Madre Police Blotter

During the week of Sunday, October 12th to Sunday, October 19th, the Sierra Madre Police Department responded to approximately 323 calls for service.

Wednesday, October 15th

At 10:30 pm, Sierra Madre Police performed a traffic stop on a vehicle whose record showed the registration had expired in 2012, but the vehicle was displaying a 2014 registration tab. When Officers questioned the subject, he initially denied having knowledge of why his record showed an expired registration. Through further questioning, the subject admitted to Officers he currently worked at a storage facility in Pasadena, and had recently fallen on hard times financially. Unable to pay for his vehicle's registration, he decided to remove the registration of a motorhome being stored at the storage facility, and place it on his vehicle. He stated the motorhome had been stored there for quite some time and believed no one would have noticed that the registration was missing. The subject was arrested and charged with possession of stolen property and unlawful display of registration tabs.

Thursday, October 16th

At 1:35 am, Sierra Madre Police were dispatched to the area of Hermosa Avenue and Mariposa Avenue regarding a traffic collision. When Officers arrived they noticed a vehicle on the west curb line facing south, with a flat left front wheel bent inwards and pieces of shrubbery on the hood of the car. Officers made contact with two male subjects, one of which was attempting to pull the spare tire out of the vehicle's trunk. The driver of the vehicle informed Officers he got a flat tire and his friend, who had called Sierra Madre Police Department was helping him. He stated to Officers he

was the only one in the vehicle. While questioned by Officers, they noticed a strong odor of alcohol emitting from the man's breath. The man showed signs of intoxication from blood shot eyes to having loss of balance. By consent of the male driver, Officers performed a Field Sobriety Test, which he ultimately did not successfully pass. The driver of the vehicle was arrested and cited for DUI of alcohol and/or drugs and DUI with BAC greater than 0.8%.

Saturday, October 18th

At 2:14 am, Sierra Madre Police performed a traffic stop on a vehicle driving without its headlights on in darkness. While Officers did a record check on the driver, they were informed that he had three outstanding warrants totaling to \$110,000. Azusa Police Department was contacted as they were one of the warrant issuing agencies. Officers then removed a female subject from the rear of the vehicle. During a search of the female subject, Officers discovered a hypodermic needle. When questioned about the needle, she stated she was holding onto it for a friend. The male subject was arrested and taken into custody by Azusa Police for his outstanding warrant and the female subject was cited for possession of a hypodermic needle.

Sunday, October 19th

At 1:17 am, Sierra Madre Police performed a traffic stop on a bicyclist for failure to have required lights. When asked by Officers if she was in possession of any illegal substances, she informed Officers she had marijuana in her pocket and backpack. She informed Officers she did not have a medical marijuana license, but used the drug to help her with her insomnia. The female subject was cited for possession of marijuana and failure to have required light on the bicycle.



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