



# CALENDAR

## Weather Wise



### 6-Day Forecast

#### Sierra Madre, Ca.

Sun:	Sunny	Hi 80s	Lows 50s
Mon:	Ptly Cldy	Hi 70s	Lows 50s
Tues:	Ptly Cldy	Hi 70s	Lows 50s
Wed:	Sunny	Hi 70s	Lows 50s
Thur:	Sunny	Hi 70s	Lows 50s
Fri:	Sunny	Hi 70s	Lows 50s

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, January 27, 2015  
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](mailto:radio@cityofsierramadre.com).

### SIERRA MADRE CITY MEETINGS



#### City Council

January 27, 2015 - 6:30 pm

The final agenda and staff reports will be available online no later than Friday night. Enter the date "01/06/2015" 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](mailto: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

Wednesday, January 28 2015  
Library Board of Trustees, 7:00 pm\*

Thursday, February 5, 2015  
Senior Community Commission, 3:00pm

Thursday, February 5, 2015  
Planning Commission, 7:00pm\*

#### City Hall Hours

Monday - Thursday 7:30am - 5:30pm

Planning & Community Preservation and  
Public Works Service Hours

Monday - Thursday 7:30am - 2:00pm

#### HOLIDAY HOURS

City Hall Closed  
Monday, January 19, 2015  
Martin Luther King, Jr.'s Day  
City Hall  
232 W. Sierra Madre Blvd.  
Sierra Madre, CA 91024  
(626) 355-7135

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.



### TURF REMOVAL REBATE PROGRAM

There is still funding for the Turf Removal Rebate Program! Property owners may be eligible to receive a rebate of \$1.00 per square foot of turf that is removed. The maximum rebate is \$1,000 per property owner.

Applications are available at City Hall, and applications will be processed on a "first come, first served basis." There is a total of \$48,000 in grant funds available. To be eligible, rebates are only available for turf removed from private property yard areas visible from the street. Rebates do not apply to parkways or back yards. The rebates are not retroactive, meaning that the program does not apply to properties where turf has already been removed. There are additional regulations, which are available in full at City Hall and on the City's website.

Applications are available on the City's website at [www.cityofsierramadre.com](http://www.cityofsierramadre.com), but applications must be submitted in person to City Hall. Emailed or faxed applications will not be accepted.

For additional information, please visit City Hall on Monday to Thursday from 7:30 am to 5:30 pm, or call (626) 355-7135.

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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

*Leonora Moss*

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Recently, I was the recipient of an exceptional question from reader Amber Moyes of Covina. It appears that Rodeo Drive and their wine list may have migrated to a location near us. Amber was at the Langham Hotel and enjoyed a glass of Black Stallion Cabernet (\$15), and she asked this writer to investigate how establishments come up with prices of wines by the glass. I dream of a day when a poor restaurant critic may soothe his many worries with an exceptional glass of wine and not be required to carry a bag of diamonds as payment. Like the majority of us, Amber strikes me as a regular consumer of wine; a person who is not cheap but searches for value when she is dining out. I must admit I, too, like the gentle view from the Tap Room over looking the 50 acres of greenery.

I reached out to my many sources in the industry and this is what I found out. Ian Blackburn, founder of Learnaboutwine.com, said, "That (\$15) is common for a good glass of wine and the math works out to (\$52) for the full bottle at that price per glass." While many chain restaurants use a Libby wine glass which costs a couple of bucks, upscale restaurants use a higher quality glass, so you can guess that the cost of the glass might be just a bit lower than what they paid for the entire bottle. My next call was to Randy, who owns the Domenico's restaurant on Washington in Pasadena. He tells me that his wine purveyors suggest to "tripling the cost of the bottle". This means if you see a bottle for \$30 at your favorite restaurant, by this rule of thumb, they paid \$10 for it!"

**TABLE FOR TWO by Peter Dills**  
*thechefknows@yahoo.com*

Ok, so how about corkage fees? Most restaurants charge \$4-\$15 for this service because, yes, they still have to open your bottle and clean the glasses. I find it that is unacceptable to bring in a bottle of wine that is already listed on the restaurant's menu. If it is an owner-occupied restaurant, often it is a good gesture to let the owner sample the wine that you have brought in. Who picks the wine? Erudite wine broker Eddie Ramirez offers this insightful advice, "Always have the wine list when ordering, and I do not recommend asking the servers for a wine recommendation unless you do not have any issues with the price." My suggestion to Amber and my readers is to never blindly let the server choose the wine for you and be careful on the "House Wine" I stayed at a resort in South Laguna just a few years ago and my bill was \$110!!



**"Dining with Dills"**  
**Sundays at Noon**  
**AM 830**

I hope this helps. I learned something as well. Join me on Sunday Night at 7 PM on Charter Channel 188 for Dining w/Dills follow me on Twitter #kingofcuisine

Listen to my new radio show 12 Noon Sunday KLAAM AM 830

Closing: Trattoria Neapolis  
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**INGREDIENTS**

- Nonstick spray coating
- 1 1/2-2 pounds meaty chicken pieces (breasts, thighs, and drumsticks), skinned
- 25 cloves garlic (about 1/2 cup or 2 to 3 bulbs)
- 1/4 cup dry white wine
- 4 teaspoons lemon juice
- Salt
- Ground red pepper

**DIRECTIONS**

1. Spray a large skillet with nonstick spray coating. Preheat skillet over medium heat. Add chicken and brown over medium heat for 10 minutes, turning to brown evenly.
2. Place chicken in an 8-inch square baking dish. Add unpeeled garlic cloves.
3. In a small bowl combine wine and lemon juice; pour over chicken. Lightly sprinkle chicken with salt and ground red pepper.
4. Bake, covered, in a 325 degree F oven 45 to 50 minutes or until chicken is tender. Makes 4 servings.

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 Sunday: Open for a minimum of 20 guests      www.TheFourSeasonsTeaRoom.com

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### Forecasts and Football

*(Super Bowl 2015)*

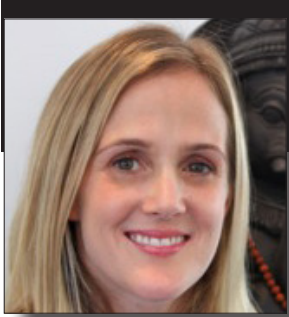
**Read these clues about the history of football. Fill in the puzzle!**

I'm going to watch the big football game on Sunday, then pop out of hibernation on Monday to see if it's **cloudy** or if the **sun** is shining. If it's sunny, I'll see my **shadow** and believe that Winter is going to last longer. If it's cloudy, I'll predict that Spring is coming soon!

1. American \_\_\_\_\_ grew out of a rough game played in England called rugby.
2. In the early days of football games, the rules were loose, and there were no special pieces of clothing to \_\_\_\_\_ the head or body.
3. A man named Walter Camp, who played and coached football at Yale University, helped to set and write down the \_\_\_\_\_ for football.
4. In 1920, some professional teams (meaning players got paid to play) started a league (APFA) to better \_\_\_\_\_ football.
5. In 1922, the APFA league became the \_\_\_\_\_ Football League or NFL.
6. A new league was formed in 1959 called the \_\_\_\_\_ Football League or the AFL.
7. During the 1960's the NFL \_\_\_\_\_ played against the those of the AFL.
8. In 1969 the NFL and the AFL joined into one \_\_\_\_\_ that we know as today's NFL.
9. The football was nicknamed "pigskin" because the ball was covered in a pig's bladder. Today the football is made with a rubber bladder covered with \_\_\_\_\_.
10. Shoulder pads, helmets, facemasks, gloves and shoes with cleats are some of the protective clothes and \_\_\_\_\_ that have been designed for today's players.
11. There are \_\_\_\_\_ players on the field for each team.
12. The object of the game is for each team to move the football forward into the other team's end zone to score the most \_\_\_\_\_.
13. The referees on the field keep \_\_\_\_\_ during the game. They make sure the rules are obeyed.
14. The Super Bowl is the yearly game for the \_\_\_\_\_.
15. Thanks to \_\_\_\_\_, it is one of the most watched sporting events in the world.

Print out free puzzles: **All About Reading, Presidents of the U.S., Winter Word Fun** and our reading log set @ [www.readingclubfun.com](http://www.readingclubfun.com)





## THE JOY OF YOGA BEING A STUDENT FIRST

There's a term thrown around sometimes - "Being teachable". I love this.

It refers to the fluidity around learning new information, taking suggestions of those we respect and openness in seeing a different perspective.

I have to make a conscious effort to work at it, constantly opening up to possibility. Staying open-minded and receptive. However, I instinctively want to balk at something new or God forbid, don't tell me what to do.

On the flip side, I love having a teacher. I need to have a guide. I need to have some lineage to draw from. It cannot just be the alignment of Ardhha Chandrasana. There has to be more, an unending path of learning rich in wisdom.

I have loved my yoga trainings and studies. Even in these studies, I make a resolve at the beginning of each new period of time. I resolve to set aside everything I think I know, and to have a new experience. It's mostly my old preconceived

ideas that limit my absorption of the new. Even something as simple as taking a class with a new teacher draws on this principle of being teachable. Taking on a new course of study or giving meditation another shot may just provide the shift needed to create change. I love the students that first come to yoga later in life! Or oh my gosh, how about the teenagers studying yoga?

What I know for sure, is that there is a lot to learn! There is no graduation from our practice, nor self study. This doesn't mean letting go of my intuition or inner teacher, but it means staying open minded and doing what's asked. Then, the results that follow are purely meant to be. I'm in the right place. And I can get the most out of my experiences.

See you in class!

Namaste,  
Keely Totten  
Yoga Madre

## LOS ANGELES SHOWS MIXED GRADES IN LUNG ASSOCIATION "STATE OF TOBACCO CONTROL 2015" REPORT; CALLS ON REGION TO INCREASE EFFORTS TO ELIMINATE TOBACCO-CAUSED DEATH AND DISEASE

American Lung Association in California report grades all California cities and counties on tobacco control policies; Officials must take steps to achieve bold lifesaving goals, California coalition urges tobacco tax effort

Progress in the fight against tobacco use is at a standstill in California and in most cities in Los Angeles as advances in statewide and local tobacco control policies have stagnated. These were the findings of the American Lung Association State of Tobacco Control 2015 report released today. The State of Tobacco Control 2015 report tracks yearly progress on key tobacco control policies at the federal and state levels, assigning grades based on whether laws are adequately protecting citizens from the enormous toll tobacco use takes on lives and the economy. In conjunction with the national report, the American Lung Association in California released its State of Tobacco Control 2015 - California Local Grades report, which issues grades for all 482 cities and 58 counties in California on local tobacco control policies. To view the complete California report, visit [www.lung.org/california](http://www.lung.org/california)

Locally, several municipalities in Los Angeles lead the state with strong tobacco control policies. Baldwin Park, Compton, Glendale, Huntington Park, Pasadena and Santa Monica all received the highest grades in the state with an overall tobacco control grade of an A. Los Angeles and Long Beach, the two most populous cities in the region, received an overall C grade for their tobacco control efforts. Grades were mixed throughout highlighting the need for local officials to better protect residents from tobacco-related death and disease. In addition, ten cities in Los Angeles County (Bellflower, Beverly Hills, Carson, Cerritos, Duarte, Long Beach, Manhattan Beach, Monterey Park, Norwalk and Santa Monica) have taken steps to regulate the sale and use of electronic cigarettes (e-cigarettes) in their areas.

"Despite improvements, more still needs to be done in Los Angeles to better protect residents from the harmful effects of smoking," says Daniel Oh, MD, Keck Medical Center of USC and Chair, American Lung Association in California - Los Angeles Leadership Board. "We have a lot of work to do to safeguard public health from tobacco-related illnesses. Tobacco use continues to be the leading cause of preventable death and illness in the U.S., and we must take the necessary steps to ensure a tobacco-free environment for our community."

Once a proactive leader in tobacco control efforts, California now falls behind in protecting residents from tobacco. This year's report shows that while California earned a B for its smokefree air policies, the state received an F for its low tobacco taxes, an F for failing to sufficiently fund tobacco prevention and control programs, and a D for poor coverage of smoking cessation and treatment services.

In 2014, the Lung Association and its partners called for immediate action on tobacco use by all levels of government to achieve three bold goals: reduce smoking rates currently at about 18 percent to less than 10 percent by 2024; protect all Americans from secondhand smoke by 2019 and; ultimately eliminate the death and disease caused by tobacco use.

"The American Lung Association is urging the federal, states, and local governments to take needed steps to achieve these bold goals," says Olivia J. Gertz, President and CEO, American Lung Association in California. "It's no secret that to reduce tobacco use in the United States, our leaders need to muster the political will to implement proven policies. We cannot afford the health or financial consequences of their continued failure to act."

California's weakened position on tobacco prevention is due to the fact that the state has not increased its tobacco tax since 1999 and now ranks 33rd in the country at 87 cents per pack, far behind states like New York, Illinois, Texas, Florida, Oregon and Washington.

"Increasing the tobacco tax has been proven to reduce tobacco use," says Gertz. "This is why the American Lung Association in California is standing with Save Lives California, a broad coalition dedicated to passing a lifesaving \$2 per pack tobacco tax - either through the legislature or by ballot measure - by the end of 2016. By passing this measure, we will not only save the lives of about 100,000 people, we also will save taxpayers billions in health care costs."

Tobacco-related deaths are the single, most preventable cause of death in California. More than 21,300 kids start smoking each year in the state, and tobacco costs California \$18 billion - a tremendous burden that the state cannot afford.

Save Lives California will generate revenue to expand treatment services for Medi-Cal patients with tobacco-related and other illnesses, support existing statewide programs to prevent youth from using tobacco, stop illegal sales of tobacco, increase funding for medical research into new treatments and cures for deadly diseases such as cancer and lung disease, and restore California's leadership in tobacco control efforts.

In 2014, the federal government took small steps to protect citizens from the harmful effects of tobacco, but still fell short in important areas such as tobacco taxes and finalizing its regulatory authority over all tobacco products. In April, the Food and Drug Administration (FDA) proposed to assert authority over all tobacco products including e-cigarettes, little cigars and other tobacco products. The American Lung Association also expressed strong opposition to the Obama Administration's proposal to exempt certain cigars from basic FDA oversight and that it failed to finalize the proposal by the end of 2014.

"We must increase our efforts in stopping tobacco from robbing another generation of their health," says Gertz. "I urge everyone to join the American Lung Association in California and Save Lives California, and help us tell our leaders to take action now to save lives."

This year's State of Tobacco Control report features new methodology to reflect the updated 2014 Centers for Disease Control and Prevention (CDC) Best Practices for Comprehensive Tobacco Control Programs as communities adopt stronger, more health-protective policies to improve public health and eliminate tobacco-caused death and disease. It incorporates also other tobacco product taxes and tobacco cessation coverage under Medicaid expansion into the grades. Due to revisions in the methodology, all grades from the State of Tobacco Control 2015 report cannot be directly compared to grades from State of Tobacco Control 2014 or earlier reports.

About the American Lung Association in California Now in its second century, the American Lung Association is the leading organization working to save lives by improving lung health and preventing lung disease. With your generous support, the American Lung Association is "Fighting For Air" through research, education and advocacy. For more information about the American Lung Association or to support the work it does, call 1-800-LUNG-USA (1-800-586-4872) or visit [www.lung.org/california](http://www.lung.org/california)

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## Sierra Madre Woman's Club

Presents



Saturday, February 7, 2015  
11:00 am - 2 pm

If you enjoy reading, would like to meet and mingle with local authors, are a writer who would like to find out about publishing, you definitely don't want to miss this event!

Get inside tips and tricks that always deliver "A-List style on low budget dollars" from Stacy Nelson aka The Trash Lassie and best selling author of 10 On-Set Secrets, a style guide series on fast, affordable decorating and easy entertaining.

Find out what it means to "Write from the heart of a dog's eyes" with Carol McKibben, author of Luke's Tale, Riding Through It, and Snow Blood Season 1.

Learn what it takes to get published from Adrienne Marie Hall, President and CEO of Anthurium Publishing LLC and the author of Thresholds, The Keys To Getting Published and The Adult Bedtime Chronicles (available in spring 2015).

Hear about local history and first hand paranormal experiences from Frances Chavez, author of Old Mission Cemetery Tales.

Come visit with our guest authors, pick up a few new books, collect some autographs, and enjoy coffee, tea and nibbles at the historic 1914 Essick House located at: 550 W. Sierra Madre Blvd. Sierra Madre, CA 91024

\$20 with RSVP call 626-355-8977 no later than Friday January 30, 2015  
\$25 without RSVP on February 7th

This is a collaborative event with Sierra Madre Woman's Club, Anthurium Publishing LLC, and Authors Tour USA. Proceeds support Sierra Madre Woman's Club Charities.

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- Neurological:** Headache, migraine, vertigo, stroke residuals.

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## CONTINUAL, COMPASSIONATE CARE FOR LUCY

It was a sad and somber day for Mike, his wife and their two children. They'd received the dreaded call that Mike's mother of 78 years had suddenly passed away due to a cardiac arrest. Mike's Mother had been fortunate enough to have lived a long, full life and had remained independent in her own apartment up until her last moment, and for that they were grateful, but they would miss her immensely. One family member who would feel the loss of Mike's mother in a particularly unique way, was her precious dog, Lucy.

After the family gathered to celebrate and memorialize Mrs. Smith's life and lay her body to rest, the inevitable question arose; "What will happen to Lucy now that grandmother is gone?" Mike was very busy in his important corporate position, and when he wasn't working, he and his wife traveled, so he decided having a pet just didn't fit into his lifestyle. Neither of Mike's two children were willing to take the dog because they were simply too involved with their own lives, and did not have time to spare for a dog. They considered the option of taking Lucy to a shelter, but that pup had meant so much to grandmother, it was as if she had left a part of herself behind. The decision would be a tough one to make.

When Mike went to see his mother's lawyer to execute her will, he mentioned his concern about Lucy and asked if he knew of anyone who might take the dog in. The lawyer looked over his spectacles and said, "Apparently you haven't been privy to the content of your mother's will until today." Somewhat perplexed, Mike said, "No, as a matter of fact it never came up. My mom was pretty healthy for her age. We had not anticipated such an untimely death for her."

The lawyer then told Mike, "You most definitely don't have to concern yourself with the welfare of little Lucy now that your mother is no longer with us. Indeed, she made sure that cute little canine would be well taken care of for the rest of her life." Mike had no idea what the lawyer was talking about. "How's that?", he asked, and the lawyer proceeded to explain.

"It seems that your mother must have loved that dog very much. Enough, in fact, to have thought ahead about making provisions in case she died first and left Lucy behind. I guess your mom knew you would not be able to keep Lucy when she was gone, because she left quite a generous chunk of change specifically ear-marked for that lucky pup's future. Lucy will be going to a plush pet retirement home, where she will be loved and compassionately cared-for until the day she, herself crosses the proverbial rainbow bridge!"

Mike must have appeared to be on the verge of fainting when he heard this news, because the lawyer quickly offered him a glass of water and asked if he needed to lie down on the couch for a bit. Mike kindly declined the offer, and regained his stature before taking a deep breath and saying, "Yep, that was my mom, always watching out for her pets. What else does the will provide for?" "Well, there are several personal possessions to be divided equally and civilly among the

surviving family members, such as photos, furniture and miscellaneous household items, but she pretty much left her entire life savings to lucky Lucy!"

On his way out of the lawyer's office, Mike couldn't help remembering a conversation he'd had with his mother a couple of years prior. She'd asked Mike if he would take care of Lucy and give her the love she so deserved, if anything should happen to her. Wanting to be honest with his mom, he'd told her that he'd try to find her a good home, but being so busy pursuing his career and traveling, he really couldn't make time for a pet. He remembered how his mother accepted his response gracefully, and how he'd felt relieved that the conversation ended promptly with no guilt trip. He loved his mother, but he couldn't be bothered with a dog making a mess of his house and yard. He somehow felt justified in the excuses he gave as to why he could not be there for his mother's best friend. My, how he regretted that now!

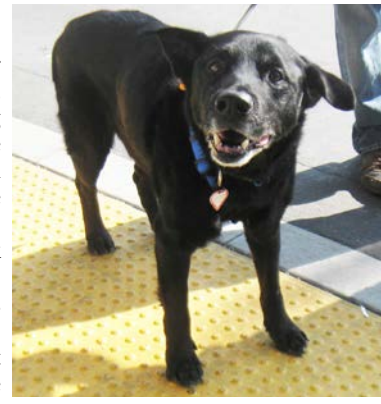
Some things in life do and should matter more than others. We each have to decide on what our priorities are going to be. In Mike's case, a little inconvenience was not worth accommodating his beloved mother's relatively simple yet extremely important final request, and he paid handsomely for his selfishness. If Mike could have opened his heart and home to his mother's favored four-legged furry friend, not only would he have benefited financially, but he would have also learned that giving a little of himself would result in his receiving a lot of unconditional love. His life would have change remarkably for the better!

Pets are not burdens to be born, they are blessings to be embraced. People who do not understand, or don't even care to understand the relationship that can be had with an animal, is missing out on an amazing facet of life. Folks are so involved with their own selves these days, they forget what it feels like to give a little, even to another human being, much less to a helpless animal. Thankfully, there are compassionate, caring retirement homes for pets left behind by those would could afford to provide such a luxury for their loved one.

I believe that God created animals for many good reasons, but among the most important is their ability to teach we humans how to love, unconditionally. I admonish all who are able, even if it means a shift in priorities, if you haven't already, open up your heart and home to the unconditional love of a pet and I'll bet life will take on a whole new meaning! As always, don't forget to love and let live.

## LOOKING FOR A BEST FRIEND??

Looking For A Best Friend?? To enjoy the Super Bowl with? Goofy is a gorgeous Labrador retriever-German Shepherd mix, about 7-8 years old, weighing about 75 pounds. He came to the shelter as a stray from San Gabriel with no identification, and no one has come to claim him.



loyal friend and companion to the right family. He would most likely do well with another dog in the home as well. Goofy qualifies for our "Senior for Senior" discount program.

Please come in to meet Goofy who will happily sit for a treat!

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.

Goofy has a soft, velvety black coat that shines when he is clean. He has beautiful caramel eyes that radiate his sweet nature.

Goofy can be a little shy at first meeting, but he seems to like people, and enjoys getting pets and attention. He walks well on leash and has a calm, gentle energy that is easy to handle. He has a gentle mouth when taking treats.

Goofy has been taken to off-site events, and he behaves very well in public. We have noticed that he seems to be drawn to other dogs in a friendly, interested way. He whines a bit when he sees another dog - small or large - so it seems he may have been in a situation where there were other dogs sharing his home at some time.

Goofy is looking for a comfortable, loving home to spend the rest of his life, and would surely be a

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

His adoption fee is \$135 which includes his neuter surgery, a microchip, 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 Goofy.

See our website at [www.sgvhumane.org](http://www.sgvhumane.org) for information and photos of all our available pets..... We have bunnies too!!

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## PET OF THE WEEK

Aspen: Animal ID #A4790608

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626-355-8333 626-533-9536



Meet a super sweet and snuggly little guy, Aspen (A4790608)! Aspen is an unforgettable 2-year-old black-and-brown male German Shepherd mix who was found in Walnut on January 9th and brought to the Baldwin Park Animal Care Center. Weighing 22 lbs, Aspen is a uniquely gorgeous boy with a delightful disposition. Volunteers have all tried to settle on his best feature, but have found it nearly impossible. Is it his gorgeously colored coat? His seemingly feathered ears? His soft expression with its winning smile? His beautiful, bushy tail that is always on the wag? No one knows! This pup is as sweet as he is handsome, too. He has an even temperament that is both attentive and affectionate (especially when it comes to giving kisses). He also gets along happily with other dogs (from 9-lb puppies to 90-lb pitties) and shows signs of being housebroken. Aspen will make an astounding indoor pet for any active individual or family (who won't get jealous when their dog gets more double-takes than they do at the beach)! To watch a video of Aspen, please visit the following link: <http://youtu.be/hbjhddPtLM>

To meet Aspen in person, please see him at the Baldwin Park Shelter, located at 4275 N. Elton, Baldwin Park, CA 91706 (Phone: 626-430-2378 or 626-962-3577). He is available now. For any inquiries about Aspen, please reference his animal ID number: A4790608. The shelter is open seven days a week, 12 pm-7 pm Monday-Thursday and 10am-5pm Friday-Sunday. This is a high-intake shelter with a great need for adoptions. For more information about Aspen or the adoption process, contact United Hope for Animals Volunteer Adoption Coordinator Samantha at [Samantha@hope4animals.org](mailto:Samantha@hope4animals.org). To learn more about United Hope for Animals' partnership with the Baldwin Park Shelter through its Shelter Support Program, as well as the many dogs of all breeds, ages, and sizes available for adoption in local shelters, visit <http://www.unitedhope4animals.org/about-us/shelter-support-program/>.

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## SEAN'S SHAMELESS REVIEWS: AMERICAN SNIPER

By Sean Kayden

"American Sniper" tells the true story of the US deadliest sniper, Chris Kyle, who served four tours of duty in Iraq. Written for the screen

toll on him both mentally and emotionally. His first kills are of a woman and boy who attack U.S. Marines with a grenade. Kyle is noticeably distressed by the experience, but earns the nickname "Legend" for his many kills (With 255, 160 of which were officially confirmed by the

by Jason Hall, "American Sniper" is based on the autobiography American Sniper: The Autobiography of the Most Lethal Sniper in U.S. Military History by Chris Kyle, Scott McEwen, and Jim DeFelice. Director Clint Eastwood helms the film's touchy subject matter with much grace and precision. While controversy has surrounded both the film and book, as strictly as a piece of entertainment, "American Sniper" delivers exceedingly. Two-time (now a third for this role) Academy Award nominee Bradley Cooper took on the role of Kyle giving a performance of much fortitude and vulnerability. While I'm not here to judge either the man himself (Kyle) or the idea he is or isn't a hero and politics aside, "American Sniper" is a very good film. However, I wouldn't say it touches the same greatness of classic war films. Furthermore, the Iraq war is depicted very narrowly as most, if not all of the primary attention is solely on the navy seal himself. Actress Sienna Miller plays Kyle's wife and is able to distract the film's prime focus of war in her role as she attempts to maintain their marriage and keep the family together. She's solid for most of the film, but as the film continues along there's less for her to work with outside the realm of being a worried military wife seeing firsthand the internal effects war is having on her husband. Additionally, Eastwood and Hall opted out of showing Kyle's death on screen, which they present to you with one sentence at the end of the film. There's no mention of how or why it happened, just that it happened.

The film has a slight intro of Kyle's early life—the way his father perceived the three types of people there are in this world (sheep, sheepdogs, and wolves), his tight-knit relationship with his younger brother (which is barely touched upon as the film gets into Kyle's military life), and his desire to be a cowboy. The scenes were all fairly traditional things you'd seen in a biopic, but none of it really overlapped later into the film, such as the relationship he had with his father or how his younger brother followed in his footsteps and joined the military as well. Cooper's character is incredibly driven to protect his country after seeing the horrors on television (1998 United States embassy bombings) that he enlists into the Navy Seal program. He appeared like a natural in bootcamp and in his sniper training, as if he was meant for this. After basic training, he meets Taya Renae (Miller) and they strike up a romantic relationship. After they marry and shortly after the 9/11 attacks, in which Kyle is visibly affected by it, Kyle gets deployed for his first tour. It's the first of four tours for Kyle, each one taking a

Department of Defense). After his first tour, he comes home to see his baby boy for the first time, but as the war rages on, Kyle is determined to go back and kill more (what becomes the only thing he really knows how to do). His wife tries to have him stay home to focus on his family, but there's no stopping him.

Compelled by the guilt after directly witnessing fellow seals dying before him, Kyle goes back for a fourth tour (not too long after the birth of his second child). He is fixated on taking down the rival sniper known as "Mustafa," which by some miraculous intuition does so with a risky long distance shot. However, it exposes his sniper team to a great number of armed insurgents inside enemy territory. In the middle of the firefight, Kyle calls Taya and tells her he is ready to come home. A sandstorm provides cover for their hectic escape. While Kyle seemed to never be fully equipped for civilian life again, toward the end of the film he looked to be doing a lot better. Just like a few of the other soldiers in the film were displayed, I think Kyle's desire to kill gradually slipped away from him. What else would he have to prove? Most of all, he had to live with the fact of being the nation's top sniper for a war plagued by controversy. In the end, Hall, Eastwood and Cooper did a bang up job bringing Kyle's military life to screen. While psychological effects of war were shown, they never appeared too heavy-handed. In many ways, "American Sniper" was more restrained than I imagined it was going to be. It had a few problems here and there yet overall it was an engaging modern day war film. The emphasis was more on man being considered a killing machine, but along the way this idea of being a man was lost. That's how I think Kyle was feeling as the war continued on, a lost soul torn between the reality he should be living (with his family) and the one he's subject to be a part of endlessly (in war).

Grade: 4 out of 5

**AMERICAN SNIPER**  
Directed By: Clint Eastwood  
Written By: Jason Hall (based on the autobiographical novel)  
Rated R for strong and disturbing war violence, and language throughout including some sexual references  
Release Date: December 25th, 2014 (limited); January 16th, 2015 (wide)

## Jeff's Book Picks By Jeff Brown

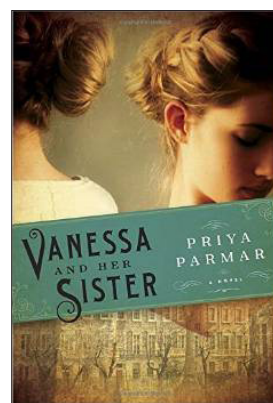
### UNTAMED: THE WILDEST WOMAN IN AMERICA AND THE FIGHT FOR CUMBERLAND ISLAND by Will Harlan

Carol Ruckdeschel is the wildest woman in America. She wrestles alligators, rides horses bareback, and lives in a ramshackle cabin that she built by hand in an island wilderness. A combination of Henry David Thoreau and Jane Goodall, Carol is a self-taught scientist who has become a tireless defender of sea turtles on Cumberland Island, a national park off the coast of Georgia. Cumberland, the country's largest and most biologically diverse barrier island, is celebrated for its windswept dunes and feral horses. Steel magnate Thomas Carnegie once owned much of the island, and in recent years, Carnegie heirs and the National Park Service have clashed with Carol over the island's future. What happens when a dirt-poor naturalist with only a high school diploma becomes an outspoken advocate on a celebrated but divisive island? Untamed is the story of an American original standing her ground and fighting for what she believes in, no matter the cost.

the writer. Each member of the group will go on to earn fame and success, but so far Vanessa Bell has never sold a painting. Virginia Woolf's book review has just been turned down by The Times. Lytton Strachey has not published anything. E. M. Forster has finished his first novel but does not like the title. Leonard Woolf is still a civil servant in Ceylon, and John Maynard Keynes is looking for a job. Together, this sparkling coterie of artists and intellectuals throw away convention and embrace the wild freedom of being young, single bohemians in London. But the landscape shifts when Vanessa unexpectedly falls in love and her sister feels dangerously abandoned. Eerily possessive, charismatic, manipulative, and brilliant, Virginia has always lived in the shelter of Vanessa's constant attention and encouragement. Without it, she careens toward self-destruction and madness. As tragedy and betrayal threaten to destroy the family, Vanessa must decide if it is finally time to protect her own happiness above all else. The work of exciting young newcomer Priya Parmar, Vanessa and Her Sister exquisitely captures the champagne-heady days of prewar London and the extraordinary lives of sisters Vanessa Bell and Virginia Woolf.

### VANESSA AND HER SISTER: A NOVEL

by Priya Parmar



London, 1905: The city is alight with change, and the Stephen siblings are at the forefront. Vanessa, Virginia, Thoby, and Adrian are leaving behind their childhood home and taking a house in the leafy heart of avant-garde Bloomsbury. There they bring together a glittering circle of bright, outrageous artistic friends who will grow into legend and come to be known as the Bloomsbury Group. And at the center of this charmed circle are the devoted, gifted sisters: Vanessa, the painter, and Virginia,

### SMALL VICTORIES: SPOTTING IMPROBABLE MOMENTS OF GRACE

by Anne Lamott

Anne Lamott writes about faith, family, and community in essays that are both wise and irreverent. It's an approach that has become her trademark. Now in Small Victories, Lamott offers a new message of hope that celebrates the triumph of light over the darkness in our lives. Our victories over hardship and pain may seem small, she writes, but they change us—our perceptions, our perspectives, and our lives. Lamott writes of forgiveness, restoration, and transformation, how we can turn toward love even in the most hopeless situations, how we find the joy in getting lost and our amazement in finally being found. Profound and hilarious, honest and unexpected, the stories in Small Victories are proof that the human spirit is irrepressible.

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### On the Marquee: Notes from the Sierra Madre Playhouse

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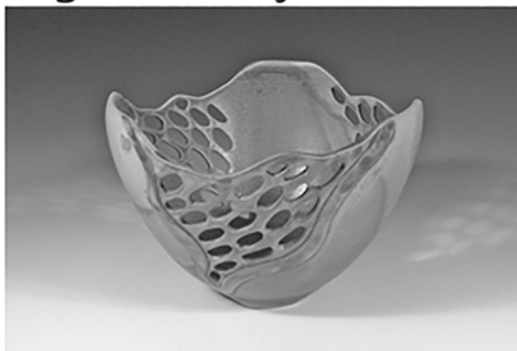
by Lee Blessing  
directed by Geoffrey Wade

starring John Prosky & Nancy Youngblut

## Faculty Art Show

Opening Reception January 30th, 7:00-9:00 pm

Show continues through February 27th



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WHAT MEDICARE DOESN'T COVER

*Dear Savvy Senior: I'm about to sign up for Medicare Part A and B and would like to find out what they don't cover so I can avoid any unexpected costs down the road. Almost 65*

**Dear Almost:** While Medicare covers a wide array of health care services, it certainly doesn't cover everything. If you need or want certain services that aren't covered, you'll have to pay for them yourself unless you have other insurance or you're in a Medicare Advantage health plan, which may cover some of these services. Here's a rundown of what original Medicare generally does not cover.

**Alternative medicine:** This includes acupuncture or chiropractic services (except to fix subluxation of the spine), and other types of alternative or complementary care.

**Cosmetic surgery:** Elective cosmetic procedures are not covered, however, certain surgeries may be if necessary to fix a malformation. For example, breast prostheses are covered if you had a mastectomy due to breast cancer.

**Long-term care:** This includes nursing home care, the costs of assisted living facilities and adult day care. Medicare does, however, help pay up to 100 days of skilled nursing or rehabilitation care immediately following a three-day inpatient hospital stay.

**Personal care:** The cost of hiring help for bathing, toileting and dressing are not covered unless you are homebound and are also receiving skilled nursing care. Housekeeping services, such as shopping, meal preparation and cleaning, are not covered either unless you are receiving hospice care.

**Routine dental and vision care:** Medicare will not cover routine dental checkups, cleanings, fillings or dentures. Nor do they cover routine vision care like eye exams, eye refractions, contact lenses or eyeglasses - except when following cataract surgery.

**Hearing:** Routine hearing exams and hearing aids are not covered either, although some hearing implants to treat a severe hearing loss may be covered.

**Foot care:** Medicare does not cover most routine foot care, like the cutting or removing of corns and calluses, nor does it pay for most orthopedic shoes or other foot supports (orthotics). Medicare will, however, cover foot



injuries or diseases like hammertoes, bunion deformities and heel spurs, along with foot exams and treatments if you have diabetes-related nerve damage.

**Non-emergency services:** Medicare does not pay for copies of X-rays or most non-emergency transportation including ambulance services.

**Overseas coverage:** In most cases, health care you receive outside of the United States is not covered.

The best way to find out if Medicare covers what you need is to talk to your doctor or other health care provider. Or, visit [medicare.gov/coverage](http://medicare.gov/coverage) and type in your test, item or service, to get a breakdown of what is and isn't covered.

Also keep in mind that even if Medicare covers a service or item, they don't usually pay 100 percent of the cost. Unless you have supplemental insurance, you'll have to pay monthly premiums as well as annual deductibles and copayments. Most preventive services, however, are covered by original Medicare with no copays or deductibles.

For more information on what original Medicare does and doesn't cover, see the "Medicare and You" 2015 booklet that you should receive in the mail a few months before you turn 65, or you can see it online at [medicare.gov/pubs/pdf/10050.pdf](http://medicare.gov/pubs/pdf/10050.pdf).

You can also get help over the phone by calling Medicare at 800-633-4227, or contact your State Health Insurance Assistance Program (SHIP), who provides free one-on-one Medicare counseling in person or over the phone. To find a local SHIP counselor visit [shiptalk.org](http://shiptalk.org), or call the eldercare locator at 800-677-1116. If you enroll in a Medicare Advantage plan, you'll need to contact your plan administrator for details.

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

SENIOR HAPPENINGS

HAPPY BIRTHDAY! ... January Birthdays



Mary Tassop, JudyWebb-Martin, John Johnson, Mary Bickel, Marlene Enmark, Ross Kellock, Ruth Wolter, Sue Watanabe, Sandy Thistlewaite, Bobbi Rahmanian, Fran Syverson, Shirley Wolff, Judy Zaretska and Becky Evans. \* To add your name to this distinguished list, please call the paper at 626.355.2737. YEAR of birth not required



**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.

KATIE Tse.....This and That



THE GOAT'S GOT RHYTHM

If you've read my column for any length of time you'll probably remember stories I've lifted from others (my mom's friend, Florence, my dad's cousin a.k.a. "The Most Interesting Man in the World," etc.). This week it's a story from Mom's days teaching third grade at a public

school and playing the piano for their glee club. Teaching is a draining job, and in her exhausted state, Mom would have normally left it until the next morning. But something told her to listen to the message, which turned out to be from the principal of one of the schools she had called. "Yes, we'd love to have your students perform for us! The entire school will be assembled to watch them TOMORROW MORNING at 9:00 (caps mine)."

Mom was too busy calling the music teacher with this last minute change of plans to imagine what would've happened if she hadn't listened to that message. As the music teacher likes things well organized in advance, this news didn't go down well. Also, they had to pull students from other classes. Usually they put in a polite request several days in advance before taking the students. But that day they burst in, said "I'm taking Johnny and Suzy," grabbed them, and took off.

Then they all had to walk to the other school. This may sound simple, but the school is in Monterey Park, which isn't exactly the safe driving capital. Eventually they arrived, did their thing, and left. Disaster avoided. However, there was still the parent show to get through. All this time Mom had been playing their two songs, "I Got Rhythm" (which, for the goats, was a bold face lie) and "Sidewalks of New York" on a CD in a stereo. For some reason, the CD decided it didn't like the player being used for the parent show.

There they were, all the parents, grandparents, and other relatives in folding chairs under the hot sun waiting while different teachers scrambled to find other boom boxes to play the CD in. Finally one of the more flamboyant teachers offered to help Mom out. "I don't know the lyrics," he explained, "but I can make myself sound like a kazoo." So the goats walked back and forth, waving their hats to the sound of a grown man imitating a kazoo to the tune of "I Got Rhythm." This is an example of the flexibility needed if one plans to work in public education. In the end the parents were happy, especially the goat mother with the leather tap shoes. Oh by the way, the CD worked as soon as Mom put it in the stereo in her own classroom, go figure!



I've never seen the show, "Glee," but I've got a stinking suspicion it presents a picture of school glee clubs that's infinitely more glamorous and interesting than they are in real life. In addition to the bona fide members who auditioned for the privilege, the glee club participants at Mom's school included her homeroom students, some of whom did not have a musical bone in their body. One year, she taught them to tap dance --or at least that was the plan.

With technical help from Dad, Mom distributed copies of a very old tap dance tutorial video for the children to practice at home (this was before YouTube). Half the class got it. We'll refer to them as the "sheep." The other half failed miserably. They were the "goats." Mom tried to teach the goats to simply walk heel-to-toe to a beat. This, too, was beyond them. So, Mom gave them sparkly green St. Patrick's Day hats and had them walk back and forth across the stage, vigorously shaking their hats. All this was to the tune of Gershwin's "I Got Rhythm." The goats were so bad that the music teacher did not include them in the regularly scheduled spring performance. They were allowed to be in a small show for the parents, but that was it. To make matters worse, one goat parent bought her son a very expensive pair of leather tap shoes. Mom felt that this child had to perform at least twice to make it worth the parent's investment.

So Mom called a couple other schools within walking distance to ask if they'd be interested in having her students perform their numbers for the student body. Days went by and no one responded. One fateful afternoon while Mom was leaving for the day, she noticed the voice mail light for her classroom phone flashing.

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## FAMILY MATTERS

By Marc Garlett



### EVERYONE NEEDS AN AGENT

Yes, it's true. Everyone needs an agent – but no, even though we live in Southern California, I'm not talking about the Hollywood type. An agent is someone you designate to handle your estate after you've gone or who can make certain decisions for you if you cannot make them for yourself. Here are the types of agents you might need:

**Executor** – an executor is the person you designate to carry out your wishes for distributing your assets as listed in your last will and testament. You can choose a family member, a trusted friend or even a professional to fill this role. Every adult should have a will, so every adult should have this type of agent.

**Trustee** – if you have more than \$150,000 in assets (and if you own your home, you probably do) a will is simply not enough. In fact, a will alone will put your loved ones into the costly, lengthy, totally public probate process. A trust, on the other hand, will help them avoid probate. A trustee is the person you designate to carry out the terms of your trust and fills a role similar to that of an executor. Every adult whose assets will have to pass through probate unless they have a trust, needs this type of agent.

**Guardian** – if you and your spouse die before your children reach adulthood, a guardian is the person you designate to take care of your minor children and handle their finances. Sometimes people decide to split the roles – one guardian to raise the children and another to handle the finances. Choosing a guardian (as well as backups in case your first choice cannot serve) ensures your kids are taken care of by the people you know, love and trust, no matter what. Everyone with minor children needs this type of agent.

**Durable Power of Attorney** – this person is designated by you to make financial decisions on your behalf if you become disabled or otherwise unable to

manage your financial affairs. Every adult needs this type of agent.

**Healthcare Power of Attorney** – also known as a healthcare proxy, this is the person you designate to make healthcare decisions for you if you are unable to make them for yourself. Your healthcare agent's powers can be invoked if you become disabled and are unable to make your own decisions about your health care, so your choice should be someone you know will carry out the wishes you have expressed in your advance medical directives or Living Will. Again, this is a type of agent every adult needs to have.

One of the main goals of my law practice is to help families protect and provide for each other through comprehensive, holistic, well thought out planning. So if you're missing one or more of the types of agents you need, let's talk. For the first two callers who mention this article I'll waive my standard \$750 fee for a no obligation, no pressure, Family Estate Planning Session.

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

MARC

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](http://www.GarlettLaw.com) for more information.



Did you realize that 6 out of 10 U.S. households have pets? That means that those without critter companions are in the minority, but if you're a pet owner selling your home, you shouldn't ignore the perceptions of those families that don't include cats or dogs.

Odors are the biggest issue. This isn't to say that your housekeeping is remiss, but remember that some buyers who visit your home may experience allergies or be particularly sensitive to pet dander or odors. Just vacuum the floors and furniture frequently and use an air sanitizer. During the early stages of your listing, you'll likely experience more frequent showings and visits by buyers. This is a particularly good time to make arrangements to board your pet, or seek out a good "doggie day care" center for quick visits during showings. This may be safer and less stressful for your pet than a constant parade of strangers in your home, and may put buyers more at ease as well.

In any case, be sure to pick up toys, bowls, and bedding in advance of a showing, just as you would tidy up the children's things and other rooms throughout the house before buyers visit. A particularly attractive gesture would be to offer a cleaning allowance, no matter how scrupulously you maintain your home. This should quiet any potential objections.

## LIFE LINES

by Amanda Rogers

Editor's Note: Oops! In last week's edition, the author's notes were inadvertently published instead of the edited final version. Our apologies.

### TOP TEN LISTS

Top 10 reasons I hate Top 10 Lists...

10. They're turning us into lazy learners and even lazier writers.
9. They're creating a generation of people with a "Top-Ten" mentality.
8. There can only be one David Letterman.
7. They provide information that is quickly and easily forgotten.
6. They lack context.
5. They over simplify necessarily complex information.
4. They deny us the challenge of the search.
3. Their "sources" are often unsubstantiated.
2. They present information like songs off the billboard charts.
1. And the number one reason I hate Top Ten Lists... They rob us of the fulfillment that comes with discovery.

So, what has happened to this process called discovery? Shouldn't knowledge be gained by unearthing the answers – not reading lists? History has taught us again and again that by pursuing information about one thing, discoveries are often made about something else. Look at Alexander Fleming and his discovery of Penicillin. An accident. Greatbatch and the accidental discovery of the pacemaker. And what about Kellogg and the first Cornflake? I'm serious. Look it up. But each one of these discoveries came about by a distraction or a diversion that led to the birth of a new question.

Condensing the exploration of a subject to a top ten list is, if nothing else, absurd. 130 million books have been written throughout history, according to

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Google. Are we to believe that each one of these books contains information that can be reduced to ten statements lined up in a row?

How do we stop the insanity? Not only do top ten lists oversimplify complex subjects but they also provide us with idiotic, inane information. Here are a few I was able to find on the internet; "Sarah Jessica Parker's top ten most insane outfits of the early 2000's." "Ten reasons a panda should never be your BFF" and "Top ten crimes committed by squirrels."

I'd like to make a plea for the encouragement of postulation, discernment, and perspective. Not everything in life can be reduced to a list...except maybe groceries.



## Social Media Tips, Tricks & Ideas

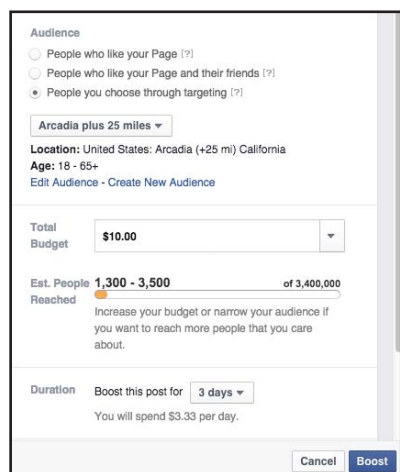


by: MJ Finstrom

### BUDGET FOR BOOSTS ON FACEBOOK

If you haven't tried boosting a post on your Facebook page, you might be missing out. You can spend as little as \$5 to reach the right audience. I recently helped a fitness studio in Monrovia send out a Constant Contact campaign for a class that was also shared to their Facebook page. The Facebook post was boosted for only \$5 and targeted a 15-mile radius around Monrovia, CA. It worked; they had sign ups from the Facebook post! Here are a few tips when boosting a post:

- Choose People you choose through targeting and set up different audience
- If your audience is local, target by city plus 25 – 50 miles
- Add an image that doesn't have more than 20% text
- Include a button in your image so people are more likely to click on the image.
- You can boost for as little as \$5 even though Facebook's default is a little higher
- Set the duration for 3 days. If you choose one day you will not reach as many people. The idea is to try and catch



your audience when they are signed on. Most people check Facebook every day but some less often. It's time to realize that business exposure on Facebook is going to cost a little. It's still one of the best places for businesses to reach their customers at all times of the day. I think it is important to have a budget for Facebook ads and boosts. You can start with \$5 a week (\$20 a month) if you are on a tight budget but \$100 a month will reach more eyeballs.

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](http://www.facebook.com/hutdogs).

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Looking Up  
with Bob Eklund

## COSMIC BURST OF RADIO WAVES

A strange phenomenon has been observed by astronomers right as it was happening—a “fast radio burst.” The eruption is described as an extremely short, sharp flash of radio waves from an unknown source in the universe.

Over the past few years, astronomers have occasionally observed this new phenomenon—a brief burst of radio waves lasting only a few milliseconds. It was first found by chance in 2007, when astronomers went through archival data from the Parkes Radio Telescope in Eastern Australia. Since then, six more such bursts have been discovered in the Parkes data, and a seventh burst was found in data from the Arecibo telescope in Puerto Rico.

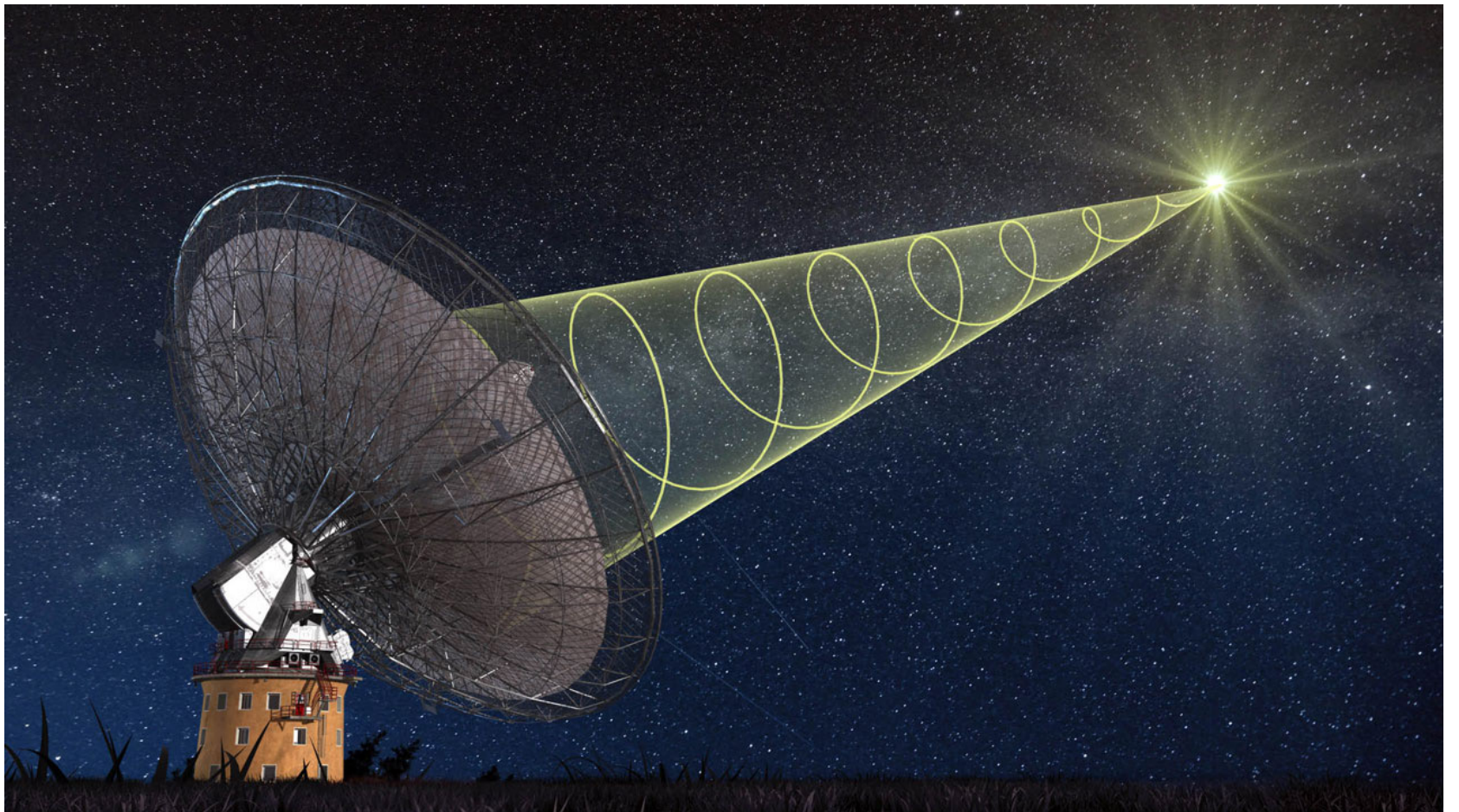
A team of astronomers in Australia developed a technique to search for these bursts in real time. The technique worked, and now a group of researchers, led by Emily Petroff, Swinburne University of Technology in Melbourne, have succeeded in observing the first “live” burst with the Parkes telescope. One of the big unknowns of fast radio bursts has been their distances. The nature of this radio signal—the way it is “smeared out” in frequency from travelling through space—indicate that the source of the new burst is as much as 5.5 billion light-years away.

As soon as the burst was observed, a number of other telescopes around the world were alerted—both on the ground and in space—in order to make follow-up observations in other wavelengths.

“Using the Swift space telescope, we can observe light in the X-ray region, and we saw two X-ray sources at that position,” explains Daniele Malesani, astrophysicist at the Dark Cosmology Center, Niels Bohr Institute, University of Copenhagen.

Then the two X-ray sources were observed using the Nordic Optical Telescope at La Palma. “We observed in visible light and we could see that there were two quasars, that is to say, active black holes. They had nothing to do with the radio wave bursts, but just happen to be located in the same direction,” explains astrophysicist Giorgos Leloudas, Dark Cosmology Center, Niels Bohr Institute, University of Copenhagen, and Weizmann Institute, Israel.

So now what? Even though they captured the radio wave burst while it was happening and could



immediately make follow-up observations at other wavelengths ranging from infrared light, visible light, ultraviolet light and X-ray waves, they found nothing. But did they discover anything?

“We found out what it wasn’t. The burst could have hurled out as much energy in a few milliseconds as the Sun does in an entire day. But the fact that we did not see light in other wavelengths eliminates a number of astronomical phenomena that are associated with violent events—such as gamma-ray

bursts from exploding stars and supernovae, which were otherwise candidates for the burst,” Malesani points out.

But the burst left another clue. The Parkes detection system captured the polarization of the light. Polarization is the direction in which electromagnetic waves oscillate, and they can be linearly or circularly polarized. The signal from the radio wave burst was more than 20 percent circularly polarized, which suggests that there is a magnetic

field in the vicinity of the source.

“The theories are now that the radio wave burst might be linked to a very compact type of object—such as a neutron star or black hole—and the bursts could be connected to collisions or ‘star quakes.’ Now we know more about what we should be looking for,” says Malesani.

You can contact Bob Eklund at: [mailto:b.eklund@MtnViewsNews.com](mailto:mailto:b.eklund@MtnViewsNews.com)

## BOYS AND THEIR TOYS

By Christopher Nyerges

[Nyerges is the author of “How to Survive Anywhere” and other books. He leads regular field trips and seminars. He can be reached at Box 41834, Eagle Rock, CA 90041, or [www.SchoolofSelf-Reliance.com](http://www.SchoolofSelf-Reliance.com).]

It does seem that some guys can never get enough toys. Like knives. Not that knives are toys – they’re not – but grown men who are still children at heart want objects that are intrinsically useful, valuable, which can still be pulled out to impress a friend, or even a stranger.

I have long liked knives of all sorts. Even ancient cultures had their great diversity of broken and chipped rocks which were their knives. Those were used for money, to show tribal affiliation, and undoubtedly, the various craftsmen would compare and contrast two spear points, looking for nuances of meaning in the two points.

I find a knife indispensable. I presume that it has always been the most basic fundamental tool which distinguished mankind from the so-called lower animals who had lesser brain functions. And the idea that knives are beautiful, wonderful, and an intrinsic part of human life seems to be well accepted among the mainstream. My evidence: I saw a knife show on television, and all they did for more than an hour (before I turned it off) was to try to sell you a great deal on a special knife, but you had to hurry and buy now before the deal expired, or before they met their quota of “strictly limited to the first one million buyers.” Of course, there were

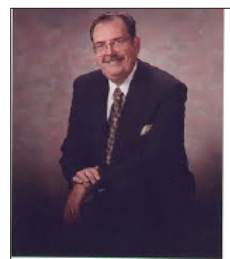
no knives on that show that I would consider buying. Those were cheap knives for the masses.

I prefer to pay more for quality, or to buy from the maker. There’s something about knowing the person behind the knife, the person who has spent his (or her) life mastering the intricacies of knife-making and metallurgy who then goes on to actually produce beautiful, functional pieces of art.

Perhaps our knives are our ultimate mnemonic device, embodying all the things we did with it during last summer’s survival march, or the whole history of the evolution of that particular style of blade. There is much to talk about if you’re a boy with your toy. You pull out your knife, and a lot is evident immediately. Folder vs. sheath. Stainless vs. carbon. Leatherman vs. Victorinox. Big vs. small. From the obvious, many conversations emerge. If a folder, we look at the handle. Bone, plastic, wood, some sort of polycarbonate. Is one better than the other? Some folks think so. We open the various blades, and feel how it feels in the hand. Does it “walk and talk”? The walking – how well it opens without peeling off a fingernail, and we snap it open to hear it “talk.” Watch the boys as they compare their toys. This initial phase is like the opening of a sacred ceremony, and there is usually little talking, just observation and some “ahhs” and “wows.”

Yes, knives are the sacred objects of the boys who go to the woods.

Do you have any questions about knives? Send your questions to me.



## OUT TO PASTOR

A Weekly Religion Column by Rev. James Snyder

## A PENNY FOR YOUR THOUGHTS

The Gracious Mistress of the Parsonage and I were going into a store to do some shopping. Her idea, not mine. Halfway to the door, I noticed a penny on the ground so, being who I am, I bent over to pick up the penny. It is a habit I picked up the day I was

born.

“What are you doing?” My wife gasped, thinking something was wrong.

“I found a penny and I picked it up. Finder’s keepers, loser’s weepers.” And I threw a smile in her direction.

She looked at me and said, “What in the world did you do that for?”

“You know what they say, a penny saved is a penny earned.”

“It’s just a penny. What in the world can you do with a penny?”

As I stuffed the penny in my pocket, I looked at her and said, “I can stuff this penny in my pocket.” Then I gave her a sarcastic smile as wide as the Grand Canyon, but not quite as deep.

She sadly shook her head as we went into the store together. I, one penny richer and smiling all the way. Pennies usually have that effect on me.

I know a penny is not worth that much. I just cannot resist picking up a penny I find on the ground. I guess it is that Pennsylvania Dutch attitude I was born with. I never saw a penny I did not want to pick up.

I can remember many a time at a checkout counter I was one or two pennies short and had to break a \$20 bill. You know what it is like to break a \$20 bill? So, I try to have a little backlog of pennies for just such emergencies, hoping I will never need them.

Do not let this get around, but on my dresser in my bedroom is a jar full of pennies. I found them here and there. One time I remember finding 17 pennies on the ground in one spot. What a great day that was.

My wife is always kidding me about this and when I am in some kind of meditative mood, or so I want her to think I am, she will direct this to me, “A penny for your thoughts!” I only look at her and smile, the temptation is there because I can always use another penny and how many thoughts are really worth a penny? Especially mine.

Then a strange thing happened. We were home watching the news when the story of the day was somebody auctioned off a penny for 2 ½ million dollars. If you do not think that got my attention! Just one penny brought all that money.

I know right here I would sell all of my pennies for half that amount. Anybody looking for a bargain? After all, I am not really greedy.

I looked at my wife, smiled broadly, and said, “A penny for your thoughts!”

“Who,” she finally said in a disgusting sort of tone, “would pay 2 ½ million dollars for one penny?”

“I don’t know,” I retorted, “but I know who would sell one for 2 ½ million dollars.”

She glanced towards the bedroom where my pennies were at I said, “Don’t even think it.”

Then we both had a good laugh together.

As much as I appreciate pennies, I am not going to go crazy about their value. I know a 2 ½ million dollar penny is old and has quite a bit of history behind it, but it will be a long afternoon in the shower when I’m going to believe it’s worth that much money. Who in the world put such a value on a thing like that?

I remember my father taking me to auctions and it always amazed me how much people would pay for some things. They get so excited in the bidding and trying to outbid somebody else that oftentimes they would pay twice as much as the object was really worth.

I remember my father would always say after some outlandish bid, “I sure would’ve loved to have sold that to that guy.” Then he would stare out into space a little bit thinking about that whole idea. He always wanted to be the seller and not the buyer.

Then my wife hit me with a difficult question. “Is there something you would never sell for 2 ½ million dollars?”

What a loaded question. I am not even sure what 2 ½ million dollars is worth! I have never seen that much money in my whole life and probably never will. But some people have put value on certain things and are willing to part with something if someone comes up with the right price.

People put value on things that really are not that important. An old penny worth 2 ½ million dollars cannot be used for anything practical. What can you buy with that penny? What is that man going to use that 2 ½ million dollar penny for? Just look at it!

I think Solomon had the right idea when he wrote, “For wisdom is better than rubies; and all the things that may be desired are not to be compared to it” (Proverbs 8:11).

Some things in life you cannot put a price on, it is a joy to discover those things and sometimes those things are people.

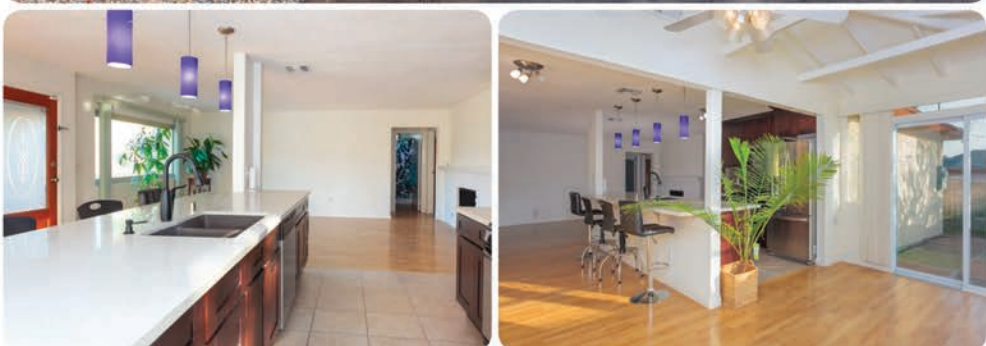
Rev. James L. Snyder is pastor of the Family of God Fellowship, PO Box 831313, Ocala, FL 34483. He lives with his wife, Martha, in Silver Springs Shores. Call him at 1-866-552-2543 or e-mail [jamesnyder2@att.net](mailto:jamesnyder2@att.net) or website [www.jamesnyderministries.com](http://www.jamesnyderministries.com).

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