

HAPPY NEW YEAR!

Mountain Views News

Sierra Madre

Arcadia

Pasadena

Altadena

Duarte

Monrovia

SATURDAY, DECEMBER 26, 2015

VOLUME 9 NO. 52

SIERRA MADRE RESIDENT AND CIVIC LEADER, NAN HATHAWAY CARLTON PASSES AWAY

March 27, 1933 to December 21, 2015

Nan Hathaway was born in Chicago, Illinois to Alice Johnstone Hathaway and Elnathan Maurice Hathaway. Nan moved to Sierra Madre with her mother when she was five years old in 1938. Nan was a lifelong resident of Sierra Madre.

Nan attended Sierra Madre Elementary School, Wilson Junior High School and Pasadena High School. (The high school was part of what was then the 4 year Pasadena Junior College.) While a high school student she rode the Sierra Madre Rose Parade float.

Nan married Gerald (Jerry) Brian Carlton on February 12, 1953, and they moved to the Sierra Madre Canyon. They had three kids by 1957: Steve, Sheri, and Suzi. In 1960 they all moved to the house that Nan would live in for the rest of her life raising their kids. During this period Nan's young siblings Bert, Jesse, and Maggie moved in with Nan and Jerry, and stayed though high school.

Nan loved her small town, Sierra Madre. She was a community volunteer starting as a young mother: she and Jerry taught Sunday school and ran the church youth group when her kids were young. Her volunteer career started with youth issues and continued into other areas. She was active in the Sierra Madre Elementary School PTA, Little League, Girls Softball, and the Sierra Madre Athletic Association.

Nan was one of the founders and first managers of Girls Softball. She started the league with other parents because in those days the girls were not allowed to play in Little League.

Nan and Jerry were interested in the environment around them; both were early members of the

Continued on Page 3



MAILBOXES VANDALIZED IN SIERRA MADRE

From The Sierra Madre Police Department:

At 7:00 am (12/19), a Sierra Madre resident living in the 400 block of N. Canon went out for a morning walk and noticed that his mailbox had been tampered with and mail had possibly been stolen. Shortly thereafter, residents living in the north/east part of town found that their mailboxes had also been tampered with. At this point it appears that approximately 30 mailboxes were tampered with and the incident occurred overnight between Friday, December 18, 2015 and Saturday, December 19, 2015.

If you have information on mailbox vandalism, call the Sierra Madre Police Department to report it. Your cooperation helps apprehend violators. The Sierra Madre Police Department will be working with the local Postal Inspector on this investigation. Director of Public Safety, Chief Larry Giannone, wants to remind the residents that identity theft is one of the fastest growing crimes in the United States. One of the prime ways in which these Identity Theft suspects obtain personal information is by stealing mail and your personal mail can be a gold mine to determined criminals. Homeowners should consider replacing old outdated mailboxes with ones that have a locking mechanism.

Anyone who has information or saw any suspicious activity last evening in the north east portion of Sierra Madre should contact the Sierra Madre Police Department at (626) 355-1414.

CAPOCCIA, HARABEDIAN TO SEEK REELECTION

Earlier this week, Mayor John Capoccia and Former Mayor and Councilman John Harabedian announced their intent to run for a second term on the Sierra Madre City Council.

"We've accomplished a lot over the last four years, but there's much to be done. I feel that we have the right team with my fellow council members to follow through with implementation of the General Plan to maintain our unique village atmosphere, get our City on a solid financial footing, secure our long-term water supply, and address our neglected infrastructure," said Capoccia in his press release.

Harabedian also cited the many accomplishments that have been achieved during his term on the council. "It's been an honor to serve Sierra Madre over the past four years," Harabedian stated. "During that time, we have made great strides in solving some of the real challenges facing the City- including our budget and water issues - and I believe we need experienced leadership over the next four years to finish the job. He can be reached at jharabedian@cityofsierramadre.com

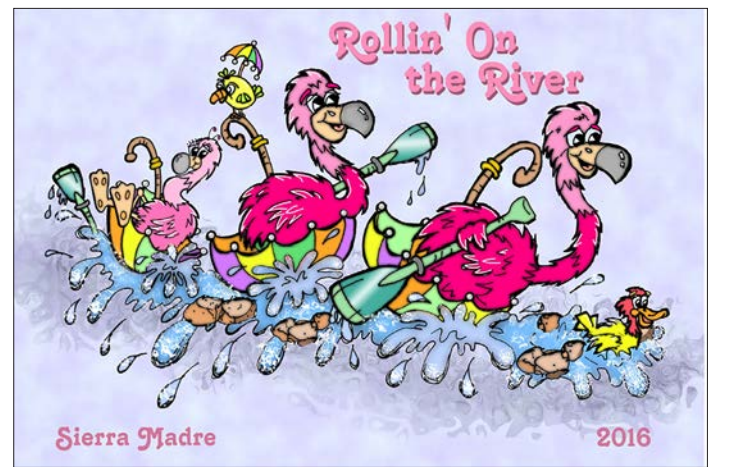
The nomination period for two four-year Council seats began December 21, 2015, and closes on January 15, 2016.

ART DECO WEEK BEGINS

Rose Float Association Enters Final Stages of Construction; Volunteers Needed December 26th through December 31st!



As the time winds down, the Sierra Madre Rose Float Association is calling for 'all hands on deck' to help with the completion of the 2016 Rose Parade entry, 'Rollin' On The River' (below). Above volunteers review components of one of the birds before it is attached. Anyone interested in volunteering should contact the SMRFA at volunteer@smrosefloat.org.



The "Float Departure Ceremony" will commence at 4:30 PM, December 31, with the float leaving the barn at 4:45 PM to arrive at Kersting Court by 5:10 PM. We plan to depart from Kersting Court at 5:30 PM. The float will return to Kersting Court after Post Parade ends at 5:00 PM on Sunday, January 3, and will remain there until 5:00 PM January 4th.

SIERRA MADRE'S 2015 CANDLELIGHT WALK

Story and Photo by By Bill Coburn

On Sunday evening at 7ish pm, the 44th Candlelight procession took place down Baldwin Ave. to Kersting Court. There the statue of the baby Jesus was placed in the manger of the creche by Jesus and Mary (portrayed by children from Sierra Madre Congregational Church), and members of the clergy from local churches read scripture and led the crowd in Christmas carols and hymns.

Father Richard Krekelberg of St. Rita Catholic Church welcomed the crowd on the steps of his parish, and once everyone had caroled their way down Baldwin

1970, Pastor Bob Vander Zaag of Bethany Church had held a holiday concert in Kersting Court, with the church choir on risers singing hymns and carols for the people shopping in the local shops. In a conversation shortly thereafter with Rev. Richard Anderson of Congregational Church, Vander Zaag suggested that as nice as the concert had been, it might be even better if local pastors gathered their parishioners in a procession through town. Starting at St. Rita's and walking down to Kersting Court was suggested, and agreed upon, and Fr. Gara's parishioners were added to the mix.



Ave., the other members of the clergy participated in the readings. The participants included Pastor Briant Cuffy of Bethany Church of Sierra Madre, Father Michael Bamberger and deacon Ed Sniecienski fo the Episcopal Church of the Ascension, Pastors Gavin Ortlund and John Stothers of Sierra Madre Congregational Church, Father Bruno D'Souza CO of Mater Dolorosa Passionist Retreat Center, The Rev. Sangman Shin of Sierra Madre United Methodist Church, Monsignor Krekelberg and Deacon John Hull os St. Rita, and the Rev. Cynthia W. Crowell of Trinity Presbyterian Church.

Music was provided by the Pasadena City College Faculty Brass, and Peter Vecchio led the crowd in song.

History of the Candlelight Walk

The first Candlelight Procession was in 1971. In

Interestingly, there's some back history that makes the evening even more special. Back in about 1918 or so, some members of Congregational Church had split with the Church, forming Bethany Church and for many years, things weren't always real friendly between the two churches. Shortly after Rev. Anderson's arrival at Congregational Church, the two churches had a mass of reconciliation, and over time, Pastor Vander Zaag and Rev. Anderson became very good friends. The Candlelight Procession, which was started shortly after the mass of reconciliation, is undoubtedly one of the factors that, in the Christmas tradition of old friends coming together after a long separation, helped the two churches to set aside their differences and work together with their common goal of serving Christ.



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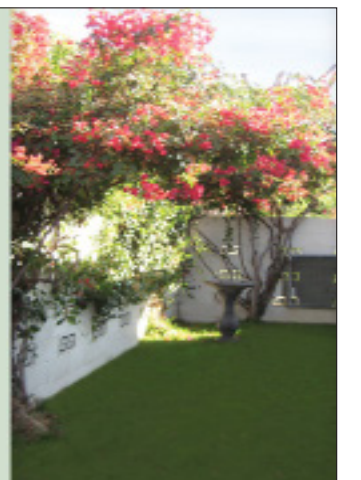
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Weather Wise

6-Day Forecast

Sierra Madre, Ca.

Sun:	Sunny	Hi 60s	Lows 30s
Mon:	Sunny	Hi 50s	Lows 30s
Tues:	Sunny	Hi 60s	Lows 30s
Wed:	Sunny	Hi 60s	Lows 40s
Thur:	Sunny	Hi 60s	Lows 40s
Fri:	Sunny	Hi 60s	Lows 40s

Forecasts courtesy of the National Weather Service

CITY OF SIERRA MADRE CALENDAR OF EVENTS

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

NEXT REGULAR CITY COUNCIL MEETING:
Tuesday, January 12, 2016
6:30 pm

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

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

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

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

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

SIERRA MADRE CITY MEETINGS

Regular City Council Meeting

Tuesday, January 12, 2016 - 6:30 pm



The final agenda and staff reports will be available online no later than Friday night. Enter the date "10/13/2015" 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 before 5:30 the night of the meeting and your statement will be delivered to all the Council Members.

Upcoming Public Meetings and Events

Monday, January 4, 2016, 3:00PM
Senior Master Plan Committee Meeting

Thursday, January 7, 2016, 12:00PM
Coordinating Council

Thursday, January 7, 2016, 3:00PM
Senior Community Commission Meeting

Thursday, January 7, 2016, 7:00PM
Planning Commission Meeting

Tuesday, January 12, 2016, 6:30PM
City Council Meeting

Planning & Community Preservation and Public Works
Service Hours Monday - Thursday 7:30am - 2:00pm

Sierra Madre City Hall 232 W. Sierra Madre Blvd. Sierra Madre, CA 91024 (626) 355-7135

SIERRA MADRE 2015 HOLIDAY CLOSURE SCHEDULE

Sierra Madre, CA. – December 9, 2015 - Sierra Madre City Hall will be closed beginning at 12:30pm on December 24, 2015 reopening on January 4, 2016. The Sierra Madre Public Library will close at 2:00pm and the Hart Park House Senior Center will close at 2:30pm on December 24th and will also reopen on January 4, 2016. Administrative service workers, with the exception of emergency personnel, will be off-duty in observance of the upcoming holiday season.

Residents are encouraged to take advantage of the City's online services during this period. Many of the services performed at City Hall, including payments and applications, are also available online through the City's website. Residents can conveniently manage their water bill, register for Community Services activities, reserve public facilities, check out online library books, and apply for select permits without interruption this holiday season.

All City offices and buildings will resume normal business hours on Monday, January 4, 2016.

For more information about online services, please visit the City's website at: www.cityofsierramadre.com.

WASTE & RECYCLING SERVICES

Disposal of Bulky and Hard To Handle Items

Athens Services encourages reuse and donation of bulky items whenever possible. Bulky waste includes large items that do not fit into barrels or bins such as: water heaters, furnaces, bed springs, mattresses, dressers, couches, washers, dryers, stoves, tables, chairs, refrigerators, freezers, air conditioners, or patio furniture. These items are to be placed at the curbside (not in the street) for pick-up on your regular trash collection day.

To schedule a pick up please call Athens Services at (855) 557-1007.

VERY IMPORTANT: PLEASE REMOVE OR SECURE ALL APPLIANCE DOORS TO PROTECT CHILDREN.

CHRISTMAS TREE RECYCLING - TREES are 100% recyclable!

Athens Services collects holiday trees on your normal pickup days from the day after Christmas through the second week of January each year. Trees are delivered to various landfills to be used as mulch or cover material, or to Athens American Organics composting facility in Victorville.

Tips to ensure collection of your Christmas tree:

- Remove stands, ornaments, lights and tinsel. Place Christmas trees next to your regular trash containers. Trees over 6 feet in length must be cut in half. Trees with flocking or fire retardants ARE acceptable.
- If you miss the date for recycling, please cut up your tree and place it in your yard waste container(s).
- Please help keep our parks clean and safe during the holidays. If you see anyone illegally dumping Christmas trees in city parks, please call the Sierra Madre Police Department.



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SHARE SOME GOOD NEWS!

"The Kindness of Strangers" feature encourages readers to share their stories. I can assure you, they will be uplifting especially in contrast to all the the challenges and issues we have to deal with daily. So, if you have something you would like to share, please submit it to: editor@mtnviewsnews.com. It doesn't matter where you were or when it happened. Share your good experiences in hope that it might bring a little joy and/or inspire someone.

-Susan Henderson, Editor/Publisher MVNews

SIERRA MADRE PUBLIC LIBRARY ADOPTS AWARD-WINNING SYSTEM

Apollo, the integrated operating system recently adopted by Sierra Madre Library, has been ranked as the 2016 Product of the Year by LibraryWorks Inc. Apollo topped 50 other automation systems in the Modern Library Awards. The MLA awards recognize the top products in the library industry judged by more than 80,000 librarians. Of the array of awards, which included honorable mentions, silver, gold and platinum, Apollo received the top award: Product of the Year.

This is Apollo's second consecutive year at the top of the awards. Clark Charbonnet of Apollo said, "Our Company's commitment is solely to public libraries. This singular focus and Apollo's design makes for an elegant, easy-to-use product that delights today's public libraries."

Apollo has provided significant cost savings for the City of Sierra Madre, integrates eBooks into the catalog for easier downloads, and upgrades search procedures. Sierra Madre Library staff have been pleased over the last four months to offer improved services to Library users.

Read, Discover, Connect @ Sierra Madre Public Library. 440 W. Sierra Madre Blvd., Sierra Madre, CA 91024, (626) 355-7186, www.cityofsierramadre.com/services/library.

City of Sierra Madre

PUBLIC HEARING NOTICE

From: The City of Sierra Madre
Subject: Summary of Ordinance No. 1371:

THE CITY COUNCIL WILL CONSIDER MUNICIPAL CODE TEXT AMENDMENT 15-04, ESTABLISHING ORDINANCE 1371, AMENDING TITLE 17, CHAPTER 17.10 (MARIJUANA CULTIVATION AND MARIJUANA DISPENSARY)

Applicant: City of Sierra Madre
Project Location: Properties in the City of Sierra Madre, County of Los Angeles, State of California

On January 12, 2016, the City Council will conduct a public hearing to consider the adoption of Ordinance No. 1371, a Municipal Code Text Amendment (15-04), amending Title 17, Chapter 17.10 (Marijuana Cultivation and Marijuana Dispensary), establish local control measures prohibiting the growing of live plants, cultivation, testing, transporting, and distribution of cannabis and marijuana in all zones. The purpose of the Municipal Code Text Amendments is to further an objective of the City of Sierra Madre's 2007 Ordinance No. 1266, prohibiting in all zones medical marijuana dispensaries which involves the distribution of drugs or other substances which is illegal to distribute or possess under federal law. The proposed Ordinance complies with the requirements of Assembly Bills 266 and 243, and Senate Bill 243, each containing key provisions of the Medical Marijuana Regulation and Safety Act.

At the meeting of December 3, 2015, the Planning Commission conducted a public hearing and recommended to the City Council the adoption of the proposed MCTA 15-04 and Ordinance 1371.

DATE AND TIME OF HEARING

City of Sierra Madre
City Council Meeting
Tuesday, January 12, 2016
(Hearing begins at 6:30 p.m.)

PLACE OF HEARING

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

All interested persons may attend this meeting and the City Council will hear them with respect thereto.

ENVIRONMENTAL DETERMINATION The Municipal Code Text Amendment is exempt from California Environmental Quality Act review pursuant to Title 14, Section 1506 (b)(3) of the California Code of Regulations.

APPEAL: If in the future anyone wishes to challenge the decision of the City Council in court, one may be limited to raising the issues that were raised or presented in written correspondence delivered to the City Council at, or before the scheduled public hearing. For further information on this subject, please contact the Planning and Community Preservation Department at (626) 355-7138.

SIERRA MADRE POLICE BLOTTER

During the week of Sunday, December 13th, to Sunday, December 20th, the Sierra Madre Police Department responded to approximately 256 calls for service.

Sunday, December 13th

At 11:00 am, Sierra Madre Police responded to the station lobby regarding a domestic violence report. Upon arrival, the victim informed Officers that earlier that morning she got into an argument with her boyfriend over who would be able to watch their child while she took their other child to the doctor. The father told the mother that he would not be able to watch the child as he would be busy helping a neighbor. An argument ensued and escalated physically when the mother was pushed to the floor and forcefully grabbed as she tried to leave the home. The woman left the home safely with both kids and reported the incident to police. After interviewing the mother, Officers went to the residence to speak with the father. The man admitted that they had got into an altercation and that he did push her but never forcefully grabbed her. Based on both interviews and evidence of markings on the woman, Officers arrested the father and charged him for domestic violence.

Tuesday, December 15th

At 8:19, Sierra Madre Police responded to the 200 block of East Alegria Avenue regarding a vandalism report. Upon arrival, Officers were informed by the victim that her boyfriend and she arrived at his house around 6:40 pm and several hours later when they returned to the vehicle they discovered that the driver's side front and rear tires had been slashed. The couple did not see who had damaged the vehicle but believed it may have been a result of a recent verbal argument with a classmate. Each tire was valued at \$100. This case has been forwarded to the Detective Bureau.

Wednesday, December 16th

At 2:22 pm, Sierra Madre Police responded to the 100 block of South Michillinda Avenue regarding an attempted burglary. Upon arrival, the victim informed Officers that while she was home, her dog began barking and she heard someone turning her locked front door handle. She decided to look out her window and noticed a green Toyota Camry backed into her driveway. She stated to Officers she thought it might be her neighbor down the street who has the same vehicle, so when she heard a knock at the door she opened it. She met a male black about 6 foot 3 inches tall, thin build, dressed in all black clothing and noticed another male black who was shorter standing in the driveway. The shorter man ran into the vehicle, while the taller man asked her where Orange Grove Avenue was located. The woman pointed him into the direction of Orange Grove and shut her door and called police. The vehicle was described as an older model green Toyota Camry with missing paint from the driver's rear panel and gold pinstripe along the entire length of the car. This case has been forwarded to the Detective Bureau.

Saturday, December 19th

At 1:44 pm, Sierra Madre Police responded to the 100 block of Adams Street regarding an intoxicated male. According to the caller, the man was intoxicated, unconscious and sitting in the driver's seat of his vehicle that was parked in the driveway. Upon arrival, Officers found the vehicle empty and as they searched the area for the man, two residents came escorting the man to Officers. The two residents stated the man walked into their backyard and went into their home uninvited. Officers determined the man was under the influence of alcohol to such a point that he was unable to care for his safety or the safety of others. The man was taken into custody and arrested for public intoxication. While in his holding cell at Pasadena Jail, the man broke a dual pane window and was yelling statements that he wanted to hurt himself. As a precaution, Officers placed the man on a 72 hour hold for further evaluation and treatment at a local hospital.



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Remembrances

NAN HATHAWAY CARLTON

Continued from Page 1

Sierra Madre Environmental Action Council, which started the Recycling Center. Nan was also a docent for Bailey Canyon nature walks. In addition, Nan and Jerry were actively involved with the Mt. Wilson Trail Race for many years.

In later life, Nan's high school Rose Float ride turned into years of working for the Sierra Madre Rose Float Association. Her kids pasted many a flower on the floats.

Nan held many positions with the Sierra Madre Civic Club, including club officer and newsletter editor.

She was a Relay for Life team captain during the period Sheri was under treatment for breast cancer.

Nan and Jerry's community commitment was recognized by the City of Sierra Madre and the Los Angeles County Board of Supervisors in 2012 when they were honored as Older Americans of the Year.

Any discussion of Nan must acknowledge that she was a people person. Her circle of friends was very important to her, which included her knitting group, Civic Club, and the gang at Curves. Her family friends included the neighbors on Adams

Street, some of whom have moved away many years ago, and still kept up with her.

She is survived by her husband Jerry Carlton of Sierra Madre; son Steve Carlton (wife Laurie) of Nevada City, California; daughter Suzi Stretton of Sierra Madre; grandkids Amanda Burnett, Mike Stretton, Liz Carlton, and Wyn Carlton; sister Maggie Clements and brothers Bert Pedigo and Jesse Pedigo; and family members Bob Burnett and Michael Stretton. Nan was preceded in death by her mother Alice and her daughter Sheri Burnett.

The Carlton Family will hold a graveside service for Nan at Pioneer Cemetery on Saturday, January 2, at 11:00 am. There will be a reception immediately following at the home of John and Linda Knowles.

In lieu of flowers the family is requesting that donations be made in Nan's name to the Friends of Sierra Madre Library, PO Box 334, Sierra Madre, California 91025. Or, as Nan would say: "Just get involved!"

ALBERT JOHN "BIG AL" GUY

Albert John "Big Al" Guy, 72, passed away December 7, 2015 in Sierra Madre, CA. He was born December 20, 1942 in Cincinnati, Ohio and moved to Sierra Madre in 1973. Al taught at

Edgewood Academy for 37 years. He is survived by his son, Michael Guy, and a host of other family members.

Condolences may be made to Al's webpage forevermissed.com/albert-john-guy

Walking Sierra Madre...The Social Side

by Deanne Davis

"Oh Christmas tree, oh Christmas tree, of all the trees most lovely.

Each year you bring to me delight, meaning in the Christmas night.

Oh Christmas tree, oh Christmas tree, of all the trees most lovely."

Our Christmas trees really are the most lovely. We put so much care into putting on the lights, selecting the right ornament for the right spot, so many of our treasured ornaments are ones the children have made. They may be a little tattered, but no less beautiful. Some of our ornaments date from our first Christmas together, 1967. We're a little tattered, too!

The Christmas tree pictured here is on the Mt. Wilson Trail, up a little ways past First Water, where, incidentally, there actually IS water! My trail hiking best friend and spouse, John, came home from his Mt. Wilson hike a couple of weeks ago and reported on this Christmas tree that only the hikers know about, decorated by various Trail lovers, and appreciated by all who pass by it.

Are you ready for Christmas? People ask me that almost everywhere I go and what they want to know is are the presents all wrapped and under the tree? Are the gifts in the mail that go to friends and family far away? Did your fudge turn out well this year? Are you having ham for dinner? And I just smile and say, "Yes! I'm ready for Christmas!"

"And there were shepherds living out in the fields nearby, keeping watch over their flocks at night. An angel of the Lord appeared to them, and the glory of the Lord shone around them, and they were terrified. But the angel said to them, "Do not be afraid. I bring you good news of great joy that will be for all the people. Today in the town of David a Savior has been born to you; he is Christ, the Lord.... Suddenly a great company of the heavenly host appeared with the angel, praising God and saying, "Glory to God in the highest, and on earth peace to men on whom his favor rests." Luke 2:8-13

Here is what my Christmas card says...no, they're not all in the mail yet, but, hopefully, they'll still arrive before the end of the year.

"This Christmas...mend a quarrel.

Seek out a forgotten friend.

Dismiss suspicion and replace it with trust.

Write a letter. Give a soft answer.

Encourage youth. Manifest your loyalty in word and deed.



Keep a promise. Forego a grudge. Forgive an enemy. Apologize. Try to understand.

Examine your demands of others.

Think first of someone else.

Be kind. Be gentle. Laugh a little more.

Express your gratitude. Welcome a stranger.

Gladden the heart of a child.

Take pleasure in the beauty and wonder of the earth.

Speak your love and speak it again." Howard W. Hunter

To that I would add: Sing as many Christmas carols as you can. Play them at home as you wrap those last few gifts. Breathe. Enjoy every moment. Hug. Phone people and tell them you love them. Donate some time to decorate our Rose Parade float. Go see "A Christmas Memory" at the Playhouse. Rejoice!

Merry Christmas, dear Walking Sierra Madre friends.

My book page: Amazon.com: Deanne Davis

Blog: www.authordeanne.com

"Tablespoon of Love, Tablespoon of Laughter" is available there...

Christmas is coming! You'll need gifts!

City of Sierra Madre

PUBLIC HEARING NOTICE

From: The City of Sierra Madre
Subject: MUNICIPAL CODE TEXT AMENDMENT 15-05 (MCTA 15-05)
Applicant: City of Sierra Madre
Project Location: Properties in the City of Sierra Madre, County of Los Angeles, State of California

The City of Sierra Madre gives notice, pursuant to State of California law, that the Planning Commission will conduct a public hearing to consider recommending adoption of an Ordinance amending Chapter 17.20 ("R-1 One Family Residential") Section 17.20.053 ("Angle Plane"), Subsection 17.20.050.A.2 ("Front Yard Setbacks Greater Than 25 Feet"), and adding Section 17.20.115 ("Flag Lots Prohibited"); amending Chapter 17.48 ("Development Standards") Section 17.48.020 ("Height of Penthouses and Roof Structures") and repealing Section 17.48.080 ("Modified Front Yard Cul-de-Sac"); amending Chapter 17.60 ("Variances and Conditional Use Permits") Section 17.60.040 ("Conditional Use Permits—Burden of Proof"), Section 17.60.041 ("Additional Burden of Proof for Permits for Single-Family Houses as Described In Section 17.20.025") and Subsection 17.60.055.B ("Public Notice"). Following a Planning Commission recommendation for approval, the proposed text amendment will be forwarded to the City Council for consideration.

DATE AND TIME OF HEARING

City of Sierra Madre
Planning Commission meeting
Thursday, January 7, 2016
(Hearing begins at 7:00 p.m.)

PLACE OF HEARING

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

All interested persons may attend this meeting and the Planning Commission will hear them with respect thereto.

ENVIRONMENTAL DETERMINATION: The project qualifies for an exemption from the California Environmental Quality Act review pursuant to Title 14, Section 15061(b)(3) of the California Code of Regulations as it can be seen with certainty that there is no possibility the adoption of this Ordinance may have a significant effect on the environment, because it will impose greater limitations on development in the City and protect the aesthetic character of Sierra Madre, thereby serving to reduce potential significant adverse environmental impacts.

APPEAL: The decision of the Planning Commission is subject to a 10-day appeal period to the City Council. If in the future anyone wishes to challenge the decision of the Planning Commission in court, one may be limited to raising the issues that were raised or presented in written correspondence delivered to the Planning Commission at, or before, the scheduled public hearing. For further information on this subject, please contact the Development Services Department at (626) 355-7138.

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On January 6, Newcomers and Friends of SGV's "meet-and-greet" coffee will be held in Arcadia. This coffee is a great way to meet the members of Newcomers and Friends and learn about the club's

wide variety of fun activities. Anyone interested in joining is welcome to attend.

Other activities include a Book Club, Bridge, Crafters, Games (Bunco, Rummikub, etc.), Garden Gals, Hump Day Happy Hour, Day Trips, Lunch Bunch, Mah Jongg, Movies, Pinochle, Scrabble, Golf, and Wine Tasting.

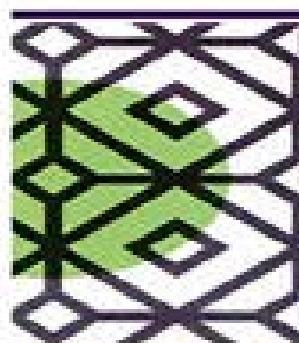
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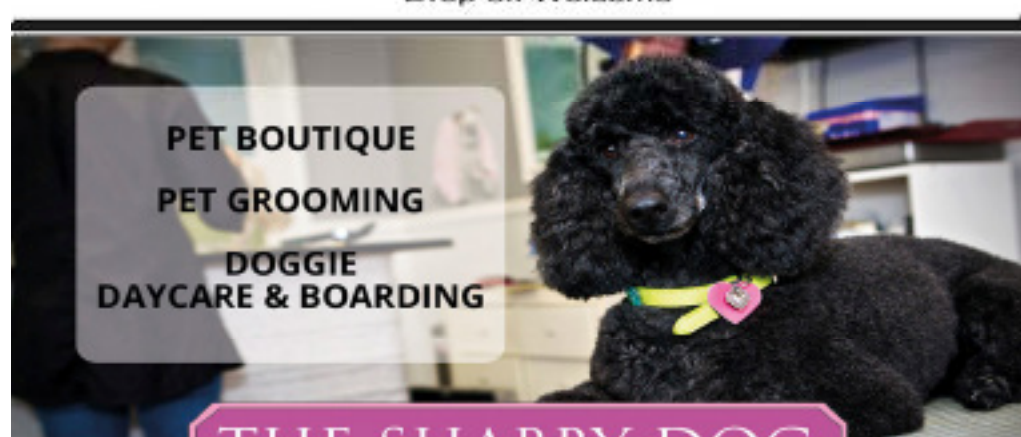


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SMALL BUSINESS SATURDAY NOVEMBER 28, 2015

Pasadena News Briefs

Three Injured in Drive-by Shooting

Police on Wednesday were still looking for the driver, and a passenger, of a vehicle involved in a drive-by shooting in Pasadena Tuesday evening that left three victims, including a 7-year-old with non-life threatening injuries — two of which were taken to a nearby hospital.

According to police, two men, only described as being Latinos in their 20s or 30s, took off in a dark vehicle after shooting at a group of teens shortly before 6 p.m. in Mc Grew Alley near Los Robles Avenue and Orange Grove Boulevard.

Two of the three juveniles were hit by gunfire, one in the hand and thigh, the other in the ankle. The 7-year-old was sitting in a parked car that was struck by gunfire. She was treated at the scene

Man Found Shot to Death, Woman Shot during Vigil for the Victim

Police say they are still looking for a shooter or shooters responsible after finding a man shot multiple times about 10:45 p.m. Friday in the 600 block of North Mentor Avenue after receiving several reports of shots fired in that area. The LA County coroner's office later identified the man as Robert Arthur Calderon. No other information was given at press time.

Police are also now looking for the shooters for a second incident Saturday night in which a woman was shot during a vigil for Calderon.

According to police gunfire erupted around 11:15 p.m. as a large group met to memorialize Calderon. A woman was hospitalized after being hit in the abdomen and arm. Police said the group may have returned fire although it was unclear if or who the intended target was. Police said none of the witnesses were being cooperate and still have no suspect description.

Anyone with information is asked to call (626)744-4241. or anonymously at crimestoppers.com.

Pet of the Week



DJ (A145613) is a 12-year-old, spayed female, gray tabby cat. This shy but friendly senior can be quite affectionate once she gets to know you. After she warms up to you, she will sit in your lap and purr away. DJ qualifies for our Seniors for Seniors program which waives the adoption fee for adopters age 60 and up. The mandatory microchip fee of \$20 still applies.

The regular cat adoption fee is \$70 which includes the spay or neuter surgery, microchip, vaccinations, and 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 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.

FLOATS GETTING PREPPED FOR BIG DAY



(Middle) the front of Trader Joe's float "Fearless Flyer". (Bottom) transplant recipients will be riding on the float "Treasure Life's Journey" by Donate Life. The float features two large camels. Around 1,000 roses on the float bear the names of those affected by organ or tissue donation. All photos by D.Lee/MVNews

Float Decorating and Viewing

This year's theme is "Find Your Adventure". This theme was inspired by a unique partnership between the Tournament of Roses and U.S. National Park Service. The Rose Parade will help create awareness and celebrate the centennial of our nation's national parks. The Tournament of Roses and the National Park Service aim to preserve history, and encourage others to learn, experience, and discover the beauty that surrounds our lives through real-life experiences. "Find Your Adventure"-whether it's hiking a mountain, visiting one of America's national parks or in your own backyard.

Float Viewing

View a variety of fruit, seeds, bark, grasses, and of course, breathtaking flowers, being applied to the floats by the float builders and volunteers. Advanced tickets are available for three public viewing locations. Times are allocated for general public viewing, including tour operators. Order your tickets through Sharp Seating or same-day tickets may be available. Considerable waiting periods should be expected.

Located at the Rose Bowl Stadium:
Rosemont Pavilion 700 Seco St.

Brookside Pavilion (accessible to disabled visitors) Lot I on the South side of the Rose Bowl

Stadium.

Located in Pasadena:
Rose Palace 835 S. Raymond Ave.

Float Decorating

Approximately 7 locations offer participatory float decorating. Walk-ins are welcome at most location, though work is not guaranteed. Volunteers must be at least 13 years old to participate and all children must be accompanied by an adult. Opportunities are on a first-come, first-served basis. Groups must phone ahead to see if arrangements are possible. In most cases a 4-hour volunteer commitment is required.

Phoenix Decorating Company offers two locations one at 835 South Raymond Ave. (Rose Palace) and 700 Seco St. (Rosemont Pavilion). 626-793-3174

Artistic Entertainment Services at 120 N. Aspan Ave. Azusa, Ca. 91702. Less than 20 people 626-388-1839, More than 20 people 626-334-9388

Burbank Tournament of Roses at 123 W. Olive Ave., Burbank. 818-840-0060

Sierra Madre Float Association at 587 E. Sierra Madre Blvd. 626-355-7005

South Pasadena Tournament of Roses at Fair Oaks Ave., north of the 110 Arroyo Parkway freeway

La Canada-Flintridge Tournament of Roses Association at 4510 Hampton Rd., La Canada Flintridge (Foothill Blvd. & Hampton Rd.) 818-519-1282.

Pictured (top) workers get a start on the 2016 Singpoli Rose Parade Float "Marco Polo: East Meets West" The dragon will breathe fire and smoke will pour out a pearl in the dragon's claw. Left) the 2016 parade themed "Find Your Adventure" will kick off with the Theme Banner. A 250-member marching band will follow as well as 24 tall banners depicting classic road maps to U.S. national parks.

The Masters Series at the Senior Center

The winter term of The Masters Series, which embraces lifelong learning, is scheduled from 2 to 4 p.m. Tuesdays and Thursdays from Jan. 12 to March 3 at the Pasadena Senior Center, 85 E. Holly St.

The Masters Series is open to members and non-members of the Pasadena Senior Center.

2016 U.S. Elections and the World – Tuesdays, led by Dr. Larry Caldwell, professor of politics, Occidental College, and Dr. Caroline Heldman, associate professor of politics, Occidental College. With the world changing rapidly in light of Syria, ISIS, Russia's assertiveness, China and more, and so much information bombarding the public by the media, class participants will improve their filters for political facts, dig deeper into the world of global and U.S. politics and explore America's growing dissatisfaction with the election process, 2016 presidential candidates and other related issues.

Understanding Constitutional Issues – Thursdays, led by Dr. Alison Dundes Rentein, professor of political science, anthropology and public policy, University of Southern California. Participants will explore current controversies in law and public policy and learn about various constitutional issues facing U.S. courts and American society.

Sign up for individual talks at \$10 each, a Tuesday or Thursday series for \$60 or the complete series for \$120. For information about registration or to be placed on The Masters Series mailing list call 626-685-6756.

Pasadena Visitor Hotline to Open

With large crowds coming to Pasadena for both the Rose Parade and the Rose Bowl Game, a toll-free "Visitor Hotline" at (877) 793-9911 operated by the Pasadena Convention and Visitors Bureau, visitpasadena.com, will be open 8 a.m. to 5 p.m., Tuesday, Dec. 29 through Thursday, Dec. 31; and 10 a.m. to 4 p.m., Friday, Jan. 1, 2016, plus 8 a.m. to Noon, Saturday, Jan. 2.

Security Stepped up in Wake of Mass Shooting

U.S. Department of Homeland Security puts Rose Parade and Rose Bowl at the top of their security concerns with unmatched surveillance capability.

By Dean Lee

Law enforcement agencies announced Tuesday that security will be tighter this year for both the Rose Parade and Rose Bowl game with extra measures including the use of cameras, license plate readers and dozens and dozens of extra patrol. Other efforts include bomb-sniffing dogs and radiation detection.

"My biggest concern is the lone wolf, the non-staged actor, that is the person most difficult to detect," Pasadena Police Chief Phillip Sanchez said. "However, with the assistance of the FBI and Department of Homeland Security, I think that we are well positioned to address those issues."

Sanchez stressed the department's "See Something Say Something" campaign.

"In every major incident that we have seen over that last decade, somebody knew something in advance of the situation, we saw that in San Bernardino, we saw that in Sandy Hook. You have the real authority to make a difference;

you have the real capacity to detect a lone wolf." He said.

Sanchez also said that the Tournament of Roses white suiters are well versed about the parade, "what you can and can't do, where you should sit and they can direct parade goes with respect to police officers [or other aid]," he said.

U.S. Department of Homeland Security Special Agent Mark Selby said numerous federal agencies including Homeland Security investigation, United States Secret Service, FEMA, the Cost Gard, and the FBI among others, will be working alongside Pasadena police.

"On New Year's Eve and New Year's day, federal personal will be employing a number of explosive detection methods, as well as, bomb sniffing dogs to sophisticated devices that register even minute amounts of radiation," Selby said. He added that should something happen, federal agencies would help the Pasadena police.

He also said the area on both days will be a no fly zone including personal drones, "so leave those at home" he said.

For a complete list of do's and don'ts, visit the city's website at ci.pasadena.ca.us. Sanchez said, If You See Something, Say Something, by calling the Pasadena Police at (626) 744-4241. For life-threatening emergencies call 9-1-1.



Symphony to Highlight Beethoven Piano Concerto



Start your New Year off right with the Pasadena Symphony and Principal Guest Conductor Nicholas McGegan as he delivers

Beethoven's beloved fifth and final piano concerto, the "Emperor" Wednesday. For McGegan's highly anticipated return, Southern California native Sean Chen joins the orchestra for Beethoven's sublime, beautiful, and exuberant concerto.

Beethoven "Emperor" Piano Concerto January 9 at 2p.m. and 8p.m. Pre-concert discussion begins 1 hour before the concert. The event will be at the Ambassador Auditorium 131 S St. John Avenue. For tickets or information call 626.793.7172.

Free January Events at Pasadena Senior Center

There is something for everyone in January at the Pasadena Senior Center, 85 E. Holly St. All events listed are free.

You do not have to be a member to attend. Some events require advance reservations as noted.

Cardmaking Workshop – Monday, Jan. 4, from noon to 2 p.m. Surprise a special someone with a personalized, handmade greeting card. Whether it's a happy birthday, happy holidays, thank you, thinking of you or other sentiment, you'll create a decorative card in your own unique style and have fun discovering your creativity while workshop leaders help you bring your ideas to life. All materials will be provided.

Stay Connected with Social Media – Tuesdays and Thursdays, Jan. 5 to 28, from 9 to 11 a.m. Learn how to keep in touch with family and friends via email, Skype, Facebook and other forms of social media during a 30-minute, one-on-one meeting with an instructor. You'll choose which applications you want to learn. Bring a laptop or use one of the onsite computers. If you have an email address, bring it and your password. Sign up with Edison at the Welcome Desk.

Smart Phones, Tablets and Computers – Any Questions? – Tuesdays and Thursdays, Jan. 5 to 28, from 10 to 11 a.m. Get the answers you need about technology devices, whether you own them already or are considering a purchase. Learn how to text, check voicemail, set

an alarm, navigate the Internet, download apps and more.

Moving: Things to Know When Leasing or Buying – Thursday, Jan. 7, at 10 a.m. Moving can be daunting at any age. Having good information can provide peace of mind. Learn what to focus on and consider before deciding to make your move. Presented by Paul Walker, Realtor, Teles Properties.

Food Distribution Program Date Change – Friday, Jan. 8, at 9 a.m. Due to the New Year holiday, the program will take place one week later on Friday, Jan. 8. Please note the program is available only to eligible low-income seniors. For more information call 626-685-6732.

Friday Movie Matinees – Fridays, Jan. 8, 15 and 29, at 1 p.m. Jan. 8: Star Wars (1977, PG) starring Mark Hamill and Harrison Ford. Luke Skywalker joins forces with a Jedi knight, a cocky pilot, a wookiee and two droids to rescue Princess Leia from the evil Darth Vader and save the universe from a world-destroying battle station. Jan. 15: Sunset Boulevard (1950, NR) starring Gloria Swanson and William Holden. A young screenwriter writes a script for a former silent-film star who has faded into Hollywood obscurity. Jan. 29: The Kid (1921, NR) starring Charlie Chaplin and Jackie Coogan. In Chaplain's first feature-length comic masterpiece, a poor, good-hearted loner finds a kidnapped baby and "adopts" him as his own.

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SEVEN COUNCIL CANDIDATES FOR TWO SEATS?

From Arcadia's Best

The opening bell sounded Monday, Dec. 21, for the start of Arcadia's own silly season, with candidates being allowed to "pull papers" to register to run for the two available seats on the Arcadia City Council in April. Five did just that, and two more did on Tuesday, Dec. 22, and perhaps more will join the fun.

The biggest surprise to many on Monday was **Paul Cheng**, a lawyer in Pasadena who made a big splash in the hotly contested 2010 election as one of three Chinese candidates, including current City Council Member Sho Tay, who all lost to three Caucasian candidates.

Another candidate sure to put a spark in this election is another lawyer, **April Verlato**, who is based in Downtown Arcadia and is President of the Arcadia Improvement Association.

One of the two open seats currently belongs to yet another lawyer, Mayor Gary Kovacic, who is termed out after another coupling of two consecutive four-year terms. Current first-term City Council Member Tom Beck is also a lawyer.

The other potential candidates include three former Mayors: **Bob Harbicht** and **Peter Amundson**, both of whom have been sitting out a mandatory minimum two-year period since sitting on the Council for eight years (two consecutive four-year terms), and **Dr. Sheng Chang**, who was part of the rotation of Mayors during the Centennial celebration year of 2003.

Those who pulled papers must then return 20-30 signatures of registered voters of the City of Arcadia who are nominating/endorsing them before the deadline at 4:30 p.m. on Friday, Jan. 15, with 20 valid and verified signatures required in order to be considered an official candidate.

A first-time candidate in the 2014 election who surprised some with a strong showing, **Burton Brink**, was the first to pull papers again Monday for the next election. Another first-timer in 2014, **Paul Van Fleet**, did so again Monday as well. Others may also yet consider a run for office — **David Arvizo**, who, along with April Verlato, has been a frequent vocal critic of mansionization and took specific aim at City Council Member John Wuo for months, is also said to be considering a campaign.

One of the two seats available would have been former Mayor Wuo's as an incumbent for his second consecutive term this time around after a prior eight-year stint. But Wuo's name became so entangled with a federal investigation and eventual criminal charges of fraud by the

Securities and Exchange Commission against an Arcadia-based business called USFIA Inc. (US Fine Investment Arts) for operating a global pyramid scheme bilking \$32 million from investors over the last 2 1/2 years, that Wuo resigned October 6. He has not been charged with any wrongdoing but it's highly unlikely he would return to campaign for his Council seat at this time.

Paul Cheng spent a reported \$125,000 – \$140,000 on his campaign in 2010, more than doubling the most ever spent by a candidate prior to that, and tripling and quadrupling the typical big spenders. His poor showing more likely reflected the fact that he was almost completely unknown at the time and had not been involved in many Arcadia groups or activities.

April Verlato's name has become familiar to viewers of the City Council meetings, where she has been waging a campaign against the building of large homes that has spawned the Save the Arcadia Highlands anti-mansionization group, which in turn sparked a lawsuit against the City of Arcadia earlier this year, and has also led to a proposed ballot initiative that would create a voter-written zoning code to limit the size of homes built or remodeled in Arcadia. The petition to put that initiative on the ballot is pending, but most believe it is unlikely to make it onto the election ballot in April 2016.

Amundson, Chang, and Amundson all appeared last January on a first-ever Former Mayor's Panel at the Arcadia Chamber of Commerce's annual Planning Conference. Amundson was Mayor in 2010-11, and Harbicht was Mayor in 1988-89; 1997-98; 2008-09; and 2012-13. That Planning Conference, which also features a State of the City address by the City Manager, is scheduled for 8 a.m. Thursday, Jan. 28, 2016 this year at the Embassy Suites Arcadia, but given the election and the candidates, there will be no Former Mayor's Panel this year. A much expanded State of the City address will feature department heads or representatives from most every city department to answer FAQs and address common concerns and issues and offer suggestions.

The Arcadia Chamber of Commerce will hold its traditional Meet the Candidates Forum at 7 p.m. Wednesday, Feb. 24, in the Cay Mortenson Auditorium of the Arcadia Public Library.

— By Scott Hettrick

ARCADIA POLICE BLOTTER

For the period of Sunday, December 13th, through Saturday, December 19th, the Police Department responded to 1,026 calls for service of which 149 required formal investigations. The following is a summary report of the major incidents handled by the Department during this period.

Sunday, December 13:

Just before 4:01 a.m., an officer responded to an apartment complex in the 400 block of West Duarte Road regarding a suspicious subject trying to enter one of the units. Officers located the 39-year-old female from San Gabriel who stated she was trying to find an acquaintance. A records check of the subject revealed an outstanding misdemeanor warrant. She also admitted to being in possession of methamphetamine and a glass smoking pipe. The suspect was arrested for the outstanding warrant and drug charges, and transported to the Arcadia City Jail for booking.

At approximately 4:06 p.m., officers responded to the area of Santa Anita Avenue and Virginia Road regarding an attempted kidnapping report. The adult female victim stated two male suspects drove alongside her as she was walking on the sidewalk, asked her to get in their vehicle, and when the passenger exited the vehicle and approached the victim, she ran to safety.

The suspects are described as a male driver with a Hispanic or Middle Eastern passenger, approximately 5'7", with a medium build. The suspects were driving a small, compact silver sedan. The investigation is ongoing.

Monday, December 14:

At about 10:58 a.m., an officer responded to the Fish Boat Restaurant, 516 East Live Oak Avenue, regarding a burglary report. An investigation revealed unknown suspect(s) pried open the exterior door, stole a laptop and cash from the register, unplugged the surveillance system, and fled undetected. The investigation is ongoing.

At approximately 11:20 a.m., an officer responded to Rusnak Mercedes-Benz Dealership, 55 West Huntington Drive, regarding a stolen vehicle report. Surveillance footage revealed unknown suspects cut a padlock to the gate of the location and stole two vehicles from the service department parking lot. One of the vehicles was recovered in Altadena. The investigation is ongoing and the second vehicle has yet to be recovered.

Tuesday, December 15:

Around 9:44 a.m., an officer responded to the AT&T Store at the Westfield Shopping Town, 400 South Baldwin Avenue, regarding a petty theft report. Surveillance footage revealed an unknown suspect concealed a portable speaker underneath his clothing before exiting the store, failing to make payment.

The suspect is described as a black male, 40 to 50-years-old, approximately 5'9" tall, with a thin build. The investigation is ongoing.

Just after 7:55 p.m., an officer responded to Arcadia Supermarket, 645 West Duarte Road, regarding a purse theft report. The officer discovered an unknown suspect stole the victim's purse from the front seat while she was loading groceries into the trunk of the vehicle.

The suspect is described as a Hispanic male, 20 to 30-years-old, and 5'10" tall. The suspect fled in a black SUV westbound on Duarte Road. The investigation is ongoing.

Wednesday, December 16:

Shortly before 1:18 p.m., an officer conducted an enforcement stop on a vehicle in the parking lot of the Hilton Garden Inn, 199 North Second Avenue, for having expired registration. A records check of the vehicle revealed the registration had expired; however, the vehicle displayed a 2016 registration sticker. The registered owner, a 54-year-old female from Baldwin Park, knowingly placed the forged sticker on her vehicle. The suspect was cited and released in the field.

At about 9:42 p.m., an officer responded to a parking lot in the 400 block of East Huntington Drive regarding a vehicle burglary report. The unknown suspect broke the passenger window of the vehicle and stole a backpack containing camera equipment. No suspects were seen and no witnesses were located.

Thursday, December 17:

At approximately 3:20 a.m., an officer responded to a residence in the 1500 block of South Third Avenue regarding a burglary report. An investigation revealed an unknown suspect smashed the front door window, ransacked the residence, and fled undetected. No suspects were seen and no witnesses were located.

Around 1:35 p.m., an officer responded to the Westfield Shopping Town parking lot, 400 South Baldwin Avenue, regarding a vandalism report. The officer determined an unknown suspect scratched the victim's car with an unknown object. No suspects were seen and no witnesses were located.

Friday, December 18:

At about 1:42 a.m., an officer conducted a traffic stop on a vehicle near the intersection of Santa Anita Avenue and California Street for speeding. Upon contacting the driver, the officer discovered the 25-year-old male from Arcadia was driving with an expired and suspended license. He was cited and released in the field. His vehicle was left legally parked.

Just after 11:27 p.m., an officer conducted an enforcement stop on a vehicle in the area of Baldwin Avenue and Harvard Drive during a DUI Checkpoint. Upon contacting the driver, the officer detected a strong odor of marijuana emitting from the vehicle. Through a series of tests, the officer concluded the 19-year-old male from Panorama City was under the influence of an alcoholic beverage and marijuana. The suspect was arrested and transported to the Arcadia City Jail for booking.

Saturday, December 19:

Just after 3:23 a.m., an officer conducted a traffic stop on a vehicle in the 5400 block of Peck Road for having expired registration. A records check of the 24-year-old male driver from Duarte revealed he had a suspended license and two outstanding misdemeanor warrants. While speaking with the occupants, the officer detected a strong odor of marijuana emitting from the vehicle. During a consensual search of the vehicle, the officer located methamphetamine and a smoking pipe on a 19-year-old male passenger from Monrovia. Both the driver and the passenger were arrested and transported to the Arcadia City Jail for booking.

At approximately 9:51 p.m., an officer responded to Macy's at the Westfield Shopping Town, 400 South Baldwin Avenue, regarding a petty theft report. Surveillance footage revealed the 41-year-old female from Arcadia concealed merchandise in a shopping bag before exiting the store, failing to make payment. She was arrested and transported to the Arcadia City Jail for booking.

MONROVIA - DUARTE

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MONROVIA POLICE BLOTTER

Following are the weekend's highlighted issues and events. To see a complete listing of crimes reported, go to the City of Monrovia website and click on the crime mapping link. Sign up to follow us on Twitter for police notifications.

Grand Theft Auto

December 14 at 7:17 a.m., a vehicle was reported stolen from the 800 block of West Walnut. The victim started the vehicle and left it running and unattended for a few minutes. When he came back to the vehicle, it was gone. The investigation is continuing.

Vehicle Burglary

December 15 at 6:38 a.m., an officer responded to the report of a vehicle burglary in the 1300 block of South Alta Vista. An unknown suspect entered the secured apartment complex and went to the carport area. The suspect shattered a window to gain entry to the vehicle, but nothing was taken. The investigation is continuing.

Theft of Mail

December 15 at 12:41 p.m., an incident of mail theft was reported in the 1200 block of South Alta Vista. The suspect is seen on video approaching mailboxes. He is seen removing an object from his pocket, possibly a key, and opening multiple mailboxes. The suspect then removes mail from the boxes and sets it on the ground. He then picks up the large pile of mail and leaves the location. The investigation is continuing.

Traffic Stop/Warrants

Suspects Arrested December 15 at 9:58 p.m., officers were on patrol in the 800 block of West Colorado and noticed a vehicle traveling towards them without lights during the evening hours. The officers made a traffic stop and contacted two subjects in the vehicle. A computer check revealed both subjects had outstanding warrants for their arrest. The subjects were arrested and held pending their court appearances.

Found Property

December 16 at 1:37 a.m., while on routine patrol in the 200 block of West Colorado, an officer noticed a subject crossing the street near Colorado and Magnolia. Due to the time and cold weather, it seemed suspicious for someone to be out walking. The officer circled the block and found a subject exiting the alley of the 300 block of West Colorado. The officer recognized the subject from previous contacts. Once the subject was released, the officer drove down the alley and located a suitcase containing over 50 vintage TV and radio electrical tubes and a competitive ping pong paddle. No victims were located and the investigation is continuing.

Vehicle Burglary

December 16 at 7:12 a.m. a vehicle burglary was reported in the 1800 block of South Peck Road. The victim parked

his vehicle overnight in his assigned parking space in his complex carport. When the victim returned to his vehicle, he found the shell of his truck had been pried open and his tools were missing. Security video showed two suspects enter the parking area in a Chrysler minivan. The suspects got out and one appeared to be talking on the phone, while the other suspect pried open the shell of the truck. Both suspects then took tools out of the truck bed, put them into the van and drove away. The investigation is continuing.

Mental Evaluation

December 16 at 2:15 p.m., officers were dispatched to the 100 block of West Duarte Road to check the welfare of a subject. The subject was involved in a vandalism earlier in the day. He called a friend and told the friend he wanted to hang himself because he knew he was going to go to jail for the vandalism. When the officers contacted the subject, he had a knife and a rope and told officers he wanted to hang himself. As the officers approached, the suspect tried to run. An officer attempted to stop him and they fell against a wall. The suspect hit his face on the wall and the officer sustained a contusion on his left forearm and strained his neck. The suspect broke away from the officers and, again, attempted to get away, but the officers subdued the subject and he was taken into custody without further incident. The suspect was taken to a hospital and held for mental evaluation.

Petty Theft

December 16 at 8:40 p.m., a petty theft was reported in the 800 block of Oceanview Avenue. Two UPS packages were stolen off the porch of a residence. A neighbor saw the theft, but failed to report it to the police. The suspect is described as a male, wearing a grey hoodie over his head. The suspect vehicle is an early 2000, white Ford F250, possibly a diesel, with large tires and tinted windows. The investigation is continuing.

Felony Vandalisms

December 16 at 8:41, a vandalism was reported in the 300 block of North Encinitas Avenue. The window on the victim's vehicle had been shattered by an unknown object. As officers investigated the area, they located several other vehicles that had been vandalized and police received additional calls reporting vehicle vandalisms that sustained identical damage, possibly caused by a BB gun. The investigation is continuing.

Vehicle Burglary

December 16 at 9:57 p.m., an officer was dispatched to a business parking lot in the 800 block of West Huntington. The victim parked and locked her vehicle in the parking lot and went into a restaurant for dinner. When she returned to her vehicle, she found the rear window shattered and a wrapped Christmas gift was stolen from the backseat. The investigation is continuing.

BUSINESS PROS TO OFFER STUDENTS INSIGHT INTO WORKING WORLD 14TH ANNUAL CITY-SPONSORED GROUNDHOG JOB SHADOW DAY

DUARTE, CA, December 21, 2015 – More than 100 Duarte High School and Northview students will have the opportunity to spend a day learning about a variety of jobs and careers while they gain valuable insight into the working world during the 14th annual Groundhog Job Shadow Day slated for Thursday, February 4, 2016.

The program, sponsored by the City of Duarte, Duarte's Promise: The Alliance for Youth, Duarte Unified School District and co-sponsored by the City of Hope, allows students to shadow adult mentors as they go about their normal work day in numerous careers including banking, healthcare, politics, education, and journalism, among others. City of Hope, Duarte Chamber of Commerce, Duarte Unified School District, LA County Fire Department, SCE Federal Credit Union, YMCA, Duarte Library, Public Safety, Seidner's Collision Center and Foothill Unity Center are among the numerous, past business and industry participants.

Duarte's Groundhog Job Shadow Day will kick

off with an opening ceremony and continental breakfast for students and mentors at 7:30 a.m. at the Duarte Community Center. After spending the next several hours together on the job, students and mentors will return to the Community Center for networking, lunch, an opportunity drawing raffle and a guest speaker.

For more information or to become a sponsoring worksite, call Lupe Valerio at (626) 357-7931, ext. 260.

About the City of Duarte

The City of Duarte was incorporated on August 22, 1957. With integrity and transparency, the City provides exemplary public services in a caring and fiscally responsible manner with a commitment to our community's future. For more information visit www.accessduarte.com or call (626) 357-7931. Follow the City of Duarte on Facebook at [facebook.com/duartecommunity](https://www.facebook.com/duartecommunity); Twitter @CityofDuarte; Instagram @city_of_duarte and LinkedIn.



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TEACHING KIDS TO TRUST THEIR OWN INSTINCTS

(StatePoint) During the course of their day, kids hear the word “No” all the time. And while some of those “Nos” are a necessary part of keeping kids safe, the overall message can be one that stifles courage, creativity and trust in one’s own instincts -- effects that can last well into adulthood.

There are many ways that parents, teachers and caretakers can help kids overcome fears and achieve their dreams, while making good decisions on their own. And sometimes the world of children’s books can be the best place to help deliver the message.

“Everyone, young and old, is blessed with unopened gifts, and of the most important is one’s instincts” says Christopher Conroy author of the new young adult novel “Anzard,” which explores this theme. “Children can be nurtured in a way that helps them find that inner voice. This story contains more than just Harry Potter-type magic, it is a tool to nurture the inner voice.”

In the magical story of “Anzard,” Conroy tells the story of a seemingly ordinary 10 year old boy named Justin who is visited by an enchanting fairy-like pixie named Poofy from galaxies far away, who helps him call on his own instincts and inner gifts to not only find missing parents back on Earth, but to change his world forever.

Conroy, who wrote this children’s book because of his own beliefs about the power of one’s own inner strength and resourcefulness, is offering some insights to parents as a tool to empower the life’s journey of their own precious children:

- Don’t ignore your instincts: “I knew I shouldn’t have done that,” you hear those words of regret all the time. From peer pressure to second guesses, there are many things that prevent people from acting on their instincts. Talk to your children about listening to that inner voice. Sometimes, that moment when someone makes the decision to listen to it, is the moment his or her courage and confidence has a chance to blossom. Learning to rely on one’s instincts can also be a useful skill where creativity is concerned.

- Listen and engage: Many households and classrooms still operate on the antiquated “children should be seen, not heard,” basis. But this can be a destructive mentality. While children have a lot to learn, they also have a lot of wisdom to impart. If their thoughts are invalidated consistently, they will learn not to recognize the value of their own minds. Listen when children speak.

- Offer encouragement: “Encouragement and praise to a child are like sunshine and water to a flower,” says Conroy. “It’s amazing what can grow out of that cultivation.”

If your children show an interest in art, music, science or any other topic, foster that curiosity. Applaud their efforts. Acknowledge their growth.

More information about “Anzard,” which has been lauded by critics for its writing and reader-friendliness, can be found at www.anzard.com.

With the right encouragement, all kids have it in them to be their best selves.

PASADENA UNIFIED’S 2016-2017 OPEN ENROLLMENT

Don’t Miss the Next Information Session on January 9th

The Pasadena Unified School District’s (PUSD) annual Open Enrollment for the 2016-2017 academic year begins Jan. 12, 2016 with the general online application process. To assist families in making decisions and navigating the Open Enrollment process, PUSD has scheduled informational sessions Friday, December 11, 2015 and Saturday, January 9, 2016.

The annual Open Enrollment process offers families an opportunity to apply for award-winning schools and signature programs throughout the district. While every child living within PUSD boundaries is guaranteed placement in their neighborhood school, through Open Enrollment children can attend a different campus that offers specialized programs such as dual language immersion in Spanish and Mandarin, International Baccalaureate, STEM, visual and performing arts, high school college and career academies, and much more.

The online application period for the first lottery of the 2016-2017 Open Enrollment is Jan. 12 through Feb. 2, 2016. Notifications will be made by March, with registration occurring shortly thereafter. A second lottery and registration for any remaining spots will take place in April.

For a schedule of school tours, information about PUSD schools and 2016-2017 Open Enrollment go to www.openenrollment.info.

The Next Open Enrollment Information Session, Saturday, Jan. 9, 2016, 9 a.m. Villa Parke Community Center, 363 E. Villa St., Pasadena


For information on enrollment, contact the PUSD Office of Enrollment, Permits & Student Records at 626-396-3600, ext. 88340.

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(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: Dr. William Walner
website: www.bcslions.org

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

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

Frostig School
971 N. Altadena Drive Pasadena, CA 91107
(626) 791-1255
Head of School: Jenny Janetzke
Email: jenny@frostig.org

The Gooden School
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) 396-5880 Principal: Gilbert Barraza
website: <http://phs.pusd.us>

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
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www.waldenschool.net

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(626) 797-0204
Lisa Feldman: Head of School

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

Pasadena Unified School District
351 S. Hudson Ave., Pasadena, Ca. 91109
(626) 396-3600 Website: www.pusd@pusd.us
rcadia Unified School District
234 Campus Dr., Arcadia, Ca. 91007
(626) 821-8300 Website: www.ausd.net

Monrovia Unified School District
325 E. Huntington Dr., Monrovia, Ca. 91016
(626) 471-2000 Website: www.monroviashools.net

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

THE REEL DEAL: by Ben Show STAR WARS EPISODE VII: THE FORCE AWAKENS REVIEW

Rarely are there movies that I wait in line to get seats for. ‘Star Wars’ is one of these movies. I reordered my tickets the day they were available, arrived at the theater at noon for a four o’clock showing, and sat on the floor for an hour and a half before we were let into the IMAX theater, which completely filled up. People of all ages love the ‘Star Wars’ franchise and that is because of the amount of work the filmmakers put into the film. Does ‘The Force Awakens’ fit in with the pantheon of other ‘Star Wars’ films?

The First Order, headed by Kylo Ren (Adam Driver) and the mysterious Supreme Leader Snoke (Andy Serkis) are looking to finish what the Galactic Empire started: wiping out the Jedi. Luke Skywalker (Mark Hamill), the last known Jedi, has gone into hiding, leaving a broken map to his whereabouts behind. Rey (Daisy Ridley), a scavenger from Jakku, and Finn (John Boyega), an ex-Stormtrooper must deliver the map back to the Resistance so that they can find Luke and can crush the First Order.

‘The Force Awakens’ draws many, if not most, of its story elements from the first two ‘Star Wars’ movies. That being said, the film is still very unique and does not feel like a rehash of the two movies. That is due to excellent characters and perfect casting choices, beautiful set pieces, and a spectacular score from John Williams. Everyone, ‘Star Wars’ fan or not, should see this film, as it is not only a fantastic piece of storytelling, as well as a perfect continuation of the ‘Star Wars’ franchise, but also one of the year’s best films.

PUPS HELP PASSENGERS TRAVEL UNSTRESSED

Happy Tails

by Chris Leclerc



If you're one of those brave souls who chooses to travel by air during the holidays, you are likely familiar with the long list of stressors that typically accompany the experience.

The inevitable mob scene with it's inherent asses and elbows; the undressing and redressing for frisking at the security check point; the running as fast as you can through the terminal corridors dragging your way-too-heavy carry-on behind you; the dodging of meandering aimless travelers as you attempt to get to the terminal on time only to be told the flight is delayed and you'll have to wait for an undefined period of time to finally board your flight. Well, my hat's off to you. I personally prefer to stick close to home for my Christmas and New Year celebrations, but I'm sure I'm the weirdo.

Even the typically easy-going, happy holiday traveler who claims the process of hurrying up to wait for that plane that will take him elsewhere in short order is likely to be affected by the rush of the crowds rallying for position in traffic on the way into the airport, then rallying for a seat to sit in at the terminal, and ultimately pushing their way down the isle in the plane to find an overhead storage spot for their oversized, overweight piece of carry-on luggage.

Well, there's the good news and there's the bad news, and now that I've touched on a few of the less than happy highlights, I know you brave vacationing globe trekkers out there will be pleased to hear the good news. It's something that is sure to help make your holiday air travels a lot less stressful.

PUPs (Pets Un-stressing Passengers) is a unique volunteer program that allows travelers access to some of the most fantastic fur therapy one could ever hope to find. The kind that is sure to keep the blood pressure in a healthy zone when things start to get tense. The amazing thing about the airport therapy dog program is the fact that the dogs seem to know which of the waiting would-be plane boarders most needs their attention. It's the one that is clearly on the verge of a melt down due to a flight delay or lost luggage.

Whether it's the look on their faces, the tone of their voice or the change in their chemistry, canines are able to sense when someone could use a pat on their paw! And when they sense the tension building, "ruff" and ready relief comes to the rescue! Stress-relieving canines are popping up in airports all over the country,

offering their "for fun and for free" services to those humans who are in need of a moment of sanity amidst the commuting chaos.

I called this news but to be completely honest it's not at all hot off the press. Indeed, the idea of having pet-friendly pups available to be loved, hugged and petted by stressed travelers in airports has been around since the months following 9/11.

Mineta San Jose International is known for being the first airport to practice the innovative passenger stress-relief-through-pup-petting program with several others in the country following their lead soon after. Now the idea is really catching on, and the trend is undeniably popular. Most travelers would agree that it is excellent an idea. To me it is simply basic common sense. I personally benefit from "fur therapy" every day of my life, so I know how effective petting a dog can be as a calming agent.

The volunteer PUPS dog and handler teams can testify to just how effective the program has proven to be and the overwhelmingly positive responses they receive when they approach a potentially stressed traveler waiting to board a plane is most definitely worth the effort. Few people refuse to take them up on the offer, and those who do take the time to greet a friendly canine, go on their way feeling less anxious, more relaxed and ready to have a better day overall.

Although the PUPS program has typically been limited to airport terminal hospitality, United Airlines recently decided to get on board with the pets for less stress philosophy by forming a dog petting program of their own. Who knows, perhaps the infectious nature of this brilliant concept will catch on to a point where all airlines offer canine therapy in the future? Hey, if that happens, maybe I'll join the ranks of the brave souls who are willing to pack their bags and head for the airport for the holidays!

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LOOKING FOR A BEST FRIEND?

To share Christmas dinner with? Kudo is your boy! He is a 64-pound rambunctious young Chow-Shepherd mix with a stunning red coat, beautiful honey-brown eyes, and the best wiggly stubby tail in town! He first came to the shelter after being found stray in October of this year. He was quickly adopted after arriving to the shelter; not surprising - given his good looks and playful charm. Unfortunately, Kudo came back to the shelter because his former family adopted him for the children to learn pet-ownership responsibilities but sadly the children could no longer commit the time to take care of young Kudo.



Despite gaining and loosing what was most likely his first home, Kudo remains a frisky and silly young pup. He is a lively 2-year-old Chow who loves to walk, play with squeaky toys (lots squeaky toys!), and spend time with his people. He is extremely friendly and affectionate with people; though it seems he would do best in a single-dog home. He is quickly learning his basic commands and would definitely appreciate getting a bit more training. He would thrive in a home with experienced and active pet parents who could share the time, care, and affection he truly deserves. After being a homeless pup for most of his young life, Kudo would love to have a family and home to call his own...just in time for the holidays!

His adoption fee is \$145 and includes neuter surgery, vaccinations, microchip and a free wellness exam at a participating veterinarian. 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 a 'Meet and Greet' with Kudo, please stop by any time from 10:30am to 4:30pm Tuesday thru Sunday.

2016 calendars are available at the shelter for a \$10 donation. The photos were selected among hundreds submitted by shelter supporters. They make great holiday gifts for the animal lovers on your list! If you would like to order a 2016 calendar on line, you can stop by the shelter or do so through Paypal. Go to the shelter website at sgvhumane.org for more information.

Shelter supporters are encouraged to visit the website to read about the amazing story of Hoppy told by his rescuer's blog. This three legged Chihuahua now has a second chance for a happy life after a terrible accident left him alone and helpless trying to survive on the busy city streets.

FOUR TIPS FOR GETTING HEALTHY WITH PETS

By Dr. Walter Cailleteu, DVM

The new year is a great time to make positive change in our lives. By far the most popular change that many people make is to get healthy. This may include committing to a new way of eating, more exercise and taking better care of yourself overall. If change is good for you, it can be good for your pets as well. Taking your dog or cat along on the journey toward wellness can help you share the experience of getting healthy and strengthen your loving bond with each other. Here are four tips to help you and your pet take the first steps.

#1 Look At Food - Food is where most issues with weight start. For us, a few extra helpings of chips, cookies or soda can add-up to several pounds gained in a single year. Your pets are no different, and are more than happy to accept an extra bowl of crunchies or treats rather than refuse them. Also consider what you are both eating. Food quality starts by choosing nutrition-dense foods that benefit you and your pet. Consult your doctor or nutritionist about changing your diet, and also make it a point to ask your veterinarian about what your pet needs to stay healthy at a good weight.

#2 Get Out And Move -Exercise plays an important role in achieving a healthy weight for you and your pet. It is recommended that most adults plan for 30 minutes of cardio exercise a day, and this doesn't mean having to slave away at the gym. Simple

walks can do wonders for your metabolism, mood and mind... and most pets love walking as well! Plus, gentle exercise can help improve arthritis in both humans and animals. Alternatively, you can play with your cat after a long day away from home. Try throwing a catnip mouse around, playing hide and seek and using a cat tickler.

#3 Have An Exam - You've probably heard that it's wise to consult your doctor before starting any new diet or exercise regimen. This also applies to your pets. A thorough checkup can reveal any issues with muscles and tendons, internal organs, eyes and ears, and skin and coat. Plus, diagnostic testing helps to ensure that all systems are go on the inside as well. Be assured before you hit the trail with your pet that you are both in the clear.

#4 Be Mindful - A huge part of health comes from how we spend our downtime. Sleep is vital to any wellness program for you and your pet. Assess your sleeping arrangements, including your pet's bedding and consider purchasing a new bed to give them a comfortable, safe place for peaceful rest. Additionally, spending quiet time together can help release stress. Pet your dog or cat, take a nap with them, and you'll find that you both feel much calmer and bonded. You may discover that this has the biggest impact of all on your health.

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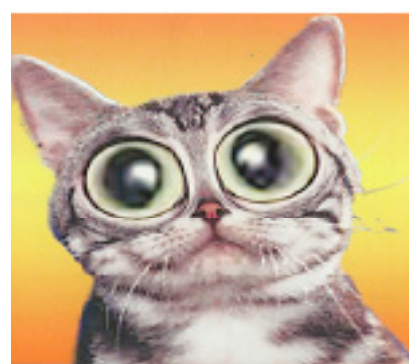
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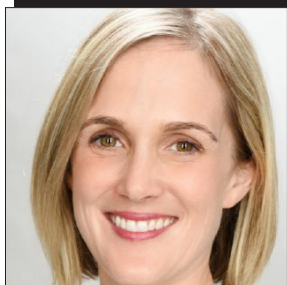
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THE JOY OF YOGA

BEFORE RESOLUTIONS

Remember, the body is a temple.

I guess I've been talking to Fitness fanatics lately. I've heard a common thread. The chase for the newer, better, results-driven technique. In this quest, their bodies are being exercised, yes, but treated with care? I'm not so sure. I've heard of people being scared to meet with their trainer or go to their gym in anticipation of a grueling workout. No pain, no gain fitness.

There is a place for hard work and complete exertion, but in yoga, we also listen to our bodies. This includes taking into account our physical strength or weakness, past injuries, and age. Most of us want to lead an active life and remain pain-free.

Our yoga practice can help support us in this effort. In yoga, we treat the body with love and care, also practicing the principle of non violence, Ahimsa. In our asana practice, we start where we are at any given time. Without over-kill or complacency.

Sometimes people do not believe me when I say I've become fit, even buff from doing yoga. And as someone who has multiple injuries outside of yoga, I can say that I'm 99% pain free. It is so good for my body, a truly healthy compliment for an active lifestyle at any stage of life.

Here's to good health! See you in class.

Keely Totten

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BUSINESS NEWS & TRENDS

FAMILY MATTERS

By Marc Garlett



HOW TO RAISE RESPONSIBLE KIDS - PART 4

I really want to delve down deeper into how we, as parents, can use our relationship with our kids' other parent as the model to show our children how to be responsible in relationships. If your kids' other parent is not in the picture, consider this applicable to anyone close to you whom your child sees you interacting with, including your own parents.

How we behave in relationships with our kids' other parent may be the single biggest influencer we have on our children's overall well-being and emotional/mental health.

Remember, our children are the reflection of both of their parents. If we speak poorly about that other parent, it has two significant negative impacts on our children:

They can internalize the negative comments

and begin to feel self loathing and may even stop trusting us; and

They may begin to believe it's okay to talk negatively about other people and possibly even feel such behavior is normal within close relationships.

Then, later in life, we'll be left to wonder why our child makes poor relationship choices and does not often do the right thing. Of course we would only have ourselves to blame because we modeled that behavior by how we interacted with his or her other parent (or someone else close to us).

But it doesn't have to come to that. It's never too late to repair our own poor choices in relationships. It starts with taking full responsibility for our behavior and modeling healthy relationships for our children.

In fact, I can't think of a healthier model than to show our children that we make mistakes, take responsibility for them, and then put things right with our significant other.

As a parent, it's often scary thinking of the influence we, as imperfect people, have over our children. But it's also empowering to know that as we grow as human beings, we carry our children right along with us. There's no better win-win than that; no better gift we can give our kids.

Dedicated to your family's wealth, health, and happiness,

MARC

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

ACUPUNCTURE AND KNEE PAIN

What is knee pain?

The knee is the largest joint in the body. It is made up of the lower end of the thighbone (or femur), which rotates on the upper end of the shinbone (tibia), and the kneecap, which slides in a groove on the end of the femur. Because of its size, and because it is such a complex structure, it is also one of the most frequently injured joints. Knee injuries can be caused by several factors. Most complaints of knee pain result from some form of trauma, such as a torn or ruptured ligament; a broken or fractured kneecap; torn cartilage; or an accident that causes damage to the area or strains the knee beyond its normal range of motion. Other conditions that can lead to knee pain are infections; arthritis; cysts; and bone tumors. Being overweight can also contribute to knee problems by causing excess strain on ligaments and cartilage.

Who suffers from knee pain?

Many athletes experience knee injuries, particularly to the knee ligaments. Nearly everyone has become familiar with the acronym ACL, which stands for anterior cruciate ligament. ACL tears can be caused by rapidly twisting or changing directions; slowing down when running; or landing from a jump. Also as people get older, the amount of cartilage in the knee decreases, and many ligaments begin to lose some of their elasticity, making them more susceptible to pain and/or injury.

What can acupuncture do?

Studies have shown acupuncture to be effective in relieving certain types of knee pain, especially arthritic conditions of the knee and knee joint. A 1999 study comparing electroacupuncture to ice massage and transcutaneous nerve stimulation (TENS) for subjects with osteoarthritis found that acupuncture decreased pain and stiffness levels and increased muscle strength and flexion in the knee. Another study published that same year suggested that patients with patellofemoral pain syndrome might benefit from weekly acupuncture treatments. Smaller studies have confirmed that acupuncture is beneficial in reducing knee pain, stiffness and physical disability in patients with knee and knee-related problems. It can ease the discomfort some subjects feel while waiting for knee surgery, and in some cases, it may even be considered an alternative to surgery.

As with any other form of care, however, remember that not all patients will respond to acupuncture. Make sure to discuss the situation thoroughly with your acupuncturist before undergoing treatment for knee/leg pain (or any other condition).

References,
www.acupuncturetoday.com/abc/kneepain.php

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Urological: Urinary Tract Infection(UTI), urinary frequency.
Dental: Toothache, TMJ dysfunction.
Harmony: Increase energy, strengthen immune system.
Neurological: Headache, migraine, vertigo, stroke residuals.

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Social Media Tips, Tricks & Ideas

by: MJ Finstrom

MY FAVORITE DIGITAL MARKETING TOOLS

Running a good digital marketing campaign that gets results requires the right tools. Here are the tools I have found to be effective, helpful and easy to use:

Constant Contact Mobile Apps: You can review campaign results, open rates, click-through rates, add people to the list, create simple email campaigns and check event registrations all on your smart phone.

Canva.com: Canva is a free, on-line design tool that creates engaging and cool looking images.

WORDSWAG: This mobile app helps you add cool text to your images. It's great for quotes and attention getting graphics.

iMovie on the iPhone: I like to make video slide shows for Facebook with iMovie because they create engaging, attention-grabbing content with movement.

Facebook Apps: I have 5 Facebook apps on my iPhone. The regular Facebook app is great for sharing and listening to my friends. The Pages app allows me manage around 40 business pages, schedule posts and view insights. Messenger is used to send private or group messages. Facebook Groups app keeps my groups organized and makes it's easy to collaborate and share with them on my iPhone. Facebook Ads App allows me to monitor and manage ad campaigns on the go as well as set up new ones while away

from my desk top. You can even manage and create Instagram ads with this app.

Hootsuite: When it comes to monitoring, managing and scheduling content for Twitter, Hootsuite is our tool. We use it the most when we are monitoring hashtags and scheduling content surrounding a live event.

Peachjar: If you want to land in the inbox of every parent in your school district, Peachjar is the tool to use. It sends school-approved digital flyers directly to parents email. It's great for community events and enrichment programs for kids.

Bit.ly: You can save, shorten and share links you find on the internet with this handy little tool. It has tracking that shows you the number of times your link was clicked, who else is sharing a bitly to the same content and see what social sites and regions are providing the most traffic.

About MJ: MJ and her brother David own HUTdogs, a creative services and digital marketing business. "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 workshops at: www.hutdogs.com/workshops/schedule

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HELPING AN AGING PARENT WITH THEIR FINANCES

Dear Savvy Senior

Can you offer any tips on helping an elderly parent with their finances? My 82-year-old mother is having some trouble keeping up with her bills, and I just found out that she has been making a lot of small contributions to suspicious charities.

Concerned Daughter

Dear Concerned,
Millions of adult children today serve as financial helpers to their elderly or ill parents or other loved ones. They provide services like paying bills, handling deposits and investments, filing insurance claims, preparing taxes and more. Here are some tips and resources that can help you help your mom.

Have a Talk

Taking on some or all of the financial responsibility of an elderly parent or other loved one can sometimes be awkward and difficult.

The first step in helping your mom is to have a thoughtful and respectful talk with her, expressing your concerns, and offering your help in simplifying her financial life. If you have siblings, it can be a good idea to get them involved too. This can help you head off any possible hard feelings, plus, with others involved, your mom will know everyone is concerned.

Get Organized

If your mom is willing to let you help manage her financial affairs your first order of business is to get organized by making a list of her financial accounts, and locate her important legal documents. This will help you get a handle on her overall financial situation and let you know if any key documents are missing. Your list should include her:

¥ Monthly bills: Phone, cable, water and trash, gas, electric, credit card accounts, etc.

¥ Financial accounts: Including bank accounts, brokerage and mutual fund accounts, safe-deposit boxes and any other financial assets she has.

¥ Company benefits: Any retirement plans, pensions or health benefits from your current or former employer.

¥ Insurance policies: Life, home, auto, long-term care, Medicare, etc.

¥ Important legal documents: A will, advanced medical directive which includes a living will and health-care proxy, and durable power of attorney which gives one or more people the legal authority to handle her finances if she becomes incapacitated. Make sure these documents are prepared.



¥ Taxes: Copies of your mom's income tax returns over the past few years.

¥ Contact list: Names and phone numbers of key contacts like insurance agents, financial advisor, tax preparer, family attorney, etc.

Seek Advice

If your mom has considerable assets or a complex financial situation, you and your mom should sit down with her financial advisor or attorney to review her situation. If she doesn't have anyone, consider hiring a reputable fee-only financial planner who can help you figure things out and put a smart plan in place. Fee-only planners do not earn commissions by selling you financial products. They charge only for their services, which can be around \$150 to \$300 an hour. To locate one in your area, visit napfa.org or garrettplanningnetwork.com.

Simplify Financial Tasks

One of the easiest ways to simplify your mom's monthly financial chores is to set up automatic payments for her utilities and other routine bills, and arrange for direct deposit of her income sources. You can also make arrangements to have her bank statements mailed directly to you, so you can monitor what's coming in and going out each month. Or, you could set up your mom's online banking service (if available), so you can pay bills and monitor her account anytime.

For more tips on financial caregiving, the Consumer Financial Protection Bureau offers four guides on "Managing Someone Else's Money" that you can read online at consumerfinance.gov/blog/managing-someone-elses-money.

If you need some help or live far away, you may want to consider hiring a daily money manager (aadm.com, 877-326-5991) who can come in once or twice a month to pay bills, make deposits, decipher health insurance statements and balance her checkbook. Costs range between \$50 and \$150 per hour.

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! ...December Birthdays*

Pat Karamitros, Joan Hufnagel, Mary Alice Cervera, Carol Horejsi, Shirley Anhalt, Mignon Grijalva, Helen Reese, Levon Yapoujian, Toni Buckner, Lottie Bugl, Pat McGuire, Sheila Wohler, Nan Murphy, Eleanor Hensel, Sylvia Curl, Elizabeth Levie, Gayle Licher, Cindy Barran, and Melissa Stute.

*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 Activities at the Senior Center

YWCA San Gabriel Valley - Intervale Senior Cafe



Seniors 60 years of age and up can participate in the YWCA Intervale daily lunch program held at the Hart Park House Senior Center. Meals are served Monday through Friday at 12:00 pm and participants are encouraged to arrive by 11:45 am. Meals are a suggested donation of \$3.00 for seniors 60 and over or \$5.00 for non-senior guests. Daily reservations are necessary, space is limited. Please reserve your lunch by calling 626-355-0256.

Tech Talk: Held on Monday, October 19th and 26th from 1:30-2:30pm. Learn how to use your new technology devices. Please reserve your space with the Hart Park House by calling 626-355-7394.

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

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

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

Brain Games: Thursday, October 15th, 10:30am - 11:30am, improve your memory and strengthen your brain. Activities facilitated by Swati Puri, Community Liaison for New Wave Home care of Pasadena.

Free Legal Consultation: Wednesday, October 21st from 10:30am to Noon. Attorney Lem Makupson is available for legal consultation. He specializes in Family Law, Wills, Trusts, Estates, and Injury. Appointment are required by calling 626-355-7394.

Chair Yoga: Mondays and Wednesdays from 11:00 to 11:45 am. A suggested donation of \$5 at one of the classes is requested, but is not required.

Case Management: Meets the 2nd Thursday of the month. Case Management services are provided by the YWCA and provide assistance in a variety of areas. Appointments are required and can be scheduled by calling the HPH Office at 626-355-7394.

Birthday Celebrations: Every second Thursday of the month at the Hart Park House. The free birthday cake is provided by the Sierra Madre Civic Club.

Game Day: Every Thursday starting at 12:00pm. (Please note the time change.) A regular group of seniors play poker. Other games available for use.

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

Senior Club: Every Saturday at the Hart Park House Senior Center. Brown bag lunch at 11:30am. Club meeting at noon. Bingo 12:30-3:30pm. Annual Membership is only \$10.00.

KATIE Tse.....This and That



GOOD NEWS!

I hope you had a wonderful Christmas and that 2015 has been a great year for you! This is actually the third year I'm submitting a variation this article, originally titled "Something Better." In its original version I wrote about how the good news of the Gospel overcomes the inherent melancholy associated with New Years. I realized last year, however, that good news doesn't mean much unless you're aware of the bad news with which to compare it.

These days you don't have to look far to find bad news. However, the bad news I'm talking about is even worse than that inflicted by ISIS or other terrorists. While there is good reason to fear ISIS and terrorists in general, they can do nothing to their victims after they're dead. The Bible teaches that we should not fear men, who can kill the body, but then have no power to harm us. Instead we should fear (reverently respect) God, who has power over our bodies and our souls (Matthew 10:28). You see, the truly scary thing about hell is that it is eternal. Let that sit on your mind for a while. What was the worst experience that has happened to you? For me, one thought that helps me get through tough times is "This, too, shall pass." But the people in hell can't say that. There are no words to describe it.

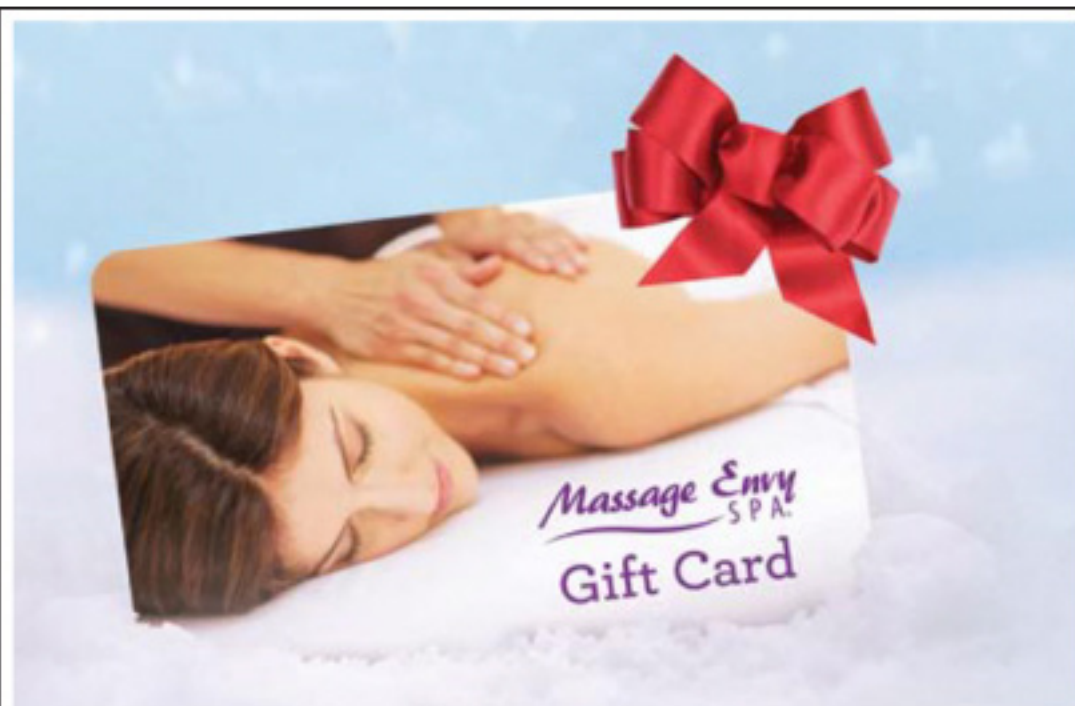
This should give us who follow Jesus a fresh urgency to share Him with those who don't have a relationship with Him. It should motivate us to live godly lives as good witnesses to those around us. Never are we to have a haughty, "Holier than thou" attitude, for Jesus had the sternest rebukes for the self righteous religious leaders of His day. Instead we are to be humble, always remembering that if it were not for Jesus' death on our behalves, we, too, would be damned to eternal suffering.

And that is the thing that's truly tragic about the people in hell --they didn't have to go there! Jesus paid for all of us, but many never take Him up on His offer. It's like those empty seats at the Olympics. Big corporations bought out blocks for their associates, but many decided not to attend. Unfortunately missing out on the Olympics and missing out on escaping hell are not comparable at all. This is a tragic, sobering reality. But where there is life there is hope! If you are reading this today it means you still have an opportunity to take the only means available to save your soul.

So make the decision today to take hold of the salvation that Jesus is offering you. All ways do not lead to heaven. If salvation had been possible any other way would God have sent His one and only Son to die for us? When Pastor Dick Anderson came to Sierra Madre Congregational Church in 1968 his first sermon was titled "Jesus is a Gentleman." He stands at the door of your heart knocking. His greatest desire is that you would allow him to scoop you out of the gaping jaws of hell into His loving embrace. That is the Good News! But He will not force Himself upon you. Jesus has already completed all that is necessary to save you from eternal torment and secure your place with Him in heaven. But you must open the door. Don't delay another moment --this moment is a gift, and the next is not guaranteed. Today is the day of salvation!

If you choose to accept Jesus as your savior you can pray this prayer and He will come into your heart and give you peace with God --today and forever!

"Dear Lord Jesus, I know that I am a sinner, and I ask for Your forgiveness. I believe You died for my sins and rose from the dead. I turn from my sins and invite You to come into my heart and life. I want to trust and follow You as my Lord and Savior. In Your Name. Amen."



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CHANDON BRUT

Tis the season for champagne and sparkling wine, so I continue my month-long review of bubbles with an old friend, Chandon Brut. I first met this brut at Market City Caff  (now in Burbank only). I enjoyed it by the glass and was, and still am, impressed by the crispness and light tannins. We lost touch with each other through the years – no fault of theirs; I just became a little adventurous, I guess. The song, thankfully, has remained the same, and maybe the lyrics have changed just a bit, but for the better. The house of Moet Chandon owns the winery lock, stock, and barrel, which I think is a win-win for the wineries, as well as for you and I, the consumer. It adds a real French touch to the winemaking process. The grapes included come from the Yountville area of the Napa Valley. Chandon Brut is made in the traditional m thode champenoise process whereby the wines are individually bottle-fermented before being riddled and disgorged. The wine is made up of

seeing stars while not breaking the bank! I give two hearty thumbs up for this California Sparkler. Enjoy it with red grapes, crackers and goat cheese, and maybe some fresh calamari, if you can find it! Closure: Corked

Dills Score



Each week I will give you my Dills Score. 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 around \$14 at area markets

Next week my annual 10 Ten list

TABLE FOR TWO by Peter Dills
thechefknows@yahoo.com

pinot noir, chardonnay and pinot meunier, and aged for at least six months to give it a rich citrus and pear taste that I feel produces a round and full-bodied wine - you might even catch the scent of freshly baked bread or a bite of apple. A holiday hint for you: pour the cold bottle of Domaine Chandon into a room temperature flute, free of dish soap. This will allow the bottle to mature in the glass, and for under \$20 you might just be

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On the Marquee: Notes from the Sierra Madre Playhouse



Caption: (Clockwise bottom left) Shaw Purnell, Don Savage, David Tolemy, Karesa McElheny and Christopher Cappelino in Deathtrap by Ira Levin. Photo by: John Dlugolecki

Deathtrap by Ira Levin and directed by SMP Artistic Director Christian Lebano opens on Friday, January 15 and plays through February 20. The longest-running comedy thriller in Broadway history, Deathtrap will excite and surprise SMP audiences. The play bears viewing twice - just like the movie The Sixth Sense once you know the secret you’ll want to

see it again to catch all the undercurrents you missed the first time. With a wonderful cast, Deathtrap is sure to sell out early. Don’t miss out - tickets are on sale now at www.SierraMadrePlayhouse.org or by calling 626.355.4318 (General Audience \$30, Seniors \$27, Youth 13-21 \$20, Children 12 and under \$17 - may not be suitable for kids under 10).

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 “Creative Arts Group Sierra Madre”

Jeff’s Book Pics

By Jeff Brown

A FEW 2015 AWARD WINNING BOOKS AND OTHERS

Pulitzer Prize Winners

Fiction: All the Light We Cannot See by Anthony Doerr.
History: Encounters at the Heart of the World: A History of the Mandan People by Elizabeth A. Fenn.
Biography or Autobiography: The Pope and Mussolini: The Secret History of Pius XI and the Rise of Fascism in Europe by David I. Kertzer.
General Nonfiction: The Sixth Extinction: An Unnatural History by Elizabeth Kolber.

National Book Awards

Fiction: Adam Johnson, Fortune Smiles.
Non-fiction: Ta-Nehisi Coates, Between the World and Me.
Poetry: Robin Coste Lewis, Voyage of the Sable Venus.
Young People’s Literature: Neal Shusterman, Challenger Deep.

Newbery Medal and Honor Books

Medal winner: The Crossover by Kwame Alexander.
Honor Books: El Deafo by Cece Bell, illustrated by Cece Bell and Brown Girl Dreaming, by Jacqueline Woodson.

The Hugo Awards for Science Fiction

Best Novel: The Three-Body Problem by Liu Cixin

PEN Literary Awards

Debut Fiction: The Dog by Jack Livings.
Science Writing: War of the Whales: A True Story by Joshua Horwitz.
Biography: The Queen’s Bed: An Intimate History of Elizabeth’s Court by Anna Whitelock.

Royal Society Prizes for Science Books

Adventures in the Anthropocene: A Journey to the Heart of the Planet We Made, Gaia Vince

International Book Awards

Art: Mariano’s World: The Life and Art of Mariano Rodriguez Tormo by Carmina Rodriguez Villa.
Best New Fiction: A Life in Books: The Rise and Fall of Bleu Mobley by Warren Lehrer.
Biography: After the Holocaust: In Spite of Everything, I Remain an Optimist, Remembering Noah Flug by Bettina Schaefer, etc.
Children’s Fiction: Anung’s Journey: An Ancient Ojibway Legend as told by S. Fobister, authored by C. Nordgren.
Children’s Mind/Body/Spirit: How The Trees Gout Their Voices by Susan Andra Lion.
Children’s Non-Fiction: Master the Arts! A Kid’s Activity Book about Italian Masterpieces by the National Gallery of Victoria.
Fiction: Mystery/Suspense: The Alcatraz Rose: A Lawrence Kingston Mystery by A. Eglin.
Spirituality: This. Only This. Mindfulness Strategies for Discovering Peace in Every Moment by Michael H. Brooks.

Edgar Awards for Mystery

Best Novel: Mercedes by Stephen King.
Best Fact Crime: Tinseltown: Murder, Morphine, and Madness at the Dawn of Hollywood by William Mann.
Young Adult: The Art of Secrets by James Klise.
Best First Novel: Dry Bones in the Valley by Tom Bouman.

The IAB Awards for Excellence

Fiction: A Time to Kill by John Grisham, Prince of Tides by Pat Conroy; The Grapes of Wrath by John Steinbeck; The Winds of War by Herman Wouk; Boy’s Life by Robert McCammon.
Diet/Weight Loss: The Seven Secrets of Slim People by V. Hansen and S. Goodman.
Health: Healing Back Pain: The Mind-Body Connection and Mind Over Back Pain both by John E. Sarno.

Jeff’s History Corner

By Jeff Brown

JANUARY 1 BECOMES NEW YEARS DAY

The early Roman calendar consisted of 10 months and 304 days, with each new year beginning at the vernal equinox; according to tradition, it was created by Romulus, the founder of Rome, in the eighth century B.C. A later king, Numa Pompilius, is credited with adding the months of Januarius and Februarius. Over the centuries, the calendar fell out of sync with the sun, and in 46 B.C. the emperor Julius Caesar decided to solve the problem by consulting with the most

prominent astronomers and mathematicians of his time. He introduced the Julian calendar, which closely resembles the more modern Gregorian calendar that most countries around the world use today. As part of his reform, Caesar instituted January 1 as the first day of the year, partly to honor the month’s namesake: Janus, the Roman god of beginnings, whose two faces allowed him to look back into the past and forward into the future.

REMEMBERING RAUL RODRIGUEZ:

Who Can Possibly Design Fiesta Floats?

By Joan Schmidt

A few days ago, the Pasadena Star News ran an article about the expense of having a float in the annual Rose Bowl Parade. The article said having a float in the Rose Parade was equivalent to buying a home! That sure caught my attention.

The cost begins with the fee just to have a float in the parade- I believe it was about \$7000 for a small one and \$15000 for a large one. Then the article explained the costs of a designer, building, materials, and even the flowers had to come from out of California with the current drought.

Then the reporter interviewed Tim Estes of Fiesta Floats and that was it for me. I thought of the tragic sudden death of Raul Rodriguez this past year and wondered who could possibly fill the void?

Raul was an awesome designer for the parade for over fifty years including more than 200 while working with Fiesta Floats since 1988. Tim Estes of Fiesta Floats said that Raul had such a great flair, great texture in his design and it allowed Fiesta to do all those beautiful floats. Every year I loved watching the Parade and always looked for Fiesta Floats to see Raul’s magic.

Raul Rodriguez, a third generation Angelino, was born January 2, 1944 to Rubin and Natalie Rodriguez. His father was a metal sheet worker and his mother a department store supervisor. (They preceded him in death) His survivors include his spouse Robert Cash, his two younger sisters, Irene Rodriguez-Moran and Teresa Arzola as well as many aunts, nieces, nephews and cousins.

Raul was raised in Boyle Heights and his family moved later to Whittier, Norwalk and Santa Fe Springs. Raul’s amazing career began at age 15 when he created his first Rose Parade Float for the City of Whittier. He studied at the Art Center College of Design in Pasadena; also Cerritos College in Norwalk and Cal State Long Beach.

Harlan Boll, Rodriguez’ publicist announced his death in February of this year. He relayed that Raul had won more Tournament of Roses awards than any other designer in its 125-year-plus-history.

When and where did I meet Raul? It was in 1991 when he and Mercedes Ellington (Granddaughter of Duke) were the Grand Marshalls for Duarte’s annual Route 66 Parade. Mary Barrows always found the most awesome Grand Marshalls and that year was no exception. Mercedes and Raul were thrilled to receive a Key to the City of Duarte and then a small Key to the City was presented to Roxy,



Raul’s macaw at the time. Raul was so thrilled!

Duarte used to have a Float Building/Viewing Pavilion and every year various non-profit groups volunteered and their organization received a portion of the profits. Early morning, the day prior to the parade was the judging. This hour or so was closed to the public, but as a member of the Press, I was privileged to attend and always looked forward to seeing Raul and having a chat. He was such a nice man and so kind to all.

Several years ago, various organizations recognized “Women of Achievement.” It was a wonderful event and the highlight was Stephanie Edwards as emcee and Raul Rodriguez attending with special gift bags for the honorees.

What an awesome man. What a legacy he left behind. But the Parade won’t be the same without his awesome-designed floats.

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Looking Up
with Bob Eklund

EINSTEIN'S CROSS UNDER THE GRAVITATIONAL MICROLENS

A team of Spanish astrophysicists has obtained precise measurements for the innermost region of a disc of matter in orbital motion around a supermassive black hole in the lensed quasar known as Einstein's Cross (Q2237-0305). It constitutes the most precise set of measurements achieved to date for such a small and distant object.

The researchers used microlensing to resolve the distorted images collected by the OGLE and GLITP gravitational microlensing projects, which have had their instruments trained on Einstein's Cross for over a decade. By studying the variation in brightness of four different images (the four points of the 'cross'), they have been able to obtain precise measurements of what is likely the innermost stable orbit of its accretion disc.

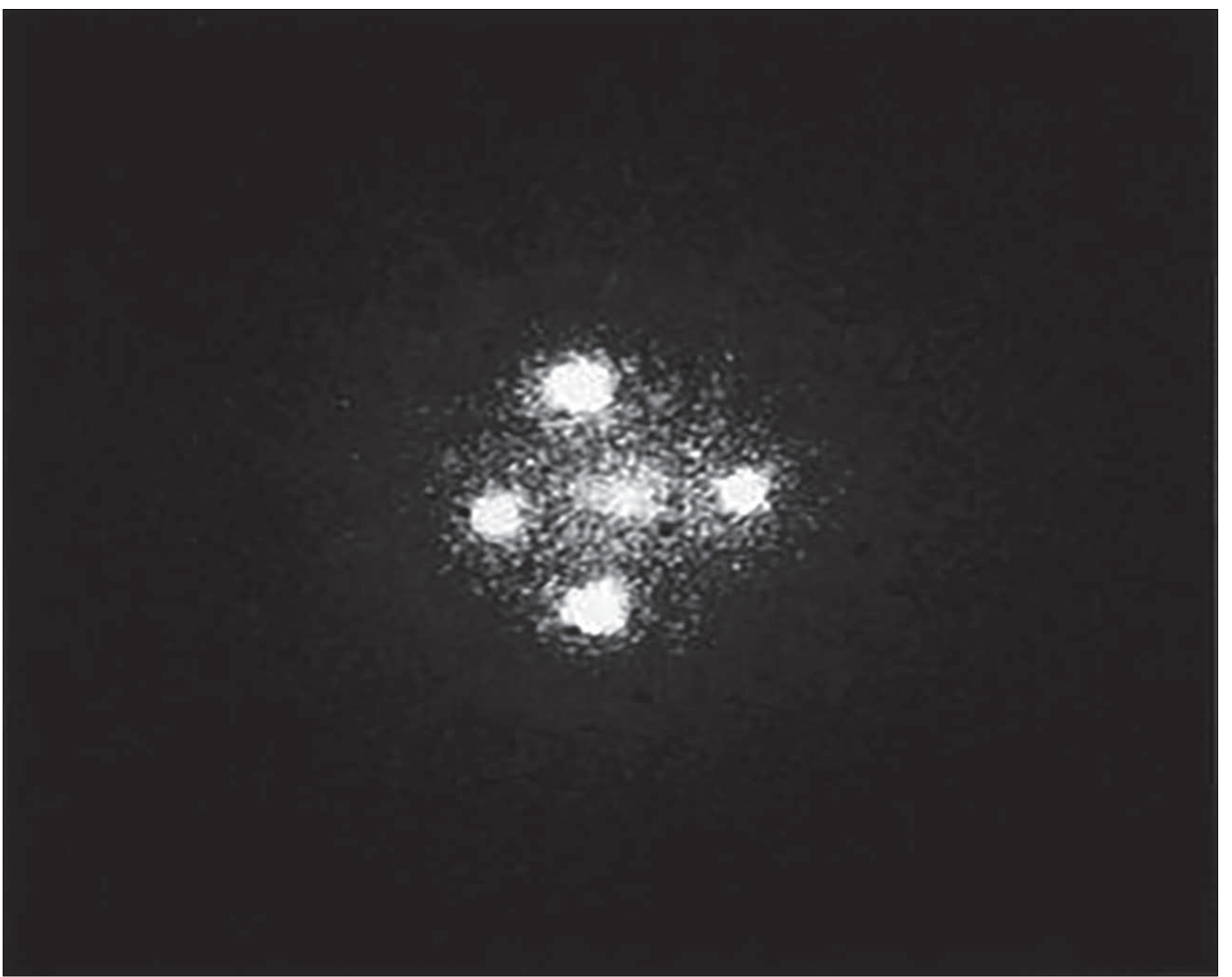
"Over recent years we have shown how microlensing allows us to analyze the structure of accretion discs in quasars, and now we have obtained precise measurements for a structure right at the innermost rim, potentially its last stable orbit before the black hole event horizon," explains José Antonio Muñoz, lecturer at the Department of Astronomy and Astrophysics at the Universitat de València, who took part in this research alongside colleagues at the universities of Granada, Cadiz and the Canary Islands Astrophysics Institute.

His colleague, Jorge Jiménez Vicente at the University of Granada, adds that "the big breakthrough here is that we have been able to do this for such a small disc, so far away—it is like being able to detect a one euro coin located over 100,000 kilometers away."

Currently only one in every 500 quasars can be measured in this way. However, Jiménez Vicente points to a future, when large-scale monitoring programs (like the 8.4 meter Large Synoptic Survey Telescope planned for northern Chile by 2022) are up-and-running, where "the detection of high magnification microlensing events like this one will be possible for thousands of quasars."

A gravitational lens refers to a distribution of matter (such as a cluster of galaxies) between a distant source and an observer that is capable of bending the light from the source, as it travels towards the observer. This effect is known as gravitational lensing and the amount of bending is one of the predictions of Albert Einstein's general theory of relativity.

Einstein's Cross (also known as quasar Q2237+030 or QSO 2237+0305) is a gravitationally lensed quasar that sits directly behind ZW 2237+030, Huchra's Lens. Four images of the same distant quasar



appear around a foreground galaxy due to strong gravitational lensing, which bends and splits the starlight, causing the single quasar to appear as four images.

The quasar's redshift indicated that it is located

about 8 billion light years from Earth, while the lensing galaxy is at a distance of 400 million light years. The apparent dimensions of the entire foreground galaxy are 0.87x0.34 arcminutes, while the apparent dimension of the cross in its centre accounts for only

1.6x1.6 arcseconds.

Einstein's Cross is located in the constellation Pegasus.

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



CHRISTOPHER Nyerges

AN EXCELLENT TASTING -- AND COLORFUL -- WILD MUSHROOM

[Nyerges is the author of "Guide to Wild Foods and Useful Plants," "Foraging Edible Wild Plants of North

America," "How to Survive Anywhere," and other books. He has led wilderness trips since 1974. He can be reached at Box 41834, Eagle Rock, CA, or www.SchoolofSelf-Reliance.com.]

Knowledge of edible wild mushrooms can really enhance your outdoor experience and give you a little bit of self-reliance. Yet, there is this mystique about mushroom hunting. Lots of folks are very wary about venturing into the field of mycology. And this is understandable, considering the fact that even "experts" occasionally die from eating the wrong mushroom. For example, in March of 2009, life-long mushroom hunter Angelo Crippa collected some mushrooms in the hills above Santa Barbara, California. He sautéed them, and ate them, and told his wife they were delicious. Unfortunately, rather than an edible species, he collected a close-lookalike, Amanita ocreata, which is deadly. Even with hospital treatment, he died in 7 days.

I often have told my students that they should avoid eating any wild mushrooms if they do not devote considerable time to studying mushrooms, and learning how to positively identify different genera and species. One of the biggest hurdles to studying mushrooms is that they appear, as if by magic, and then a few days later, most have decayed back to nothing. By contrast, most plants are available for inspection all throughout their growing season. You can leisurely study the leaf and floral structures, clip some for your herbarium, and casually take (or send) samples to a botanist to confirm your identification. Generally, you don't have the luxury of time with mushrooms. Furthermore, there seem to be far fewer mushroom experts than plant experts, so even if you have a perfect specimen, there may not be anyone to take it to for identification.

Despite the obstacles, thousands of people collect wild mushrooms throughout the United States on a regular basis. Many -- such as myself -- began the pursuit of mycology by joining a local mushroom group which conducts regular field trips.

Nearly everyone I've met who collects wild mushrooms for food collects only those few common mushrooms which are easy to recognize. These very common, easy-to-recognize edible mushrooms include field mushrooms (Agaricus spp.), inky caps (Coprinus spp.), fairy rings (Marasmius oreades), chanterelles, Boletus edulis, chicken-of-the-woods, and many others.

Today we'll take a look at the chicken-of-the-woods, also known as the sulfur fungus (Laetiporus sulphureus, formerly known as Polyporus sulphureus)

The sulfur fungus is a polypore, or shelf fungus. Instead of the more-familiar cap on a stem, this one grows in horizontal layers. It is bright yellow as the fungus begins its growth, and then, as multiple layers appears, you will also see orange and red. As it grows older, it fades to a very faded yellow or nearly white color.

Typically, the chicken-of-the-woods grows on tree stumps and burned trees. It can grow high on the stump, or right at ground level. Though it can appear on many types of trees, in my area (Southern California), it is most common on eucalyptus and carob trees, both imported from Australia and the Middle East respectively.

This fungus is very easy to positively identify. If you are uncertain, you can call around to the botany departments at local colleges, or nurseries, or check to see if there are mycology groups in your area. Most full color wild mushroom books include this mushroom with color photos. Fortunately, you can collect a sample of the



chicken-of-the-woods and put it in your refrigerator or freezer until you can get it to someone for identification. This mushroom will keep well.

In fact, when I locate some of the fresh chicken-of-the-woods, I cut off as much of the bright yellow tender outer sections as I think I can store. I only cut back a few inches; if I have to work my knife, then I am into the tougher sections of the fungus, and those are not as good eating. Typically, I will simply wrap the chunks of this fungus and freeze them until I am ready to use.

Once I am going to prepare some for eating, the process is the same whether I am using frozen or fresh mushrooms.

I put the chicken-of-the-woods into a pan and cover it with water, and bring it to a hard boil for at least 5 minutes. I pour off this water, and repeat the hard boiling. Yes, I am aware that some people do not seem to need to do this. However, if I do not do this boiling, I am likely to vomit when I eat the mushrooms, however prepared. I find vomiting one of life's most unpleasant experiences, and I try to avoid it whenever possible. Thus, I always boil my chicken-of-the-woods mushrooms twice.

If you are experienced with this mushroom and you know you can eat it without all this boiling, that's fine. Just be sure to thoroughly cook it for your neophyte friends when you have them over for dinner.

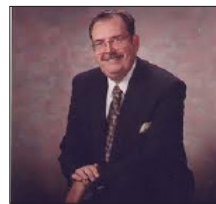
Once boiled, I rinse the pieces, and cut them into small nuggets on a breadboard. I roll them in egg (whole eggs, whipped) and then in flour. In the old days, we would then deep fry the breaded pieces. But since we now know all the bad things that deep-frying does to our arteries, we gently saute the breaded chicken-of-the-woods in butter or olive oil, maybe with a little garlic, in a stainless steel or cast iron skillet at very low heat. When browned, we place them on a napkin and then serve them right away.

We have made these little McNuggets, packed them, and taken them on field trips for a delicious lunch.

OUT TO PASTOR

A Weekly Religion Column by Rev. James Snyder

A NEW LOOK AT THE OLD YEAR



From a practical standpoint, and if I am anything I am practical, well, practically, this year has gone by rather quickly. The fact I have survived this past year has to count for something.

I was musing on this with the Gracious Mistress of the Parsonage just the other day. I was feeling rather comfortable with myself and was congratulating myself on making it through another year. After all, the facts speak for themselves.

"Well," my wife began rather deliberately, "I guess you did survive the year."

"What in the world is that supposed to mean," I queried. I must say I was a little agitated by the tone of her voice. After all, I did survive the year.

It was quiet for a few minutes and then she said, "What about your New Year's resolutions?"

I informed her I was working on a brand-new set of New Year's resolutions for the upcoming year. I think it's rather important to jot down a few things you would like to do, maybe some improvements you would like to make or maybe something I should like to give up for the New Year.

"That's not what I mean."

I looked at her quizzically not really understanding what she was talking about.

"What about the New Year's resolutions for this year." And she looked at me with one of those looks.

You do not have to hit me with a baseball bat for me to understand what's going on, although sometimes it does help. To be quite truthful I had not thought of those New Year's resolutions, well, for the whole year.

"Would you like me to recite the New Year's resolutions you made last year?"

Oh boy. I saw a news story the other day about people who could remember every day of their life in minute detail. I do not know how that feels, but I do know how it feels to live with someone who can remember every detail of my life.

I have a photographic memory; the problem is I have been out of film for three decades.

It got me to thinking about my New Year's resolutions for this year. I must say that after looking at this list I did not fare too well.

I had resolved to improve my diet and lose some weight. Fortunately, I did not put down how much weight I proposed to lose. I did lose 1 pound 974 times but it always found its way home. I spent some time in Michigan this past summer and just as I was leaving, I threw a pound out the window and hurried on. By the time I got home to Florida that pound was waiting for me at the front door munching on an Apple fritter. What's a person to do?

Also, another item on my New Year's resolution list was, "I resolve not to work harder but smarter

this coming year." At the time, I thought it was a very brilliant thing to say. And, don't get me wrong, it is.

I have mastered the part of not working harder, but the smarter aspect of that resolution eluded me. Whose definition of smarter should apply here? Certainly, I will not appeal to my wife's idea about smarter. She has an altogether different concept of this whole area of working smarter.

My only consolation is that my definition of the subject is, it is always smarter not to work harder. If we apply that definition to my New Year's resolution, I passed with flying colors.

Then my good wife reminded me of another part of my New Year's resolution. According to her memory, and I am in no position to challenge it, I had resolved to exercise more during the year. At the moment, I exercised my right to object to her memory. But, I lost that one.

The only actual exercise I got this past year was several times I had a runny nose. Believe me, that exercised me to no end, but it was not on track with my wife's idea of exercise.

At this point of life, I think exercise is blown way out of proportion. I tried to persuade my wife that working my elbow at breakfast and lunchtime as well as suppertime was all the exercise I really needed. She said to me, "When was the last time you saw your feet?"

At the moment, I exercised my right to shut up!

Then it dawned on me. I actually did get my share of exercise in this past year.

I exercised my right to be wrong when confronted by my wife.

I exercised my right to keep quiet when my wife was giving me instructions.

All that exercise may not have helped me lose weight but it helped me gain in my relationship with my wife.

I pondered this for some time and realized that many times it is better to admit you are wrong and save your relationship. Those who have to be right all the time are those who end up never being right. I thought of what the apostle Paul said. "Now therefore there is utterly a fault among you, because ye go to law one with another. Why do ye not rather take wrong? why do ye not rather suffer yourselves to be defrauded?" (1 Corinthians 6:7 KJV).

Sometimes it is better to suffer wrongfully for a good purpose.

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DICK Polman



FRIGHT-WINGERS COMPETE TO FREAK US OUT

I would've preferred to watch "Fargo," a pitch-black comedy about bloodlusting knuckleheads, but instead I dutifully tuned in the Republicans, and I got the same kind of characters. There was Ted Cruz, touting the awesomeness of carpet-bombing ISIS, apparently clueless about the fact that ISIS troops are embedded in the cities, amongst civilian adults and children.

There was Chris Christie, jonesing to shoot down Russian planes in a Syrian no-fly zone, a burst of bellicosity so egregious that two-percent candidate Rand Paul had to slap him silly: "We don't need to confront Russia from a point of recklessness that would lead to war."

There was Donald Trump, vowing to launch "very, very firm" assaults on terrorists' families, because, in his mind, the families are all part of the conspiracy. In reality, official 9/11 investigators discovered that the hijackers had severed contact with their families long before the attack — and none of them had families in America.

Hack, even one of the moderators — conservative radio commentator Hugh Hewitt, tapped by CNN to make the candidates feel comfy — got into the spirit when he asked Ben Carson whether he was tough enough to kill lots of kids.

Yes, folks, it was another Republican fright night — we're all gonna die unless we elect their toughness. If you listened only to them, you'd never know that San Bernardino's hideous death toll was only a fraction of the 10,000 Americans killed each year by the Second Amendment arsenal. Or that, for every Farook and Malik, there are hundreds of white-guy domestic terrorists toting easily acquired weapons of war.

Early on, Carson called for a moment of silence for the San Bernardino victims. How fitting that he and his comrades offered no such silence for the people recently shot dead at the Planned Parenthood clinic in Colorado. Or for the 10 people shot dead this fall at Umpqua Community College in October. Or for the nine people shot dead last June at the historic black church in Charleston.

But worst of all was Christie. In his ongoing bid to mask his failed gubernatorial record with macho bluster, Christie implied that President Obama and Hillary Clinton are somehow responsible for a hoax that led to the evacuation of the Los Angeles Unified School District.

Perhaps, if Christie cares so much about little kids being "safe and sound," he could've mentioned that Monday was the third anniversary of Sandy Hook, where 20 little kids were gunned down by a white all-American loser from a gun-loving family. But that would've breached the total Republican fixation on ISIS.

On the broader issue of American strategy in the Middle East, these candidates are deeply divided. Woe to the viewer-voter who tuned in hoping for clarity. At least four of them — Trump, Cruz, Paul, Carson — appear to reject the neoconservative belief in American-led nation building and regime change.

Trump thinks we can thwart ISIS by closing down part of the Internet (whatever that means), Christie thinks we should keep Americans safe from five-year-old Syrian orphans, and boasted that he would partner successfully with King Hussein of Jordan, who died in 1999.

All the while, for two and a half hours, not a single candidate (and not a single terrorist-fixed CNN moderator) saw fit to mention the most consequential foreign policy event of the past week: the historic Paris climate change pact, championed by the American president, and endorsed by 188 countries from the developed and developing worlds.

But these "Fargo" characters don't do good news. They prefer to traffic in fear. The only good news is that they're done debating for the year.

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PETER Funt



MEDIA RESOLUTIONS

My personal New Year's resolutions are usually epic fails, so this year I'm making a dozen resolutions for the media, starting with...

1. No more "Breaking News." This resolution is especially important if you work at a cable news channel where the term has lost whatever smidgen of relevance it once had, and is now indistinguishable from what used to be called, simply, "News."

2. Tweets are not news. If Trump tweets that Bush is "Dumb as a rock," don't rush to make a story out of it. If you must, remember, it's not Breaking and it's not News.

3. Skip social media questions at debates. We get it: news organizations are enamored with social media, but you don't need to prove it by interrupting a presidential debate with a random Facebook question from "Joe in Michigan."

4. #EnoughWiththeHashtags. Speaking of social media, resolve to ease up on meaningless hashtags. Things like #JeSuis are #Nolongercool.

5. Dump the "7-Day Forecast." Face it, even with modern technology, meteorologists still struggle to predict tomorrow's weather. The "long range" outlook? It's no better than a coin flip. And Accuweather's "45-day forecast"? LOL.

6. Avoid mid-season TV cliffhangers. One cliffhanger each spring is okay for dramatic series. But "The Walking Dead" and "The Blacklist" and so many others wear viewers out with contrived "Fall Finales" that leave us hanging from November to January.

7. Eliminate all commercials for FanDuel and DraftKings.

8. Don't pollute the streams. Paid streaming services like Netflix and Amazon shouldn't become dumping grounds for "originals" featuring good stars in bad shows. We're talking about you Bill Murray, Bob Odenkirk and Aziz Ansari.

9. Quit being so hyper with links. Much of what's published nowadays is digital, and one benefit is linking to sources. Thing is, too many links make for unattractive displays and give readers headaches due to linkophobia.

10. Don't cop to cursing. Maybe Jon Stewart gets the blame for teasing us with too many faux bleeps. It's now infected almost everyone on TV — from John Oliver to the cast of SNL. A bad joke doesn't get funnier when propped up with bleeped words.

11. Stick with terms we know. Media get carried away when new expressions that few of us understand enter the zeitgeist. FOMO (fear of missing out), No Chill (too uptight to chill out), Squad (your group or clique) — they're all uncool (an adjective used to describe something that's uncool).

12. Play the hits. Next December, radio stations should resolve to stick with original versions of holiday favorites. There's nothing jolly about a Seth MacFarlane cover of a Bing Crosby Christmas classic.

Also, resolve to literally never use "epic fails" in an opening sentence. And, in 2016, don't ever, under any circumstance, even if it fits, say or write "literally."

Peter Funt is a writer and speaker. His book, "Cautiously Optimistic," is available at Amazon.com and CandidCamera.com. © 2015 Peter Funt. Columns distributed exclusively by Cagle Cartoons, Inc., newspaper syndicate.

LEFT TURN/RIGHT TURN

HOWARD Hays As I See It



"Christmas is not a time nor a season, but a state of mind. To cherish peace and goodwill, to be plenteous in mercy, is to have the real spirit of Christmas."

- Calvin Coolidge

Over the past few weeks the news in general and this page seem to have been primarily about terrorist attacks (pro - jihadi and anti - Planned Parenthood), Republican debates and Donald Trump's morphing into Benito Mussolini (though without the latter's sophistication). I was about to continue with the same, but it's Christmas — so instead I quote Calvin Coolidge and type the word "plenteous"; two things I've never done before.

It's the time to reflect on the good stuff that's been happening. For one thing, as of last week 8 million Americans have signed up for coverage through the federal HealthCare.gov website — and this doesn't include those enrolling through states (like in California and New York). HHS Secretary Sylvia Burwell says "we have more sign-ups, more new enrollees and a younger population" than last year.

Earlier this month we saw what Jonathan Chait in New York Magazine called not only "probably the (Obama) administration's most important accomplishment", but "one of the great triumphs in history".

The agreement on global warming by 196 nations in Paris was 25 years in the making — with the U.N. trying to get something going since the 1990 Intergovernmental Panel called for action on greenhouse gasses. President Obama took a big step early on with support for renewable energy in his stimulus package. He put through regulations under the Clean Air Act and in 2014 got China to come on board with an agreement on carbon emissions.

The president had to contend with us being the only democracy in the world with a major party that denies science, but urgency overcomes obstacles. As Chait put it, "The damage from climate change is irreversible. Melted glaciers cannot be easily refrozen; extinct species cannot be reborn; flooded coastal cities are unlikely to be rebuilt. Action to mitigate climate change has an urgency nothing else can match."

A couple other stories this past week showed that spirit of "peace and goodwill" President Coolidge mentioned. In northern Kenya, a dozen Somali militants from al-Shabab stormed a bus and ordered that passengers get off and separate according to their Christian or Muslim faiths. A similar attack took place a year ago in the same area, with 28 non-Muslims summarily executed.

This time was different. Once the passengers were off the bus, the militants said Muslim passengers could get back on — but they refused. As one of those passengers told Reuters, "We even gave some non-Muslims our religious attire to wear in the bus so that they would not be identified easily. We stuck together tightly . . . The militants threatened to shoot us, but we still refused and protected our brothers and sisters."

The militants finally gave up and left after being told a police escort was on its way (it wasn't). A county governor told a Kenyan newspaper that

passengers insisted the militants could either "kill them together or leave them alone."

Another story began with a Facebook post from Dallas. Melissa Yassini posted about how her 8-year-old daughter Sofia had ran to her "with a look of absolute fear on her face" after watching a news report with her grandmother on Donald Trump wanting to bar Muslim immigrants and expel refugees. Sofia then started packing her favorite stuff and checking the locks on the door, afraid the army was going to come get them.

The post got the attention of Kerri Peek, an Army vet in Colorado, who responded, "Salamalakum Melissa! Please show this picture of me (in uniform) to your daughter. Tell her I am a Mama too and as a soldier I will protect her from the bad guys." As an Hispanic, Peek had had enough of it herself and explained, "This rhetoric and fear, hate, and violence is not okay. It's not the United States that I would fight for." She sent a call out to fellow vets to respond under the hashtag #IWillProtectYou — and they did.

"Let Muslim children know that we will not hurt them. That they are safe here in America. That we will protect innocents as we always have and by added benefit keeping our oaths to uphold and defend the Constitution"

- Andres Herrera, U.S. Army

"I am not Muslim. But when anyone says the Army that I served with will go on to remove Muslims from my country, they'll have to take me too."

- David Bruce, U.S. Army

"We are Muslim, an Army family, and we will protect you,"

- Aneesah Hydar, U.S. Army

"For every loud mouth spewing hate, there are many more who refuse to tolerate it. I am one of those. We will always stand up for what is right."

- Lisa Jelle, U.S. Marines

"I would put my life on the line to save any child, Muslim, Christian, Atheist, whatever!"

- Bekah Lokker, U.S. Navy

"Real soldiers fight for ALL Americans. Because it's ALL Americans who REALLY "make America great!"

- J.P. Thompson, U.S. Army

Melissa Yassini says she's received over 500 messages, "Christians, atheists, Jews, every walk of life, every stage, have reached out to Sofia and I with overwhelming support and love . . . I read each and every message to her, and she now understands that we're all part of a fabric which is America."

Bus passengers in Africa, in an ultimate gesture of peace and goodwill, were ready to sacrifice themselves to protect those regarded not only as fellow Kenyans but more fundamentally as "brothers and sisters". Men and women of our armed forces are prepared to make the ultimate sacrifice for their country, with the ultimate goal of peace on earth — and goodwill towards not only men, but towards a frightened 8-year-old girl in Texas.

May your blessings this holiday season and in the coming year be plenteous.

MICHAEL Reagan Making Sense

TRUMPY CHRISTMAS



Merry Trump.
Happy Trump Year.
Everywhere you look it's not Christmas, it's Trump, Trump, Trump.

The billionaire who's blown up the Republican primary process has supplanted Christmas. He's supplanted New Year. At Donald's house, instead of a Christmas tree, I wouldn't be surprised if there's a Trump Tree.

How can Carly Fiorina, Jeb Bush and those other fine non-Trump Republicans still running for president — I've forgotten half of their names — stand it?

Nothing the remaining candidates can say or do gets them any attention from the national media or traction from Republican primary voters.

The news media don't really care whether or not any of those dull governor guys come on the Sunday morning programs.

And if Christie or one of the other non-Trumps does happen to get booked on someplace like "Meet the Press," by accident or default, they won't be asked to explain their positions on fighting terrorism, reforming immigration or Syria.

No one really cares what they think about that boring stuff.

They'll be asked what they think about Trump's recent facial gesture or his ethnic insult of the week.

Or what they have to say about Trump's latest pledge to make America great again by promising to do something completely unconstitutional on his first day as president.

It's just as bad on the campaign trail for all the surviving non-Trumps. Almost no regular people show up to see them at their stops in Iowa and New Hampshire. And no one who's there from the national media actually pays attention to what the non-Trumps say.

At this point the TV reporters clearly are just following around the non-Trumps in case the real Trump says something crazy on "Morning Joe" and they need to get a quick reaction from another Republican candidate.

Meanwhile, in Iowa, Trump is attracting 90 percent of the media attention and filling up airplane hangars with thousands of his enthusiastic supporters.

As I've said before, it won't surprise or bother me in the least what outlandish thing Trump says next in one of his stump speeches.

What bothers me is all the applause he always gets.

The televised images of Trump's happy cheering crowds play into everything liberals have said forever about Republicans. We're the party of angry old white people.

Sometime I'd just like to see one sign at a Trump rally that says "Blacks for Trump" or "Latinos for Trump" or "Muslims for Trump."

I'll even take "Eskimos for Trump" or "Organic Beet Farmers for Trump."

Just one of those signs would give me a glimmer of hope that members of a voting group other than old white people might come out to vote for Trump in a general election.

If Trump wins the Republican nomination, I'm afraid it's not going to go well for the GOP next fall.

I run into a lot of ordinary people in a given week. I'm still looking for the person who tells me "If Trump gets the Republican nomination, I'll vote for him" instead of "If Trump gets the Republican nomination, I'll vote for Hillary."

This GOP primary has been so distorted by Trump's candidacy and his strong appeal to angry Americans that if my father were running he'd be considered an insider and a RINO.

Gov. Ronald Reagan of 1980 wouldn't get any airtime today. And he wouldn't have a snowball's chance in Death Valley of winning the nomination. But Trump and his celebrity power hasn't been a total disaster for Republicans. By making things a lot more interesting, he's brought tens of millions of new eyeballs to the debates.

You might not like that if you are one of the non-Trumps doing the debating. But the GOP has definitely benefitted from all the extra publicity.

The big question in the end is whether the party's message coming out of these primary debates will be salable to enough voters in the fall.

It has to appeal to people who aren't Republicans, because the GOP is a minority party that always needs non-Republicans to win a general election.

Trump or non-Trump, we better win in 2016. Otherwise, the Republican National Committee and the GOP should just pack their bags and move to another country.

Copyright ©2015 Michael Reagan. Michael Reagan is the son of President Ronald Reagan, a political consultant, and the author of "The New Reagan Revolution" (St. Martin's Press). He is the founder of the email service reagan.com and president of The Reagan Legacy Foundation. Visit his websites at www.reagan.com and www.michaelereagan.com. Send comments to Reagan@caglecartoons.com. Follow @reaganworld on Twitter.

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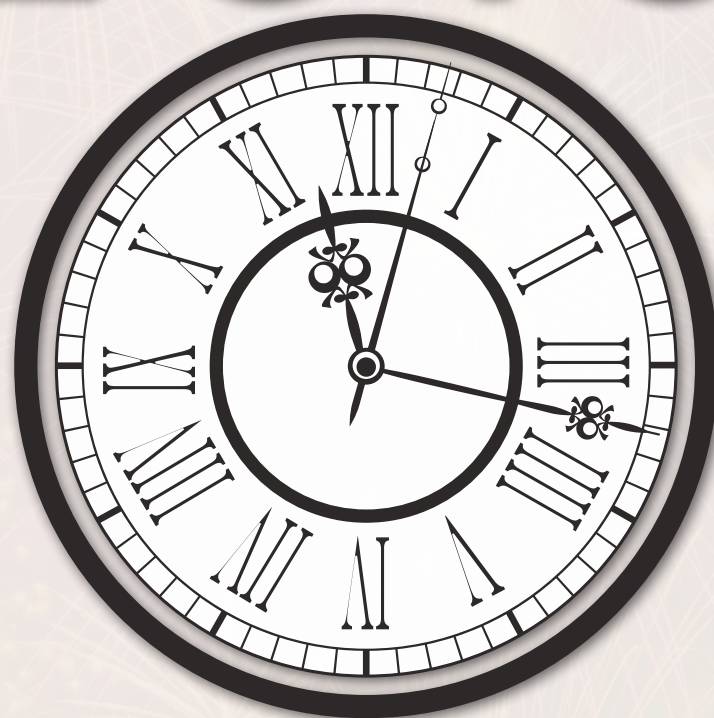
2016

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A home full of treasured memories
and all the blessings a heart can know

- Luther, Georgina & Lidia



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