

2015 IN REVIEW/2016

Mountain Views News

Sierra Madre

Arcadia

Pasadena

Altadena

Duarte

Monrovia

SATURDAY, JANUARY 9, 2016

VOLUME 10 NO. 2

CLEM AND NINA BARTOLAI CHOSEN AS SIERRA MADRE'S 2015 CITIZENS OF THE YEAR



Surprise - Surprise! Nina and Clem Bartolai (center) had no idea of the surprise awaiting them when they opened the door on Friday. SMCC Board Members Ed Chen on their left and Carol Canterbury on the right along with Susan Henderson (Photographer) made the announcement.

The Sierra Madre Chamber of Commerce announced on Thursday the winner of the 2015 Citizens of the Year. By an overwhelming number of ballots cast, Clem and Nina Bartolai selected.

The announcement came as a complete surprise to the Bartolai's at their home on Friday afternoon by Chamber Board Members Ed Chen, Susan Henderson and Carol Canterbury. The couple, who have resided in Sierra Madre for more than 52 years, are well known for their community involvement including (but certainly not limited to), Clem's service as a former Mayor and Nina's chairmanship of the Senior Community Commission.

The COTY award is granted to outstanding Sierra Madrean(s) who are the personification of the town's spirit of volunteerism. The Chamber has bestowed this honor upon 52 citizens since 1966. Recent honorees include (partial listing) Dave Loera (2014), Joe and Jacquie Pergola (2013), Marlene Enmark (2012), Richard Mays (2011), Glenn and Amy Putnam (2010), Paul and Louise Nieby (2009), Angel Throop (2008), Pete Siberell (2007), Bud Switzer (2006), John Grijalva (2005), Hank Landsberg (2004), Rob Stockly (2003), Bill Messersmith (2002), Carol Canterbury (2001) and Marilyn McKernan (2000).

The COTY dinner honoring Nina and Clem will be held on Saturday, January 30, 2016 in The Sierra Madre Room, 611 E. Sierra Madre Blvd., Sierra Madre, Ca. Reception at 6:00 p.m. - Dinner at 7:00. Tickets are \$30 per person/Tables of 10 \$275.00.

Established in 1946, the Sierra Madre Chamber's Mission is: "To encourage a healthy business environment by advancing, promoting and supporting the businesses serving Sierra Madre." This includes providing a voice for local businesses when dealing with local government, creating networking opportunities monthly, supporting other non profit groups in town and sponsoring events such as the Wistaria Festival, Winter Festival and the Citizen of The Year, to help promote and brand the city of Sierra Madre. For more information, please contact the Chamber of Commerce at 626-355-5111 or visit the Chamber's website at www.sierramadrechamber.com.

MVNews

STOP THE UTILITY USERS TAX PETITION SIGNATURES CERTIFIED

By Susan Henderson

After several failed attempts, Sierra Madre residents Earl Richey and David McMonigle finally gathered enough signatures to place their initiative to repeal the City of Sierra Madre's Utility User's Tax on a future ballot.

In October, 2015 their latest petition drive began and on December 21, 2015 they submitted 384 signatures to Sierra Madre City Clerk Nancy Shollenberger. By law, the required number of signatures is based upon 5% of voters casting ballots at the last gubernatorial election which was in 2014. The ballots cast in Sierra Madre for that election was 3,824 and meaning a total of 191 valid signatures were required to qualify the initiative petition.

The petition was then sent to LA County Registrar-Recorder Dean Logan and on December 29th, he sent the following information to Shollenberger:

Signatures filed: 384
Verified: 264
Sufficient: 191
Not Sufficient: 73.

With the required signatures confirmed, the matter will be taken up by the council at its January 12th meeting.

According to the staff report submitted to the council, the city must choose from one of several options:

OPTION 1

Adopt the ordinance, without alteration, at the regular meeting at which the certification of the petition is presented, or within 10 days after it is presented.

OPTION 2

Pursuant to EC Section 9212, order a report analyzing the impact of the ordinance on municipal operations. Staff must present the report no later than 30 days after it is ordered by the City Council. When the report is presented to the City Council, the City Council shall either adopt the ordinance within 10 days or order an election.

OPTION 3a

Pursuant to EC Section 1405(b), submit the ordinance, without alteration, to the voters at the General Municipal Election to be held April 10, 2018, and direct the

City Clerk to cause publication of the entire text of the proposed ordinance in the sample ballot.

OPTION 3b

Should the Council decide to forgo the ordering of a report analyzing the impact of the ordinance on municipal operations (Pursuant to Elections Code 9212), the Council may schedule a special Council meeting, prior to January 15th, to adopt the necessary resolutions to place the matter on the April 12, 2016 ballot, and direct the City Clerk to cause publication of the entire text of the proposed ordinance in the sample ballot. The City Clerk would need to establish deadlines for preparation of ballot arguments and rebuttal arguments.

Option 3 is presented with two alternatives due to the timing of placing items on the April 12, 2016 municipal ballot and because the Proponents did not request a special election. Pursuant to the Elections Code, the last day to call for an election for a ballot measure is January 15, 2016. (A copy of the Elections Calendar is attached.) If the Council requests the report pursuant to Elections Code 9212, staff must present the report no later than 30 days after it is ordered by the City Council. Thirty days from January 12th is February 11, 2016. This essentially means the report would return to the February 9th Council meeting, which is past the January 15th deadline to place measures on the April 12, 2016 ballot.

This petition is touted as another victory for the California Tax Limitation Committee on their website and similar measures have been pursued in the cities of Glendale, Arcadia, Santa Monica and South Pasadena. However, Sierra Madre, unlike the other cities, has no car dealerships, shopping centers, etc. to support its general fund.

There will be a ballot measure on the April 12, 2016 Sierra Madre ballot to increase the existing UUT in an effort to maintain city services such as Police, Fire and Paramedics.

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SHEN YUN RETURNS WITH ALL NEW DANCE SPECTACULAR

Shen Yun Performing Arts presents a bold and high-energy new production in Southern California with six engagements in downtown Los Angeles, Long Beach, Costa Mesa, Thousand Oaks, Northridge, and for the first time, Claremont, CA.

The gong strikes and a journey across five millennia begins. From the mist, 60 dancers clad in traditional costumes emerge in front of a 30-foot tall video backdrop that morphs from the mountains of Tibet to the sprawling plains of Mongolia and points in between. A 40-piece orchestra rises with the sounds of western and ancient eastern instruments. The all-new spectacular Shen Yun 2016 tells the banned in Communist China stories of when heroes split mountains and swam with dragons, when divine beings walked the earth and when dynasties ruled supreme.

Since 2007, more than five million people in 30 countries on four continents have enjoyed Shun Yun. In 2015, the show sold out all 21 performances in the Los Angeles area. Each year a new production is created and five touring companies travel the globe.

"Shen Yun performs the essence of Chinese culture and the historical figures who have been nurtured by it," says H. Sue Gao, Vice President of Shen Yun's training school, Fei Tian College. "Shen Yun is using classical Chinese dance to present this culture on the world stage."

Cherished stories from China's 5,000-year history like the tales of the heroine Mulan and General Yue Fei are told through large scale dance numbers featuring authentically detailed period costumes. The vibrant video backdrop transports audiences through time to ancient dynasties such as the Tang and the Qin, to the mountains of Tibet, the shores of a Dai village and the sprawling plains of Mongolia. The interactive video allows dancers to jump in and out of the screen delighting the audience.

In "The Fable of the Magic Brush," a rescued maiden bestows a magic brush upon her savior that transforms anything he paints into reality. When the savior paints on the video screen, the object becomes a cartoon in motion. Ultimately the maiden and savior jump into an ocean on screen where they become animated figures swimming underwater and flying in the skies.

The Shen Yun Orchestra combines the spirit, beauty and distinctiveness of Chinese music with the precision, power and grandeur of the Western symphony orchestra. Traditional instruments are combined with the 5,000 year old pipa and erhu resulting in two glorious traditions melding into one refreshing sound. Top composers from around the world create original music for each production. Bel canto soloists perform impassioned songs throughout the show.

Over 5,000 years the traditions of martial arts, Chinese opera, folk dancing and acrobatics have linked to form traditional Chinese dance. Known for its incredible flips and spins, and its gentle elegance, classical Chinese dance is one of the most rigorous and expressive art forms in the world.

China was once known as the Divine Land where deities and mortals coexisted peacefully. The culture of the Buddhist, Taoist and other disciplines along with calligraphy, music, medicine, attire and dance was said to be a gift from the heavens. Today, the Communist regime treats traditional ideas of harmony between heaven and earth as a threat to its existence. The stories once handed down from generation to generation are now forbidden in China.

SHOW DETAILS SHEN YUN 2016

Presented by Shen Yun Performing Arts
Tickets go on sale October 2, 2015 for \$60 - \$200 and are available by calling 800-880-0188, or in person at the each theater's box office. More information is available at www.shenyun.com.



Terrace Theater Long Beach, CA 90802
Saturday, March 19 - 2:00pm and 7:30pm
Sunday, March 20 - 1:00pm

Thousand Oaks Civic Arts Plaza
Thousand Oaks, CA 91362
Tuesday, March 22 - 7:30pm
Wednesday, March 23 - 2:00pm and 7:30pm

Bridges Auditorium at Pomona City College
Friday, April 8 - 8:00pm
Saturday, April 9 - 2:00pm and 7:30pm

Segerstrom Center for the Arts
Tuesday, April 12, Wednesday, April 13, and
Friday, April 15 - 7:30pm
Thursday, April 14 - 2:00pm
Saturday, April 16 - 2:00pm and 7:30pm
Sunday, April 17 - 1:00pm

Valley Performing Arts Center at California
State University, Northridge
Tuesday, April 19 - 7:30pm
Wednesday, April 20 - 2:00pm and 7:30pm

Microsoft Theater (formerly Nokia Theatre L.A. Live)
Saturday, April 23 - 2:00pm and 7:30pm
Sunday, April 24 - 1:00pm and 6:00pm

ABOUT SHEN YUN PERFORMING ARTS

In 2006, a group of leading classical Chinese artists came together in New York with one wish: to revive the true, divinely inspired culture of China and share it with the world. Entirely nonprofit and independent of the Chinese regime, Shen Yun Performing Arts enjoys the artistic freedom of New York, enabling it to now bring these ancient traditions to the stage. Shen Yun and its mission have drawn top talent from around the world; many artists are winners of international competitions in dance, choreography, and music. The five companies travel six months of the year, performing in more than 30 countries on four continents. To date, millions have seen a Shen Yun show. For more information on Shen Yun Performing Arts, visit www.shenyun.com or the company's Youtube page at <https://www.youtube.com/user/ShenYunTV>.



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Weather Wise

6-Day Forecast

Sierra Madre, Ca.

Sun:	Sunny	Hi 60s	Lows 40s
Mon:	Ptly Cloudy	Hi 60s	Lows 40s
Tues:	Sunny	Hi 60s	Lows 40s
Wed:	Ptly Cloudy	Hi 60s	Lows 40s
Thur:	Ptly Cloudy	Hi 60s	Lows 40s
Fri:	Ptly Cloudy	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

Thursday, January 14, 2016, 6:00PM
Public Safety Committee Meeting

Monday, January 18, 2016, 6:30PM
Community Services Commission Meeting

Wednesday, January 20, 2016, 7:00PM
Energy, Environment, and Natural Resources Commission Meeting

Thursday, January 21, 2016, 7:00PM
Planning Commission Meeting

Tuesday, January 26, 2016, 6:30PM
City Council Meeting

Thursday, January 27, 2016, 7:00PM
Library Board of Trustees 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

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TICKETS TO THE 46TH ANNUAL WINE AND
CUISINE TASTING BENEFIT ON SALE NOW

The event will be held on Friday evening, February 19, 2016, from 7:00-9:30pm at Alverno's historic Villa del Sol d'Oro, located at 200 N. Michillinda Avenue, Sierra Madre, and will be an elegant affair featuring more than two dozen vintners providing superb wines and local restaurants offering creative food and desserts.

Tickets to the premier event are \$80 and allow early admission at 6:00 pm. Those at the premier event will enjoy a variety of wines from Giesen Wines, New Zealand, and delectable hors d'oeuvres from local Pasadena restaurateur and award winning chef, Claud Beltran of Claud & Co. Catering, The Eatery, and Bacchus' Kitchen. A chance to win a very unique wine basket will be offered again this year. Tickets to the main event are \$60 and provide admission at 7:00 pm. Both will be on sale, beginning mid-December, at the Sierra Madre Public Library, The Bottle Shop, Savor the Flavor, and Arnold's Frontier Hardware & Gifts, as well as currently on line at <https://www.eventbrite.com>.

The Benefit is sponsored by the Friends of the Sierra Madre Library, an all-volunteer organization dedicated to supporting our community Library. All funds received from this event support the Sierra Madre Library. For more information about the event or Friends of the Sierra Madre Library visit our website at www.sierramadrelibraryfriends.org

**DUE TO WEATHER AND TO ENSURE THE
SAFETY OF VISITORS, BOTH BAILEY CANYON
AND CHANTRY FLAT WILL ALSO BE CLOSED
UNTIL FURTHER NOTICE.**

EL NIÑO BULLETIN

El Niño can bring severe weather and increased precipitation leading to flooding. Prepare Now.

SANDBAGS

To assist with rain preparations, the City is providing residents with free sand and sandbags. Supplies are available at the City Yard and can be found outside the front gate.

The City's Public Works staff will be closely monitoring supplies and replenishing inventory as needed. Due to the high demand however, residents may experience low supply levels during nights and weekends. In such an event, Public Works staff will restock supplies on the morning of the next business day. Residents can also find supplies at many hardware stores including Home Depot. Where to go: City Yard located at 621 E. Sierra Madre Blvd. (The City Yard is located within Sierra Vista Park across from the Rose Float building. Follow the driveway located between the cemetery and Sierra Vista Park.)

What to bring: Shovel and gloves.
Ready for?

Knowing what steps to take in an emergency is the key to protecting oneself and family. Disasters can happen anytime and anywhere. The effects of a disaster can be sudden and devastating.

When a disaster strikes you may have only a short time to respond or prepare for the consequences. An accidental release of a hazardous chemical could mean a need for sheltering-in-place or an immediate evacuation. Strong winds could confine your family to your home. A flood could cut off basic services in the community; things like gas, water, and electricity for days. Sierra Madre residents are urged to be "Ready for 7", seven consecutive days of being entirely self-sufficient at home.

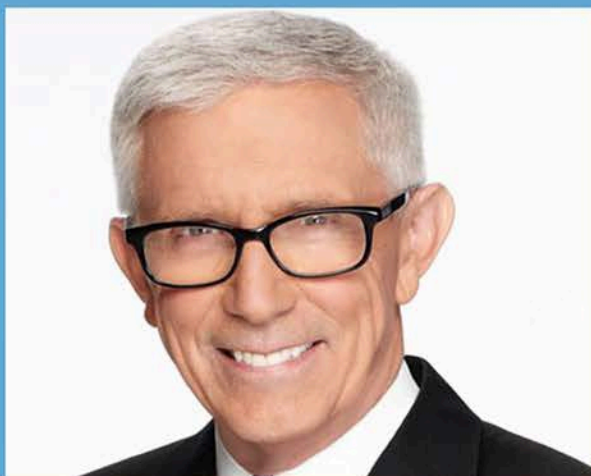
It's important to make a plan. Below are a list of questions that could help prepare a strategy in case of an emergency. How do you get in touch with family members if you are not together? How will you get to a safe place? How do you get back together with one another? What would you do in different situations? Does everyone know what the emergency plan is? Are there enough supplies?

BUILD A KIT

When ordered to evacuate, there may be little or no time to shop or search for supplies. Pre-assemble a disaster supply kit and keep it up to date. The kit should include the following:
Water, one gallon of water per person per day for at least seven

days, for drinking and sanitation. Food, at least a seven-day supply of non-perishable food. Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both. Flashlight and extra batteries. First aid kit. Whistle to signal for help. Dust mask to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place. Moist towelettes, garbage bags and plastic ties for personal sanitation. Wrench or pliers to turn off utilities. Manual can opener for food. Local maps. Cell phone with chargers, inverter or solar charger. Additional items to consider adding to an Emergency Supply Kit: Prescription medications and glasses. Infant formula and diapers. Pet food and extra water for your pet. Important family documents such as copies of insurance policies, identification and bank account records in a waterproof, portable container. Cash (in small bills) or traveler's checks and change. Emergency reference material such as a first aid book or information from www.ready.gov. Sleeping bag or warm blanket for each person. Complete change of clothing including a long sleeved shirt, long pants and sturdy shoes. Household chlorine bleach and medicine dropper - When diluted nine parts water to one part bleach, bleach can be used as a disinfectant. Or in an emergency, it can be used to treat water by using 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe or bleaches with added cleaner. Fire Extinguisher. Matches in a waterproof container. Feminine supplies and personal hygiene items. Mess kits, paper cups, plates and plastic utensils, paper towels. Paper and pencil. Books, games, puzzles or other activities for children. Stay Informed.

There are important differences among potential emergencies that will impact the decisions and actions. Learning what to do in different situations and developing and customizing plans for local hazards, the locations frequented by household members, and the specific needs of household members (including animals) can help reduce the impact of disasters which may save lives and prevent injuries.



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Walking Sierra Madre...The Social Side

by Deanne Davis

"May this new year all your dreams turn into reality and all your efforts into great achievements."

Can we believe it, friends and neighbors, it's 2016! Our fabulous Rose Parade float, "Rollin' On The River," won the animation trophy, rightfully so, and we're launched into another new year. Exciting times. There's an old, possibly, ancient, Chinese curse: "May you live in interesting times." The thought being if things are sorta boring and uneventful then there's really not a lot to concern oneself about, so things are good, right? Not necessarily.

Here's what fellow author and blogger Michelle Griep said to start off her new year:

"It's a new year. Be awesome. Wear a helmet. Don't forget to call your mom."

Or your therapist. Whatever. Be real."

To that I would like to add: floss your teeth, write thank you letters for anything someone gives you, or for something nice someone does. Read your Bible. Yeah, I know, you've already read it, but it's not The Hunger Games, friends, it's God's letter to us, telling us He loves us. Look around you. Notice stuff. Like flowers and trees and butterflies and bees. And people. Buy a tomato plant at OSH or Home Depot and put it in a pot in a sunny spot and water it once in a while and you'll be so excited when a tomato appears. Say nice things to people. Smile. Hug. Eat healthier. Walk more. Look at sunrises and sunsets and what other people are doing in their yard. Be silly once in a while.

Thinking about a picture to put up with this week's column, of course, I thought about the float, but we've had so many great pictures of those adorable pink flamingoes. Then I thought about how the new year is always symbolized by a baby. I just happen to have a picture of a terrific baby, born on my birthday last year. Mr. Brady Benjamin Davis, our #13 grandchild, with his mommy and daddy. If the new year turns out to be as amazing as this little guy is, it's going to be a fabulous year!

I hate to say it, but Christmas is over. I'm hoping everybody leaves their outside lights on a while longer. Love those. We need to take the Christmas wreath off the front door and pack up the decorations. AND, we need to get rid of the rest of the cookies and candied nuts and that fudge some of us have been hoarding and start thinking about getting back on track as far as diet and exercise are concerned. Of course, the famous quotation: "Whenever I Feel the Urge to Exercise I Lie Down Until It Goes Away," which has been attributed to everybody from Mark Twain to Jimmy Durante, comes to mind. But I push it out of mind and resolve to get away from the computer more, get up and walk more, go to the gym more, and spend less time in front of the TV. But, "Downton Abbey, Season 6" just started and I can't wait to get into it. Will Bates and Anna ever be free of this murder charge? Will



Carson and Mrs. Hughes actually get married? Will Mrs. Patmore ever get out of the kitchen? And then "Grey's Anatomy" will be back sometime soon, even though it's lost a lot of sparkle with Derek gone and the squabbling sisters are a little tiresome. See what happens? No wonder I don't get enough exercise. I'm also two bank statements behind, and I don't even want to think about thank you notes!

Our house is officially 100 years old this year. We've lived here since 1970 and love it more every year. Last year it required complete new plumbing through our downstairs after it sprang a leak which soaked the carpeting, the walls, the one and only photograph of my husband's dad in a marching band, circa 1900 or so, and cost almost as much as a year at USC to repair. However, it's all more beautiful than ever now, and our new copper and flexpipe plumbing, which replaced all the galvanized, should last forever. Rumors have it that our water problems have hastened much galvanized pipe into total and final collapse here and there 'round town. So now we're back to the wells, replacing groundwater with imported water. El Nino, we can hardly wait for you to arrive!

Have you got your tickets to "Deathtrap" at the Playhouse? We do, and I had to work to get an available time so don't wait too long.

Happy New Year, dear Walking Sierra Madre friends. Hope to see you out and about in 2016.

Check out my book page on Amazon.com: DeanneDavis@Amazon.com
You might like my blog, too: www.authordeanne.com

APPLICATIONS NOW BEING ACCEPTED FOR THE SIERRA MADRE WATERWORKS COMMUNITY ADVISORY BOARD

The Community Advisory Board (CAB) was created to provide residents and the community an opportunity to be a part of the planning process for aquatic services at the Sierra Madre Aquatic Center. The CAB consists of seven distinct positions representing: swim lessons, swim team, lap swimming/ water aerobics, recreation swim/ social user, a Waterworks Aquatics staff, Community Service Department staff and Community Services Commission liaison. Each of the community positions serve one year terms and are appointed by the selection committee consisting of the Waterworks Aquatics staff, Community Services Department

staff and Community Services Commission liaison.

The CAB meets on a once a month basis throughout the year. Upon completion of the one year term, members of the CAB can reapply for appointment. Applications can be turned in to the Sierra Madre Aquatics Center, located in Sierra Vista Park at 611 E. Sierra Madre Blvd., Sierra Madre, CA 91024.

For applications, information and questions on the CAB please contact Waterworks Aquatics at (626) 836-1200 ext. 168 or email Monica Rathbun at monica@waterworksswim.com.

NEW RAIN BARREL REBATE PROGRAM

Don't let rain go down the drain! The San Gabriel Valley Municipal Water District is offering a rebate of up to \$100 for the purchase of a rain barrel. Capturing rain water helps store water for future use (irrigation, pools, etc.), reduces demand for water and reduces water/pollutants in storm

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Purchase your rain barrel(s) at any hardware, home and garden, or online store. You're eligible for a rebate of up to \$100 per rain barrel and up to four rebates per household! Click here for more information.

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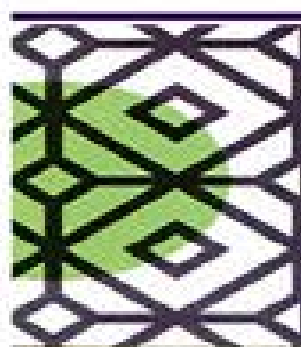
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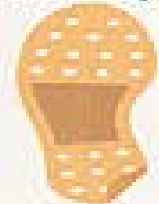


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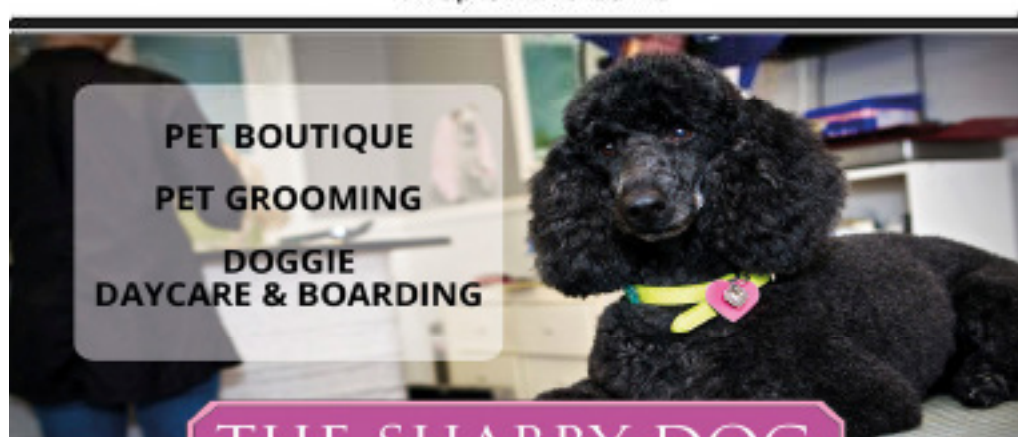
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REP. NAPOLITANO COMMENDS STATE WATER BOARD SALE OF \$1.2 BILLION IN BONDS FOR CLEAN WATER FUND

Revenue bonds from sale may be used to fund water recycling projects in Southern California.

(WASHINGTON, DC) Today, Rep. Grace F. Napolitano (D-El Monte) commended the State Water Resources Control Board for authorizing the sale of \$1.2 billion in revenue bonds for the Clean Water State Revolving Fund.

"We commend Chairwoman Felicia Marcus and her board's decision, and welcome new funding for water quality and recycling projects, the fastest and most cost effective way to improve water supply in our region," Napolitano said. "These additional grants and loans will greatly assist water agencies in planning, designing, and building recycling plants and water infrastructure which will directly benefit our entire state. El Niño precipitation may temporarily lift the current historic drought, but we must continue to prioritize water efficiency and recycling projects that will create jobs and prepare our communities for future drought cycles."

The State Water Board authorized the sale of revenue bonds on Tuesday to meet financing demands for water projects and prepare California for increased demand in the coming years. The Clean Water Fund provides low-interest loans for the construction of publicly-owned wastewater treatment facilities, local sewers, sewer interceptors, water recycling facilities, and storm water treatment facilities.

"Water recycling expands and strengthens our state's water portfolio and protects our citizens and businesses from future water restrictions," Napolitano added. "With reduced funding from the federal government these funds will help achieve timely development of water without costly delays and litigation due to other proposed state and federal water projects. This saves our taxpayers money and most importantly, protects their access to a dependable local water supply."

Napolitano, a long time champion of water recycling projects and a leader on California and national water issues, has introduced H.R. 291, the Water in the 21st Century Act, which would provide \$700 million in grants and \$500 million in loans for water recycling, groundwater management, stormwater, and water infrastructure projects. She is the Ranking Member of the House Transportation and Infrastructure Subcommittee on Water Resources and Environment and a current member and former Ranking Member of the House Natural Resources Water and Power Subcommittee.

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News From Your Community For Your Community

Playhouse Artistic Director to Step Down

The Pasadena Playhouse announced Thursday that Artistic Director Sheldon Epps will leave the organization next year at the end of this season. Epps will continue his long affiliation with The Playhouse when he assumes the role of Artistic Director Emeritus officials said.

"I have had the privilege to helm this remarkable theatre for twenty years," said Mr. Epps. "We have given voice to exciting playwrights and we have brought the classics to the stage using vibrant and exciting concepts that made them feel new. Our collaborations with other Los Angeles theatres have provided opportunities for innovative small companies to reach a wider audience on a larger stage. As the theatre approaches its centennial year and begins a search for new executive leadership, it seems an apt moment to announce my intentions for the future. I am honored to be part of creating a legacy that will carry The Playhouse into its next 100 years."

According to a statement, under his leadership, The Playhouse has earned distinction for productions of artistic excellence, critical and box office success, and highly praised for its theatrical diversity. He is responsible for building the audience base and creating outreach and educational programs that are an integral part of the community. Epps led a dedicated team of board members and staff through a restructuring that put the theatre back on solid footing financially while continuing to produce with a high level of artistry.

Epps joined The Playhouse in 1997.

Pet of the Week



Jade (A362812) is a beautiful 11-year-old black smoke kitty. Don't be fooled by her age; she still loves to play! Her favorite toys are ones with feathers. Although she has had experience with other cats, Jade really prefers to be your one and only. Jade is an extremely social cat who will greet you when you come home and tell you about her day. Jade does get overly excited with pets so we recommend an experience cat owner. Because of her age, Jade 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. Come meet this beautiful girl today! Jade is available for adoption at Pet Food Express, 320 S Lake Ave, Pasadena.

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.



Community Meeting Centers on Violence

By Dean Lee

Northwest Pasadena saw another shooting Thursday afternoon, less than 24 hours after Police Chief Philip Sanchez called on the public's help, during a meeting over gun violence, in which he said, in four out of the last six shooting, both the victims and witnesses were uncooperative. All seven shootings occurred in the last three weeks.

"See something, say something, do something, it works," Sanchez said. "It works for burglars, it works for predators, it works for terrorists. That's how you can help me."

The meeting at Villa Park, which was standing room only, was hosted jointly by Councilmembers Victor Gordo, Tyrone Hampton and John Kennedy.

Gordo said the city needed a fully staffed police department saying the city has 239 officers but needs at least 260. Kennedy said over 50 percent of the city's budget goes to public safety.

Sanchez chronicled all the incidents, starting in early December, through Wednesday night's meeting.

The first shooting occurred back on December 18 around 10:45 p.m. in the 600 block of Mentor Ave., he said. "My

understanding of the incident, there was a young man attending a party... officers responded to a call of 'shoots fired' and found the individual suffering from several gunshot wounds."

Sanchez said the victim died at the scene.

"People were coming and going although no one participated, provided information," he said.

Sanchez said the next night, Dec. 19, another shooting occurred, "there was a group that came together of about 40 people to mourn and celebrate the life of the young man that had been killed [the night before] on Mentor Ave. The group got involved in an argument... one member of the group fired at the other... there was a young lady hit by gunfire."

Sanchez said the group encircled the victim refusing to let Pasadena Police to assist her. He said she survived. Again, no one was willing to give police information he said.

Sanchez said there was another drive by shooting on Dec. 22 and another shooting on Dec. 27 on Washington Blvd. Before he spoke, the last shooting occurred on Dec. 29 in which two men were shot at in a fast-food drive-thru he said.

According to police, on Thursday a man in his 20s

showed up, around 3 p.m., to a local Pasadena hospital with a gunshot wound to his abdomen. The shooting may have occurred in the area of Raymond Ave. and Montana Street according to reports. Officers search the area. The victim was in critical but stable condition. No other information was given.

Sanchez said that since the shootings began, they have served around six search warrants on known gangs, seizing more than 14 firearms.

Earthquakes Remind Everyone to Be Prepared

The recent earthquakes in Southern California this month serve as important reminders for everybody to be prepared now for local disasters. It is not a matter of "if" but "when" a major earthquake or disaster will impact our area.

Pasadena's Public Safety officials urge everybody to be prepared now—or start preparing today—with emergency supplies, including "Go Kits" for homes, cars and your workplace; pre-determined evacuation plans for family and pets; emergency supplies, and many other steps that will help you, your loved ones and animal companions survive in the days or weeks following a major disaster or emergency event.

Emergency Notices by the City of Pasadena

During widespread emergencies, the City will use a variety of ways to send out emergency public information, including:

City website and social media platforms, Direct calls or text messages, Government cable TV station on Channel 3 by Charter cable TV and Channel 99 for AT&T U-verse and traditional messages sent to the local news media. The American Red Cross also offers important information at PrepareSoCal.org.

Cheeseburger Week Returns

Cheeseburger Week is coming. During Cheeseburger Week from today through Friday, Pasadena honors Lionel Sternberger's genius in being the first to put cheese to hamburger and serve it at the Rite Spot in Pasadena in 1924.

Forty of Pasadena's favorite restaurants, lounges and burger joints will offer their signature burgers, some special creations and deals during Pasadena Cheeseburger Week. Green Street Restaurant, El Portal, La Grande Orange, Lucky Baldwin's, Cameron's Seafood and a/k/a Bistro are among those offering delicious burgers for Cheeseburger Week.

Plan to come to Pasadena for a Cheeseburger Crawl, take the Cheeseburger Challenge and celebrate Lionel Sternberger's culinary legacy in the city where the cheeseburger was first served. For more information visit www.pasadenarestaurantweek.com. Check back often to see the latest entries and delicious offerings for Cheeseburger Week 2016. Voting in the 2016 Cheeseburger Challenge opens January 10, 2016, and ends January 17.

Martin Luther King Jr. Day 2016 Closures, Reminders

Pasadena residents and businesses are reminded that City Hall and many City services will be closed Monday, Jan. 18, in observance of Martin Luther King Jr. Day.

The Pasadena Fire and Police departments will continue to provide patrol, jail, fire, paramedic and other emergency services during the holiday. For life-threatening emergencies, remember to always call 9-1-1. "If You See Something, Say Something" by calling the Pasadena Police Department at (626) 744-4241 for non-emergencies.

Pasadena residents and businesses with power emergencies should call the Pasadena Water and Power (PWP) Department at (626) 744-4673 and for water-related emergencies call (626) 744-4138. PWP's regular Customer Service Call Center will be closed for the holiday, but customers can access their accounts and pay their bills online at www.PWPweb.com or by phone at (626) 744-4005. The City's Municipal Services Payment Center at City Hall will be closed.

The City Council will not meet on Monday, Jan. 18. The Council's regularly scheduled meetings for January include Jan. 11 and Jan. 25. The Pasadena Citizen Service Center, (626) 744-7311, www.cityofpasadena.net/CSC, will be closed Jan. 18 for the holiday but will be open from 8 a.m. to 2 p.m. Saturday, Jan. 23.

Proposals for Homeless Funding to be Looked at

Supervisor Michael Antonovich said Tuesday that any proposal to alter or redirect the use of MHSA (Mental Health Services Act) funds should enhance the County's existing efforts to address the homelessness problem.

"Funding must follow treatment needs," Antonovich said. "Greater flexibility means supporting effective local programs including hospitalization and family participation in recovery as well as extending supportive housing services to those leaving restrictive environments, such as jails and hospitals, and ensuring their successful reentry into the community."

Since the enactment of Proposition 63 (the Mental Health Services Act), which provides additional money to support mental health services, Los Angeles County has maximized available funds to



Refuse and recycling collection will be delayed by one day during the week of Jan. 18-23. The bulky item pickup program is on hiatus and will resume Monday, Feb. 1.

On Monday, Jan. 18, Pasadena Transit and Dial-A-Ride buses will operate on their regular weekday schedules. All on-street parking meters will be free Jan. 18, and time limits will not be enforced. Parking meter enforcement will resume Tuesday, Jan. 19. City-owned parking lots and garages will be open Jan. 18, and regular parking rates will be enforced. Violations for red curb parking, overnight parking and blocking fire hydrants will continue to be issued both days.

All Pasadena Public Library sites will be closed Monday, Jan. 18, with regular schedules resuming Tuesday, Jan. 19.

All community centers operated by the City's Human Services and Recreation Department will be closed. Parks will be open but no site reservations are accepted for the holidays.

expand critical mental health services.

"Any directives by the state could undermine this expansion effort and delay progress being made in their own unique communities. Local governments must carefully review any proposals put forth by the Senate's President Pro Tem -- particularly those that may impact the use of local funding," he said.

MHSA funds currently support the county's top priorities which include homelessness programs, jail diversion, child welfare, psychiatric urgent care centers, outreach, engagement, treatment, housing and ongoing mental health services through Laura's Law. In February, the Los Angeles County Department of Mental Health will present an \$84 million proposal to the Board for further expansion of these critical services.

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.

Stay Connected with Social Media – Tuesdays and Thursdays, Jan. 12 to Jan. 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. Sign up with Edison at the Welcome Desk.

Smart Phones, Tablets and Computers – Any Questions? – Tuesdays and Thursdays, Jan. 12 to Jan. 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.

Friday Movie Matinees – Fridays, Jan. 15 and 29, at 1 p.m. 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.

Memory Loss Education Series – Tuesday, Jan. 12 to Feb. 2, from 10 to 11:30 a.m. Jan. 12: Memory Loss and Aging; Jan. 19: The Basics of Memory Loss, Dementia and Alzheimer's Disease; Jan. 26: 10 Warning Signs – Early Detection Matters; Feb. 2: Hypertension, Diabetes and Alzheimer's Disease. Presented by Alzheimer's Association. Registration is required by calling 626-685-6730.

A Matter of Balance – Tuesdays and Thursdays, Jan. 12 to Feb. 4, from 1 to 3 p.m. Are you concerned about falling? Ease your fear by attending this class that combines discussion, video and exercise so you'll improve your balance and activity levels. Registration is required by calling 626-685-6732.

Eat Smart for a Healthy Heart – Thursday, Jan. 14, at noon. Improve your quality of life through healthier nutrition. Learn how to change what you eat by making smarter choices. Presented by Dr. Joshua Jacobi, Health Living Medical. A boxed lunch will be served to the first 50 people who make confirmed reservations by calling 626/795-4331.

Health Fair – Friday, Jan. 15, from 9 to 11 a.m. A medical safety identification plan, sponsored by New York Life, is part of the popular monthly health fair. Bring your list of medications, doctors and emergency contacts and they will be placed on a personal identification card at no cost. Other health fair services include glucose, blood pressure and hearing screenings as well as counseling and health and community resources. For more information call 626-685-6732.

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A HISTORY OF THE OLD MILL: EL MOLINO VIEJO

Have you heard about the Old Mill? If not, or if you would like to learn more, come out for this Lunchtime Talk at noon on January 21, 2016 at the Museum Education Center. Cathy Brown of The Old Mill Foundation will be giving this fascinating talk. Bring your lunch or just come and enjoy the talk.

The Lunchtime Talks at the Museum Education Center take place at noon on the third Thursday of the month. These talks and admission to the Gilb Museum of Arcadia History right next door are always free.

After the talk, be sure and visit the Gilb Museum of Arcadia Heritage right next door. Some of the permanent exhibits feature Arcadia's Early Inhabitants, Santa Anita Park, World War I Arcadia Balloon School, Santa Anita Japanese Assembly Center, Anita Baldwin: A Portrait, Famous Arcadians, Roll 'Em: Movies Filmed in Arcadia, and real artifacts found right in Arcadia.

For more information about the Lunchtime

Talks, please call 626.574.5440 or visit the website at <http://museum.ci.arcadia.ca.us>. The Museum Education Center is located at 382 W. Huntington Drive. The Gilb Museum of Arcadia Heritage is located at 380 W. Huntington Drive, immediately behind the Community Center. The Museum is open Tuesday through Saturday from 10:00 a.m. to 4:00 p.m. (closed 12-1). Admission is always free.

About the City of Arcadia Nestled in the foothills of the San Gabriel Mountains, Arcadia is an 11.38 square mile community with a population of just over 56,000. Located approximately 20 miles east of downtown Los Angeles, Arcadia is a full-service charter city governed by a five-member City Council, elected at large. Recognized for exceptional education and recreation opportunities and beautiful neighborhoods, Arcadia is also defined as the "Community of Homes" and has twice been designated the "Best City in California in which to Raise Kids" by Business Week Magazine.

LEARN FACEBOOK FOR BUSINESS

On January 19, 2016, the Arcadia Public Library will be teaching a free Facebook: Business Basics class at 7:00 p.m. This class will teach students how to set up a business Facebook page. You will also learn how to schedule and manage Facebook posts. This hands-on class has limited space so be sure to register early. For more information, please call 626.821.5569.

The Arcadia Public Library is located at 20 W. Duarte Rd., Arcadia. The Library is open Monday through Thursday, 10:00 a.m. until 9:00 p.m. and Friday and Saturday, 10:00 a.m. until 6:00 p.m. You can also follow the Library on Twitter and

Facebook.

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AUTHOR LIAN DOLAN TO SPEAK AT AAUW LUNCHEON

Pasadena author Lian Dolan, best-selling writer of popular novels Helen of Pasadena and Elizabeth the First Wife, thinks of her latest book, You're the Best, as a "thank-you note" to the women in our lives. Co-authored with her Satellite sisters—her four real-life sisters—the book is a collection of essays that emphasize "the importance of female friendships in our lives," says Dolan. As a broadcaster, Lian Dolan is the creator and co-host of Satellite Sisters, an award-winning talk show for women, first heard on public radio and now a top podcast.

Lian Dolan will speak at a luncheon meeting hosted by two branches of the American Association of University Women (AAUW). Her talk will focus on the life lessons she has learned from her 20-year writing and speaking career. The Alhambra-San Gabriel Branch and the Arcadia Branch of AAUW have scheduled the literary event to take place on Saturday, January 23. Registration is at 11:00 a.m. with the

luncheon to follow at 11:30 p.m. Dolan's book talk will take place at 12:15 p.m. The location of this event is the Church of the Good Shepherd's Jordan Hall, 400 W. Duarte Road (SW corner of Duarte Rd. and Holly Ave.), Arcadia. This event is open to the public.

The cost of the luncheon meeting is \$20. The deadline for reservations is January 15, 2016. Please send reservations and payment to: Marilyn Siemon-Burgeson, 2266 Kinclair Drive, Pasadena, CA 91107. For those bringing guests, be sure to write your guests' names on your reservation request. Lian Dolan's books will be available for sale and book-signing. She has graciously consented to sign any of her books that were previously purchased.

For information about membership in the American Association of University Women (AAUW) or any other inquiries, please call (626) 375-6756 or (626) 446-8437.

ARCADIA POLICE BLOTTER

For the period of Sunday, December 27th, through Saturday, January 2nd, the Police Department responded to 868 calls for service of which 114 required formal investigations. The following is a summary report of the major incidents handled by the Department during this period.

Sunday, December 27:

1. Just before 8:12 a.m., an officer responded to a residence in the 200 block of Hacienda Drive regarding a burglary. The officer determined unidentified suspect(s) attempted to enter the residence through a rear window, but were unsuccessful and fled undetected. No witnesses were located and no loss was reported.

2. At approximately 1:42 p.m., an officer responded to the Westfield Shopping Town parking lot, 400 South Baldwin Avenue, regarding a vandalism report. An investigation revealed an unidentified suspect used an unknown object to scratch the victim's vehicle. No suspects were seen and no witnesses were located.

Monday, December 28:

3. At about 1:21 p.m., an officer responded to a residence in the 1600 block of South Fifth Avenue regarding a package theft report. The officer discovered an unknown suspect stole the victim's packages from her porch sometime between 1:00 p.m. and 3:00 p.m. on December 22nd. The reported loss is more than \$700.00 in clothing and toys. No suspects were seen and no witnesses were located.

4. Just after 7:48 p.m., an officer initiated consensual contact with three subjects in a vehicle parked in the Motel 6 parking lot, 224 Colorado Place. During a consensual search of the vehicle, the officer located containers of heroin, and one of the suspects, a 21-year-old female from Los Angeles, was in possession of drug paraphernalia, stolen checks, and a fake ID. All three suspects were arrested and transported to the Arcadia City Jail for booking.

Tuesday, December 29:

5. Around 10:34 a.m., an officer conducted an enforcement stop on a vehicle near the intersection of Duarte Road and Fifth Avenue for having expired registration. Upon contacting the driver, the officer discovered the 33-year-old female from Monrovia had been driving with an expired license. She was cited and released in the field. Her vehicle was released to a family member.

6. Just after 2:02 p.m., an officer responded to the 100 block of West Sandra Avenue regarding a vehicle burglary report. An investigation revealed an unknown suspect tampered with the driver's door lock and stole the third row seat. No suspects were seen and no witnesses were located.

Wednesday, December 30:

7. Shortly after 1:07 a.m., an officer responded to the intersection of Fairview Avenue and Hungate Lane regarding a solo vehicle traffic collision. Upon contacting the driver, the officer detected a strong odor of alcohol emitting from the driver's breath. Through a series of tests, the officer determined the 21-year-old male from Arcadia was driving under

the influence of an alcoholic beverage. The suspect was arrested and transported to the Arcadia City Jail for booking.

8. At about 1:37 p.m., an officer responded to a residence in the 300 block of Sharon Road regarding a fraud report. The officer discovered an unknown suspect used the victim's checks to withdraw more than \$10,000.00 from his account. The victim discovered his checks had been counterfeited and forged. The investigation is ongoing.

Thursday, December 31:

9. At approximately 7:36 a.m., an officer responded to the 1600 block of South Baldwin Avenue regarding a petty theft report. An investigation revealed an unknown suspect stole the victim's tire and wheel from the rear of his vehicle. No suspects were seen and no witnesses were located.

10. Around 2:41 p.m., an officer responded to Potato Corner at the Westfield Shopping Town, 400 South Baldwin Avenue, regarding a grand theft report. The officer discovered an unknown suspect gained access to a locked foot locker located in one of the mall's shared storage rooms and stole \$4,000.00. The investigation is ongoing.

Friday, January 1:

11. At about 4:16 p.m., an officer conducted a traffic stop on a vehicle in the 200 block of Colorado Place for having expired registration. Upon contacting the driver, the officer discovered the 30-year-old female from San Bernardino had never been issued a license. She was cited and released in the field. Her vehicle was left legally parked.

12. Just before 10:07 p.m., an officer responded to the area of Santa Anita Avenue and Freer Street regarding an activation of the Arcadia Police Department GPS tracker now in motion. Arcadia PD detectives had previously deployed decoy packages containing bait property and tracking devices to combat the increase in package thefts from residential areas. An investigation revealed a 30-year-old male from San Gabriel, a 32-year-old female from San Gabriel, and a 26-year-old male from San Gabriel had the stolen package, property, and tracking device in their vehicle. All three suspects were arrested and transported to the Arcadia City Jail for booking.

Saturday, January 2:

13. Just after 11:26 a.m., an officer responded to the Foothill Credit Union, 30 South First Avenue, regarding a scanning device located on an Automated Teller Machine (ATM). The officer discovered an unknown suspect placed the device on top of the original ATM card reader in an attempt to illegally obtain bank information. The investigation is ongoing.

14. At approximately 10:53 p.m., an officer conducted an enforcement stop on a vehicle in the 000 block of West Duarte Road for having a broken tail light. Upon contacting the driver, the 31-year-old male from Los Angeles provided the officer with a false name and stated he did not have any identification on him. During a consensual search of the suspect's items, the officer located a valid ID for him. He was arrested and transported to the Arcadia City Jail for booking.

MONROVIA - DUARTE

Sierra Madre

Arcadia

Pasadena

Altadena

Monrovia

MONROVIA POLICE BLOTTER

During the last seven-day period, the Police Department handled 375 service events, resulting in 60 investigations. To see a complete listing of crimes reported, go to <http://www.crimemapping.com/map/ca/monrovia> for crime mapping. For Police Department news and information, visit our website and follow us on Twitter.

Attempt Vehicle Burglary January 4 at 1:46 p.m., an attempt vehicle burglary was reported in the 400 block of East Duarte Road. An unknown suspect broke a window on the vehicle to gain entry. The handle to open the vehicle's hood was also broken to possibly steal the battery, but the owner had taken the battery out of the vehicle, due to previous thefts. The investigation is continuing.

Traffic Collision January 4 at 5:20 p.m., police responded to a traffic collision involving a vehicle and a pedestrian at Foothill and Primrose. The pedestrian stepped off of the sidewalk on a green light at the same time that a vehicle was making a right turn on the green light. The

pedestrian sustained a possible broken foot.

Warrant – Suspect Arrested January 4 at 7:20 p.m., an officer on patrol in the area of Myrtle and Pamela observed a vehicle exceeding the posted speed limit and conducted a traffic stop. The investigation revealed the driver was driving on a suspended license and had an outstanding warrant for her arrest. The driver was arrested and later released on a citation to appear in court on the charges.

Burglary January 5 at 1:19 p.m., a business in the 500 block of West Huntington called police to report a burglary that had just occurred. A subject entered the store and filled two duffel bags with jeans, then fled the location. And officer arrived and checked the area, but the suspect was not located. The loss prevention officer notified their other store locations in the area of the theft. The suspect attempted to burglarize a store in Glendora and was apprehended by the Glendora Police Department.

FOOTHILL UNITY CELEBRATES 35 YEARS: BOB WIGHT RETIRES AFTER 30 YEARS OF COMMUNITY SERVICE

By Joan Schmidt

In 1980, Josephine Anderson founded Foothill Unity Center in a borrowed closet at Immaculate Conception Church, Monrovia; in 1991, it was incorporated as a 501 c(3) non-profit. Since its inception, it has continued to serve qualified low-income families and people in crisis; annually about 10,000 individuals. Foothill Unity Center is the primary provider of food, case management/crisis help and health care resources across eleven San Gabriel Valley cities in LA County with its two help centers in Monrovia and Pasadena.

One of their greatest projects is the Back to School Event. This past August 11, 2015 event was a HUGE success! Hosted at Santa Anita Park, more than 1000 K-12 low income students were provided with all the tools and supplies needed for a great school year! Each pre-registered child received a brand new backpack, school supplies, clothing, shoe card, haircut, manicure and needed vision and dental screenings. (Dental screenings by USC School of Dentistry; vision screenings CHAP Care-California Health Alliance of Pasadena) This awesome event only happened because of a community effort of individuals, businesses and faith based and civic organizations and corporate sponsors.

Bob Wight is a very familiar face throughout our local communities. Besides his tenure at the Foothill Unity Center, Bob worked many years at Century 21-Barnes and Adams office, Monrovia. He and his wife Jan have been an

integral part of the Duarte community forever. Jan served on the Chamber many years and her service to the Friends of the Duarte Library is unmatched. Bob has always been there working with Jan on numerous community service projects.

When I spoke to Barbara Rolf at Foothill Unity Center, she told me Bob Wight was their first Board President and how he played such an important role for thirty years in all their service projects.

What is awesome to me is his retirement party. Many parties cost \$35-\$50 per person. No, Bob's will be at Domenico's Italian Restaurant, with refreshments/Hor d'oeurs. There is NO CHARGE. He asked that you may consider supporting his favorite cause-Foothill Unity Center-Team 35-Bob's Retirement.

What the Center is doing –in conjunction with its 35th anniversary- they are having a great "Team 35 Challenge". They have asked individuals/groups to donate \$35 and become a team captain who solicits 34 individuals to become part of the team and donate or raise \$35, which would be \$1225. I visited <http://foothillunitycenter.org> and found MANY individuals/groups doing this. A few include "Friends of Bob Bartlett", "Duarte Kiwanis-Reyna Diaz", and "Pet Food Bank."

Please visit <http://foothillunitycenter.org> website and consider donating to ANY of the teams. I cannot say enough about this wonderful organization.



Last Saturday, at Santa Anita Park was the 50th Running of the Monrovia Stakes during the 7th Race. Favored was Ageless, ridden by Jockey Julian Leparoux; both had flown in from back East-Keeneland, only to come in 3rd Place.

Winning horse was Prize Exhibit; Winning jockey, Santiago Gonzalez; trained by Jim Cassidy; owners, DP Racing.

On hand to make the presentation was Monrovia Mayor Pro Tem Larry Spicer and his family.

DUARTE RESIDENTS ENCOURAGED TO PARTICIPATE IN FREE "SANDBAG SATURDAY" EVENT ON JANUARY 16TH

DUARTE, CA, January 6, 2016 – To help Duarte residents prepare for the potential, dramatic effects of an El Niño weather event including high water, moving debris and possibly mud, the City is offering a one-time "Sandbag Saturday" event on Saturday, January 16 from 10 am to 12 pm at Third Street Park, 1626 Third Street. Please be advised the event is open ONLY to Duarte residents and there is a limit of 25 sandbags per household. Los Angeles County Fire (LACF) and City staff will be on site to both educate and assist residents on the "do's and don'ts of proper sandbagging. Sand and sandbags will be supplied at not cost to Duarte residents courtesy of LACF and the City of Duarte. Residents are asked to bring their own shovels, gloves, protective eyewear and be prepared

to transport filled sandbags to their respective residences. Parking is available for participants at 1640 East Third Street. For additional information, please contact Duarte Public Safety at (626) 3577938.

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; Twitter @CityofDuarte; Instagram @city_of_duarte and LinkedIn.

BE YE KIND TO THE CANINE

"The greatness of a nation and its moral progress can be judged by the way its animals are treated."
~ Mahatma Gandhi

Over the course of the five years I've been writing this column, I've used quite a bit of it's printed space to share my feelings about how animals should be treated more kindly by the human. Although what I have written has been based on facts as I know them, and while my motive has been pure in hoping to encourage change for the better, I realize that my writing has, at times turned to ranting on a subject that is, for the most part, hard to hear.

This week I decided to focus my article on all of the good things humans have done to help protect animals and enhance their quality of life. Many positive changes have been made through new legislation, volunteerism, philanthropy and donations - all on the part of the human, and all on behalf of the animals. There is much more work to be done to ensure that all animals, both wild and domestic are given a fair shake in life, but we've come a long way.

Here are a few examples of the positive changes that have come about for animals over the past several years. This is a short list, but it gives you an idea of the progress our country has made in terms of bettering our relationship with animals.

In 1966, The Animal Welfare Act was signed into law, making it the first in the United States that regulates the treatment of animals in research, exhibition, transport, and by dealers. Other laws, policies and guidelines before or after may include additional species coverage or specifications for animal care, but today all refer back to the Animal Welfare Act as the minimum acceptable standard.

In May of 2006, Ohlone Dog Park in Berkeley, CA became the first known of it's kind in the world. Since then, dog parks have been popping up by the hundreds in numerous cities within the US, and throughout the globe. This proves that all those millions of dog owners truly care about their pets, and want the very best for them. Off-leash play in a social setting with other canines is one of the kindest things you can offer your dog. If you haven't visited our own dog park here in Sierra Madre, you should. It is located behind the Rec. Center pool, next to the tennis courts in Recreation Park. There are also a few other dog parks nearby with fenced areas designated for both small and large dogs to play off leash. Use common sense and go by the rules to ensure a positive experience.

In February, 2012 LA County agreed to allow dogs to accompany their humans for dinner on restaurant patios. Now your four-legged friend can really be a part of the family, by joining you for an evening outing rather than waiting at home anxiously until you arrive. With LA county being the forerunner and followed example, this law carried over to several other counties in California as well. It was amended later to prevent restaurant owners from being cited by the Health Dept., opening even more doors to four-footers.

In October of 2012, The LA City Council voted 12-2 in favor of a law that would require pet stores to sell only rescued animals. In addition to reducing euthanizations, the law seeks to put an end to puppy and kitten mills that keep animals in poor conditions and then ship them to pet stores for profit.

Pet ownership in the United States, Great Britain and Australia is on the rise! According to a recent census, the number of dog owners in these three countries has grown by several millions from the 1990's

Happy Tails

by Chris Leclerc



to the 2000's and the number of dogs per household has increased as well. We humans are obviously becoming much more willing to forego another toy or trinket, in order to love and care for someone besides ourselves! Pets are great teachers.

In the early 1990's, pet supply stores started showing up all over the place in the US, coast to coast. Nearly every sizable city now boasts at least one PetCo or PetSmart store along with a variety of neat boutique mom-and-pops where you are sure to find anything and everything you may want to pamper your pet. Is this not a true sign of our growing affection for Fido? After all, our money typically follows our heart.

Countless animal rescue organizations have formed over the past few decades. Best Friends is a prime example of kind humans helping animals in need. Their efforts have reduced the number of euthanized pets to a proportionate fraction of what it used to be and numerous other organizations have followed their lead by placing rescued animals and advocating spay and neuter to all pet owners.

Many licensed veterinarians in the United States now offer affordable spay and neuter services to those who are financially strapped. Several non-profits network with veterinarians who share their desire to stop accidental breeding, and are willing to provide such services at their own cost. Do the research to find the right vet for your pet, and discuss your financial status frankly with him/her. You may be surprised at how helpful your vet will be when you tell them your desire is to prevent pet pregnancy.

Last but certainly not least, there is a growing trend in our present society, to adopt and not shop. This relatively new concept that was started by animal rights advocates, was mostly made popular by celebrities who agreed with the philosophy. Now it seems just about every animal lover is on the band wagon. It thrills me to hear people say, "My dog is a rescue from a local animal shelter, and I wouldn't have it any other way." So now, adopting is not only a win-win for the animal, it is also a cool trend that has caught on like wildfire. I think this trend is here to stay, and will continue to grow. I benefit daily, from the mere presence of my little Molly. And, I am blessed with the added benefit of spending time with my clients' pets as well. There is nothing like being greeted at the door by a dog who is elated to see you. No other boss I have had in the past could make me feel so privileged to do my job.

Kudos to all the humans who recognize the value of the animals and show them the respect they deserve. Thank you for selflessly paving the way to a better life for them. May we all try to focus more on the good things being done to make changes for the better, and let's keep up the good work! Love and let live.



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LOOKING FOR A BEST FRIEND?

Meet Little Guy, a tiny dog with a huge personality! At less than 5 pounds, this 8 year old Chihuahua mix is definitely one of the smaller dogs at the shelter, but that does not keep him from being noticed. Little Guy was found with a severely injured leg in mid-November, and was brought to the shelter for emergency medical care. The leg was mangled beyond treatment and had to be amputated. Little Guy spent several weeks in our clinic recovering from his injury and surgery before becoming available for adoption. He is ready now to find his forever home.



deserves a home that will give him the comforts that he deserves, but will let him live up to his potential to live a full and active life. Little Guy is proof that good things come in small packages. Come in to meet this charming little character while you still have the chance and start the new year off with a best friend!

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 Little Guy, please stop by any time from 10:00am to 4:30pm Tuesday thru Sunday.

His adoption fee is \$130 and includes neuter surgery, vaccinations, microchip and a free wellness exam at a participating veterinarian. Feel free to call us at (626) 286-1159 for more information on Little Guy. If you are interested in meeting Little Guy or any of the other wonderful pets at the shelter, visit the San Gabriel Valley Humane Society at 851 E. Grand Ave., San Gabriel, Calif., 91776, Tuesday through Sunday. For more information, call (626) 286-1159. See our website at www.sgvhumane.org for information and photos of all our wonderful pets.

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, you can stop by the shelter or do so through PayPal. Go to the shelter website at sgvhumane.org for more information.

PET OF THE WEEK: EBONY: ANIMAL ID #A4905917

Are you looking for a sweet and soulful companion? Look no further and meet Ebony (A4905917). Ebony is an angelic 5-year-old tricolor female Dachshund and Rat Terrier mix who was left at the Baldwin Park Animal Care Center on December 18th by her previous owners with no reason given. Weighing 11 pounds, Ebony is a cute and cuddly puppy who adores human companionship. Ebony is familiar with the leash and enjoys going for walks, especially if it means meeting other dogs and making new friends. Ebony will make an awesome indoor companion for anyone in any living situation, especially a family with children. To watch a video of Ebony, please visit the following link: [HYPERLINK "https://www.facebook.com/l.php?u=https%3A%2F%2Fyoutu.be%2FsBH6PVhFaYg&h=fAQHT8U69&enc=A ZMzTeTk9HgAk9a_f62MpiGNjX5NoL_7rdBH-MHtKJ5a5YNLIROXOKs4i81Ub2GD9TAs1vW-XAKSTmBdn4H85CMU0EA2FMrniQXXSDp_Vwq7sMA s B 7 R v z b i L O P Q b L - N Z w n n I 7 f B M 9 z J n 9 j M n C x 2 n 5 W & s = 1"](https://www.facebook.com/l.php?u=https%3A%2F%2Fyoutu.be%2FsBH6PVhFaYg&h=fAQHT8U69&enc=A ZMzTeTk9HgAk9a_f62MpiGNjX5NoL_7rdBH-MHtKJ5a5YNLIROXOKs4i81Ub2GD9TAs1vW-XAKSTmBdn4H85CMU0EA2FMrniQXXSDp_Vwq7sMA s B 7 R v z b i L O P Q b L - N Z w n n I 7 f B M 9 z J n 9 j M n C x 2 n 5 W & s = 1) blank" <https://youtu.be/sBH6PVhFaYg>

To meet Ebony in person, please see her at the Baldwin Park Shelter, located at 4275 N. Elton, Baldwin Park, CA 91706 (Phone: 626-430-2378 or 626-962-3577). She is currently available now. For any inquiries about Ebony, please reference her animal ID number: A4905917. The shelter is open seven days a week, 12 pm-7 pm Monday-Thursday



and 10am-5pm Friday-Sunday. This is a high-intake shelter with a great need for adoptions. For more information about Ebony or the adoption process, please contact United Hope for Animals Volunteer Adoption Coordinator Samantha at Samantha@hope4animals.org. To learn more about United Hope for Animals' partnership with the Baldwin Park Shelter through its Shelter Support Program, as well as the many dogs of all breeds, ages, and sizes available for adoption in local shelters, visit <http://www.unitedhope4animals.org/about-us/shelter-support-program/>.

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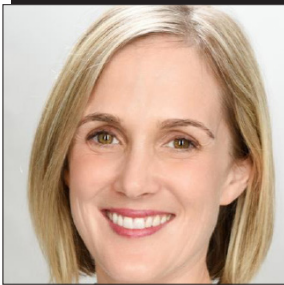
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THE JOY OF YOGA

IF NOT NOW, WHEN?

How do we know when the timing is right? Do we make our yoga practice a priority when we're actually in pain? Or is it when we are stressed out and anxiety ridden?

Yoga can relieve both pain and anxiety. But what if we used it to INCREASE joy and peacefulness. Have more moments of tranquility. Anytime is a good time boost your yoga practice and self care. No permission needed. In fact, MORE gives you MORE. The more we take care of ourselves the greater, richer, fuller life will be. The more pleasant we are with the world around us. In the new year, it's helpful to re-access and re-charge our intentions. What about the items on your "dreams" list? (Do you have a dreams and intentions list?) What priority and efforts are those ambitions given?

This question 'if not now, when?' struck me this week.

Time passes whether we like it or not. The days, months and year will fly by. It's our choice (and responsibility) to have a say what goes on in our life. We choose to embark on an educational endeavor, we choose alternate healing modalities, we choose to exercise and we choose what we eat. Each good choice leads to another good choice.

Going forward, what are the actions you can take to best support yourself and your intentions? Do yoga, seek wisdom and be around people who are seeking wisdom! Embark on something you've been wanting to do; don't put it off any longer.

Namaste friends. My light salutes and honors your light.

With Love,
Keely Totten
Yoga Madre

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ACUPUNCTURE FOR TENNIS ELBOW

Study Suggests Treatment Is Effective, Even in Difficult Cases

One of the most frequent injuries suffered by professional athletes and weekend warriors alike is epicondylitis, an inflammation of the muscles and tendons of the forearm.

More commonly known as tennis elbow, it is caused by repeated twisting of the wrist or frequent rotation of the forearm, and can lead to a weakened grip, elbow pain, and damage to the tendons that connect to the humerus, the bone of the upper arm.

Traditional treatment of tennis elbow consists of therapies such as braces, medications, heat, physical therapy and rest, the majority of which are effective in relieving pain but do very little to prevent the condition from recurring. Research from a pilot study presented at the annual meeting of the American Academy of Physical Medicine and Rehabilitation in San Francisco suggests that acupuncture not only relieves the symptoms of tennis elbow, it appears to resolve the condition completely.

In the study, Dr. Peter Dorsher, a medical doctor certified in acupuncture, performed acupuncture on 22 patients with varying degrees of tennis elbow. Dorsher used "rounded" acupuncture needles, which are designed to pierce the skin and enter the muscle with as little damage as possible. All of the patients were treated with French energetic meridian therapy, with needles inserted at local points on the elbow in tight myofascial bands.

Each patient was treated between 2-10 times. After an average of 3.9 treatments, a "maximal response" was achieved, with every patient reporting a disappearance of their symptoms. This response also appeared to last much longer than that usually seen in patients

using painkillers, braces or other traditional methods. At a mean followup time of 8.5 months after receiving acupuncture, 17 patients (77.3%) experienced a resolution of their symptoms and had returned to full, normal activities; another two patients had returned to normal activities except those that involved heavy lifting in the affected arm.

Perhaps the most interesting aspect of Dorsher's study is that many patients had endured months of pain before turning to acupuncture. Subjects in the study group suffered symptoms an average of eight months; six patients had experienced symptoms for more than two years.

Furthermore, nearly every patient who participated had previously attempted to cure their tennis elbow through conventional means, with some patients trying multiple therapies without success before trying acupuncture. Of the 22 subjects in the study, 14 had undergone "extensive hand therapy interventions"; 17 had used an elbow brace or splint; seven received corticosteroid injections for pain relief; and one patient had elbow surgery, all without achieving the desired effect, before turning to acupuncture.

In an interview with Reuters Health, Dorsher said that it was unclear why acupuncture seemed to help patients in the early and latter stages of tennis elbow but added that the needles appeared to immediately loosen the tight muscles around the elbow joint. Acupuncture was found to be so helpful, he noted, that he now performs it as a primary form of treatment.

"This is an extremely powerful tool for pain," he said.

References
<http://www.acupuncturetoday.com/mpacms/at/article.php?id=27753>

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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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BUSINESS NEWS & TRENDS

FAMILY MATTERS

By Marc Garlett



various investment strategies with varying degrees of risk. When you are a number of years away from retiring, you can take more risk and build the nest egg. As you approach retirement, however, money should be moved to more conservative investments that will hold value.

Other employers may offer defined benefit retirement plans. These plans specify a benefit that will be paid when a certain age and/or years of service plateau is reached. These plans are nice in that they relieve you of worrying about specific investments. They do not, however, typically pay a benefit that meets the projected retirement number.

Should You Do More?

Whether you are in a defined contribution plan, a defined benefit plan, or have no employer plan, the key is to start saving. Do not put it off until you are out of debt. Chances are you will never start. Take advantage of whatever tax-deferred saving instruments are available, such as Individual Retirement Accounts. But don't be lulled into thinking that those IRA's are a panacea, because you still have to pay tax on the withdrawals.

Finally, do not underestimate how much you might actually need. These days, many parents are still supporting adult children. In addition, as life spans have increased, many retirees find themselves having to care for one or more parents whose own retirement income has become very dated. Health care costs are also volatile. Medicare will not cover all your health expenses, and you never know what your health care issues may be. Consider long-term care insurance to cover some of these gaps.

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.

RETIREMENT PLANNING REALITY CHECK

The National Institute on Retirement Security states that the funds American workers have set aside for retirement are inadequate to the tune of trillions of dollars. Why? Well as the old adage goes, failing to plan is as good as planning to fail.

One of the first pitfalls in retirement planning is giving up before you ever start. Many people look at projections of what will be needed to retire and conclude it is simply out of reach, so why even try? In conjunction with this defeatist attitude about saving, they may also think Social Security will provide them with a safety net. But the cold hard reality is, Social Security provides nothing more than a meager income at best.

Do You Already Have One?

A lot of employers provide retirement plans, which, together with Social Security, will get you closer to that projected number. Employer-funded programs these days are mostly what are known as defined contribution plans, which means the only certainty is the amount of money that will be contributed by the employer. Employees, normally, also contribute to the plan. Often these are in 401(k) plans, with which most people are familiar.

Your first objective with these plans should be to contribute enough of your earnings to build up a nest egg that meets your projected goal. The next objective is simply to invest wisely. These plans are administered by investment brokers that offer

ARTIST-DESIGNED TOYS BECOME PLAYFUL ADVOCATES FOR DIVERSITY AND ACCEPTANCE

PERFECT REJECT® creator, Nina R Salerno displays toys at Sierra Madre Library in Sierra Madre to heighten awareness of diversity by exploring the meaning of people's differences.

Lovingly made from recycled toys, artist Nina R Salerno's PERFECT REJECT® line of uniquely sculptural push animals has found success in museum stores like MOCA as well as in collectors' homes. A display at the Sierra Madre Library in Sierra Madre on January 5, 2016 through January 31, 2016 with an assortment of soft sculptures to raise awareness of diversity while engaging the audience in a dialogue of embracing our difference. Leonora Moss, a floral and boutique shop in Sierra Madre will feature Nina R Salerno's PERFECT REJECT® on January 12, 2016 through February. "I always like to say that imperfect means that I'm perfect, you're perfect just the way we are," says Nina. I wanted to create characters that seem unlikely on the surface, but deep down reflect the need to be ourselves even when we have to stand apart from the pack. And from that conviction, we can come together by accepting rather than rejecting our differences."

It's an approach Nina describes as "building community through play," which she developed when she saw how much each PERFECT REJECT® resonated with adults both as quirky toys and potent reminders about embracing the differences that make us all deserving of value. The PERFECT REJECT® has partnered with CompassionWorks International (CWI) and will be donating 10% of the proceeds from their sales to support their mission. CWI envision a day when all animals are able to live their lives free from unnecessary harm and suffering. Join the Worldwide Rally For Cecil

and speak out against trophy hunting on February 6, 2016! www.cwint.org.

About PERFECT REJECT® PERFECT REJECT® was invented by local Sierra Madre artist Nina Salerno when she rescued an abandoned toy and recreated it to reveal a surprisingly poignant vulnerability. From that unexpected insight came the understanding that what we think of as imperfection can actually be a source of strength and joy. This vision, which aligns with Nina's artistic study of impermanence, has propelled her efforts to create unique sculptural pieces that blur the distinction between art and toy. Since launching PERFECT REJECT®, she has gained recognition through sales to private collectors as well as outlets such as the MOCA Store, I.A. Eyeworks, and Fallen Fruit. PERFECT REJECT® website is: www.perfectreject.com

PERFECT REJECT® Stories PERFECT REJECT® document stories of people who have suffered rejection but still are able to celebrate being different. The focus is on how our differences can separate us from others. It is those differences that make us special and that often become our strength. These daily stories can be viewed on Facebook, Instagram and at the PERFECT REJECT® website: <https://www.facebook.com/PerfectRejectStories/>, <http://instagram.com/perfectrejectstories/>, and <http://www.perfectreject.com/perfect-reject-stories/>. Be the Xtra in ordinary.



Social Media Tips, Tricks & Ideas



by: MJ Finstrom

BEST PRACTICES FOR EMAIL MARKETING

A good email campaign can drive revenue and profit and is an easy way to reach people who are interested in your product or service. Emails help to reinforce your brand, increase awareness and boost repeat business. Here are a few best practices:

- Use an email service provider like Constant Contact, they will make sure you comply with the law and offer mobile friendly templates that are easy to use. They also offer unlimited support.
- Keep your subject line below 50 characters
- Keep key actions above the scroll line
- Make sure your email is mobile friendly
- Keep it simple. Use 3 pictures or less. Single subject emails with one picture, a few words and a compelling call to action tend to produce the best results.
- Make sure your images are clickable
- Focus on relevant content. Constant Contact finds that about 20 lines of text have the highest click-through rates.
- Make it easy for your audience to share your emails. Provide social share icons and a forward to a friend button.
- Be consistent. Send an email at least once a month. Be consistent with your colors and language to reinforce your brand.

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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HOW TO MAKE YOUR KITCHEN SAFER AND EASIER TO USE

Dear Savvy Senior,

What tips can you recommend for making a kitchen senior-friendly? My wife, who loves to cook, has had several kitchen-related accidents over the past year, which is why we would like to modify to make it safer and more practical.

Hungry Husband

Dear Hungry,

There are a number of simple modifications and inexpensive add-ons that can make a big difference in making your kitchen more age-friendly. Depending on your wife's needs, here are some tips for each aspect of the kitchen.

Floors: If you have kitchen throw rugs, to reduce tripping or slipping, replace them with non-skid floor mats or consider gel mats, which are cushiony and more comfortable to stand on for long periods. GelPro.com and WellnessMats.com offer a nice selection.

Lights: If the lighting in her kitchen is dim, replace the old overhead fixture with a bright new ceiling light, and add under-cabinet task lighting to brighten up her kitchen countertops.

Cabinets and drawers: To reduce bending or reaching, organize your kitchen cabinets and drawers so that the items you most frequently use are within comfortable reach. You can also make your cabinets and pantry easier to access by installing pullout shelves or lazy susans. And D-shaped pull-handles for the cabinets and drawers are also recommended because they're more comfortable for arthritic hands to grasp than knobs.

Faucet: If you have a twist-handle kitchen faucet, replace it with an ADA compliant single handle faucet. They're easier to use, especially for seniors with arthritis or limited hand strength. There are also kitchen faucets on the market today (like the Delta Touch20 faucet and Moen MotionSense) that will turn themselves on and off by simply touching the base or moving your hand over a motion sensor. And, for safety purposes, set your hot water tank at 120 degrees to prevent possible water burns.

Microwave and stove: If your microwave is mounted above the stove, consider moving it to a



countertop. This makes it safer and easier to reach. And if you're concerned about your wife remembering to turn the stove off, there are automatic stove shut-off devices you can purchase and install to prevent a fire. See cookstop.com, stoveguardintl.com and pioneeringtech.com for some different options.

If you're looking to upgrade some of your appliances too, here are some different senior-friendly features you should look for when shopping.

Refrigerator and freezer: Side-by-side doors work well for seniors because the frequently used items (refrigerated and frozen) can be placed at mid-shelf range for easy access. Pullout adjustable height shelves and a water/ice dispenser on the outside of door are also very convenient.

Stove or cooktop: Look for one with controls in the front so you won't have to reach over hot burners to turn it off, and make sure the controls are easy to see. Flat surface electric or induction burners, or continuous grates on gas stoves are also great for sliding heavy pots and pans from one burner to the next. And ask about automatic shut off burners.

Oven: Self-cleaning ovens are a plus, and consider a side-swing door model. They're easier to get into because you don't have to lean over a hot swing-down door. Also consider a wall-mounted oven, installed at your wife's preferred height to eliminate bending.

Dishwasher: Consider a dishwasher drawer that slides in and out, and is installed on a 6 to 10-inch raised platform. These require less bending to load and unload.

Washer and dryer: Front-load washers and dryers with pedestals that raise the height 10 to 15 inches are also back-savers and easy to access.

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! ...January Birthdays*

Gerald Day, Mary Tassop, JudyWebb-Martin, John Johnson, Mary Bickel, Marlene Enmark, Ross Kellock, Ruth Wolter, Sue Watanabe, Sandy Thistlewaite, Bobbi Rahmanian, Fran Syverson, Shirley Wolff, Judy Zaretska and Becky Evans.

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



ACTIVITIES:

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

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, January 25th 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, January 21st, 10:30am - 11:30am, improve your memory and strengthen your brain. Activities facilitated by Hugo, Community Liaison for New Wave Home care of Pasadena.

Free Legal Consultation: Wednesday, January 27th 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.

Balance Class: No Balance Class due to Martin Luther King Holiday.

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.

SENIOR CINEMA • 1ST AND 3RD WEDNESDAY Shown at the Hart Park House Senior Center

January 6 - To Catch a Thief (1955)

Notorious cat burglar John Robie (Cary Grant) has long since retired to tend vineyards on the French Riviera. When a series of robberies is committed in his style, John must clear his name. Armed with a list of people who own the most expensive jewels currently in the area, John begins following the first owner, young Francie (Grace Kelly). When her jewels are stolen, Francie suspects John, destroying their tentative romance. John goes on the lam to catch the thief and clear his own name.

Rated PG. Start time 1:00pm (run time 1h 46m)

January 20 - St. Vincent (2014)

Maggie (Melissa McCarthy), a struggling single woman, moves to Brooklyn with her 12-year-old son, Oliver (Jaeden Lieberher). Having to work very long hours, she has no choice but to leave Oliver in the care of Vincent (Bill Murray), a bawdy misanthrope next door. Vincent takes Oliver along on his trips to the race track, strip club and dive bar, and an unlikely friendship is born. Oliver sees the good in Vincent that no one else can.

Rated PG-13. Start time 1:00pm (run time 1h 43m)

KATIE Tse.....This and That



HOSE DRINKERS

How are your New Year's resolutions going? I set my sights small, and resolved to drink less creamy and sugary coffee at work. Instead, I mix an aspartame-laden "Crystal Light" knock off with water in a two-liter bottle and sip it throughout the day. Sure, it's artificial and possibly carcinogenic, but at least it's gotta be better than sugar with coffee --I mean coffee with sugar.

So, I was filling my water bottle from the sink in the break room the other day when the boss burst through the door. "What are you doing?" she asked. Aghast, I sheepishly looked up from the faucet. "Uh, getting water?"

"No, no, no!" she said, shaking her head. "Come on," she motioned toward her office, "Use the 'Arrowhead' in there." I could feel water overflowing from my bottle into the sink, and nodded, "Okay, maybe next time." I figured, why waste a perfectly good batch of flavored water? Luckily, some small crisis distracted my boss and I was able to retreat to my office with my substandard "faucet water" drink.

For a while I wondered if I was the only tap water-drinking employee until last week, when the topic of tap vs. bottled water came up during lunch. "I was a hose drinker as a kid!" one of the senior workers joked with the boss. This prompted a number of us closet hose drinkers to "come out" and admit our tacky-"tap" habits.

"Yeah," one of my coworkers chimed in, "Nothing tastes better than cold water from the hose after playing outside all day!" A number of us reminisced about our own tap water childhood

memories.

I don't know about you, but I never understood the purpose of bottled water. Talk about the antithesis of "green" living! Think about all the plastic used to store bottled water. Then consider the fuel needed to transport it from place to place. THEN consider the fact the most bottled water is drawn from municipal sources, not the babbling brooks of the Sierras, Andes, or any other pristine locale.

The waste that goes into producing regular bottled water is bad enough, but then they've got to go and make even smaller bottles of water! What? You or your kid can't commit to a 12 oz. bottle, so you go for the tiny 6 oz.? Yes, midget water bottles are cute, but really, can cute be justified at the cost of jeopardizing the environment?

I understand that there are situations that demand bottled water. Anytime you're traveling in the third world or a developing nation, by all means, stock up on Dasani or whatever brand you like. During a vacation to Michigan, we stayed at a relative's house that was situated in the middle of a

corn field. The water had an orange tint, and smelled like burning sulfur. I don't recall whether or not I actually showered in it, but that was one time I was very grateful for a bottle of Arrowhead!

So, if you're traveling, take advantage of our wonderful advances in bottled water. But if you're torn between filling up at the kitchen sink or paying \$1 for a bottle of Dasani, I hope you choose the sink. It's a heck of a lot cheaper. And remember --what doesn't kill you makes you stronger!



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PICK 5 FOR SANTA ANITA RACE TRACK

They are off and running at Santa Anita, so where do you dine with all your winnings? Here are five places that I really like.

Panda Inn is a mainstay and Father of the Panda Express restaurant chain is a full service restaurant fresh with white linens and a full bar. No you won't find ducks hanging in the window, but you will find very above average Chinese Food, complete with a full bar, you might find trainer John Sheriffs or Hall of Fame Jockey Laffitt Pincay chowing down on Orange Flavored Chicken or having a Mai Tai at the bar, bartender Kim is always quick with a joke and is the best in the business. I recommend the Won Ton Soup. 3488 E. Foothill Pasadena.

Robin's Wood Fire BBQ has been called by many as the best BBQ this side of Texas, and I agree, the Beef Ribs are meaty and the tri-tip sandwich literally melts in your mouth. Full Bar and open lunch and dinner. 395 N. Rosemead Pasadena (626) 351-8885. For you steak lovers and I know there are plenty the **Derby Restaurant** is a must, Choice and Prime steaks are offered at this racing and restaurant Institution. Besides the great steaks and chops take a few minutes to walk around the restaurant and marvel at all the old pictures and a display case located in the front, it hosts many old trophies, boots and ribbons. The owners tell me that George Woolf himself made the Derby his home away from home in the early 1930's and became a partner in the restaurant in 1938. 233 E. Huntington Arcadia.

Something different you ask? I have it in **Din Tai Fung**, The San Gabriel Valley has a large Asian population and this restaurant has customers waiting in line for their Dumplings, I consider this the best Dumpling House in the area, order the Xiao Long Bao, dumpling packed with minced pork, I order the fresh crab meat as a topping, simply irresistible, caution you may move to Arcadia just because of this restaurant, I recommend coming off hours, it can be busy. 1108 S. Baldwin Arcadia.

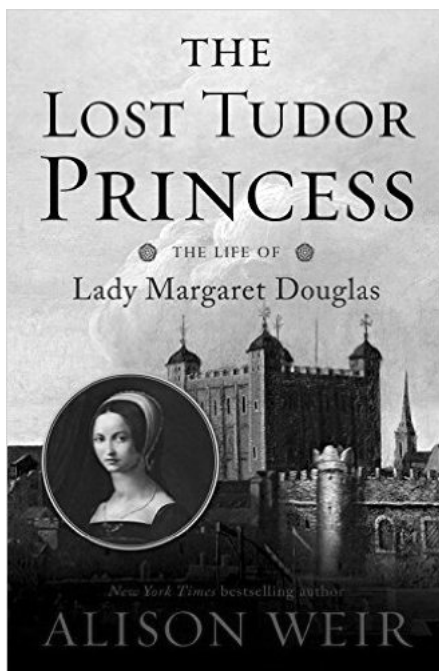


Nikki C's just a few minutes from the Race Track has been the meeting place for many winning betters, trainers and owners for just short of ten years, I have to say that the Ciaopino is about the best in town, full of seafood including, mussels, scallops and crab, a meal in itself, the staff is mostly on the friendly side, so after a fun day at the track I often will head over to Nikki C's, the lighting is slightly dark, if they had enough room they'd have a piano bar, get the picture? Locals have been coming here for years, and call it their secret spot and home away from home. Well, the secrets out. 470 S. Rosemead Pasadena.

Peter Dills Hosts a one Hour TV Show on PBS Los Angeles KLCS 5 PM Sunday. Channel 25 Charter & Channel 58 ATT /Direct TV you can reach him www.peterdills.com

Jeff's Book Pics By Jeff Brown**The Lost Tudor Princess: The Life of Lady Margaret Douglas** by Alison Weir

Acclaimed historian Alison Weir comes the first biography of Margaret Douglas, the beautiful, cunning niece of Henry VIII of England who used her sharp intelligence and covert power to influence the succession after the death of Elizabeth I. Royal Tudor blood ran in her veins. Her mother was a queen, her father an earl, and she herself was the granddaughter, niece, cousin, and grandmother of monarchs. Lady Margaret Douglas, Countess of Lennox, was an important figure in Tudor England, yet today, while her contemporaries—Anne Boleyn, Mary, Queen of Scots, Elizabeth I—have achieved celebrity status, she is largely forgotten. Margaret's life was steeped in intrigue, drama, and tragedy—from her auspicious birth in 1530 to her parents' bitter divorce, from her ill-fated love affairs to her appointment as lady-in-waiting for four of Henry's six wives. In an age when women were expected to stay out of the political arena, alluring and tempestuous Margaret helped orchestrate one of the most notorious marriages of the sixteenth century: that of her son Lord Darnley to Mary, Queen of Scots. Margaret defiantly warred with two queens—Mary, and Elizabeth of England—and was instrumental in securing the Stuart ascension to the throne of England for her grandson, James VI. The life of Margaret Douglas spans five reigns and provides many missing links between the Tudor and Stuart dynasties. Drawing on decades of research and myriad original sources—including many of Margaret's surviving letters—Alison Weir brings this captivating character out of the shadows and presents a strong, capable woman who operated effectively and fearlessly at the very highest levels of power.

**The Road to Little Dribbling: Adventures of an American in Britain (Notes From a Small Island #2)** by Bill Bryson

The hilarious and loving sequel to a hilarious and loving classic of travel writing: Notes from a Small Island, Bill Bryson's valentine to his adopted country of England. In 1995 Bill Bryson got into his car and took a weeks-long farewell motoring trip about England before moving his family back to the United States. The book about that trip, Notes from a Small Island, is uproarious and endlessly endearing, one of the most acute and affectionate portrayals of England in all its glorious eccentricity ever written. Two decades later, he set out again to rediscover that country, and the result is The Road to Little Dribbling. Nothing is funnier than Bill Bryson on the road—prepare for the total joy and multiple episodes of unseemly laughter.

Old Glory: A Voyage Down the Mississippi by Jonathan Raban

The author of Bad Land realizes a lifelong dream as he navigates the waters of the Mississippi River in a spartan sixteen-foot motorboat, producing yet another masterpiece of contemporary American travel writing. In the course of his voyage, Raban records the mercurial caprices of the river and the astonishingly varied lives of the people who live along its banks. Whether he is fishing for walleye or hunting coon, discussing theology in Prairie Du Chien or race relations in Memphis, he is an expert observer of the hearty land's estrangement from America's capitals of power and culture, and its helpless nostalgia for its lost past. Witty, elegaic, and magnificently erudite, Old Glory is as filled with strong currents as the Mississippi itself.

Jeff's History Corner By Jeff Brown

The last sugar plantation in Hawaii is set to close at the end of 2016. Alexander & Baldwin, Inc. A&B announced Wednesday that this year will be the last sugar harvest on its 36,000-acre sugar plantation on Maui. The sugar plantation incurred a \$30 million agribusiness operating loss in 2015, and continuing significant losses have been forecast. The 675 people employed by its subsidiary, Hawaiian Commercial & Sugar Company (HC&S), will be laid off progressively starting in March as their responsibilities come to an end. The company will then move toward more diversified agriculture, such as energy crops, agroforestry, livestock, diversified food crops, and orchard crops. "This announcement marks an end to plantation agriculture that shaped our state's history," Senator Mazie Hirono (D-HI) told NBC News. "Hawaiian Commercial & Sugar Company has been a source of economic stability for the County of Maui, pioneered technical innovation in the field of agriculture, and served as a catalyst to a labor movement that improved working conditions for Hawaii families." A&B was founded 145 years ago by descendants of Protestant missionaries. Sugar became big business in 1876 when plantation owners were allowed to export sugar to the United States duty-free. White plantation owners played a large part in the 1893

U.S.-backed illegal overthrow of the Hawaiian monarchy and the subsequent 1898 annexation of Hawaii as an American territory. In 1993, President Bill Clinton acknowledged and apologized for the U.S. role in the illegal overthrow of the Hawaiian monarchy. Plantation owners were also responsible for bringing large numbers of workers to Hawaii from China, Japan, Korea, Philippines, and Portugal, shaping the unique ethnic makeup of the islands. "Much of the state's population would not be in Hawaii today, myself included, if our grandparents or great-grandparents had not had the opportunity to work on the sugar plantations," said Stanley M. Kuriyama, A&B executive chairman, in the announcement. The sugar industry began to decline after the islands became subject to U.S. labor laws, and cheaper labor was found in India, South America and the Caribbean. According to Civil Beat, A&B also faces continuing litigation over air pollution from the burning of 400 acres of sugar cane every week from March to November, and over Native Hawaiian water rights. But in a statement following the announcement, Hawaii Governor David Ige said that A&B's move toward diversified agriculture was "a golden opportunity for the state to focus on renewable energy and food security."

On the Marquee: *Notes from the Sierra Madre Playhouse***THE CRUNCH TIME**

By Artistic Director, Christian Lebrano

By now you must know how much I love putting up shows for you, our loyal patrons. It just delights me to create theater and Deathtrap is filled with so much fun stuff that sometimes I can't believe I am allowed to do this! And I'm not alone. Hard to explain the dedication and hours of time that so many people are putting into mounting this show - from the actors to the designers to the producers to all the technicians working long hours doing sometimes tedious jobs for the thrill of thrilling you!

Choreographer was with us on Tuesday for a final coaching session on stage - and to drop off his loan of daggers, and rapiers, broadswords, maces and more that we'll be using both practically and as set dressing. And just before I sat down to write this the Composer sent me his final versions of the music he has written for the show.

Saturday it all comes together at the Q2Q as the actors learn the timing of all the effects and try on their clothes and drink the fake ginger ale (one actor is allergic to the real stuff) during a very long day at the theater. All of us keeping in mind



This is crunch time for Deathtrap. The set is being completed - every day I walk into the theater to find another wonderful surprise awaiting me - today it was the wallpaper hung. Last night was our "Dry Tech" - that's where the Sound and Lighting Designers and the Stage Manager and I go through all the cues (the technical aspects for each moment, i.e. the car door slam and the flickering lights of the fireplace which flare up when paper is thrown into it) - it's called a Dry Tech because there are no actors present. If there were actors it would be called a Wet Tech. Tonight the Costume Designer and the Properties Designer (props are anything an actor holds in his hands or sits on) will arrive with blood to test under the lights and with the actors - it is important that it can be applied quickly and wash out of the clothing easily. The Fight

our goal - to scare you, to thrill you, to make you laugh, and surprise you and to make Deathtrap come to life.

I'm grateful to each member of the team who is working so hard but I have to offer a special thank you to Erin Walley, our Assistant Set Designer, hired originally as our Properties Designer and still doing that job, who when our Set Designer's commitments to the TV show he works on meant he wasn't able to finish the design stepped in - and then became our de facto Production Manager coordinating all the aspects of the build. If it wasn't for her there would be no show to open.

Deathtrap is selling briskly - it opens January 15 and runs through February 20. This one is going to be great fun - don't miss it. Please visit our website at SierraMadrePlayhouse.org or call Mary at 626.355.4318 to arrange your purchase.

SEAN'S SHAMELESS REVIEWS: BEST NEW SONGS TO KICK OFF 2016

By Sean Kayden



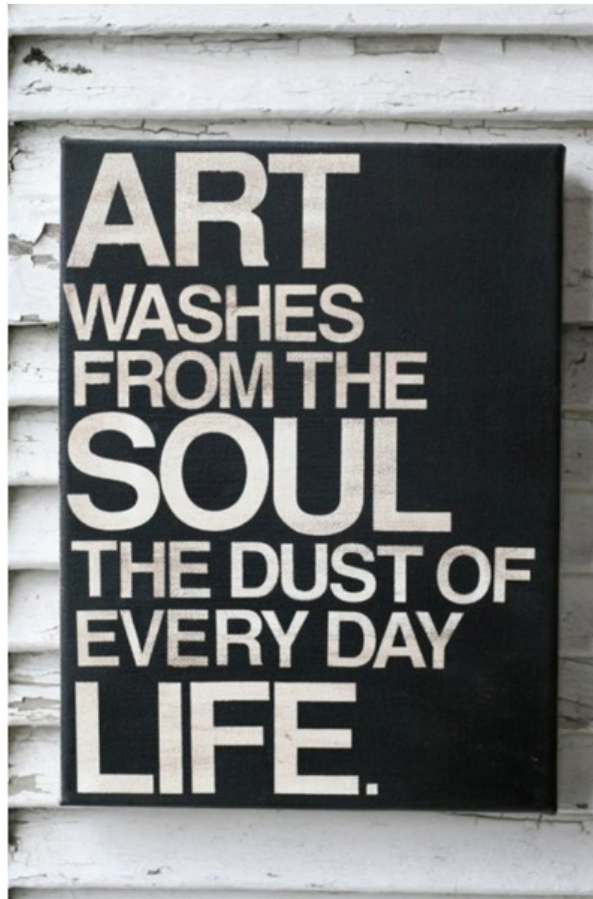
Old Man Canyon - "Hollow Tree" - Vancouver singer/songwriter Jett Pace crafted the indie rock outfit's much-anticipated debut LP, "Delirium". It's due out on January 15th. One of the tracks is "Hollow Tree," a shimmering, vintage synth driven masterpiece. It majestically soars with beautiful arrangements and the overall sounding vibe is the closest thing to heaven I've heard in quite some time. The fresh approach includes a solid melody and complex textures that are guided by Pace's enriching and lilt vocals. With a penchant for deep pop sensibilities, discreet synthesizers, and reflective lyrics, Old Man Canyon's debut record may be a gem among a sea of pearls.

Matt Kivel - "Violets" - "Janus," the third solo album from ex-Princeton member Matt Kivel debuts next month. The recent single, "Violets" is a joyous, meditative, and fragile. At the same token, it is both sharp and more intricate than your normal indie-folk track. Kivel has proven to be a solid storyteller over the course of his first two records, "Double Exposure" and "Days of Being Wild". His words do more than just pull you in; they have a propensity of sticking with you long after the songs conclude. However, it's Kivel's solo guitar arrangements that leave a deep imprint on one's own mind and heart. The sound is so wisely put together that each note, each layer feels just right at every moment.

Cullen Omori - "Cinnamon" - Former Smith Westerns front man Cullen Omori has just released the first single, "Cinnamon" off his solo debut "New Misery," which is out March 18 via Sub Pop. The inspiration for the record derived from listening to

Top 40 radio during his long shifts at his medical supply company day job. The strange hybrid of sorts works effectively well for his new single. It's his most pop orientated song to date as a musician with glimmering, dreamy guitars that swirl around and around. It's a sunny pop tunes amidst a cold and dreary winter. It definitely has all the essentials to be a huge success. If this is any indication of what the record may sound like, Cullen Omori may find himself becoming much more known in the coming months.

Mothers - "It Hurts Until It Doesn't" - With an array of bands featuring edgy female singers was all the rage for the past two years or so, Kristine Leschper and her band Mothers may become the most talked about indie band of them all in 2016. An untitled debut LP is planned for this year and one of the definite cuts will be "It Hurts Until It Doesn't," a painstakingly beautiful and shattered piece of work. With lyrics like, "I don't like myself when I'm awake" and "I felt your love for a little while but never had the guts to give myself up," you know you'll be traveling into dark and personal terrains. However, the Athens, Georgia foursome does more than just mourn and display catharsis. Their utterly original and nebulous sound is riveting as they come off as hardened pros. Leschper's harrowing vocals spark a balance of vibrancy and complexity. There's something profound and meaningful behind not only her words, but also the craftsmanship of this 5 and 1/2 minute song. The multi-layered rock gem sounds like nothing like you have ever heard before and that's what you need looking forward into 2016.



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Looking Up with Bob Eklund



MEANWHILE, IN A GALAXY NOT SO FAR, FAR AWAY...

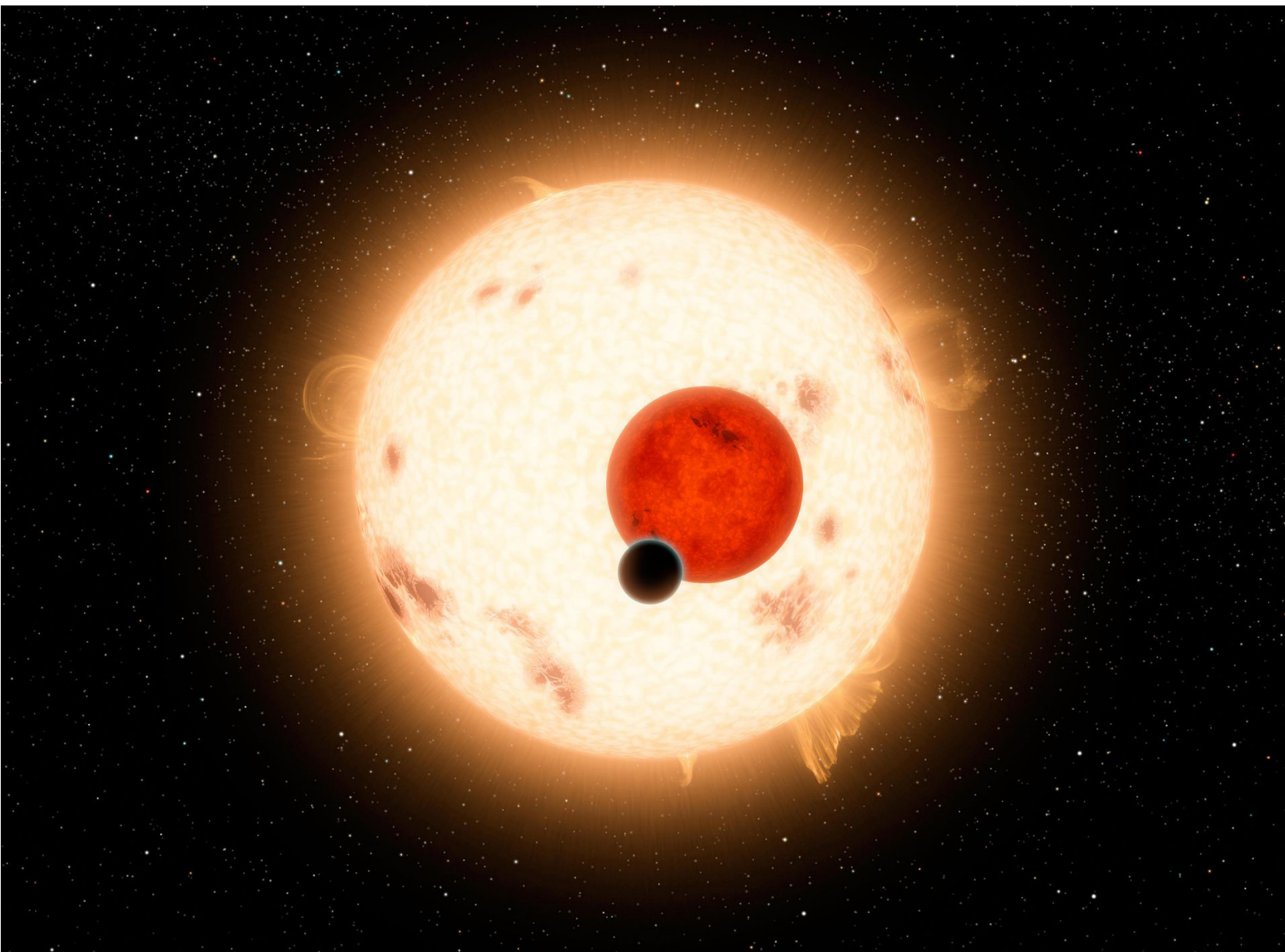
The fantasy creations of the “Star Wars” universe are strikingly similar to real planets in our own Milky Way galaxy. A super-Earth in deep freeze? Think ice-planet Hoth. And that distant world with double sunsets can’t help but summon thoughts of sandy Tatooine.

The most recently revealed exoplanet possessing Earth-like properties, Kepler-452b, might make a good stand-in for Coruscant—the high-tech world, seen in several Star Wars films, whose surface is encased in a globe-spanning city. Kepler-452b belongs to a star system 1.5 billion years older than Earth’s. That would give an advanced civilization more than a billion-year jump on us. The denizens of Coruscant not only have an entirely engineered planetary surface, but an engineered climate as well. On Kepler-452b, conditions are growing warmer as its star’s energy output increases—a symptom of advanced age. If this planet (which is 1.6 times the size of Earth) is truly Earth-like, some climate engineering might be needed there as well.

The planet Mustafar, scene of an epic duel between Obi-Wan Kenobi and Anakin Skywalker in “Revenge of the Sith,” has a number of exoplanet counterparts. These molten, lava-covered worlds, such as Kepler-10b and Kepler-78b, are rocky planets in Earth’s size range whose surfaces could well be perpetual infernos.

The planet OGLE-2005-BLG-390, nicknamed “Hoth,” is a cold super-Earth, with a mass five times that of Earth and a surface temperature estimated at minus 364 degrees Fahrenheit. That most likely means no Hoth-style tauntauns to ride, or even formidably fanged abominable snowmen (aka wampas). Astronomers used an extraordinary planet-finding technique known as microlensing to find this world in 2005—one of the early demonstrations of this technique’s ability to reveal exoplanets. In microlensing, backlight from a distant star is used to reveal planets around a star closer to us.

Luke Skywalker’s home planet, Tatooine, is said to possess a harsh, desert environment, swept by sandstorms as it roasts under the glare of twin suns. Real exoplanets in the thrall of two or more suns likely have even harsher environments. Kepler-16b was the Kepler telescope’s first discovery of a planet in a “circumbinary” orbit—circling both stars, as opposed to just one, in a double-star system. This planet, however, is likely cold, about the size of Saturn, and gaseous, though partly composed of rock. It lies outside its two stars’ “habitable zone,” where liquid water could exist, and its stars are cooler than our sun—all of which probably adds up to a lifeless



Tatooine.

Endor, the forested realm of the Ewoks introduced in “Return of the Jedi,” is a moon orbiting a gas giant. Detection of exomoons—moons circling distant planets—is still in its infancy for scientists here on Earth. A possible exomoon was observed in 2014 via microlensing. It will remain forever unconfirmed, however, since each microlensing event can be seen

only once. If the exomoon is real, it orbits a rogue planet, unattached to a star and wandering freely through space. The planet might have hung on to its moon after somehow being ejected during the early history of a forgotten planetary system.

The hunt for exomoons could actually have powerful implications in the search for life beyond Earth. If exomoons are shown to be potentially

habitable, this would open another avenue for biology; habitable moons might even outnumber habitable planets. Could they have bustling ecosystems, with life forms even more exotic than Endor’s living teddy bears, swinging between trees Tarzan-style? Stay tuned.

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CHRISTOPHER Nyerges
DYLAN VS. BEETHOVEN: A LESSON
IN FAMILY COMMUNICATION

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One Saturday, with no warning, Paul Martinez engaged my father in the relative value of pop vs. classical music. This was probably around 1964 when Bob Dylan was the king of pop, and seemed to be the messenger of the “secret messages” to the younger generation. All my older brothers could fairly accurately be called Dylan fans, if not Dylan worshippers. We all seemed to regard listening to Dylan as a more meaningful spiritual experience than sitting through Mass at Saint Elizabeth’s. No one remembers how it began, but it was a legendary conversation that lasted for hours. My father’s argument was that the music and lyrics of Bob Dylan were of no lasting value and the young people were simply too ignorant to realize it yet. Frank, my father, said that Dylan would be forgotten in a few years. He compared Dylan to Beethoven and Bach, and other classical musicians, and explained that Dylan was not in any way at the level of the classical composers. Paul wholeheartedly disagreed.

Their conversation began in the living room where Frank would sit in his easy reclining chair and watch TV. Paul sat near him on the couch. Everyone in the household only became aware of their conversation when we realized they were still at it after about an hour. As the conversation’s volume level would rise from time to time, we could all hear what they were saying: “Of course you can put Dylan in Beethoven’s category,” said Paul in his deep and sincere voice. “Have you actually ever listened to what he’s saying in his songs?”

“He just cackles,” said Frank, “and you really can’t even make out his words most of the time. And I’m not even talking about the words. And it’s only important, as you call it, if you take an hour to explain it all to me. I don’t need any explanation to know that Bach’s music really is good,” said Frank as Paul patiently waited his turn in this lively exchange.

“Well, I’m not saying that Dylan and Bach and the other classical can be compared directly. Obviously, they can’t,” said Paul, giving some ground to Frank. “But there is obviously something that millions of people are responding to that you aren’t seeing – or hearing. Dylan is not just music; he is also the message. So we’ve got to examine some of the words and see what he’s really saying.”

This went on, back and forth, quiet and loud, for another hour. They opened up the record player and began playing select songs for the other to listen to.

We prepared the usual Saturday night dinner – something like hotdogs and baked beans and salad and some other vegetables. We took a plate into Frank and Paul, and we didn’t expect them to come into the kitchen as their debate entered the third hour.

We heard silence and then the lyrics of Dylan. Sad Eyed Lady of the Low lands. Hey Mr. Tambourine

Man. Blowing in the Wind. The Times They Are A Changing. After each short selection, there would be a brief silence, presumably as Paul removed the needle, and then they would talk about it. We couldn’t hear all the details. Then there would be a round of some of the classical musicians’ work, a silence, and commentary by Frank.

We cleared the table and washed the dishes, and I set up the chess board and began a game with a neighbor who dropped by. Our game lasted nearly an hour, and Robert won. The Dylan-Classical debate continued.

And then, all of a sudden, Frank and Paul were standing in the kitchen doorway, shaking hands as Paul had to depart. My brother David hadn’t said much the whole night, but he never did.

It was late and Paul had to go home and so it was over. A stalemate, we presumed. No clear winner, each side having done their best to promote their own arguments to win over the other. But both Paul and Frank were unbudgeable and they each stuck to their guns.

For the rest of us, the conversation about the conversation had just begun.

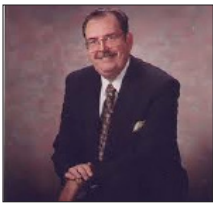
“Why doesn’t he ever have meaningful conversations with us,” David asked to no one in particular. “He engaged with Paul when Paul challenged, but shouldn’t he take it upon himself to engage us,” asked David. No one really cared, but it was clear in the conversation about the conversation that David didn’t really care about whose music was best. To David, the conversation was an example of a father that didn’t take adequate interest in his own children, but would take extra time and supreme effort in a very engaging discussion – but not with David.

I inwardly agreed with David, but I didn’t say anything. In some very primal way, I am sure that I longed to have a father who took an interest in me, who talked to me, who taught me things, who engaged me in his activities for our mutual benefit. I am sure that David had a good point that Frank should do these sorts of things, but I was not bitter about the fact that he did not do so.

The rest of us had probably long ago accepted Frank for what and who he was. To me, Frank was neither good nor bad, right nor wrong – he simply was my father, doing what he did in his patterns of somewhat predictable behavior. But to David, Frank’s conversation was like a slap in the face, saying that he can take the time with a friend of the family, but would not take the time with his own children. At least that’s how I took David’s reaction.

Depending on who you asked during the various conversations about the conversation in the weeks and months that followed, the entire event was amusing, meaningless, interesting, a waste of time, insightful, and/or demonstrated that Frank was capable of in-depth abstract thought and could maintain an intellectual conversation and hold his own for hours.

Though I generally disagreed with Frank’s premise, his performance definitely boosted my image of him. And likewise my image of Paul was greatly enlarged. Here was a peer of my brother who could debate with intensity and authority, and try to convince my father of a point of view which I held, but felt totally unable to communicate in any meaningful way.



OUT TO PASTOR

A Weekly Religion Column by Rev. James Snyder

THE NEW YEAR CALLS
FOR A NEW MIRROR

The New Year festivities have died down quite a bit and everything seems calm in our blissful domicile. The Gracious Mistress of the Parsonage is back to her routine of organizing and straightening everything up. Her motto is: “A place for everything and everything in its place.”

She is quite faithful in her New Year’s resolutions. For years, she has tried to get me involved in New Year’s resolutions and I only halfheartedly get involved. It does not seem to work for me though.

I did get a glimpse of her New Year’s resolution and one was to straighten me up. Ha! Good luck with that one, sister. If she has not got me straightened up by now I am not sure it is on the books.

Everything seemed to be going fine until this morning when I got up, went into the bathroom and looked into the mirror. What I saw was most frightening. I was on the verge of calling 911 when I happened to realize who was in that mirror.

I cannot tell you how disturbed I was to discover that I was looking at me and me was looking back. Oh, what a sorrowful sight it was.

For the last several months, everybody has been telling me the New Year is upon us and everything is going to be much better than last year. The old is gone, the new is here.

Being the skeptic that I am, I did not buy into it lock, stock and barrel but I did come very close to accepting the “New” associated with the New Year. After all, it does make sense. There should be a time and place where you can start all over and take on a new appreciation of life. I almost bought into it. Almost, but not quite.

Then, this morning I went into the bathroom as usual and looked into the mirror.

What I saw in that mirror was the old face from last year. In fact, do not let this get out, but it did look a twinge older than last year. Just a twinge, mind you. That is when it really hit me. It is not fair. According to what I have been told, the new always casts out the old. The old is behind me and all I had to look forward to is the new.

But the mirror? The mirror told me an altogether different story.

So I began to think about this. The reason my old face is in my mirror may be because my mirror is an old mirror from last year. As I begin ruminating through this very complex situation, I think I came up with a solution.

That’s one thing about me. I like to find solutions. I do not always find them, but when I do find a solution, I celebrate. I was on the brink of celebrating when this thought stomped

through my mind.

Because it is a New Year, I need to have a new face. I cannot afford a facelift because I have too many chins. I would not know what chin to eliminate. Never been to a plastic surgeon before, so I do not know if they charge per chin or what.

I disregarded the facelift idea and thought about wearing a mask all year. The Lone Ranger got away with it, maybe I could as well.

The more I thought about that, the less enticing it was. It would drive me crazy to have someone next to me always saying “Kemosabe” all day. I don’t even know what that means.

Getting back to my solution. I think the New Year calls for a new mirror. I need a new mirror in my bathroom so I can see what my New Year’s face looks like.

“A what?” laughed my wife when I ask her where I could purchase such a mirror. I figured if anybody knew where to get such a mirror, it would be her. I just was not prepared for all the hilarity coming from her direction.

“Does this have anything to do with some kind of a New Year’s resolution on your part?” She asked. She barely got that out before she broke down into more laughter.

Personally, I did not see what was so funny about all of this.

“If you don’t like what you see in your mirror,” she said, trying to keep from laughing, “a new mirror will not make any difference at all.”

That is what I get for asking her a silly question. My thought is simply this, it doesn’t hurt to try. Her thought is simply this, it’s just too funny.

I have been backed into a corner now. I cannot get a new mirror because my wife will know what I am doing and laugh herself into hysterics. I thought about breaking the mirror, but she would figure out what I was doing and it would only make her laugh all the more.

I was reminded of what the Bible says, “For if any be a hearer of the word, and not a doer, he is like unto a man beholding his natural face in a glass: For he beholdeth himself, and goeth his way, and straightway forgetteth what manner of man he was” (James 1:23-24).

It is not outward appearances that are that important, but rather that I do those things that are pleasing unto the Lord.

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DICK Polman



OBAMA GUN REFORMS VS. REPUBLICAN GUN SERVANTS

Why do Republicans nauseatingly refuse to address America's gun murder epidemic? Why are they so determined

to sustain our well-earned reputation as the most violent nation in the civilized western world? Why are they jerking their knees in reflexive opposition to President Obama's modest attempts to defend our right to remain alive?

Of course we know why. It's Obama hatred and gun lobby love.

You would think, judging by their tiresomely predictable reactions, that Obama is poised to dispatch an army of flying monkeys to swoop into American homes and spirit away the 270,000,000 guns that we apparently hold dear.

But this fever swamp rhetoric is flatly contradicted by reality. Obama is basically tweaking existing gun laws to make them work better. Which is exactly what Republicans have been urging all along.

For instance, the federal background check system is notoriously understaffed and under-financed. Under federal law, if the FBI can't complete a check within three days, the buyer gets his gun without the check having been completed. That's what happened last year in Charleston, South Carolina. Remember the white racist terrorist who killed nine people at the historic black church? He got his gun because the understaffed feds didn't obtain his criminal record within the mandated three days.

So Obama is beefing up the background-check system - directing more money and manpower to weed out the criminals and mentally ill. Plus, he's earmarking an extra \$500 million to mental-health services, to better help those who have woes between their ears.

Yet the Republicans don't like any of that.

Obama also took action to close loopholes in existing laws - most notably, the one that allows people to buy guns, without any background screening, from private sellers and online sellers. Isn't it logical to tweak existing laws so that everybody gets screened prior to buying bang-bangs? The American public certainly thinks so; according to the latest Quinnipiac poll, 89 percent support background checks for private and online buyers.

The Republicans don't want any of that, either. Requiring shippers to report stolen guns - that makes sense, too. Investing in advanced technology so that kids can't accidentally pull gun triggers - that makes sense, too. And yet, not a single Republican has spoken up to say, hey, that's a good idea.

Instead, all we got was the usual pap, plus a lot of whining about Obama's alleged kingly behavior. They're basically complaining that Obama is doing end-runs around the Republican Congress, somehow forgetting that the Republican Congress is invested in doing the gun lobby's business by doing nothing. Just last month, in fact, it squashed a bill designed to beef up background checks. Kathleen Parker - the center-right political columnist, no friend of Obama's - says it well on Wednesday: "In fairness to the gun lobby, which may not deserve such charity, one can understand reservations about limiting access to guns. What is less easily understood is the refusal of Republicans to take the reins of any given issue and do something constructive rather than invariably waiting to be forced into the ignoble position of 'no.' It is one thing to be in the pocket of the National Rifle Association. It is another to do nothing and then assume a superior posture of purposeful neglect, as though do-nothingness were a policy and smug intransigence a philosophy." Can Obama's executive actions substantially curb our annual gun murder epidemic? No way. We have too many guns in circulation for that to happen. He freely acknowledged that on Tuesday, saying, "We know we can't stop every act of violence, every act of evil in the world. But maybe we could try to stop one act of evil, one act of violence."

There it is - the desire to save at least a few of the lives that would otherwise be lost. Doing something to dent the death toll sure beats thoughts n' prayers.

Or to paraphrase the Talmud, "He who saves a single life, saves the world entire."

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WIL Durst *Raging Moderate*

CHRISTIE, ISIS AND OTHER 2016 PREDICTIONS

At the beginning of a new year, cultures all over the world traditionally perform peculiar ceremonies meant to wipe the slate clean and start afresh. The Chinese hide knives to ward off danger. In Denmark, old dishes are thrown at front doors to symbolize the collection of new friends. Spanish residents eat 12 grapes, one at each stroke of the clock to promote good fortune. And in the Durst household, we percolate sardonically cynical predictions for the upcoming 12 months.

This is to symbolize the perpetuation of a career predicated on mocking and scoffing and taunting. But with taste. So here are Durstco's predictions for the year 2016. In the spirit of recycling and promoting a zero-waste policy, please cherry-pick your favorites and dump the rest into the laps of worthy acquaintances.

- After dropping out of the Presidential race, Chris Christie hits the talk show circuit to publicize his celebrity diet book, but is turned down by everyone except a podcast in Calabasas.

- In an attempt to expand its popularity, ISIS will merge with Alcoholics Anonymous, the American Automobile Association and the American Association of Retired Persons to form ISISAAAAAARP, and then facilitate senior citizens driving soberly to suicide bombings.

- Exxon will develop a way to block out the sun and then make a big move into solar energy.

- Disney enters negotiations to purchase Tibetan Buddhism with the aim of starring a rambunctious Little Buddha in his own Saturday morning cartoon.

- At the next GOP debate, Carly Fiorina smiles so hard, all the other participants on the dais recoil at the sound of her enamel cracking. Her face will then freeze like that.

- In Dallas, Texas, a benefit held to establish the Ethan Couch Affluence Support Group raises one dollar.

- After a heckler at the Masters Tournament shouts from the edge of the 12th green, "Give it up Grandpa," Tiger Woods chases him with a putter, trips and falls into Rae's Creek.

- Taking his personal quest for wholeness to the next level, Vladimir Putin enters Jungian analysis and releases an award winning series of children's books. He also takes up pipe-smoking.

- Rents in San Francisco climb so high, members of the middle class are forced to inhabit tree houses in Golden Gate Park.

- No matter who wins the Presidency, Bill Clinton actively campaigns to get appointed Ambassador to Sweden.

- Air travel will devolve to the point that certain discount tickets require pedaling.

- During a stump speech in Concord, New Hampshire, Donald Trump's hat will fly off and his hair will be wind-whipped into the shape of a sail whisking him airborne into the parking lot of a Montpelier, Vermont public library.

- Congress fixes Social Security by raising the retirement age to 83.

- New York Senator Chuck Schumer becomes the go-to guy in the Democratic Caucus after it is revealed that Harry Reid died months ago.

- The NFL will lobby the Catholic Church to celebrate mass on Monday mornings in order not to interfere with football ratings.

- Minnesota Department of Game officials call off the hunt for whoever shot the lion-killing dentist, Walter Palmer, with a bow and arrow.

- The Chicago Cubs lose game 7 of the World Series when a lightning bolt strikes Ben Zobrist ten feet from home as he attempts to score the tying run.

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LEFT TURN/RIGHT TURN

HOWARD Hays As I See It



"When I hold you in my arms and I feel my finger on your trigger, I know nobody can do me harm because happiness is a warm gun, mama."
- John Lennon, lyric from "The White Album"

Years before the phrase "Everything changed after 9/11" was used to justify whatever might seem unlawful, unconstitutional or un-American, it was "Everything changed after Waco and Ruby Ridge".

In case you've forgotten, Ruby Ridge in northern Idaho was where Randy and Vicki Weaver escaped from what they saw as "a corrupted world". They were into the apocalypse, home-schooling, and were really into guns. Randy was also into Aryan Nations, and sold a couple of sawed-off shotguns to ATF informants.

After a year trying to get Weaver to surrender for failing to appear on the shotgun charges, in 1992 a firefight ensued outside their cabin with a US Marshall and the Weavers' 14-year-old son killed. The next day, an FBI sniper firing through a door killed Weaver's wife, Vicki. It took nine more days for Weaver himself, along with his three daughters, to surrender.

The "Waco" incident took place 10 miles east of the city, at the compound of a sect called Branch Davidians, led by 33-year-old David Koresh. Tenets of their faith included the apocalypse and that, as their leader, Koresh was entitled to all the women of the compound, regardless of age. He went on to father children with children as young as 12 and 13 years old.

They were also really into guns. They stockpiled and traded weapons as a major part of their practice, but it was their penchant for converting legal semi-automatics into illegal machine guns that drew the attention of the ATF.

An attempted raid on the compound in 1993 left four ATF agents dead. This brought the FBI and a 51-day standoff. Nineteen children, aged 5 months to 12 years, were allowed to leave the compound, and showed signs of physical and sexual abuse. As Attorney General Janet Reno explained, it was concern this abuse was still happening at the compound that led to the tear gas attack hoping to end to the standoff.

A federal investigation concluded the Davidians then set fire to their own compound and carried out "mercy killings" of those remaining, leaving 76 dead, including several children.

"Waco and Ruby Ridge" is often mentioned by the yahoos still (as of this writing) occupying the visitor's center at a federal bird sanctuary in eastern Oregon. They are also really into guns. "Waco and Ruby Ridge" was cited as motivation by Timothy McVeigh. He was really into guns - as well as gun shows and explosives, which he used to blow up Oklahoma City's Murrah Federal Building in 1995, killing 168 and injuring over 600.

Those bird-sanctuary-occupiers (referred to as "VanillaISIS", "Y'all-Qaeda", and as engaging in "Yee-hawd" on Twitter), cite as their motivation the treatment of Dwight Hammond and his son Steven. They, too, were really into firearms - and fire.

They set the first in 2001, to cover up illegal shooting of deer on federal land. Prosecutors charged they set it fully aware of campers nearby who'd be endangered by the blaze. The second fire on federal land, in 2006, was alleged to have been set as protection against another fire then raging. There was a "burn ban" in effect, however, to protect firefighters fighting that first blaze - whose safety the Hammonds ignored.

Nevada rancher Cliven Bundy objected to the Hammonds' mandatory prison sentences; arguing it can't be illegal to destroy land owned by our government since it's illegal for our government to own land - or something. In 2014, the Bundy ranch became a gathering spot for nearly a thousand people who were really into their guns. They came to support Bundy in his efforts to stiff taxpayers out of a million bucks in grazing fees he owed from twenty years' grazing on public land (taxpayer-subsidized fees, at that).

Bundy's sons made the news, too. Later in 2014, Ryan Bundy pulled his daughter out of school because she wasn't permitted to carry a knife. He called school rules "communistic". A warrant was issued for the arrest of Cliven Jr. for probation violation stemming from felony burglary and weapon theft.

Brother Ammon is now heading the armed occupation of that bird sanctuary visitors' center. He and the Yee-hawdists were apparently emboldened by a lesson taken from the 2014 confrontation at the Bundy ranch; that with enough people who are really into their guns, you can aim them at, and openly threaten, agents of our federal government - and get away with it.

As for gun laws, the argument is made we need to better enforce those we already have. President Obama issued new guidelines to do that. The law says if you're in the gun business, you have to run background checks on buyers. The president clarified that if you're buying and selling guns - at flea markets, gun shows, over the internet - you're in the gun business, and have to run those checks. The president said you shouldn't be able to buy a gun as some corporation or trust, just to avoid those background checks. He said if a shipment of guns loses a crate-or-two somewhere along the way, the feds will want to know about it. There will be more hires at the FBI to speed up background checks, and more at the ATF to monitor gun traffic on the internet. Privacy laws will be tweaked to allow better access to mental health records during background checks.

President Obama said, "This is not a plot to take away everybody's guns." The right and those really into their guns are convinced it is - or at least an effort to destroy the Constitution.

I don't think guns should be taken away from everybody, either - but maybe just from those who are really into them.

MICHAEL Reagan

JOKING ABOUT GUN CONTROL



When I was a kid my father gave me three rifles and a shotgun.

First he gave me a single-shot .22 rifle. I was about eight.

Then in 1958, when "The Rifleman" came on, my father gave me a rapid-fire lever-action .22 Winchester rifle like the one Chuck Connors had. I was about 12.

Later, when I was a teenager my father gave me a .243 hunting rifle to hunt deer in Arizona and a 12-gauge shotgun to hunt birds.

He bought all the guns legally. But he gave them to me without first doing a background check to see if I was a criminal.

He didn't even check with my mother to see if I was doing my homework.

That was a joke.

But President Obama's use of executive action to make it tougher for law-abiding citizens to privately buy, sell or trade guns is no joke.

At his teary appearance with the survivors and victims of gun violence on Tuesday he said it was time for the country to show "a sense of urgency" to end gun violence.

Obama's executive grandstanding still leaves a lot of unanswered legal questions about who does or doesn't have to get a gun-dealer's license and conduct instant background checks before selling or trading a gun at a gun show or flea market.

But his executive order will not save one American from dying from gun violence this year.

All it will do - if Congress doesn't have the guts to reverse it - is create a new class of criminals and do nothing to stop real criminals from getting guns.

The tears the president shed on behalf of the innocent victims of Sandy Hook, Aurora and Charleston were genuine. We all want to cry when we think of those senseless slaughters.

Yet nothing in the president's executive action would have prevented their deaths, either.

The dead at Sandy Hook, Aurora and Charleston were killed by guns purchased legally long before the time the mentally disturbed young men put them to such evil use.

All the background checks in the world won't do much good if your mother gives you the guns you kill with, as what happened at Sandy Hook. What Obama was really doing Tuesday was giving a feel-good political speech about gun violence designed to get the Democrat base fired up for the 2016 election.

He and his fellow gun-control nuts are constantly misleading and trying to scare the American people about gun violence and what causes it. Despite the media hype and the political hysteria about spiking murder totals in cities like Baltimore, the annual homicide rate from guns and everything else has been falling in the USA for decades. It's half what it was in 1990.

When the White House and Hillary throw out the claim that "30,000 die from gun violence a year" they are deliberately being deceptive.

That 30,000 number, which the mainstream media never get around to scrutinizing, is padded with about 21,000 gun suicides, which aren't quite the same as being shot down by a madman in a church or a robber in the parking lot.

It's an old argument, but still true -- guns don't kill people, people do. Bad or mentally troubled people.

Want proof guns are not the problem? There reportedly are more than 300 million privately owned guns floating around the USA.

If just 1 percent of those guns were used to kill someone every year, there would be 3 million gun homicides in the United States.

In 2014, according to the FBI, there were 8,124 gun homicides. It's still way too many, and most of them are in cities or states with strict gun laws. But if my calculator is correct, that means 0.00002708 percent of the guns in America were used in 2014 to kill someone and .99998 percent were not. I don't know how many knives and sharp objects there are in the United States, but in 2014 about 1,561 of them were used to murder someone.

Is an executive action on knife control next on the president's emotional bucket list? Clubs and hammers? Didn't Cain kill Abel with a rock?

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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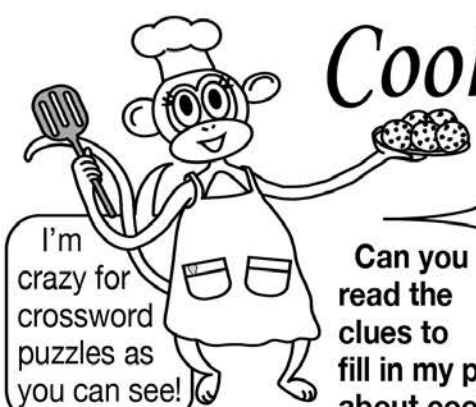
...own ingredients to make a great pizza!

Kids: color stuff in!



Cooking and Baking Fun!

Pots and Pans

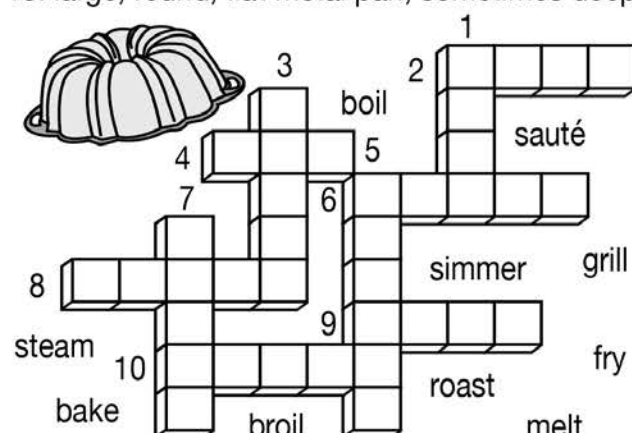


I'm crazy for crossword puzzles as you can see!

Can you read the clues to fill in my puzzles about cooking?

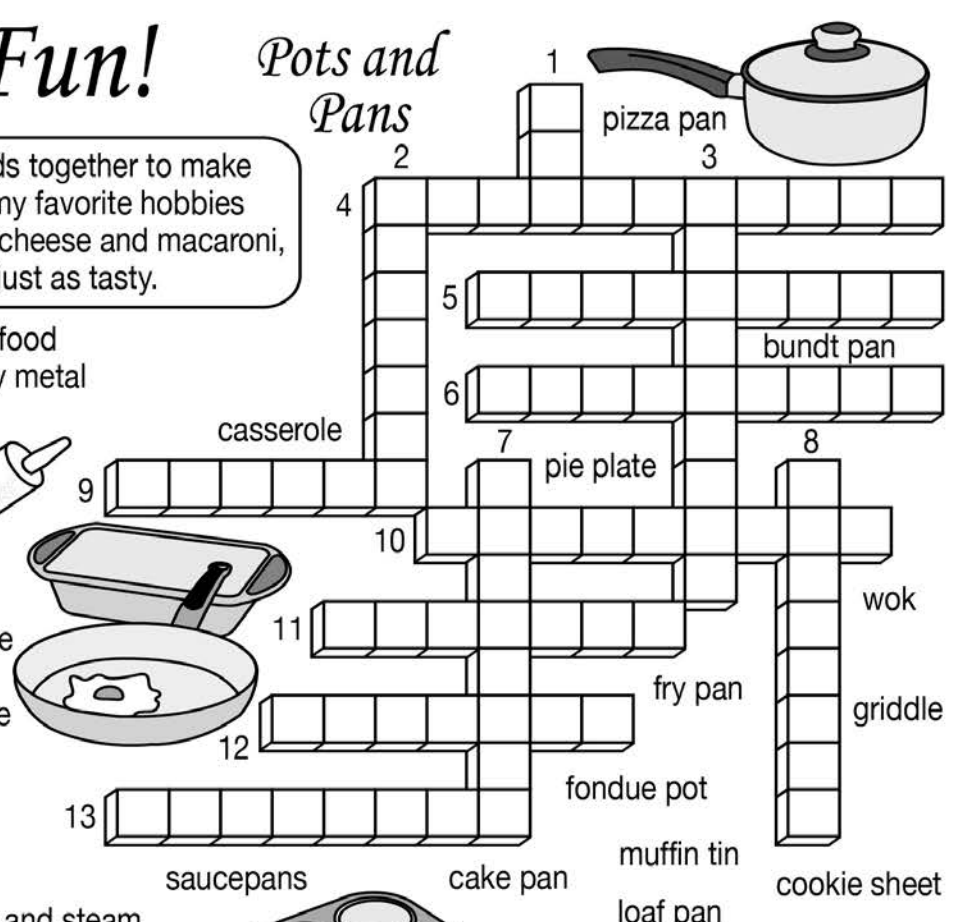
I enjoy cooking and baking. I like putting foods together to make new, hopefully delicious, combinations. One of my favorite hobbies is to take an old recipe that everyone loves, like cheese and macaroni, and "lighten" it to make it a healthier dish that's just as tasty.

1. bowl-shaped pan used to cook Chinese food
2. comes in many shapes and sizes, usually metal
3. very deep with handles and lids
4. flat piece of metal for laying out pieces of dough
5. bowl heated from below - keeps cheese and chocolate melted for dipping
6. mixed foods cooked in a large, deep, usually uncovered dish in the oven
7. round, doughnut-shaped baking pan
8. shallow, round, glass or metal dish used to bake one of America's favorite desserts
9. round, flat, with low sides; may be made of iron, may have a non-stick surface, handle
10. has several, tiny cups for batter; a cupcake pan or a _____
11. square or rectangular "frying pan," may be flat or have ridges, drains off extra grease
12. rectangular pan that is deep, used for breads and a favorite meat dinner
13. large, round, flat metal pan, sometimes deeper for "deep dish"



How We Cook It

1. cook in oven using dry heat
2. heat liquid until it starts to bubble and steam
3. cook over an open fire
4. cook in a pan or griddle, usually in very hot oil
5. cook food just below its boiling point
6. heat using water in the form of wisps of _____
7. cook meat in oven, uncovered in a shallow pan without adding liquid
8. cook at high temperature using direct heat from the top of the oven
9. turn something into liquid over heat
10. cook in a pan with a little bit of oil or butter



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PODLEY PROPERTIES' EXECUTIVE SUMMARY

This Week

The median list price in SIERRA MADRE, CA this week is \$1,243,250.

Inventory has been lightening lately and the Market Action Index has been trending up. Though days-on-market is increasing, these are mildly positive indications for the market.

Supply and Demand

The market has been strong for several consecutive weeks. Reflecting these inventory conditions, with the MAI in the Seller's zone, it is not surprising that prices have recently resumed their climb.



The Market Action Index answers the question "How's the Market?" by measuring the current rate of sale versus the amount of the inventory. Index above 30 implies Seller's Market conditions. Below 30, conditions favor the buyer.

Quartiles

Quartile	Median Price	Sq. Ft.	Lot Size	Beds	Baths	Age	Inventory	New	Absorbed	DOM	
Top/First	\$ 1,949,250	3706	0.25 - 0.50 acre	4.0	5.2	9	2	0	0	154	Most expensive 25% of properties
Upper/Second	\$ 1,324,250	2602	0.25 - 0.50 acre	3.5	2.5	68	2	0	2	60	Upper-middle 25% of properties
Lower/Third	\$ 1,188,000	2334	0.25 - 0.50 acre	3.0	3.0	78	2	0	0	214	Lower-middle 25% of properties
Bottom/Fourth	\$ 757,000	1140	6,591 - 8,000 sqft	1.5	1.0	90	2	0	0	126	Least expensive 25% of properties

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Real-Time Market Profile			Trend
Median List Price	\$ 1,243,250		★
Asking Price Per Square Foot	\$ 550		★★
Average Days on Market (DOM)	138		★★
Percent of Properties with Price Decrease	50 %		
Percent Relisted (reset DOM)	12 %		
Percent Flip (price increased)	0 %		
Median House Size (sq ft)	2562		
Median Lot Size	0.25 - 0.50 acre		
Median Number of Bedrooms	3.0		
Median Number of Bathrooms	2.5		
Market Action Index	Strong Seller's	50.3	★★

↔ No change ↑↑ Strong upward trend ↓↓ Strong downward trend
↑ Slight upward trend ↓ Slight downward trend

Price

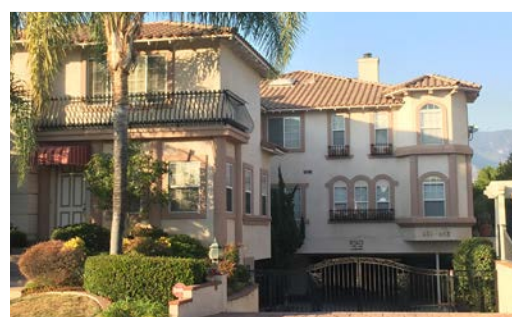
While this week the median price didn't fluctuate much, we are relatively close to the market's high price point and have had an upward price trend over the last few weeks. A persistent drop of the Market Action Index into the Buyer's zone will be a leading indicator of the price strength subsiding.



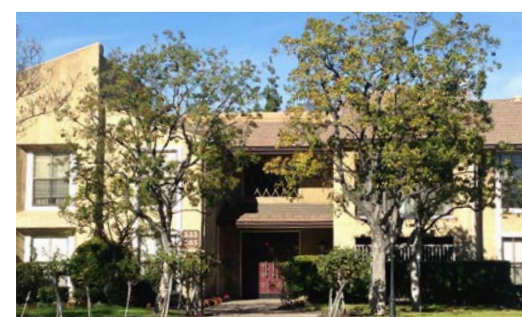
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EL NIÑO // BE PREPARED!



While none of us can actually predict the weather, many indicators point to an "El Niño" rainy season for California this winter. November usually marks the beginning of the rainy season, but a storm season could begin as early as October or even sooner. This means that October is a critical month for El Niño Storm Disaster Preparedness!

BASIC STEPS TO TAKE TO BE PREPARED:

- 1 MAINTAIN** minimum allowable watering practices to keep current vegetation anchored and healthy.
- 2 REMOVE** all dead/decaying trees and plants to prevent collapse onto cars & buildings during severe wind storms.
- 3 CLEAN** and keep clean all building roofs, gutters, and downspouts by removing leaves, branches and other debris that may impede water movement.
- 4 INSTALL** rain barrels, water capture cisterns and bioswales that can help retain water on site for re-use or to replenish local groundwater.
- 5 ANCHOR** current dirt/soil surfaces with mulch and screening to prevent soil erosion, mudslides and dramatic land movement.
- 6 PURCHASE** sand bags & tarps to prevent flooding into buildings & carports especially ones situated below street grade level.

SUPPLY KIT - BE READY! INSPECT YOUR HOME NOW!

- Battery powered radio
- Flashlight & batteries
- First Aid Kit
- Water
- Canned food & can opener
- Cell phone with external or solar powered chargers
- Prescription medications
- Eye glasses
- Formula & diapers for babies
- Pet food & water for animals
- Sandbags
- Candles & matches
- Whistle

DON'T WAIT UNTIL IT'S TOO LATE!



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Information sourced from Meredith McKenzie, Lecturer, Environmental Planning - Cal Poly Pomona & Broker Associate, Podley Properties

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