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First Anniversary Party  
& Ribbon Cutting

One year ago, we officially opened our doors to serve the seniors of Sierra Madre and surrounding communities. Every day, we get the chance to share our love, care and skill with our residents and their families. We are delighted! Please join us in friendship as we celebrate our family and yours, one year in the making. RSVP.

Wednesday, February 10, 2016  
4:00pm-5:30pm  
at The Kensington Sierra Madre  
Hors d'oeuvres & refreshments  
Please RSVP via email to  
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## HAPPY BIRTHDAY TO SIERRA MADRE'S AWARD WINNING SENIOR LIVING FACILITY

For years, the site of what is now known as 'The Kensington' was an eyesore in the middle of Sierra Madre. Once the home of a skilled nursing facility and a hospital, the building sat boarded up for years while the property owners tried to find a buyer that would come up with a use that was compatible with the ambience of the town.

Finally, after months of discussions and community meetings, the Kensington developers presented a plan that was overwhelmingly approved by voters (77% of those voting approving) and complying with the conditions of the city's downtown preservation ordinance, Measure V in 2012. Construction began in 2013 and the first residents moved into the facility in February, 2015.

As the physical impact of the new facility was of utmost concern to Sierra Madre residents, it is with great pride that on their first anniversary, the announcement that The National Association of Home Builders awarded The Kensington Sierra Madre a silver-level award at the International Builders' Show 2016 Best of 55+ Housing Awards in Las Vegas.

According to Tim McCarthy, chairman of NAHB's 55+ Housing Industry Council, "the judges saw [among the finalists] wonderful examples of ... innovative floor plans, universal design skillfully integrated into the home, communities with beautiful lifestyle amenities and homes located close to local shops, restaurants and parks."

The Kensington Sierra Madre was designed by architect HPI Architecture and interior designer Klang & Associates. Additional photographs of the Kensington architectural and interior features can be viewed on The Kensington Sierra Madre's website photo gallery at [www.thekensingtonsierramadre.com](http://www.thekensingtonsierramadre.com). S. Henderson/MVNews



Then and Now: Above Kensington Senior Living Facility on W. Sierra Madre Blvd. Photo courtesy KSL Below: The old skilled nursing facility which was an eyesore and potential hazard in the middle of town. Photo courtesy MVNews archives



## ARCADIA POLICE HAVE HANDS FULL - SIERRA MADRE MAY CONSIDER OTHER OPTIONS

On Tuesday, the Arcadia City Council declined Sierra Madre's request for Arcadia to temporarily provide additional police services. Although the proposal had the support of the Arcadia Police Chief, the council felt that with the recent increase in residential burglaries, especially in Northern Arcadia, that adding the responsibility of patrolling Sierra Madre would be too much.

Sierra Madre Mayor John Capoccia, as reported in the Pasadena Star News is quoted as saying that the city will look for other options. In the article, he

did not rule out the possibility of a temporary contract with the LA County Sheriff's Department, something that many residents are passionately against.

As reported in the Mountain Views News last week, a void has been created in the department with the retirement of three officers on December 31st and several other officers leaving because of the city's financial situation should the Utility User Tax measure not pass in April.

Earlier Tuesday, Public Safety Director Larry Gianonne told

members of the Sierra Madre Kiwanis Club that although the department (SMPD) was critically short-handed, they were still able to provide 24/7 police support to the community. He also stated that recruitment efforts are ongoing.

"We're good for right now," Capoccia said. "We don't have an issue today but if we lose more officers, we may have more problems.", a sentiment that Gianonne also expressed.

Related - Letters To The Editor Pg. 19

## STOP SIGN INSTALLED

In response to residents near the intersection of E. Highland and North Mountain Trail in Sierra Madre, the Public Works staff has installed the four-way stop sign. The installation included stop ahead signage and pavement markings, along with removal of interfering crosswalk warning signs.

## STATE CONTINUES CONSERVATION REGULATIONS

SACRAMENTO - With California still experiencing severe drought despite recent rains, the State Water Resources Control Board (State Water Board) today [February 2, 2016] adopted an extended and revised emergency regulation to ensure that urban water conservation continues in 2016.

The regulation extends restrictions on urban water use through October 2016 while providing urban water suppliers more flexibility in meeting their conservation requirements. It also directs staff to report back on additional flexibility once more complete water supply information is known in April. The action follows Governor Edmund G. Brown Jr.'s Nov. 13, 2015, Executive Order directing the State Water Board

to extend the emergency water conservation regulation should drought conditions persist through January 2016.

"After four years of extreme drought, there is still a need for Californians to keep up their stellar conservation practices," said Felicia Marcus, chair of the State Water Resources Control Board. "This updated regulation acknowledges that need, while making adjustments in response to feedback from water suppliers and others. If we continue to receive a lot of rain and snow in February and March, we may scale back the conservation requirements further, drop them, or move to another approach."

Under the revised regulation, statewide water conservation is expected to exceed 20 percent

compared to 2013 water use. The revised regulation responds to calls for greater consideration of certain factors that influence water use in different parts of the state, including hotter-than-average climate, population growth, and significant investments in new local, drought resilient water sources such as wastewater reuse and desalination.

Due to the severity of the water deficits over the past four years, many of California's reservoirs and groundwater basins remain depleted, and the need for continued water conservation persists. Today's action serves as the fourth iteration of the emergency regulation since the State Water Board first instituted statewide conservation requirements in July 2014.



See something.  
Say something.

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## Weather Wise

## 6-Day Forecast

Sierra Madre, Ca.

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

Forecasts courtesy of the National Weather Service

CITY OF SIERRA MADRE  
CALENDAR OF EVENTS

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

NEXT REGULAR CITY COUNCIL MEETING:  
Tuesday, February 9, 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](mailto:radio@cityofsierramadre.com).

## SIERRA MADRE CITY MEETINGS



## Regular City Council Meeting

Tuesday, February 9, 2016 - 6:30 pm

The final agenda and staff reports will available online no later than Friday night. Enter the date "00/00/0000" for the complete agenda packet.

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

## Upcoming Public Meetings and Events

Thursday, February 11, 2016, 6:00PM  
Public Safety Committee Meetings

Wednesday, February 17, 2016, 7:00PM  
Energy, Environment & Natural Resources Commission Meeting

Thursday, February 18, 2016, 7:00PM  
Planning Commission Meeting

Monday, February 22, 2016, 6:30PM  
Community Services Commission Meeting

Wednesday, March 2, 2016, 7:00PM  
Mayor's Annual State of the City Address

Tuesday, February 9, 2016, 6:30 pm  
City Council Meeting

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

City Hall will be closed on Monday, February 15, 2016 in observance of the Presidents' Day holiday.

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

CALLING ALL  
VOLUNTEERS!WISTARIA FESTIVAL 2016  
PLANNING MEETING

Wednesday, February 10th

Hart Park House -

Memorial Park

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for more information.



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For more info go to FB or Meetup.

The Hart Park House  
222 W. Sierra Madre Bl.  
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Tuesdays 7-8:30 a.m.



## THE SIERRA MADRE KIWANIS CLUB

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EXCEPT FOR THE 2ND TUESDAY OF EACH MONTH,  
WHEN WE MEET AT 7:45AM. VISITORS ARE ALWAYS WELCOME!  
JOIN US, MEET YOUR NEIGHBORS, HELP YOUR COMMUNITY.

COMMISSION AND  
BOARD VACANCIES

The City encourages its residents to apply for positions on City commissions and boards. This is a great opportunity for Sierra Madre residents to get involved in the community.

There are six commissioners or board members that will complete their terms on June 30, 2015; leaving vacancies. Applications for these commissions or boards are available at City Hall or on the City's website at [www.cityofsierramadre.com](http://www.cityofsierramadre.com). Completed applications should be submitted to the City Manager's Office at City Hall.

The following vacancies will be available on July 1, 2016:

- Community Services Commission - Two (2) Vacancies
- Community Services Commission - One (1) Youth Vacancy (Open to ages 13-17 only)
- Senior Community Commission - Two (2) Vacancies
- Library Board of Trustees - One (1) Vacancy

The Friends of the Sierra Madre Library  
invite you to  
The 46th Wine and Cuisine Tasting  
Friday, February 19th, 2016



"A Leisurely Afternoon" by Don Handley

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[www.compassionaterescue.org](http://www.compassionaterescue.org)

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## SIERRA MADRE BLVD. SHOPS



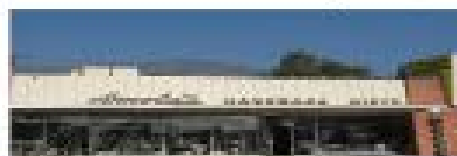
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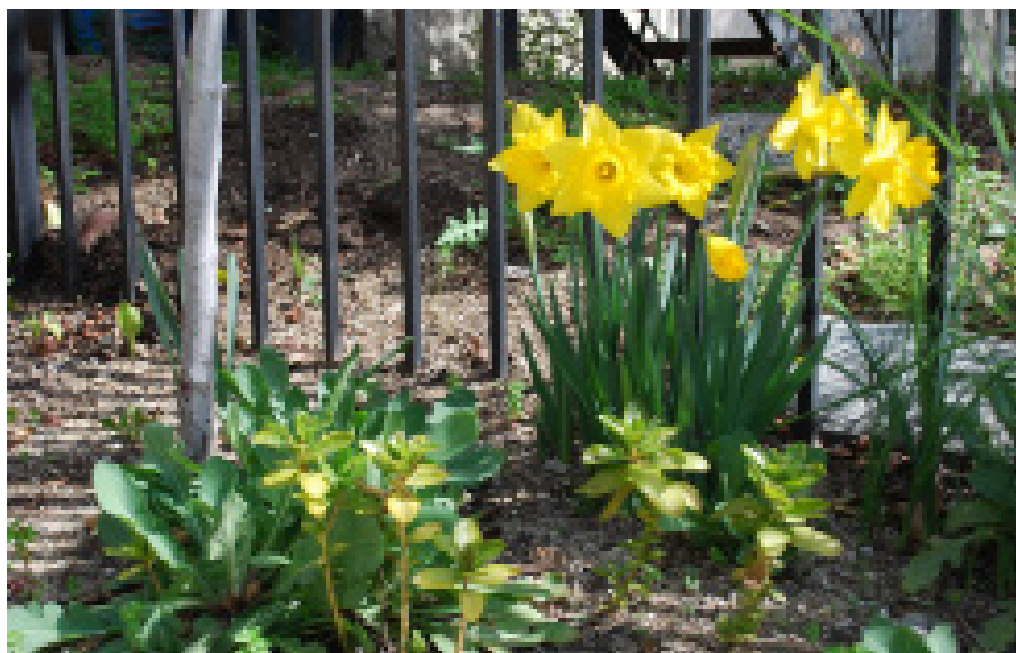
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## Walking Sierra Madre...The Social Side

by Deanne Davis



"It's not wanting to win that makes you a winner, it's refusing to fail." Peyton Manning

We'll see, Peyton, we'll see. It's Super Bowl Sunday and you're hosting a bunch of fun folks; you've cornered the market on Doritos, and asked somebody to bring veggies and dip, a salad, or some brownies. Or, better still, someone has invited you to join them for the last good game of the season...well, sometimes it's a good game and we all wait eagerly for the commercials... what will the Clydesdales be doing that will make us all reach for the tissues? What movie stars will be hocking cars? And, more importantly, what are you going to fix?

Guacamole? Get a bunch of avocados, some sour cream, some limes, some green onions and some fresh salsa and, if you're adventurous, the Tabasco. Smash up your avocados, squeeze in a bunch of lime juice (double purpose, #1, it needs the acid, #2, keeps the avocados from turning brown), add a couple of green onions sliced into small pieces, mix in some salsa then add a spoonful or two of sour cream. Taste it. Needs salt and pepper and a dash of Tabasco. Taste it again. Oh yeah! Refrigerate. People will love you.

As promised last week, here is my world famous Chicken Tortilla Casserole recipe:

This is one of those dishes that make people want to hug and kiss you just because you made it. It's easy to put together, will hold a day or two till you have time to cook it, will let you freeze it before you cook it and reheats and tastes even better several days later. You can make it in a large oven-proof bowl to make lots of layers or you can put it together in a large lasagna-type dish with just a couple of layers. No matter how you do it, this is a never-fail recipe.

4 whole chicken breasts (that's those double things that you cut in half) or you can use single pieces, 8 or 9 of 'em. (Or, better still, boneless, skinless chicken breast pieces, same amount, just don't overcook.)

12 corn tortillas

2 cans cream of chicken soup, condensed

1 can chili without beans (about a 15 oz. can)

1 small onion, chopped

½ cup milk

1 cup green chili salsa (Ortega makes a nice one) or chunky taco sauce

Shredded Mexican-blend cheese, large package, which is 2-1/2 cups of cheese. If you really love

cheese and aren't on a diet, you can throw in a little more!

Bake the chicken wrapped in foil for about an hour at 325. Let it cool. Cut into good sized chunks and set aside.

Tear or cut the tortillas into one inch pieces. Set aside.

Now mix everything else together EXCEPT THE CHEESE. That's your sauce.

Layer chicken, tortillas, sauce and cheese in 3-quart bowl or casserole or the aforementioned 9 x 13 pan, ending with cheese.

Bake at 350 for 45 minutes or till the middle is bubbling.

If you've frozen your unbaked casserole, transfer it from the freezer to the refrigerator the night before you want to serve it. On Super Bowl Sunday, heat it a good two hours at 300.

Trust me on this, there won't be any left and the Super Bowl Halftime Show will be drowned out by happy people jostling each other to get to the table for seconds of YOUR amazing dish.

The rain last Sunday was such a joy to see and, knowing it really truly was going to rain, got myself outside and put citrus food on our orange and grapefruit trees, raked in at the drip line, so the rain could water it in really well. Also pruned back six of our roses, including removing every single leaf from last year, which is supposed to help with rose problems when they begin to leaf out again. If you've cut back your roses, I hope you mixed a ¼ cup of Epsom salts in around the base and then gave them some rose food. This is the year I'm hoping the spider mites will all go to Nebraska for the summer and leave my roses alone. I've got Neem oil at the ready and am prepared to spray mercilessly. Daffodils and Dutch Iris are putting up spikes and we will have beautiful blooms soon. (Pictured are some of last year's daffodils.)

If you haven't thought about Valentine's day yet, you need to get started. Have such a great love story to share next week.

Check out my book page on Amazon.com: DeanneDavis@Amazon.com

You might like my blog, too: www.authordeanne.com

You can find the Chicken Tortilla Casserole (originally adapted from "The I Hate To Cook Almanac" by Peg Bracken, 1976, Harcourt, Brace Jovanovich) in my book, "Tablespoon of Love Tablespoon of Laughter."

## SIERRA MADRE POLICE DEPT.

During the week of Sunday, January 24th, to Sunday, January 31st, the Sierra Madre Police Department responded to approximately 234 calls for service.

Wednesday, January 27th At 10:34 pm, Sierra Madre Police responded to the 300 block of Sycamore Place regarding a domestic violence report. Upon arrival, Officers were met by the victim who informed them that earlier that night she confronted her husband about an ongoing issue in their marriage. The woman stated her husband was eating and doing a puzzle while she attempted to talk to him and as he continued to ignore her, she grabbed the puzzle and threw it to the floor. Her husband then responded by grabbing her by the shoulders and shaking her violently which caused her to lose her balance and fall back ultimately striking her head on the floor. The woman then got up and called 9-1-1. Upon interviewing the husband, Officers were informed that the man had been having a rough day and wanted to eat his dinner when his wife kept bothering him and when he chose to ignore her she threw both the puzzle and his food to the floor. He stood up, grabbed her by the shoulders and guided her back in an effort to have her leave him alone, but she lost her balance and fell back and hit her head. The man believed the fall was not that serious. Officers determined the husband was the main aggressor and took him into custody and charged him with domestic battery.

Friday, January 29th At 11:39 am, Sierra Madre

Police responded to the 200 block of Manzanita Avenue regarding a burglary report after a call into the station was made by the homeowner who stated one of her contractors working at the house discovered a smashed glass door. Once on scene, Officers cleared the home of anyone being inside and discovered the living room glass door smashed. The entire house had been ransacked with jewelry, clothing and other miscellaneous items scattered all over the home. Officers even noticed that all the furniture cushions had been displaced. Once the home owner arrived on scene, she informed Officers that she had locked and secured her home before she left for work at around 7 am. She stated she did not activate her alarm because the construction workers were going to be working at her house today and she then received a call around 11 am informing her of the broken glass door. This case has been forwarded to the Detective Bureau. At 2:06 pm, Sierra Madre Police responded to the 300 block of east Laurel Avenue regarding a vehicle collision where a semi-truck struck and pulled down some low hanging telephone wires. Once on scene, Officers were informed by the driver that he was driving west on Laurel Avenue at about 10 mph. He stated that he noticed a pedestrian walking in the street to the right of his truck and was focused on passing the pedestrian safely and did not see the low hanging wires. As he continued driving the top of his truck caught the wires and pulled them from the pole. Sierra Madre Fire Department cleared the wire from the roadway and confirmed that they were telephone or cable wires.



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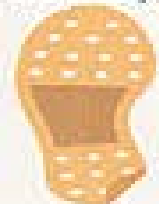
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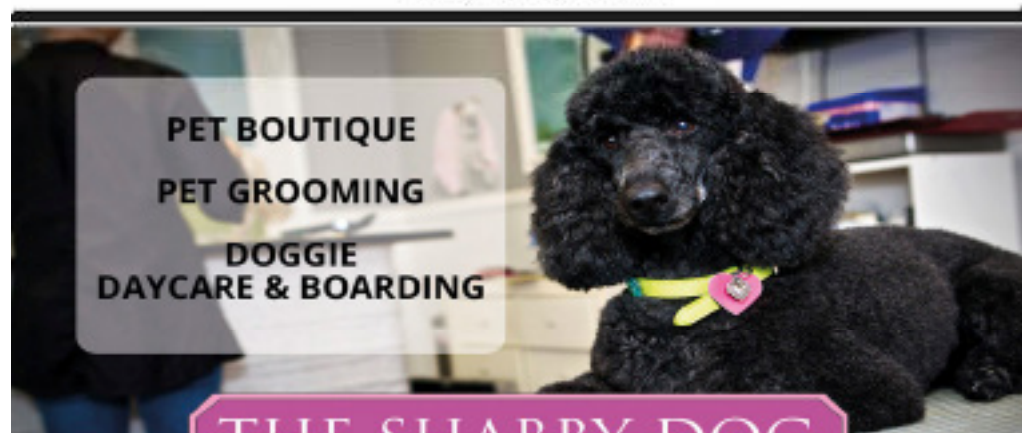
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## COUNTY TO STUDY MARIJUANA PROCESSING BAN

LOS ANGELES COUNTY – Supervisor Michael D. Antonovich has directed county departments to enact a 45-day moratorium on the cultivation, manufacturing or laboratory testing of medical marijuana in the county unincorporated areas while the impacts of a ban can be studied.

While the County has banned the dispensing of medical marijuana from storefront locations through its zoning code, the use of land for the cultivation, manufacture and laboratory testing of medical marijuana is not specifically banned. The Board continued an item proposed by Antonovich which would have placed a similar moratorium on mobile sales and delivery of medical marijuana which has been associated with criminal activity.

“Medical marijuana activities involve issues that adversely impact the public and we have a fundamental obligation to protect the quality of life in our unincorporated neighborhoods and communities,” Antonovich said. “For the County to make an informed determination whether to allow, regulate, or ban these activities, a study to determine the impacts of these activities on the County’s unincorporated communities should be conducted.”

Additionally, outdoor cultivation is often associated with violations of local, state, and federal environmental laws and pesticide regulations, threatening harm to local waterways and groundwater quality, and endangering the public health and safety.

### SMALL BUSINESS OF THE YEAR – NOMINATIONS DUE FEB. 18, 2016

Assemblymember Chris Holden is seeking nominations to honor the 41st Assembly District “2016 Small Business of the Year.” The San Gabriel Valley has over 69,000 small and medium sized businesses, and he looks forward to receiving nominations for the great businesses within the 41st Assembly District. Small businesses are doing great things for our economy and communities and submitting a nomination is a great way to share their contributions and successes.

### VETERAN OF THE YEAR – NOMINATIONS DUE MARCH 24, 2016

Our military men and women have always been our country’s strength and Assembly member Holden is seeking nominations to honor the 41st Assembly District “2016 Veteran of the Year.” Assembly member Holden will be honoring a Veteran from the district whose community service and work have made a positive impact.

For more information and nomination forms contact: Contact Matthew.Lyons@asm.ca.gov

## MORE THAN 700 SET TO ATTEND METHODIST HOSPITAL’S 21TH ANNUAL MARDI GRAS CELEBRATION AT SANTA ANITA PARK

ARCADIA –; Methodist Hospital Foundation’s 21st annual Mardi Gras celebration returns once again for another fun evening at Sirona’s in Santa Anita Park on Tuesday, February 9, from 6 to 10 pm. The Foundation is proud to honor the nurses of Methodist Hospital as Kings and Queens of Mardi Gras 2016 in recognition of the exceptional care the nurses provide to patients day every day. “Every member of the Methodist nursing team works in unison to help provide the highest quality patient care every day,” said four-time Mardi Gras co-chair Patty Soldo, who is also a registered nurse. “When I or my family members have been patients at Methodist, the nursing care we have received has been exemplary. The nursing staff is highly professional, well trained, service oriented, and kind. This year’s Mardi Gras is an expression of gratitude for the work they do, and recognition for their contribution to the culture of patient service at Methodist Hospital.”;

More than 700 community leaders, residents, local businesses, physicians and employees are expected to attend the “beads and boas” event, one of the hospital’s most successful and enjoyable fundraisers. Mardi Gras will offer gourmet foods from dozens of the San Gabriel Valley’s most popular restaurants. The event will also feature a silent auction, raffle prizes, dancing to the ’80s All-Stars live band, and the traditional Mardi Gras parade that will be led by the

Arcadia High School pep band.

Tickets are \$125 each and can be reserved by calling 626-898-8888 or emailing mardigras@methodisthospital.org. The event raised \$205,000 for the hospital a year ago, with more than 85 percent of proceeds going toward expansion of the hospital’s Inpatient Rehabilitation Unit. Proceeds from this year’s event will advance quality care through improved patient monitoring, which is vital to patient safety and caregiver efficiency. It will also ensure that Methodist Hospital’s telemetry systems are among the most modern anywhere in the San Gabriel Valley.

“Nursing is a selfless profession,” said Annalisa Gates, Labor & Delivery RN, at Methodist Hospital. “We work holidays, weekends and we miss time with our families. But as the saying goes, save one life, you’re a hero, save a hundred lives and you are a nurse. I feel privileged to be one of the nurses representing at Methodist Hospital during the Mardi Gras event. We appreciate the recognition and the acknowledgement of the entire nursing staff at our hospital.”;

With any great event, the people involved make a tremendous difference. In addition to Patty Soldo, co-chairs for this year’s event also include Ada Wong and Christine Bak who bring wonderful dedication, exceptional leadership skills, and tremendous enthusiasm to the team.

REPUBLICAN CITY COUNCIL CANDIDATES FOR ARCADIA SPEAKING  
AT THE ARCADIA WOMEN’S REPUBLICAN CLUB  
EVERYONE IS INVITED GENTLEMEN WELCOME  
Santa Anita Golf Course, 405 S Santa Anita, Arcadia, 91006  
Feb 18-Social Hour 10:30, short meeting 11, Candidates 11:30, Lunch 12:00  
Most of the candidates will be joining us for lunch.  
Lunch is \$18 by reservation only



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## Pacific Asia Museum to Hold Lunar New Year Festival

The 6th Annual Lunar New Year Festival will take place at USC Pacific Asia Museum Sunday. Celebrate and experience the Lunar New Year with music, dance, art making, and storytelling. This is a family friendly event that shows the arts and cultures of Asia.

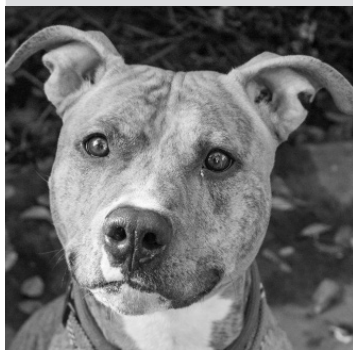
Lunar New Year is an Asian festival celebrated at the turn of the lunisolar Chinese calendar. Traditionally, celebrations run from the eve to the Lantern Festival on the 15th day of the first calendar month. It is celebrated in countries and territories with sizable Chinese populations, including Mainland China, Hong Kong, Macau, Taiwan, Singapore, Thailand, Cambodia, Indonesia, Malaysia, and the Philippines.

Southern California's only museum and U.S. university dedicated to the Pacific and arts of Asia. Since 1971, USC Pacific Asia Museum has served a broad audience of students, families, adults and scholars through its education and outreach programs. The museum has a collection of more than 15,000 items from across Asia and the Pacific Islands, spanning more than 5,000 years. The historic building was constructed in 1924 by collector and entrepreneur Grace Nicholson as her residence, gallery, and treasure house.

The 6th Annual Lunar New Year Festival tacks place 1:00p.m. - 5:00p.m. Museum is located 46 North Los Robles Avenue. Parking at the USC Pacific Asia Museum is free. It is located on the corner of Los Robles Avenue and Union Street.

You can also take public transportation via the Metro Gold Line and take the Memorial Park Station. From there it's about a half mile walk to the museum. For more information call (626)-449-2742.

## Pet of the Week



Benny (A389880) is a two-year-old, male, brindle and white pit bull mix. This energetic boy already knows his "Sit" training cue and is ready to learn a few more. Benny still has a lot of his puppy energy and would be a great fit for an active home. He is friendly and can be quite vocal, so if you're looking for a playful friend who will "talk" to you, you should meet Benny!

The regular dog adoption fee is \$125 which includes the spay or neuter surgery, microchip, vaccinations, and a free follow-up health check at a participating vet.

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](http://www.pasadenahumane.org).

## COUNCIL VOTES TO RAISE MINIMUM WAGE

By Dean Lee

Over 50 people, including residents, businesses owners and dignitaries, voiced their opinions Monday night as the city council voted in favor of raising the minimum wage city wide through tiered increases that will raise the wage to over \$13 an hour at its max in 2018.

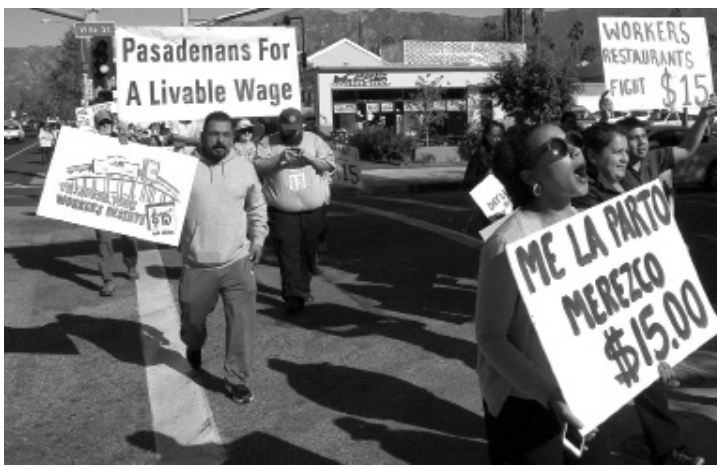
"We've spent about three hours and 58 speakers on this, I think it's time well spent and the subject certainly deserves that kind of exposition," Pasadena Mayor Terry Tornek said.

Starting July 1 the hourly wage will go up to \$10.50 and then July 1, 2017 the hourly wage will be \$12.00 July 1, 2018 the hourly wage will max out at \$13.25. In 2018 the city council will review the impacts and decide to vote to further raise the wage to \$15 by 2020.

Many of the speakers focused on the impact wages have on low income families and the need for wage theft enforcement, calling on the city to hire a full time wage fraud investigator.

"You have to make sure that you put the resources there your mouth is," said Pablo Alvarado Director of the National Day Labor Organizing Network. "increasing the minimum wage without creating the mechanism to enforce it makes a mockery, in my view, of the political process, makes a mockery of the legislative process, makes a mockery of this book, the labor code, and it makes a mockery of all of us that came here tonight, all the workers."

A number of councilmembers



Rally to raise minimum wage held last year. Photo D.Lee/

also used strong language, in favor of an increase, including Tyron Hampton representing Council District 1.

"For this to pass without a wage enforcement piece, I feel like we would be creating a two tier system, sooner than later, if there are employers... that are not paying their employees the proper salary, with this wage increase, there will be war."

City Manager Michael Beck said that enforcement should be left up to the County of Los Angeles although stressed that there should be a local city office with the involvement of labor organizations.

The city Chamber of Commerce proposed alternatives to the staff recommendations something the council did not go for. The chamber has been the most vocal group against any wage increase.

"When you raise the minimum wage you raise the youth unemployment rate that is why we have asked that young people remain at the \$10 [an hour] minimum wage. Same thing with people with serious barriers to employment, recently released felons, and formally homeless recovering people."

Little also said that raising the minimum wage will force restaurants to charge more so people will go less. He blamed

the recent closing of the eatery Major Dave's Chicken on a raise in Minimum wage, "that's 12 or so people that now don't have a job."

The Pasadena ordinance is based after fifteen cities in California, including the city and the County of Los Angeles that have adopted minimum wage ordinances. Of these, eight will ultimately reach \$15-per hour by 2020 including the county according to city staff.

The city attorney was directed to prepare an ordinance and return it within 30 days staff said.

## Valentine's Day Love Potions



*Learn the science and folklore of natural elixirs of love during special tram tours.*

Arboretum Valentine's Day Love Potions from the Garden Tram will have special Tours February 14 10a.m. and 12p.m.. Bring your sweetheart to the garden and enjoy an entertaining and informative tram tour about love potions from the garden.

Known for its usefulness in flavoring Italian cookies and sausage, anise seed was also used by the ancient Greeks and Romans who believed the seeds could increase desire. They may have been on to something—anise seeds have been found to influence human hormone levels. And as so many artists have demonstrated, flowers are among the strongest and most evocative symbols of love. Learn about other love potions from the garden during a Valentine's Day Tram Tour.

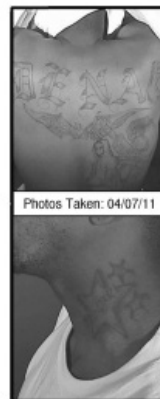
Tours: \$8 for Arboretum members; \$14 for non-members (includes admission). Reservations required; space is limited. Please call 626.821.4623. Los Angeles County Arboretum & Botanic Garden, 301 N. Baldwin Ave., Arcadia [www.arboretum.org](http://www.arboretum.org). The Peacock Café is open for lunch.

## LitFest Books and Authors Local Festival

LitFest Pasadena celebrates its 5th year of toasting Southern California's best literature -- from YA to poetry to mysteries -- with a fun and free afternoon and evening of readings and salon-style events in the byways, bookstores, restaurants and theaters of Pasadena's highly walkable Playhouse District.

LitFest Pasadena is now planning events and topics with major authors throughout California, and seeking additional business and private sponsors to support the big day. Authors, literary organizations, businesses, sponsors and interested volunteers who want to get involved should call (626) 429-1739 or write [litfestpasadena@gmail.com](mailto:litfestpasadena@gmail.com). The event takes place June 6.

## Police Search for Mistaken Released Murder Suspect



Name: Steven Lawrence WRIGHT  
Age: 32  
Height/Weight: 5'08"/180  
Hair/Eyes: Black/Brown

Los Angeles County Sheriff's Department detectives are asking for the public's help in searching for 37-year-old Pasadena resident Steven Lawrence Wright, who was erroneously released from the L.A. jail Inmate Reception Center (IRC) last week.

The Sheriff's Department became aware of the release at approximately 9:30 p.m. on Sunday, January 31, 2016 and immediately started to coordinate resources with Pasadena Police Department to quickly locate and take Inmate Wright into custody. Numerous resources, including a task force with LASD's Major Crimes Bureau, has been implemented to gather and analyze information and investigate any tips leading to the apprehension of Inmate Wright. The Sheriff's Department takes this matter very seriously and is fully engaged with returning Inmate Wright to custody, aggressively pursuing a number of leads as to his whereabouts. In addition,

with all erroneous releases we will conduct a critical incident review to make necessary improvements to the system.

Wright was arrested by Pasadena Police Department on April 7, 2011. He was in our custody pending trial for a gang-related murder that occurred in the city of Pasadena on January 19, 2011.

The Los Angeles County Board of Supervisors -- Office of Supervisor Michel Antonovich is offering a reward of \$20,000 for information leading to the arrest and/or conviction of Wright.

If anyone has any information on the whereabouts of Inmate Wright is urged to contact the Los Angeles County Sheriff's Department's Major Crimes Bureau at (562) 946-7893. Or provide information anonymously by calling "Crime Stoppers" by dialing (800) 222-TIPS (8477), or texting the letters TIPLA plus your tip to CRIMES (274637), or by using the website <http://lacrimestoppers.org>.

## Pasadena Black History Month Free Special Events

Celebrate Black History Month 2016 by attending the parade and other special events, lectures and activities in Pasadena beginning Saturday through Sunday, March 20. All events are free unless otherwise noted.

**Feb. 13** "I Am My Brother's Keeper: Together, We Will Rise!" Attend a panel discussion on topics that include physical, spiritual, mental and financial health, and enter to win raffle prizes, 10 a.m., First A.M.E. Zion Church, 1087 N. Raymond Ave.

"Conversation with Peter J. Harris & Pam Ward" Enjoy readings and conversation

with local literary luminaries Peter J. Harris and Pam Ward, 2 p.m. at Allendale Branch Library, 1130 S. Marengo Ave. "Youth Open Mic and Film Festival" Experience an evening of enlightenment through poetry, spoken word, song, rap and film starting at 6 p.m. at the Alkebu-Ian Cultural Center, 1435 E. Raymond Ave.

**Feb. 14** "Black Film Showcase" Watch "Half of a Yellow Sun," a romance drama inspired by the Nigerian civil war, 3 p.m. at the Jackie Robinson Community Center, 1020 N. Fair Oaks Ave. Sponsored by the Delta Sigma Theta Sorority, Pasadena Alumnae Chapter.

## Free February Events at Pasadena Senior Center

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

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

**Cardmaking Workshop - Monday, Feb. 1, from noon to 2 p.m.** Surprise a special someone with a personalized, handmade greeting card. Whether it's a happy birthday, happy holidays, thank you, thinking of you or other sentiment, you'll create a decorative card in your own unique style and have fun discovering your creativity while workshop leaders help you bring your ideas to life. All materials will be provided.

**Memories in the Making - Mondays to March 14, at 10 a.m.** This program developed by the Alzheimer's Association helps people in early-stage dementias preserve distant memories and capture precious moments through art. Memories in the Making focuses on skills people still have rather than teaching new concepts; no previous art experience or artistic skills are necessary. Reservations are required: 626-685-6733.

**Stay Connected with Social Media - Tuesdays and Thursdays, through Feb. 25, from 9 to 11 a.m.** Learn how to keep in touch with family and friends via email, Skype, Facebook and other forms of social media during a 30-minute, one-on-one meeting with an instructor. You'll choose which applications you want to learn. Bring a laptop or use one of the onsite computers. If you have an email address, bring it and your password. Sign up with Edison at the Welcome Desk.

**Smart Phones, Tablets and Computers - Any Questions? - Tuesdays and Thursdays, through Feb. 25, from 10 to 11 a.m.** Get the answers you need about technology devices, whether you own them already or are considering a purchase. Learning how to text, check voicemail, set an alarm, navigate the Internet and download apps is easier than you may think!

**Tax Time - Wednesdays and Fridays, to April 15, from 9 to 10:45 a.m.** Representatives from the AARP Foundation's Tax-Aide program will assist low- to middle-income seniors ages 50 and older in preparing their federal income tax returns. Appointments are required: 626-795-4331.

**Crochet Workshop --- Monday, Feb. 8, at 1 p.m.** Learn to crochet and create one-of-a-kind gifts for family and friends or make something special for yourself. One-on-one assistance and materials will be provided. Make your reservation at the Welcome Desk or by calling 626-795-4331.

**iPad Basics - Mondays, Feb. 8, 15, 22 and 29, from 10 to 11:30 a.m.** If you are new to an iPad and its functions, you'll become well versed in its touchscreen capabilities, navigation and basic Internet browsing and searching. iPads will be provided for in-class use, or feel free to bring your own. Class size is limited to 12 participants, so be sure to register in advance at the Welcome Desk or by calling 626-795-4331. Presented by YWCA Pasadena-Foothill Valley. For more information visit [www.pasadenaseniocenter.org](http://www.pasadenaseniocenter.org) or call 626-795-4331.



# ARCADIA

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## SIX VYING FOR ARCADIA COUNCIL SEATS

With the surprise lack of filing by two potential candidates by the extended deadline at 5 p.m. Jan. 20, there are now six candidates for two available seats on the Arcadia City Council.

Paul Cheng, a lawyer in Pasadena who made a big splash in the hotly-contested 2010 election, pulled the necessary papers last month to submit a bid but then last Friday, the original deadline for submitting signatures and other forms, posted on his Facebook page that he would not be running this year.

"I am writing this to let everyone know that I will not be running for Arcadia City Council," he wrote. Noting that "many pundits have said that I have an excellent chance to win," he said he determined that with his "growing law practice," he would be unable to dedicate himself to clients that "God has put before me" during the election cycle. He also confessed to being a "momma's boy" who needs to spend more time with his mother as she is "getting older."

Late last month a relative unknown in local politics or community activities, Alan Yee Phong Thian, also pulled papers from the City Clerk's office but did not file the completed paperwork.

Nonetheless, the campaign promises to be lively with three former Mayors in the race — Peter Amundson, Dr. Sheng Chang, and Bob Harbicht, along with April Verlato, who has made quite a name for herself in the past year challenging the City and the Council in many verbal and legal ways on the topic of mansion-ization. She has a law practice based in Downtown Arcadia and is President of the Arcadia Improvement Association.

Amundson and Harbicht have been sitting out a mandatory minimum two-year period since sitting on the Council for eight years (two consecutive four-year terms).

The other two candidates are Burton Brink and Paul Van Fleet, both of whom ran in the last election of 2014.

One of the two seats available would have been former Mayor Wu's as an incumbent for his second consecutive term this time around after a prior eight-year stint. But Wu's name became so entangled with a federal investigation and eventual criminal charges of fraud by the Securities and Exchange Commission against an Arcadia-based business called USFIA Inc. (US Fine Investment Arts) for operating a global pyramid scheme bilking \$32 million from investors over the last 2 1/2 years, that Wu resigned October 6. He has not been officially charged with any wrongdoing.

The other open seat belongs to Mayor Gary Kovacic, who is termed out after another coupling of two consecutive four-year terms.

Voters will submit votes only by mail again this year, with the first batch of ballots being mailed Monday, March 14, according to Lisa Mussen, Elections Official, Chief Deputy City Clerk/Records Manager for the Arcadia City Attorney/City Clerk Office. Postage for resident mail ballots will be prepaid by the city and ballots must be postmarked April 12 and received in the City Clerk's office by April 15. Walk-in ballots at City Hall must be received in the City Clerk's office no later than 8 a.m. the morning of April 12, 2016.

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

A first-time candidate in the 2014 election who surprised some with a strong showing, Burton Brink, age 52, is a Sergeant with the Los Angeles County Sheriff Department.

*Right from top to bottom: April Verlato, Peter Amundson, Paul Van Fleet, Dr. Sheng Chang, Burton Brink and Bob Harbicht.*

Excerpts from story by Scott Hetttrick



## ARCADIA POLICE BLOTTER

*For the period of Sunday, January 24th, through Saturday, January 30th, the Police Department responded to 1,080 calls for service of which 149 required formal investigations. The following is a summary report of the major incidents handled by the Department during this period.*

### Sunday, January 24:

Just after 12:20 a.m., an officer responded to the 100 block of Colorado Place regarding an attempted stolen vehicle report. The officer discovered an unknown suspect attempted to steal the vehicle by punching the ignition cylinder with a tool. The suspect was unsuccessful and fled with the victim's passport. No suspects were seen and no witnesses were located.

Around 1:19 p.m., an officer responded to the area of Fifth Avenue and Longden Avenue regarding an activation of an Arcadia Police Department GPS tracker. 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 27-year-old male from El Monte had the stolen package, property, and tracking device inside his vehicle. The suspect was arrested and transported to the Arcadia City Jail for booking.

### Monday, January 25:

At about 7:51 a.m., an officer conducted an enforcement stop on a vehicle in the area of Santa Anita Avenue and Alta Street for having expired registration. A records check of the vehicle revealed the registration had expired; however, the vehicle displayed a 2015 registration sticker. The driver, a 46-year-old female from Arcadia, knew about the forged sticker on her vehicle. The suspect was cited and released in the field.

At approximately 10:46 p.m., officers responded to the intersection of Longden Avenue and Azure Way regarding a tree on fire. An investigation revealed an unknown suspect lit a discarded Christmas tree on fire. A male suspect wearing light blue pants was seen fleeing on foot westbound on Longden Avenue.

### Tuesday, January 26:

Around 9:50 a.m., an officer responded to a residence in the 1100 block of Rodeo Road regarding a burglary report. The officer determined unidentified suspect(s) entered the residence by smashing a rear window and fled with an unknown amount of property. No suspects were seen and no witnesses were located.

Just after 2:24 p.m., an officer conducted a traffic stop on a vehicle in the area of Oakwood Drive and Foothill Boulevard for failing to stop at a stop sign. Upon contacting the driver, the officer discovered the 26-year-old male from Riverside was driving with a suspended license. He was cited and released in the field. The vehicle was impounded for 30 days.

### Wednesday, January 27:

Shortly after 10:28 a.m., officers responded to the 200 block of West Longden Avenue regarding a fire. An investigation revealed a pool motor had caught fire in the rear yard of the residence. Officers extinguished the fire. No injuries were reported.

At about 2:32 p.m., officers responded to the rear parking lot of Chase Bank, 60 East Huntington Drive, regarding a robbery that had just occurred. The officers determined the unknown suspect made arrangements to purchase a laptop from the victim. During the exchange, the suspect struck the victim and fled with the laptop in a red Ford Mustang. Arcadia Fire responded to provide treatment to the victim.

The suspect is described as a Hispanic male, 20 to 25-years-old, approximately 6' tall, with a heavy build. The investigation is ongoing.

### Thursday, January 28:

At approximately 2:24 p.m., an officer responded to a residence in the 1400 block of South Fifth Avenue regarding a fraud report. The officer discovered an unknown suspect transferred \$32,000 from the victim's bank account without her permission. The victim does not know how the suspect obtained her personal information.

Around 8:52 p.m., officers responded to a residence in the 500 block of Santa Cruz Road regarding a burglary in progress. An investigation revealed two suspects entered the residence by unknown means, confronted the victim, then fled to black sedan.

The suspects are described as black males wearing dark clothing. The investigation is ongoing.

### Friday, January 29:

At about 12:03 a.m., an officer responded to Dave and Busters, 400 South Baldwin Avenue, regarding a disturbance report. Upon contacting the 33-year-old male from Arcadia, the officer noticed symptoms of alcohol intoxication and determined the suspect was unable to care for himself. He was arrested and transported to the Arcadia City Jail for booking.

Just after 8:57 p.m., an officer conducted a traffic stop on a vehicle in the 900 block of West Huntington Drive for driving without headlights. Upon contacting the driver, the officer detected a strong odor of alcohol emitting from the driver. Through a series of tests, the officer determined the 57-year-old male from Canyon Country was driving under the influence of an alcoholic beverage. The suspect was arrested and transported to the Arcadia City Jail for booking.

### Saturday, January 30:

Just after 3:27 a.m., an officer conducted an enforcement stop on a vehicle near the intersection of Duarte Road and Baldwin Avenue for having expired registration. While talking to the driver, he informed the officer he was in possession of methamphetamine and a smoking pipe. The 38-year-old male from Arcadia was arrested and transported to the Arcadia City Jail for booking.

At approximately 1:03 p.m., an officer responded to the area of Campus Drive and Holly Avenue regarding a robbery that had just occurred at Nordstrom, 400 South Baldwin Avenue. An investigation revealed the 37-year-old male from Monrovia became combative when loss prevention specialists attempted to detain him for stealing store merchandise. The suspect struck the loss prevention specialist and fled on foot. The suspect was located, 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 346 service events, resulting in 72 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.*

**Shoplifting** – Suspect Arrested February 1 at 10:22 a.m., loss prevention from a business in the 500 block of West Huntington phoned police to report a male subject that had left the store without paying for merchandise he had concealed. Officers arrived and detained the suspect, who admitted to the theft. The suspect was arrested and issued a citation to appear in court on the charges.

**Domestic Violence** – Suspect Arrested February 1 at 2:41 p.m., a caller reported a male and female fighting in a vehicle parked in the 300 block of Genoa Street. When officers arrived, the male and female had separated. They admitted to arguing over personal matters while sitting in the vehicle. During the argument, the female had slapped the male subject twice in the face. The male subject then punched the female in the face and body. The female sustained a large contusion above her right eye and possibly a broken nose. She was taken to the hospital for treatment. The male subject was arrested for domestic violence and taken into custody.

**Warrant** – Suspect Arrested February 1 at 7:43 p.m., an officer was on patrol in the 1600 block of South Mountain and observed a vehicle traveling the wrong way on a one-way street. The officer stopped the vehicle for the violation. The investigation revealed the subject was driving on a suspended license and had several outstanding warrants for his arrest. The suspect was arrested and taken into custody.

**Domestic Violence** – Suspect Arrested February 1 at 10:09 p.m., officers were dispatched to the 600 block of South Myrtle on the report of a traffic collision. The occupants of the vehicle are boyfriend and girlfriend. They were involved in a verbal argument that escalated into a physical altercation in the backseat of the vehicle. During the altercation, the vehicle rolled back and struck

the curb. The male subject was determined to be the primary aggressor. He was arrested for domestic violence and taken into custody.

**Traffic Collision** February 2 at 1:56 a.m., officers responded to the area of Magnolia and Cypress on a solo vehicle traffic collision. The driver was traveling south on Magnolia, made a right turn onto Cypress and lost control of her vehicle. She collided into a parked vehicle, continued on and then struck a curb, where the vehicle came to rest. Commercial Burglary February 2 at 2:36 a.m., police received a report of an alarm activation at a business in the 900 block of West Duarte Road. An unknown suspect threw a rock through the front glass door to gain entry. The location was ransacked, but no loss could be determined. The investigation is continuing.

**Trespassing/Possession of Stolen Property** – Suspect Arrested February 2 at 2:50 p.m., officers were dispatched to a residence in the 200 block of South Mountain regarding a subject found sleeping in a vacant home. Officers responded and located the subject, who was found to be in possession of stolen property. The owner of the residence desired prosecution for trespassing, and the suspect was arrested. Further investigation revealed the property he was in possession of was stolen from a business in Duarte. The suspect was identified by store clerks in a photo lineup. Additionally, the suspect was found to be on active felony parole. The suspect was arrested and taken into custody.

**Mail Theft** February 2 at 10:32 p.m., an incident of mail theft was reported in the 200 block of West Walnut. A Monrovia resident received a phone call from the Glendora Police Department reporting they had two suspects in custody that were in possession of the resident's mail.

The resident then contacted her property manager, who told her he had reported the mail theft earlier that day to the Monrovia Postal Inspector, but didn't report the theft to police. Apparently, the suspects broke into the back door of the apartment complex mailboxes and stole mail. The officer took a mail theft report from the resident and forwarded the report to the Glendora Police Department.

## REMEMBRANCE THELMA WEAVER

By Joan Schmidt

Several years ago, I met a "whirlwind" "bundle of energy" amazing woman, Thelma Weaver, Annunciation Pastor, Father Eugene Herbert's mother.

Born on April 9, 1915 in San Francisco, Laura Thelma Mac Neill grew up in Carmichael with her older brother and parents. She was student body President of her Junior College where she met and fell in love with Maurice Allison Herbert; they married at the First Baptist Church, Sacramento on August 16, 1936.

Thelma and Maury settled on See Drive in West Whittier and raised six children, Earle, Jack, Jerry, Gene, Sharon and Carl. Thelma had a deep love of God and served others. She was a Cub Scout den mother for her sons, Brownie leader for Sharon and kept scrapbooks of all family activities. Besides being adept at all "woman's work"-cooking, mending, etc., she was a handy "repairman" who could fix anything. After a woodworking course, she made all the bookshelves and floor lamps in the family living room!

Maurice passed away in 1967. In 1984, Thelma married fellow Church member Richard Steen Weaver, who brought two grown women to the family.

Thelma was preceded in death by her two husbands, two sons and one of her stepdaughters.

This remarkable woman has THREE special services remembering her. The first was in Hemet, Friday night. Baptist Pastor Jack Stambach presided at the uplifting service. Beautiful hymns, meaningful readings and Pastor Stambach's sermon were followed by remembrances by Thelma's surviving sons, Jerry, Gene and Jack. Pastor Stembach reminded us of Thelma's return home to her Savior and Jerry and Gene recounted an incident in their past that showed a mother of great wisdom and love. Jack did a "show" – a dialogue between him and Mom recalling various incidents.

A beautiful funeral Mass was celebrated by Thelma's son, Pastor Father Eugene Herbert, Annunciation Church, Arcadia Saturday. Her attending family members were involved in all aspects of the service- music, readings, bringing up the gifts and sharing of special memories. Thelma was proud of her Scottish heritage-family members dressed in their clan's plaids/kilts and a bagpipe player performed Amazing Grace.

Bishop David O'Connell came Saturday prior to the Mass and personally greeted every attendee



prior to the service. He then attended the Pro-Life Rally in Los Angeles. Because he was not able to stay for Saturday's service, Bishop O'Connell returned to Annunciation Monday morning and celebrated the 8:30 Mass for Thelma.

I must tell you that this woman had NO FEAR. She and her husband went on a river raft ride when she was close to 70 and insisted on sitting along the sides to feel everything. Her step-daughter called her "Mom", hated the word "step" and spoke of their great African Safari when Thelma was 83! Her daughter-in-law related a "double-parasailing" over Cayman Islands. She was terrified but Thelma was having a blast! grandchildren spoke of the amazing woman with spunk who was an inspiration and gave them much love and encouragement.

Thelma spent the last ten years of her life at Camelot Retirement Home where she enjoyed many friends and card games. This past April she celebrated her 100 birthday with 39 family members. She is survived by 5 children, 11 grandchildren and 19 great-grandchildren.



## DATE EXTENDED TO ADMINISTER PUSD PARENT SURVEY

*A special message from the Pasadena Unified School District (PUSD).*

Good Afternoon,

Several schools have opted in to administer the parent survey. To encourage more participation, however, the date to opt in has been extended to February 5. PUSD is requesting that only families who reside in the Cities of Sierra Madre, Pasadena and Town of Altadena participate. Please also note that for those schools who participate, PUSD can include the name of your school as a choice on the survey. We can also provide results to the schools who opt in on how your parents responded to question 8 (why they chose your school) in the survey. This information will only be made available to your school. We will also make available to you the collective response to the entire survey across the private and charter schools that participate. If you have not had a chance to respond to this correspondence,

your assistance is respectfully requested in sharing PUSD's parent/guardian survey on school choices, and interests, with your families. Details on the survey, along with a sample survey, are provided. If there is any feedback you would like to offer on this process, please do not hesitate to share it. Survey information will be sent to those schools willing to opt-in by or before February 5, 2016. All survey materials which includes the letter to your families and survey link will be provided on Thursday February 11.

Thank you in advance for your consideration of this request. PUSD School Superintendent Brian McDonald looks forward to sharing the survey results community-wide in March 2016.

Sincerely,

Mercy Santoro  
Associate Superintendent of School Support Services  
Pasadena Unified School District

## REP. SCHIFF ANNOUNCES 2016 NOMINATIONS TO U.S. SERVICE ACADEMIES

Today, Rep. Adam Schiff (D-Burbank) announced that he has nominated fourteen students from the 28th Congressional District to U.S. service academies for the class of 2020. Four of the five United States service academies require a Congressional nomination in order to receive an appointment.

"It is a privilege every year to nominate some of the best and most talented students in the 28th Congressional District to our nation's Service Academies," said Schiff. "Every student nominated has an outstanding record of achievements – excelling both in academics as well as in extracurricular activities and sports. These students are deeply committed to serving in our armed forces, and I am confident they will be future leaders of our country."

Below is the list of the students Rep. Schiff has nominated:

- Caitlin Patricia Argueta, Hoover High School, Glendale resident – nominated to the Air Force and Naval Academy
- Matthew George Arnall, St. Francis High School, Glendale resident – nominated to the Merchant Marine Academy
- Minas Badikyan, Burbank High School, Burbank resident – nominated to the Air Force Academy
- Franchette Brosoto, Burbank High School, Burbank resident – nominated to the Air Force Academy
- Rafael Calleja, Van Nuys High School, Tujunga resident – nominated to the Naval Academy
- Ryan Chow, Providence High School, Glendale resident – nominated to the Naval Academy
- Emma Marie Gale, Verdugo Hills High School, Tujunga resident – nominated to the Naval Academy

- Grandin Charles Hammell, Notre Dame High School, Tujunga resident, nominated to the Air Force and Naval Academy
- Robert William Herrin, Clark Magnet High School, La Crescenta resident – nominated to the Naval Academy
- Grace Eunhae Jhu, Hollywood High School, Los Angeles resident – nominated to the Air Force Academy
- Juliana Johana LaFrance, Burbank High School, Burbank resident – nominated to the Naval Academy
- Michael Ospina, John Burroughs High School, Burbank resident – nominated to the Merchant Marine Academy
- Michael John Simic, Loyola High School, Burbank resident – nominated to the Naval Academy
- Thomas Allen Wilson, John Burroughs High School, Burbank resident – nominated to the Naval Academy

The four academies requiring a Congressional nomination are the Air Force Academy, the Merchant Marine Academy, the Military Academy at West Point, and the Naval Academy. The fifth service academy, the U.S. Coast Guard Academy, does not require a Congressional nomination. All five academies offer young men and women a free college education, at a highly-ranked, nationally-recognized academic institution, while preparing them for an officer's commission in the armed forces.

Students interested in applying to a Service Academy for the Class of 2021, should call Congressman Schiff's District Office at 818-450-2900 or 323-315-5555, or visit <http://schiff.house.gov/help/academy-nominations> to submit an application form. The application deadline for next year's class is November 18, 2016.

## SCHOOL DIRECTORY

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

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

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

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

Bethany Christian School  
93 N. Baldwin Ave. Sierra Madre, Ca. 91024  
(626) 355-3527

Principal: Dr. William Walner  
website: [www.bcsllions.org](http://www.bcsllions.org)

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

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

Frostig School  
971 N. Altadena Drive Pasadena, CA 91107  
(626) 791-1255

Head of School: Jenny Janetzke  
Email: [jenny@frostig.org](mailto:jenny@frostig.org)

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

High Point Academy  
1720 Kinneloa Canyon Road Pasadena, Ca. 91107  
Headmaster John Higgins 626-798-8989  
website: [www.highpointacademy.org](http://www.highpointacademy.org)

LaSalle High School  
3880 E. Sierra Madre Blvd. Pasadena, Ca.  
(626) 351-8951 website: [www.lasallehs.org](http://www.lasallehs.org)  
Principal Bro. Christopher Brady, FSC

Monrovia High School  
325 East Huntington Drive, Monrovia, CA 91016  
(626) 471-2800 Principal Darwin Jackson  
Email: [schools@monrovia.k12.ca.us](mailto:schools@monrovia.k12.ca.us)

Odyssey Charter School  
725 W. Altadena Dr. Altadena, Ca. 91001  
(626) 229-0993 Head of School: Lauren O'Neill  
website: [www.odysseycharterschool.org](http://www.odysseycharterschool.org)

Pasadena High School  
2925 E. Sierra Madre Blvd. Pasadena, Ca.  
(626) 396-5880 Principal: Gilbert Barraza  
website: <http://phs.pusd.us>

St. Rita Catholic School  
322 N. Baldwin Ave. Sierra Madre, Ca. 91024  
Principal Joan Harabedian (626) 355-9028  
website: [www.st-rita.org](http://www.st-rita.org)

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

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

Walden School  
74 S San Gabriel Blvd  
Pasadena, CA 91107 (626) 792-6166  
[www.waldenschool.net](http://www.waldenschool.net)

Weizmann Day School  
1434 N. Altadena Dr. Pasadena, Ca. 91107  
(626) 797-0204

Lisa Feldman: Head of School

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

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

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

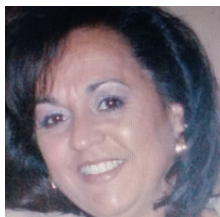
Duarte Unified School District  
1620 Huntington Dr., Duarte, Ca. 91010  
(626) 599-5000 Website: [www.duarte.k12.ca.us](http://www.duarte.k12.ca.us)

## THE FROSTIG CENTER PRESENTS "PREPARING STUDENTS WITH SPECIAL NEEDS FOR INDEPENDENCE"

Pasadena, CA.—State and federal agencies can provide vital resources to young adults with disabilities. Two experts from Disability Rights California will help families access services and support from two of those agencies--the state Department of Rehabilitation and the Social Security Administration--during a presentation at The Frostig Center on Tuesday, February 23.

The Department of Rehabilitation provides employment services to people of working age while Social Security offers income support to people with disabilities who have limited income.

Rebecca Hoyt and Jerri Ward will review the programs and explain eligibility requirements and application processes. Their discussion will be geared toward families with high school students who are preparing for adulthood. Families with younger children who want to look ahead, as well as teachers and therapists who work with children with special needs, will also benefit from the presentation.



Rebecca Hoyt and Jerri Ward



Jennifer Quirina-White, director of transitions services at Frostig School, will facilitate a Q&A period immediately after the presentation. "It can be very difficult for a family to navigate a government website and fully understand what kind of support their child can receive," Ms. Quirina-White said. "Ms. Hoyt and Ms. Ward will provide information and resources to assist families in understanding these systems."

The presentation begins at 3:30 p.m. in Gates Hall at The Frostig Center. Admission is free. The Frostig Center, located at 971 N. Altadena Drive, is a non-profit organization that strives to improve the lives of children with learning differences through research, professional development and community outreach, and Frostig School. Frostig also provides services to young adults with learning differences who are transitioning to college and work. For additional information about Frostig Center, call (626) 791-1255 or visit our website at [www.frostig.org](http://www.frostig.org).

## PLAY THE ULTIMATE SUPERBOWL GAME!

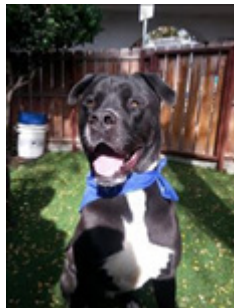
To celebrate Super Bowl 50, the San Gabriel Valley Humane Society is holding its own 'Shelter Bowl' for the first time ever! The top two teams in the CFC – Canine/Feline Conference - will go head to head in this memorable competition. The San Gabriel Saints will battle it out with the Humane Howlers for the coveted Shelter Drinking Bowl Trophy.

Athletes from the two teams will be featured on our Facebook and Instagram pages with their own trading cards showing their picture, jersey number, position and coach.

The winning team will be decided based on the number of adoptions by each team and the amount of "likes" their photos on our Facebook and Instagram pages receive.

The competition will be held from Sunday January 24 until Sunday February 7th. Check out Facebook and Instagram on a regular basis for up-to-the-minute information on your favorite team and players. Share with your friends and "vote" for your favorite players by liking the ones you are voting for. Or better yet, adopt your favorite buddy!

Meet the coaches:



Kramer (left) is a Staffy-Shepherd-Dane mix pooch who loves people, walks, sunbaths, gentle pats on the head, and soothing ear scratches. He sports a black and white classic tuxedo coat that is perfectly paired with lengthy legs, a lean body, and floppy puppy-like ears. He is dressed for success and has what it takes to lead the Saints to victory this year. He is a fan of long and steady walks rather than high-energy runs. Kramer is friendly meeting new people and good on the leash. He is not one to throw around his weight (113 lbs) preferring to coach his team with his gentle and patient nature. If you have room in your heart and home for this handsome big boy, Kramer is ready to be your loyal and loving best friend.

Midnight (right) is one of the Meow Manors cool cats. Often keeping to himself in his cubicle, Midnight spends most of his day 'lounging around and sleeping'. It may look like that, but this clever cat is reviewing his shelter bowl team's strategy, offensive plays and passing options while no one is the wiser. Given his cool demeanor, Midnight is definitely a friendly cat who loves attention and to be petted. Come meet this darker than night and cooler than ice cat in the Meow Manor! He is 2 ½ year old domestic short hair mix who could be wearing a Humane Howler shelter bowl ring before you know it!



The Winning team will be announced on Wednesday February 10th. Let the coin toss begin!

# Game On


## San Gabriel Saints

vs.

## Humane Howlers

Lady

Halo

Kudo

Honey

Diamond

Little Guy

Leo

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## PUPPY BOWL XII A SUPER SUNDAY ALTERNATIVE



by Chris Leclerc

You either love it or you hate it, so they say. Football is all the rage for many (many, many) Americans, it is clearly no secret. For others, well...not so much. And for the former - the avid lovers of the sport - this may very well be the most wonderful time of the year. The time of year to gear up for the "big game".

With parties to be planned, bets to be placed and new televisions to be purchased (apparently TV sales the week prior to the game far-and-away forego that of Black Friday week) Super Bowl Sunday has become all but an official holiday in our country. Meanwhile, those who are less-than-lovers of the sport and live with a football fan know better than to get between them and the set while the game is on.

So, if you are one of those people who couldn't care less about football and you really dig your dogs, there is an awesome alternative for your viewing enjoyment while the frantic fans are carousing, jumping, yelling and (hopefully) cheering for their respective teams in the other room.

Sunday, February 7, Puppy Bowl XII will air on Animal Planet from 3-5 PM ET/PT and this year's event promises to be the absolute best yet. The twelfth in the series of this shaggy-chic show will feature two terrific tail-wagging teams, Team Ruff and Team Fluff going nose-to-nose in competition with a goal to win various titles, not the least of which is most adorable, adoptable pack of pups in the USA.

The network reached out to 44 different animal shelter and rescue organizations across the country this year, to fill the two teams' rosters, and is partnering with the Pro Football Hall of Fame in introducing the Puppy Bowl Hall of Fame to honor legacy players throughout Puppy Bowl and promote the adoption of older "veteran" animals in addition to puppies and kittens.

Puppy Bowl XII's 44 participating shelters represent 35 states across the US and Puerto Rico. This year's roster includes players from Nevada SPCA, Arizona Humane Society, Mr. Bones & Company (New York), Green Dogs Unleashed (Virginia), Little Dog Rescue (Florida), Paws Chicago, Citizens for Animal Protection (Texas) and Williamson County Animal Center (Tennessee) among others. Kittens for the Kitty Half-Time Show will be provided by the Brooklyn Bridge Animal Welfare Coalition, Inc.

If you are interested in learning more about the participating organizations, visit Animal Planet's Pet Adoption Resources page on their website at [www.animalplanet.com](http://www.animalplanet.com).

The Pedigree \* Starting Lineup boasts 49 puppies competing for the famed title of Bissell \* MVP (Most Valuable Puppy, of course!). The tailgate starts at 2:30 PM ET/PT with the Puppy Bowl Pre-Game Show, which features analysis and commentary from a team of sports correspondents.

At 3 PM ET/PT, Puppy Bowl XII kicks off at GEICO Stadium with a furry group of line barkers and wide retrievers, making adorable tumbles and fumbles in an effort to score winning touchdowns for both teams. The Kitty Half-Time Show will bring a cat-astrophic San Francisco-inspired kitten takeover to the Bay Area. The ferocious felines are on a spree of cat-climatic destructions as they paw across historic landmarks including the Golden Gate Bridge, Fisherman's Warf and infamous "Al-Cat-Raz".

With help from a new special assistant ref, Stanley the Skunk, Dan Schachner returns as America's favorite "Rufferee" to call the puppy penalties. Rooting on the sidelines will be five big-haired silkie chicken cheerleaders shaking their tail feathers and strutting for their favorite players.

Award-winning animal advocate and television correspondent Jill Rappaport will introduce Pup Close and Personal segments presented by Subaru, highlighting adorable animal bonds between puppy players and their best buddies including a kitten and a hedgehog! "Meep the Bird" will also return to his perch to tweet live updates throughout the event.

So, all you animal-adoring, football-loathing weekenders out there, grab the pets and the kids and take refuge with a big screen anywhere but in the man cave on Super Bowl Sunday. Love and let ~ the games begin!

### Canyon Canine

Dog Walking & Sitting Services  
Sierra Madre, California

#### Chris Leclerc

[www.canyoncanine.com](http://www.canyoncanine.com)  
[chris@canyoncanine.com](mailto:chris@canyoncanine.com)

626-355-8333 626-533-9536

## LOOKING FOR A BEST FRIEND?

To be your special valentine? Kizzie is a 1-year-old white Chihuahua mix girl weighing about 11.2 lbs. She has the cutest ears that flop over, giving her a unique look. Kizzie was found abandoned, tied to one of the gates of the shelter on Christmas Eve, discovered by staff the next morning. When they tried to retrieve her, she managed to escape and it took three days to locate and catch her. During that time, a car hit her. Fortunately, her only injury was a scrape and she quickly recovered. It took a few weeks for her to overcome her fears after those experiences, but she is now ready for adoption.

It has taken a while for Kizzie to learn to trust and feel comfortable with people, but she is making great progress. She has discovered that getting pets and attention from volunteers is not so bad. She has become secure enough that she will jump into a lap without coaxing, and happily allow herself to receive a massage.

Kizzie is a very smart girl, always alert to everything going on nearby. On her first walk, she was hesitant to accept treats that were offered to her, but she cleverly discovered the bag that held them and helped herself. Now that she has had time to get to know the volunteers, she is happy to take treats from all of them.

Kizzie seems to enjoy going for walks, although she is a little nervous near the street when traffic is going by. When she is on the grass going to the park, she moves with more confidence, even breaking into a prancing gait. She is easy to manage on the leash. Kizzie has a playful spirit and enjoys romping with other dogs, and chasing and playing with toys.

Kizzie is hoping to find a home where she can get the love and training she needs to become the

good dog she is meant to be. Come in to meet this sweet girl to see if she can be your special valentine!

She 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 Kizzie, please stop by any time from 10:30am to 4:30pm Tuesday thru Sunday.

Her adoption fee is \$130 and includes spay 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 Kizzie.

If you are interested in meeting Kizzie or any of the other wonderful pets at the shelter, visit the [San Gabriel Valley Humane Society](http://San Gabriel Valley Humane Society) at 851 E. Grand Ave., San Gabriel, Calif., 91776, Tuesday through Sunday from 10:30am to 4:30pm. See our website at [www.sgvhumane.org](http://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. 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](http://sgvhumane.org) for more information.

Check out [Shelter Bowl I](#) on the shelter's website, Instagram and Facebook pages. The top two teams of the CFC (Canine/Feline Conference) compete for the very first time. Vote for your favorite players and team to determine the winner of the coveted 'Shelter Drinking Bowl Trophy'. *Story on Page 8*



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## THE JOY OF YOGA

### YOGA DOES WORK FOR ANXIETY

If you experience chronic anxiety or just from time to time, yoga is WONDERFUL solution. It works immediately and functions as a long term tool for wellness. Anxiety is the reason why many people come to yoga in the first place. It's like first aid for the mind! The relief is almost unexplainable. In fact, my own personal journey in yoga began when I attended class, on a friend's suggestion, after I disclosed that I was suffering. So what class is best when you're experiencing anxiety? As a student, personally, I cannot just "relax" walking into a yoga class when I'm anxious. A (brief) seated posture to establish the breath is ok, but then I've got to get moving! It's best to experience dynamic movement with the breath to begin. Believe it or not, the "monkey mind" needs many jobs to do in order slow down. Movement, conscious breath and drishti (gaze) are just a few components. Once I have tuned

into my breath, and moved my body a little, poses with longer holds become accessible. It's in the longer holds, with conscious, smooth breaths that I can find a deeper sense of calm and stability. It takes a little work to hang in there, but it's well worth it. The rest of the class is do-able, enjoyable and satisfying. Maybe the title of this article should have read, Reminder: Yoga does work for anxiety. Each time we quell anxiety through natural means, new positive habits are created. Many yoga practices (and poses) stimulate the parasympathetic nervous system which produces the body's natural calming response. The more we can get in touch with this feeling, the feeling of being calm and grounded, the better. It can become the new normal.

Namaste friends, see you in the class.

Keely Totten

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### COMPLEX REGIONAL PAIN SYNDROME

For pain specialists in the acupuncture field, it is not uncommon to evaluate and treat patients diagnosed with complex regional pain syndrome (CRPS). The syndrome usually develops after trauma (minor or major) or nerve damage. Symptoms will appear within a month and may include: pain (diffused or localized); local changes in circulation; swelling; sweating; cool or warm extremities; muscle wasting; and reduction of motor activity of the muscles (in chronic cases). In some cases the sympathetic system reaction (local sweating, changes in skin temperature and color) is present; in other patients, it is not. Treatments applied to these patients include NSAIDs (Nonsteroidal anti-inflammatory drugs); physical therapy; sympathetic blocks; physical therapy; psychological support; and acupuncture (surgery will be utilized rarely). The treatment should be used in the earlier stages rather than in the chronic phase (the patient's response to acupuncture in the earlier stages is faster, thus requiring fewer treatments). In many cases, the symptoms will continue with little or no improvement, the pain becomes extremely severe and does not respond to treatment. The cases this article covers are CRPS of lower extremities (chronic phase, 6+ months). The recommended points to be used are the second,

third and fourth ba feng (extra points) and ST 36 (unilaterally, on the same side if it is not too painful; otherwise contralaterally for a few treatments). Treatment: Treatment is administered 1-2 times per week for four weeks. The acupuncture needles are inserted with a slant direction, with the microcurrent stimulation pads on top of the needles. The pads (biphasic, with an initial output of 25 microamps, are applied for 20 minutes directly on top of the needles. In the majority of cases, microcurrent use should be sub-sensational (the patient does not feel the electric stimulation). Within 12 treatments (a slow response), the patient should be able to feel improvement: the pain is reduced; the range of motion of the ankle/foot is increased; and the pain medication is diminished or discontinued. Another important fact is the improvement of the walking and standing gait: the patient is able to walk or stand longer than before. The combination of a microcurrent device and acupuncture allowed us to treat and improve the condition of a patient on which all other modalities had failed. References : <http://www.acupuncturetoday.com/mpacms/at/article.php?id=27704>

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**Respiratory:** Common cold , sinus, asthma, bronchitis.  
**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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## FOOD AND DRINK

### SAN ANTONIO WINERY OFFERS WINE TASTING, TOURS, AND DELICIOUS CUISINE IN THE HEART OF LOS ANGELES

Valentine's Day is fast approaching and I have the perfect spot for you, and it's just a few miles away from where you are reading this right now. No long drive to Napa or Temecula. Los Angeles is home to the longest and largest producing winery in Southern California.

San Antonio Winery, located just east of downtown Los Angeles in Lincoln Heights, offers the ultimate romantic experience, or the ideal spot to celebrate love and friendship with friends if you're single. Once you step inside the vast tasting room and up to the counter, one of the friendly, learned staff will guide you on your wine tasting adventure. I was able to choose from a selection of award-winning dry wines from San Antonio Winery's award-winning Maddalena and San Simeon collections, since it's Valentine's Day you might consider -their popular Stella Rosa line, like Stella Rosa Red, and sparkling Stella Rosa Moscato Rosé, perfect for your romanantic day.

On my recent visit, I took a tour of the entire winery, where I learned about the original urban winery's history, and even got to see where the wines are fermented, aged, and bottled. Once I worked up an appetite, I indulged in home-style Italian cuisine at Maddalena restaurant. Named after the winery's matriarch, Maddalena was

the first restaurant inside a winery in California. It was opened in the 1970s after Maddalena Riboli's sandwiches became so popular, a long line would form outside the winery.

Today, you can still enjoy some of Maddalena's delicious recipes, like her outstanding meat lasagna and handmade ravioli. The Valentine's weekend menu will also include a variety of options, including the restaurant's

popular Linguini Scampi, Veal Scallopini, and Filet Mignon. To make the mood more romantic, there will be live music in the restaurant all weekend long.

San Antonio Winery is located at 737 Lamar Street. It will have extended hours Valentine's weekend from 10 am until 9 pm, with the last restaurant serving at 7:30 pm. There is also an ample parking lot with complimentary parking. Free tours are offered daily on the hour. Tastings of 3 select wines are complimentary during the week, and \$5 for 4 tastings Saturday and Sunday. There is also a \$15 artisan tasting of 4 award-winning wines available. Visit [sanantoniowinery.com](http://sanantoniowinery.com) for more information. I had a great tour!

Peter Dills  
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Join me this Saturday afternoon at 3 PM on Charter Cable 188 for Dining with Dills please contact me through my website [www.peterdills.com](http://www.peterdills.com)

### JULIE'S FAVORITE FAMILY RECIPES

#### SODA CRACKER CANDY

- 1pkg. unsalted soda crackers (around 40 crackers)
- 12oz. pkg. Semi-sweet chocolate chips
- 2cubes unsalted butter
- 1c. dark brown sugar

First, place unsalted crackers face up in a buttered 9x13 pan. In a small sauce pan melt butter and brown sugar together and bring to a boil for 2-4 minutes. Pour over soda crackers and spread evenly. Pre-heat oven to 400 and sprinkle chocolate chips over crackers. Place pan in oven and watch 2-3 minutes until chips melt. Take the pan out of oven. Spread melted chips over the top of crackers evenly with a spatula. If desired add topping of your choice, such as sprinkles, nuts, coconut for color and fun. Place pan in freezer for at least 2hrs. Take candy out of freezer for about 30/40 min. or until slightly softened, and then cut with a sharp knife in 1½inch squares.  
*\*Best to make on a clear non-humid sunny day! Enjoy!*

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## CHOOSING A HOSPICE CARE PROGRAM

Dear Savvy Senior:

Can you offer any information on hospice care, how to choose a good provider, and whether Medicare covers it? My grandmother has terminal cancer and wants to die at home, if possible.

Grieving Granddaughter

Dear Grieving:

Hospice can be a wonderful option in the last months of life because it offers a variety of services, not only to those who are dying, but also to those left behind. Here's what you should know.

#### What Hospice Offers

Hospice care is a unique service that provides medical care, pain management, and emotional and spiritual support to people who are in the last stages of a terminal illness – it does not speed up or slow down the process of dying. Hospice's goal is to simply keep the patient as comfortable and pain-free as possible, with loved ones nearby until death.

The various services provided by a hospice program comes from a team of professionals that works together to accommodate all the patients' end-of-life needs.

The team typically includes hospice doctors that will work with the primary physician and family members to draft up a care plan; nurses who dispense medication for pain control; home care aids that attend to personal needs like eating and bathing; social workers who help the patient and the family prepare for end of life; clergy members who provide spiritual counseling, if desired; and volunteers that fill a variety of niches, from sitting with the patient to helping clean and maintain their property.

Some hospices even offer massage or music therapy, and nearly all provide bereavement services for relatives and short-term inpatient respite care to give family caregivers a break.

Most hospice patients receive care in their own home. However, hospice will go wherever the patient is – hospital, nursing home or assisted living residence. Some even have their own facility to use as an option. To receive hospice, your grandmother must get a referral from her physician stating that their life expectancy is six months or less.

It's also important to know that home-based hospice care does not mean that a hospice nurse or volunteer is in the home 24 hours a day. Services are based on



need and/or what you request. Hospice care can also be stopped at anytime if your grandmother's health improves or if she decides to re-enter cure-oriented treatments.

#### How to Choose

The best time to prepare for hospice and consider your options is before it's necessary, so you're not making decisions during a stressful time. There are more than 5,500 hospice programs in the U.S., so depending on where you live, you may have several options from which to choose.

To locate a good hospice in your area, ask your grandmother's doctor or the discharge planner at your local hospital for a referral, call your state hospice organization (see [hospicefoundation.org/hospice-directory](http://hospicefoundation.org/hospice-directory) for contact information), or search online at sites like the National Hospice and Palliative Care Organization at [nhpco.org](http://nhpco.org).

When choosing, look for an established hospice that has been operating for a few years and one that is certified by Medicare. To help you select one, the American Hospice Foundation provides a list of questions to ask at [16HospiceQuestions.us](http://16HospiceQuestions.us).

#### Who Pays

Medicare covers all aspects of hospice care and services for its beneficiaries. There is no deductible for hospice services although there may be a very small co-payment – such as \$5 for each prescription drug for pain and symptom control, or a 5 percent share for inpatient respite care. Medicaid also covers hospice in most states, as do most private health insurance plans.

For more information, see the "Medicare Hospice Benefits" online booklet at [medicare.gov/pubs/pdf/02154.pdf](http://medicare.gov/pubs/pdf/02154.pdf). And if you have financial questions or concerns, talk to your hospice provider. Most hospices offer financial assistance to help families in need.

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

## SENIOR HAPPENINGS



#### HAPPY BIRTHDAY! ...February Birthdays\*

Hilda Pittman, Anne-Marie Stockdale, Ann Luke, Susan Henderson, Jan Reed, Peter Lippincott, Georgia Lippincott, Allie Attay, Ursula El-Tawansy, Gladys Moser, Sylvia Lorhan, Jan O'Day, Ana Ptanski, Winifred Swanson, Marian DeMars, Vickie Vernon, Mary Beth Knox, Sharon Leffer, Gordon Caldwell. \* 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.



## KATIE Tse.....This and That THE COLONOSCOPY PILL --YOU READ IT HERE FIRST!

Two years ago I wrote about an epiphany I had after listening to yet another horror story of someone's colonoscopy gone amuck. I brought you... the colonoscopy pill! Instead of snaking a probe down the body, contrary to its natural design, why not swallow a probe to scope out the digestive tract as part of normal digestion? I envisioned a pill with a camera that could be ingested, "collected," and analyzed resulting in the full picture of one's colon in glorious Technicolor! I thought for sure that I was the first person to come up with this idea.

I was both glad and surprised when I read that "Given Imaging" has already designed these small wonders, and they've been used in the U.S. since 2001. More recently, The Daily Mail published an article stating "Colonoscopies to be replaced by a camera that comes in a PILL as FDA green lights revolutionary treatment!" My happiness over this non-invasive option outweighed my disappointment upon realizing that I wasn't the first to think of it.

However, there are still a host of painful medical procedures that need revision. The mammogram comes to mind. The screenings are routinely ordered when women turn 40. However, mammograms aren't all that they're cracked up to be. The imaging isn't very clear, and every time you get squeezed you're being exposed to radiation (which increases your risk of developing cancer, ironically). And if you've survived breast cancer, you can expect to be prescribed a few extra mammograms every year just for good measure.

It was during a conversation my Mom and I were having regarding iPads and smart phones that she came up with the idea of the mammogram app. (She and I know as much about technology as we do about brain surgery --diddly squat!) I mentioned that one of my husband's friend's phone could check his pulse, temperature, and blood pressure (okay, maybe not all that, but definitely his pulse!). "Why don't they have phones that do ultrasounds?" she suggested.

Although I've never undergone a mammogram, this alternative sounded great to me! Just gel up your mobile device and slowly massage it over the area of concern. Heck, maybe the phone could even heat up to make the process less uncomfortable. If the app detected anything amiss, a buzzer could sound off like a smoke alarm warning you of a possible foreign body.

Not to stop short at the detection level, my Mom further imagined that a radar beam could project from the phone and zap any tumor using nano-technology. At this point we really didn't know what we were talking about, but it still sounded better than being subjected to a scope, vise grip, or scalpel.

While I doubt that our medical brainchild will soon be coming to an app store near you, you must agree it has potential! I applaud the creators of the colonoscopy pill and encourage all you techie geniuses to hurry up and invent the mobile mammogram and the nano lumpectomy. If a phone can read your heart rate at the press of a finger, there's no reason it can't find a lump in your soft tissue.

Remember, you read it here first!



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submit it to: [editor@mtnewsnews.com](mailto:editor@mtnewsnews.com). Share your good experiences in hope that it might bring a little joy and/or inspire someone.

## SHARE SOME GOOD NEWS!

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

-Susan Henderson, Editor/Publisher MVNews

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**On the Marquee:** *Notes from the Sierra Madre Playhouse***THE GREMLINS**By Artistic Director,  
Christian Lebano

On Friday night the gremlins attacked the Playhouse. They were stealthy and quiet and caught us completely unawares. The actors coped as well as they could, while all I could do was cover my eyes and take deep breaths. The gremlins are those nasty little creatures who cause things to go wrong – things that have never gone wrong before.

That night there was a malfunction with one of the crucial pieces of hardware that is used in the show – I won't name it because this thriller only thrills when it is a surprise, so let me just say this crucial bit of hardware failed. The actors added



*Shaw Purnell plays Myra Bruhl in Deathtrap.  
Photo by John Dlugolecki*

dialogue (this is called ad libbing) to cover the malfunction and the actor in charge of the moment actually got the hardware fixed. I know these performers well enough by now to be able to read their eyes (maybe I am just imagining that – but I've been in their shoes so I knew what they were thinking!) and I could see them trying to figure out how to keep the play going and to account for the failure and then the relief when it was fixed. The scene got back on track and then zing – the gremlins struck again and the hardware failed AGAIN. But now there was no saving the moment, the actors soldiered on as best they could and covered for the malfunction and played the scene out. And in the next scene those nasty little guys had one more trick in store – when an actor tried to move a chair by its back rail it came off in his hands. There was no covering this one – the audience laughed and the actor fixed the chair as best he could – and went on with the scene.

At intermission the audience was in good spirits, several patrons came up to me to comment about the chair and how well the actor handled the moment and how unpredictable live theater was. Not a person who hadn't seen the show before made any comment about the hardware. When I specifically asked about it they were all surprised that anything had gone wrong!

I was reminded that an audience will accept what happens on stage as part of the show – that anything that happens MUST be meant to happen – unless is clearly isn't. That may be part of the appeal of live theater – the knowledge that at any moment something unexpected, unplanned, and unwelcomed may happen and the hapless actors just have to deal with it. Oh boy. Sometimes I ask myself why we put ourselves through this. And then I think about the joy of creating something that makes the audience laugh and shriek and hold their breaths from the suspense as this play does – and I'll battle the gremlins for the stage any day.

*Deathtrap continues to sellout, it runs through February 20 so you still have a chance to see it. This one is great fun - don't miss it. Reviews have been glowing! Please visit our website at SierraMadrePlayhouse.org or call Mary at 626.355.4318 to arrange your purchase.*

**There's still time to reserve your spot for these upcoming classes.**

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**SEAN'S SHAMELESS REVIEWS:  
AMERICAN CRIME STORY:  
THE PEOPLE VS. O.J. SIMPSON**

By Sean Kayden

I was in third grade when the O.J. Simpson trial swept this nation and people of all ages, classes, and races were captivated by the televised case. Back then, I knew what was going on, but obviously wasn't fascinated by it at my young age. Now in 2016, FX and Ryan Murphy ("Glee," "American Horror Story," "Scream Queens") has developed a true crime anthology television series called "American Crime Story" and the first one up is The People vs. O.J. Simpson. My first reaction nearly a year ago to when it was announced is why are they doing this? Will anyone even care about a case that was 20 years ago? On Tuesday night, FX premiered the highly anticipated show and all thoughts of me questioning why this was created were thrown to the wayside. "ACS: The People vs. O.J. Simpson," based on Jeffrey Toobin's "The Run of His Life: The People v. O. J. Simpson," is the best show Ryan Murphy's been associate with since the early days of "Nip/Tuck." The season debut was enthralling, engrossing, and downright fascinating. In many ways, the show couldn't be more relevant in the periodically hostile times we live in.

The show wastes no time in getting you right into the tragic night of June 14th, 1994 of the slaughtered bodies of Nicole Brown Simpson and Ronald Goldman were found at the entrance of Brown's Brentwood condo. Her ex-husband, former NFL superstar and actor O.J. Simpson, departs L.A. for Chicago on the same night. Things escalate quickly and the viewer is magnetically drawn in. Every scene, every beat is well crafted and those who followed the trial back in 1995 will be reminded of such key moments and conversations amongst these now infamous individuals. The 80-minute premiere was briskly paced with the difficult task of introducing many key characters such as Christopher Darden, William Hodgman, Gil Garcetti, Marcia Clark, Robert Kardashian, Robert Shapiro, Johnnie Cochran, Mark Furhman, and O.J. Simpson himself. Other key players will come into place as the season unfolds. As for the actors portraying these real-life people, the casting was absolutely impeccable.

Cuba Gooding, Jr plays Simpson and based on just the first episode it is a witness the resurrection of Cuba Gooding, Jr sort of moment. The guy shows he's still a strong actor, displaying tons of emotion (and sometimes lack of emotion given the character). David Schwimmer plays O.J.'s friend and one of his lawyers, Robert Kardashian I could never take Schwimmer as a serious actor before, but I must say, he proved he can do much more than simply his Ross character from his former heyday in the TV series "Friends". While he wasn't involved with

**American Crime Story: The People vs. O.J. Simpson****Release Date:**  
**Tuesday, February 2nd, 2016 at 10pm on FX**  
**Created By: Scott Alexander & Larry Karaszewski**

the O.J. defense team in the first episode of he show, actor Courtney B. Vance as Johnnie Cochran appears deeply promising in his brief appearance on the first episode. However, the one who stole the show in the first episode (and most likely for the entire season) is "American Horror Story" alumni Sarah Paulson, who portrays the tenacious Marcia Clark. Paulson not only acts like Clark by mastering her cadence and idiosyncrasies, but also looks nearly identical to her (a solid 9 out of 10 on the lookalike meter). She's nothing shy of brilliant in this multifaceted and well-written role. The first episode ends on a significant moment, one where we all (even me) remember that day as if it wasn't 20 plus years ago. The one I am referring to is O.J. skipping out on his arrest by fleeing with his friend AC Cowlings in the famously notorious white Ford Bronco chase. The actual pursuit will segue into the beginning of the second season. And just like the real life pulsating chase, the mini series itself is running at 100 miles and hour on all levels. Do yourself a favor and watch what very well may turn out to be the best show of 2016.

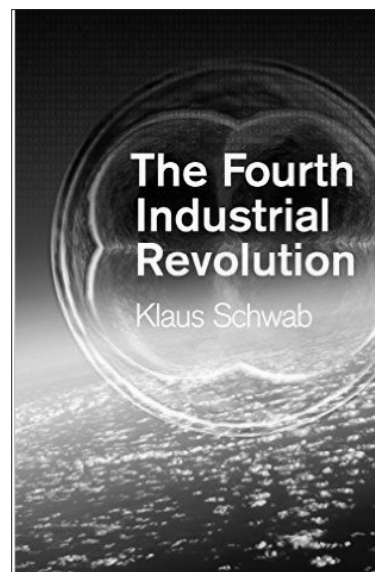
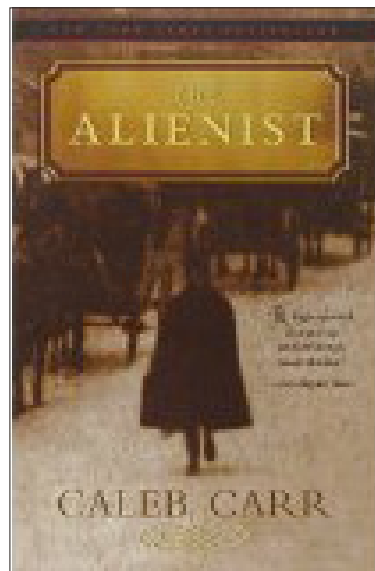
**Jeff's Book Pics** By Jeff Brown**THE ALIENIST** by Caleb Carr

The year is 1896, the place, New York City. On a cold March night New York Times reporter John Schuyler Moore is summoned to the East River by his friend and former Harvard classmate Dr. Laszlo Kreizler, a psychologist, or "alienist." On the unfinished Williamsburg Bridge, they view the body of an adolescent boy, a prostitute from one of Manhattan's infamous brothels. The newly appointed police commissioner, Theodore Roosevelt, in a highly unorthodox move, enlists the two men in the murder investigation, counting on the reserved Kreizler's intellect and Moore's knowledge of New York's vast criminal underworld. They are joined by Sara Howard, a brave and determined woman who works as a secretary in the police department. Laboring in secret (for alienists, and the emerging discipline of psychology, are viewed by the public with skepticism at best), the unlikely team embarks on what is a revolutionary effort in criminology-- amassing a psychological profile of the man they're looking for based on the details of his crimes. Their dangerous quest takes them into the tortured past and twisted mind of a murderer who has killed before. and will kill again before the hunt is over. Fast-paced and gripping, infused with a historian's exactitude, The Alienist conjures up the Gilded Age and its untarnished underside: verminous tenements and opulent mansions, corrupt cops and flamboyant gangsters, shining opera houses and seamy gin mills. Here is a New York during an age when questioning society's belief that all killers are born, not made, could have unexpected and mortal consequences.

**THE FOURTH INDUSTRIAL REVOLUTION**

by Klaus Schwab

Ubiquitous, mobile supercomputing. Artificially-intelligent robots. Self-driving cars.



Neuro-technological brain enhancements. Genetic editing. The evidence of dramatic change is all around us and it's happening at exponential speed. Professor Klaus Schwab, Founder and Executive Chairman of the World Economic Forum, has been at the centre of global affairs for over four decades. He is convinced that the period of change we are living through is more significant, and the ramifications of the latest technological revolution more profound than any prior period of human history. He has dubbed this era the fourth industrial revolution. Crowdsourcing ideas, insights and wisdom from the World Economic Forum's global network of business, government, civil society and youth leaders, this book looks deeply at the future that is unfolding today and how we might take collective responsibility to ensure it is a positive one for all of us.

**But I Came by Ambulance! Real Stories from a Small-Town ER** by Kerry Hamm Back for the fourth time, a registration clerk for a small-town hospital in Ohio recounts stories from emergency room happenings. This collection of stories recalls outrageous tales of criminals running from the police, patients arriving in the ER with one foot over the threshold of death's door, stupid ways patients have injured themselves, and a variety of recollections of patients

penetrating themselves with household objects. But not every case is funny. Some of the stories recounted are filled with crippling grief, can offer a glimpse of the fear ER workers feel, and detail that sometimes nurses and doctors simply can't win against the power fighting against them. But I Came by Ambulance is a perfect read for a lazy afternoon, when you're stuck inside due to the weather, or when you're in between caring for the same types of patients described within these pages.

**Jeff's History Corner** By Jeff Brown

1. The Jet Propulsion Laboratory (JPL) is managed by Caltech for NASA. The laboratory's primary function is the construction and operation of planetary robotic spacecraft, though it also conducts Earth-orbit and astronomy missions. It is also responsible for operating NASA's Deep Space Network. As of 2013, it has found 95% of asteroids that are a kilometer or more in diameter that cross Earth's orbit. There are approximately 5,000 full-time Caltech employees, and typically a few thousand additional contractors working on any given day. NASA also has a resident office at the facility staffed by federal managers who oversee JPL's activities and work for NASA. There are also some Caltech graduate students, college student interns and co-op students. JPL traces its beginnings to 1936 in the Guggenheim Aeronautical Laboratory at Caltech when the first set of rocket experiments were carried out in the Arroyo Seco. In 1943, it formally became an Army facility. During JPL's Army years, the laboratory developed some weapon systems. JPL was transferred to NASA in 1958, becoming the agency's primary planetary spacecraft center.

2. Marina Del Rey is the world's largest man-made small craft harbor with 19 marinas with capacity

for 5,300 boats and is home port to approximately 6,500 boats. In 1953, the Los Angeles County Board of Supervisors authorized a \$2 million loan for construction of the marina. Since the loan only covered about half the cost, the U.S. Congress passed and President Dwight D. Eisenhower signed Public Law 780 making construction possible. Ground breaking began shortly after. With construction almost complete, the marina was put in danger in 1962–1963 due to a winter storm. The storm caused millions of dollars in damage to the marina and the few small boats. A plan was put into effect to build a breakwater at the mouth of the marina, and the Board of Supervisors appropriated \$2.1 million to build it. On April 10, 1965 Marina del Rey was formally dedicated. The total cost of the marina was \$36.25 million for land, construction, and initial operation.

3. Pasadena was founded in 1874 by Thomas B. Elliott as Indiana Colony; the name Pasadena, a Chippewa word meaning "crown of the valley," was adopted in 1875.

4. Altadena is derived from the Spanish word alta meaning "upper" and dena which is short for the word Pasadena.

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## FAMILY MATTERS By Marc Garlett



### HOLIDAY BONUSES & TAX REFUNDS: WHERE TO PUT THEM FOR MAX RETURN

Did you get a holiday bonus from your employer? Or maybe you have a tax refund coming. If so, do you have any of it left, have you already got it spent in your mind, or are you thoughtfully considering how you can best utilize this surprise resource? Annual bonus payments and tax refunds are nice windfalls, which can be used to create more stability in your life. While it is fun to treat such income as “mad money” to be spent on frivolous endeavors, it may be more effective to use it to create more for your long run.

#### The Best Uses

Paying down a home mortgage is one of the best uses of extra cash. The less principal on which interest is calculated, the more money you will keep for yourself in the long run. Another benefit to making a principal payment is that if it brings the remaining principal to less than 80% of the appraised value of your home, then private mortgage insurance can be dropped, saving you even more money.

Contributing to a retirement account is another

excellent use of extra money, if your employer matches your contribution. If not, you might even consider the possibility of investing your bonus or tax refund into starting your own side business.

#### Other Good Uses

Home improvement needs are common for most home owners. Keeping up the condition and value of your home are important long term goals. Letting things go too long typically increases the ultimate cost of repairs. Dealing with them early can pay dividends. Another good use of bonus funds is to invest in an estate plan if you don't have one already. Over 50% of Americans between ages 55 and 64 don't have a will. And 69% of parents have never named legal guardians for their kids. Of the 31% who have, most have made one of 6 common mistakes that means their kids are at risk. Are you part of this group?

Dying without a will, let alone a comprehensive estate plan (and a Kids Protection Plan\* if you have minor children), creates complications for your heirs and can leave your family in Court and/or conflict. While you may not relish the idea of investing your bonus or tax refund in an estate plan, the cost to you now would be much less than the cost to your loved one's later.

If you are thinking about using your tax refund or holiday bonus to protect your family, contact us and ask for the tax refund/holiday bonus special that includes a Family Estate Planning Session + analysis of the best use of the funds for your current situation, as our gift to you, if you are one of the next 5 to call and request it.

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



## Social Media Tips, Tricks & Ideas



by: MJ Finstrom

### STAYING IN TOUCH WITH CURRENT CUSTOMERS

Many businesses don't have a plan to stay in touch with their current customers and loyal fans. This is a big mistake! You want to be first in your customers mind when they need your product or service.

Hands down, email marketing is the most effective way to stay top of mind and drive repeat business.

But, some people think that email marketing is sending large group emails from their Gmail account! If your business is doing that, you might be violating the law. It's important to use an email service provider for group emails. There are several reasons why we like Constant Contact for this service:

They offer unlimited customer support. You can pick up the phone and actually talk to someone who works at Constant Contact who will help you build a campaign, manage your contacts and trouble shoot.

You can schedule posts to Facebook, LinkedIn, and Twitter with Constant Contact.

They provide the tools you need to comply with the law.

It's affordable for small businesses and non-profits. Plans start at \$20 per month.

Constant Contact offers education for small business by providing live seminars, video tutorials, local workshops and webinars.

They have mobile responsive templates that look great on the desktop and on smart phones.

They have Mobile Apps to help you manage your account when you are on the go. You can view open rates, manage your list, upload photos and even create an email campaign all from your smart phone!

They offer a free trial so you can see if it's a good fit for your business [www.emailtrial.com](http://www.emailtrial.com).

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

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Podley Properties is proud to announce that Luther Tsinglou has been recognized for outstanding achievement as one of the company's Top Producers in 2015 based on sales production, commission income and/or number of properties sold. This prestigious designation reflects Luther's deep commitment to being the best in the real estate profession.

“Each of these associates exemplifies our firm's core values of integrity, people, innovation and excellence,” said Bill Podley, President of Podley Properties about the Top Producers. Added Crystal Narramore, General Manager, “We honor these associates for their dedication to client satisfaction through superb customer service and strong work ethics.”

Podley Properties' 200 associates serve the greater San Gabriel Valley through six offices in La Cañada Flintridge, Altadena, Pasadena, Sierra Madre, Monrovia and Glendora.

### PET OF THE WEEK: GATSBY: ANIMAL ID #A4912933

Gatsby is a good boy who deserves a great home. Gatsby (A4912933) is a trusting 2-year-old tricolor (black-tan-white) male Tibetan Spaniel / Long-Haired Chihuahua mix who was found in Baldwin Park on January 20th and brought to the Baldwin Park Animal Care Center with his brother, Gavin [A4912934]. Weighing 6 lbs, Gatsby is a sensitive dog who is scared in the shelter (which is completely understandable—the shelter is a frightening place for a little pup). He savored being held by our volunteers, and appreciated attention and petting. Because he is sensitive, Gatsby is recommended for households with teenagers and adults only. With some basic training and time to decompress in a calm environment, Gatsby should flourish into a more confident dog. Gentle and loving, Gatsby has what it takes to become a wonderful pet, and will blossom in a patient home. To watch a video of Gatsby and Gavin, please visit the following link: <https://youtu.be/OGXjuLP-fd8>



To meet Gatsby in person, please see him at the Baldwin Park Shelter, located at 4275 N. Elton, Baldwin Park, CA 91706 (Phone: 626-962-3577). He is currently available now. For any inquiries about Gatsby, please reference his animal ID number: A4912933. 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 Gatsby or the adoption process, contact United Hope for Animals Volunteer Adoption Coordinator Samantha at [Samantha@hope4animals.org](mailto:Samantha@hope4animals.org).

To learn more about United Hope for Animals' partnership with the Baldwin Park Shelter, 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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CERES: CELEBRATING 215 YEARS OF PLANETARY DISCOVERY

New Year’s Day, 1801, the dawn of the 19th century, was a historic moment for astronomy, and for a space mission called Dawn more than 200 years later. That night, Giuseppe Piazzi pointed his telescope at the sky and observed a distant object that we now know as dwarf planet Ceres.

Today, NASA’s Dawn mission allows us to see Ceres in exquisite detail. From the images Dawn has taken over the past year, we know Ceres is a heavily cratered body with diverse features on its surface that include a tall, cone-shaped mountain and more than 130 reflective patches of material that is likely salt. But on that fateful evening in 1801, Piazzi wasn’t sure what he was seeing when he noticed a small, faint light through his telescope.

“When Piazzi discovered Ceres, exploring it was beyond imagination. More than two centuries later, NASA dispatched a machine on a cosmic journey of more than 3 billion miles to reach the distant, mysterious world he glimpsed,” said Marc Rayman, mission director and chief engineer for Dawn at NASA’s Jet Propulsion Laboratory, Pasadena, California.

Piazzi was the director of the Palermo Observatory in Sicily, Italy, which has collected documents and instruments from the astronomer’s time, and published a booklet on the discovery of Ceres. According to the observatory, Piazzi had been working on a catalog of star positions on January 1, 1801, when he noticed something whose “light was a little faint and colored as Jupiter.” He looked for it again on subsequent nights and saw that its position changed slightly.

What was this object? Piazzi wrote to fellow astronomers Johann Elert Bode and Barnaba Oriani to tell them he had discovered a comet.

“I have presented this star as a comet, but owing to its lack of nebulousity, and to its motion being so slow and rather uniform, I feel in the heart that it could be something better than a comet, perhaps. However, I should be very careful in passing this conjecture to the public,” Piazzi wrote to Oriani.

By July 1801, Piazzi had calculating the object’s orbit and made public his observations, announcing it as a planet, and naming it “Ceres”—after the Roman goddess of agriculture, was also the patron deity of Sicily, where Piazzi then lived and worked.

The news was especially interesting to Bode because he had championed the Titius-Bode hypothesis: that the positions of planets in our



solar system follow a specific pattern, which predicts each planet’s distance from the Sun. The pattern demanded that there be a planet, yet undiscovered, between Mars and Jupiter—and this is exactly where Ceres orbited.

In March 1802, Heinrich Wilhelm Matthias Olbers discovered a second, similar object: Pallas. William Herschel, discoverer of Uranus, then wrote an essay proposing that both Ceres and

Pallas represented an entirely new class of objects, which he named “asteroids.”

The door had opened for many more asteroids to be observed. The discoveries of Juno in 1804 and Vesta in 1807 reinforced Herschel’s notion that asteroids are a class of their own. Today, we know there are hundreds of thousands of asteroids in the main asteroid belt between Mars and Jupiter.

Now, as we commemorate the 215th anniversary

of Ceres’ discovery this month, Dawn is observing the dwarf planet from its lowest orbit ever: 240 miles from the surface. The many craters and other features that Piazzi could not see with his telescope are being named after agricultural deities or festivals, extending the theme that Piazzi began with the name “Ceres.”

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



CHRISTOPHER Nyerges

REVIEWING ONE’S LIFE

[Nyerges is the author of several books, including “Extreme Simplicity,” “How to Survive Anywhere,” and others. He can be reached at Box 41834, Eagle Rock, CA 90041, or [www.SchoolofSelf-Reliance.com](http://www.SchoolofSelf-Reliance.com), where you can also view his blogs.]

Since 1977, I have done something called a Birthday Run, taught to me by my mentor as a better and more uplifting way to commemorate one’s birthday. Originally, I would go to a local track and run one lap per year as I recalled the highlights of that year. Some years I have run alone, and some years I have run with friends who chose to come and support the run. I have run in the dark, in the rain, in the fog, and on sunny days. One or two years I did not run at all because I was sick, and it wasn’t the same when I ran a week later. And over the years, my “laps” have grown shorter, otherwise I would be running those slow laps for several hours and would have trouble walking for days after.

This year I ran alone – other than an occasional hawk and one coyote -- and I found my lap in the bottomlands of the Arroyo Seco. It was quiet and eerily peaceful as I continued the cycles through my life, replaying the mental movie of each year after each year, going to school, moving around, and my interactions with various people.

My mind began to look at the financial side of my life, and perhaps, more specifically, the non-financial side to my life. Perhaps this was because of the recent PowerBall game where so many were talking about nothing else but what they’d do if they suddenly had all that money. I realized that I too could do so much more, so much more quickly, if I had a few spare million in the bank, maybe.

As I ran through my years, I realized that I operated mostly in financial ignorance, and in a financial fairy-land. Yes, money was always an element, and yes, money was often the limiting factor in so many endeavors. Money was like oxygen – you just had to have it. But I think, like most people, my school and family discussions were wholly insufficient as any sort of real financial training for dealing with the real world. I moved from activity to activity based on my areas of interest, and when money was needed, I got it – somehow – or I curtailed the activity.

But because of my financial ignorance, I found other ways to pursue my goals, ways that seemed more difficult at the time, but which were actually more wholistic ways to pursue my life’s interests. Without a car, I often bicycled, and formed friendships so that several of us could travel together. If I wanted to attend workshops or field trips, I learned that I could convince my friends that they’d want to attend also, and invariably, someone had a car.

And I discovered and lived my life utilizing so many of the low-cost and free benefits of our modern society: buses, public libraries, public recreation centers, free hiking in the local mountains, free lectures, clubs and organizations where people just got together and did things. Eventually, somewhat fortuitously and almost by accident, I was a squatter for a year and a half on an acre property on the edge of Los Angeles. It was quite an adventure. I learned how to live well cheaply, and I learned how to solicit individual investors in my book and other

projects.

I am sure I would have done a lot of this very differently had I been born into wealth, but as I looked back, I realized that I learned some very important lessons by simply finding solutions to life’s problems without being able to just “throw money at it.”

That was one theme that went through my mind this year. Another was relationships.

By my age, one has had many relationships, and many types of relationships. In my mind, a mental movie played of the various people in my life and how I treated them: mother, father, friends, teachers, girl friends, wives, business associates. When I do this annual run, I am looking for what I did right, but mostly what I did wrong so that I can do it better next time around. I felt great pain at the many things I did wrong as an arrogant child talking back to my parents and not obeying. It doesn’t matter that others were worse – I was evaluating myself only. And no, my parents were not perfect either. But I felt great joy that I was able to take precious time in my mother’s, and my father’s, final days and become their friend and speak to them as equals. It was very challenging, but very fulfilling.

I also spent a lot of time reviewing my 22 married years with Dolores – the trips, our animals, our self-sufficient home, our accomplishments, our fights, our disagreements, our agreements. We had our ups and downs, and though I was not perfect, I realized I could not have been perfect. I was living life, trying to make ends meet, and trying to be a good husband with all the challenges of life that conspire against us. In the end, when Dolores was dying, I was able to experience a rare time of caring for her when she could do so little. We became inseparable, and best friends, and it was as if all our conflicts dissolved. And then she died and I felt plunged into darkness. And then there were other challenges, and tasks, and relationships.

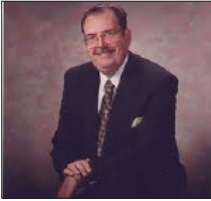
I thought about a few very special people who I never see anymore, and still felt so blessed that we had the time together that we did, and I wished each one the greatest happiness.

Remember, I tried to recall what was going on in my life, year by year as I ran a large lap in the sand in the dimming light of the late afternoon. I am sure I mixed up some years, but in the end, it is the learning that matters.

My two lessons were that while money is important, and you must earn it, it is a good goal to pursue whatever one feels compelled to pursue in life without focusing upon money. Yes, it seems unrealistic, but it actually can change the quality and character of what we do.

And secondly, I realized that relationships are the most important aspect of life, and you have a good life when you maintain good relationships, however you do that. This does not mean you are always laughing and happy. It means that you deal with others honestly and with the integrity that the close ones in your life deserve.

I know I have not been perfect, and I feel blessed to have been guided to begin this birthday tradition nearly 40 years ago. In just a few hours, I review my life and tried to figure out if what I have done was worth doing. By honestly assessing my self in that way, it helps me to determine what is worth doing – and not doing – this year, and into the future.



OUT TO PASTOR

A Weekly Religion Column by Rev. James Snyder

LOOKING FOR MONEY IN ALL THE WRONG POCKETS

An incident happened this past week in which I am still scratching my head. Have you ever known you had something, but for the life of you, you could not find it? I will accede to the fact that occasionally, I do have a streak of absent-mindedness running through me. At times, I wish it would just walk.

I was fairly certain I had an extra \$20 in one of my pant’s pockets. It was what I affectionately refer to as my “mad Money.” My wife would be mad if she knew I had it. I do not remember where it came from but my real problem was, I could not find those pants.

Usually, if I find money in my pant’s pocket there is only one explanation. I’m wearing somebody’s pants, but not mine. The truth is, my pants rarely see any extra money. If there is an occasion when I do have money in my pocket, my pants get all excited and wrinkly.

Only this was different. I distinctly remember putting a \$20 bill in one of my pant’s pockets and thinking what I could do with it. But now, I cannot find it. I knew I had an extra \$20. I distinctly remember putting it somewhere. I looked everywhere... maybe I should have looked somewhere.

With an aimless look on my face, more aimless than normal, I wandered the house in search of the missing \$20. I tried to act inconspicuous so the Gracious Mistress of the Parsonage would not discover what I was doing.

Obviously, no Emmy award will come my way because my acting inconspicuous was a complete failure.

“What are you looking for?” My wife queried.

“Nothing,” I stammered.

“When you find it, let me know. I really don’t know what nothing looks like.”

Ha. Ha. Ha. Sometimes she thinks she is a comedian. I was not laughing. If I find that money, the joke will be on her. Then we will see who is laughing.

I had two fears facing me at this point. First, she could have found the money and was waiting for me to admit that I actually had some extra money. This would invite a great deal of grief on top of my balding head.

Second, if I told her I was looking for money she would want to know where I got extra money. If I cannot remember where the money is, how in the world am I going to remember where it came from?

Then, she would want to know how much more money I had misplaced somewhere in the house. Actually, I want to know that myself.

Such interrogation from her borders on water boarding. If the FBI wants to learn a thing or two

about torturing people, they could learn an awful lot from her. She can torture a person and not lay a glove on them. Of course it is not her glove I am worried about, it is her evil eye that goes through a person, me in particular, like a laser beam.

My wife always knows when I am lying. My lips are moving.

Getting back to the missing \$20. I could offer to split it with her if she would help me find it, which would leave me with \$10. \$10 in the hand is worth more than \$20 that I do not know where it is.

Then, I would have to explain what I needed \$10 for at the time. Christmas is over and her birthday and our anniversary are a long way off, so I cannot tell her I want to buy her a present.

I did have plans for that \$20. But now, I cannot even remember what those plans were. Maybe, if I knew what I planned to do with the \$20 I might remember what I did with it.

While I was musing on this situation, I discovered a correlation between money and love. Without love, you end up with a broken heart. Without money, you just end up broken.

Then out of nowhere, and I mean nowhere, an idea entered my head. I remembered wearing my brown suit when I got \$20. I went to my closet, but the suit was not there.

“Have you seen my brown suit?” I asked my wife.

“Yes,” she said rather absent-mindedly, “I sent it to the dry cleaner. Why do you ask?”

Then, with a little smirk dancing on her face, she asked, “You weren’t looking for \$20, were you?”

The only thing I hope is that I do not remember where the \$20 came from or what I planned to do with it. I guess a freshly dry-cleaned suit is worth \$20.

Seeking that money reminded me of a verse of Scripture. “But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you. Take therefore no thought for the morrow: for the morrow shall take thought for the things of itself. Sufficient unto the day is the evil thereof.” (Matthew 6:33-34 KJV).

Then another verse. “Seek ye the LORD while he may be found, call ye upon him while he is near:” (Isaiah 55:6 KJV).

No matter how hard you search for something, if it is not there, you will never find it. With God, it is a different story. When we truly seek Him, we always find Him.

The Rev. James L. Snyder is pastor of the Family of God Fellowship, Ocala, FL. Call him at 352-687-4240 or e-mail [jamesnsnyder2@att.net](mailto:jamesnsnyder2@att.net). The church web site is [www.whatafellowship.com](http://www.whatafellowship.com).

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

TOM Purcell



## IMMORAL GIRL SCOUT COOKIES

The Girl Scout cookie season is upon us — which means people with nothing better to do will criticize Girl Scout cookies.

According to the International Business Times, one critic, a professor of medicine and public health at the University of Arizona, says it makes no sense for the Girl Scouts to “sell something so unhealthy.”

She told IBT there is a disconnect between the sugary, fatty cookies the scouts sell and the organization’s mission of “building girls of courage, confidence and character who make the world a better place” Hey, if you don’t think Girl Scout cookies make the world a better place, try dipping a sleeve of Lorna Doones into a pitcher of ice-cold milk.

Look, the Girl Scouts organization was founded in 1912 to help girls develop physically, mentally and spiritually. Its annual cookie sale has become a tasty part of American culture since it originated in 1917 — well before something as innocuous as a cookie could cause so much angst.

True, America is awash in high-calorie, high-sugar processed foods that the human body can efficiently convert into fat.

It’s also true that human beings must educate themselves on what is and isn’t good for our health in order to reverse the high levels of diabetes and heart disease in America.

But Girl Scout cookies are still just cookies — an occasional treat.

Vani Hari, a food critic and founder of the blog [FoodBabe.com](http://FoodBabe.com), doesn’t see it that way. One of her blogs blasted the high-fructose corn syrup and partially hydrogenated oils found in some of the cookies.

She writes: “It’s important for the Girl Scouts organization to take a step back, look at these ingredients and say, ‘How can we continue to do this program in a way that’s morally sound?’”

Hey, people starving across the world is morally unsound. Millions of American kids who leave high school unable to read is morally unsound. Terrorists who murder women and children for going to the wrong church is morally unsound.

Yet we’re worried about the immorality of cookies?

Apparently so. IBT reports that in 2014, “an NPR piece rounded up a slew of concerns from doctors and parents and ended with the question, ‘Should the Girl Scouts find something more healthful to sell for their fundraising?’” How about tofu treats or low-energy-consumption light bulbs?

Then again, why are we letting the Girl Scouts sell anything at all? Instead of teaching the girls the principles of capitalism, why not teach them the art of government bureaucracy? As America keeps moving toward European-style socialism, that’s where most of the jobs will be, anyhow.

Hey, cookie shamers, Americans are making progress. They are finally beginning to read labels, eat better and understand what is and isn’t healthful. McDonald’s sales are slumping as healthier offerings are growing.

Besides, a cookie is now what it has always been: a treat. If Girl Scout cookies are your primary source of calories for breakfast, lunch and dinner, you have bigger problems than Girl Scout cookies.

When IBT asked the Girl Scouts if it contributes to childhood obesity, the organization said it promotes a “healthy lifestyle for girls, which includes a well-balanced diet and plenty of exercise.” It said Girl Scout cookies “should be enjoyed in moderation.”

Now there’s a thought.

The country is on the verge of \$20 trillion in debt, the Middle East is melting down, entitlement spending is about to explode and Girl Scout cookies are the great moral issue of our time.

I think I need to mull that one over — as I consume several sleeves of Thin Mints and wash them down with a bucket of fresh milk.

*Tom Purcell is a Pittsburgh Tribune-Review humor columnist*

TINA Dupuy



## NO RUBIO, RIGHTS ARE MAN-MADE

The Iowa caucus brings out the evangelical in all Republican candidates. After all, previous winners include Mike Huckabee and Rick Santorum, two candidates who exclusively appealed to evangelical voters (and pretty much no one else). In Iowa, the most devout and outwardly preachy Republicans get the nod. Donald Trump mistakenly thought making up bible verses and quoting “two Corinthians” at Liberty University would be a sufficient religious test for the Hawkeye State. It clearly wasn’t - he came in “two.”

Marco Rubio, who won the night by coming in third, has been offering on the stump, “America was founded on this powerful principle that our rights don’t come from government our rights come from god.” Ted Cruz, the official winner of the Iowa caucus this election cycle, repeated this idea in his victory speech Monday. “That our rights do not come from the Democratic Party or the Republican Party or even from the tea party. Our rights come from our creator,” the first-term Texas Senator said.

It’s like saying our roads don’t come from our tax dollars but from god, or that bridges aren’t because of engineers they’re from Jehovah—or space travel isn’t made possible by science and math but by a higher power.

Sure, if you believe god is everything, then yes, those statements can be technically true for you. But when it comes to rights, it’s not some magical mystical nebulous force which gifted us liberty. Rights are something for which humans have fought, struggled and died. Rights are liberties people have demanded and governments have acquiesced. Saying rights are just given to us because an omnipotent force wills it, robs all the notables who’ve laid down their lives to ensure the rest of us can enjoy personal freedoms.

Over 50,000 people posthumously dubbed Americans died in the Revolutionary War. Those men fought for our right to self-rule. This isn’t a biblical principle. The governments in the bible are composed of kings and subjects—not democracies! Obedience is a biblical principle; America was founded by rebels who rejected an indifferent monarch.

There were 620,000 Americans who died in the Civil War—a war about human rights—one side killing and dying to keep their fellow humans as property, the other side killing and dying to liberate them. Telling a crowd of Iowa caucus-goers god just amended our Constitution so that African Americans were no longer three-fifths a person—giving them “amnesty” and full

citizenship mocks the blood-soaked struggle our ancestors waged. It sanitizes the brutality of American history with pithy pandering.

Suffragettes were arrested and tortured in a battle for the vote that spanned a century. That right was not just bestowed upon the gender the bible views as servants to men. Civil Rights were not just passively given to people in the segregated South. There were activists—champions and casualties. There were brave men and women subjected to fire hoses, German Shepherds and batons (or worse). They were kicked down yet they stood back up and demanded their rights again. And again. And again. (And still.)

But the worst part of Rubio and Cruz offering this boilerplate baloney is they’re saying god gave us our rights while hoping to take away rights from their fellow (at least in the case of Rubio) Americans. They both want to take away the right to marry whomever you choose—a right fought for by courageous regular people ostracized by their government and fellow citizens because of their sexuality. They both want to make women into public incubators, making health-care decisions for them—infantilizing a huge swath of the American electorate. Both oppose equal pay for women. They each want to repeal Obamacare which has in it the right to not be turned down by your health insurance for a pre-existing condition.

And before you tell yourself these men are really just for, as they claim, religious liberty, they are not. They both have expressed contempt for religions that are not their own, specifically Islam. Rubio wants to shutter mosques and “any facility that’s being used to radicalize and inspire attacks against the United States, should be a place that we look at,” he said on “The Kelly File.” Cruz wants to deny Muslim refugees sanctuary because their faith. So if you’re for your freedom but not for someone else’s—you’re not for freedom. You’re for subordination. Full stop.

Don’t take the credit away from those who’ve died for our rights. All of our liberties are stained with blood. And all of our liberties have been opposed by men like Rubio and Cruz—men who use faith for obfuscation, camouflaging a backwards agenda.

*Tina Dupuy is a nationally syndicated columnist and host of the podcast, Cultish. Tina can be reached at [tinadupuy@yahoo.com](mailto:tinadupuy@yahoo.com).*

# LEFT TURN/RIGHT TURN

## HOWARD Hays As I See It



“Seriously? Seriously?!”  
- Comedian Lewis Black, on his reaction upon reading the front page of the morning papers.

In my columns I’ve sought to take serious issues and address them (for the most part) seriously.

Sometimes, though, like especially over these past couple of weeks, I can relate to Lewis Black’s reaction to the news of the day.

I had that reaction reading Michael Reagan’s column on this page a few weeks ago, about how President Obama’s problem was his being unable/unwilling to compromise with the opposition. He cited as an example the Affordable Care Act. Seriously? This was the bill that, after being enacted with some 160 Republican amendments, later had Republicans whining about having been “shut out” of the process. It was the one where the likes of Sen. Charles Grassley (R-IA) would call for bipartisanship, then go out on the stump to complain it was all about “pulling the plug on grandma”.

Columist Reagan cited his father’s ability to compromise with the Democratic opposition, but this was when the opposition wasn’t terrified of compromise with the White House – and I don’t recall Democrats threatening to shut down the government if they didn’t get their way.

As Doyle McManus wrote in the Times, the major attack Republican candidate Sen. Ted Cruz (TX) wages against Sen. Marco Rubio (R-FL) is that he commits the “inexplicable sin” of “collaboration with President Obama and (N.Y. Sen.) Chuck Schumer”. Seriously?

Leading up to the Iowa caucuses, the big exchange between Republican frontrunners was Donald Trump claiming supporters would stick with him even if he shot somebody on Fifth Avenue, with Cruz responding on CNN that he himself had no intention of shooting anybody. Seriously?

Michigan Atty. Gen. Bill Schuette (R) named former prosecutor Todd Flood to head an investigation into the Flint water crisis. Flood has contributed thousands to the campaigns of both Schuette and Gov. Rick Snyder (R) over the past six years, but vows the investigation would be “impartial”. Seriously? Meanwhile, Gov. Snyder on Fox News blames the problem on regulators being too “technical”.

Flint residents are still being charged exorbitant water bills – up to \$200-\$300 a month - for water they can’t drink, cook with or bathe in. And if they don’t pay up, there’s the risk of having their water shut off, sewers capped, homes condemned and kids taken away by protective services (you can’t have kids in homes without running water). Seriously?

Oklahoma had its own crisis requiring “emergency” legislation; this to block funding for A.P. American History courses in public schools. The problem is too much of “what is bad about America”, and not enough of the “Christian perspective”. Some want to take it further and ban all college-prep Advanced

Placement courses – fearing it’s related to some “national curriculum”. Seriously?

An anti-choice Republican governor in Texas has his anti-choice Republican attorney general have a Republican prosecutor (appointed by former anti-choice Republican Gov. Rick Perry) head up (still another) investigation into those Planned Parenthood videos. A two-month investigation cleared Planned Parenthood, but led to grand jury indictments of two who made the videos. Megyn Kelly on Fox News asked if this outcome didn’t “sound like a political hit job”. Seriously?

Aside from Texas, eleven other states have investigated and cleared Planned Parenthood of any wrongdoing. An additional eight states found there wasn’t enough evidence to launch investigations in the first place. But candidate Rubio insists Planned Parenthood “actually” did what nobody’s found any evidence of them doing. And the Texas attorney general vows investigations will go on, anyway. Seriously?

We remember Tamir Rice. He was the 12-year-old kid sitting on a swing who was shot and killed by Cleveland police within two seconds after they arrived on a call about somebody with a gun “probably fake” (it was a toy pellet gun). Then there’s La’Voy Fincum, one of the armed wingnuts who’d been “occupying” that cabin in an Oregon federal wildlife refuge for more than three weeks. He liked to be in front of the cameras with real guns, vowing never to be taken to a jail cell.

Two carloads of those wingnuts were headed to a meeting; the first was stopped at a roadblock and the occupants arrested. The second, with Fincum, sped around the roadblock and plowed into a snowbank. Aerial footage shows Fincum shot and killed as he reached into his jacket where he had a gun with real bullets. One of the remaining occupiers compared Fincum’s death to that of Tamir Rice. Seriously?

Eight years ago, Sen. Barack Obama (D-IL) spoke in Iowa; “They said this day would never come. They said our sights were set too high.” Last Monday, Marco Rubio spoke in Iowa; “So this is the moment they said would never happen . . . for months they told us we had no chance.” Obama spoke after winning the Iowa caucuses, coming in ahead of Hillary Clinton and John Edwards. Rubio spoke after finishing third, behind Ted Cruz and Donald Trump.

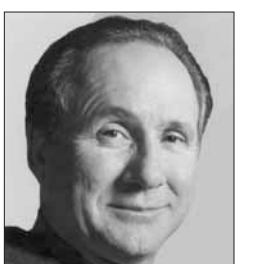
Polls from mid-December saw Rubio coming in no higher than third place in Iowa. Rubio (and much of the media) see him now as entitled to proclaim an upset victory – for coming in no higher than third place in Iowa. Rubio denies climate change, opposes marriage equality, supports voter suppression efforts, denial of abortion in cases of rape and incest, supports employers’ “right” to deny birth control coverage to employees and wants to bomb Iran – yet is regarded as an “establishment” candidate. Seriously?

There was another poll last Monday you may have missed. Kim Kardashian invited Twitter followers to vote on what they thought the title of hubby Kanye’s new album should be. She got about 440,000 responses. This was roughly twenty thousand more votes than were cast in the Iowa caucuses – Democratic and Republican contests combined. Seriously.

## MAKING SENSE

MICHAEL Reagan

## THE GOP DID GOOD IN IOWA



I don’t know how the primaries will turn out in New Hampshire next week.

But I was glad to see Republican voters in Iowa prick some of the air out of the Trump balloon Monday night and lift Ted Cruz and Marco Rubio to the top of the GOP heap.

All Iowans didn’t get caught up in the Trump celebrity or go goofy for the Trump plane.

A lot of them looked at the Donald’s political substance -- and realized he didn’t have any. Not in politics, anyway.

Going forward, however, conservatives still have the same problem they’ve had for months. Too many good horses clogging up the race.

They need to find their best horse quickly and ride it. Otherwise, they’ll split the conservative vote again and give the nomination to a moderate or a fake Republican like Trump who won’t win in the fall.

It happened with John McCain in 2008 and again with Mitt Romney in 2012. Too many conservatives in the race splintered the conservative vote.

There were 12 Republicans still trying to win the nomination in Iowa. Eleven of them were virtually interchangeable conservatives. One was a billionaire pretending to be one.

Even with Mike Huckabee, Rand Paul and Rick Santorum dropping out, there are still way too many candidates splitting up the conservative vote.

Ben Carson should be next. And what’s Jim Gilmore waiting for? Where did he come from anyway? And why?

The ex-Virginia Governor got a whopping 12 votes from Iowa caucus-goers — .01 percent. That has to be a Guinness world record for last place in any election. “Other” was chosen by 119 people.

Still, the results in Iowa were encouraging for the Republican Party. If I had to pick a single big winner, I guess it has to be Cruz.

Congratulations to him. He’s good. He’s great. But at the end of Monday night, I think Rubio shined brightest.

He finished a close third to Cruz, plus he gave a great speech after the caucus while Cruz’s speech was too long, too religious and too awful.

Rubio gave the most Reaganesque

talk. He spoke to everyone, while Cruz spoke -- and spoke -- to evangelicals.

Let’s put it this way. If Cruz had been on the old “Gong Show,” he’d have been gonged and yanked from the stage.

I understand why the three governors – Bush, Christie and Kasich, who collectively didn’t get 8 percent of the vote in Iowa -- want to stay around for New Hampshire. It’s their last shot. But if they really want to help the conservatives, it’s time for some of those guys to go home too.

The goal of this primary race is to win back the White House. To do that Republicans need a message that’s inclusive and welcoming to minorities. Iowa, in case you didn’t notice, the Republicans are no longer the party of angry old white men.

About 65 percent of caucus votes went to Cruz, Rubio and Carson -- Republicans who, last time I looked, are Latino or black.

Compare that with the Democrats, who like to pass themselves off as the all-inclusive party that speaks for minorities.

Now that that 53-year-old whippersnapper Martin O’Malley has dropped out of their primary, Democrats literally have an old white guy trying to beat out an old white gal.

It wouldn’t hurt if once in a while the mainstream news media pointed out the irony of the Democrats running two old fogies for president whose leftist policies were discredited in the last century.

Meanwhile, the Republicans’ diversity is a huge plus. It needs to be publicized and applauded from the rooftops by the GOP.

Based on what happened in Iowa, the Party of Ronald Reagan looks like it might have a conservative future after all. It’ll just have a different hue.

*Michael Reagan is the son of President Ronald Reagan, a political consultant, and the author of “The New Reagan Revolution” (St. Martin’s Press).*







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Price: 1,298,000

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