



2016 WISTARIA FESTIVAL

Sunday, March 13, 2016 9:00 am to 5:00 pm

Mountain Views News

Sierra Madre — Arcadia — Pasadena — Altadena — Duarte — Monrovia

SATURDAY, MARCH 5, 2016

VOLUME 10 NO. 10

“THIS IS YOUR CITY FOLKS”

Mayor Capoccia Delivers Thought Provoking State Of The City Address

Nearing the end of his term as Mayor of Sierra Madre, John Capoccia delivered a comprehensive overview of the ‘state’ of Sierra Madre on Wednesday.

Mayor Pro Tem Gene Goss introduced Capoccia and included advising the audience of the Mayor’s real passion, “saving water”. (The Capoccia’s last water bill showed the extent of their commitment to water conservation - their consumption for the two month period was 4 units!)

Girl Scout Troop 4571 presented the colors, and conducted the flag salute, and the Sierra Madre Middle School Vocal Performing Arts Group presented 3 numbers from their upcoming musical, “Fame Jr.”.

The Mayor followed with the State of the City Address which highlighted many of the accomplishments of the last year including the town’s Water Conservation efforts, the newly integrated library system, the new website, the public education efforts on the city’s finances, the completion of the General Plan and several ordinances that will protect the village character of Sierra Madre. (Partial list)

He then went on to explain the challenges Sierra Madre is now facing including our decaying infrastructure, the trees that are dying because of the drought and of course, the mounting general fund deficit due to the existing Utility Users Tax which will drop to 6% should the current ballot measure fail in April. He stressed the decision on Sierra Madre’s future is in the hands of the residents.

Capoccia’s presentation captured the undivided attention of the audience as he painstakingly pointed out the history of the city’s current financial dilemma and the proposed remedy, Measure UUT. You can hear his speech in its’ entirety by viewing the webcast on the City’s website, www.cityofsierramadre.com or watching the rebroadcast on SMTV3.



Photo courtesy Laura Aguilar

SAN GABRIEL VALLEY ENVIRONMENTAL AWARDS – SIERRA MADRE RECIPIENTS



The 2016 San Gabriel Valley Regional Awards event was held on Wednesday, February 17th at Royal Oaks Manor in Bradbury, California. The event is sponsored by the Los Angeles Regional Agency (LARA) which is a joint powers authority of 18 member cities in Los Angeles County, including Sierra Madre.

At the February 17th event, Mary’s Market and the Sierra Madre Natural Resources Commission were both recognized for their environmental stewardship efforts.

Mary’s Market is located in the cozy Canyon area of northern Sierra Madre. This historical business has served the community with a reverence and celebration of the natural resources that surround it. The small restaurant has always practiced waste reduction in their serving practices, including re-using charming coffee cups from a variety of near and distant locations. Disposable flatware or utensils are never used. Along the walls of the restaurant, owner Carolyn Dapper has provided shelving space for the consignment sale of various vintage home and kitchen wear, giving new life and a new home to durable appliances and décor. In addition to waste

reduction and recycling, Carolyn and her friendly staff consistently promote sustainable practices in the community, especially with water conservation. Mary’s Market is a true shining example of environmental stewardship in the Sierra Madre community.

The Sierra Madre Natural Resources Commission was formed in late 2013 by combining members of the existing Tree Commission and Green Committee. The Commissioners provide assistance to staff and residents on a wide variety of sustainable considerations, including waste reduction, conservation, and recycling. In the past year, the Commission has worked to develop a public outreach and appreciation program for conservation-minded residents. Spearheaded by Commissioner Kim Clymer-Kelley, the group has taken initial steps to study the feasibility of citing a small waste-to-energy facility in Sierra Madre. The dedicated volunteers of the Natural Resources Commission continue to provide leadership in the community for a more sustainable Sierra Madre.

For additional information, call the Department of Public Works at 626-355-7135.

YES OR NO ON THE UTILITY USERS TAX?

Hear Both Sides Of the Issue This Tuesday, March 8, 2016 at Noon

The Sierra Madre Kiwanis Club will hold a special public forum on the Pros and Cons of Measure UUT that will be on the City’s April 12, 2016. Guest Speakers will be Mayor John Capoccia (Yes) and resident Barry Gold (No). Former Mayor Clem Bartolai will serve as Moderator.

The forum will held on March 8, 2016 at The Lodge, 33 E. Sierra Madre Blvd., Sierra Madre at noon. Lunch will be served at noon - the program will begin at 12:30. The forum is free - lunch \$10. Call 626-355-0728 to reserve your seat.

KRIS LOWE HONORED AS A WOMAN OF DISTINCTION



Kristine (center) with her proud family.

A very special congratulations goes to Sierra Madre’s own Kris Lowe, was honored this week Assembly Majority Leader Chris Holden.

In celebration of Black History Month and Women’s History Month in March, Holden recognized the 41st Assembly District’s Unsung Hero and Women of Distinction on Thursday, March 3rd at his District Office. Kris was among ten women honored at the event. “Their contributions to our community have truly made a positive impact,” said Holden.

Kristine Lowe is a well-loved member of the Sierra Madre community. As a retired captain for the Sierra Madre Volunteer Fire Department (SMVFD), she served the community for over 15 years. She continues to volunteer her time to her community through charitable events such as the Public Library Wine Tasting Fundraiser, Wisteria Festival & the Fire Association. Kristine is currently a teacher in the Glendale Unified School District, and the Coordinator for the Public Safety Academy at Hoover High School, a program which certifies youth for disaster preparedness and emergency response.

Other honorees from throughout the district include Centenarian Marilee Scaff, Ph.D. from Claremont who celebrated her 100th birthday last November, Ruth Hopkins (Altadena), Valerie Bires (Alta Loma), Devorah Lieberman, Ph.D. (La Verne), Janie Duncan (Monrovia), Cynthia Olivo, Ph.D. (Pasadena), Theresa Bruns (San Dimas), Dr. Marina Khubesrian (South Pasadena), and Wendy Dean (Upland).

In honor of Black History Month, Holden honored Activist Danny Bakewell, Sr. as an Unsung Hero in Sacramento.



See something.
Say something.

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Weather Wise

6-Day Forecast Sierra Madre, Ca.

WISTARIA FORECAST:

SUNNY AND 70 Degrees

Sun:	Rain	Hi 60s	Lows 40s
Mon:	Rain	Hi 50s	Lows 40s
Tues:	Sunny	Hi 70s	Lows 50s
Wed:	Sunny	Hi 70s	Lows 50s
Thur:	Ptly Cldy	Hi 70s	Lows 50s
Fri:	Rain	Hi 60s	Lows 40s

Forecasts courtesy of the National Weather Service

CITY OF SIERRA MADRE CALENDAR OF EVENTS

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

NEXT REGULAR CITY COUNCIL MEETING:
Tuesday, March 8, 2016
6:30 pm

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

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

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

Your event must:

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

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



SIERRA MADRE CITY MEETINGS

Regular City Council Meeting

Tuesday, March 8, 2016, 2016
6:30 pm

The final agenda and staff reports will be 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 before 5:30 the night of the meeting and your statement will be delivered to all the Council Members.

Upcoming Public Meetings and Events

Monday, March 14, 2016, 6:30PM
Community Services Commission Meeting

Wednesday, March 16, 2016, 7:00PM
Energy, Environment and Natural Resources Commission

Thursday, March 17, 2016, 7:00PM
Planning Commission Meeting

Tuesday, March 22, 2016, 6:30PM
City Council Meeting

Wednesday, March 23, 2016, 7:00PM
Library Board of Trustees Meeting

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

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



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SIERRA MADRE 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. 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



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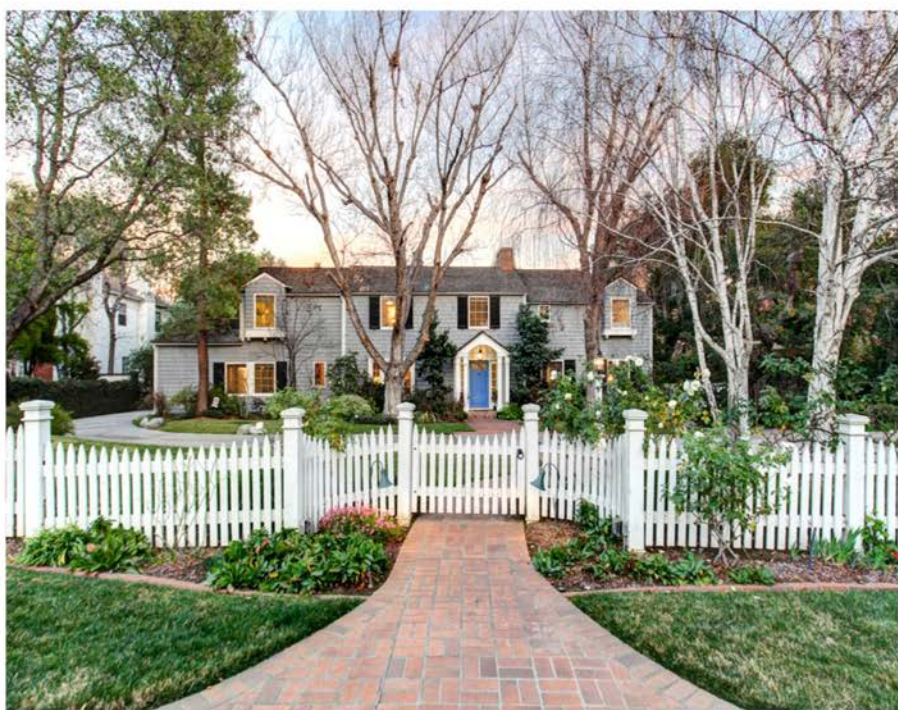
Thursday, March 10
5:30 – 7:30 p.m.

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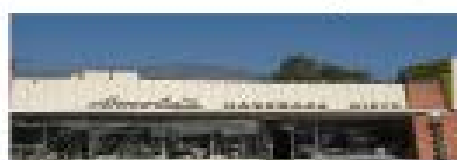
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SHARE SOME GOOD NEWS!

"The Kindness of Strangers" feature encourages readers to share their stories. I can assure you, they will be uplifting especially in contrast to all the 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. 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

Walking Sierra Madre...The Social Side

by Deanne Davis



"Without its flowers, wisteria would probably not be planted much, if at all."

Joshua Siskin

We weren't walking Sierra Madre this morning, we were on our way to do a bunch of errands. Driving along Grandview we saw the most gorgeous hedge of wisteria* we've seen so far this year. It's just west of the Stonehouse property and well worth a trip up there... besides, you might see deer hanging around under the trees, which we have seen twice in recent weeks. This hedge, with thousands of blossoms, leads us to believe the Wistaria festival will be fabulous after all, with blossoms beyond compare. It's coming right up, March 13th. (*the ordinary world spells it "wisteria." We in Sierra Madre, being rugged individualists, spell it "wistaria")

Have been hanging onto the most wonderful article on wisteria, which ran in the Star News last year, Saturday, May 2, 2015, by Joshua Siskin who was writing the Gardening column. Joshua has given me permission to use his work and I quote:

"It has been several weeks since wisteria stopped blooming, but still I think of it. Its curtains of opulent lavender-violet flower clusters are hard to forget. All year long, except for a single brief moment in late winter and early spring, wisteria is a vine that shows nothing of ornamental interest. It does serve a utilitarian purpose in covering an arbor and thus provides shade for those strolling or dining al fresco (or enjoying our central pergola at city hall) below. But without its flowers, wisteria would probably not be planted much, if at all."

I think that people, too, have this wisteria-like quality. We might go for months living a drab, humdrum sort of existence until we suddenly flower brilliantly for a brief, yet memorable moment. Indeed, most of the time we do our jobs well and provide assistance and sustenance for others. Yet, how often do we bloom, giving something that, coming from our best and truest self, delights and inspires the world around us? Long ago in Lithuania, there was a rabbi named Yisrael Salanter who said that "the greatest distance in the universe

is the distance between your head and your heart." When our noblest and most idealistic aspirations, those that we carry around in our minds, somehow reach our hearts, that is when we truly blossom."

Nice! No wonder I kept it in my calendar for March!

Do most of you get the newsletter from the library? I never knew how our library got its start, till I read this month's Library Newsletter:

"It was 1886 and the settlement at the foot of the San Gabriel Mountains had only just begun when the idea for a Library was conceived. Without land, money or books - but with a love of learning and literature and a dream for the future of their town, 40 families pooled their resources and talents and the Sierra Madre Library Association was born - with city founder, Nathaniel Carter, one of the original incorporators. Our library was the 4th established in Los Angeles County and the 10th in Southern California. Many other communities, larger and wealthier than ours, did not have such an institution, but then the dream of intellectual progress was born early here and has remained a viable force in the City's growth. A Library is much more than a building or monies in the book budget. Our Library began as the dream of a people who loved their town and believed in its future. It has continued to grow and improve because these people still feel much the same way. Without them and their dreams, their help and support, the Sierra Madre Public Library would not exist."

I'm getting my I Love My Library sign today! It's free and we need it in our yard where dahlias and zinnias are ready to burst into bloom and the gerbera daisies are huge and vivid. My wisteria is about 10 inches tall with tiny little leaves and in about 37 years will grow big enough to drape over the fence and maybe even bloom. Look for wisteria in bloom...it will sneak up on you all over town these days. Look for something beautiful everywhere you go this week...if you look, you'll find it!

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

READERS WIN ART & ESSAY CONTEST AT THE SIERRA MADRE LIBRARY



Sierra Madre, CA. - March 1, 2016 - Students in grades K - 8 are invited to enter the Library Art and Essay contest, starting March 1, 2016. This year's theme is: Readers Win! @ Sierra Madre Public Library and entries should reflect the theme as closely as possible. Entry forms are available at the Public Library, on the library website, and at schools in Sierra Madre.

Children in grades K - 2 will create a drawing showing how they win by reading books from the Sierra Madre Public Library. Students in grades 3-8 will write a one-page essay of (250 words or less) on how they win by reading books from Sierra Madre Public Library.

Entries are due by March 31, 2016 at the Library and the winning entries will be presented on April 14. Winning work will be displayed in the Library and winners will receive a certificate and cash prize at a ceremony in their honor.

Local organizations supporting the Sierra Madre Public Library Art & Essay Contest with funding for

Readers WIN

@ the Sierra Madre Public Library

the cash prizes are: Sierra Madre Rotary Club, the Spero Foundation, Sierra Madre Kiwanis, Friends of the Library, the Sierra Madre Community Foundation, and the Sierra Madre Civic Club.

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

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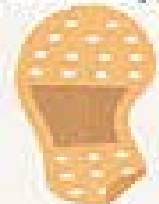


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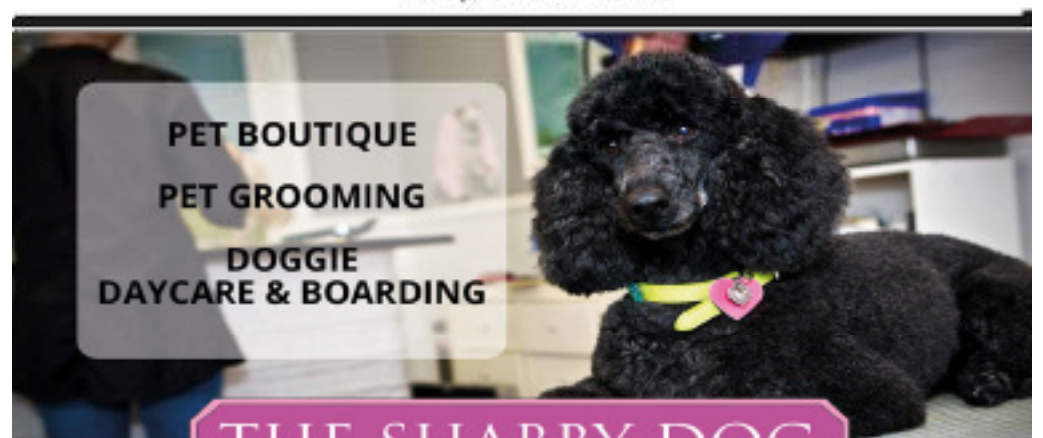
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WATER CONSERVATION SIGNS CHANGED TO RED CRITICAL

Water Conservation Alert Signs were changed to Red – Critical in front of the La Cañada Flintridge City Hall and other locations in the City and La Crescenta as a reminder for residents and businesses to not irrigate their lawns during water infrastructure upgrades. Beginning February 29, imported water is unavailable for up to 10 days due to infrastructure upgrades to help maintain future supply and water quality reliability. Agencies will be depending on local supplies and water in storage to meet demands.

Metropolitan is upgrading its F.E. Weymouth Treatment Plant in La Verne in preparation of new water treatment technology as well as rehabilitating a portion of its distribution system in Eagle Rock. During these upgrades, imported water will not be available up to 10 days to augment local supplies. Foothill normally gets its water from the La Verne treatment plant. However, it has been able to obtain water from a treatment plant in Granada Hills on rare occasions and the amount can be limited based on the amount of water taken from other agencies before Foothill. That water passes through Metropolitan's facilities in Eagle Rock. Metropolitan is also doing work at the Eagle Rock facilities. That work should be completed in 4 days. Based on water demands, the water we receive may not be enough. Thus, the reason for the up to 10 days restriction regarding irrigation. Demands are very dependent on weather and we would rather be prepared for the worst. If demands are low and Metropolitan is able to provide us all the water Foothill customers need, we would lift the no irrigation restriction. This water from Granada Hills would only meet demands in La Canada and La Crescenta. Construction work replacing a portion of pipeline in Altadena will restrict imported water deliveries through March 10 and no irrigation is requested during the entire time.

As soon as water is available and restrictions can be relaxed, signage will be changed back to orange--Allocation or Rationing to reflect

the drought conditions. Foothill, the imported water wholesaler for the area, also will notify La Cañada and La Crescenta customers on its website of the change. This outage does not impact Glendale Water and Power customers.

ACTIONS TO TAKE DURING THE SHUTDOWN

Turn off irrigation controllers and cease all outdoor watering.

Do not mow your lawns. Minimize the use of your lawn (i.e., playing on it, leaving vehicles on it, etc.) to reduce stress on the turf.

Take short showers (5-minute max). Place a bucket in the shower to collect the water before it warms up. Use this water for plants.

Do not leave water running when washing dishes, brushing your teeth or shaving.

Run only full loads in washing machine and dishwasher.

Do not use water to clean sidewalks, driveways, parking lots and other hardscapes.

Limit vehicle washing and only patronize local carwashes which use recycled water.

Turn off fountains and other decorative water features.

If you have any questions, please contact your local water provider or FMWD at (818) 790-4036. For more water savings tips, please go to BeWaterwise.com.

Metropolitan Water District of Southern California imports water from the Colorado River and northern California for use within southern California. Foothill Municipal Water District purchases that water and pumps it into the Altadena, La Cañada and La Crescenta areas. It is then purchased by Crescenta Valley Water District, La Cañada Irrigation District, Mesa Crest Water Company, Valley Water Company, Lincoln Avenue Water Company, Las Flores Water Company and Rubio Cañon Land & Water Association to augment local supplies. Kinneloa Irrigation District, another retail agency, takes no water from Foothill.

JUST SOLD | by Jan Greteman

446 W. MANZANITA AVENUE | SIERRA MADRE



Stunning Classic Modern

4BD/3BA This architecturally designed single-level home has been beautifully updated. This home greets you with a private courtyard entry opening to a large living room. Family room has hardwood floors, brick fireplace & large sliders opening to patio, salt water pool & spa, & private backyard.

Offered at **\$1,359,000** | Represented Buyers

445 E. HIGHLAND AVENUE | SIERRA MADRE



Delightful Cape Cod-style Home

3BD/3BA This home offers a cozy front porch & wonderful curb appeal. Features include recently remodeled kitchen & baths, crown molding, charming spindled staircase, security system, wood flooring, 2-car garage & professional landscaping with a drought tolerant front yard.

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Pasadena

News From Your Community



For Your Community

Input Sought For New City Manager



As the City undertakes its search for a new City Manager, the public is encouraged to attend, the second of two meetings to be held this Tuesday to provide input about the most important qualities which potential candidates should have.

Pasadena Mayor Terry Tornek said "the City Council feels it is important to hear from the residents and other stakeholders about the City Manager position."

The next meeting will be Tuesday Noon-1 p.m. at the Villa-Parke Community Center, 363 E. Villa Street. Anyone who would like to offer input but could not attend the meetings can do so online at www.cityofpasadena.net/CityManagerRecruitment. The first meeting was held last Thursday at the Jackie Robinson Community Center.

The meetings are facilitated by the executive search firm of Bob Murray and Associates.

The City Council anticipates applications for City Manager will be accepted beginning in March with screening and interviews taking place in May and June and an anticipated hire date in the summer.

The Council's Ad Hoc Search Committee for a new City Manager includes Mayor Tornek, along with Councilmembers Victor Gordo, Tyron Hampton and Margaret McAustin.

Pet of the Week



Pecas (A392709) is a nine-month-old, female, white and liver American Staffordshire terrier mix. She is one energetic and playful girl! She loves going on walks and hanging out with you in the park. If you sit on the ground, she will try to be a lap dog and give you lots of face kisses. She knows her "sit" command, but she would love to learn a few more. Pecos is spayed and ready to go home with you!

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.

New adopters will receive complimentary health and wellness exam from VCA Animal Hospitals, as well as a goody bag filled with information on how to care for your pet.

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

Council to Discuss Bicycle Action Plan

The city council is set Monday night, as part of their regular meeting, to hear an update to the Draft Bicycle Transportation Plan that includes a new bike share program with 34 kiosks and 490 bicycles available to the public.

The Pasadena bike share will be part of a large Metro countywide bike share-program.

According to the council's agenda report "It is Metro's intent to implement a uniform program so that users can have access to the various bicycle stations regardless of the jurisdiction."

Downtown Los Angeles will be the first city to launch the regional pilot program with approximately 65 bike-share stations and 1,090 bicycles. The Downtown stations are set to open in summer.

Other projects within the Pasadena Bicycle Transportation Plan include



"The Roseways Network," areas of the city that have low-speed, low-traffic neighborhood streets including North West Pasadena, East Pasadena, areas near Glenarm Street and the Arroyo. The paths will be marked with bicycle icons that include chevrons stenciled on the roadway surface. Roseways signage will have a consistent theme and look the report states.

The Bicycle Transportation Plan will also remove traffic lanes on five major streets including East Colorado Blvd. from Holliston Avenue to East City Limit, as part of a road diet. Other proposed road diet streets include, Cordova Street between Hill Street and Marengo Ave.

and Union Street and Hill Street to Arroyo Parkway, and Orange Grove Blvd. from Columbia Street to Rosemead Boulevard and Washington Boulevard from Lincoln Avenue to El Molino Avenue and Altadena Drive to Sierra Madre Boulevard. Many of the streets will go from three to two lanes with new traffic signals installed.

According to city staff the plan is estimated to cost as high as \$7.5 million.

The city council meets Monday at 6:30 p.m. Council Chamber, Pasadena City Hall 100 North Garfield Avenue, Room S249. The item is a report only and the council will not vote on the plan.

ArtNight Pasadena Events



Exhibition: Los Angeles Poverty Department, 1985-2016

The city is set to hold a free evening of art, music and entertainment as Pasadena's most prominent arts and cultural institutions swing open their doors Friday 6 p.m. to 10 p.m. during this year's ArtNight.

Begin a journey at any one of our 18 participating cultural institutions, where free shuttles will be waiting to transport you to your next destination. Last fall, 28,000 people experienced the excitement of ArtNight. Don't miss the fun this spring. Exhibits include;

Armory Center for the Arts 145 N. Raymond Ave. Los Angeles Poverty Department, 1985-2016: featuring archival material drawn from LAPD's 30- year history of performance and Skid Row advocacy.

Artcenter College of Design Williamson Gallery, 1700 Lida St. Perceptions are changing of how cities and wilderness interact. Experience how 14 Los Angeles city-bred artists are reconsidering the meaning and boundaries of nature, in the exhibition "Urbanature."

City Of Pasadena-City Hall Side Street Projects 100 N. Garfield Ave. The City's NEA-funded Our Town Project "My Pasadena" with partner Side Street Projects continues. Visit

the mobile outpost, then check out the sound installation Lions, Tigers, and ..., musical performances by Robert Hilton and Hands On/Semble, and video projections by Freewaves.

Kidspace Children's Museum 480 N Arroyo Blvd. Enjoy a night of weird and wacky art at Kidspace Children's Museum! Transform yourself into a piece of living art, become a unicorn and paint a masterpiece with your horn, and create colorful explosions by making your own art rockets.

Light Bringer Project @ Day One 175 N. Euclid Ave. Masterpiece Menagerie: See classical and contemporary artworks come to life in 3D. Be a part of the art experience, with Room 13 creative studios, music, edibles and lights galore.

Norton Simon Museum 411 W. Colorado Blvd. Enjoy Duchamp to Pop, an exhibition that examines Marcel Duchamp's potent influence on Pop Art and its leading artists, among them Andy Warhol and Ed Ruscha.

And more, visit artnightpasadena.org for a complete list on participants and free shuttles or call the ArtNight Pasad hotline at 626.744.7887,

Crime Blotter for Altadena

Sunday, February 21st

12:08 AM - Domingo Nieves, 62 years old of Pasadena was arrested in the area of Lake Avenue and Washington Boulevard for possession of a controlled substance.

3:31 PM - Kevin Eldridge, 53 years old of La Puente was arrested in the 200 block of Altadena Drive for taking a vehicle without the owner's consent.

8:45 PM - A shooting at an inhabited dwelling occurred in the 2100 block of N. Lake Avenue. No injuries.

Monday, February 22nd

12:05 AM - A residential vandalism occurred in the 300 block of E. Sacramento Street. The suspect(s) shattered the living room window.

6:03 AM - An armed robbery occurred at Arco AM/PM, 1880 N. Lake Avenue. The suspect was described as a male, Black, 508-510, 170-180, wearing a black mask, black hooded sweatshirt, and black pants. The suspect proceeded to the rear of the counter, opened the register and demanded more money. The suspect fled then fled the location.

6:32 PM - Charles Graves, 52 years old of Altadena was arrested in the 2600 block of Tanoble Drive for vehicle vandalism.

Tuesday, February 23rd

No significant incidents to report.

Wednesday, February 24th

6:20 PM - Nicholas Judson, 34 years old of Altadena was

arrested in the 2200 block of E. Crary Street for domestic violence.

7:00 PM - A petty theft from an unlocked vehicle occurred in the 4400 block of Rising Hill Road. Stolen: GPS, black leather briefcase.

Thursday, February 25th

12:21 PM - An attempt robbery occurred in the area of Fair Oaks Avenue and Woodbury Road. The suspect was described as a male, Black, 20-21 yrs, black hair, brown eyes, wearing a blue shirt, blue shorts, and white long socks. The suspect struck the victim in the neck while boarding the bus and demanded the victim's cellphone. The victim turned around and the suspect struck the victim a second and fled the area.

Friday, February 26th

2:30 PM - A petty theft from an unlocked vehicle occurred in the 2000 block of Skyview Drive. Stolen: beach canopy. 9:00 PM - A burglary from an unsecured garage occurred in the 1200 block of Meadowbrook Road. Stolen: K2 silver mountain bike, black Pacific bicycle.

9:30 PM - A petty theft from an unlocked vehicle occurred in the 900 block of Athens Street. Stolen: tent, snow discs, first aid kit, flashlight.

Saturday, February 27th

11:45 PM - Darryl Thompson, 54 years old of Altadena was arrested in the 3300 block of Canyon Crest Road for domestic violence.

One City, One Story Events

Chosen from a field of compelling nominees, the book selection for Pasadena's 14th One City, One Story community reading celebration is Orphan Train by author Christina Baker Kline.

All events are free and open to the public.

Thursday, 7 p.m., Central Library/Donald Wright Auditorium, 285 E. Walnut St. Family Activity - One Year Road Trip: Driving a Generation of Generosity The Webb Family presents lively and inspiring stories, videos and reflections from their One Year Road Trip: Generation of Generosity project. Learn about life on the road, young change-makers who are impacting foster children across America, and how questions posed in the novel Orphan Train permeated their life on the road.

Saturday, March 12, 1-5 p.m., Central Library, 285 E. Walnut St. Family Activity - One City, One Story Day, Model train display, Author Eve Bunting reads her book, Train to Somewhere, The Orphan Trains, A Documentary (2006), Author William Bradley discusses his book: Los Angeles Union Station: Tracks to the Future, Train sing-a-long led by Theatre Americana

Thursday, March 17, 1 p.m., Central Library/Law Room . 285 E. Walnut St. Workshop - QuickLook: Adoption



Christina Baker Kline

Introduction to Electronic Resources LA Law Library's Austin Stoub presents an overview of adoption law, regulations, cases and other legal information available from LA Law Library's Law Portal, a collection of electronic legal research databases.

Thursday, March 17, 7 p.m., Central Library/Donald Wright Auditorium, 285 E. Walnut St. Lecture - Pasadena in the 1920s Christine Lofstedt wrote a master's thesis in 1922 on "A Study of the Mexican Population in Pasadena," covering the reasons for migration, housing conditions and musical preferences of nearly all of the Mexican and Mexican-American residents. Roberta H. Martínez shares stories of what it was like in Pasadena in the early 1900s, during Lofstedt's studies and when Vivian Daly rode the Orphan Train.

Amina Hassan Civil Rights Attorney/Journalist to Speak

Pasadena Public Library's Allendale Branch is pleased to welcome Amina Hassan on Today at 2 p.m. at Allendale Branch Library, 1130 S. Marengo Ave.

Biographer and award-winning public radio documentarian Hassan will discuss her new book, Loren Miller: Civil Rights Attorney and Journalist. Miller (1903-1967) was one of the nation's most prominent and influential civil rights attorneys from the 1940s through the early 1960s. He drafted most of the briefs in the landmark U.S. Supreme Court case Brown v. Board of Education, which ended public school segregation in America. Alongside Thurgood Marshall, Miller also argued the landmark civil rights case Shelley v. Kraemer before the U.S. Supreme Court, a decision that effectively abolished racially-restrictive housing covenants. Miller also fought the segregation of Mexican-Americans in California's schools, and the internment of Japanese-Americans during



World War II.

Hassan's biography - based extensively on research from the Loren Miller Papers at The Huntington Library - recovers this remarkable figure from the shadows of history and reveals how he changed American law forever. A second generation Angeleno, Hassan has a diverse background in public radio and media activism. Her books will be available for purchase and signing.

For more information, contact Jean Penn at (626) 744-7260.

Free March Events at Pasadena Senior Center

There is something for everyone in March 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.

Parkinson's Education Group - Tuesdays, March 8 and 15, from 1 to 2:30 p.m. This three-week support group will explore diagnosis, treatment, mobility and quality of life. Speakers will include occupational, physical and speech therapists. Registration is encouraged by calling 626-685-6730. Walk-ins will be welcomed. Presented by Huntington Hospital Outpatient Rehabilitation Department.

Stay Connected with Social Media - Tuesdays and Thursdays, March 10 to March 31, 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, March 8 to 31, 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, March 2 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.

Cardmaking Workshop - Monday, March 7, 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.

Friday Movie Matinees - March 11, and 18. Everyone enjoys watching movies and the pleasures they bring. March 11: The Martian (2015, PG-13) starring Matt Damon and Jessica Chastain. An astronaut, presumed dead after a fierce storm and left behind on Mars by his crew, has actually survived and must draw upon his ingenuity, wit and spirit to subsist and find a way to signal Earth that he is alive. March 18: Grease (1978, PG-13) starring John Travolta and Olivia Newton John. A good girl and a bad boy who fell in love over the summer discover when fall rolls around that they go to the same high school and venture awkwardly to rekindle the romance.

For more information visit www.pasadenaseniorcenter.org or call 626-795-4331.

ARCADIA

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SPRING REGISTRATION!

“The way to get started is to quit talking and begin doing.” <http://www.amazon.com/dp/0984341544/?tag=roarin09-20>” t “_blank”

Pick up the latest copy of “The Peacock Buzz” to find out what is going on in the City of Arcadia! Copies are available at the City of Arcadia Recreation Office, 375 Campus Drive, Arcadia, CA 91007, the Arcadia Public Library, 20 W. Duarte Road; and City Hall, 240 W. Huntington Drive.

The Recreation and Community Services Department is pleased to announce recreation participants will now be able to view, register and pay for City offered activities and programs through the City of Arcadia’s new website. Once you have created an account online you will be able to search for and enroll in any activity listed on the Department website. (You will no longer need to use your former login ID and Pin Number.) For more information please call 626.574.5113 or log onto the city’s website at www.arcadiaCA.gov and

look for the online link to recreation programs. Registration is available to everyone the week of March 7 for on-line, walk-in and fax-in.

About the City of Arcadia

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

42ND ANNUAL CITY OF ARCADIA MAYOR’S COMMUNITY BREAKFAST, FRIDAY, APRIL 1, 2016, FRONTRUNNER RESTAURANT AT SANTA ANITA PARK

This year’s event features the 2009 California Teacher of the Year, Alex Kajitani. Creator of the “Rappin’ Mathematician,” Alex offers techniques to teachers nationwide in ways to engage students and make math cool! This same skill set extends to the business world, where Alex delivers fresh strategies that give positive results among business leaders.

Tickets are \$20 each. Breakfast buffet included. A portion of the proceeds will be donated to Foothill Unity Center, Arcadia Educational Foundation, Arcadia Performing Arts Foundation, and the Assistance League of Arcadia.

To purchase tickets please call the Mayor’s Office at 626-574-5403, or email mbuttice@ArcadiaCA.gov

ARCADIA TRANSIT INTRODUCES NEW SHUTTLE SERVICE

In conjunction with the Metro Gold Line Opening on Saturday, March 5, the City of Arcadia is excited to welcome the start of Metro Gold Line service to Arcadia. With a large number of people expected to use the Gold Line to reach Arcadia and locations within the City, Arcadia Transit introduces a new fixed route/ fixed schedule shuttle service that will operate seven days a week, connecting visitors to some of the more popular destinations.

Shuttle service will run from 7:10 a.m. to 6:20 p.m. during the week and 9:20 a.m. to 6:35 p.m. on the weekends, making fixed stops at Santa Anita Park, Methodist Hospital, Westfield Santa Anita and the LA County Arboretum. This is a free service through June 15, 2016.

The current dial-a-ride, on-demand reservation system will still be available to the general public.



However, as of June 16, 2016, it will only be accessible to seniors and those with disabilities. At that time, the shuttle service will be expanded to cover different areas of Arcadia. The general public is encouraged to use this new fixed route/fixed schedule service.

MONROVIA - DUARTE

Sierra Madre

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Monrovia

MONROVIA POLICE BLOTTER

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

Driving Under the Influence – Suspect Arrested February 25 at 7:53 p.m., an officer observed a vehicle traveling at a high rate of speed near the intersection of Duarte and Myrtle. The officer tried to conduct a traffic stop on the vehicle, but the driver continued for several blocks before eventually coming to a stop. While the officer was speaking with the driver, he could smell the odor of alcohol. The driver was intoxicated and had difficulty standing. He was determined to be driving under the influence of alcohol. He was arrested and held for sobering.

Possession of a Controlled Substance/Under the Influence of a Controlled Substance – Suspects Arrested February 26 at 12:05 a.m., officers responded to the report of a suspicious person at a business in the 2100 block of South Myrtle. When they arrived, several subjects were located inside the gates of the business. They were all detained for investigation. One subject had methamphetamine on them, along with a drug smoking pipe. The subject had no identification and was subsequently arrested in order to identify them for the citation to appear in court. A second subject was arrested for being under the influence of a controlled substance and also having no identification.

Grand Theft Auto February 26 at 7:53 a.m., a vehicle was reported stolen from the 400 block of Linwood. The vehicle is a black, 2013 Honda Crosstour. The victim’s friend parked and locked the vehicle in the driveway at approximately 8:30 p.m. The victim went out in the morning at approximately 7:40 a.m. and saw her vehicle had been stolen. The investigation is continuing.

Public Intoxication – Suspect Arrested February 26 at 7:30 p.m., police received a call reporting a female adult crawling down the street in the 200 block of East Cypress Avenue. Officers located the subject and determined she was too intoxicated to care for herself. She was arrested for public intoxication and held for sobering.

Driving Under the Influence – Suspect Arrested February 27 at 12:27 a.m., an officer stopped a vehicle for a vehicle code violation and during the stop, determined the driver was intoxicated. The driver was arrested and taken into custody for driving under the influence of alcohol. The driver was held for sobering.

Warrant/Possession of a Controlled Substance – Suspect Arrested February 27 at 11:07 a.m., an officer was on patrol in the 2600 block of South Mountain and contacted a suspicious person in a business parking lot. The subject was found to have a warrant for their

arrest and was in possession of Heroin. The suspect was arrested and taken into custody for the charges.

Suspicious Person/Under the Influence of a Controlled Substance – Suspect Arrested February 27 at 3:22 p.m., officers responded to the report of a suspicious person in the 500 block of West Huntington. They arrived and contacted the subject, who appeared to be under the influence of drugs. It was determined that the subject was under the influence of a controlled substance. The subject was arrested and taken into custody.

Vehicle Burglary February 28 at 11:15 a.m., a vehicle burglary was reported in the 600 block of Linwood. An unknown suspect smashed the window of the vehicle and took a camera that was left inside. The investigation is continuing.

Vandalism February 28 at 7:41 p.m., a vandalism incident was reported in the 600 block of South Primrose. A witness called police to report a suspect on a bike just shot out his tenant’s car window. The suspect is described as a male Black wearing a black shirt with white writing on it. Officers searched the area for the suspect, but were unable to locate him. It appears the window was damaged with a BB pellet. The investigation is continuing.

Warrant/Possession of a Controlled Substance – Suspect Arrested February 28 at 8:56 p.m., an officer was in the area of Foothill and Primrose and noticed a subject on a bicycle he knew had an outstanding arrest warrant. The officer made a traffic stop on the bicyclist and contacted the subject. A computer check confirmed the arrest warrant and the suspect was taken into custody. During a search of the suspect, the officer located a baggie containing methamphetamine in his pants pocket. The suspect was arrested and is being held pending his court appearance.

Under the Influence of a Controlled Substance/ Possession of Drug Paraphernalia – Suspect Arrested February 29 at 9:27 p.m., an officer responded to a business in the 400 block of West Huntington. Staff at the business reported that a subject was possibly using drugs inside their restroom. Officers arrived and contacted the subject, who admitted he had drug needles in his possession. He was arrested for possession of drug paraphernalia and being under the influence of a controlled substance.

Theft of Vehicle Parts March 1 at 8:36 a.m., an officer was dispatched to a business in the 400 block of West Evergreen regarding a theft of vehicle parts. The suspect entered the work yard and used tools to remove a 52 inch LED light bar from the top of one of the trucks in the lot. The employees were working inside the building during the theft. The investigation is continuing.

ARCADIA POLICE BLOTTER

For the period of Sunday, February 21st, through Saturday, February 27th, the Police Department responded to 945 calls for service of which 145 required formal investigations. The following is a summary report of the major incidents handled by the Department during this period.

Sunday, February 21:

1. Just after 12:42 p.m., an officer conducted a traffic stop on a vehicle in the area of El Monte Avenue and Camino Real Avenue for driving a vehicle without a license plate. Upon contacting the occupants, the officer noticed a bag of marijuana in plain sight. Also, a records check of the occupants revealed a 20-year-old female from Los Angeles was on parole for burglary and a 19-year-old female from Los Angeles was on probation for possession of a firearm. During a search of the vehicle, the officer located numerous items of stolen property from a recent residential burglary that occurred near Lomita. The listed suspects, as well as a 30-year-old male from Los Angeles, and a 17-year-old female from Los Angeles were arrested and transported to the Arcadia City Jail for booking.

2. Around 1:48 p.m., an officer initiated consensual contact with an individual in the area of Sixth Avenue and Camino Real Avenue for “flipping off” passersby. An investigation revealed the suspect, a 29-year-old male from Pasadena, was a narcotics addict in possession of a concealed firearm and drug paraphernalia. A records check revealed he had an outstanding misdemeanor warrant. He was arrested and transported to the Arcadia City Jail for booking.

Monday, February 22:

3. At about 8:12 a.m., an officer responded to Off Beach Tanning, 129 South First Street 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 28-year-old male from Duarte had the stolen property in his possession. The suspect was arrested and transported to the Arcadia City Jail for booking.

4. At approximately 4:20 p.m., an officer responded to Rite Aid, 165 East Foothill Boulevard, regarding a robbery report. A struggle ensued between a store employee and the suspect, a 57-year-old male from Arcadia, after he attempted to steal a pack of beer. He was arrested and transported to the Arcadia City Jail for booking.

Tuesday, February 23:

5. Around 8:39 a.m., an officer responded to Arcadia Methodist Hospital, 300 West Huntington Drive, regarding a battery report. The officer discovered a 78-year-old male patient from Las Vegas struck his nurse as she attempted to insert an IV. The suspect fled prior to the officer’s arrival. The investigation is ongoing.

6. Just after 1:09 p.m., an officer responded to Bj’s Restaurant, 400 East Huntington Drive, regarding a disturbance report. An investigation revealed the suspect attempted to fight a restaurant patron and verbally threatened the manager before an on-duty Monrovia Police Department Detective intervened. The suspect pushed the Detective causing him to detain the suspect. Arcadia officers arrived on scene, arrested the 37-year-old male from Compton, and transported him to the Arcadia City Jail for booking.

7. Around 2:02 p.m., an officer responded to a residence in the 000 block of East Longden Avenue regarding a domestic disturbance report. The officer determined a

physical altercation occurred between a husband and wife resulting in the husband pulling his wife to the ground. The 44-year-old male from Arcadia was arrested and transported to the Arcadia City Jail for booking.

Wednesday, February 24:

8. Shortly after 11:39 a.m., an officer responded to a business in the 300 block of North Santa Anita Avenue regarding a fraud report. The officer discovered an unknown suspect used the victim’s credit card information to charge nearly \$3,600.00 in fraudulent transactions. The victim was in possession of his card at the time of the crimes. A new card was issued by the victim’s bank, however, it had also been compromised. The victim does not know how the suspect obtained his personal information.

9. At about 9:23 p.m., an officer responded to a residence in the 1200 block of Louise Avenue regarding a burglary report. An investigation revealed unidentified suspect(s) entered the residence by forcing open a rear laundry door, stole cash and a purse, and fled. No suspects were seen and no witnesses were located. The investigation is ongoing.

Thursday, February 25:

10. At approximately 12:25 a.m., an officer responded to 24 Hour Fitness, 125 North First Avenue, regarding a burglary report. The victim stated his gym bag and personal belongings had been stolen from a locked locker and his debit card had been used at a Walmart in the City of Industry. The investigation is ongoing.

11. Around 7:25 p.m., an officer responded to JC Penney, 400 South Baldwin Avenue, regarding a theft investigation. A loss prevention specialist witnessed the 19-year-old female from El Monte conceal nearly \$1,290.00 worth of merchandise in various bags before exiting the store, failing to make payment. The suspect was arrested and transported to the Arcadia City Jail for booking.

Friday, February 26:

12. At about 1:35 p.m., an officer responded to a residence in the 300 block of Diamond Street regarding a package theft report. A witness stated two male suspects stole a package from the residence and fled in a gray Nissan Altima. An area check did not locate the suspects.

13. Just after 2:37 p.m., an officer responded to the Arcadia Police Department front counter regarding a fraud report. An investigation revealed a former maid forged the victim’s signature on 50 checks and stole over \$95,000 over the course of a year. The 39-year-old female from Monterey Park is outstanding at the time of this report.

Saturday, February 27:

14. At approximately 8:04 p.m., an officer conducted a traffic stop on a vehicle in the area of Holly Avenue and Lemon Avenue for suspicious activity. Upon contacting the driver, the suspects fled and a pursuit ensued. The pursuit ended when the driver lost control and collided with a palm tree near the intersection of Holly Avenue and Huntington Drive. Both suspects fled on foot. A 22-year-old male from Altadena was located and taken into custody. With the assistance of Monrovia Police Department, Sierra Madre Police Department, and Pasadena Police Department’s air units, the second suspect, a 27-year-old male from Altadena, was located hiding in a nearby apartment complex. A search of the vehicle revealed gloves and a ski mask. Both suspects were arrested and transported to the Arcadia City Jail for booking.

DUARTE GIRLS PLAY FOR CIF 4AA CHAMPIONSHIP

(Duarte, CA) – In his first year as a head basketball coach, Scott Wiard has taught a consistent theme to the Duarte High Lady Falcons: “If we play team defense, we’ve got a pretty good chance to do something special.”

Wiard’s message has been received, loud and clear, by the 12 girls on his team and they will be playing St. Paul High on Friday at 5 p.m. for the CIF 4-AA Championship. The site will be the Felix Event Center at Azusa Pacific University.

The Lady Falcons have compiled a 27-3 overall record and swept through Montclair League play with a 10-0 record this year, before the challenge of single-elimination CIF playoffs competition.

They have since added victories over Yucca Valley (57-30), El Segundo (38-36) and Lompoc (43-42), with the last win particularly pleasing on two levels.

“Lompoc knocked my team out of the playoffs last year,” said Wiard, who was an assistant coach at Brentwood School a year ago, “and that made the long drive home a lot more fun.”

The Lady Falcons started getting Wiard’s message about defense last May when he was hired for his first head coach position. He came to Duarte after assisting at Brentwood and Bishop Amat, where he was an assistant to his father Richard, one of the winning-est basketball coaches in CIF Southern Section history. When Scott Wiard was selected at Duarte, Richard agreed to come aboard as an assistant.

The younger Wiard now works as a substitute teacher and hopes to pick up his teaching credential in mathematics in the near future. In the meantime, he’s honing his coaching skills.

“From the time we got the job, we’ve talked about accomplishing something special here,” he said. “To get to the finals in our first year is truly special, but winning it is still the goal.”

Although he comes from two other schools, the younger Wiard appreciates the home-grown talent that has made this a strong run for Duarte.

“These are kids who have a lot of fun together,” he said. “They’ve all grown up together, attended the same schools, and have bonded and become great friends through it all. Now they have the greatest season in school history and are one game from a CIF Championship.”

Although team defense is the forte of the Duarte team, three athletes have led the team in scoring and most statistical categories:

- Senior point guard MacKenzie Barnes leads with 14.4 points per game, and averages 5.8 rebounds and 4.7 assists per

game.

- Junior guard Ryley Thompson averages 13.1 points and 3.9 rebounds
- Sophomore forward Patricia Morris averages 11.1 points and 10.3 rebounds

Other members of the team include Seniors Karmecce Robinson, Alexa Campos, Sofia Calvo, Jada Richards and Giselle Lopez; junior Georgina Zamora; sophomores Dani Anguiano and Macy Barnes, and freshman Delaney Thompson.

This year’s team started believing in itself early on when Wiard’s team defensive concept helped them beat Louisville in the championship game of the Azusa tournament, “and that’s a pretty good team,” noted the coach. “We then battled for first in the Arroyo tournament (beating Arcadia, 63-61) and showed we could play despite losing a key player for a couple of games. We learned that we’ve got to find a way to win games as a team.”

As the wins continued and the Lady Falcons moved through league play unbeaten, they continued to believe in themselves and their first-year coach.

Getting to the finals in our first year is special, but winning it remains our goal,” said the coach. “St. Paul is a very good team, with a lot of talented offensive players. They’re one of the best teams we’ve played. But if we can play team defense, we’ve got a chance.”

Now that message has carried the Lady Falcons to the CIF Championship game and a chance to further make their mark on Duarte sports history.



MONROVIA BROTHERS EARN EAGLE SCOUT STATUS



By Joan Schmidt

On a recent Sunday afternoon, the Eagle Scout Court of Honor was held at Annunciation Church Hall, Arcadia, for twin brothers, Robert and Paul Drust from Annunciation Scout Troop #140.

These fine boys are graduates of Annunciation School, and currently are in their Senior Year at Bishop Amat High School, so it was only fitting that their former Annunciation teachers, Mrs. Howe, Mrs. Raylon and Mrs. Clayton attended the festivities.

Master of Ceremonies was Troop Leader David Bond, and David Maynard, Eagle Scout Coordinator was among the speakers. The steps to Eagle Scout were explained. There are many badges required and a special community project which requires detailed planning and assistance by fellow troop members. Robert's was Garden Beautification at the Arboretum and Paul's was Tree Preservation at the Arboretum.

The boys thanked their parents for their support all these years, adults of Troop #140 for keeping the troop going –Mr. Bond, Richardson and especially Mr. Mike Taylor a great mentor. (Several years ago, the troop was down to just 2 members-the Drust Boys. But a school, St. Monica's was considering the use of Annunciation Classrooms. St. Monica's came on a day when ministries were represented and were so impressed with troop #140 that several boys joined it, although they came from Pasadena and farther away! Currently Troop # 140 has 25 members, and now the Drusts are mentors to younger boys.) It was truly an honor to witness such an occasion. Congratulations, Robert and Paul.

SCHOOL DIRECTORY

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

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

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

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

Bethany Christian School
93 N. Baldwin Ave. Sierra Madre, Ca. 91024
(626) 355-3527
Principal: Dr. William Walner
website: www.bcsliions.org

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

CITY OF ARCADIA YOUTH ADVISORY COUNCIL

The Arcadia City Clerk's Office is currently accepting applications from individuals who would like to serve on the Youth Advisory Council. The Youth Advisory Council consists of seven (7) members appointed by the City Council. Of the seven (7) members, four (4) must be current high school students and three (3) middle school students at the time of appointment. All members must be under the age of eighteen (18) at the time of appointment and reside in the City of Arcadia. The Youth Advisory Council will act in an advisory capacity to the City Council on matters pertaining to the youth population of the community. All Arcadia Boards and Commissions serve without compensation.

Anyone with an interest in serving may pick up an application from the City Clerk's Office, City Hall, 240 W. Huntington Drive or print one off the City's website at www.ArcadiaCA.gov. Applications must be submitted to the City Clerk's office on or before the close of business on Monday, May 23, 2016. Appointments are expected to be made at the Tuesday, June 21, 2016, City Council Meeting.

Please contact the City Clerk's Office at (626) 574.5455 if you would like further information about the Youth Advisory Council.

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

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THE HEAVENLY, HARMONIOUS HUMMER

During a recent walk with one of my canine clients, I heard what I thought was a bumble bee buzzing nearby, behind me. It was quite loud and sounded really close, startling me enough to turn and look at what was making that noise. When I turned around, I found myself eye-to-eye with a tiny hummingbird floating right where a ray of sun was shining through between the shade of the tree canopies. It's brilliant iridescent wings were winding and working vigorously to keep it hanging there in the air at eye-level for what seemed to me like an eternity. Then it suddenly dove down slightly and flew up-and-away as quickly as it had come.

I see hummingbirds in our area all the time, but for some reason that close encounter with such an amazing little creature levitating in the air just a couple of feet from my face left me feeling blessed by nature, as if it was a meeting meant to be, just for me. I couldn't help thinking, "Imagine being able to fly and flit about in the air and up over the treetops, like that tiny little bird?". God's creations never cease to amaze me and hummingbirds have got to be among the most remarkable creatures on earth.

The hummingbird's brain is larger in comparison to it's body size than any other bird species. They are extremely smart and have a terrific memory, allowing them to keep tabs on the whereabouts of their favorite feeders and flowers. They even remember when each type of their preferred flowers will have refilled and be ready for them to revisit. Amazing, yes, and good for them, but hummers are not strictly self-serving birds.

They play a very important and harmonious role in nature's big picture, making them excellent team players alongside all the other creatures with whom they cohabitate, including we humans. Hummingbirds are prolific pollinators, willing to work fervently for hours moving pollen from one location to another, as long as they have access to a sufficient amount of nectar to replenish their little systems.

The three most common hummingbirds found in California are Anna's (Calypte anna), Black-chinned (Archilochus alexandri), and Allen's (Selasphorus sasin), with the largest population being that of Anna's. As if playing a major role in nature wasn't enough to make the heavenly, harmonious hummer a valuable asset to earth, it also adds bountiful beauty and uniquely subtle music to the backdrop of our daily lives.

The adult male Anna's hummingbird boasts the most gorgeous plume of feathers, with a combination of colors that is sure to make other "aviarians" in our area envious. Their brilliant iridescent glow of metallic green, rose-red and silvery-grey come to life in the sunlight, bringing a sense of awe to the



on-looker. During mating season, the male Anna's begins his rowdy routine of fluffing his feathers and flitting his wings in a dance designed to catch the attention of his female counterparts. I have seen this puffed-up plumage dance performed numerous times, and I always find myself completely captivated by the ordeal.

Hummingbirds are not much for socializing, the way most birds are. They do not migrate together in flocks, nor do they maintain familial relationships. In fact, the only times you are apt to see hummers together is during mating season and on those occasions when they are forced to share a common feeder for a quick snack before buzzing off to yet another isolated destination.

Hummers are very independent little beings, and they each seem to be very focused on what they plan to do next. Something about that particular characteristic of this amazing species really appeals to me. Maybe it's because I'm a bit of a loner myself. They tend to act on their own, but because they are each busy performing their natural God-given duties as pollinators, the overall mission is accomplished. Likewise, I make a great team player as long as I am given enough time to myself to complete the tasks at hand.

In this way, the hummer and I may have a little something in common, but I still wish I could fly and flit about in the sky the way they do. I really don't foresee that happening to me, so I'll continue to watch them from ground level and appreciate their instinctual intelligence and beauty, the subtle song they sing and the comfort they bring, reminding me each day that nature is taking it's course in a healthy, balanced way.

I encourage all of my fellow human beings to pause and ponder the wonders of nature. Take a few moments each day to observe and appreciate the beauty that surrounds us. The human's world is so full of seemingly meaningless activity, and it's easy to get caught up in it all. I find that when I take the time to look around at God's amazing creations and consider the wonderful way it all comes together, I'm able to accept the constant chaos with much more ease. Love and let live.

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Are you looking for a friend that will love you forever? The search is over. Teeter is a 6 1/2 year old Jack Russell Terrier mix, weighing around 8 pounds. Teeter was found as a stray in San Gabriel with no identification. He arrived at the shelter needing some dental work and limping from an old leg injury. After having his teeth cleaned and receiving medication for the pain in his leg, he is now ready for adoption and feeling much better.

Teeter is a friendly boy, wagging his tail non-stop when he meets new friends. He seems to love being with people, and enjoys cuddling in a lap while receiving pets. He has a calm temperament and a sweet nature.

Teeter enjoys going for walks, and likes being the leader of the pack. He has a medium energy level and loves moving ahead, taking everything in. Teeter is looking for a home where he is cared for as a member of the family. He would like to spend his days in his own yard where he can run and play, and his nights inside with the rest of the family in his own nice, warm bed. Come meet this charming boy to see if you and Teeter are right for each other.

His adoption fee is \$130 and includes neuter surgery, vaccinations, microchip and a free wellness exam at a participating veterinarian. Feel free to call us at (626) 286-1159 for more information on Titan. He currently resides at the San Gabriel Valley Humane Society located at 851 E. Grand Avenue in San Gabriel. We are located off San Gabriel Blvd, north of Mission and



south of Las Tunas Drive. To arrange a 'Meet and Greet' with Titan, please stop by any time from 10:30am to 4:30pm Tuesday through Sunday.

If you are interested in meeting Teeter, or any of the other wonderful pets at the shelter, visit the San Gabriel Valley Humane Society at 851 E. Grand Ave., San Gabriel, CA 91776, Tuesday through Sunday from 10:30am to 4:30pm. See our website at www.sgvhumane.org for information and photos of all our wonderful pets.

The City of Duarte is hosting an afternoon event to celebrate the opening of the new Metro Station. As part of their celebration, they have asked San Gabriel Valley Humane Society to participate. Mark your calendar for Saturday, March 5th from 12:00 to 4:00pm. The streets will be closed in that area and it is an event for the entire family with food trucks, fun booths and shelter animals!



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PET OF THE WEEK: FIGARO: ANIMAL ID #A4921412

Good things come in small packages. Such is the case with Figaro (A4921412)! Figaro is a family-ready 6-year old cream-colored male Chihuahua mix who came into the Baldwin Park Animal Care Center on February 20th as a stray from West Covina.

Weighing 7 lbs, Figaro struts okay on leash, shows signs of being potty trained, and has other attributes that made his handler call him a "wonderful dog." He's gentle, he's curious and alert, he responds to attention, he loves to climb in your lap, and he has an air of confidence. We think he'll do marvelously in a household of any size (including one with kids who know to be respectful of his small frame). He has the great manners and personality that will make him a perfect little plug-and-play new family member. To watch a video of Figaro, please visit the following link: <https://youtu.be/Wzqma3HG99M>



To meet Figaro 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 Figaro, please reference his animal ID number:

A4921412. 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 Figaro or the adoption process, contact United Hope for Animals Volunteer Adoption Coordinator Samantha at Samantha@hope4animals.org. To learn more about United Hope for Animals' partnership with the Baldwin Park Shelter, as well as the many dogs of all breeds, ages, and sizes available for adoption in local shelters, visit <http://www.unitedhope4animals.org/about-us/shelter-support-program/>.

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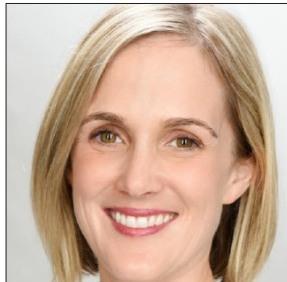
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Establishing your yoga practice at a slow, but progressive pace is ideal for a long term practice. At the very basic level, a beginning practice should include asana (yoga poses), pranayama (breath work) and rest. And "breath work" in this early time is simply even, equal wave breath in and out through the nose. The physical practice is best developed with a focus on alignment. I.e. Where should my foot be? How about the hips? Also, every practice (and in the course of a week or day) should include rest. A no effort, laying down or supported rest.

As we progress beyond moving, breathing and resting, there are three vital components that should be present each time we practice and possibly in the course of everyday living. They are Svadhyaya (self study), Tapas (austerity, discipline) and Ishvara Pranidhana (devotion to the Divine). These three

components eventually, seamlessly get woven into practice. It's our conscious awareness, exertion of effort and gratitude for the very breath that we breathe. Self study is incredibly important. It's our awareness of ourselves, in all ways. Tapas, or heat, is necessary to move forward and grow. We need challenge. It's good to have things that are "hard" for us sometimes. Ishvara Pranidhana is what takes place in meditation. It's our devotion, listening and thanking the source from which we came. It's our divine spiritual connection. When that connection is strong and active, our path in life is clear. This is yoga. Fostering inner exploration and development using Svadhyaya, Tapas and Ishvara Pranidhana is how your practice can evolve over and over.

Namaste friends,
see you in class.

Keely Totten

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IN THE KITCHEN
Our Favorite Recipe of the week

CORNEBEEF

INGREDIENTS

- 2 quarts water
- 1 cup kosher salt
- 1/2 cup brown sugar
- 2 tablespoons saltpeter
- 1 cinnamon stick, broken into several pieces
- 1 teaspoon mustard seeds
- 1 teaspoon black peppercorns
- 8 whole cloves
- 8 whole allspice berries
- 12 whole juniper berries
- 2 bay leaves, crumbled
- 1/2 teaspoon ground ginger
- 2 pounds ice
- 1 (4 to 5 pound) beef brisket, trimmed
- 1 small onion, quartered
- 1 large carrot, coarsely chopped
- 1 stalk celery, coarsely chopped

DIRECTIONS

Place the water into a large 6 to 8 quart stockpot along with salt, sugar, saltpeter, cinnamon stick, mustard seeds, peppercorns, cloves, allspice, juniper berries, bay leaves and ginger. Cook over high heat until the salt and sugar have dissolved. Remove from the heat and add the ice. Stir until the ice has melted. If necessary, place the brine into the refrigerator until it reaches a temperature of 45 degrees F. Once it has cooled, place the brisket in a 2-gallon zip top bag and add the brine. Seal and lay flat inside a container, cover and place in the refrigerator for 10 days. Check daily to make sure the beef is completely submerged and stir the brine.

After 10 days, remove from the brine and rinse well under cool water. Place the brisket into a pot just large enough to hold the meat, add the onion, carrot and celery and cover with water by 1-inch. Set over high heat and bring to a boil. Reduce the heat to low, cover and gently simmer for 2 1/2 to 3 hours or until the meat is fork tender. Remove from the pot and thinly slice across the grain.

Julie's Favorite Family Recipes

CREAMY CARROT SOUP WITH COCONUT RECIPE

- 2-3 large carrots, chopped small
 - 1 onion, chopped small
 - 1 tsp fresh ginger, minced
 - 1 1/2 tsp curry powder
 - 1 3/4 cup vegetable broth
 - 1 14 ounce can coconut milk
 - sea salt, to taste
- Preparation:

Simmer the carrots, onions, ginger and curry powder in vegetable broth for 20-25 minutes, until carrots are soft.
 Allow to cool slightly, and then puree in blender, working in batches if needed or use hand blender in pot.
 Return to heat and stir in coconut milk until well combined.
 Season with sea salt to taste.

Dining With Dills

Peter Dills
Dining With Dills
5pm Saturdays

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A RETROSPECTIVE CASE STUDY ON ACUPUNCTURE FOR LYMPHEDEMA IN AN ONCOLOGY SETTING 2

Case Report

The patient was a 53-year-old female that was diagnosed with breast cancer in 2008 that resulted in a TRAM flap reconstruction and right chest wall radiation. Her lymphedema began four months afterwards. In 2011, she had a right mastectomy and 13 lymph nodes removed, and she has had no evidence of disease since that time. Her lymphedema began and remained in the right upper extremity. It was described as "significant," as it both limited her ability to wear certain clothing and also limited function. She received physical therapy regularly since 2008 for rehabilitation. In addition to lymphedema, she had significant radiation therapy change on the skin and evidence of a TRAM flap. Her left breast had significant scarring in the upper outer quadrant. In July of 2012, her surgeon referred her to both cold laser and acupuncture. She also continued physical and occupational therapy at the time. She began acupuncture shortly following. She presented with lymphedema in her right arm, pain in her right shoulder, and hot flashes from hormone treatment. She had 16 treatments in two months, roughly two treatments per week before she left the area. The patient noticed marked reduction in her swelling with her first treatment. She said that the swelling was better than it had been in a very long time. She said she overused her arm out in the heat, and the swelling returned prior to her second treatment. She continued to notice less swelling in her upper arm with every treatment. On 7/23/12, her treatment was extended to 2-3 points over the lymph pathways on her right arm. At the following appointment, she said her lower arm was finally responding. She also

reported significant reduction in skin redness over areas treated with acupuncture on her chest from radiation. On 8/6/12, needles in the affected limb increased resulting in increased swelling after the treatment. She was able to have two more treatments before ceasing acupuncture, so the affected arm was not needed again. By the time she left, her swelling had gone back down.

Discussion

This case study supports acupuncture as first line therapy for lymphedema. A small study from the UK supports the idea that acupuncture can indeed improve quality of life for cancer survivors with upper body lymphedema with no serious side effects. This study also uses the application of moxibustion along with the acupuncture and will hopefully lead to more research on the use of each method separately. An important concept to note in this case study is that it is possible that the arm with lymphedema reached a needle threshold of sorts. The patient was gradually noticing less and less swelling with two to three needles used on the affected side. In one treatment, the number of bilateral needles increased, and her swelling increased. Due to time constraints, the affected side was not needed again, but she continued to notice a decrease in swelling.

Conclusion

A patient presented with lymphedema of four years duration. After 1 or 2 sessions of acupuncture, she saw relief and with continued acupuncture, she saw additional relief. Acupuncture seems to be a reasonable alternative management strategy for managing lymphedema.

References : <http://www.acupuncturetoday.com/mpacms/at/article.php?t=32&id=32777>

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Urological: Urinary Tract Infection(UTI), urinary frequency.
Dental: Toothache, TMJ dysfunction.
Harmony: Increase energy, strengthen immune system.
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HOW TO AVOID MEDICARE MISTAKES WHEN YOU'RE STILL WORKING

Dear Savvy Senior:
Should I enroll in Medicare at age 65 if I'm still working and have coverage through my employer?
Almost 65



Dear Almost:

The rules for enrolling in Medicare can be very confusing with all the different choices available today. But when you postpone retirement past age 65, as many people are doing, it becomes even more complicated.

First, let's review the basics. Remember that original Medicare has two parts: Part A, which provides hospital coverage and is free for most people. And Part B, which covers doctor's bills, lab tests and outpatient care. Part B also has a monthly premium of \$104.90 in 2016 (though it's higher for individuals earning \$85,000 or more a year).

If you are receiving Social Security, you will be enrolled automatically in parts A and B when you turn 65. If you aren't yet receiving Social Security, you will have to apply, which you can do online at SSA.gov/medicare, over the phone at 800-772-1213 or through your local Social Security office.

If you plan to continue working past the age of 65 and have health insurance from your job, your first step is to ask your benefits manager or human resources department how your employer insurance works with Medicare. In most cases, you should at least take Medicare Part A because it's free. But to decide whether to take Part B or not will depend on the size of your employer.

Small employer: If your current employer (or spouse's employer if it's providing your coverage) has fewer than 20 employees, Medicare will be your primary insurer and you should enroll in Medicare Part B during your initial enrollment period. This is a seven-month period that includes the three months before, the month of, and the three months after your 65th birthday.

If you miss the seven-month sign-up window, you'll have to wait until the next general enrollment period, which runs from Jan. 1 to March 31 with benefits beginning the following July 1. You'll also incur a 10 percent penalty for each year you wait

beyond your initial enrollment period, which will be tacked on to your monthly Part B premium.

Large employer: If your employer has 20 or more employees, your employer's group health plan will be your primary insurer as long as you (or your spouse if the coverage is from his/her employer) remain an active employee. If this is the case, you don't need to enroll in Part B when you turn 65 if you're satisfied with the coverage you are getting through your job. But if you do decide to enroll in Medicare, it will supplement your employer insurance by paying secondary on all of your claims.

Once your employment (or group health coverage) ends, you will then have eight months to sign up for Part B without a penalty. This is known as the Special Enrollment Period.

Drug coverage: You also need to verify your prescription drug coverage. Call your benefits manager or insurance company to find out if your employer's prescription drug coverage is considered "creditable." (Creditable prescription drug coverage is one that is considered to be as good as or better than the Medicare prescription drug benefit.) If it is, you don't need to enroll in a Medicare Part D prescription drug plan. If it isn't, you should purchase a plan (see medicare.gov/find-a-plan) during your initial enrollment period or you'll incur a premium penalty (1 percent of the average national premium for every month you don't have coverage) if you enroll later.

For additional help, visit Medicare.gov or contact your State Health Insurance Assistance Program (SHIP) at Shiptacenter.org. The Medicare Rights Center also offers a free helpline at 800-333-4114.

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

SENIOR HAPPENINGS



HAPPY BIRTHDAY! ...March Birthdays

Clare Marquardt, Karen Blachly, Carla Duplex, Ella Guttman, Viky Tchatlian, Mary Cooper, Georgina "Snooky" Greger, Sun Liu, Helen Wallis, Joan Crow, Nancy Fox, Martha Cassara, Rita Johnson, Mercedes Campos, Dorothy Webster, Terri Elder, Carol Cerrina, Amy Putnam, Sally Contreras and Lori Cooper. * To add your name to this distinguished list, please call the paper at 626.355.2737. YEAR of birth not required but you must be over 60.



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

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 GOOD, THE BAD, AND THE CRAZY

It's that time of year again! The weather's getting warmer, flowers are blooming, and school children are itching with spring fever! And it's only the end of March! But you must remember that many schools started way back in the middle of August. That leaves only about 30 school days left, and both students and teachers are running on fumes.

Most "naughty" kids push the envelope of their teacher's patience at the beginning of the school year. But there are always a few who students snap and revert to their old ways in this last leg of the race. This is what happened near the end of one of my mom's last years of teaching third grade in a public school.

The student in question (let's call him Ned) came to third grade with a reputation for chronic sassy-ness, noncompliance, and general misconduct. Ned's previous teachers had exhausted all the usual disciplinary methods: e.g., behavior contracts, punishment, rewards, screaming --all to no avail. Since my mom had 30 plus years of experience in the trenches dealing with every variety of students, she had a full arsenal of strategies at her disposal.

You see, some kids just get so callused and jaded over the years that traditional approaches at behavior modification fall short. These kids have grown accustomed to having teachers negotiate with them, cajole them, punish them, and yell to the point of developing vocal nodules. What they're not used to is teachers who are just as crazy as they are!

My mom and Ned maintained a working relationship for most of the year, but near the

end Ned started to slip back into his whinny, argumentative habits. Specifically, he claimed that my mom had confiscated a ring of his at the beginning of the year, and now he wanted it back.

Of course there was no such ring, but that didn't matter to Ned. He just wanted a fight. Their conversation went something like this:

Ned: "Hey, Mrs. Hopkins, you never gave back my ring that you took away."

Mom: "I never took a ring from you. What are you talking about?"

Ned: (whining) "NO! You took it! I remember!"

Mom: (walking to her desk, she cut a small rectangle of paper, connected the ends with tape, and handed it to Ned.) "Ok, here's a ring for you."

Ned: (surprised, but still angry) "No! It was a real ring! My dad gave it to me!"

Mom: "That is a real ring. Look, you can put it on your finger."

Ned: "No! It had a diamond on it!"

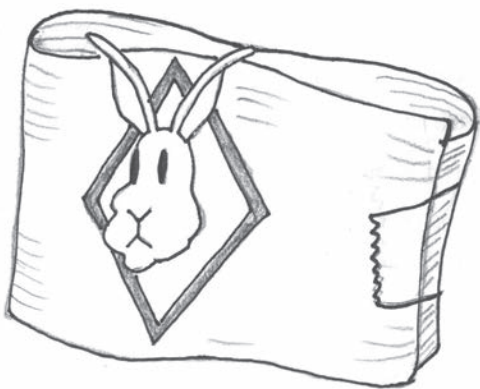
Mom: (she takes the paper ring back and draws a diamond shape in the middle) "Okay, here's a diamond."

Ned: (walking away with his new ring) "I'm telling my dad!"

Mom: "That's fine. While you're at it, remind him to sign and return your report card."

Ned had a big, strong male teacher for fourth grade. Around the end of the year, Ned's mom came back to thank my mom for working with him. "You're the only one who was able to manage him!"

Teaching, for the most part, is a thankless job of civil servants. But occasionally there's something to brag about!



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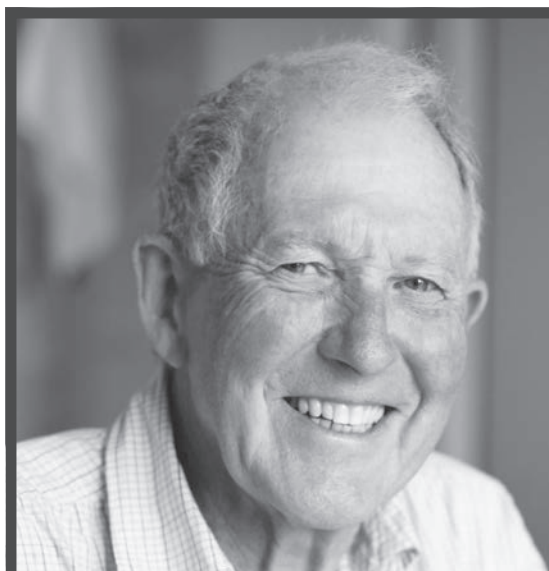
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Based on the book by *E.B. White*

Directed by *Gary Lamb*



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SEAN'S SHAMELESS REVIEWS: 'TRIPLE 9' COMBINES GRIM ACTION WITH MURKY PLOT

By Sean Kayden

"Triple 9" features a star-studded cast in this grimy and murky crime-thriller from first time screenwriter and former military soldier Matt Cook. John Hillcoat ("The Road," "The Proposition," "Lawless") helmed the film about cops/ex-military that partake in criminal activities. "Triple 9" includes Chiwetel Ejiofor, Aaron Paul, and Norman Reedus as Iraq veterans and Anthony Mackie and Clifton Collins Jr. as cops that pull off a heist in the beginning of the film. Kate Winslet plays Irina Vlaslov, a Jewish Russian mob leader that the criminals work under. In fact, the only one that has any relation to her is Ejiofor's character, Michael Atwood. He has a son with Vlaslov's younger sister (Gal Gadot) and is forced to do these jobs-for-hire in order to see his son. It's unclear to why these other cops/former soldiers even help out Atwood after not getting paid once the first heist goes down. The searing action gets you hooked from the beginning, but "Triple 9" does fall into crime caper tropes along the path it heads down.

Director: John Hillcoat
Screenwriter: Matt Cook
Rated R for strong violence and language throughout, drug use and some nudity
Release Date: February 26th, 2016

Woody Harrelson plays veteran detective Jeffery Allen, who has clearly seen it all. He brings his nephew played by Casey Affleck up the ranks into the department where Anthony Mackie's character is in. The two cops are forced to partner up despite Mackie's initial refusal. Casey Affleck is the only "good" cop to be found here, but you never get a true sense of what is character really wants. He has a wife, but those scenes quickly pass on by without much substance to hold them together. It is as if his character only exists because you need someone to root for, someone with a moral compass. Sure, the criminals led by Chietwel Ejiofor's character are great, but I wish we had more of grasp of whom these guys are. Speaking of

that, I was hoping Aaron Paul had more to work with, but he does his best in the constricted character he portrays. It's never revealed to why Anthony Mackie's character is involved with these soldiers or how they got together. The audience just has to believe he is in it only for the money as well. Bizarrely, but no one really gets worked up that much about not being paid for the first job they do. They have to do one more "impossible" job in order to get paid. Anthony Mackie and Clifton Collins Jr. suggest a "999" in order to have more time to pull off the "last job". A triple 9 refers to a fellow police officer going down in the line of fire and all units converging to the scene at once. Mackie has someone in mind and of course it's good guy/his new partner, Casey Affleck.

"Triple 9" reminds me that you can stack up a movie with an exceptional cast and solid action sequences, but if the plot is convoluted and uninspiring, then there will be problems. While the movie is entertaining because of its cast, you can't ignore the clichés such as the last job setup, the ruthless mob boss with vague details on the files that are needed, and a character having second thoughts of committing the murder in order to pull off the final heist. The script from Matt Cook is definitely inspired by filmmakers like David Ayer or Michael Mann films. For the most part, that's good company to be associated with. However, despite good action, a fun cast, and eruptions of sadistic violence, it's nothing new to the tired and true crime thriller. While the first half of the movie proved to be going in the right direction, what "Triple 9" undergoes through the later half is fairly common with an ambiguous plot to boot. An abrupt and slightly befuddling ending (last shot) is also disappointing, which I was hoping was going to relieve some of the ailments along the way. If you're a fan of crime/genre thrillers, you'll still find "Triple 9" to be entertaining. Just don't over overplay your expectations or else total let down will unfortunately become your final result.

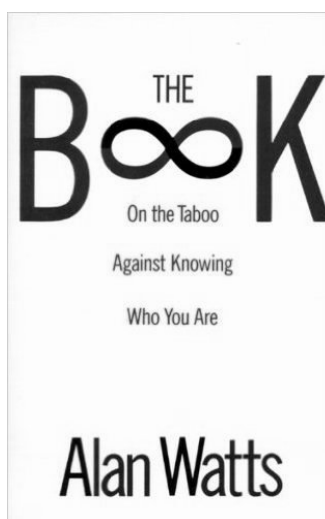
Grade: 3 out of 5

Jeff's Book Pics

By Jeff Brown

The Book: On the Taboo Against Knowing Who You Are by Alan Watts

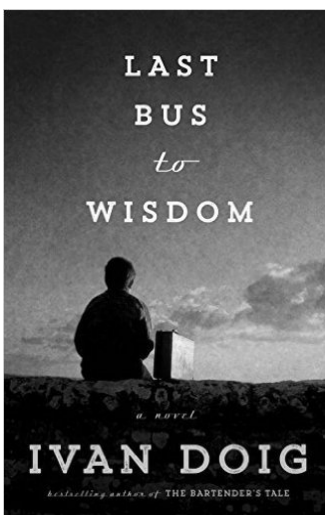
At the root of human conflict is our fundamental misunderstanding of who we are. The illusion that we are isolated beings, unconnected to the rest of the universe, has led us to view the "outside" world with hostility, and has fueled our misuse of technology and our violent and hostile subjugation of the natural world. In *The Book*, philosopher Alan Watts provides us with a much-needed answer to the problem of personal identity, distilling and adapting the ancient Hindu philosophy of Vedanta to help us understand that the self is in fact the root and ground of the universe. In this mind-opening and revelatory work, Watts has crafted a primer on what it means to be human—and a manual of initiation into the central mystery of existence.



to fly the coop with him. In the immortal American tradition, the pair light out for the territory together, meeting a classic Doigian ensemble of characters and having rollicking misadventures along the way. Charming, wise, and slyly funny, *Last Bus to Wisdom* is a last sweet gift from a writer whose books have bestowed untold pleasure on countless readers.

Death in Bordeaux by Allan Massie

In the spring of 1940, the mutilated body of a gay male is discovered in a street near the Bordeaux railway station. It looks like a straight-forward sex crime, but when Superintendent Lannes is warned off the investigation, his suspicion that there is a political motive for the murder seems justified. In defiance of authority, he continues working on the case. And then another body is found... Meanwhile, the Superintendent has other troubles. His eldest son, Dominique, is at the Front, his wife, Marguerite, is depressed, and when the Battle of France breaks out, Bordeaux is filled with refugees fleeing the war. Suddenly civilian crime seems of little importance compared to the chaos that ensues. As Bordeaux becomes an occupied city, Lannes' chief suspect is untouchable, protected by a relative in the Vichy government. Lannes himself is threatened with blackmail on account of his Jewish friends and Dominique is taken prisoner. Common sense should make Lannes abandon the investigation, but



Last Bus to Wisdom: A Novel by Ivan Doig

Named a Best Book of the Year by the Seattle Times, San Francisco Chronicle, and Kirkus Review. The final novel from a great American storyteller. Donal Cameron is being raised by his grandmother, the cook at the legendary Double W ranch in Ivan Doig's beloved Two Medicine Country of the Montana Rockies, a landscape that gives full rein to an eleven-year-old's imagination. But when Gram has to have surgery for "female trouble" in the summer of 1951, all she can think to do is to ship Donal off to her sister in faraway Manitowoc, Wisconsin. There Donal is in for a rude surprise: Aunt Kate—bossy, opinionated, argumentative, and tyrannical—is nothing like her sister. She henpecks her good-natured husband, Herman the German, and Donal can't seem to get on her good side either. After one contretemps too many, Kate packs him back to the authorities in Montana on the next Greyhound. But as it turns out, Donal isn't traveling solo: Herman the German has decided

lead him to pursue it. However, as events turn increasingly bleak, Lannes begins to doubt it can ever be solved! Allan Johnstone Massie CBE (Commander of the Order of the British Empire) is a Scottish journalist, columnist, sports writer and novelist. He is a Fellow of the Royal Society of Literature. He has lived in the Scottish Borders for the last 25 years, and now lives in Selkirk

Jeff's History Corner

By Jeff Brown

HILLARY CLINTON'S WELLESLEY COLLEGE YEARS.

In 1965, Hillary enrolled at Wellesley College, where she majored in political science. During her freshman year, she served as president of the Wellesley Young Republicans; she supported the elections of Mayor John Lindsay and of Senator Edward Brooke. She later stepped down from this position, as her views changed regarding the American Civil Rights Movement and the Vietnam War. In a letter to her youth minister at this time, she described herself as "a mind conservative and a heart liberal". In contrast to the 1960s current that advocated radical actions against the political system, she sought to work for change within it. In her junior year, Hillary became a supporter of the antiwar Democrat Eugene McCarthy. In 1968, she was elected president of the Wellesley College Government Association and served through early 1969. After the assassination of Martin Luther King, Jr., Hillary organized a two-day student strike and worked with Wellesley's black students to recruit more black students and faculty. In her student government role, she played a role in keeping Wellesley from being embroiled in the student disruptions common to other colleges. A number of her fellow students thought she might some day become the first female President of the United States. To help her better understand her changing political views, Professor Alan Schechter

assigned Hillary to intern at the House Republican Conference, and she attended the "Wellesley in Washington" summer program. She was invited by New York Representative Charles Goodell to help Governor Nelson Rockefeller's late-entry campaign for the Republican nomination. Hillary attended the 1968 Republican National Convention. However, she was upset by the way Richard Nixon's campaign portrayed Rockefeller and by what she perceived as the convention's "veiled" racist messages, and left the Republican Party for good. In 1969, she graduated with departmental honors in political science. She became the first student in Wellesley College history to deliver its commencement address. Her speech received a standing ovation lasting seven minutes. She was featured in an article published in *Life* magazine, due to the response to a part of her speech that criticized Senator Brooke, who had spoken before her at the commencement. She also appeared on a nationally syndicated television talk show as well as in *Illinois* and *New England* newspapers. That summer, she worked her way across Alaska, washing dishes in Mount McKinley National Park and sliming salmon in a fish processing cannery in Valdez (which fired her and shut down overnight when she complained about unhealthful conditions). The above from Wikipedia.

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FAMILY MATTERS

By Marc Garlett



PETS IN YOUR WILL

For those of us who have pets that would be left behind after we die, there may be a desire to make arrangements for their well-being. Making provisions for pets in your will can only be done through the establishment of a trust. Pets are considered property and, as such, cannot be left money or property directly.

A trust is an entity that is established to receive and hold money and property for the benefit of designated beneficiaries which can be people, pets, organizations or other entities. There are two trust options for pet care.

Traditional Trust

With a traditional trust, you name a trustee to administer the money, and also appoint a caregiver for your pet. In your will, you designate money or property to be received by the trust. If life insurance proceeds are to be used, you would designate the trust as the beneficiary of the policy. Remember, you can divide up life insurance proceeds between multiple beneficiaries in the event you have other people or organizations you want to benefit.

Statutory Trust

A statutory trust can be specified within your will. It is a statement that indicates you are leaving

money or property “in trust” to your pet. In this situation, however, the probate court is then responsible for appointing persons to serve as trustee and caregiver.

Another Option

A pet protection agreement is a less formal option for providing for your pet. This is a simple agreement with another person to care for your pet after your passing. This could also be used in cases of incapacitation, just as you would execute a power of attorney for other affairs. This option makes sense if, for example, your pet’s life expectancy was limited, and not much money is in consideration.

Additional Tips

Trusts for pets can be easy to establish, but there are some things to consider, such as the following: They make the most sense for animals with longer life spans such as horses and birds;

There is usually no need to leave an excessive amount of money;

Name a successor beneficiary for funds left after your pet dies, preferably not the caregiver; Ensure the willingness of the trustee and caregiver to serve in those roles;

Name successors for the trustee and caregiver;

Do not make the trustee and caregiver the same person; and

Provide detailed instructions of your wishes for the care of your pet.

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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 for more information.



Social Media
Tips, Tricks & Ideas



by: MJ Finstrom

COLOR EXPLORER: FIND YOUR HEX VALUES

Colors play an important role in brand recognition. Sometimes I can’t remember the name brand of a product I’m looking for at the market. But, I still find the product because I remember the color of the container!

Big brands like McDonalds, Starbucks, Pepsi and Coca-Cola are very particular about consistent color use. You should be too!

Have you ever been asked for the HEX (hexadecimal) values for the colors in your brand?

Different on-line tools often allow you to plug in a specific color # (HEX value). For example, in Constant Contact, you might want to match a background color, headline or graphic element to a color in your logo to tie it all together. That’s good design technique.

I recently discovered a cool tool at a Constant Contact training session that makes finding your HEX

colors a snap.

Color Explorer (www.colorexplorer.com) is free to use. It allows you to easily create, manage and evaluate color palettes for your web designs, email campaigns, Canva creations and much more.

With Color Explorer, you can simply upload your logo or an image, and it will extract a complete color palette of all the colors in that image. It will give you the HEX value as well as the RGB values.

I suggest that you print out your brand’s color palette and keep it handy as you create email campaigns, graphics in Canva.com and other on-line tools.

About MJ: MJ and her brother David own HUTdogs, a creative services business that specializes in Digital Marketing strategies. Connect with them on Facebook at www.facebook.com/hutdogs. Sign up for their upcoming workshops at: www.hutdogs.com/workshops/schedule

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A POSSIBLE ANCIENT OCEAN ON PLUTO'S MOON CHARON; ASTROPOETRY CONTEST

Pluto's largest moon may have gotten too big for its own skin.

Images from NASA's New Horizons mission suggest that Pluto's moon Charon once had a subsurface ocean that has long since frozen and expanded, pushing out on the moon's surface and causing it to stretch and fracture on a massive scale.

The side of Charon viewed by the passing New Horizons spacecraft in July 2015 is characterized by a system of "pull apart" tectonic faults, which are expressed as ridges, scarps and valleys—the latter sometimes reaching more than 4 miles deep.

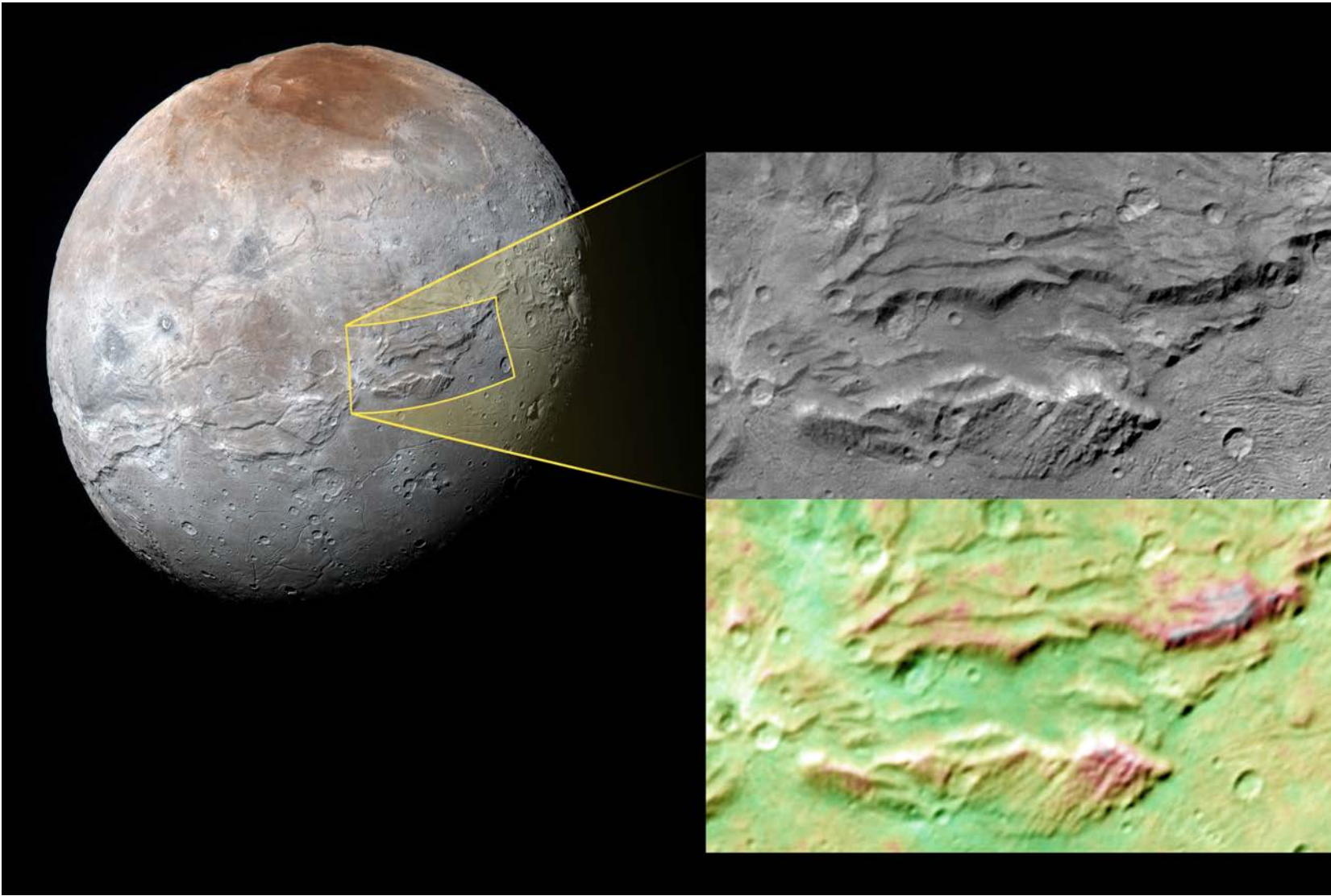
Charon's outer layer is primarily water ice. When the moon was young this layer was warmed by the decay of radioactive elements, as well as Charon's own internal heat of formation. Scientists say Charon could have been warm enough to cause the water ice to melt deep down, creating a subsurface ocean. But as Charon cooled over time, this ocean would have frozen and expanded (as happens when water freezes), pushing the surface outward and producing the massive chasms we see today.

This image focuses on a section of the feature informally named Serenity Chasma, part of a vast equatorial belt of chasms on Charon. In fact, this system of chasms is one of the longest seen anywhere in the solar system, running at least 1,100 miles long and reaching 4.5 miles deep. By comparison, the Grand Canyon is 277 miles long and just over a mile deep.

This image was taken at a range of approximately 48,900 miles from Charon, about an hour and 40 minutes before New Horizons' closest approach to Charon on July 14, 2015.

DISCOVER THE ASTRO-POET IN YOU. Have you ever looked up at the Moon or stars and said, "That's so beautiful, I wish I could write a poem about it"? Well, now may be the time for you—or your children—to do just that, and you could win an international award in the process.

The global organization devoted to astronomy education, Astronomers Without Borders (www.astronomerswithoutborders.org), invites children and adults everywhere to submit poems to its annual AstroPoetry Contest. The contest, in three categories—children, young adults, and adults—is



open for poetry submissions from now through April 30. Poems may be in any form, but should be related to astronomy, space, or the night sky. For details and the submission form, go to: <http://astronomerswithoutborders.org/gam2016-programs/astroarts/3015-astro-poetry-contest-for-gam2016.html>

As an example, here's a poem from one of the Young Adult winners in AWB's 2014 contest:

PLUTO
by Rachel Pribble, Broken Arrow, Oklahoma
Pluto
Forgotten Planet
Isolated, neglected, frigid
Small but worthy rock
Planetoid

Classroom teachers are especially encouraged to use this contest as a student project, which

would promote an imaginative mix of both English writing skills and scientific thinking. Good luck!
Charon image:

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



CHRISTOPHER Nyerges

WHY I WROTE MY BOOKS:
EXTREME SIMPLICITY:
HOMESTEADING IN THE CITY

[Nyerges is the author of 10 books, leads classes through the School of Self-reliance, and does a weekly podcast at Preparedness Radio Network. He can be reached at Box 41834, Eagle Rock, CA 90041, or www.ChristopherNyerges.com.]

"Extreme Simplicity: Homesteading in the City" is perhaps my favorite of the books I have written because it is like a personal diary of how my wife Dolores and I worked towards our goal of "living lightly on the earth," even though we had a small budget and lived in a small suburban Los Angeles home.

We were doing what our Appalachian friend used to describe as "living country in the city." We pursued all aspects of self-reliance, and wrote about it. Starting as soon as we moved in to our new home in 1986, we began task by task with limited income. We used our front lawn to grow food, we recycled our wash water, collected rain water, had chickens, a duck, bees, and a pig, had solar water heating and solar electricity, a wood stove, and we planted fruit trees and food everywhere.

We describe our efforts to do "integral gardening" on every bit of usable land, to produce food (for people and wildlife), medicines, fragrance, shade, and useful tools. We describe the details of what it meant to raise earthworms, chickens, rabbits, bees, a goose, a pig, and our dogs in their typical suburban back yard.

We took the reader along their journey to installing a wood fireplace, solar water heating, and a solar electric system.

Though there is much "how to" in this book, it is full of personal stories and rich reading of the learning they experienced along the way. There is a section on recycling, and a unique section about the economics of self-reliance.

It's worth noting that this is not a book we planned on writing. In 2000, we were called by the Mother Earth News magazine to write an article about our meaning of "alternate health" methods, and we wrote about the methods that were as ancient as Hypocrates. We were on the cover, and a book publisher contacted us to see if we could turn that health article into a book. We said yes. But when we submitted the manuscript to the publisher, they said, hmmm, not exactly what we were looking for. [That book, Integral Health, will be published eventually]. So they asked us if we could just write about how we live, which we did, and it became Extreme Simplicity.

Extreme Simplicity, first published in October of 2002, will be re-released from another publisher in August of 2013. It will be available wherever books are sold, from Amazon, and from the School of Self-Reliance, Box 41834, Eagle Rock, CA 90041; or www.ChristopherNyerges.com.

HERE ARE SOME SELECTED EXCERPTS
WOOD FIREPLACE

Our freestanding fireplace has completely transformed our home. We would strongly encourage anyone without one already to seriously consider installing one. On very cold nights, we had been using those small electric heaters that really drive up your electric bill. The fireplace made the house really feel like a home, and we now are uncertain how we got along without it.

In our case, the transition to wood heating was fairly easy, because we had plenty of firewood readily available. We were actually doing a neighbor a favor

by cleaning up and carting off large amounts of dead and fallen wood from his property. Our first season of firewood came entirely from our weekly cleaning of his yard, just for the cost of our labor. How's that for a win-win situation?

TIME AND THE QUALITY OF LIFE

Many people today believe that they're spending all their time working, yet with very little in return. Unfortunately, such realizations may come too late to be remedied.

We think that the Amish people have the right idea when they keep their schools and work close to home. They don't have to go a long way to a job, thereby avoiding wasted time and energy, unnecessary expenses, and disconnection from their community. They can protect their families from undesirable influence, and there is the added bonus of having youngsters nearby where they can learn a trade from an early age. The Amish are firmly committed to valuing "quality of life" over all the stuff that our modern society deems important or indispensable - car, home entertainment system, fancy clothes, foods bought for "convenience" and prestige rather than fresh garden flavor and nutritional value.

4 MAGIC WAYS TO IMPROVE YOUR
FINANCIAL SITUATION

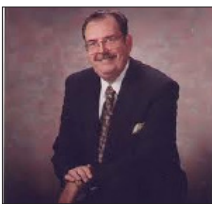
Once, during a period of homelessness before we were married, Christopher was engulfed in thoughts of "poor me" and "I'm destitute," and he could scarcely see a way out of the darkness. Dolores provided him with a simple set of practical tools that anyone can use if only they choose to do so. Here are four "magic" ways to improve your financial situation:

1. Never waste anything.
2. Continually improve your personal honesty.
3. Leave every situation or circumstance better than you found it.
4. Tithe to the church (or organization) of your choice.

We know that these are genuine practical solutions. We have heard people say that they cannot make these efforts - such as tithing, or improving an environment - because "we are poor." Our perspective is that they have their reasoning backwards. They are poor because they do not engage themselves in the world in these ways. Logical thinking leads to erroneous conclusions when the premise is false.

3 STEPS TO HOUSEHOLD ENERGY EFFICIENCY

1. You can do without some electrical devices. This will probably involve changing your behavior, for instance, thinking twice before switching on an electrical tool or appliance when a non-electric alternative will work just as well or better.
2. You can learn to use your existing devices more efficiently. This step, too, requires changes in habit, but once you've understood the extra expenses caused by inefficiency and waste, you'll feel good about it - plus you'll save money by practicing efficiency.
3. You can purchase new appliances that render your household inherently more energy efficient. This step requires initial outlays of money, and in some cases higher short-term expenses, but with certain especially wasteful appliances, the best way to save energy and money is to immediately replace the old, wasteful model.



OUT TO PASTOR

A Weekly Religion Column by Rev. James Snyder

TREAD LIGHTLY IN THAT SACRED AREA

Right up front let me say that in no way am I superstitious (knock-on-wood). I am the kind of person who believes in the practical side of life. One plus one equals two and that is the way I like to live my life. No common core math for me.

I don't like to propagate the idea that one place is more important than another. I think everything should be on equal standing. If it is good for one person, it may not be good for another person. There is the apple fritters side, then there is the broccoli side and the twain shall never meet.

That being said, a certain issue has developed between the Gracious Mistress of the Parsonage and Yours Truly. The area of the issue has to do with sacred areas within our house. She has rules and those rules need to be obeyed, not negotiated.

How many times I have gotten into trouble thinking that her rules were simply approximations that could be negotiated under good terms. Wrong!

Certain areas in our home are considered sacred, at least from her viewpoint. And may the heavens shutter in thunder if I violate one of her sacred areas.

For the most part, it does not really affect me too much. I am glad to stay away from the dishwasher, the washing machine and the dryer.

I'm okay with that.

There was that one time when she was away, I wanted to surprise her by doing all of the dirty dishes. I loaded up the dishwasher, dumped in some soap (How was I to know you were supposed to measure the dishwashing detergent?) and turn the thing on. I needed to run to the store to get something and when I returned the dishwasher was washing the kitchen floor. The kitchen floor was knee-deep in soapy water.

You can imagine the trouble I was in. I had a life sentence adjudicated against me for forbidding me to touch that dishwasher ever again. So far, I have been good to that judgment.

Through the years, we have negotiated a little in one area and that is that my study and desk is off limits to her. This has been a great trial on her part. Several occasions she has tried to violate this agreement, but I have always come back with this, "You touch my things and I'll touch your things!" It has worked so far.

I can understand all of these "sacred areas" in our home. I do not question it in the least, an agreement is an agreement.

I do, however, have some problems with one sacred area in our home. That area is the refrigerator. I have been warned time and time again that I am to "stay out of the refrigerator."

My defense is simply that I never, ever get "in" the

refrigerator. So, technically, I am staying out of the refrigerator.

Ha ha ha. The other occupant of our blissful domicile, however, does not find that in the least bit humorous. At least I try.

It is not that I like the refrigerator so much as I like the items in the refrigerator. Now it is not my fault because if my wife would not put so many delicious things in the refrigerator there would be no temptation on my part. I am never tempted concerning things I do not like.

For example, she has the silly idea that I should be on a diet. Of course, her idea of a diet is a little bit different from my idea of a diet.

My idea of a diet is to watch what you eat. Her idea of a diet is not to eat certain things.

I am not sure how this can come together because I never eat anything I do not look at first. I am extremely careful of what I put in my mouth. I would simply die if by mistake I put a piece of broccoli in my mouth. So, I watch what I eat.

If my wife would not be such a great cook, I would not be attracted to the refrigerator. The best meals that we ever have are what some refer to as "leftovers." Nothing is more delicious than these "leftovers" from some fantastic meal that has been prepared.

Sometimes I do not wait for these "leftovers" to migrate from the refrigerator to the dining room table.

Often I will hear, "What happened to that potato salad I had in the refrigerator?"

Well, to be honest, it migrated from the refrigerator to my stomach and all I can say, "It was delicious."

"Don't you know," she will say, "that I was saving that potato salad for dinner tonight?"

If I were not such a wimp, I would say to her, "I saved you the trouble and ate it before hand." Then I really would be in trouble.

However, sacred is sacred and I am trying to understand that her idea of sacred is what runs our household.

The apostle Paul understood this idea of sacred. "What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own?" (1 Corinthians 6:19).

The most sacred area is my body and if I am a Christian, belongs to God. Violating that sacred area, I am answerable to God.

The Rev. James L. Snyder is pastor of the Family of God Fellowship, Ocala, FL. Call him at 352-687-4240 or e-mail jamesnyder2@att.net. The church web site is 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.

TINA Dupuy



QUITTING THE GOP

John-William Schiffbauer is what Republicans, at least on paper, say they want their party to look more like. He's 31-years-old (a coveted millennial), socially liberal, fiscally conservative and not totally white. "My grandmother was from Japan," he says. He's a New York City playwright who's into cool whiskey bars and heated policy debates. He sees himself as what the future of the Republican Party ought to be. "Did you read the GOP post-2012 autopsy report? The 'Growth and Opportunity Project,' as it was dubbed?" He asks. Yes, I answer. "That's what I wanted," he laments.

After losing the presidency again in 2012, the Republican National Committee's autopsy was honest and brutal about the state of the Grand Old Party: "If we want ethnic minority voters to support Republicans, we have to engage them, and show our sincerity," read the report. "We must embrace and champion comprehensive immigration reform. If we do not, our Party's appeal will continue to shrink to its core constituencies only."

The report also warns: "When it comes to social issues, the Party must in fact and deed be inclusive and welcoming. If we are not, we will limit our ability to attract young people and others, including many women, who agree with us on some but not all issues."

This candor inspired John. "I'm a Jeff Daniels' Newsroom character Republican! I'm an Aaron Sorkin Republican!" declares Schiffbauer. It gave him hope that his party understood their problems and had a blueprint on how to fix it. John was so taken by this idea of a new, diverse, more inclusive, more liberal Republican Party that he went pro. In January of 2014 he became the Deputy Communications Director for the New York State Republican Party.

Then at 2:21 a.m. in the morning after Super Tuesday, moments after it was apparent John Kasich split the vote in Virginia and Vermont, killing possible wins for Marco Rubio, millennial Republican Schiffbauer emailed his boss his resignation and quit the GOP. If you ask him why, his answer is fittingly monosyllabic, "Trump." He quit mere days before the New York GOP State Convention in Buffalo, where Trump enjoys widespread support. "I don't trust myself to keep my mouth shut," admits John.

What does a party loyalist have against the frontrunner and nearly universally assumed nominee? "Liar. Bigot. Demagogue. Pretty much any beef the establishment has with him, given that I am 100 Percent Unapologetic Establishment GOP," John continues. "Also his buildings make architects and artists cry." He says he doesn't want Trump to have the nuclear codes. When he mentions "the wall" he punctuates it with the word "moron."

"Show me a 20-foot wall and I'll show you a 21-foot ladder!" exclaims John. He grumbles that a wall won't solve our immigration issues.

"Also," he continues, "He's carpet-bombing anyone who disagrees with him." John mentions the thinly veiled threat to Paul Ryan in Trump's Super Tuesday victory speech. "I'm going to get along great with Congress," Trump said to his rabid fan base. "And if I don't, he's [Paul Ryan] going to have to pay a big price."

What's next for John? He says he's debating on staying registered as a Republican and voting for Hillary, or registering as an independent and voting for Hillary. In short: He's voting for Hillary.

Moments later he waffles on quitting the GOP entirely. He wants to write speeches, change his party for the better, be a part of something he believes in. He still holds out hope it's the Republican Party but, for him, it's definitely not the party of Trump. "But congratulations to you guys," he bristles. ("You guys" meaning Democrats.) "You guys just won the White House for another four years and probably a majority in the Senate."

"This is great for you guys."

Tina Dupuy is a nationally syndicated columnist and host of the podcast, Cultish. Tina can be reached at tinadupuy@yahoo.com.

DICK Polman



WHY WE WANT OUR POLITICIANS TO LIE

Three studies provide insight into something we all know to be true: Politicians lie.

The Daily News reports that politicians are good at yarn spinning "because they convince themselves they are telling the truth." That was the finding of a lying study at the University of Eastern Piedmont, Italy.

A second study, conducted by Millikin University and the University of Wisconsin-Madison, finds that the more long-winded the point a politician is making —

both off-the-cuff and in prepared statements — the more likely he or she is spewing a mistruth.

I know what you're thinking: Of course politicians lie. When negotiating with thugs around the world we want our politicians to outwit them, and that usually requires deception. When waging war, we want to hear the good news, not the gory details. And during elections, we never vote for the candidate who tells the truth. We want the candidate who tells the most colorful yarns.

The truth is lying is one of the great cottage industries in America. We all do it.

When a lady asks you if you like her new haircut — one that gives her the look of the Chihuahua in the Taco Bell commercials — do you tell her the truth (as I made the mistake of doing only once) or do you smile and say she is more gorgeous than ever?

The fact is she wants to be lied to and your level of skill is a measure of how much you care for her. My old comedian friend Chris Ciardi has a great line about that. He got home late one night half in the bag. His wife demanded a reason. He told her it was best he get a good night's sleep and in the morning he'd come up with an excuse they both could live with.

We expect the same from our politicians. Did anyone believe President Obama really would bring hope and change to Washington — that he didn't want to pit red America against blue America but be the president of the United States of America?

Did you really believe that if you liked your doctor you could keep your doctor — or that the average American family would save \$2,500 a year on health insurance premiums?

President Obama may not have believed he was being truthful when he said these things. But he seemed to believe the falsehood that ISIS was the JV team that we had contained.

There's a reason politicians lie to us — we want them to.

That was the finding of another study on lying at Britain's University of Strathclyde. It found that voters not only expect to be lied to, they sometimes demand it — which is why our politicians conceal, deceive and mislead.

Our politicians know many Americans are ignorant about many issues. They know voters disdain complexity and want promises that resonate.

They want to believe the reason they are struggling is because some rich fat cat is hoarding all the cash — and that taxing the bejesus out of the rich will solve all of their problems.

Politicians know that we prefer Santa Claus, not the high school coach who makes us do wind sprints.

They know we want more free government goodies and less government spending — and that we want fatter Social Security checks and reduced withholding taxes.

The politician who can promise the most somethings for nothing is the one a growing majority of voters will go for.

That means our next president may give incredibly long-winded answers to simple questions and actually believe the nonsense he or she is spewing is actually true.

Tom Purcell is a columnist nationally syndicated columnist. Send comments to Tom at Tom@TomPurcell.com.

LEFT TURN/RIGHT TURN

HOWARD Hays As I See It



"We do not need a militia of toddlers." Democratic State Rep. Kirsten Running-Marquardt, on the Iowa House's passage of legislation allowing anyone under 14 to handle firearms

Last week began with coverage of Republican presidential candidates Donald Trump and Sen. Marco Rubio (R-FL) exchanging barbs over each other's make-up. Rubio followed by suggesting the front-runner may have wet his pants during the debate in Houston. In a related development, the Republican National Committee adopted a resolution encouraging states to restrict which restrooms those in need of one are permitted to use.

Sen. Ted Cruz (R-TX), accused Trump of having mob connections. He also did what he could to block a bipartisan Senate measure to help residents of Flint with their poisoned water supply — until news of his "hold" leaked to the press. (We'll see how that plays out in the Michigan primary next week.)

Progress may be blocked in Washington, but things are getting done in the states. The West Virginia Republican House of Delegates succeeded in rejecting new science standards for schools because they fail to cover "both sides" in a "debate" over the connection between human activity and global warming. With a 97% consensus among scientists, Scientific American equates this with now demanding "both sides" be aired in a "debate" over the connection between smoking and lung cancer.

In Georgia, Republicans are pushing a bill allowing state workers to discriminate by claiming "religious beliefs". A taxpayer-funded shelter, for instance, could turn away a family headed by unmarried parents, a social worker could deny counseling to a single mother and an adoption agency could refuse placement with a gay couple. Meanwhile, a growing number of employers (Twitter, Chase, UPS, Delta, Dell, Virgin, Microsoft, etc.) warn that state-sanctioned bigotry does not suggest a suitable place to set up shop.

Addressing another urgent matter, (male) Republican lawmakers in New Hampshire seek to criminalize female toplessness. There'd been an appearance of it at the beach, so action was needed to prevent the inevitable spread of the practice to "public libraries and Little League baseball games". Men, they warn, would (by nature) be unable to control themselves and it would harm the state's tourism industry. (How?)

Other news may not have gotten as much attention. A week ago Thursday, twelve people were shot and wounded in Kansas with four killed at a company where the gunman worked. Cedric Ford's ex-girlfriend was later charged with having provided him with the AK-47 and Glock. 40 handgun. Ford was an ex-felon who'd had a restraining order filed against him for domestic abuse. He was shot dead by police.

The next day in Washington State, a gunman killed his wife, her two adopted sons, a neighbor and then himself. A local sheriff called it a

"family-domestic situation". This was just a week after that Uber driver in Kalamazoo shot and killed six and wounded two. Robert Dear, the guy who killed three at the Planned Parenthood clinic in Colorado last fall, also had a history of domestic violence. The day after the Washington shooting, a Virginia father shot and killed his wife after she'd called police on a domestic dispute. When the police arrived, he shot and killed a young officer — her first day on the job.

The news last week from the Supreme Court was Justice Clarence Thomas asking questions from the bench for the first time in ten years. He broke his silence to object to laws taking guns away from those convicted of violent domestic abuse. (A RAND study found that twice as many women are killed by husbands/lovers with guns than by strangers using whatever means.)

There was news from academia. A report from John Hopkins School of Public Health on causes of injury-related death found that in states with the weakest gun laws, the leading cause was (surprise) - guns. The seven worst states (Tennessee, Alabama, Arkansas, Louisiana, Kentucky, West Virginia and South Carolina) are also the states with no laws on gun storage; states where the argument, as reported by NBC, is that "safe storage laws are being used by the government to take people's guns away".

Out of the University of Texas comes fear of a "brain drain" — prized faculty and administrators leaving for elsewhere with a new Republican law requiring gun-toting students be allowed in the classroom due to take effect August 1. Private schools are exempt and all have opted-out — but public universities are stuck with it.

University of Virginia professor Siva Vaidhyanathan, a University of Texas grad and finalist for a dean's position at his alma mater, turned it down because it could come down to having to choose either to obey state law or instead "protect the security and sanctity of the classroom" - and be fired as a consequence. "In the absence of any evidence beyond Hollywood movies starring Bruce Willis, we have leaders basically capitulating to fantasy and stupidity in this weird belief that untrained, unprepared individuals can somehow react to the most horrible and sudden of circumstances in a sober and appropriate way. For an institution of higher learning to be forced to capitulate to such stupidity is truly shameful."

Meanwhile up north, the Republican Iowa House passed a bill allowing kids under 14 to handle guns (under adult supervision). Iowa City Democrat Kirsten Running-Marquardt (quoted above) questioned the purpose; "We do not have handguns that I am aware of that fit the hands of a 1-or-2-year-old". Addressing another pressing need, the bill also permits the carrying of loaded firearms on snowmobiles.

There's been a lot of talk in the Democratic debates about guns, and measures supported by the vast majority of Americans: Republicans and gun-owners alike. Republican candidates have been silent. Once nominees are chosen and we get closer to November, however, they're not going to be able to get by on make-up, mob ties and wet pants. The Democratic candidate will insist they address issues that matter, like guns — and so will the American voters.

MAKING SENSE

MICHAEL Reagan

'SOUL MURDER' IN ALTOONA



If you've seen the excellent movie "Spotlight," you know what it takes for a newspaper to expose the sexual abuse of children by priests in the Catholic Church.

"Spotlight," which won the Academy Award for best picture of 2015, is the true story of how the Boston Globe's investigative Spotlight team uncovered the massive scandal of child molestation and cover-up within the Boston Archdiocese.

Challenging one of the most powerful institutions in Boston, digging up the ugly truth and detailing it on Page 1 took a strong mix of principle and guts by the Globe's editor, Marty Baron.

Many journalists and editors around the country before him had heard similar charges about priests repeatedly molesting children in their cities and towns, but they had done nothing.

The Globe's in-depth investigation, which began in 2001, made headlines around the world, shamed the Boston Archdiocese and shook the entire Catholic Church to its core.

It set off a series of exposes in other cities that proved that the problem the Catholic Church — my church — was having with serial pedophiles was nothing new or restricted to Boston.

Soon after, the L.A. Times, my hometown paper, showed that for decades the hierarchy of the Los Angeles diocese "plotted to keep law enforcement from learning that children had been molested at the hands of priests."

In 2005 and 2011 grand jury probes found rampant child abuse in the Philadelphia Archdiocese, which included moving known pedophiles around from one unsuspecting parish to another.

What went on in L.A. and Philly fit the pattern described in the 2012 HBO documentary, "Mea Maxima Culpa: Silence in the House of God."

As I wrote in the 2013, that powerful documentary proved that from Ireland to Wisconsin "the church's bishops and cardinals have a long and disgusting history of protecting pedophile priests, ignoring children's allegations of sexual abuse, paying the parents of victims to keep quiet and keeping the sex crimes of priests secret from law enforcement."

We can now add the diocese of Altoona, Pa., to the Church's list of sins against children.

The headlines in Tuesday's Pittsburgh Post-Gazette told a familiar story: "Grand jury: Altoona diocese concealed sex abuse of hundreds of children by priests."

According to a graphic 147-page report by a state grand jury, at least 50 Catholic priests and other Church members in the western Pennsylvania town had molested and raped hundreds of kids between the 1940s and the 1980s.

What the pedophiles did to kids at summer camp, in their own homes and in Altoona's cathedral was not only covered up by their bishops and their immediate superiors, it also was abetted by judges, sheriffs and other law enforcement officials in two counties who knew about the abuse.

The grand jury report said the sleazy church-state conspiracy to avoid public scandal and protect known and dangerous pedophiles in Altoona amounted to the "soul murder" of the victims.

As someone who was molested by a day camp counselor in third grade, I understand what that term means all too well.

The most frustrating part of the Altoona investigation, which is ongoing, is that the abusers and their enablers — though known -- are never going to be indicted or punished.

Some of the guilty are dead. Some of their victims were too traumatized to testify.

But in most cases it's too late to prosecute because the statute of limitations for criminal and civil cases that was in effect at the time of the crimes was only two or three years.

The law has been changed. Victim now have until age 30 to sue for child abuse in civil court and in some cases are able to file criminal charges until they turn 50.

But Pennsylvania should join other states and do what its grand jury report proposes — completely remove all statutes of limitations for child abuse.

If the Catholic Church is sincerely sorry for its sins, and truly interested in preventing future victims of pedophilia, it will publicly support that idea.

Michael Reagan is the son of President Ronald Reagan, a political consultant, and the author of "The New Reagan Revolution" (St. Martin's Press). Send comments to Reagan@caglecartoons.com. Follow @reaganworld on Twitter.

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