



What's the Name of the Game?

Saturday, October 8th, 2016

Doors open at 6:30 - Bingo starts at 7:30



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WHAT KIND OF CITY MANAGER DOES SIERRA MADRE WANT?

At the Sierra Madre City Council meeting to be held on Tuesday, October 11, 2016, the community is invited share with the council what it is they want from the next city manager. Elaine Aguilar, the current City Manager for more than 9 years, is retiring in December. Finding her replacement is a top priority for the council as the city is also losing its Public Works Director and Director of Public Safety (Police Chief) to retirement at the end of the year. The position of Assistant City Manager is also vacant.

Residents are asked to share their thoughts and concerns regarding the kind of qualifications, work experience, characteristics, personality and desired attributes.

The firm of Peckham and McKenney has been hired as recruiters for someone to fill the position. On Tuesday, Bobbi Peckham will attend the council meeting to help facilitate the discussion.

What does the City Manager actually do?

According to the Sierra Madre Municipal Code the powers and duties of the City Manager are as follows:

The city manager shall be the administrative head of the government of the city under the direction and control of the city council except as otherwise provided in this section. He/she shall be responsible for the efficient administration of all the affairs of the city which are under his/her control. In addition to his/her general powers as administrative head, and not as a limitation thereon, it shall be his/her duty and he/she shall have the powers set forth in the following subsections:

A. Law Enforcement. It shall be the duty of the city manager to enforce all laws and ordinances of the city and to see that all franchises, contracts, permits and privileges granted by the city council are faithfully observed.

B. Authority Over Employees. It shall be the duty of the city manager, and he/she shall have the authority to control, order and give directions to all heads of departments and to subordinate officers and employees of the city under his/her jurisdiction through their department heads.

C. Power of Appointment and

Removal. It shall be the duty of the city manager to, and he/she shall appoint, discipline, remove, promote and demote any and all officers and employees of the city except the city clerk, city treasurer or city attorney, subject to all applicable personnel ordinances, rules and regulations.

D. Administrative Reorganization of Offices. It shall be the duty and responsibility of the city manager to conduct studies and effect administrative reorganization of offices, positions or units under his/her direction as may be indicated in the interest of efficient, effective and economical conduct of the city's business.

E. Ordinances. It shall be the duty of the city manager and he/she shall recommend to the city council for adoption such measures and ordinances as he/she deems necessary.

F. Attendance at Council Meetings. It shall be the duty of the city manager to attend all meetings of the city council unless at his/her request he/she is excused therefrom by the mayor individually or the city council, except when his/her removal is under consideration.

G. Financial Reports. It shall be the duty of the city manager to keep the city council at all times fully advised as to the financial condition and needs of the city.

H. Budget. It shall be the duty of the city manager to prepare and submit the proposed annual budget and the proposed annual salary plan to the city council for its approval.

I. Expenditure Control and Purchasing. It shall be the duty of the city manager to see that no expenditures shall be submitted or recommended to the city council except on approval of the city manager or his/her authorized representative. The city manager or his/her authorized representative, shall be responsible for the purchase of all supplies for all the departments or divisions of the city.

J. Investigations and Complaints. It shall be the duty of the city manager to make investigations into the affairs of the city and any department or division thereof, and any contract or the proper performance of any obligations of the city. Further, it shall be the duty of the city manager to investigate all complaints in relation to matters concerning the administration of the city

government and in regard to the services maintained by public utilities in the city.

K. Public Buildings. It shall be the duty of the city manager and he/she shall exercise general supervision over all public buildings, public parks and all other public property which are under the control and jurisdiction of the city council.

L. Additional Duties. It shall be the duty of the city manager to perform other duties and exercise such other powers as may be delegated to him/her from time to time by ordinance or resolution or other official action of the city council.

Internal relations.

A. Council-Manager Relations. The city council and its members shall deal with the administrative services of the city only through the city manager, except for the purpose of inquiry, and neither the city council nor any member thereof shall give orders or instruction to any subordinates of the city manager. The city manager shall take his/her orders and instructions from the city council only when sitting in a duly convened meeting of the city council and no individual councilman shall give orders or instructions to the city manager.

B. Departmental Cooperation. It shall be the duty of all subordinate officers to assist the city manager in administering the affairs of the city efficiently, economically and harmoniously.

C. Attendance at Commission Meetings. The city manager may attend any and all meetings of the planning commission, parks and recreation commission, and any other commission, board or committee created by the city council, upon his/her own volition or upon direction of the city council. At such meetings which the city manager attends, he/she shall be heard by such commissions, boards or committees as to all matters upon which he/she wishes to address the members thereof, and he/she shall inform the members as to the status of any matter being considered by the city council, and he/she shall cooperate to the fullest extent with the members of all commissions, boards or committees appointed by the city council.

The council will meet on Tuesday, October 11, 2016 at 6:30 pm. Sierra Madre City Hall. MVNews

FOOTHILL Creative Arts Group presents The 5th Annual Scarecrow Festival

Scarecrow Contest will be going on during the month of October!

Vote for Your Favorite Scarecrow at CreativeArtsGroup.org or on our Facebook Page!

October 1-October 20 Voting and Judging

October 8 FREE Shuttle Scarecrow Tour Spaces are limited. Reserve Your Spot Today!

October 21 Awards Ceremony 7:00pm at Creative Arts Group

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City of Sierra Madre

PUBLIC HEARING NOTICE

From: The City of Sierra Madre

Subject: SUMMARY ORDINANCE 1379, MUNICIPAL CODE TEXT AMENDMENT 16-03: AMENDMENTS TO THE DEFINITIONS ORDINANCE (CHAPTER 17.08) AND R-1 ONE FAMILY RESIDENTIAL ZONE ORDINANCE (CHAPTER 17.20) OF THE SIERRA MADRE MUNICIPAL CODE

Applicant: City of Sierra Madre

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

On September 27, 2016 the City Council of the City of Sierra Madre introduced for second reading Ordinance 1379 Chapter 17.08 ("Definitions"), Section 17.08.020 ("Words, terms, phrases defined"); Chapter 17.20 ("R-1 One Family Residential Zone"), Section 17.20.100 ("Newly created lots - Rear lot line width"), Section 17.20.110 ("Newly created lots - Minimum average width"), Section 17.20.115 ("Flag lots and exclusive access easements - Prohibited"), and Section 17.20.125 ("Allowable gross floor area"). The revisions to Chapter 17.20 include the establishment of a maximum allowable floor area specific to new lots and lots reconfigured through lot line adjustments. The amendments introduce new minor lot line adjustment provisions, new requirements for minimum frontage for lots located at the end of a cul-de-sac and for lots accessed by a shared private driveway, new diagrams illustrating the requirements for lots accessed by a shared driveway and prohibited/permitted lot configurations for lot splits, and elimination of flood control easement areas in the computation of lot area for purposes of calculating maximum allowable floor area.

This summary is published pursuant to Government Code Section 36933(c)(1) and a full and complete certified copy of the text of Ordinance 1379 is available at the Sierra Madre City Manager's Office located at City of Sierra Madre City Hall, 232 W. Sierra Madre Blvd., Sierra Madre, CA. Ordinance 1379 becomes effective on October 27, 2016. For further information on this subject, please contact the Planning and Community Preservation Department at (626) 355-7138.

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Weather Wise

6-Day Forecast Sierra Madre, Ca.

Sun:	Sunny	Hi 80s	Lows 50s
Mon:	Sunny	Hi 70s	Lows 50s
Tues:	Sunny	Hi 70s	Lows 60s
Wed:	Sunny	Hi 80s	Lows 60s
Thur:	Sunny	Hi 80s	Lows 60s
Fri:	Sunny	Hi 80s	Lows 60s

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, October 11, 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, October 11, 2016, 6:30 pm

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 cityofsierramadre.com before 5:30 the night of the meeting and your statement will be delivered to all the Council Members. Sierra Madre City Hall 232 W. Sierra Madre Blvd. Sierra Madre, CA 91024 (626) 355-7135

Thursday, October 13, 2016 3:00 pm
Senior Community Commission Meeting

Thursday, October 13, 2016 7:00 pm
Planning Commission Meeting

SIERRA MADRE LIBRARY SERVICES

ADULT READING CHALLENGE AT THE LIBRARY

32 people have signed up in the first month of the Adult Reading Challenge. September was Science Fiction Month. The month of October challenges you to explore a biography or memoir.

STEAM CLUB

Sign-up Saturday, October 1st for the Rocket Building Craft and Launching Program on the third Thursday of October. The first STEAM Club, which happened on September 15th featured a free event with Mission Renaissance and was completely full with 25 kids attending.

IN-N-OUT READING PROGRAM AT THE LIBRARY

Sign-ups begin on October 1st for children, ages 4-12 to earn a free voucher for an In-N-Out hamburger, cheeseburger or grilled cheese sandwich. Vouchers are provided for every 5 books they have read.

FALL FUN DAY AT THE LIBRARY

An afternoon of maker events awaits you on October 14th. Bring the kids to draw, play a harp, create origami, and even penny robots! A new event is featured every hour from Noon to four.

WALK-IN CRAFTS AT THE LIBRARY

Our first craft day had nearly 50 participants joining us to create a tree and read the book "The Giving Tree." Come join us this month to create your own mask and read the book "Tough Guys have Feelings Too."

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MEETINGS ARE EACH TUESDAY AT NOON,
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WHEN WE MEET AT 7:45AM. VISITORS ARE ALWAYS WELCOME!

JOIN US, MEET YOUR NEIGHBORS, HELP YOUR COMMUNITY,
AND HAVE SOME FUN!



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Everything has been updated and or replaced! All new main water lines, sewer line, electrical and copper plumbing! A gorgeous designer kitchen, with new solid maple cabinets and Carrera marble counter tops, opens to a dining area. The fireplace is in the large living room complete with Carrera marble accents. The whole house has brand new hardwood floors and is freshly painted inside and out. Both full size bathrooms have Carrera marble counters also with beautiful marble flooring! The yard has been landscaped with drought resistant grass, new patio in the front and back of home, along with new fencing. This home is a masterpiece!

Berkshire Hathaway HomeServices is independently owned and operated.

**HALLOWEEN
HAPPENINGS**
MONDAY, OCTOBER 31, 2016

**FREE
EVENT**

TRICK OR TREATING
3:30-5:00PM DOWNTOWN SIERRA MADRE

- Downtown Sierra Madre businesses will be handing out treats!
- Participating business will have a sign in window indicating involvement

COSTUME PARADE
5:00PM KERSTING COURT

- Follow the Sierra Madre Fire Department Engine down Sierra Madre Blvd.
- Parade should only last 15 minutes. Starts at Kersting Court and ends at Hermosa Ave.
- Costume parade is open to all ages and registration is not required to participate

COSTUME CONTEST
5:30PM MEMORIAL PARK

- All contestants must fill out a waiver form in Kersting Court from 4:00 - 5:00 pm - late contestants can fill one out in Memorial Park
- Categories: Group (All ages - Must include 1 youth under 17), 2 and under, 3 to 4 years old, 5 to 7 years old, and 8 to 13 years old
- Prizes will be given to the top 3 group and age category contestants.
- Strong efforts are being made to keep the contest to under an hour. Please arrive for a prompt start of 5:30pm

**PRESENTED BY THE SIERRA MADRE LIBRARY AND COMMUNITY SERVICES DEPARTMENT,
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For more information call 626.355.7394 or visit <http://www.cityofsierramadre.com>

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Walking Sierra Madre...The Social Side

by Deanne Davis



"I have said enough to last a lifetime and, for the last time, I wish you all a very pleasant good afternoon.....There will be a new day, and eventually a new year, and when the upcoming winter gives way to spring, ah, rest assured, once again it will be time for Dodger baseball!" he said. "So this is Vin Scully wishing you a very pleasant afternoon, wherever you may be."

What a class act! Vin Scully at the conclusion of his very last game, announcing for the Dodgers. As Bill Plaschke put it in Monday's Times Sports page, "Silence. Chills. In the coming years, wherever Dodgers fans may be, it will not be the same without him."

Speaking of class acts, the gardens at our very own Sierra Madre City Hall are a very class act. Our gardens are serving as an "International Model for Sustainable Landscaping." That's something for all of us to be very proud of and if you haven't been down there to walk through and see the wonders that have been created, you need to!

A nifty young woman, Danielle Killian, invited me to be part of the Greenbuild 2016 Los Angeles Birds and Bees Garden Tour, which started downtown at the LA Convention Center, progressed to the Sierra Madre City Hall, then on to the residential garden in La Canada, winding up at Descanso Gardens. My walking buddy, John, and I are huge fans of what's been accomplished here in Sierra Madre to create a landscape that is Lush, Leafy and Low-Water! The drought, apparently, is here to stay and we're all going to need to readjust our thinking. From expanses of water-consuming lawns, we're just gonna have to move on to new gardens which use 60-80% less water but are still beautiful. We won't be making sacrifices, we'll be setting new standards and my time with the Garden Tour was a revelation. The Authentic Foothill Gardens (we do have an official name) are truly a city project, started purely to save water as they were all flat lawn and wistaria to start with but, thanks to all the folks here who weighed in with opinions and even nicer, a bunch of their own personal \$\$\$, we now have five different areas suited to their location, with two different types of grasses and plants that are not only beautiful, but can mitigate fire, retain slopes, replenish the groundwater table and feed wildlife. I'm imagining these amazing plants all wearing Superman capes!

Actually, the folks who made this happen: Sierra Madre Community Foundation, Sierra Madre Garden Club, dozens of volunteers and installation by city staff, are the ones who

should be wearing Superman capes!

The Chapparal & Coastal Sage Garden (full sun) features the plants that once dominated our hillsides. These kids are tough, with thick leathery leaves that reduce evaporation and they're beautiful! We have a Fire Garden - right next to the Fire Department - totally apropos. These are all fire resistant plants that can even cool off the area where they live and they retain moisture. The Fire Department had to promise not to do anything to the palm trees and to keep the wistaria alive. The Wildlife Garden is by the Police Department - these garden people have a sense of humor, don't they - and will entice butterflies, birds, beneficial insects, hummingbirds and lizards. Maybe we'll see more Monarch butterflies, which would be nice. The Edible Garden includes some nice picnic tables where we could bring our lunch, which we purchased at one of Sierra Madre's dandy restaurants, and dine next to plants which once were used for food and medicinal purposes. The Shade Garden is, obviously, in a spot where very little sunlight penetrates and I noticed a nice big rock with a plaque, "In Memory of Jim Heasley."

Many thanks to our garden's designer, Isara Ongwiseth, for turning an ordinary spot into a fabulous place where we are welcome to visit, get ideas to take home and change our way of thinking. Signs in the garden ask, "Is your garden water wise?" "Plant Native this Fall!" And, as scarecrows are the theme all over town, there's one right there in front of City Hall.

Remember the old song that Billie Holiday sang...just slightly changed...

"For there's a change in the weather
 There's a change in the scene,
 So from now on there'll be a change in me.
 My yard will be different, it's gonna be great,
 Nothin' about me is going to be the same.
 I'm goin' to change my way of livin' -
 Get rid of that lawn and go Native!
 There'll be some changes made today
 There'll be some changes made!"

Many thanks to Danielle Killian, Cassy Aoyagi, Eric Crow and all those who made this Garden Tour a success.

My book page: Amazon.com: Deanne Davis
 Blog: www.authordeanne.com

"A Tablespoon of Love, A Tablespoon of Laughter" is available there...
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Pasadena News Briefs

Man flees Scene of Deadly Crash

Police are asking for the public's help finding the driver of a 2015 Tesla, after the car was left at the scene of a traffic collision Thursday. A Pasadena motorcyclist died as a result.

According to police, a 2015 gray 4 door Tesla was driving at a high rate of speed when it collided with a Harley-Davidson around 11:40 p.m. at the intersection of Marengo Avenue and Washington Boulevard. The driver of the Tesla, described as a White or Hispanic male, fled on foot.

The motorcycle rider was pronounced dead at the scene.

Anyone with information is asked to call Lieutenant Diego Torres at (626) 744-7159 or (626) 744-4241.

Creepy clown threat shuts down two schools

Although police found no suspicious activity, they evacuated and searched Wilson Middle School, and had students sheltered in place at Willard Elementary School after a parent called police Thursday morning describing, what their children said was a "creepy clown."

Police said there was no creditable threat and both schools resumed their schedules,

Residents have been on edge this week after reports suggested the creepy clown pranksters were threatening online to show up in local communities, including Pasadena.

Pet of the Week



Mindy (A364226) is a 4-year-old, spayed female, white and black pit bull mix. She enjoys being petted and loves meeting new people on visits out on our Mobile Unit, where she has done well around other dogs her size. When she's not busy winning over our volunteers and staff with her friendly, affectionate personality, Mindy enjoys showing off her obedience skills for a treat. This smart girl knows her sit, down and stay commands, earning her a Blue Ribbon from our behavior staff and reducing her adoption fee to \$100.

The adoption fee for dogs is normally \$125, but since Mindy has earned her Blue Ribbon her fee is just \$100. This fee includes the spay or neuter surgery, microchip, and vaccinations.

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

Call the Pasadena Humane Society & SPCA at (626) 792-7151 to ask about A364226, or visit at 361 S. Raymond Ave. in Pasadena. Adoption hours are 11 a.m. to 4 p.m. Sunday; 9 a.m. to 5 p.m. Tuesday through Friday; and 9 a.m. to 4 p.m. Saturday.

Pets may not be available for adoption and cannot be held for potential adopters by phone calls or email. Directions and photos of all pets can be found at pasadenahumane.org.



Tournament Announces Royal Court

The Tournament of Roses announced Tuesday morning the seven members of the 2017 Royal Court. Selected from a group of 34 finalists, the Royal Court will attend nearly 100 community and media functions, acting as ambassadors of the Association and the Pasadena community at large. Their reign will culminate on Monday, January 2, 2017 with the 128th Rose Parade and the 103rd Rose Bowl Game.

The announcement follows a month-long process with nearly 1000 people participating in the interview process. The Association's Queen and Court Committee made its selections based on a number of criteria including poise, speaking ability, academic achievement, and community and school involvement.

The seven Royal Court members are (in order of above photo, left to right) Maya Kawaguchi Khan,

Arcadia High School; Natalie Rose Petrosian, La Cañada High School; Lauren Emiko Powers, Arcadia High School; Shannon Tracy Larsuel, Mayfield Senior School; Autumn Marie Lundy, Polytechnic School; Audrey Mariam Cameron, Blair High School and Victoria Cecilia Castellanos, (#533), Temple City High School.

"The 2017 Royal Court consists of seven extraordinary young women who are now ambassadors for America's New Year Celebration," said Richard De Jesu, chair of the Tournament of Roses Queen and Court Committee. "Starting today, and through January 2, the Royal Court will participate in numerous events that will be treasured memories for the rest of their lives."

The Announcement and Coronation of the 99th Rose Queen and Presentation of the Royal Court is on October 20

Public Survey, Input Sought, on Arroyo Seco New Signs



The public has until October 21 to participate in a survey to share thoughts and provide input about proposed park signs for the Arroyo Seco as part of the City's Department of Public Works —the goal to create a comprehensive master sign plan for the immensely popular recreational area.

The plan will cover all three main areas of Pasadena's Arroyo Seco, including the Hahamongna Watershed Park (Upper Arroyo); the Central Arroyo Seco, and the Lower Arroyo Seco. The master sign program will help define consistent logos and graphic styles, sign materials and locations. A variety of signs

will be used to help identify facilities and features, highlight directions and trails, be informative or interpretive and include regulations.

The results of the brief survey will be used to help develop the sign component of the overall Arroyo Seco Master Plan. To participate in the survey, please visit bit.ly/arroyosecosurvey. The link will be active through Oct. 21. Or go online to cityofpasadena.net/ArroyoSecoMasterSignPlan for more information. Or, contact Mr. Loren Pluth, Project Manager, Parks and Landscape, Public Works Department, (626) 744-7329 or lpluth@cityofpasadena.net.

Altadena Police Blotter

Sunday, September 25th

1:20 PM – A vehicle burglary occurred in the 2600 block of Bowring Drive. Suspect(s) entered the vehicle by shattering the passenger window. Stolen: silver iPhone 6S, brown wallet, and currency.

Monday, September 26th

2:30 AM – A petty theft from an unlocked vehicle occurred in the 800 block of Alameda Street. Stolen: black leather wallet, black and grey backpack, and currency.

9:00 AM – A residential burglary occurred in the 300 block of E. Woodbury Road. Suspect(s) entered the residence via the unsecured rear window. Stolen: gray safe, personal documents and currency.

5:30 PM – A vandalism occurred in the 4300 block of Rising Hill Road. Suspect(s) damaged the mailbox with an unknown object.

8:44 PM – A vehicle was reported stolen from the 2100 block of N. Raymond Avenue. Vehicle described as a black 2006 Nissan 350z.

Tuesday, September 27th

6:30 AM – A residential burglary occurred in the 4500 block of El Prieto Road. Suspect(s) entered the residence by shattering the window. Stolen: diamond bracelet, diamond earrings, and two firearms.

8:45 AM – A residential burglary occurred in the 3000 block of Via Maderas Street. Suspect(s) entered the residence by shattering the rear sliding glass door. Stolen: unknown.

Wednesday, September 28th

2:00 AM – A vehicle burglary occurred in the area of Lake Avenue and New York Street. Suspect(s) entered the vehicle by shattering the rear window. Stolen: black and blue Chanel purse, wigs, cosmetic kit.

11:05 AM – An assault with a deadly weapon occurred in the 1500 block of E. Altadena Drive. Suspect was taken into custody. Investigation is on-going.

Thursday, September 29th

1:37 PM – A vehicle was reported stolen from the 1900 block of New York Drive. Vehicle described as a white 2005 Suzuki Cruiser motorcycle.

6:00 PM – A petty theft occurred in the 2100 block of Lincoln Avenue. Stolen: white and black 7-speed bicycle.

8:36 PM – Gabriel Gonzalez, 23 years old of San Bernardino was arrested in the 1800 block of E. Washington Boulevard for being under the influence of a controlled substance.

Friday, September 30th

8:24 PM – Jason Sauter, 28 years old of La Puente was arrested in the 900 block of E. Woodbury Road for possession of a controlled substance.

9:00 PM – A vehicle burglary occurred in the 2100 block of Lincoln Avenue. Suspect(s) entered the vehicle by shattering the rear passenger window. Stolen: brown leather purse, credit cards, check, cosmetics, and keys.

Saturday, October 1st

10:00 PM – A vehicle vandalism occurred in the 1300 block of Pleasant Ridge Drive.

at the Pasadena Playhouse. A limited number of tickets are available for purchase from Sharp Seating Company.

Also pictured, above right, Pasadena Tournament of Roses President Brad Ratliff.

Descanso Gardens Director Brown to Retire



Long-time Descanso Gardens Executive Director David Brown announced Thursday his plans to retire in the coming year. He has served since 2005 as executive director of the member-supported botanic garden in La Cañada Flintridge, which is owned by the County of Los Angeles and managed by the Descanso Gardens Guild, Inc., a nonprofit organization formed in 1957.

The Descanso Gardens Guild Inc. board of trustees has formed a transition committee to coordinate the national search for his successor.

"As the board of trustees conducts the search for my successor, I plan to be as busy as ever as we debut our new seasonal production, 'Enchanted: Forest of Light,' celebrate the 50th anniversary of our Japanese Garden, continue with the many and fascinating aspects of our conservation and sustainability mission, and help forward the Gardens' strategic agenda," he said. "I'm very proud of our senior team and know they will take good care of Descanso's day-to-day urgencies as well as the long-term course we've set upon."

Reflecting on his tenure at Descanso Gardens, he said, "It's been a sheer pleasure. It is truly a lovely and much-loved place: I've probably been told a thousand times what a beautiful 'office' I have to work in! Equally lovely has been the generous community and philanthropic support we've received as we guided Descanso into some new and important directions over the past decade."

Brown's last day as Descanso Gardens director will be August 31.

How to Become a Police Officer

Event is this morning

The Pasadena Police Department and the San Gabriel Valley Chapter of NOBLE is hosting an informational meeting on this morning for those interested in finding out how to become a Pasadena Police Officer. The meeting will be held at 9:00 AM at Jackie Robinson Center - 1020 N. Fair Oaks Avenue, Pasadena, CA 91103. Lieutenant Tracey Ibarra is the contact person for the event - tibarra@cityofpasadena.net or 626-744-6485. Come out to learn how you can make a difference in the community and serve in one of the Nation's premier police departments.

City to Hold Latino Heritage Parade and Jamaica Fair

Free family fun at the 18th annual Latino Heritage Parade and Jamaica (Community Fair) on Saturday, October 15. The event is sponsored by the City's Human Services and Recreation Department and the Latino Heritage Committee. Go to www.cityofpasadena.net/LatinoHeritage for updates.

More than 1,000 participants and spectators are expected at this year's event that begins with the parade at 11 a.m. and the festive Jamaica with cultural activities, food, music, and dance from Noon to 4 p.m.

The parade starts at Los Robles Avenue and Howard Street, turns west on Washington Boulevard and ends at La Pintoresca Park, 1415 N. Raymond Ave., where art exhibits, artisans, educational/historical displays, live entertainment, tasty food, community info booths and much more can be found.

This year's theme is Nuestros Heroes/Our Heroes celebrating the accomplishments of individuals from all professions within the Latino Community.

Leading the festivities, this year's Grand Marshal is Luis J. Rodriguez, Poet Laureate, and Community Grand Marshal Serafin Espinoza, retired Director of Villa-Parke Community Center.

For over 40 years, Luis Rodriguez has been a leader for social justice, the environment, economic equity and peace.

NASA's Curiosity Rover Begins Next Mars Chapter

After collecting drilled rock powder in arguably the most scenic landscape yet visited by a Mars rover, NASA's announced Monday that Curiosity mobile laboratory is driving toward uphill destinations as part of its two-year mission extension that began last week.

The destinations include a ridge capped with material rich in the iron-oxide mineral hematite, about a mile-and-a-half (two-and-a-half kilometers) ahead, and an exposure of clay-rich bedrock beyond that.

These are key exploration sites on lower Mount Sharp, which is a layered, Mount-Rainier-size mound where Curiosity is investigating evidence of ancient, water-rich environments that contrast with the harsh, dry conditions on the surface of Mars today.

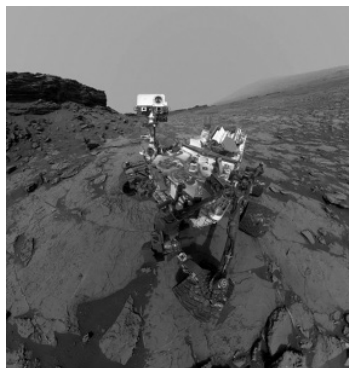
"We continue to reach higher and younger layers on Mount Sharp," said Curiosity Project Scientist Ashwin Vasavada, of NASA's Jet Propulsion Laboratory, Pasadena, California. "Even after four years of exploring near and on the mountain, it still has the potential to completely surprise us."

Hundreds of photos Curiosity took in recent weeks amid a cluster of mesas and buttes of diverse shapes are fresh highlights among the more than 180,000 images the rover



He has been a journalist for newspapers and public radio; worked for labor unions; has been the U.S. Justice Party's nominee for both U.S. Vice President and California's governor and is a published author and poet with 15 books in poetry, children's literature, fiction and nonfiction, including the bestselling memoir "Always Running, La Vida Loca, Gang Days in L.A." His most recent poetry book is "Borrowed Bones" released in 2016 by Curbstone Books/ Northwestern University Press.

Espinoza is a retired civil service professional with more than 40 years of social work experience, including his time directing Pasadena's Villa-Parke Community Center. One of his major accomplishments was to assist the City of Pasadena with its policy on children, youth and families.



has taken since landing on Mars in August 2012. Newly available vistas include the rover's latest self-portrait from the color camera at the end of its arm and a scenic panorama from the color camera at the top of the mast.

"Bidding good-bye to 'Murray Buttes,' Curiosity's assignment is the ongoing study of ancient habitability and the potential for life," said Curiosity Program Scientist Michael Meyer at NASA Headquarters, Washington. "This mission, as it explores the succession of rock layers, is reading the 'pages' of Martian history -- changing our understanding of Mars and how the planet has evolved. Curiosity has been and will be a cornerstone in our plans for future missions."

For more information about Curiosity, visit: mars.jpl.nasa.gov/msl.

Free Events Roundup at the Pasadena Senior Center

There is something for everyone at the Pasadena Senior Center, 85 E. Holly St. You do not have to be a member to attend. Some events require advance reservations.

Citizenship Classes – Wednesdays, to Nov. 9, from 6 to 7:30 p.m. Make your dreams come true by attending this eight-week session to become a U.S. citizen! The first four weeks will cover some of the American history and U.S. government questions on the citizenship exam, along with discussions about the rights and responsibilities of citizenship. The four remaining classes will cover more questions on the exam as well as strategies for completing the application for citizenship and having a successful interview.

Smart Phones, Tablets and Computers – Any Questions? – Tuesdays and Thursdays, Oct. 11 to 27, 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!

Friday Movie Matinees – at 1 p.m. Everyone enjoys movies and the pleasures they bring. Oct. 14: "Moulin Rouge!" (2001, PG-13) starring Nicole Kidman

and Ewan McGregor. A poet falls in love with a beautiful courtesan who is coveted by a jealous duke.

Be Medication Savvy: Usage and Safety Tips – Thursday, Oct. 13, at 12:15 p.m. Learn how to achieve the best medical outcomes from your prescription drug therapy, how best to use prescription and over-the-counter medications, vitamins, supplements and herbal remedies safely and effectively, tips for cleaning out your medicine cabinet and how to dispose of medications properly. A boxed lunch will be served to the first 50 people who have made confirmed reservations by calling 626-795-4331. Presented by Pharmacist Integrative Healthcare.

LA Opera: "Akhnaten" – Monday, Oct. 17, at 1 p.m. An LA Opera community educator will take participants through Philip Glass's epic tale of the Egyptian pharaoh Akhnaten and his wife Nefertiti. The pharaoh's command to the populace that they reject all old gods and worship only the new sun god sends them into an uproar that leads to revolution.

The Pasadena Senior Center is an independent, nonprofit that offers recreational, educational, wellness and social services to people ages 50 and older.

ARCADIA

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Arcadia

Pasadena

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RACING RETURNS TO GREAT RACE PLACE:

Espinosa Wins Four Including CA Chrome; And the BEST is yet to come!



By Joan Schmidt

Friday, Thoroughbred Racing returned to Santa Anita. Veteran jockey Kent Desormeaux won three races that day. We arrived late, but saw Joe Talamo win on Abel Tasman, Rafael Bejarano on Backport Kat, and Jamie Theriot on Holy Lute.

Saturday was the BIG DAY. Jockey Florent Geroux flew in from back East, but wasn't successful. However, Sierra Madre's Victor Espinosa had FOUR wins! They included Hootie, Gormley, California Chrome and Stellar Wind.

Victor is a hero to me because he cares so much about children who are cancer victims. A few years back, when I spoke to him, he was teary-eyed when he talked about what they went through. Victor not only donates much of his earnings, but visits those kids at City of Hope, bringing so much joy.

California Chrome has the WINNINGEST earnings in the history of Thoroughbred Racing-

not surprising after that win at Dubai. Saturday, attendance at Santa Anita was high-everyone wanted to see Chrome versus Dortmund, another fine horse in the Awesome Again Stakes. It was a great race, and Chrome won.

Later in the day it was the "Ladies" turn-fillies and mares. I love Beholder ridden by Gary Stevens because she beat all the guys last year at Del Mar in the Pacific Stakes. However in Saturday's Zenyatta Stakes, "Win and You're in Distaff Division", she lost to Stellar Wind, ridden by Victor Espinosa. Gary had no excuses. His horse ran second best, but to me Beholder is still a very special mare.

On November 4th and 5th, the Breeders Cup-Thoroughbred Horse Racing's World Series-comes to Arcadia for a 9th unprecedented time! The best horses and jockeys from around the world come to participate! Please visit breederscup.com to purchase your tickets, while they're still available. See you there!

ARCADIA POLICE BLOTTER

For the period of Sunday, September 25th, through Saturday, October 1st, the Police Department responded to 962 calls for service of which 128 required formal investigations. The following is a summary report of the major incidents handled by the Department during this period.

Sunday, September 25:

At about 12:57 p.m., an officer responded to a residence in the 2100 block of South Seventh Avenue regarding a burglary. The officer determined unidentified suspect(s) entered the residence by smashing the rear sliding glass door, stole three firearms, and fled undetected. The investigation is ongoing.

Around 2:34 p.m., an officer responded to a traffic collision near the intersection of First Avenue and Huntington Drive. Upon contacting the driver, the officer detected a strong odor of alcohol emitting from his breath. Through a series of tests, the officer determined the 68-year-old male from Monrovia was driving under the influence of an alcoholic beverage when he collided into a parked vehicle. The suspect was arrested and transported to the Arcadia City Jail for booking.

Monday, September 26:

Just after 9:46 a.m., an officer responded to the intersection of Harvard Drive and Colorado Boulevard regarding a suspicious subject. The officer located the male, conducted a consensual search of the subject, and located a container of methamphetamine and two smoking pipes. The 40-year-old male from Arcadia was arrested and transported to the Arcadia City Jail for booking.

At approximately 9:59 p.m., an officer responded to a residence in the 200 block of Longley Way regarding a suspicious circumstance. An investigation revealed unknown suspect(s) entered the backyard of the home through a side gate, shattered the sliding glass door, and fled undetected. No suspects were seen, no witnesses were located, and no loss was reported.

Shortly after 11:25 p.m., an officer responded to the 100 block of Genoa Street regarding a vehicle burglary report. The officer discovered an unknown suspect entered the unlocked vehicle and stole the victim's wallet, cellphone, and vehicle registration. The unknown suspect made a number of unauthorized charges to the victim's credit cards. The investigation is ongoing.

Tuesday, September 27:

Around 12:58 p.m., an officer was flagged down by a witness stating she saw a suspect stealing mail in the area of Camino Real Avenue and Lovell Avenue. Assisting officers located the 29-year-old male from Duarte and discovered he was in possession of stolen mail and drug paraphernalia. He was arrested and transported to the Arcadia City Jail for booking.

Just after 11:50 p.m., an officer responded to Vons,

745 West Naomi Avenue, regarding a petty theft report. Surveillance footage revealed the three female suspects concealed numerous containers of baby formula before exiting the store, failing to make payment.

The three suspects are described as black females, all between the ages of 25 to 35-years-old. They fled in a beige or gold Nissan Sentra. The investigation is ongoing.

Wednesday, September 28:

Shortly after 6:33 p.m., an officer responded to Sephora, 400 South Baldwin Avenue, regarding a petty theft report. Surveillance footage revealed the suspect concealed numerous items in a shopping bag before exiting the store, failing to make payment. The suspect was also in possession of two fraudulent ID's. The 16-year-old female from Monterey Park was cited and released to her adult sister.

At about 11:09 p.m., an officer responded to LA Fitness, 1325 South Baldwin Avenue, regarding a bike theft report. The officer determined an unknown suspect stole the victim's locked bicycle from the bike rack. No suspects were seen and no witnesses were located.

Thursday, September 29:

At approximately 2:07 a.m., an officer conducted a traffic stop on a vehicle in the area of Baldwin Avenue and Naomi Avenue for having expired registration. Upon contacting the driver, the officer detected a strong odor of alcohol emitting from the vehicle. The driver refused Field Sobriety Tests. The 33-year-old male from Rosemead was arrested and transported to the Arcadia City Jail for booking.

Around 9:40 a.m., an officer was flagged down by a witness in regards to an indecent exposure incident that occurred near the intersection of Sixth Avenue and Camino Grove Avenue. An investigation revealed an unidentified male suspect was masturbating inside his vehicle while conversing with the victim. An area check did not locate him.

The suspect is described as a Hispanic male, 30 to 35-years-old, thin build, with a mustache, driving an older model, red pickup truck. The investigation is ongoing.

Just after 9:58 a.m., officers responded to the area of Santa Anita Avenue and Colorado Boulevard regarding an Automated License Plate Reader (ALPR) hit on a stolen vehicle. Officers located the vehicle and a records check revealed the driver, a 20-year-old female from Pasadena, had never been issued a driver's license and the passenger, a 20-year-old female from Azusa, had an outstanding misdemeanor warrant. Both occupants were arrested. The investigation continued and revealed a third male suspect stole the vehicle and let the females borrow it. The female occupants were unaware of the vehicle being stolen. The male suspect is outstanding at the time of this report.

MONROVIA - DUARTE

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MONROVIA RENEWAL STREET IMPROVEMENTS SET TO BEGIN IN MID-OCTOBER 2016, COMMUNITY MEETING REGARDING THE PLANNED WORK SET TO TAKE PLACE ON OCTOBER 19, 2016, AT MONROE ELEMENTARY SCHOOL AT 6:30 P.M.

During the past several weeks, staff has been working with our contractors on developing the next set of improvements associated with the overall Monrovia Renewal infrastructure enhancement initiative. Based on our current schedule, street related construction work in the Southwest and Southeast portions of town (between Colorado Boulevard and the 210 Freeway and east and west to our City limits) will be starting in late October 2016.

The work will start initially in the Southwest area of Monrovia renewal, beginning at the western edge of the City and working their way east towards Myrtle Avenue between Colorado Boulevard and the I-210 Freeway (see the attached guide to street repairs document included with this email). Based on the phasing of the work, City contractors will initially begin their improvement efforts by making a variety of concrete repairs, including curbs, gutters, driveway approaches, and sidewalks. This work will occur in waves, focusing on one task at a time, similar to an assembly line that follows the process outlined below: A crew will make cuts in the damaged concrete areas. The next crew removes the broken concrete pieces.

Then, a crew sets up the wooden forms that will hold the concrete in place while it dries.

A crew pours the new concrete After the concrete dries, the final crew comes through and removes the wooden forms and performs finishing touches.

All residents will receive one week's advance notice ahead of when work is scheduled to begin on their street, and no parking signs will be posted at least 48 hours in advance. In addition, from start to finish, the initial concrete work will take approximately three weeks on each street. Given this timeframe, the concrete work is expected to last through the end of

November in the Southwest area, excluding November 24 – 25, 2016, in observance of Thanksgiving.

Once all the concrete work has been completed, the repairs to the road itself can begin. Based on our current timeline, road work will begin in early December 2016, and will last through the beginning of the New Year, excluding December 23 – 26, 2016, and December 31, 2016, in observance of Christmas and New Year's.

Please note that during the construction work, residents will not be able to park on the street while construction crews are working, which will usually be from 7:00 a.m. to 5:00 p.m., Monday through Friday. However, residents will be able to access their driveways and park on the street overnight during the construction.

Construction crews will be working on multiple streets at once, so remain alert when driving through the area and adhere to all crew member instructions and signage. If you should have any questions regarding this matter, please know that we're here to help at the City!

In addition, we have coordinated a Monrovia Renewal Community Outreach Meeting, which is scheduled to take place on Wednesday, October 19, 2016, at 6:30 p.m. at Monroe Elementary School (402 West Colorado Boulevard, Monrovia). Please see the event flyer below!

We hope you will be able to join us for the Monrovia Renewal Community Outreach Meeting on the 19th. For all the latest information on the Monrovia Renewal initiative, please visit us online at www.cityofmonrovia.org/monroviarenewal. If you have any questions, please feel free to email us at monroviarenewal@ci.monrovia.ca.us, or give us a call at (626) 932-5575!

traditional dairy products such as queso fresco, manchego, and Oaxaca. Cacique also produces Mexican-style sausages (beef and pork chorizos, longanizas, and bolitas), the traditional Hispanic rice-based drink called horchata, and Yonique brand banana- and yogurt-based beverages. This is a great new addition to our community, and we are excited to welcome Cacique to the growing number of successful corporate businesses located here in Monrovia!

MONROVIA POLICE BLOTTER

During the last seven-day period, the Police Department handled 413 service events, resulting in 76 investigations. To see a complete listing of crimes reported, go to <http://www.crimemapping.com/map/ca/monrovia> for crime mapping. For Police Department news and information, visit our website and follow us on Twitter.

Vandalism – Suspect Arrested October 3 at 12:42 p.m., officers responded to the report of a vandalism incident in progress. The reporting party followed the suspect and was able to direct officers to his location. The suspect was arrested.

Theft From a Vehicle – Suspect Arrested October 3 at 4:04 p.m., the victim of a theft from a vehicle that occurred a few days prior in the 600 block of W. Foothill called police for additional assistance. The victim's cell phone was stolen during the theft and the victim saw a male subject in the area at the time of the theft. The victim was now reporting that she saw the same male subject walk into his apartment with her pink cell phone in his hand.

Officers arrived at the location and contacted the suspect, who admitted to taking the cell phone out of the unlocked vehicle. He gave the phone to the officers and they returned it to the victim. A verified complaint charging the suspect with theft was forwarded to the District Attorney for filing.

Warrant / Possession of Drug Paraphernalia – Suspects Arrested October 4 at 1:37 a.m., an officer was on patrol in the 500 block of W. Palm and stopped a vehicle for a traffic violation. The vehicle was occupied by three subjects. During his contact with the occupants, the officer discovered one of the passengers had an outstanding warrant for his arrest. The passenger was arrested and the driver consented to a search of her vehicle. The search revealed a pipe used for smoking methamphetamine and several syringes. The driver was arrested for possession of drug paraphernalia.

Burglary – Suspect Arrested October 4 at 7:26 a.m., a worker at a business in the 2100 block of S. Myrtle called to report two suspects breaking into a storage unit with a crowbar. As the suspects were leaving in their vehicle, they were having problems getting the vehicle gate to open. The passenger exited the vehicle and fled on foot. When officers arrived, they detained the driver at the gate. Officers confirmed the suspects

forced open and burglarized a storage unit. The driver was arrested for burglary and a wanted person's warrant was issued for the second suspect.

Warrant / Possession of a Controlled Substance / Possession of Drug Paraphernalia – Suspect Arrested October 4 at 1:00 p.m., an officer on patrol in the 400 block of W. Maple contacted a subject regarding a trespassing issue. A computer check of the subject revealed he had an outstanding warrant for his arrest. The subject was arrested and taken into custody. A search incident to arrest revealed a baggie of methamphetamine and a glass pipe for smoking controlled substances.

Battery – Suspect Arrested October 4 at 7:21 p.m., a battery incident was reported in the 800 block of W. Colorado.

The victim reported that he was assaulted by the current boyfriend of his ex-girlfriend. The victim had been driving by his ex-girlfriend's residence and had a prior verbal confrontation with her boyfriend/suspect. The victim returned to the location and was assaulted by the suspect. The victim placed the suspect under private person's arrest. The officer arrested the suspect and took him into custody. He was later released with a citation to appear in court on the charges.

Commercial Burglary October 5 at 2:25 a.m., officers responded to the 900 block of W. Huntington Drive on the activation of a burglary alarm. When they arrived, they discovered a glass door had been shattered. Further investigation revealed unknown suspect(s) entered the location through the shattered door and ransacked the drawers and cabinets. It appears that nothing was taken from the location, but the investigation is continuing.

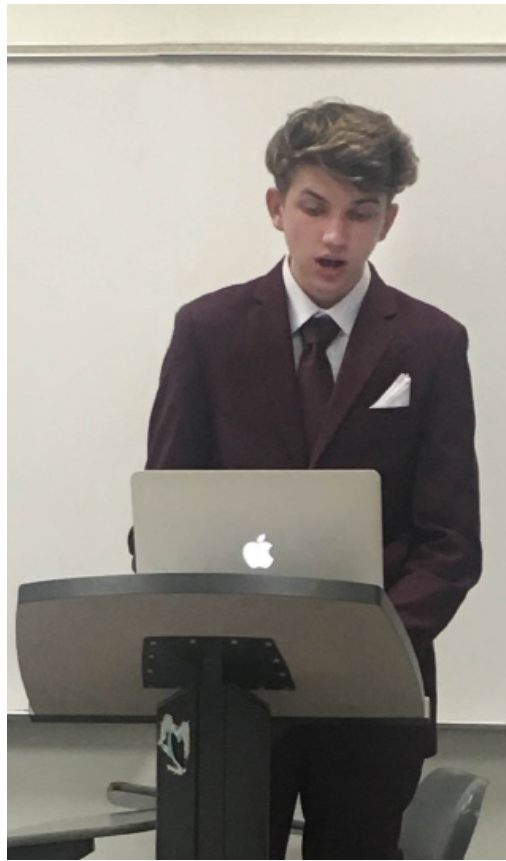
Driving Under the Influence / Warrant - October 6 at 2:25 a.m., an officer conducted a traffic stop on a driver in the 400 block of W. Chestnut for driving without headlights during hours of darkness. The driver displayed symptoms of being intoxicated. The officer conducted a DUI investigation and determined the driver was too intoxicated to operate his vehicle safely. A computer check of the driver revealed there were two outstanding warrants for his arrest, as well. The driver was arrested and held for a detoxification period.

APPLEBEE'S RESTAURANT AT THE HUNTINGTON OAKS SHOPPING CENTER IS SHUTTING DOWN, SEVERAL NEW OPERATORS IDENTIFIED AS POSSIBLE REPLACEMENTS

Last week, staff received word that our Applebee's Restaurant (located in the Huntington Oaks Shopping Center) has made the decision not to renew their lease, and the restaurant will be shutting down their operations in short order. The Applebee's Restaurant is a 5,400 square foot facility, and the Huntington Oaks Shopping Center is a vibrant and successful retail location. Given those factors, we believe that a new user

for the site will be identified in short order. In addition, both our planning and our economic development teams are engaged in assessing what other restaurant / food options might be possible at the site, and City staff has already been engaged in discussions with representatives from the property owner about possible replacements for the location. We will be monitoring this matter closely!

LANCERS SPEECH & DEBATE TEAM BRINGS HOME TROPHIES



Pasadena, CA -- The weekend of September 24 held both excitement and intense competition as the Lancers participated in the 20th Annual Jack Howe Speech & Debate Tournament at California State University, Long Beach.

Students alternated debating, speaking, and performing in front of various audiences, showcasing their abilities to create sound and valid arguments. Ms. Elizabeth Meerson, moderator of the team, indicated that "the entire team worked incredibly hard, supporting one-another through the entirety of the competition." She continued to describe the students as "rock stars who performed admirably!"

At the conclusion of the competition, La Salle was awarded several trophies:

- In a field of 94 Varsity teams, John Nahas '18 and Jack Crawford '18 won 1st place gold in Public Forum debate.
 - In a field of 50 Novice teams, Sebastian Dunbar '19 and Nikki Strubinski '19 won 3rd place in Public Forum Debate
 - In a field of 38 Novice entries, Hunter Newell '18 received 5th place in Dramatic Interpretation.
- The Lancers faced stiff competition from over 90 varsity teams from all over California, Nevada and Oregon. In finals, they defeated Archbishop Mitty High School from San Jose. Both teams receive bids to the 2017 Tournament of Champions

3 TIPS FOR KEEPING YOUR KIDS DRUG-FREE THIS SCHOOL YEAR

All parents want to feel confident that their children are happy, healthy and focused on the future. The unfortunate reality is that drug use can derail these goals and put a strain on families.

Parents can do a lot to curtail their child's risk. Here are three tips to help keep kids drug-free this school year and beyond.

1. Get kids active in extracurricular activities. Adolescents aged 12 to 17 who participate in extracurricular activities are less likely to use alcohol, cigarettes and illicit drugs, according to the National Survey on Drug Use and Health (NSDUH).

Many extracurricular activities are known to have positive effects on students' grades, attention span and behavior. Afterschool activities will keep kids engaged in something positive while they are outside the classroom and also provide an incentive for staying healthy. If your school lacks a particular activity in which your child expresses interest, investigate offerings at local community centers.

2. Open the lines of communication. The importance of communicating with your child can't be overstated. A regular, open dialogue will make children more likely to talk to you about peer pressure and stress—the kinds of factors

that can lead to drug use.

You can foster communication by regularly sitting down to dinner as a family and checking in on homework and school projects. Encourage children to invite friends over, so you know more about others with whom they spend their time.

3. Test your child. If you suspect your child is experimenting with drugs, there are tools that can help you find out for certain in the privacy of your own home. Seventy-five percent of high school students have used addictive substances, according to CASAColumbia. Additional research by NSDUH showed that 1.8 million adolescents had used marijuana in the past month since the time of the study.

Home drug testing kits are readily available at your local pharmacy so you can get answers quickly and confidentially. For example, First Check home drug tests detect up to 12 of the most commonly abused drugs in five minutes with over 99 percent accuracy. Testing tips and resources for parents can be found at firstcheckfamily.com.

Be proactive. You have the power to help kids make healthy choices this school year and beyond.

MARTIN LUTHER KING COMPETITION

President Jackie Jacobs, and David Jacobs, Interim Program Director of the Martin Luther King Community Coalition, met with PUSO Superintendent Brian McDonald and Julie Reynoso to finalize the details of this year's MLK Competition. All are looking forward to what may be the best year ever.

For over thirty years the honored and respected competition has covered student art and essays on the legacy of Dr. Martin Luther King.

This year we're including Performing Arts categories of dance, poetry recitation/spoken word, and video production. We've also expanded from a single theme to offer three relevant topics for the students in all public and private schools in the greater Pasadena area.

Elementary (Grades 4-5)

Dr. Martin Luther King, Jr. - A Symbol of Love

Look into Dr. King's family, church and community and tell us what he did to become a symbol of love.

Middle School (Grades 6-8)

What needs to be done today to bring Dr. King's vision to reality?

Dr. Martin Luther King, Jr. was a great Civil Rights leader who envisioned the best life for all people. He led marches for jobs, justice and peace. He told us "Why We Can't Wait" any longer for these things to happen.

High School (Grades 9-12)

What Promised Land was Dr. King referring to and how do we get there?

On the night before the Reverend Martin Luther King, Jr. was assassinated, he made a poignant and prophetic speech. He said, "I've been to the mountain top, and I've looked over, and I've seen the Promised Land. I may not get there with you, but I want you to know tonight, that we as a people, will get to the Promised Land!"

All participants will receive a beautiful certificate. First, Second, and Third place winners will receive cash awards and trophies and will be recognized at the Annual Celebration, Monday, January 16, 2017, at Eliot Middle School, 2184 N. Lake Ave., Altadena, where the First Place essay winners will read their submissions and winning art will be displayed. First Place winners in the Performing Arts category will also present their work to the audience.

Winning schools will receive a large banner which they can display to the community for the entire year. Winning teachers will be recognized and given an honorarium.

Many students tell us that this competition has been a life-changer, and they are looking forward to the new elements in the expanded competition.

Deadline for entries is Friday, November 4, 2016, at 444 N. Orange Grove Blvd, Pasadena. Entry forms are available from teachers at all schools and on-line at www.pasadenamlk.com. For more information, call Dr. David Jacobs, Interim Program Director, at (626) 794-9031. We need Dr. Martin Luther King's leadership now more than ever in this crucial and pivotal year.

PEN'S 7TH ANNUAL POKER TOURNAMENT COMING NOVEMBER 4

The Pasadena Education Network (PEN) presents their 7th Annual "Don't Gamble with Our Kids' Education" Texas Hold 'Em Poker Tournament on Friday, November 4 at the Scott Pavilion, Pasadena Senior Center, 85 East Holly Street, Pasadena. Doors open at 6 p.m. with play beginning at 6:30 p.m. The money raised goes to support the nonprofit organization's programs and services that help parents explore, evaluate, and engage with our local public schools as well as representing a collective voice for parents in the Pasadena Unified School District.

Beer, wine, soft drinks, snacks, and poker chips are included in the \$50 ticket price. Re-buys are permitted during the first hour, and blackjack is available after poker play. Prizes are awarded to the top 10 finishers; prizes have included an iPad, Disneyland tickets, tickets to sporting events, restaurant certificates, and retail gift cards. Light dinner is available for purchase.

For more information or to reserve a spot, visit <http://penfamilies.org/get-involved/poker-tournament> or contact poker@penfamilies.org.

SCHOOL DIRECTORY

Alverno Heights Academy
200 N. Michillinda Sierra Madre, Ca. 91024
(626) 355-3463

Head of School: Julia V. Fanara
E-mail address: jfanara@alvernoheights.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.bcsllions.org

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

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
Interim Head of School, Merrily Dunlap
website: www.goodenschool.org

High Point Academy
1720 Kinneloa Canyon Road Pasadena, Ca. 91107
Head of School: Gary Stern 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 Darwin 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: Roberto Hernandez
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
Arcadia 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
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TABLE FOR TWO by Peter Dills
thechefknows@yahoo.com

There are snobs, and there are wine snobs. I hope I don't belong to either club. I get a big chuckle out of that radio commercial with lady who only drinks 90+ point wine - why? Does she like to waste money? I say if it tastes good to you, buy it and drink it. I read recently that 30% of all purchases are not based on price, but if the label looks good. But, I digress...

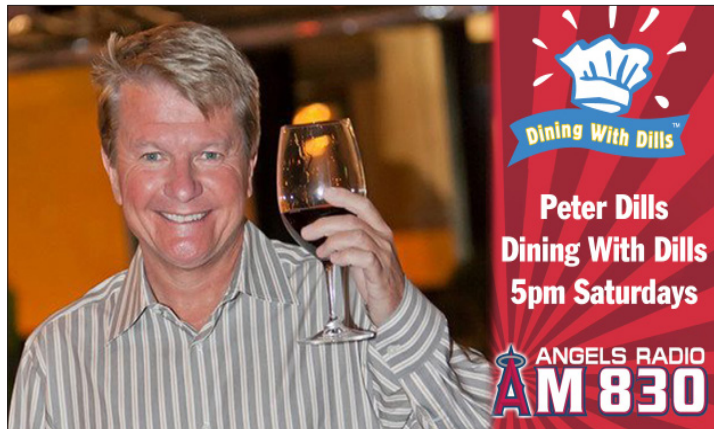
This week I drank Wente Chardonnay. I remember the Wente Wines from many years ago as maybe a sparkler at a Sunday brunch. The wines were always serviceable, not highly memorable. As they say, however, "this chardonnay is a step up in class". Retailing for around \$18 it offers a great taste and won't make you break junior's piggy bank. Hailing from the Monterey Coast this chardonnay is a single source wine, meaning that 95% of the grapes were sourced right at the winery. This snob likes that. My sources tell me that they do indeed make an above-average sparkler with very limited distribution, which sounds like a great reason to go to the winery. Goes great with soft cheese or how about crab cakes? Either way a fine sipping wine.

Dills Score 90

Retail Around \$21 on sale \$18
wide distribution throughout So Cal

Each week I will give you my Dills Score. I have added points for value. I'm starting with a base of 50 points; I added 8 points for color, 7 points for aroma or "nose", 8 points for taste, 8 points for finish, and 9 points for my overall impression, which includes my value rating.

Tune into Dining w/ Dills On Charter Cable Channel 188 Saturday and Sundays at 3PM Listen live 3 PM KLAA AM 830 on Saturdays Email Peter at thechefknows@yahoo.com and follow me on Twitter @KINGOFCUISINE



FOOD AND DRINK

Julie's favorite family Recipes

VEGAN PUMPKIN SAGE PASTA

INGREDIENTS

For the pasta

6 to 8 oz Rotini or Fusilli pasta

1 tsp extra virgin oil

8 sage leaves, chopped

1 to 1.5 tsp fresh thyme leaves or ½ tsp dried thyme

2 cloves of garlic, minced

1 to 2 Tbsp tomato paste

¾ cup pumpkin puree or use sweet potato puree

¾ cup non dairy milk like coconut or almond

½ tsp salt

black pepper to taste

For the topping

1 tsp extra virgin olive oil

6 fresh sage leaves, julienned

2 to 3 Tbsp breadcrumbs or coarsely ground cashews or pumpkin seeds

a generous pinch of salt and pepper

INSTRUCTIONS

Cook the pasta according to instructions. Drain and keep aside.

In a large skillet, heat oil at medium low heat. Add Sage, thyme and garlic and cook until garlic and herbs change color slightly. Stir frequently to avoid burning. At this point you can add in veggies or mushrooms and cook until golden.

Add tomato paste and pumpkin and mix in. Add milk, salt and pepper and mix in. Bring to a boil. Taste and adjust salt.

Add cooked pasta, toss well. Cover and take off heat. Let sit for a few minutes.

Make the topping

In a small skillet, add oil and heat at medium. Add sage and cook for half a minute. Add breadcrumbs or coarsely chopped nuts and cook until golden and toasted. Add salt and pepper and mix in. Use to garnish the pasta generously. You can also sprinkle some pepita parm or other nut based parm.



Valerie Bango | 626.325.3854

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HEALTHY LIFESTYLES

THE JOY OF YOGA

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Did you know, according to Ayurveda, digestion is the single most

1 cup basmati rice
½ cup yellow split mung dal
3 tbs ghee
1 tsp black mustard seeds
1 tsp cumin seeds
1 pinches hing
½ tsp turmeric
¼ tsp salt
4 cups water

important determinant of good health?

When we don't absorb the nutrients from food we eat, the body slowly turns the undigested excess into toxins. These toxins can be harmful in all ways – physical, mental, emotional, and even spiritual. The physical asana practice can substantially improve digestion. Poses that bend forward or create a twist are especially helpful. As expected, diet plays a huge role in healthy digestion. One of the best dishes to improve digestion is called Kitchari. Some yogis make Kitchari once and a while and others make this lovely dish once per week as a gentle cleanse.

I thought I'd share an excellent recipe to help get you on the road to wellness! Recipe credit belongs to the cookbook: Ayurvedic Cooking for Self-Healing, by Asha Lad & Dr. Vasant Lad.

Here goes:

Mung Dal Kitchari

(Serves 4 –ingredients can be found at Whole Foods or an Indian Market)

Wash the rice and mung dal well. If you have time, let the mung dal soak for a few hours before cooking as it helps digestibility. In a saucepan over medium heat, heat the ghee and add the mustard seeds, cumin seeds and hing. Stir a moment until the seeds pop. Add the rice, mung dal, turmeric, salt and stir until well blended with the spices. Add the water and bring to a boil. Boil for 5 minutes, uncovered, stirring occasionally. Turn down the heat to low and cover, leaving the lid slightly ajar. Cook until tender, about 20-25 minutes.

Enjoy this staple recipe for great digestion and healthy living! Also, don't be afraid to ask your yoga teacher for a juicy forward fold or twist practice to compliment this awesome food choice!

Namaste and see you in class,
Keely Totten

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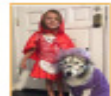
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FLU VACCINES DESIGNED SPECIFICALLY FOR SENIORS

Dear Savvy Senior,
Are there any specific flu shots that are better suited for seniors? I just turned 65 and would like to find out what's recommended and how Medicare covers it.
Semi-Healthy Senior



Dear Semi-Healthy,
There are actually two different flu vaccines available this year that are designed specifically for seniors age 65 and older. One option is the Fluzone High-Dose, which has been available since 2010, and the other is the new FDA approved FLUAD vaccine (you only need to get one of these).

The Fluzone High-Dose (see Fluzone.com) is a high-potency vaccine that contains four times the amount of antigen as a regular flu shot does, which creates a stronger immune response for better protection. While the new FLUAD vaccine (FLUAD.com) contains an added ingredient called adjuvant MF59 that also helps create a stronger immune response.

The extra protection these vaccines provide is particularly helpful to seniors who have weaker immune defenses and have a great risk of developing dangerous flu complications. The CDC estimates that the flu puts more than 200,000 people in the hospital each year and kills an average of 24,000 – 80 to 90 percent of whom are seniors.

But be aware that both the Fluzone High-Dose and FLUAD are not recommended for seniors who are allergic to chicken eggs, or those who have had a severe reaction to a flu vaccine in the past.

You should also know that the Center for Disease Control and Prevention (CDC) does not recommend one vaccination over the other, and to date, there have been no studies comparing the two vaccines.

If you decide you don't want to get a senior-specific flu shot, there are other options available to people 65 years and older including the standard (trivalent) flu shot, the quadrivalent flu shot which

protects against four different flu viruses, and the FluBlok vaccine for those who have egg allergies.

To locate a vaccination site that offers any of these flu shots, visit Vaccines.gov and type in your ZIP code. You'll also be happy to know that as a Medicare beneficiary, Part B will cover 100 percent of the costs of any flu shot, as long as your doctor, health clinic or pharmacy agrees not to charge you more than Medicare pays.

Pneumonia Vaccines

Two other important vaccinations the CDC recommends to seniors, especially this time of year, are the pneumococcal vaccines for pneumonia. Around 1 million Americans are hospitalized with pneumonia each year, and about 50,000 people die from it.

The CDC is now recommending that all seniors, 65 or older, get two vaccinations –Pneumar 13 and Pneumovax 23. Both vaccines, which are administered just once at different times, work in different ways to provide maximum protection.

If you haven't yet received any pneumococcal vaccine you should get the Pneumar 13 first, followed by Pneumovax 23 six to 12 months later. But if you've already been vaccinated with Pneumovax 23, wait at least one year before getting the Pneumar 13.

Medicare Part B covers both shots, if they are taken at least 11 months apart.

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!October Birthdays

Janda Ferris, Darlene Traxler, Margit Johnson, Sole Krieg, George Maurer, Dick Anderson, Barbara Cline, Eva Poet, Mary Jane Baker, Dixie Coutant, Cathleen Cremins, Alma Mays, Adie Marshall, Darlene Crook, Susan Gallagher, Maggie Ellis, Gloria Giersbach, Elva Johnson, Ellen O'Leary, Jenny Piangenti, Gail Ann Skiles, Anita Thompson, Linda Boehm and Angela Stella.

* 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: Will resume in the fall.

Hawaiian and Polynesian Dance Class: Every Tuesday morning from 10:00 - 11:00am. Join instructor Barbara Dempsey as she instructs you in the art of hula.

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

Free Blood Pressure Testing: 2nd Tuesday of the month from 11:00am - 12:00 pm. No appt. necessary.

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

Case Management: Meets the second 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 12:00 pm. (Please note the time change.) A regular group of seniors play poker. Other games available for use.

Free Strength Training Class: Every Friday from 12:45 - 1:30 pm 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.

LUNCH AND LEARN

Thursday, October 27th, 11:00am - 1:30pm

Medicare Annual Election Period is here. If you have any questions on your health plans, please come to the Medicare Resource Table at the Hart Park House on October 27th from 11:00 a.m. to 1:30 p.m. A licensed representative will be available to answer questions as well as gather information. No appointment necessary.

SENIOR EXCURSION -

NOVEMBER EXCURSION

GRABER OLIVE HOUSE (ONTARIO)



Date: Wednesday, November 9th, 2016
Time: 9:45am - 2:30pm
Meeting Location: Hart Park House
Cost: \$10.00 (Does not include lunch)

Description: Founded in 1894, the historic Graber Olive House is located in a pleasant residential area north of Ontario's Business District. Here in quiet and serene surroundings, visitors are welcomed and delighted to discover a bit of early California. Participants will take a guided tour of the facility and may browse leisurely in the gift shop which feature Graber Olives, fine goods, and gifts. Lunch will be on your own at Molly's Souper. Please bring money for lunch and souvenirs if desired. Level of walking: Medium. Please call the Hart Park House 626-355-7394.

AARP SMART REFRESHER DRIVER COURSE

The Smart Refresher Driver Course focuses on learning current rules of the road, defensive driving techniques, and how to operate your vehicle more safely in today's increasingly challenging driving environment. You'll also learn how you can manage and accommodate common age-related changes in vision, hearing and reaction time. Must pre-register. (Requirement of 10 students; drivers over 70 must take DMV written test.) *Checks payable to AARP and brought to the first day of class.

Days: Wednesday, October 12, 2016
Times: 1:00pm-5:30pm
Fees: \$15.00 AARP Member, \$20.00 Non Member
Instructor: Certified AARP Instructor
Location: Hart Park House (Senior Center)

KATIE Tse.....This and That
DAY AT THE MUSEUM

Happy Fall! My parents and I recently made our annual visit to Oak Glen. If you've never been you must go there. Nestled in the foothills of Yucaipa,

Oak Glen is close enough for a day trip, and far away enough to get you out of the congestion of L.A. And, of course, there's the apples. Not only are there all kinds of exotic varieties like Mutsu, Winesap, and Pippin, but there's also an endless number of apple-inspired breads, pastries, and jams. This year I finally gave in and bought a bag of freshly fried donuts from Snow Line, worth every calorie. But perhaps the most unusual thing at Oak Glen is its "museum." We did not go there this time. But the one and only time we went was memorable enough.



stiff family. Eventually we came along to the live exhibits.

A short walk up from the main thoroughfare, the front of the museum is essentially a pet shop. There are several parrots in cages, pet food, toys, and a box with large, unusual beetles on the counter (that should have been the first tip off). A nice lady who worked there talked with us for a while and then asked if we'd like to take a \$3 tour of the museum in the back. "It has over 500 different species of animals" she said. As we paid she added, "Some are even live." (That should've been the second tip off).

The first thing I noticed on our self-guided "tour" was the abundance of textured plaster on the interior walls, reminiscent of the line for "Thunder Mountain" at Disney Land. We turned the corner and were met by a large polar bear and two small seals --all stuffed. The polar bear was fixed in a walking position, facing the viewer, teeth bared. The seals, on the other hand, were lying there stiff as bloated boards. This just isn't the sort of thing one expects to see, especially in southern California. We must have lingered there for a moment with our mouths open. "So, I guess this isn't the live portion" my dad remarked.

The following displays included a bobcat, mountain goat, and a wolverine. It didn't seem to matter whether or not these animals would have actually shared the same habitat in real life. In death they were all brought together in one big,

In most of the small enclosures the animals were either hiding or being attended to by a museum worker I supposed (more on that later). There wasn't anything as dramatic as a giant polar bear, but they had some frogs, lizards, snakes, and spiders. Eventually we came to the rabbits, chickens, parakeets, and a large, energetic iguana. Most of them were roaming around in open-air pens. One of the rabbits was missing an ear. The iguana was by far the most lively of the bunch. It took a keen interest in my mom, and kept vigorously nodding its head and sticking out its tongue at her. When she moved to the other side it followed after her, and climbed up the cage walls to get closer. There were two huge "things" on its neck that looked like thick slices of zucchini. Maybe it had iguana goiter. Although it seemed bent on captivating Mom, we eventually pulled ourselves free from it and exited the museum.

Driving home, we laughed about the odd displays and their unusual use of taxidermy. "You know, a lot of those cages weren't secure" Dad said. "What do you mean?" we asked. "Well, a lot of them were closed, but not actually locked. That's why I was real careful where I was stepping." "Well, I guess it would be bad to squish one of their frogs or lizards," I remarked. "No," Dad replied, "I was more concerned about the scorpions. They appeared to be missing." And so ended another exciting trip to Oak Glen. I'm sure we'll be back, but we'll probably skip the museum next time (we did).



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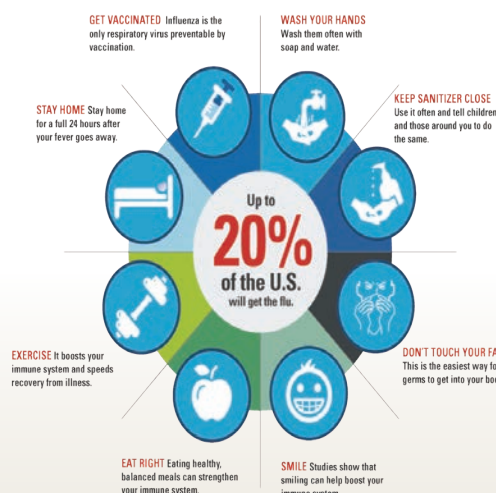


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Looking Up

with Bob Eklund



FINAL DESCENT IMAGE FROM ROSETTA SPACECRAFT

Rosetta's mission is over: After the last signal on Sept. 30, 2016, the spacecraft was crash-landed on comet 67P/Churyumov-Gerasimenko, taking measurements and sending them to Earth right until the very end.

The final descent image of the comet was taken from the European Space Agency (ESA) Rosetta spacecraft moments before its controlled impact into the comet's surface. Confirmation of the end of the mission arrived at ESA's European Space Operations Center in Darmstadt, Germany, at 4:19 a.m. PDT (7:19 a.m. EDT / 1:19 p.m. CEST) with the loss of signal upon impact.

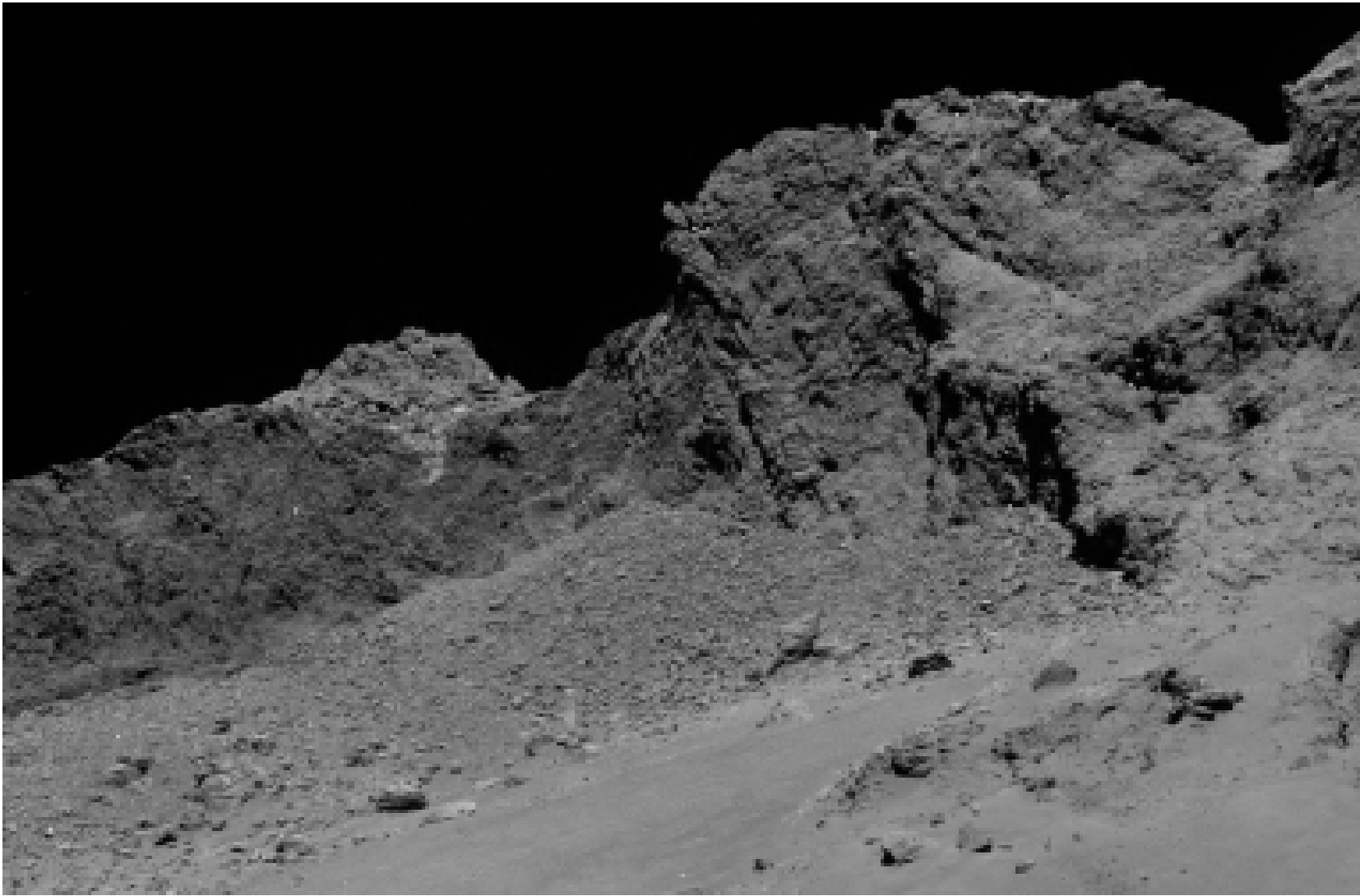
The final descent gave Rosetta the opportunity to study the comet's gas, dust and plasma environment very close to its surface, as well as taking very high-resolution images.

The final image was taken from an altitude of 167 feet above the comet's surface by the spacecraft's OSIRIS wide-angle camera. The image scale is about two-tenths of an inch (5 millimeters) per pixel. The image measures about 9 feet across.

The decision to end the mission on the surface is a result of Rosetta and the comet heading out beyond the orbit of Jupiter again. Farther from the Sun than Rosetta had ever journeyed before, there would be little power available to operate the craft. Mission operators were also faced with an imminent month-long period when the Sun is close to the line-of-sight between Earth and Rosetta, meaning communications with the craft would have become increasingly more difficult.

The European Space Agency's Rosetta mission was launched in 2004 and arrived at comet 67P/Churyumov-Gerasimenko on Aug. 6, 2014. It is the first mission in history to rendezvous with a comet and escort it as it orbits the Sun. On Nov. 4, 2014, a small lander name Philae, which had been deployed from the Rosetta mothership, touched down on the comet and bounced several times before finally alighting on the surface. Philae obtained the first images taken from a comet's surface and sent back valuable scientific data for several days.

The spectacular mission has now come to an end, with Rosetta undergoing a controlled crash on "its" comet. As the comet moves away from the Sun, the



energy available to the solar-powered spacecraft was decreasing. Consequently, ESA decided to crash-land the spacecraft on the comet. Rosetta therefore followed its landing probe "Philae" and now still circles the Sun in its "final resting place."

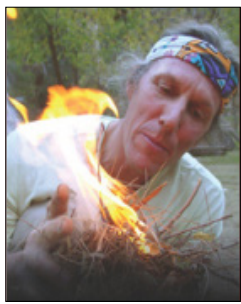
Rosetta's mission took twelve years including notable firsts like the first orbit of a comet and, for

the first time, placing a lander on a comet surface. The Rosetta spacecraft has already made history.

Comets are time capsules containing primitive material left over from the epoch when the Sun and its planets formed. Rosetta is the first spacecraft to witness at close proximity how a comet changes as it is subjected to the increasing intensity of the

Sun's radiation. Observations will help scientists learn more about the origin and evolution of our solar system and the role comets may have played in the formation of planets.

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



CHRISTOPHER Nyerges

PLANT OF THE WEEK:
THE GARLIC AND ONION FAMILY

[Nyerges is the author of "Guide to Wild Foods and Useful Plants." He has been leading outdoor plant walks since 1974. For more information, go to www.SchoolofSelf-Reliance.com.]

THE GARLIC AND ONION FAMILY

If you already enjoy garlic, onions, and other members of this family, you should also know that garlic is good for your health too.

The consumption of garlic and onions is believed to be a contributory factor in helping hypertension. In a variety of tests, garlics and onions (and members of that family) have been shown to reduce cholesterol, reduce high blood pressure, and reduce the incidence of flu.

For example, Dr. Alan Tsai, PhD with the Michigan School of Health, has tested rats and humans for the effects of garlic on cholesterol levels. He fed test groups high cholesterol diets, with one group receiving garlic. Those who included garlic had cholesterol levels that rose about four percent, as opposed to those without garlic whose cholesterol levels rose 23%. Dr. Tsai noted that the incidence of cardiovascular and other diseases is lower in countries whose populations consume large amounts of garlic, though he was reluctant to attribute this effect solely to garlic.

Various studies reported in the Indian Journal of Nutrition and Dietetics concluded that both onions and garlic in the diet lowered blood cholesterol levels. Studies in Germany and in the U.S. have produced similar results.

Cholesterol builds up in fatty plaques on the artery walls, and so it is believed to be a major factor in the onset of heart disease. Anything that reduces high cholesterol levels helps to keep the heart healthy.

Dr. Truswell, professor at the Queen Elizabeth College of London University conducted research by feeding human subjects high fat meals with and without onions. He found that blood platelets stuck together faster after the high fat, no onion meal, whereas the effect was neutralized when onions were included. Platelets are a compound in the blood which are an important aid in coagulation, but when they "malfunction," they form clots which can lead to thromboses in the arteries to the heart and brain, which can result in strokes and heart attacks. Dr. Truswell believes that by simply including onions in the diet, the chances of having a stroke or heart attack are reduced.

Though there are countless studies pertaining to the effects of garlic and onions on the human body, it may still be sometime before doctors make conclusive statements such as eating garlic will prevent high blood pressure. Again, this is due to the complexity of "high blood pressure," its various causes, and the fact that no two people are alike.

Still, we eat garlic just about every day, and we also put it in our pets' food. Russian folk healers and herbalists the world over have been suggesting that garlic be used to reduce high blood pressure, and a host of ailments, for centuries.

We do know that garlic contains small



amounts of selenium and germanium. Selenium is believed to prevent abnormal blood clotting, to normalize blood pressure, and to prevent infections. Germanium is being investigated for its reputed ability to retard or prevent the growth of some cancers. Garlic also contains a number of biochemical compounds, such as allicin (considered to have antifungal and antibiotic properties), alliinase, allyls, allithiamine (this makes vitamin B1 more effective), and alliin (this makes proteins easier to digest). Allicin, left alone, turns into a substance that some researchers have called "ajoene," believed to be responsible for garlic's ability to inhibit blood clotting effectively as aspirin.

Enough books and research papers have been written about garlic, onions, shallots, leeks, and that entire Allium genus to fill a small library.



OUT TO PASTOR

A Weekly Religion Column by Rev. James Snyder

GET ME TO THE AIRPORT ON TIME

I was off to the airport on another trip. I started out early, arrived at the airport to catch a later flight. It gave me some time to sit in the airport with nothing to do but think. Talk about a boring afternoon!

One of the things I thought about was never flying again. But, necessity is the mother of inconvenience, or something like that.

While I was thinking in the airport, I thought of a wise old man who, waxing philosophical, once said, "Time waits for no man." I know he was wise because he did not include women in his observation. Although time will wait for no man, it has a different approach to women.

Usually speaking, a man welcomes the passing of time. Proudly he displays those wrinkles and calluses as marks of manhood. Until recently, gray hair was a crown of authority. Even Solomon, the wisest man said, "The hoary [gray] head is a crown of glory, if it be found in the way of righteousness" (Proverbs 16:31 KJV).

The grayer the head, the wiser the man. Although, I must confess I have seen my share of intelligence-challenged gray-headed men.

A woman, however, has an altogether different philosophy when it comes to time. As a man with gray hair, I do not fully understand their philosophy.

I suppose there are some men who would like to be 25 again. Most men, however, are happy to be as old as they are. Women are different. They live upon the concept of ageless beauty. Who am I, as a man, to counter that philosophy?

I discovered this many years ago. A woman casually asked me how old I thought she was. I have long since discovered that this is no casual question and she is not looking for exact information. I, at the time, took it as a challenge and tried to guess her age.

Wrong!

I have since learned that the correct response to this question is, "Why, you don't look a day over 25." I do not know exactly what that means, but I have often gotten smiles from this response. No matter how old the woman is, in her mind she is still 25.

The man has a different idea.

"I'm 60," he will boast to whoever will listen, "and I can still do a whole day's work." Then he will go out and throw his back out just to prove it.

Time has a different effect upon a man as it does upon a woman.

There is nothing wrong with trying to look younger. I suppose it is an easier task to do if you are a woman than if you are a man.

Every morning before I leave the house I try to make myself as non-scary to the public as I possibly can. I will scrape my face, pat down my hair, and douse myself with aftershave and in 10 minutes, I am done and ready for the world.

I have noticed that the Gracious Mistress of the Parsonage takes a lot longer than 10 minutes to get ready to face the world. I must admit she does a very good job of it, but I also must admit it takes a long time and it seems each year it gets longer.

I do not want to call attention to myself. I just want to get through the day and back home again. I know I am not as young as I used to be but I take consolation in the fact that I am older than I used to be. And hand in hand with good old Father Time, I have walked down the wonderful timeline.

For me personally, I like to celebrate each birthday as a once-in-a-lifetime celebration. My goal in life is to get as old as I possibly can and with the good help of Father Time, I am well on my way. Time has not stood still for me, for which I am most thankful.

Just like getting to the airport on time for my flight, I want to be on time for everything happening in my life. I do not want to miss a thing. Too often people look backward, stumble over today, find themselves in tomorrow and do not know how they got there. I want to enjoy the time I have in real time.

There is no time like the present to enjoy. Memories are wonderful. Aspirations are delightful. But, nothing can take the place of right now.

The Bible has a lot to say about time. We are in a timeline established by God and it will not slow down until we come to the end. The apostle Paul understood this when he wrote, "And that, knowing the time, that now it is high time to awake out of sleep: for now is our salvation nearer than when we believed" (Romans 13:11 KJV).

There is no time like the present and as someone said, "This is the first day of the rest of my life." I am going to celebrate my "Now" with all the energy I have.

Dr. James L. Snyder is pastor of the Family of God Fellowship, Ocala, FL 34483, where he lives with his wife. Call him at 1-866-552-2543 or e-mail jamesnsnyder2@att.net. His web site is www.jamesnsnyderministries.com.



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ANIMAL PLACE SANCTUARY FOR FARMED ANIMALS

While I do appreciate social networking as a neat and easy way to keep in touch with family and friends that I may not otherwise have frequent contact with, I must admit it can be a bit of a distraction, and I am beginning to wonder if my incessant need to “check in” might be not-so-healthy.

But just when I start to question my urge to participate, I find myself encouraged by a friend’s timeline post sharing a remarkable experience they’ve just had, an inspiring quote to make my day brighter or a link to a heart-warming video about animals. It is then that I am reminded internet socializing is not always a waste of time, it can also be a very positive way to invest a few moments of each day.

Here’s an example of a link a friend shared on Facebook that made the time I’d spent logged in that day worthwhile. Having rummaged through numerous seemingly senseless ‘shares’ and photos showing anything from what one guy had for dinner the night before, to a ‘selfie’ of a gal in a new outfit she just bought for a party - amongst all the mundane mish-mosh was one morsel that changed the way my day would play out. It was a link to a video created by Animal Place, a farm animal refuge in Grass Valley, CA.

The video, entitled Mr. G and Jellybean, was about a goat named Mr. G that had been rescued from an animal hoarder in southern California where he’d lived for years in total neglect with a burro named Jellybean. Jellybean had been rescued by another sanctuary. Unbeknownst to both rescuing parties, the goat and burro had formed a very close bond during their years together at their previous inhumane home.

When Mr. G arrived at Animal Place, he became very depressed. He refused to eat and would not leave the corner of his stall for 6 whole days. The caretakers decided they had to do something to encourage the goat to eat and go out for some exercise and fresh air. They got in touch with the people who’d rescued Jellybean, and asked if they could reunite the two animals just to see if that would help raise Mr. G’s spirits.

Animal Place volunteer, Jeff McCracken drove 14 miles round trip to bring Jellybean to their sanctuary, and what happened next was amazing. When Mr. G saw Jellybean, he immediately jumped to his feet and ran over to him, nuzzling his muzzle against his cheeks and neck. He then proceeded to strut about the corral,



encircling the burro and rubbing along the fence in a gesture of pure pleasure. When the caretaker put feed out for them, Mr. G shared the same pale with his best bud, Jellybean. They gobbled up every bite and begged for more!

Well, I have to say, when I saw that video, tears started rolling down my face. I was overwhelmed with joy to witness the remarkable bond those two farm animals had formed while living together in such neglectful conditions. It was clear that they had taken refuge in each other, just to survive. I was elated that there were people who cared enough about those two furry four-legged friends to know they needed to be together, and made it so!

It’s kind of funny, isn’t it? How we humans have managed to morph into such isolated beings who spend more time with machines than other members of our own species, while animals are becoming more social, not only with their own kind but with those very different from themselves. Animals seem to have a deeper understanding of each other that penetrates the surface and allows them to find the ‘friend within’ regardless of their differences.

Founded in 1989, Animal Place is one of the oldest and largest farmed animal sanctuaries in the US. Nestled on 600 acres in Grass Valley, CA, they provide refuge to hundreds of animals. In addition to the sanctuary, Animal Place also has the Rescue Ranch, a 60-acre adoption center which facilitates placement of farmed animals into permanent homes, as well as a dog foster program in which they team up with local shelters to provide temporary housing for adoptable pets.

Animal Place is open to the public for self-guided farm tours Tues-Sat 10:00am-4:00pm. They also offer school and private tours by appointment only. For more information visit their website at animalplace.org or check out their page on Facebook...hey, you might as well while your logged in, right?

LOOKING FOR A BEST FRIEND?

Nicoleleo is a gorgeous 4 year old brown ticked tabby who loves to lie in beds that surround her like a fur collar. She’s a gentle and calm girl who likes her velvety coat stroked. While she is hesitant to have visitors hold her, she is learning that to be held means extra petting and maybe some treats. Her play style is bat and pat, not bite and pounce.

Feathery toys get her attention more than noisy balls. When she feels the need for a little aerobics, she will chase the laser dot, but won’t compete for it if her roommates get to it first. Nicoleleo’s beauty will compliment any home decor and her serene nature will soothe the human soul that gives her a forever home.

Nicoleleo lives in the shelter’s Meow Manor and gets along with her roommates, so she will do well in a multi-family home, and will also thrive as an only cat. Her adoption fee is \$99 which



includes spay surgery, vaccinations, microchip and a free wellness exam at a participating veterinarian. Feel free to call us at (626) 286-1159 for more information on Nicoleleo. She currently resides at the San Gabriel Valley Humane Society located at 851 E. Grand Avenue in San Gabriel which is located off San Gabriel Blvd, north of

Mission and south of Las Tunas Drive. To arrange a ‘Meet and Greet’ with Nicoleleo, please stop by any time from 10:30am to 4:30pm Tuesday through Sunday. Website: www.sgvhumane.org.

Go to smile.amazon.com and find the San Gabriel Valley Humane Society and every time you buy something 0.5% will be donated to

the shelter! It’s easy to do and helps the shelter with every purchase you make! Let your friends know about this simple way to make a difference!

PET OF THE WEEK: WAFFLES: ANIMAL ID# A4981667

Waffles (A4981667) is a knock-out 5-year-old black-with-white male Giant Schnauzer mix who came to the Baldwin Park Animal Care Center on August 9th as a stray from Azusa. Weighing 53 lbs, Waffles is super-affectionate and gives kisses right away, eager to be your best friend.

He was so happy to see his handler that he practically leapt out of his kennel! Waffles likes other dogs and shows signs of being housebroken, and with some leash training, he’ll become an expert walking companion.

He has medium energy and is alert, cheerful, and eager to meet other dogs. He might be a bit enthusiastic when he does though, so he’ll need to be introduced slowly just to make sure he doesn’t overwhelm them.

He currently has some scaliness on his bum—the kind, volunteers think, that will clear up with proper care and diet. Give this boy a bath and some TLC, and he’ll most likely be a complete show-stopper. Waffles’s personality is outstanding and everything you could want in a companion. Volunteers think he’ll make a loving and playful indoor pet and companion for any family or individual who keeps him busy playing, going for walks, and taking part in other activities. And his unique looks are sure

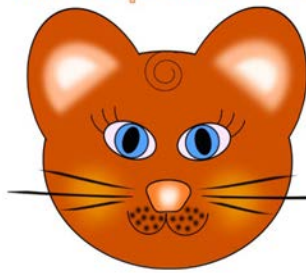


to bring him lots of attention when you’re out and about with him!

To watch a video of Waffles, please visit the following link: <https://youtu.be/DUj5Sn8D1Ag>

If you are interested in Waffles, please contact his UHA volunteer adoption coordinator, Kristin, at 626-393-6258 or kristin@hope4animals.org.

Katnip News!



Oh, and did we mention she’s cute as all get out??? Grab her now, to take full advantage of her purr-sonality! Her video & more pix are on our website.

Lifeline for Pets is a small no-kill rescue. We show some cats most Sunday afternoons at Petsmart, 3347 E. Foothill Blvd. in Pasadena, 12:30-3:30.

Adoption fee is \$100, which includes spay, microchip, exam & vaccine. Our cats are negative

THUMBELINA: Such a tiny little baby-cakes!! Thumbelina is a Siamese mix, age 6 weeks. She is super-sweet, cuddly, playful, and friendly. Plus, she’s a polydactyl, with 3 extra “thumbs” on both of her front paws!

FELV/FIV unless otherwise indicated.

See adoption info & application on our website, www.lifelineforpets.org. Sorry, we are not accepting cats at this time.



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On the Marquee:

Notes from the Sierra MadrePlayhouse

A TOUCH OF BEE-LUTHER-HATCHEE

By Artistic Director, Christian Lebano

I have written before about how wonderful our Special Events and Lobby Curator, Diane Siegel is. She always comes up with the most interesting angles to engage audiences with our shows – from fruitcake tastings to lingerie spelling bees to scenes on Route 66. Last night Diane organized for SMP to be a part of a special evening for PUSD Arts teachers at the Armory in Pasadena. We brought a scene from Bee-luther-hatchee by Thomas Gibbons. You'll remember that this play was to have been on the boards right now but that we had to postpone it to January. Performing the scene with Tamarra Graham who will play the lead in the show was such fun. We had about 45 teachers watching and I could tell that the cutting of the play that we shared landed several punches.

There were a few audible gasps at some of the revelations in the play. I think I have mentioned before how much I love this play and how long I've wanted to share it with our audiences. Last night showed me that this play will do what I hoped it would – in fact, several teachers came up to us to tell us that they would definitely be coming to see how the situation plays out in the show. Last night also reminded me how much I've missed performing. I cannot wait to start



rehearsals on November 21 and really dig into this play and this character. It has been way too long to be away from acting – last night the rush came back.

Late Nite is selling really well. We've placed an ad in this paper and several others – I really want the show to sell out so I can convince the Board to let me bring it back for a longer run or in a different version. Please come – I promise you, you'll laugh yourselves off your chairs. A reminder that it opens on Friday, October 14 and plays 6 performances through Saturday night, October 22.

Our next reading is Foxfire on Monday night, October 17. This one is directed by Karesa McElheny who played Helga in Deathtrap. Come and hear them and tell me what you think. I'm excited about these readings, these are all plays I'm thinking would be a good fit for a full production. At the last reading we had about 40 people. Makes me so glad to be able to share another event with you.

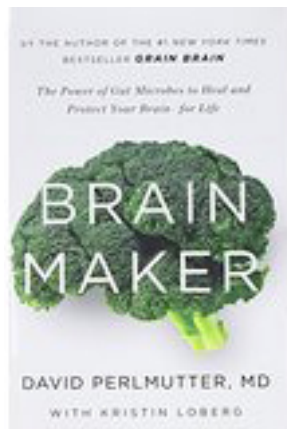
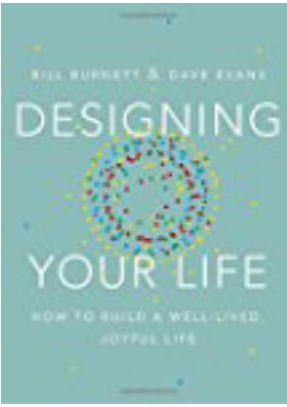
As always we do it for you – our SMP family – whose support and loyalty mean so much to us and for whom we hope we bring pleasure and joy and moving experiences in the theater. For tickets please call Mary in the box office at 626.355.4318. Hope to see you soon!

Jeff's Book Pics

By Jeff Brown

Brain Maker: The Power of Gut Microbes to Heal and Protect Your Brain for Life by David Perlmutter (Author), Kristin Loberg (Contributor)

This bestselling author uncovers the powerful role of gut bacteria in determining your brain's destiny. Debilitating brain disorders are on the rise-from children diagnosed with autism and ADHD to adults developing dementia at younger ages than ever before. But a medical revolution is underway that can solve this problem: Astonishing new research is revealing that the health of your brain is, to an extraordinary degree, dictated by the state of your microbiome - the vast population of organisms that live in your body and outnumber your own cells ten to one. What's taking place in your intestines today is determining your risk for any number of brain-related conditions.Dr. Perlmutter explains the potent interplay between intestinal microbes and the brain, describing how the microbiome develops from birth and evolves based on lifestyle choices, how it can become "sick," and how nurturing gut health through a few easy strategies can alter your brain's destiny for the better. With simple



dietary recommendations and a highly practical program of six steps to improving gut ecology, BRAIN MAKER opens the door to unprecedented brain health potential.

Designing Your Life: How to Build a Well-Lived, Joyful Life by Bill Burnett & Dave Evans Designers create worlds and solve problems using design thinking. Look around your office or home-at the tablet or smartphone you may be holding or the chair you are sitting in. Everything in our lives was designed by someone. And every design starts with a problem that a designer or team of designers seeks to solve.This book show us how design thinking can help us create a life that is both meaningful and fulfilling, regardless of who or where we are, what we do or have done for a living, or how young or old we are. The same design thinking responsible for amazing technology, products, and spaces can be used to design and build your career and your life, a life of fulfillment and joy, constantly creative and productive, one that always holds the possibility of surprise.

All Things

By Jeff Brown

AN ACTIVE FIRST LADY OF THE UNITED STATES

When Bill Clinton took office as president in January 1993, Hillary Clinton became the First Lady of the United States.She was the first first lady to have earned a postgraduate degree and to have her own professional career up to the time of entering the White House. She was also the first to have an office in the West Wing of the White House in addition to the usual first lady offices in the East Wing. She was part of the innermost circle vetting appointments to the new administration and her choices filled at least eleven top-level positions and dozens more lower-level ones. After Eleanor Roosevelt, Clinton is regarded as the most openly empowered presidential wife in American history.Some critics called it inappropriate for the first lady to play a central role in matters of public policy. Supporters pointed out that Clinton's role in policy was no different from that of other White House advisors and that voters had been well aware that she would play an active role in her husband's presidency.Along with Senators Ted Kennedy and Orrin Hatch, Clinton was a force behind the passage of the State Children's Health Insurance Program in 1997, a federal effort that provided state support for children whose parents could not provide them with health coverage, and conducted outreach efforts on behalf of enrolling children in the program once it became law. She promoted nationwide immunization against childhood illnesses and encouraged older women to seek a mammogram to detect breast cancer, with coverage provided by Medicare. She successfully sought to increase research funding for prostate cancer and childhood asthma at the National Institutes of Health. She worked to investigate reports of an illness that affected veterans of the Gulf War, which became known as the Gulf War syndrome.Together with Attorney General Janet

Reno, Clinton helped create the Office on Violence Against Women at the Department of Justice. In 1997, she initiated and shepherded the Adoption and Safe Families Act, which she regarded as her greatest accomplishment as first lady. In 1999, she was instrumental in the passage of the Foster Care Independence Act, which doubled federal monies for teenagers aging out of foster care. Clinton hosted numerous White House conferences, including ones on Child Care on Early Childhood Development and Learning and on Children and Adolescents . She also hosted the first-ever White House Conference on Teenagers and the first-ever White House Conference on Philanthropy .In a September 1995 speech before the Fourth World Conference on Women in Beijing, Clinton argued very forcefully against practices that abused women around the world and in the People's Republic of China itself, declaring that "it is no longer acceptable to discuss women's rights as separate from human rights".Delegates from over 180 countries heard her say: "If there is one message that echoes forth from this conference, let it be that human rights are women's rights and women's rights are human rights, once and for all." In doing so, she resisted both internal administration and Chinese pressure to soften her remarks. The speech became a key moment in the empowerment of women and years later females around the world would recite Clinton's key phrases. She was one of the most prominent international figures during the late 1990s to speak out against the treatment of Afghan women by the Taliban.She helped create Vital Voices, an international initiative sponsored by the U.S. to promote the participation of women in the political processes of their countries.Next we look at some of the things she did as a U.S.Senator.

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By Marc Garlett

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.

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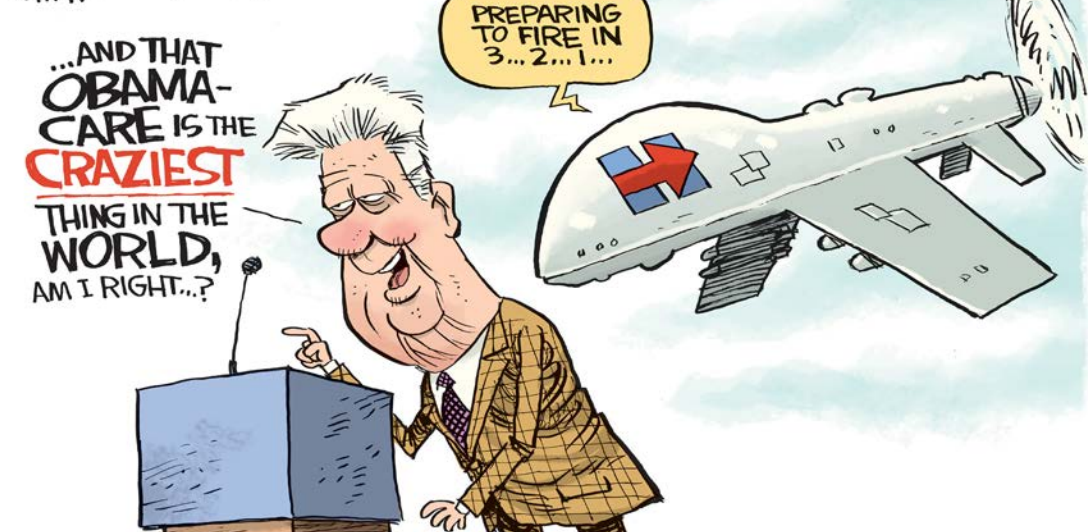
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OPINION

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LEFT TURN/RIGHT TURN

JOHN L. Micek



HILLARY CLINTON CHANNELS HER INNER SEINFELD

HARRISBURG, Pa. -- In politics as in comedy, timing is everything.

Hillary Clinton was about halfway through her stump speech here Tuesday, stabbing needle after needle into Donald Trump and his apparently glancing relationship with the Internal Revenue Service, when she paused, smiled and found her inner Jerry Seinfeld.

"He lost \$1 billion in the casino business," she cracked. "I mean ... who loses money running a casino except Donald Trump?"

Wait... she had a million of them.

"Friends don't let friends vote Trump," she quipped, as the crowd roared.

Have friends thinking about voting Trump? "I want you to stage an intervention," she joked. The audience ate it up.

The one-liners, though, had a purpose. They were delivered alongside a heaping helping of red meat for the crowd that packed a Shriner's hall in a leafy neighborhood in Pennsylvania's capital city.

With a month to go before Election Day, even as the race has tightened elsewhere, Pennsylvania is a blue-state firewall for the Democratic nominee.

A trio of polls from Quinnipiac University, Monmouth University and Franklin & Marshall College gave Clinton a lead over Trump ranging from 4 to 10 percentage points in Pennsylvania.

With Pennsylvania's Oct. 11 voter registration deadline just days away, Clinton and her supporters repeatedly exhorted the crowd to register themselves and their friends.

"I'm closing this campaign the way I started my career, fighting for kids and families," she said at the beginning of remarks that stretched about 45 minutes.

Frequently interrupted by applause, Clinton told the crowd she was, "Standing up for fairness and opportunities; taking on all those kitchen table issues that keep people up at night. I'm making sure every family has the tools it needs to get ahead and stay ahead."

It was, as in the parlance of 1992, all about the economy, stupid. Trump stiffed vendors; he played fast and loose with the tax code and he dragged the bankruptcy laws behind him with the same dogged insistence as Linus from the "Peanuts" comic strip, throwing it around his shoulders and over his face at the slightest hint of danger.

And sure, it may have been perfectly legal for Trump to take advantage of Lincoln Tunnel-sized loopholes in the tax code to claim a nearly \$1 billion loss in 1995 that may or may not have sheltered him from paying taxes as "Friends" went from first-run and well into reruns.

But that didn't make it any less slimy.

And Clinton, sensing an opening, went for it, again and again.

"It's not only what he did, but how he did it," Clinton said, referring to Trump's patchy history in Atlantic City's casino industry and the trail of broken promises left in his wake. "I'm talking painters and plumbers and dishwashers ... I've met some of these people and I take it really personal."

Clinton pounced on Wall Street, telling the crowd that "We can't ever let Wall Street wreck Main Street again. We put some strong regulations on the banks ... I think we could do some more."

The remarks were jarring. It wasn't tough to recall that Clinton made a bundle giving speeches to the very Wall Street banks she now wants to bring to heel.

Still, it was a message that resonated with an audience that cut across a crowd that was cross-section of the African-Americans, older working-class voters and millennials that Clinton has to lasso if she wants to win a state integral to her White House chances.

"It might be legal, but I don't think it's moral," Conner Dodd, 29, a law student from Wexford, Pa., near Pittsburgh, said of Trump's reported tax dodges (which he's repeatedly defended). "I don't want someone who outwits the law to run our country."

Adelaide Steely, a Harrisburg mother of three sons, two of whom served in the Army and Marines, took Trump's tax habits personally. Not paying his fair share meant the New York mogul didn't do his part to support the Armed Forces who keep the country he aspires to lead safe, she said.

"That really ticks me off," she said.

In her speech, Clinton summed it up in a line:

"Donald Trump is the poster boy for so much of what is wrong with our economy," she said.

The crowd in Harrisburg bought it - now she has to keep selling it until Election Day.

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Rich Johnson

PRESIDENTIAL CAMPAIGN CHEAP SHOTS



Well here we are again. Another national election. And our two presidential candidates have squared off like the Hatfields and the McCoys. I found a particularly distressing comment Donald Trump had to say about Ms. Clinton in the early nineties: "The First Lady is a wonderful woman who has handled pressure incredibly well." What a low blow.

And speaking of low blows, here's what Bill Clinton had to say about Donald Trump way back in 2012: "You know, Donald Trump has been uncommonly nice to Hillary and me. We're all New Yorkers. And I like him. And I love playing golf with him."

Okay its gotten a bit worse since then. But is this all rhetorical broadswording new? Were presidential campaigns throughout our relatively short history conducted with class and good sports'person'ship? Let's pull back the covers of our rich history and take a peek.

In 1800 Democrat-Republican Thomas Jefferson ran against incumbent President John Adams. John Adams, member of the Federalist party, claimed that electing Thomas Jefferson would lead to the "teaching of murder, robbery, rape, adultery and incest." A little over the top? Apparently America wanted to be taught that as Thomas Jefferson not only won the election but was also reelected four years later. This relegated John Adams to become the first one-term president.

In 1828 Andrew Jackson (Democrat) ran against incumbent President John Quincy Adams (Republican). Adams attacked Jackson's marriage accusing him of living in sin with his wife Rachel. Seems they married before her divorce was final. She became known as the "American Jezebel". Adams even called her the famous Don Imus unmentionable word! Oh yeah, and Adams also accused Jackson of being a murderer among other things. I guess that's bad. Jackson accused Adams of providing the Russian Czar with American virgins as servants while Adams was Minister to Russia. Who won the contest? I guess being a murderer is overrated. Andrew Jackson became President. And yes, Rachel Jackson became the first Jezebel. Ironically, the loss made John Quincy Adams the second one-term president, his father being the first.

In 1848 Whig candidate Zachary Taylor ran against Democrat Lewis Cass and third party candidate John Parker Hale (of the Free Soil party). Lewis Cass and the Democrats attacked Taylor, also known as "old rough and ready" for being uneducated, mean and greedy. And of course the Whigs accused Cass of being a liar (And I thought calling a politician a liar was a compliment). Well, in this case the liar didn't win. Zachary Taylor became our 12th president. Interesting bit of irony: Taylor, a longtime army general warned the south that if they tried to secede from the union he would lead the armies himself into battle against them. 12 years later his son would become a general in the Confederate army.

Now, don't you feel better? We are actually much tamer in our campaign rhetoric now than in the 1800's. So lets sit back, grab a bowl of popcorn and wait for folding chairs to start flying. And remember that we are all Americans first.

MAKING SENSE by Michael Reagan

PERFECT PENCE



Now that was a debate.

The Mike Pence-Tim Kaine bout Tuesday night wasn't the main event of 2016.

It was what they call in boxing an "undercard" match. It was a contest between two natural lightweights – the VP candidates.

There was no exciting 12th round knock out.

But Pence and Kaine engaged in a good, spirited political fight that provided much more substance and entertainment value than the Trump-Clinton debate.

Pence easily won on points, both for what he said and what he didn't say. In their post-debate analysis everyone from Rachel Maddow to Sean Hannity agreed on that.

Poor Tim Kaine. Everyone – even his wife – also agreed that he made himself look like a rude jerk by interrupting the moderator and Pence way too many times.

Kaine was wound up so tight in the opening rounds that the presidential debate commission probably should have ordered a drug test to see if Kaine was on some sort of performance drug.

Seriously, though, I hope Trump was watching Pence's debating style closely.

I hope he has been studying the video over and over to see how Pence deflected or ducked his opponent's punches and pivoted to offense.

Pence not only showed Trump how to win a political debate, he was an absolute gentleman while doing it.

He didn't have to say derogatory things about women or Latinos or Muslims. He didn't suggest using nuclear weapons to fight crime in Chicago.

And when Kaine tried to drag him down a rat hole by making him defend something dumb or insulting Trump had said, Pence kept his cool and flicked the example away as silly or untrue.

The major criticism from some Republicans and Trumpsters was that Pence didn't do more to defend Donald Trump.

But the reality is, you can't defend half of what Trump has said and Pence could have wasted two weeks of air time trying.

Pence was perfect Tuesday night. What he did won't move the needle for Trump's chances to win next month, but it moved the needle on his future.

Twenty minutes into the debate lots of people, including those I watched it with, were saying, "Gosh, I wish Mike Pence was on the top of the ticket."

It's obviously way too late for the GOP to make that happen, but Pence might be the top choice of Republicans in 2020 if Trump loses to the Clinton Crime Family a month from now.

The only thing that concerns me about Pence's pummeling of Kaine is that Trump was so quick to take credit for it.

The next day at his rallies Donald was doing his usual "Look at me" routine, praising Pence and boasting he was his first hire.

Sorry, Donald. As I tweeted, your first hire was actually campaign consultant Paul Manafort. How did that work out?

Trump's the clear underdog, a raw amateur up against a political heavyweight. He has to win his debate with Hillary Sunday night or at least fight her to a draw.

Pence has shown him how the professionals do it.

Whether he can learn to box with Hillary without tripping over his huge ego may determine whether Trump ends up the 2016 champ or the 2016 chump.

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