

SIERRA MADRE COMMUNITY FOUNDATION ANNOUNCES GRANTS

2016 SMCF grants now total \$14,825

Recent grants awarded by the Sierra Madre Community Foundation (SMCF) will provide valuable funding for several local emergency services, including the Sierra Madre Community Emergency Response Team and the Sierra Madre Search and Rescue, to help these volunteer organizations acquire and maintain the necessary tools and resources to assist with emergency response, rescues, and disaster preparedness.

In total, SMCF approved grants totaling \$5,000 at its September board meeting. Other grant recipients were the city's Sierra Vista Park and the Halloween Happenings program.

"We are so excited to be supporting the efforts of these local organizations, who by working together with the City help keep Sierra Madre safe," said Michelle Keith, SMCF Chair. "Through the generous gifts from Sierra Madre residents, local businesses and other caring individuals, combined with the local oversight from our board, SMCF continues to be committed to ensuring Sierra Madre remains a unique community and valued neighborhood. These grants are great example of Invest Local-Support Local."

Listed below are details of the four new grants:

1. Sierra Madre Search & Rescue (\$3,500)  
The grant will be used for cabinetry, including some locked storage to protect expensive equipment, at the Rescue Station to allow the team to maintain and repair radio and electronic equipment. The new funding enables the team to maximize donations by ensuring a longer life of equipment and help the team maintain an improved state of readiness. The Sierra Madre Search and Rescue Team is a group of dedicated volunteers committed to saving lives in the urban interface, such as the mountains, and wilderness. Founded in 1951, the Team is among the elite Search & Rescue teams and has responded to thousands of calls for help in the wilderness and saved countless lives. www.smsr.org Facebook: https://www.facebook.com/SierraMadreSearchandRescue/

2. Sierra Madre CERT (\$1,000)  
The grant will be used to provide recent FEMA-certified graduates with a CERT backpack (@\$50 each) containing personal preparedness equipment (hard hat, CERT vest, goggles, gloves, face masks, knee pads, pry bar, emergency whistle, and other items). These tools are necessary for the Team to respond in case of disasters and incidents that might occur in our city, particularly when The Fire and Police Departments are prioritizing calls and need the support of CERT to help with emergencies and minor response needs. Since 2007, the Sierra Madre CERT has provided a 20+ hours

FEMA-certified training course (offered once per year), with over 100 local people now trained to assist in the event of a major disaster. www.sierramadreemergency.org

3. City of Sierra Madre – Sierra Vista Park (\$250)  
At Sierra Vista Park, the grass areas have become uneven due to underground animals and heavy pedestrian traffic, thus creating a hazard to visitors. The requested grant will be used to purchase quality top soil to place in the holes and help even the surface of the grass areas in the park.

4. City of Sierra Madre – Halloween Happenings (\$250)  
The grant will be used to purchase decorations for the Bandshell in Memorial Park and to offset other costs associated with Sierra Madre's Halloween Happenings.

Grants awarded in 2016 totaled \$14,825, a 47 percent increase from 2015 funding levels. Other 2016 grant recipients:

Sierra Madre Historical Preservation Society—Help complete the Lizzie's Trail Inn/Richardson Museum Preservation Project.

Sierra Madre Public Library—Support 2016 public outreach programs – Kid's Art & Essay Contest, READ Campaign, Library Open House, and One Book One City events.

Mount Wilson Trail Race—Provide T-shirts for kids fun run.

Creative Arts Group—Support the Imagine Art Program for 3rd Grade students at Sierra Madre Elementary School.

Huck Finn Derby and Campout—Provide funding for event costs, including fish, trophies, & ribbons.

Downtown Repertory Theatre Co.—Provide funding for community outreach and publicity campaigns for the Summer 2016 Sierra Madre Shakespeare Festival.

The Spero Foundation--Support the July 4th Firecracker 5K Fun Run.

About the Sierra Madre Community Foundation:

Sierra Madre Community Foundation (SMCF) is a charity singularly devoted to Sierra Madre. SMCF solicits donations to enhance our community by making direct grants, both large and small, to worthy people and organizations that might otherwise be overlooked and also assists other community groups in collecting and distributing funds for programs which help make Sierra Madre the unique community that it is. To apply for a grant, visit sierramadrefoundation.org.

SIERRA MADRE HONORS ITS VOLUNTEERS AT ALVERNO HEIGHTS ACADEMY

By Bill Coburn

On Friday at the beautiful Villa del Sol d'Oro on the campus of Alverno Heights Academy, the City paid tribute to its outgoing Commissioners, volunteers, employees and local organizations that contribute to making the City the great place to live that it is. Mayor Gene Goss also recognized outgoing City Manager Elaine Aguilar, Public Safety Director Larry Giannone and Public Works Director Bruce Inman and thanked them for their years of service to the City. Mezzo Soprano Suzanna Guzman was again the Mistress of Ceremonies, and food was provided by Corfu.

The evening had a baseball theme, in recognition of the City's One Book, One City selection of The Natural, and Guzman took advantage of the theme to lead the crowd in a chorus of "Take Me Out To The Ballgame." Each attendee received a box of Cracker Jacks, there were Baby Ruth candy bars on the tables, and Guzman, who recounted having sung the national anthem at Dodger Stadium to begin the game three times (two wins and a loss), also kept the crowd apprised of the Dodger score throughout the night.

But the real reason everyone was there was to pay tribute to those who contribute to our City. Recognized for their service were:

Outgoing Commissioners Ken Goldstein of the Planning Commission, Darlene Mathieson and George Siberell of the Community Services Commission, Dorothy Jerneycic, Pat Alcorn and Amy Putnam of the Senior Community Commission, and Glenn Putnam of the Library Board of Trustees.

Award winners honored were Erica Whiting, the Community Youth Services Award; Daniel Rodriguez, Public Service Award; Officers Henry Amos and Ken Berry, Corporal Charles (Chuck) Kamchamman, Sergeant Edward Delcours and Sergeant Ruben Enriquez, the Public Safety award; The Spero Foundation, Wistaria Award; and Robert (Rob) Stockly, the George Maurer Lifetime Achievement Award.

While much has been said of the recent re-staffing of the Police Department with a large percentage of new officers, Guzman pointed out that the five officers honored with the Public Safety Award represented 90 years of service to the City between them, ranging from 12 to 24 years each.

Congratulations to the awardees, and thank you for your service to all of the honorees.

DO NOT DISTURB THE BEARS .... MATING SEASON!

Earlier in the week, Sierra Madre resident Dan Richman was hiking north of Bailey Canyon when stumbled on what has been reported as bears about to engage in their mating ritual. As reported by numerous news sources, including the SMPD and the State Fish and Wildlife officials, Richman was walking on a trail about two miles north of Bailey Canyon Wilderness Park near George's Cabin when a bear appeared ahead of him and stood on its hind legs. Richman said he then turned around to leave and saw a second bear, which attacked.

Department of Fish and Wildlife spokesman Andrew Hughan said in an email that a game warden believed the bears "may have been a mating pair that was interrupted."

"The hiker probably just surprised the bears and they reacted the way an animal with teeth and claws does, attack," Hughan said.

The bear eventually lost interest and walked away. Richman was hospitalized with puncture wounds, deep scratches and bruises. Hughan said it didn't appear Richman did anything to provoke the attack.

Word spread quickly throughout the community as reports of people being attacked by local bears is unheard of. Residents, after noting that Richman

would recover from his injuries were then concerned that the bear would be euthanized if found.

Immediately following the incident, Director of Public Safety, Larry Giannone issued the following statement:

"There has been a lot of reaction to the bear attack yesterday which occurred north of Bailey Canyon Park and the misinformation that the Police Department is out to kill the bear. I would like to clarify the circumstances surrounding this incident. The Police Department was involved only to provide safety information to the community and to protect our safety personnel as they traveled the trails to see if there were any other victims. This incident took place several miles north of the City limits up in the jurisdiction of the U.S. Forest Service. Since the attack involved wildlife and occurred within the Federal jurisdiction the Department of Fish and Wildlife were called in to ultimately take charge of the investigation. The Department of Fish and Wildlife are governed by their policies and procedures on how to deal with a wildlife animal that has attacked a human being. The City of Sierra Madre, the Police Department, nor the Police Chief are directing anyone to harm or kill the bears in the area. We have no say so in how the members of the Fish and Wildlife handle their investigation. Our duty is keep our community members safe and informed of these incidents such as the one yesterday. Thank you for your understanding, we realize what a delicate situation this is for all." At press time, the bear had not been located.

REMEMBRANCES

BELOVED SIERRA MADRE BUSINESSMAN PASSES AWAY

EDWARD "RUIZ" KALADJIAN

May 21, 1950 - October 4, 2016

In loving memory of Sierra Madre local Edward "Ruiz" Kaladjian.

Born May 21, 1950 in Armenia, Edward came to America and began his renowned shoe repair business known as "Ruiz's Shoe Repair". Edward was very loved and respected in the Sierra Madre community and it was always in his nature to do more for others than himself. It is with great sorrow to announce that we have lost such an amazing and giving soul on the morning of October 4th, 2016. Edward will always hold a special place in all our hearts and we will all miss him dearly.



JAMES " JIMMY" DUKE

Long time Sierra Madre resident James " Jimmy" Duke passed away August 1.

Jim had worked at the Jet Propulsion Lab in Pasadena for many years. He was also an incredible artist and photographer.

Jim called Sierra Madre home for over 40 years.

He was a kind, gentle soul with a dry sense of humor. Jim never complained and was always there for anyone in need. Jim loved the beauty in life and it showed in his art and photography.

He loved music, art, animals and his garden. He was a good friend to so many of us. He was a true Sierra Madre citizen and loved his friends and family.

We all loved him back!



YOUR VOTE MATTERS!

On Tuesday, October 18th, The Pasadena Chapter of the League of Women Voters will present an overview of the statewide measures on the ballot November 8th. This election there are 18 initiatives on the ballot. The League will help attendees with questions they may have such as what a Yes vote means or what a No vote means, along with the arguments for and against each measure.

The Event will be held at The Lodge (formerly the Masonic Temple), 33 E Sierra Madre Blvd., Sierra Madre.

Lunch (\$10) will begin at 11:30 and the Forum (Free) will start at noon. If you wish to attend, please leave a message at 626-355-0728.

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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 25, 2016  
6:30 pm

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

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

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

Your event must:

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

Just write a Public Service Announcement that describes your event and e-mail it to [radio@cityofsierramadre.com](mailto:radio@cityofsierramadre.com).



### SIERRA MADRE CITY MEETINGS

*Regular City Council Meeting*  
Tuesday, October 25, 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](mailto: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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- 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

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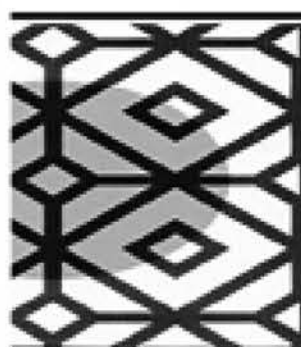
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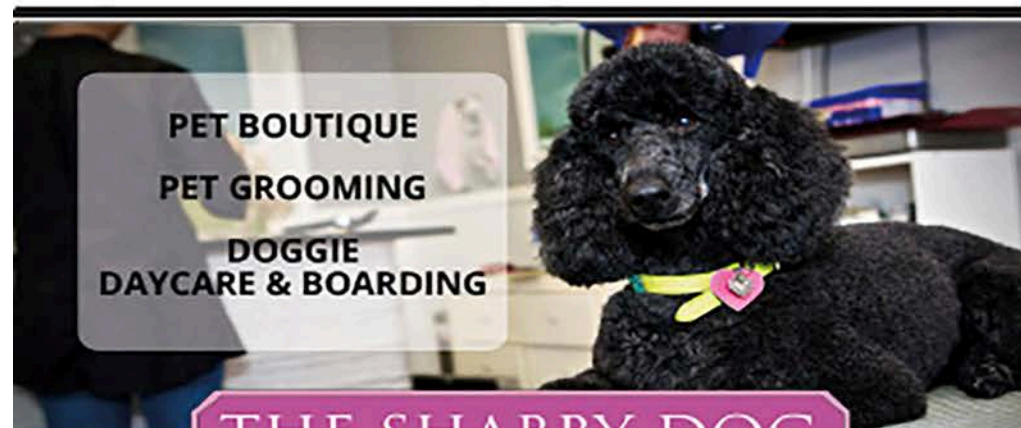
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## Local Area News Briefs

**Claim filed, names of officers released, involving man killed with Taser**

Attorney Carree Harper filed a claim of damages last week on behalf of the family of Reginald Thomas who died last month when a Taser was used by Pasadena police after they said he did not comply with orders to put down a knife and fire extinguisher he was carrying.

Police, this week also released the names of the officers who responded to the 911 domestic disturbance call early morning Sept. 30. According to police Michael Orosco, Philip Poirier, Raphael Santiago, Aaron Villacana, Thomas Butler and Robert Griffith were involved.

The family claims negligence, that physical force was used, against Thomas by officers and paramedics.

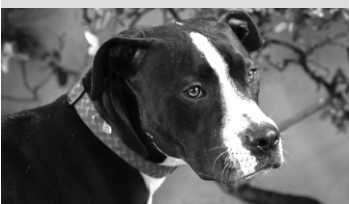
At the time, police said after restraining Thomas, the officers observed him not breathing at which time CPR and life saving measures were used. The Investigation is being led by the Los Angeles County Sheriff's Homicide Bureau

**Man shot by South Pasadena police during standoff**

A mother and daughter escaped to safety Sunday morning, after finding a prowler in their home, a situation that led to a standoff and ended with intruder being shot by officers.

According to police, they were called to a home 1300 block of Huntington Drive Sunday shortly before 4:20 a.m. Police found the two women locked in an upstairs bathroom and the suspect ransacking the lower level of the home. Police shot the man after being confronted. He then barricaded himself in a bedroom and police helped the woman escape out the bathroom window. The suspect was later taken into custody. He was shot in the shoulder.

## Pet of the Week



Frank (A405023) is a goofy 1-year-old, neutered male, black and white pit bull mix. Frank absolutely loves people and gets along great with most other dogs. Frank knows his sit command and waits patiently to get leashed up to go for a walk. Our volunteers report he's an excellent loose-leash walker! This happy-go-lucky boy still has some puppy energy and he's looking for an active home full of toys, treats, and cuddles. Frank's adoption fee is \$125, which includes the neuter surgery, microchip and up-to-date vaccines.

The adoption fee for dogs is \$125 and 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 A405023, 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](http://pasadenahumane.org).

## Former Art Center Vice President New Pasadena Media ED

By Dean Lee

The city's public cable access television station, last week, hired former Art Center Senior Vice President for Real Estate and Operations, George Falardeau, as the new Executive Director /CEO of Pasadena Media. The move ends a 10 month nationwide search to fill the position.

Falardeau had also served as the station's board president from July 2014 to July 2015.

"As former chair of Pasadena Media, I got a flavor of how exciting this place really was," he said. "If you look at my background, I've always been heavily involved with the community... It's a job some people might think I'm over qualified for but I'm uniquely qualified at this time for this job, leading this organization into the future."

Falardeau said, before Art Center, he worked 25 years at NBC, "When I was there I was an award winning cameraman, technical operations manager, I was director of planning



George Falardeau photo D. Lee/MVNews

and studios, when I left I was Vice President of West Coast Facilities."

He officially signed an employment agreement with Pasadena Media, during the Pasadena Community Access Corporation board meeting Oct 4, for just over \$102,000 a year. Falardeau started the job without delay.

Although the PCAC board had concern about the salary, including current employee layoffs, they voted in favor of the contract.

"From my understanding there were well over 100 applicants..." Falardeau said. "They got down to two or three candidates and finally picked me, there were really qualified people, this job is about that amount of money, whoever they hired they were going to be in that ballpark."

As director of Pasadena

Media he will oversee all staff, operations and training at the station. With an annual budget of just over \$1 million the station oversees four local television channels: KPAS, Government Access; The Arroyo Channel, Community Access; KLRN, Pasadena Unified's Educational Access and PCCTV, Pasadena City College's Educational Access.

Falardeau replaced former Executive Director Keri Stokstad who left, last year, for a position as TV manager with the City of Santa Monica.

## Forum on Dealing with Bears, Coyotes and Bobcats

Join Assemblymember Chris Holden in partnership with the California Department of Fish and Wildlife Councilmember Victor Gordo, Vice Mayor Gene Masuda and Councilmember Margaret McAustin for "Living with Urban Wildlife" Community Meeting. Dealing with Coyotes, Bobcats and Bears in your backyard.

Be Aware-Fish and Wildlife experts encourage neighbors to work together to live safely with our wildlife. Find out how in this free public forum.

The City of Pasadena Humane Society, City of Pasadena Department of Public Works and City of Pasadena Police will be available to answer questions.

Tuesday October 18th, 6:30pm at Longfellow Elementary School Auditorium. Located at 1065 East Washington Blvd. Pasadena.

## Free Flu Shot Clinic

Flu season is coming! The Pasadena Public Health Department will sponsor a free flu shot clinic Wednesday, Nov. 2, from 9 a.m. to 2 p.m. at the Pasadena Senior Center, 85 E. Holly St.

The clinic will be free for Pasadena residents over the age of 6 months. Appointment cards are required in advance and are available at the Welcome Desk at the Pasadena Senior Center.

Responsible for 200,000 hospitalizations and 36,000 deaths nationwide each year, influenza (flu) is caused by a virus that affects the entire body and for seniors may cause pneumonia, dehydration and other serious complications.

For more information visit [www.pasadenaseniorcenter.org](http://www.pasadenaseniorcenter.org) or call 626-795-4331.

idea for an installation to convey the "sounds of satellites" is the brainchild of Dan Goods and David Delgado, visual strategists at JPL who commission and create experiences that illustrate, explain, or otherwise demonstrate scientific and technological phenomena.

"We wanted a way to showcase these NASA satellites—to bring them down to Earth, if you will," said Goods. "Orbit is the conduit for that experience, bringing people into contact with the satellites as they move above us in space." The nautilus-shell-shaped sculpture is about 28 feet in diameter and clad in shiny aluminum. It was conceived of and designed by Jason Klimoski and Lesley Chang of the New York design firm StudioKCA and premiered last summer at the World Science Festival in New York City. The installation at The Huntington marks its debut on the West Coast.

Inside the structure is where things get really interesting: as each satellite flies overhead

through space, a corresponding sound is emitted from each of the 28 speakers mounted on the structure's interior wall. Visitors walking into the structure hear a new kind of symphony, with a sound interpreting each of the satellites' various missions: among them a human voice, the crashing of a wave, a tree branch moving, a frog croaking. The "soundscape" was composed by Oakland-based sound artist Shane Myrbeck.

"We are delighted to have Orbit essentially launch this new project focused on artistic collaboration," said Huntington president Laura Trombley. "The Huntington holds important collections on the history of astronomy and aerospace, and certainly JPL figures prominently in both of those narratives. The exhibition marks quite brilliantly the intersection between both institutions and our areas of common interest and endeavor."

For more information visit: [huntington.org](http://huntington.org).

## One City, One Story Selection to Be Revealed

Pasadena Public Library's 15th One City, One Story selection will be announced on Friday, at 6 p.m. in Pasadena's Central Library's Great Hall, 285 E. Walnut St. The event will kick-off the library's ArtNight celebration.

During the presentation, Mayor Terry Tornek and Robert Karatsu, interim director of the Pasadena Library system, will announce the book selection and unveil a poster size version of the book cover.

A 12-member community committee chose the novel. Last year's selection was the novel "Orphan Train" by author Christina Baker Kline. Pasadena's annual community reading celebration is designed to broaden and deepen an appreciation of reading and literature in the community, engage participants in dialogue and bring Pasadenans together



Mayor Terry Tornek

by promoting greater understanding of differing points of view.

Thousands of people read the same book and participate in related events including a conversation with the author, film series, book discussion groups, exhibitions, lectures and other activities.

One City, One Story events will be scheduled throughout March 2017 and feature a community dialog with the author on Thursday, March 2nd.

For more info visit [onecityonestory.com](http://onecityonestory.com).

## Innovate Pasadena to Hold Annual Connect Week

Event Series Gives Startups, Local Innovators and Residents Meaningful Opportunities to Collaborate, Learn and Grow in the Areas of Science, Technology, Design, Entrepreneurship and Astronomy.

Innovate Pasadena, a community organization dedicated to advancing greater Pasadena as a hub of technology and design innovation, presents its third annual Connect Week, a series of independently organized seminars, workshops and social events taking place across the city this week, starting Sunday. Attendees will enhance their innovation and tech savviness by learning more about the latest in design trends, checking out local startups, engaging with top industry professionals and more during #Connect16.

Pasadena, a rich center for tech and design, is powered by a range of thriving industries, including aerospace, biotech, engineering and more. Since its inception in 2014, Connect Week has aimed to shine a spotlight on the energy and excitement of tech advancements in Pasadena's talent base by

giving the community a chance to collaborate and share knowledge, showcase visionary products and discuss new ideas that will further Pasadena's reputation as an innovative authority.

"Pasadena has played and continues to play an important role in shaping the future of our world when it comes to technology and new discoveries. From talent of the past like Einstein who studied at Caltech, to top companies shaping our future like Jet Propulsion Laboratory, XI Technologies and more, we take pride in the great roster of talent our city has to offer," said Mike Giardello, president of Innovate Pasadena. "And that's what Connect Week is all about -- helping Pasadena stand out as SoCal's premier tech and innovation hub all while strengthening our local collaborative community."

Connect Week programming is organized into four tracks: design, science, entrepreneurship and technology. This year, Innovate Pasadena will add a fifth track in honor of "Astronomy Week" to celebrate Pasadena's position as a world leader for telescopic celestial discovery and robotic space science.

## 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.

**Smart Phones, Tablets and Computers – Any Questions?**

**– Tuesdays and Thursdays, to Oct. 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. 21: "The King's Speech" (2010, R) starring Colin Firth and Helena Bonham Carter. George VI of England unexpectedly ascends to the throne and is helped by a therapist to overcome a speech impediment. Based on a true story.

**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.

**Managing Arthritis – Thursday, Oct. 20, at 10 a.m.** Learn about arthritis, a condition that takes more than

100 different forms and affects people of all ages. Explore diagnosis, basic facts, pain relief and common types such as osteoarthritis and rheumatoid arthritis. Presented by Arthritis Foundation.

**Health Fair – Friday, Oct. 21, from 9 to 11 a.m.** Services include glucose, varicose vein, vascular health, blood pressure and hearing screenings as well as counseling and health/community resources. Bring your list of medications, doctors and emergency contacts for a free personal identification card sponsored by New York Life. For more info call 626-685-6755.

**Medicare Resource Fair and Presentation – Wednesday, Oct. 26, from 9 a.m. to 1 p.m.** Open enrollment for Medicare is Oct. 15 to Dec. 7. Get the information you'll need to make informed decisions about medical and prescription plans that are best for your needs. Representatives from a variety of health care plans will be on hand to provide information and answer questions about Medicare plans and services and help you compare plans all in one place. At noon a one-hour presentation on Medicare program issues and upcoming changes for 2017 will be presented by Center for Health Care Rights. Although reservations are not required, a boxed lunch will be provided to the first 50 people who have called 626-795-4331 to confirm their attendance.



# ARCADIA

Sierra Madre

Arcadia

Pasadena

Altadena

Monrovia

## ARCADIA’S BOND RATING RAISED TO HIGHEST POSSIBLE AAA RATING

ARCADIA, Calif. --- The City of Arcadia has secured the coveted AAA bond rating from Standard & Poor’s (S&P) with the outlook for the City as “stable.” The rating increase from AA+ to the highest rating of AAA is a reflection of Arcadia’s strong economy, budgetary performance and flexibility, and liquidity, but namely strong management, and solid financial practices and responsibility by City leaders.

“Our bond rating increase to an AAA rating, the highest rating possible, is evidence of our exceptional budgetary planning and solid financial management that has always set Arcadia apart from other organizations,” said Mayor Tom Beck. “We are looking to the future and making sure we have the resources available for what may come up unexpectedly, but at the same time, we thoughtfully consider how we spend those resources on a daily basis to make Arcadia the best community in which to live and do business.”

“Similar to an individual’s credit score, a bond rating measures the City’s ability to repay its debt. To receive AAA rating from S&P, typically given to the likes of U.S. Treasury Bonds, reflects a view that Arcadia has a very strong economy, improved property wealth, and strong management with good financial policies and practices,” said

Administrative Services Director Hue Quach.

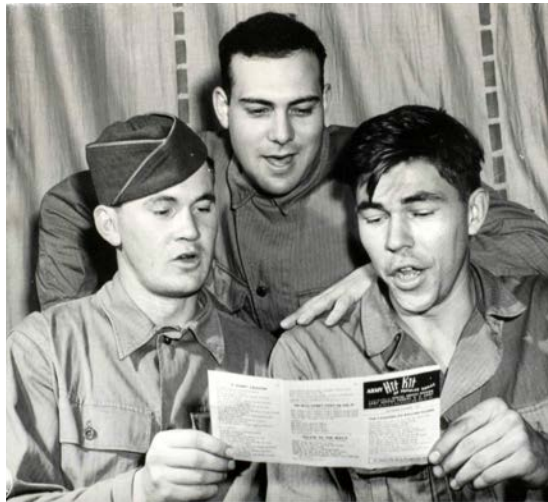
Bond ratings are a method of evaluating credit risk and the City’s ability to meet its financial obligations. The higher rating would allow Arcadia to borrow at lower interest rates which could potential save the City money in future borrowing costs. In the past, the City has issued bonds to finance the Police Department Headquarters in 2001 and the Santa Anita Bridge project in 2012. The bonds are repaid through property taxes.

About the City of Arcadia

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

## MUSICAL TRIBUTE TO SONGS OF WORLD WAR II

Arcadia Senior Services will be presenting a lecture that includes a special salute to the veterans of all wars, “Sentimental Journey, the Songs of World War II”. This patriotic musical program will be on Tuesday, November 1, 2016 at 1:15pm. The lecture will take place at the Arcadia Community Center, 365 Campus Drive, Arcadia. Larry Maurer, musical historian from Timeless Melodies Foundation for Education will be the guest speaker. The program will highlight songs during World War II. Larry will review ballads, novelty tunes and sentimental songs including: This is the Army, Praise the Lord (and Pass the Ammunition), White Christmas and more. Tickets are \$3 and can be purchased at the Arcadia Community Center. This event is for individuals age 50 and over. For additional information please call Arcadia Senior Services 626.574.5130.



# MONROVIA - DUARTE

Sierra Madre

Arcadia

Pasadena

Altadena

Monrovia

## HISTORIC MONROVIA



The last Narrated Tour of Historic Monrovia of the series, will be on October 16. It will feature the ‘Spence Addition’, Mayflower Village, the Santa Fe Historic Depot, and many other sites!

There are only a few tickets left, so contact the Community Center at 626.256.8246 for more information today!

## COMMUNITY INVITED TO CELEBRATE ST. LUKE’S 125TH ANNIVERSARY ON OCTOBER 22

“A Fall Festival Feast & Concert” to feature reception and two choirs

Monrovia, CA, October 13, 2016 — The Parish of St. Luke – the Physician Episcopal Church, Monrovia, invites its to join the parish for a catered reception and concert on Saturday evening, October 22 — the weekend following the Feast of St. Luke. The celebration honors St. Luke’s 125 year history here in Monrovia and will highlight its many community partners who serve and enrich its beloved city. The church is located at 122 S. California Ave. at Foothill Blvd.

Requested contribution for the 5:30 p.m. reception is \$20. Admission to the 7:30 p.m. concert is \$20 for adults, \$15 for seniors and students.

The St. Luke’s Choir will join the church’s resident San Gabriel Valley Choral Company for the evening’s concert, which will feature a presentation of the SGVCC’s “Haunting Harmonies, music that is humorous, haunting, harmonious and healing.” Further information at email@trishgresham.com or 626 357-7071.

A Brief History of St. Luke’s

St. Luke’s, then the Church of Our Savior, was the first

Episcopal Church in the San Gabriel Valley, established as a mission in 1868. Its Rector performed the first service in Monrovia on October 12, 1890. Because the following Saturday was St. Luke’s Day, the organizers decided to name the new mission St. Luke’s Mission. The first regular service was conducted the following January in a rented room at Myrtle and Palm Avenues.

The current 1924 church is the second one built by St. Luke’s. The first, located on Myrtle Avenue, was completed in 1907, shortly before the mission was granted Parish status by the Diocese of Los Angeles. The present building, designed by noted architect Carleton M. Winslow, was dedicated in 1926. Its elegant Romanesque architecture, graceful tower and profusion of stained glass windows make it a Monrovia treasure.

Today, St. Luke’s Episcopal Church is an inclusive place of worship that welcomes all to its community. Eucharist services are held on Sundays at 8 a.m. and 10 a.m. and Wednesdays at 12:10 p.m. The Reverend Neil Tadken is Rector. For more, visit saintlukesmonrovia.org.

## ARCADIA POLICE BLOTTER

*For the period of Sunday, October 2nd, through Saturday, October 8th, the Police Department responded to 902 calls for service of which 131 required formal investigations. The following is a summary report of the major incidents handled by the Department during this period.*

**Sunday, October 2:**

Shortly before 1:04 p.m., officers responded to Sephora, 400 South Baldwin Avenue, regarding a robbery report. Surveillance footage revealed the suspect selected numerous items of makeup before exiting the store, failing to make payment. When approached by the loss prevention specialist, the suspect pushed the LP specialist and fled on foot. Officers located the 25-year-old male from Highland, arrested him, and transported him to the Arcadia City Jail for booking.

**Monday, October 3:**

At about 11:20 a.m., an officer responded to an apartment complex in the 700 block of Southview Road regarding a commercial burglary report. The officer determined an unknown suspect forced open the door to the laundry room and broke the change drawer in order to steal approximately \$150 in quarters. No suspects were seen and no witnesses were located.

At approximately 1:27 p.m., officers responded to L.A. Fitness, 1325 South Baldwin Avenue, regarding an activation of an Arcadia Police Department GPS tracker. Arcadia PD detectives had previously deployed decoy bicycles to combat the increase of stolen bicycles throughout the city. Officers determined an unknown suspect stole both tires and rims and left the frame of the bike secured to the bike rack. The suspect was gone by the time officers arrived.

Just after 2:06 p.m., officers responded to the area of Santa Anita Avenue and Colorado Boulevard regarding the Automated License Plate Reader (ALPR) notification of a stolen vehicle. A records check of the driver revealed the 42-year-old male was on felony probation for grand theft. An investigation revealed the vehicle was stolen from the City of Diamond Bar. Inside the vehicle was an array of stolen property from residential burglaries that occurred throughout the Diamond Bar area. Officers also located methamphetamine and smoking pipes inside of the vehicle. The driver and the 37-year-old female from La Puente were arrested and transported to the Arcadia City Jail for booking.

**Tuesday, October 4:**

Around 6:26 a.m., an officer noticed a smashed front window at the Dumpling House, 921 South Baldwin Avenue. The officer discovered unknown suspect(s) broke the front window and stole the cash register containing approximately \$500. No suspects were seen and no witnesses were located.

Just before 6:45 a.m., an officer responded to the Church of the Good Shepherd, 400 West Duarte Road, regarding a commercial burglary report. The officer discovered an unknown suspect used a grinder to cut the lock to a storage container before they fled with more than \$6,000 worth of hand tools. No suspects were seen

and no witnesses were located.

**Wednesday, October 5:**

Shortly after 9:06 p.m., an officer responded to a residence in the 00 block of West Naomi Avenue regarding a burglary report. An investigation revealed unknown suspect(s) smashed the rear glass door of the residence and fled undetected. The loss is unknown at this time as the owners are out of town. The investigation is ongoing.

**Thursday, October 6:**

At approximately 11:50 a.m., an officer responded to Rite Aid, 165 East Foothill Boulevard, regarding a theft report. Witnesses reported the suspect jumped over the pharmacy counter, stole a bottle of prescription cough syrup, and fled to an awaiting sedan.

The suspect is described as a white male, between the ages of 15 and 16-years-old, and he was accompanied by an accomplice described as a white juvenile male. The investigation is ongoing.

**Friday, October 7:**

Around 2:00 a.m., an officer conducted a traffic stop on a vehicle in the area of West Duarte Road and Holly Avenue for speeding. Upon contacting the driver, the officer detected a strong odor of alcohol emitting from the driver. The driver refused to submit to the Standardized Field Sobriety Tests (SFST’s) and instead told the officer to arrest him due to his extreme level of intoxication. The 38-year-old male from Monrovia was arrested and transported to the Arcadia City Jail for booking.

Just before 3:59 p.m., an officer responded to the front counter of Arcadia Police Department regarding a fraud report. The officer discovered an unknown suspect called the victim, told her she owed back taxes to the IRS, and stated the victim needed to pay more than \$6,000.00 or she would be arrested. The victim followed the suspect’s instructions in obtaining \$6,350 in gift cards from Target and provided the gift card information to the suspect. The victim became suspicious and disconnected the phone call. The total loss was \$2,450.00. The investigation is ongoing.

At 10:45 p.m., officers responded to a solo traffic collision near the intersection of Sunset Boulevard and West Duarte Road. The vehicle was blocking traffic and displayed damage consistent with striking a red curb. The driver was located and exhibited signs of intoxication. The driver refused to participate in any field sobriety tests. The 38-year-old male from Arcadia was arrested and transported to the Arcadia City Jail for booking.

**Saturday, October 8:**

Shortly after 1:30 p.m., an officer responded to Pavilions, 745 West Naomi Avenue, regarding a theft report. Surveillance footage revealed the victim’s husband dropped her wallet in the grocery store and the suspect picked it up and fled the scene.

The suspect is described as a 55 to 65-year-old female of unknown race, approximately 5’ tall, with a medium build. The investigation is ongoing.

## MONROVIA POLICE BLOTTER

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

**Theft From a Vehicle** October 6 at 9:24 a.m., officers were dispatched to the 1600 block of Alamos Avenue regarding a theft from a vehicle. The vehicle was left unlocked and a skateboard was taken from inside. The investigation is continuing.

**Grand Theft** Auto October 6 at 1:00 p.m., two motorcycles were reported stolen from the 200 block of E. Hillcrest Avenue. The motorcycles were stolen from the side of victim’s home sometime during the week prior. The investigation is continuing.

**Under the Influence of a Controlled Substance / Warrant – Suspects Arrested** October 7 at 2:27 a.m., an officer on patrol observed two subjects in the area of Magnolia and Huntington. One of the subjects was twitching uncontrollably and acting erratic. The officer stopped to check if the subjects were okay. One of the subjects was determined to be under the influence of a controlled substance and the other was found to have a warrant. Both subjects were arrested and taken into custody.

**Grand Theft Auto** October 7 at 4:31 a.m., a vehicle was reported stolen from the 200 block of W. Lemon. The vehicle is a 1991, brown Honda Civic. The vehicle was entered into the law enforcement stolen vehicle database and the investigation is continuing.

**Vehicle Burglary** October 7 at 7:18 a.m., officers responded to the report of a vehicle burglary in the 700 block of S. Primrose. The victim parked and locked her vehicle in front of her residence in the evening. When she returned the next morning, she found her purse and a pair of sunglasses had been taken from her vehicle. It is unknown how the suspect gained entry. The investigation is continuing.

**Grand Theft Auto** October 7 at 8:39 a.m., a vehicle was reported stolen from a business parking lot in the 3300 block of Peck Road. The victim parked his 1994, black/gray, Honda Civic in the parking lot at 7:00 a.m. and went into the business. When he returned at 8:30 a.m., he discovered his vehicle had been stolen. The vehicle was locked. The investigation is continuing.

**Grand Theft Auto** October 7 at 10:08 a.m., a vehicle was reported stolen from a business parking lot in the 200 block of Kruse Avenue. The victim parked his white, 1994 Honda Accord in an employee parking lot at 7:00 a.m. and went into the business. When he returned at 10:00 a.m., he discovered his vehicle had been stolen. The investigation is continuing.

**Vehicle Burglary** October 7 at 10:11 a.m., an officer responded to a business parking lot in the 200 block of Kruse Avenue regarding a vehicle burglary. The victim parked and locked their vehicle at 5:45 a.m. The windows were rolled down a couple of inches due to the hot weather. When the victim returned to the vehicle at 8:00 a.m., the driver-side door was unlocked and ajar. A cell phone and stereo were taken from the vehicle. It appears the suspect gained entry through the partially rolled down windows. The investigation is continuing.

**Petty Theft** October 7 at 10:33 a.m., an officer was dispatched regarding a petty theft that just occurred at

a business in the 800 block of W. Foothill. Employees reported this was the third theft of their tip jar by the same suspect. Officers checked the area, but the suspect was not located. The investigation is continuing. The suspect is described as a male white, 25-30 years old, wearing a black hat, black shirt and blue jeans. The investigation is continuing.

**Stolen Vehicle Recovered** October 7 at 3:45 p.m., an officer located a parked vehicle in the 200 block of N. Primrose. A check of the license plate revealed it had been stolen the night before. No suspects were located.

**Grand Theft Auto** October 8 at 1:36 p.m., a vehicle was reported stolen from a business parking lot in the 200 block of railroad. The vehicle is a 1990, 4-door, brown Honda Accord. The investigation is continuing.

**Stolen Trailer** October 8 at 6:11 p.m., a car trailer was reported stolen from the 500 block of E. Lemon. The investigation is continuing.

**Vandalism** October 8 at 6:58 p.m., a resident in the 500 block of E. Olive called police to report his truck had been vandalized. The truck was parked on the street and two windows were smashed with a hard object. No suspects were located. The investigation is continuing.

**Petty Theft** October 8 at 7:36 p.m., the manager of a business in the 600 block of W. Huntington called police to report a petty theft that just occurred. The suspect entered the location, selected a video game station and asked the cashier for an additional controller for the game. When the cashier was distracted, the suspect fled the location. The investigation is continuing.

**Domestic Violence** – Suspect Arrested October 9 at 2:33 a.m., a female subject called police to report her husband had battered her. When officers arrived, the husband was detained. The investigation revealed the husband threw a book at the victim and hit her in the face with his hand. The husband was arrested and taken into custody for domestic violence. He was held pending his court appearance.

**Grand Theft From a Vehicle** October 9 at 6:18 a.m., a grand theft from a vehicle was reported in the 300 block of Grand Avenue. The victim left his vehicle unlocked in the driveway of his home. The suspect entered the vehicle and took tools, miscellaneous items, and a briefcase containing a computer circuit board. The investigation is continuing.

**Residential Burglary** October 9 at 10:22 a.m., an officer was dispatched to a residence in the 1700 block of Leafwood on the report of a residential burglary. Neighbors found the front door to the residence open and called police. The resident was not home. The front door was forced open and it is unknown if anything was taken. The investigation is continuing.

**Felony Vandalism** – Suspect Arrested October 9 at 9:52 p.m., a male subject called police to report an unknown female had thrown large rocks at his vehicle, causing approximately \$1,000 in damage. Officers responded and located the female subject inside another vehicle. She was contacted by the officer and the investigation revealed the vehicle she was in did not belong to her. Additional victims of vandalism were located in the area. The female suspect was positively identified by the victim and a witness. The suspect was arrested for felony vandalism and taken into custody.



## TEENS, YOUNG ADULTS PLAN FOR THE FUTURE AT FROSTIG TRANSITION FAIR

Pasadena, CA.—Teen-agers and young adults with special needs and their families are invited to attend The Frostig Center's annual Transition Fair and connect with two dozen local agencies that can help with college, career and independent living.

The event will be held at The Frostig Center on Friday, October 28, 1-3 p.m. Representatives from government and non-profit agencies will be on hand to share information about their programs and answer questions.

"The fair is organized to help young people with learning challenges," said Jennifer Quirina-White, the transition director at Frostig School. "There are many excellent programs that can help teens and young adults succeed after high school, but it can be difficult to track them all down. With the fair, we gather a multitude of agencies under one roof."

The participating organizations include a half dozen local community colleges and Landmark College, a Vermont school that serves students with dyslexia, ADHD, autism spectrum disorder and other learning challenges.

Other organizations specialize in career readiness and vocational education. These include Exceptional Minds, Best Buddies, Tierra del Sol Foundation, Life Development Institute and East San Gabriel Valley Regional Occupational Program.

The Frostig Center is a non-profit organization that is dedicated to improving the lives of children with learning differences through an integrated program of research, professional development and community outreach, and Frostig School. The school serves children in grades 1-12 who have learning differences. For additional information, call (626) 791-1255 or visit our website at [www.frostigschool.org](http://www.frostigschool.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](mailto:jfanara@alvernoheights.org)

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

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

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

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

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

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

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

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

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

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

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

Pasadena High School  
2925 E. Sierra Madre Blvd. Pasadena, Ca.  
(626) 396-5880 Principal: 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](http://www.st-rita.org)

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

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

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

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

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

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

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

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

## ACTING UP!

Performing Arts Workshops for Kids and Teens

### New Fall 2016 Classes!

After a GREAT summer production we're ready for Fall classes to begin.  
Check out the schedule and register early so you don't miss out.

Sept 13 – Nov 18 (10 weeks)

### Drama & Musical Theatre

**SCENE IS BELIEVING** (Ages 11-18)  
Tuesdays 6-7:30 pm

In this scene study course, we will use contemporary dramatic and comedic material to build character development and acting technique.

**HAIR TO HAMILTON** (Ages 11-18)  
Thursdays 5:30-7:30 pm

We'll explore songs from current musical hits such as Hair, Rent, Spring Awakening, and the hottest show in town, HAMILTON!

### Acting & Singing

**JR. SHOWSTOPPERS** (Ages 5-7) **SHOWSTOPPERS** (Ages 8-10)  
Thursdays 3:45-5:15 pm Tuesdays 4-5:30 pm

This is a combined musical theatre and scene study class. We will rehearse show-stopping production numbers and develop your acting technique with dynamic theatre scenes.

### Dance

**FUN & FUNKY DANCE**

3:30-4:30 pm (Ages 5-7) | 4:30-5:30 pm (Ages 8-10)  
5:30-7 pm (Ages 11-18)

Develop coordination and rhythm in this upbeat and fun dance class

The Final Showcase will be on  
Thursday, Nov. 17<sup>th</sup> and  
Friday, Nov. 18<sup>th</sup> at 7 pm.

Classes held in Gates Hall at The Frostig Center, Pasadena, California

For more information and to register

**ActingUpWorkshops.com or 626.325.3018**

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TABLE FOR TWO by Peter Dills  
thechefknows@yahoo.com

request, considering that there are hundreds of wineries in California. They say that life is a cabaret; I'd like to add cabernet to the mix. The 2012 Toasted Head is from the Yolo region(great area for Tomatoes), which covers Mendocino to Sonoma and Napa, and this is where R.H. Philips Vineyards calls home. The area has a relatively mild climate with predictable heating and cooling. The 2012 season in Mendocino County turn out to be a very good year - so good that Toasted Head didn't have to source too many of its grapes. I found the taste to be soft, even pleasant, with likeable tannins and hint of spice, and appreciated the cedary notes from the oak aging. The rich fruit and the bear on the label might detour some, but for \$10 it's a winner, and if you're a fan of old world reds, you'll like this red. Feel free to put it in a brown paper bag when going to a tasting party - I promise that your friends will enjoy it. No matter the cost of wine if you like it, enjoy it and share with friends. This cab is ready to drink now. It's a perfect BBQ wine. Roast up some sweet peppers or BBQ shrimp, or take it to a drive in movie. Yum !!!

When someone uses the term “old world” with regard to wine, they are referring to wines made in countries that are considered the birthplaces of wine, basically Europe and the Middle East. It's usually a bit lower in alcohol content, in this case at 13.5%

Dills Score

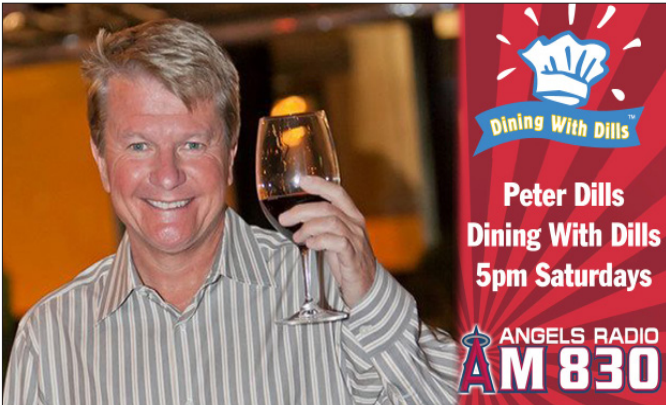
Each week I will give you my Dills Score. I start with a base of 50 points, and add points for value. For this wine, I added 8 points for color, 8 points for aroma or “nose”, 8 points for taste, 8 points for finish, and 9 points for my overall impression, which includes my value rating.

Total Score 89

Retails for \$15.00, on sale for around \$10 at area markets  
Follow me on twitter kingofcuisine and make sure you listen to my radio show every Saturdays at 3 pm KLAAM 830

THE PERFECT TAILGATING WINE

My search for California Cabernet wines in the \$10 range continues. It seems like a reasonable



FOOD AND DRINK

Julie’s favorite family Recipes  
PUMPKIN SQUARES

INGREDIENTS

- Bars:  
4 eggs  
1 2/3 cups granulated sugar  
1 cup vegetable oil  
15 -ounce can pumpkin  
2 cups sifted all-purpose flour  
2 teaspoons baking powder  
2 teaspoons ground cinnamon  
1 teaspoon salt  
1 teaspoon baking soda  
Icing:  
8 -ounce package cream cheese, softened  
1/2 cup butter or margarine, softened  
2 cups sifted confectioners' sugar  
1 teaspoon vanilla extract

DIRECTIONS

Preheat the oven to 350 degrees F.  
Using an electric mixer at medium speed, combine the eggs, sugar, oil and pumpkin until light and fluffy. Stir together the flour, baking powder, cinnamon, salt and baking soda. Add the dry ingredients to the pumpkin mixture and mix at low speed until thoroughly combined and the batter is smooth. Spread the batter into a greased 13 by 10-inch baking pan. Bake for 30 minutes. Let cool completely before frosting. Cut into bars.

To make the icing: Combine the cream cheese and butter in a medium bowl with an electric mixer until smooth. Add the sugar and mix at low speed until combined. Stir in the vanilla and mix again.

Spread on cooled pumpkin bars.  
Recipe courtesy of Patty Ronning as adapted by Paula Deen

HEALTHY LIFESTYLES

THE JOY OF YOGA

HIT THE RESET BUTTON



FUN time are vital to happiness. There comes a moment of saturation -- aka stress -- in living and working. A wise person builds fun and relaxation into their schedule to steer clear of reaching the point of no return and saying, “Ahh...I can't take it anymore!” It is hard to get off the hamster wheel, so here are a few tips for hitting the all-important reset button for mind, body, and perspective.

First, take time to unplug. In yoga, we could relate this to pratyahara or withdrawal of the senses. The mind cannot settle when it's pulled in multiple directions. What we see, hear, feel and taste affects us. To practice withdrawing the senses, find a quiet place to be for a while, close the eyes, and just concentrate on the breath. Consciously, hear the sound of the breath as you smooth it out. This action alone significantly changes the inner

landscape.  
Next, do something for your body that will contribute to your well-being. This could be going to a yoga class, going for a walk, making a healthy meal, or visiting your local wellness professional for a service. Action will change your energy. Think of it as TLC for you. If you're in a deep rut, this could be hard. Do it anyway. Changing your prana, or vital life force energy, changes your perspective of the world. Positivity and inspiration will usually slip in.

Last, have fun! Spend time with someone you love and have a good time together with laughs included. Connecting with others nourishes us spiritually. Meet up, attend yoga, and make your next date for spending time.

Love and Namaste,  
see you in class!  
Keely Totten

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## HOW MUCH DOES A FUNERAL COST?

Dear Savvy Senior,

How much does an average funeral and body burial cost? I need to make funeral arrangements for my aunt, who's terminally ill, and would like to have a cost idea going in so I can plan and budget appropriately.

The Executor

Dear Executor,

It definitely pays to know what charges to expect when pre-planning a funeral. Most people don't have a clue, and can often be upsold thousands of dollars worth of extra services you may not want or need. Here's a breakdown of what you can expect.

#### Funeral Prices

The first thing you need to be aware of is that funeral costs will vary considerably depending on your geographic location, the funeral home you choose and the funeral choices you make. With that said, here's a breakdown of what an average funeral costs, nationwide, according to recent data from the National Funeral Directors Association.

Professional services fee: This is a basic non-declinable fee that covers the funeral provider's time, expertise and overhead. \$2,000

Transfer of the remains: This is for picking up the body and taking it to the funeral home. \$310

Embalming and body preparation: Embalming is usually mandatory for open-casket viewing, otherwise it's not required unless the body is going to be transported across state lines. Embalming costs \$695. Other body preparations, which includes hairdressing and cosmetics runs \$250.

Funeral viewing and ceremony: If the viewing and funeral ceremony is at the funeral home, you'll be charged for use of the chapel and any necessary staff. Costs: \$420 for viewing, and \$495 for funeral ceremony.

Metal casket: This is a big money maker for funeral homes, with markups of up to 300 percent over the wholesale price. \$2,395.

Funeral transportation: Use of hearse and driver \$318 to transport the body to the cemetery. Use of a service car/van \$143.

Memorial printed package: This includes printed programs and memorial guest book. \$155.

In addition to these costs, there are a number of other related expenses such as flowers for the funeral (around \$200 to \$400), the newspaper obituary fee



(\$100 to \$600 or more), the clergy honorarium (\$200 to \$300) and extra copies of the death certificate (\$5 to \$35 per copy depending on the state).

And, a number of large cemetery costs like the plot or mausoleum fee, the vault or grave liner that's required by most cemeteries, and the opening and closing of the grave, all of which average between \$2,000 and \$4,000; and the gravestone, which typically costs between \$1,000 and \$3,000.

All told, the average cost of a total funeral today is around \$11,000 or more.

#### Ways to Save

If you aunt's estate can't afford this, there are ways to save. For starters, you should know that prices can vary significantly by funeral provider, so it's wise to shop around.

If you need some help finding an affordable provider, your area funeral consumers alliance program may be able to refer you. See Funerals.org/local-fca or call 802-865-8300 for contact information.

There are also free websites you can turn to, like Parting.com that lets you compare prices, and FuneralDecisions.com that will provide estimates from local funeral homes based on what you want.

When evaluating funeral providers, be sure you get an itemized price list of services and products so you can accurately compare and choose what you want.

But, the most significant way to save on a funeral is to request a "direct burial" or "direct cremation." With these options your aunt would be buried or cremated shortly after death, which skips the embalming and viewing. If she wants a memorial service you can have it at the graveside or at her place of worship without the body. These services usually run between \$600 and \$2,000, not counting cemetery charges.

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.

## HOW TO STRENGTHEN YOUR IMMUNE SYSTEM

Arcadia Senior Services in partnership with the Parkinson Support Group is having a free informational presentation on Friday, October 21, 2016 at 1:30pm. The health seminar will take place at the Arcadia Community Center, 365 Campus Drive, Arcadia. Guest speaker, Dr. Cathryn Hu, OMD will give helpful information regarding how to boost your immune system for the upcoming cold and flu season. Some of the topics she will discuss are: what is your immune system, how to tell if my immune system is not strong enough, what are immune diseases, and how to improve your immune system through diet, vitamins and herbs. If interested in attending, please call Arcadia Senior Services 626.574.5130. This program is for individuals age 50 and over.

About the City of Arcadia

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

## 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.

The Kensington of Sierra Madre's

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

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## Looking Up

with Bob Eklund



## PROXIMA CENTAURI: MORE SUN-LIKE THAN WE THOUGHT?

In August, astronomers announced that the nearest star, Proxima Centauri, hosts an Earth-sized planet (called Proxima b) in its habitable zone. At first glance, Proxima Centauri seems nothing like our Sun. It's a small, cool, red dwarf star that's only one-tenth as massive and one-thousandth as luminous as the Sun. However, new research shows that it is Sun-like in one surprising way: It has a regular cycle of starspots.

Starspots (like sunspots) are dark blotches on a star's surface where the temperature is a little cooler than the surrounding area. They are driven by magnetic fields. A star is made of ionized gases called plasma. Magnetic fields can restrict the plasma's flow and create spots. Changes to a star's magnetic field can affect the number and distribution of starspots.

Our Sun experiences an 11-year sunspot activity cycle. At the solar minimum, the Sun is nearly spot-free. At solar maximum, typically more than 100 sunspots cover less than one percent of the Sun's surface.

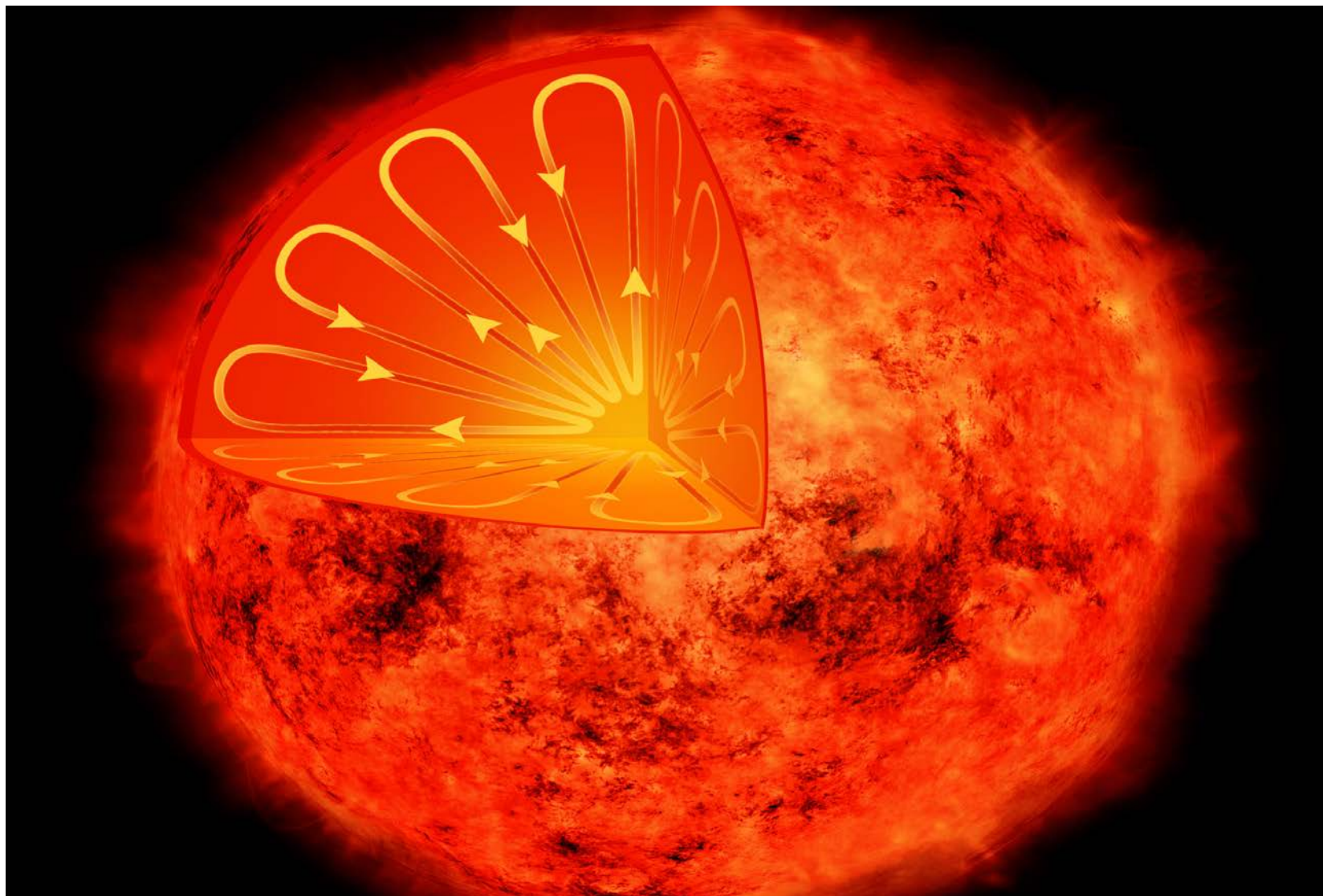
The new study finds that Proxima Centauri undergoes a similar cycle lasting seven years from peak to peak. However, its cycle is much more dramatic. At least a full one-fifth of the star's surface is covered in spots at once. Also, some of those spots are much bigger relative to the star's size than the spots on our Sun.

"If intelligent aliens were living on Proxima b, they would have a very dramatic view," says lead author Brad Wargelin of the Harvard-Smithsonian Center for Astrophysics (CfA).

Astronomers were surprised to detect a stellar activity cycle in Proxima Centauri because its interior is expected to be very different from the Sun's. The outer third of the Sun experiences a roiling motion called convection, similar to water boiling in a pot, while the Sun's interior remains relatively still. There is a difference in the speed of rotation between these two regions. Many astronomers think the shear arising from this difference is responsible for generating the Sun's magnetic activity cycle.

In contrast, the interior of a small red dwarf like Proxima Centauri should be convective all the way into the star's core. As a result, it shouldn't experience a regular cycle of activity.

"The existence of a cycle in Proxima Centauri shows that we don't understand how stars' magnetic



fields are generated as well as we thought we did," says Smithsonian co-author Jeremy Drake.

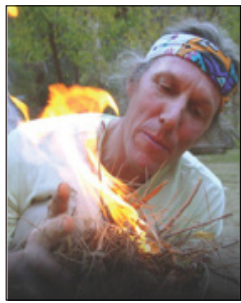
The study does not address whether Proxima Centauri's activity cycle would affect the potential habitability of the planet Proxima b. Theory suggests that flares or a stellar wind, both of which are driven by magnetic fields, could scour the planet and strip

away any atmosphere. In that case, Proxima b might be like Earth's Moon—located in the habitable zone, but not at all friendly to life.

"Direct observations of Proxima b won't happen for a long time. Until then, our best bet is to study the star and then plug that information into theories about star-planet interactions," says co-author Steve Saar.

The team detected the activity cycle using ground-based observations from the AllSky Automated Survey combined with space-based X-ray measurements by several missions, including Swift, Chandra, and XMM-Newton.

You can contact Bob Eklund at: [b.eklund@MtnViewsNews.com](mailto:b.eklund@MtnViewsNews.com).



## CHRISTOPHER Nyerges GROWING THE "LAZY-MAN'S" GARDEN

[Nyerges is the author of "Extreme Simplicity: Homesteading in the City," "How to Survive Anywhere," "Guide to Wild Foods," and other books. He

can be reached at [www.SchoolofSelf-Reliance.com](http://www.SchoolofSelf-Reliance.com).]

Are you like me – a lazy gardener? I'm not really lazy-lazy – it's just that there are so many things in life that require our attention. Still, I marvel at my friends who seem to have all day to create beautiful gardens with beautiful rows with wind chimes and special bricks lining the paths and vegetables that should be on the cover of some magazine. I admire such gardens, but I do not spend the time that it takes to create such showplace gardens, where you can invite friends and community to regale in your productivity.

Nevertheless, I seem to be the type of person who cannot live without a garden. A garden of some sort, even if all the vegetables are in pots and tubs in a tiny back yard. I insist on all organic, and I love variety. And wherever possible, I like to grow those plants that require the least amount of work for the return. Years ago, when I taught an "Integral Gardening" class at a local junior college, students constantly wanted to know why certain plants did not grow well in their yard. They asked about roses, petunias, lettuce, corn, broccoli, and on and on. In general, when they wanted to know why a particular plant did not grow well, I directed them to the Sunset Gardening book where they could analyze their plant. Or I directed them to the Rodale book which shows pictures of which bugs are eating your plants, and which leaf discolorations indicate which mineral deficiencies, or other problem.

However, I always tried to impress upon the student two basic principles of my lazy man's guide to gardening.

One, wherever you live, look at your yard. Each plot of soil is unique because of the slope of the land, the way the sun and wind affect that land, the type of soil, and the types of trees already growing there, such as eucalyptus, for example. Observe what already grows well in your yard. Then, as you begin to plant various herbs and vegetables, you will observe that some do well, and some do not do well. Focus on those which do well. Those that consistently do not grow well in your yard are perhaps not suited for your area.

Second, rather than focus on the specific needs of individual plants, focus always on improving the soil. Quality soil is the basis of good agriculture. Add compost, add earthworms, use mulch, whatever it takes. THE PERENNIAL GARDEN

Over the years, I have encouraged those garden plants that take care of themselves. That means they are hardy, insect-repellant, and mostly perennials.

For those of you who are non-gardeners, an annual plant means you plant it in the spring and it is dead by fall. A perennial means you plant it once and it is like the Eveready bunny-- it just keeps going and going, year after year. I love perennials, especially if it is a plant that I enjoy eating.

When I first began gardening at my parents' home many years ago, I grew Jerusalem artichokes. These are sunflowers which are native to eastern North America. They produce volumes of underground tubers, which are good raw, or cooked like potatoes. Unless you have lots of gophers, most anyone can grow Jerusalem artichokes, also called sunchoke.

Potatoes are easy to grow. I usually take potatoes

from the store which have sprouted, and then plant them in a big mulch pile. They grow and grow, and when they die back, you dig into the pile and harvest the big potatoes. You keep the little ones in the ground and so the potato patch continues to grow, year after year.

Onions are another easy crop which is easy to grow, and they are perennial if you only pinch off the greens and leave the roots for multiplication. In fact, when left in the ground, onion bulb multiply every season, and you can separate them to increase the size of your onion patch. You can eat some of the bulbs when you do this division. A benefit of onions is that they tend to be highly insect-resistant for the garden. Any members of this family can be grown likewise: onions, chives, leeks, etc.

Swiss chard was one of the first plants I used to grow in my garden. Though not technically a perennial, the plant will readily produce seed and reseed itself if you leave a few plants growing each season. Though the subsequent seasons will produce smaller leaves, you can still create an endless source of the chard leaves.

One of my favorite experiments in gardening was with New Zealand spinach. I originally dug up a small plant on the fringe of a beach near Malibu, and planted it in the hillside garden. This is a constantly sprawling perennial plant, and over the course of several years, it covered at least a thousand square feet in a succulent, edible groundcover. Unlike regular garden spinach (which is an annual), New Zealand spinach leaves can be harvested year-round, a little here, a little there. It is even tastier than regular spinach, and can be added to salads, soups, sandwiches, stews.

My aunt and uncle in Ohio introduced me to the asparagus plant, which is a beautiful ferny plant most of the year, producing little red (not-edible) fruits in the fall. In the spring, the rootstock of the asparagus produces the young shoots, which you cut and eat. And guess what? Once you have a good productive rootstock of asparagus, it will produce shoots for about 50 years! That's a great lazy-man's garden plant.

This just scratches the surface of the plants to grow in a perennial garden. If you have questions, please write to me c/o this paper.



## OUT TO PASTOR

A Weekly Religion Column by Rev. James Snyder

## WHERE HAVE ALL THE CLOWNS GONE?

The Gracious Mistress of the Parsonage and I were getting ourselves situated in the living room with some after supper coffee while watching the little bit of TV. These days, a little bit of TV is about all a person can handle.

Nothing quite measures up to a nice hot cup of coffee after a scrumptious supper and if anybody can scumpturize a supper, it is the Gracious Mistress of the Parsonage. Every once in a while she will point out the fact that I am not as skinny as I once was. My response to her is simply this, "It's your fault for being such a wonderful cook."

That stops the conversation; she smiles, sits back and thinks about what I just said. I sit back and smile thinking that I have gotten out of another bit of a pickle.

It is very hard to keep up with the news today because we have such technology that whatever happens anywhere in the universe we have an immediate story about it.

I do not know about anybody else, but I am just a little bit tired of the news these days. My wife and I were shocked this week to see a news report about, of all things, clowns. These clowns, so the reporter went on, were scaring people and committing crimes like robbery. Really?

Then they had some footage of somebody dressed up as a clown, frightening people and threatening to do bodily harm. Now, some places are forbidding clowns to show up. Even during the Halloween season, some stores are not selling clown costumes.

How far have we gone in our culture when clowns are a threat to our culture?

It was not always that way. In high school, for example, I was often referred to as the class clown. That was a title of deep reverence and pride. To be the class clown meant you were doing things that made other people laugh. You were joking and clowning around and creating a great deal of merriment. With the tension many of our high school teachers created in class, the class clown had an important job of bringing down the tension.

If there were awards for being the class clown, I certainly would have gotten one in high school.

They only have awards for scholarship and athletics. I say nothing is more important in a class than the class clown. There should be some kind of recognition in this area.

Then when I was growing up, my mother kept telling me to, "Stop clowning around!"

At the time, I really did not understand what she was trying to say. In high school, it was a measure of acceptance, but in the home, it was something inappropriate.

Although I do respect my mother, I have yet to "stop clowning around."

Now, I have my wife telling me to, "Stop clowning around." I have often wondered if this is not some kind of gene passed on to every woman. There was not just one news story about these fallacious clowns doing all sorts of criminal activity, but it seemed to be as if a trend was developing.

I have a friend of mine who is a professional clown and does all kinds of work with children's and charity activities. You would not find a nicer person in all the world than my good clown friend. I have not talked to him about this new development in clownville, but I am sure he has a good take on it.

The purpose of the clown is to make people laugh. That's all.

Now even a certain fast food chain has given their clown a vacation until some of this nonsense passes over. I think this is stupid.

I believe that if somebody is misusing the clown motif for "naughty activities," the people who are affected the most should justly punish him. And by that, I mean children and people who still are acting like children.

If any of these people dressed in a clown outfit should be caught doing something that is unclownish there should be some very dire circumstances administered in an appropriate way. Like a pie in the face.

At one time, no circus was complete without a whole bunch a clowns keeping the merriment going strong. All of these false clowns should be gathered together and dealt with rather brutally. After all, if you are going to defame such a sacred character in the American culture, you need to be dealt with very severely. How dare somebody do this sort of thing to an iconic figure of American society?

Why is it we have some people who will take something that is very precious to certain people, turn it around and make it a very negative and nasty thing? There should be a law against that sort of thing. Where is the politician that is going to put his or her foot down against this kind of travesty in our society?

Is nothing sacred anymore in our country? I think the apostle Paul had something like this in mind when he wrote, "Unto the pure all things are pure: but unto them that are defiled and unbelieving is nothing pure; but even their mind and conscience is defiled" (Titus 1:15).

Why will some people take something that other people get pleasure from and turn it into something negative? Only a corrupt mind would do this.

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](mailto:jamesnsnyder2@att.net). His web site is [www.jamessnyderministries.com](http://www.jamessnyderministries.com).



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## MATTHEW'S WORST BRINGS OUT MANKIND'S BEST

When disaster strikes, it can be devastating for those who fall victim to it's destruction. But more often than not, it is during times when nature reminds us who's the real boss of this planet, that caring people come together and unite to lend a helping hand. The events that unfolded before, during and after last week's hurricane Matthew could not be a better example of human inspiration made manifest by the unity of many.

Countless news headlines captured the details of what occurred along the southern Atlantic coast last week, most of which were sure to instill a sense of helplessness for those watching. But, thankfully there were a lot of news casts that also covered the courageous acts of folks who chose to take action rather than sit by helplessly and watch the storm take it's toll.

Among the many individuals and groups involved in performing random acts of kindness during last week's natural disaster were the Washington Humane Society and Washington Animal Rescue League out of D.C. Their good work ensured that many animals would escape the torrents of Matthew before it was too late. They had the foresight to recognize the hurricane was expected to pose an enormous threat to sheltered animals in coastal South Carolina.

Concerned for the welfare of those animals, they gathered their troops of volunteers and partners and immediately lept into action. With little time for planning or preparation, they launched a team effort that succeeded in relocating several animals from local shelters in the D.C. area to temporary safe housing to make room for the animals that would be evacuated from South Carolina's shelters.

It was a simple resolution to a potentially tragic problem, but it was also a pretty major project requiring lots of last-minute time and energy on the part of both groups. The bottom line is they got it done and by doing so, they saved the lives of many shelter animals that would otherwise have been caught in the storm and probably perished. Remarkably, the positive results were doubled when the news hit the public and more adopting families showed interest in the pets that survived hurricane Matthew!

The Washington DC team effort brought great relief to the staff at the South Carolina shelters by allowing them to focus on evacuating the countless trapped or injured animals in the community. With limited staff and an overwhelming number of animal emergency calls coming in, they could at least be comforted that the animals being kept at their shelter would not have to suffer or die.

Another inspiring story that came out in the news was about a bald eagle that had to be very skillfully and carefully removed from the grille of a vehicle in Jacksonville, Florida. The poor bird had been thrown into the car's front grille by extremely high velocity winds that whipped through the area during the hurricane.

## Happy Tails

by Chris Leclerc



Fortunately, the driver of the vehicle became aware of what had happened and was able to pull over and make a call to get help from some brave local raptor rescue volunteers. As a memoir to the close call that the bald eagle had with an early death, they named him "Matthew", after the storm that nearly took its life.

There were also several reports of rescued pets and livestock that had been rendered astray when they either fled out of fear, or were sadly left behind by the owners who had to flee quickly to save their own lives. Hundreds of animals were brought into shelters where they could be kept, at least temporarily until they were identified by their owners and brought back to their own homes, or placed into foster care for later adoption.

One very touching story I read on National Geographic.com told of a Facebook post shared by Back to Nature Wildlife Refuge in central Florida's Orange County. The rescue organization reported a major influx of injured wildlife, including numerous infant squirrels, raccoons and various bird species that had been abandoned or orphaned during the torrential storm. The happy side of the story is that the volunteers at hand had the skills to save the lives of those babies and give them a second chance at life!

Hundreds of animals were reported to have been rescued from the streets of the affected areas and brought to shelters in Florida as well as Georgia, North and South Carolina for refuge and tender loving care provided by SPCA & Humane Society staff along with the helping hands of many animal-loving volunteers and the coordination of several rescue groups.

It is amazing how so many people are willing to come together and unite to do what is right when disaster strikes and the going gets tough. A disastrous event, whether natural or man-made can be a devastating experience with a very unhappy outcome.

But it is in the midst of the tragedy that the human spirit can choose to soar and the broken can be bolstered by the encouragement of their fellow man. In this case, those precious animals were blessed to have come into contact with the kind people who cared enough to go out of their way, and for some even risk their own lives to save them from the storm. I can't think of a much happier tale than that! Love and let live.

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## LOOKING FOR A BEST FRIEND?

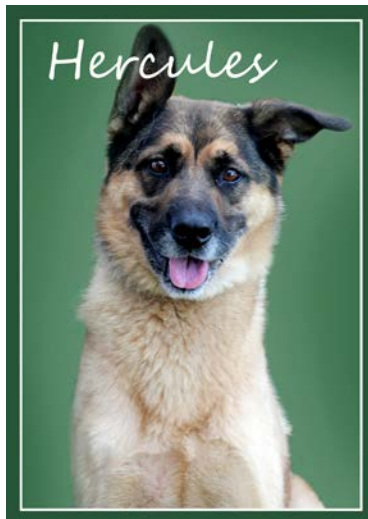
Hercules is a six-year-old handsome German Shepherd mix boy with gorgeous looks that match his playful and loving personality. He has a pair of charming honey-colored eyes, a beautiful light brown coat with dark markings on his nose and ears. And those ears! They are just adorable playful puppy ears that bounce up and down.

Hercules was found lost in a parking lot in the city of Rosemead. It is unknown how long he had been on the streets but he is now at the shelter where he is receiving care and love until his forever family comes along. Although he is six-years old, he still has plenty of energy in him to walk or jog around the park and play with his human friends. He likes to play with toys but mostly he likes to get as many treats as one can give.

If you would like to show Hercules that life can be good in a forever home and with a loving family, please stop by to meet our

mighty Hercules! His adoption fee is \$145 which includes neuter surgery, vaccinations, microchip and a free wellness exam at a participating veterinarian.

Feel free to call us at (626) 286-1159 for more information on Hercules. He 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 Hercules, please stop by any time from 10:30am to 4:30pm Tuesday through Sunday. Website: www.sgvhumane.org. Go to [smile.amazon.com](http://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!



## Katnip News!



### SCARLET & TARA: Sisters!

Born April, 2016, Scarlet and Tara are absolutely gorgeous, and very sweet. Scarlet is the boldly colored calico, and Tara is more of a dilute tortie. Tara is a bit more reserved, but nevertheless, very sweet. We will keep them together, as they are very bonded. Adopting two qualifies for our Twofur Discount. Two are double the fun for them and you!

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. Call 909-561-7700 for a Meet & Greet.

Adoption fee is \$100, which includes spay, microchip, exam & vaccine. Our cats are negative FELV/FIV unless otherwise indicated.

See adoption info & application on our website, [www.lifelineforpets.org](http://www.lifelineforpets.org). Sorry, we are not accepting cats at this time. GOOD NEWS: AUSTIN MEOWERS and KYLIE have been adopted!

## Upcoming Creative Workshops

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### Introduction to Folding Form

Sunday, October 16, 9:30 am - 4:00 pm

### Color Mixing

Sundays, Oct. 16 & Oct. 23

10:00 am to 5:00 pm

### Visual Art Journaling

Sunday, October 23, 12:30 - 4:30 pm

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Sierra Madre — Arcadia — Pasadena — Altadena — Duarte — Monterey Park

SATURDAY, OCTOBER 15, 2016

SECTION B

## AROUND SAN GABRIEL VALLEY

### OCTOBER IS BREAST CANCER AWARENESS MONTH

Breast cancer tops all cancers for women across the globe with more than 1.7 million new breast cancer cases detected worldwide in 2012 alone. Women who live in developed countries such as the United States, England and Australia experience a higher rate of breast cancer incidences. In October 1985, National Breast Cancer Awareness Month initiated its inaugural health campaign to support research, prevention, diagnosis, treatment and a cure for the disease. Today, widespread international communities join in setting aside every October as Breast Cancer Awareness Month.

In the United States, an estimated 246,700 women are diagnosed with breast cancer each year and more than 40,000 die. On average, a woman is diagnosed with breast cancer every two minutes nationwide. The lifetime risk for getting breast cancer is one in eight for U.S. women and one in 1,000 for U.S. men. Breast cancer in men is rare but carries a higher mortality rate primarily because men are less likely to seek medical attention for a breast concern or lump.

"In spite of the death rates, almost 3 million breast cancer survivors are currently alive in the United States," said Renee Concialdi, President of Right at Home of Pasadena. "To beat breast cancer, prevention through a healthy lifestyle and early detection are key. Our in-home care agency works predominantly with seniors, and many older women think they are immune from breast cancer, but they are not. Age increases breast cancer rates."

Concialdi notes that the average age for U.S. women to develop breast cancer is 61, and [rates are highest in women over age 70](#). The median age for breast cancer among U.S. men is 68. As part of Breast Cancer Awareness Month, Concialdi recommends a review of the following breast cancer risk factors, symptoms and prevention guidelines.

**1 in 8**  
**WOMEN**  
WILL BE DIAGNOSED WITH  
**Breast Cancer**  
IN THEIR LIFETIME



#### Breast Cancer Common Risk Factors

Certain known [risk factors](#) can increase the likelihood of developing breast cancer, including the following:

- **Genetic Risk Factors**
  - Age—Two-thirds of breast cancer develops after age 55.
  - Gender—Women are nearly 100 times more likely than men to develop breast cancer.
  - Race and ethnicity—White women are at a slightly higher risk than African-American women for developing breast cancer. Breast cancer is more common in African-American women under age 45.
  - Family history—Having a parent, sister or child diagnosed with breast or ovarian cancer increases a person's own risk for breast cancer (the risk is even higher if the relative was diagnosed before age 50).
  - Personal breast cancer history—A person with cancer in one breast is at higher risk for future breast cancer in another part of the same breast or in the other breast.
  - Inherited genes—Roughly 5 to 10 percent of breast cancer is connected to hereditary defects or mutations passed from a parent. The most common of these abnormal genes are BRCA1 and BRCA2.
  - Menstrual and reproductive history—Starting menstruation before age 12 or going into menopause after age 55 increases breast cancer risk. Never giving birth or having a first child in older age are also risk factors.
  - Dense breast tissue—Breasts that have more fibrous and glandular tissue than fatty tissue are considered dense breasts. Women with dense breasts have up to twice the risk for breast cancer.
- **Environmental or Lifestyle Risk Factors**
  - Physical inactivity—A sedentary lifestyle heightens breast cancer risk.
  - Excess body weight—Being overweight or obese adds to the likelihood of breast cancer.
  - Alcohol—Drinking two to five drinks daily increases the possibility of breast cancer by 1½ times.
  - Birth control—Oral and injectable birth control have shown to elevate the risk level for breast cancer. Once oral contraceptive pills are stopped, the risk appears to return to normal over time.
  - Combined hormone replacement therapy—The use of both estrogen and progesterone hormones (cont. on page B3)

### RANCHO LOS AMIGOS NATIONAL REHABILITATION CENTER AND THE DON KNABE WELLNESS CENTER DEDICATION



By Joan Schmidt

In the City of Downey, there is an exceptional facility-Rancho Los Amigos National Rehabilitation Center. For the past several years, Rancho has continued to be the only public facility in the top 15-20 rehab hospitals in the United States. Rancho began in 1888 to treat farm workers who could not afford medical care and also previously served as a facility for mental health and polio patients.

On four different occasions, Rancho Los Amigos was in danger of closing. Its champion has been LA County Supervisor Don Knabe who is soon to retire. Under his watch, Rancho has gone through great transformation to become a magnificent gem in LA County Healthcare System.

How could one man accomplish such a feat? One example is by raising ½ billion dollars for that purpose! And always voting to keep it open at Board meetings!

I learned of this wonderful facility over twenty years ago via Duarte Library and its then-Director Peter Rosenwald who brought several Rancho artists not only to display their work, but give demonstrations like Kenneth Younger and his marbling technique.

Over the past twenty years, I have attended a few of their annual receptions and it was wonderful to see familiar artists like Robert Thome, Ann Ruth, Fernando and Ligia Sturla, Barbara Bain and many others. At the last event I attended, there was a second room of art with children's works-thanks to Supervisor Knabe. He encouraged the youth program and there were paintings of him by the children. It was awesome. They loved him!

Knabe learned of Rancho when his dear friend, a Cerritos City Council Member was seriously injured and admitted to the hospital for his recovery. During his daily visits Knabe realized the incredible impact Rancho had on so many

lives-there were arts and sports programs, new technologies and cultural excursions.

This past October 12th, the Don Knabe Wellness Center was officially dedicated. It will include a state of the art gymnasium and therapy pool. (It is very difficult for special needs people to find pools or gyms that they can utilize.)

The Dedication had 600+ attendees and many special speakers. Supervisor Hilda Solis assumed office in 2014 and immediately toured Rancho. She couldn't say enough about how wonderful Rancho was and praised Knabe for his role in its growth and great new programs. Solis had introduced the measure to name the new center, the Don Knabe Wellness Center.

Robert Thome a Rancho patient, artist, teacher, and mentor could not praise Knabe enough. Thome had also spoken at the Supervisors Meeting to keep Rancho open.

I want my readers to know what Rancho offers and why Knabe has been its champion all these years: Inpatient and Outpatient Services include: Stroke Rehabilitation, Adult Brain Injury, Spinal Cord Injury, Orthopedic Disability, Acute Neurology Unit, and Physical and Developmental Disorders. Specialty Services: Center for Applied Rehab Technology, Day Rehab Center. Don Knabe Pediatric Arts Program, Driver Rehab and Training Program, H.O.M.E., Know Barriers: Peer Mentoring and Life Coaching, Language and College Resource Center, Pathokinesiology Lab, Performing Arts of Rancho, Rancho Works, Enterprises, Recreation Therapy, Transportation, Tyler A. Dykes Center for Robotic Rehab, Wellness Center, Wheelchair Sports Program and World-Renowned Seating Clinic.

Please consider contributions to Scholarships Funds. For example, a \$50 donation = 2 Individual Scholarships which are for a 3 month period. THANK YOU!! Please visit [www.ranchofoundation.com](#) for further information.





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# On the Marquee:

Notes from the Sierra MadrePlayhouse

## THE SAVAGE BEAST

By Artistic Director, Christian Lebano

We’ve heard the expression “Music hath charms to soothe the savage beast.” But I would emend it to: “Theater hath charms....” I spent the evening yesterday at SMP preparing for the arrival of Sister and her Late Nite Catechism . We got her room ready, her blackboard cleaned, her pencils sharpened; we hung the religious posters and polished the furniture. No detail is too small for Sister.

Estelle Campbell and Ward Calaway, my partners in managing SMP, and Derek Copenhaver, our Stage Manager, were there last night, as well. And we all were giddy with excitement far beyond the tasks we were engaged in preparing for Late Nite Catechism. I realized that we have ALL been charmed – or infected – with a love of making theater. As we reviewed the needs for Sister’s class and made preparations, I noticed that we were smiling a lot and all happy to be together in that room.

I’ve written about how much I love making theater, how much I love our Playhouse, how much joy I get from just being in our theater. I was reminded of it again last night. It is so complicated and rich – a mixture of joy of story-telling, a desire to make people happy, a hope of making a difference and an impact on people, a belief in the power of community and coming together to share an experience, and maybe a bit of delight in make-believe. Whatever it is – I know

we all felt it last night.

The break in our schedule when we had to postpone Bee-luther-hatchee has meant that coming back to the Playhouse last night was even sweeter because of having been away. I’m so happy – so charmed - we are back to producing wonderful memories for you and for me. I can’t wait to see you in the lobby again.

Late Nite is selling well – Sunday is sold-out and we have strong sales on all of the other days. 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 plays 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 free 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!



## SEAN’S SHAMELESS REVIEWS:

By Sean Kayden

### FROM INDIAN LAKES - ‘EVERYTHING FEELS BETTER NOW’

From Indian Lakes is the multi-genre conception of California-based multi-instrumentalist Joey Vannucci. The moniker is derived from Indian Lakes, California, where Vannucci started writing and recording songs at the age of 20. Over the course of three full-length albums, Vannucci has steadily evolved both sonically and wisely. His proclivity for subdued guitars and wistful melodies stick in one’s mind like glue. Another remarkable fact about Vannucci is that not only does he write all of music but also performs every instrument heard on his records. When on tour, he has close friends supporting him as a full fledged band. With the release of his forth album and second on Triple Crown Records, Everything Feels Better Now is comprised of profoundly layered guitars, emotionally driven monologues, and a moody resonance that will surely touch the listener in an insightful manner. This new outing is a fresh chapter for From Indian Lakes. Similarly, I believe he’s crossed over to the other side of creativity and originality. There’s something starkly different here, but Vannucci remains faithful to the appealing sound of his previous records. Hearing the record, Everything Feels Better Now comes off naturally intimate and intensely sprawling over the course of twelve ineffaceable tracks.

The introduction to Everything Feels Better Now originates in the form of “Happy Machines. The song is refined, showcasing a whirlwind synth sounds playing constantly in the background of Vannucci’s tender falsetto. The chorus also features the passionately delivered line, “Everything Feels Better Now,” which serves as the title of the record as you know. “The Monster” is the first single off the record and it’s a tremendous example of Vannucci’s progress as an artist. The catchy chorus, highly propulsive nature of the track, and brooding lyrics accumulate into this perfect little package. With forbidding lyrics such as “I was a normal kid, no one could see/ I had a monster that was growing in me,” Vannucci balances darkness with light as the developed sound overall is much more upbeat than the lyrics may suggest. The subsequent track, “Blank Tapes,” draws greatly from atmospheric sounds and reflective lyrics. Ultimately, the song is a twinkling jam with humming guitars escalating over rich progressing drums, and a scant bass. Vannucci positions his voice in an ethereal shell that touches falsetto as the arrangement surges beneath him for a constantly enchanting dreamlike trip.

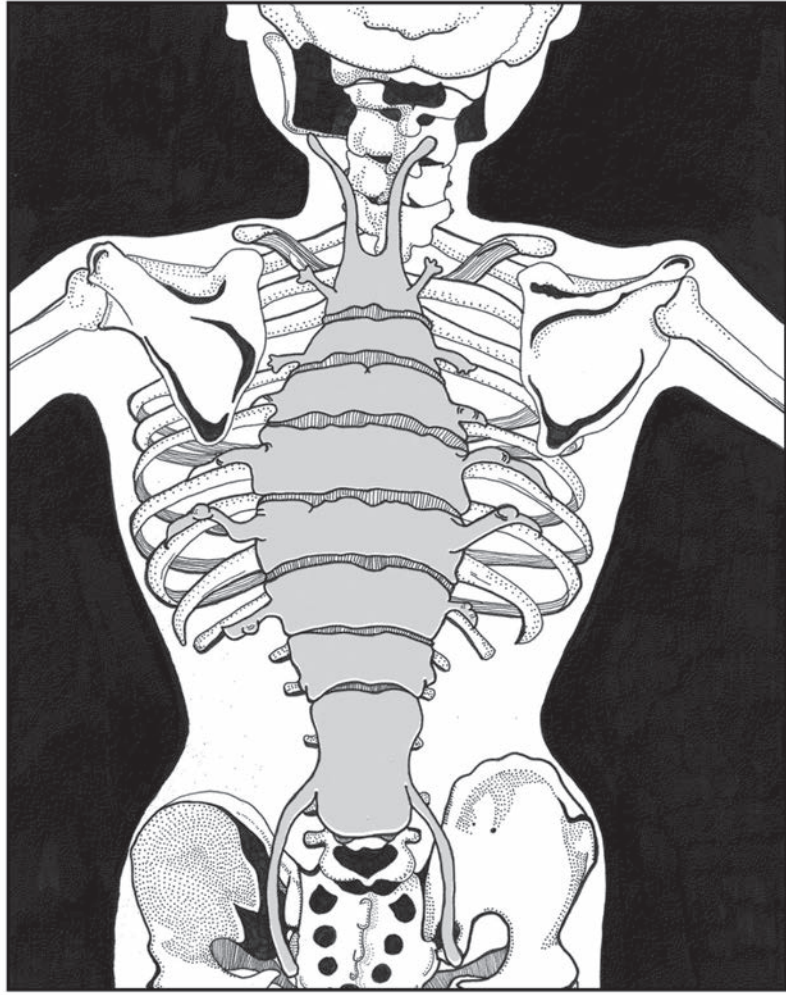
“Hello” begins with a subtle guitar sound, soft but menacing synths and Vannucci’s soothing vocals. One of the strongest tracks here, “Hello” is chill worthy. Before the halfway point, Vannucci adds another dreamy layer to the track before going back to that light guitar strum/dark synth combination. In addition, Vannucci’s vocals change ever so

slightly numerous times, bringing a new element to the track as it progresses through the stages. “Feel Love” goes full force withauteous guitars and a completely rich and vibrant tone. As far as being the most intricate song off the record, “American Dreams” takes that worthy spot. It’s a song that provides opulent sounds throughout the course of its duration. Gorgeously crafted, captivating from beginning to end, and greatly poignant, “American Dreams” is a masterpiece. With Vannucci agonizingly reciting the line, “It’s starting to my hurt head, this American Dream again,” you can feel the pain for not only him, but maybe yourself too. “Nome” is another strong addition to the record. We have further moody propensities at work along with great profundity and echoes of ethereality.

Artist: From Indian Lakes  
Album: Everything Feels Better Now  
Label: Triple Crown Records  
Release Date: Oct. 14th, 2016

“Sunlight” shines in many ways regardless of its title. It starts off with a modern day indie rock guitar vibe before it breaks into something much grander. With a chorus such as “You’re standing in the sunlight, I want to be the dream that you see at night. You’re looking for me on the other side, I want to be the one who can save your life,” strikingly conveyed above the tantalizing guitar/synth composition, the listener will be significantly moved by such a powerful combination. “Come Back” moves slowly as it hits you directly in the core. It’s pondering piece of music that touches upon something from your past and the very thought of it returning to you. The closing minute or so of this one, where it’s purely instrumental, takes your peripatetic mind on a contemplative ride through the places and faces of your past. Everything Feels Better Now visits many places within the spectrum of the human spirit. Not only does Vannucci take a deep, through look inside himself, but convinces the listener to do the same. The record is an examination of past, present, and future and can provide the inspiration for one to find strength while reflecting upon those three key elements of life. Looking beyond profounder inclinations that may or may not be your thing, Everything Feels Better Now is an exceptional record crossing the paths of multiple musical elements and offering introspective lyrics embracing light when dark is approaching at an alarming pace.

Grade: 8.8 out of 10  
Key Tracks: “The Monster,” “Blank Tapes,” “Highlight,” “American Dreams”



10/31

Wells book of the same name, starring Rod Taylor and Yvette Mimieux. It differs from the original in having fun lights controllable by the rider. Those wishing to return to their younger years can ride the Time Machine before or after the shows.

RODDY ROBOT – He invokes memories of the 50-60’s era anthropomorphic robots featured in many sci-fi B-movies. He joins the Time Machine as a great photo opportunity. A professional photographer will take photos free of charge.

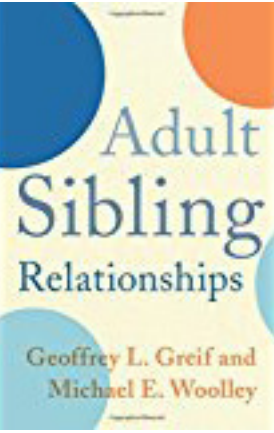
ABOUT THE SYMBIOTIC SOCIETY – this deranged group of volunteer individuals, formerly known as the Zombie Players Association, creates an annual event at the Sierra Madre Playhouse during Halloween. Since the group is primarily senior in nature with signs of dementia, the presentations are nutty and over-the-top. The whole purpose is to provide free fun entertainment, primarily for kids and those wishing to be kids again. The Halloween activity is a drastic switch, maybe its cathartic in nature, from the Society’s primary goal of promoting the Human and Tingler alliance. To find out more visit [www.yourtingler.com](http://www.yourtingler.com). Follow us on Facebook, Twitter and Instagram @yourtingler. #TeamTingler

## Jeff’s Book Pics

By Jeff Brown

Adult Sibling Relationships by Geoffrey L. Greif and Michael E. Woolley

The bond siblings develop in childhood may be vastly different from the relationship that evolves in adulthood. Driven by affection but also characterized by ambivalence and ambiguity, adult sibling relationships can become hurtful, uncertain, competitive, or exhausting though the undercurrents of love and loyalty remain. An approach that recognizes the positive aspects of the changing sibling relationship, as well as those that need improvement, can restore healthy ties and rebuild family closeness. With in-depth case studies of more than 260 siblings over the age of forty and interviews



with experts on mental health and family , this book offers direction for traversing the terrain of adult sibling relations. It pursues a richer understanding of ambivalence, a normal though little explored feeling among siblings, and how ambiguity about the past or present can lead to miscommunication and estrangement. This book clarifies the most confounding elements of sibling relationships and provides specific suggestions for realizing new, productive avenues of friendship in middle and later lifeskills that are particularly important for siblings who must cooperate to care for aging parents or give immediate emotional or financial support to other siblings or family members.

## All Things

By Jeff Brown

### UNITED STATES SENATE CAREER OF HILLARY CLINTON

Upon entering the Senate, Clinton maintained a low public profile and built relationships with senators from both parties. She forged alliances with religiously inclined senators by becoming a regular participant in the Senate Prayer Breakfast. She served on five Senate committees: Committee on Budget, Committee on Armed Services, Committee on Environment and Public Works, Committee on Health, Education, Labor and Pensions (2001–09)[235] and Special Committee on Aging. She was also a member of the Commission on Security and Cooperation in Europe

Following the September 11 attacks, Clinton sought to obtain funding for the recovery efforts in New York City and security improvements in her state. Working with Senator Charles Schumer, she was instrumental in securing \$21 billion in funding for the World Trade Center site’s redevelopment. She subsequently took a leading role in investigating the health issues faced by 9/11 first responders. Clinton voted for the USA Patriot Act in October 2001. In 2005, when the act was up for renewal, she expressed concerns with the USA Patriot Act Reauthorization Conference Report regarding civil liberties, before voting in favor of the USA PATRIOT Improvement and Reauthorization Act of 2005.

Clinton strongly supported the 2001 U.S. military action in Afghanistan, saying it was a chance to combat terrorism while improving the lives of Afghan women who suffered under the Taliban government.

After the Iraq War began, Clinton made trips to Iraq and Afghanistan to visit American troops stationed there. Observing that war deployments were draining regular and reserve forces, she co-introduced legislation to increase the size of the regular U.S. Army by 80,000 soldiers to ease the strain. In late 2005, Clinton said that while immediate withdrawal from Iraq would be a mistake, Bush’s pledge to stay “until the job is done” was also misguided, as it gave Iraqis “an open-ended invitation not to take care of themselves”. Her stance caused frustration among those in the Democratic Party who favored quick withdrawal. Clinton supported retaining and improving health benefits for reservists and lobbied against the closure of several military

bases, especially those in New York. .By 2014 Clinton had fully reversed herself on the Iraq War Resolution, saying that she “got it wrong” and the vote in support had been a “mistake”.

Clinton voted against President Bush’s two major tax cut packages, the Economic Growth and Tax Relief Reconciliation Act of 2001 and the Jobs and Growth Tax Relief Reconciliation Act of 2003. In 2005, Clinton called for the Federal Trade Commission to investigate how hidden sex scenes showed up in the controversial video game Grand Theft Auto: San Andreas. Along with Senators Joe Lieberman and Evan Bayh, she introduced the Family Entertainment Protection Act, intended to protect children from inappropriate content found in video games. In 2004 and 2006, Clinton voted against the Federal Marriage Amendment that sought to prohibit same-sex marriage.

Clinton opposed the Iraq War troop surge of 2007, for both military and domestic political reasons (by the following year, she was privately acknowledging that the surge had been successful). In March of that year, she voted in favor of a war-spending bill that required President Bush to begin withdrawing troops from Iraq by a deadline; it passed almost completely along party lines but was subsequently vetoed by Bush. In May, a compromise war funding bill that removed withdrawal deadlines but tied funding to progress benchmarks for the Iraqi government passed the Senate by a vote of 80–14 and would be signed by Bush; Clinton was one of those who voted against it. Clinton responded to General David Petraeus’s September 2007 Report to Congress on the Situation in Iraq by saying, “I think that the reports that you provide to us really require a willing suspension of disbelief.” As the financial crisis of 2007–08 reached a peak with the liquidity crisis of September 2008, Clinton supported the proposed bailout of the U.S. financial system, voting in favor of the \$700 billion law that created the Troubled Asset Relief Program, saying that it represented the interests of the American people. It passed the Senate 74–25. In 2007, Clinton and Virginia Senator Jim Webb called for an investigation into whether the body armor issued to soldiers in Iraq was adequate.

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FAMILY MATTERS

By Marc Garlett



REVISITING YOUR ESTATE PLAN REGULARLY IS AS CRITICAL AS HAVING A PLAN IN THE FIRST PLACE

The one constant in life is change. We have control over some, but far from all, of the changes in our lives. For example, no matter how much we might like to, we simply can't control death. That's one of the reasons death is so hard to talk about. It's also why it is so critical that we regularly revisit our estate plan.

a major life change, it is a good idea to review important documents, such as wills, trusts, and powers of attorney.

In fact, northeastern TV station WMUR provides a list of several "key indicators that a review is in order":

- significant changes in the value of your estate;
- changes in your "income level or requirements," such as retirement;
- job changes;
- changes to family situations, such as births, marriages, deaths, and major illnesses;
- changes to business interests;
- significant purchases or payoffs;
- major changes in insurance coverage; and
- the death or major illness of someone named as your executor, trustee, power of attorney, beneficiary, or child's guardian.

Of course, this is not an exhaustive list.

The point is that to ensure your wishes are carried out after death, it's important to update your estate plan as life progresses. Any number of factors may trigger a review. So to fully achieve your goals, you should work with a trusted advisor to regularly review your plan and ensure changes are made whenever they are needed.

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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.

MONEY-MAKING SCHEME TARGETS OLDER PEOPLE AND VETERANS

By Amy Hebert

Consumer Education Specialist, FTC

If you're just getting by, and someone offers you the chance to earn more money through a business opportunity, you might be willing to listen, right?

Unfortunately, those offers often turn out to be just another scam. Today the FTC announced charges against three people and multiple companies behind a telemarketing scheme that targeted older people and veterans, and took millions of dollars from people with promises they would multiply their investment.

Here's how it played out: Doing business under names like "Titan Income," "Wyze Money," "Prime Cash," and "Building Money," telemarketers called people about an "opportunity" to participate or invest in e-commerce websites. The callers said people would earn a hefty income sharing in the revenue from the sites. They even said it was "risk-free" and promised a 100% money-back guarantee.

For a few months, the scammers made it seem like everything was going according to

plan as people awaited their first earnings payment at the end of the quarter. During that time, some people who initially paid hundreds of dollars were convinced to pay thousands of dollars more to increase their return. The company even helped people move their now-huge credit card balances to new accounts with temporarily low or zero-interest balance transfers.

But it was all a lie. As soon as it was time for people to get paid, all contact stopped. There were no e-commerce earnings or investments. Anyone trying to get a refund of their investment was out of luck. Many people lost as much as \$20,000.

If you're considering putting money into a business opportunity, do some research first. By law, business opportunity promoters must give you certain information before you hand over any money.

Many of the people Building Money called were on the Do Not Call Registry. If a company is ignoring the Registry, there's a good chance it's a scam. If you get calls like these, hang up and file a complaint with the FTC.

**BREAST CANCER** continued from page B1  
o after menopause suggests a link to higher breast cancer incidence and the possibility of dying of breast cancer.  
o Chest radiation exposure—Radiation therapy to the chest before age 30 can raise breast cancer occurrence.

As with many types of cancer, adjustments in everyday life habits can help lower breast cancer risk. Growing evidence shows that avoiding smoking and limiting alcohol are significant in preventing breast cancer. Controlling weight through a nutritious diet and regular exercise adds a protective effect. The longer a woman breastfeeds, the less likely she'll develop breast cancer. Preventing exposure to high doses of radiation and environmental pollutants also lowers breast cancer cases.

Symptoms of Breast Cancer

Regular mammography screening helps detect breast cancer in an early stage, but not all breast cancers are detected through mammography. The American Cancer Society recommends mammography screening annually after age 40 through age 54. Women age 55 and older can switch to mammograms every other year, but every woman is advised to consult with her physician to determine her individual screening frequency. [Warning signs for breast cancer](#) differ among women, but the most common symptoms are:

- A hard knot, lump or thickening of the breast or underarm tissue.
  - A change in the size or feel of the breast or nipple.
  - Discharge from the nipple.
  - Redness, swelling, warmth or darkening of the breast.
  - A scaly, itchy rash or sore on the breast or nipple (it may resemble the pitted skin of an orange).
  - Puckering or dimpling of breast skin.
  - A recent change in the symmetry of the breasts.
- Performing monthly breast self-exams can help with earlier detection of a potential problem.

Treatment of Breast Cancer

After breast cancer is diagnosed, the patient's medical team will determine the disease's progression and suggest the most effective [treatment options](#). Seeking a second medical opinion may be beneficial. Standard breast cancer treatment includes surgery, radiation, chemotherapy and hormone therapy. Breast cancer-targeted therapy uses drugs to block specific cancer cells from growing. Depending on the size and location of the tumor and the effect on nearby lymph nodes, a lumpectomy (removal of the tumor) is advised, and in other cases, women choose to have a mastectomy (removal of part or the entire breast). A federal law passed in 1998 directs health insurance companies

to cover the cost of breast reconstruction surgery for breast cancer patients.

"Many breast cancer patients rely on supportive care to manage pain, nausea and other cancer symptoms," Concialdi explained. "Professional in-home care providers help carry the load when cancer patients are going through treatment or recovering from surgery. We ensure our cancer clients are eating well, following the doctor's directions and staying comfortable and safe in the home. Becoming a cancer survivor is truly a team effort."

Widespread support for breast cancer patients, survivors and their loved ones is available through local cancer centers and groups such as the [American Cancer Society](#) (1-800-ACS-2345). The Susan G. Komen Foundation offers a breast care helpline at 1-877-GO-KOMEN (1-877-465-6636) and lists a number of [support resources](#) on their website, [www5.komen.org/](#).

About Right at Home

Founded in 1995, Right at Home offers in-home companionship and personal care and assistance to seniors and disabled adults who want to continue to live independently. Local Right at Home offices are independently owned and operated and directly employ and supervise all caregiving staff, each of whom is thoroughly screened, trained and bonded/insured prior to entering a client's home. Right at Home's global office is based in Omaha, Nebraska, with franchise offices located in 45 states nationwide and throughout the world. For more information on Right at Home, visit About Right at Home at <http://www.rightathome.net/about-us> or read the Right at Home caregiving blog at <http://www.rightathome.net/blog>. To sign up for Right at Home's free adult caregiving e-newsletter, Caring Right at Home, visit <http://caringnews.com>.

About Right at Home of Pasadena

The Pasadena office of Right at Home is a locally owned and operated franchise office of Right at Home, LLC, serving the Crescenta and San Gabriel Valleys including Pasadena, Altadena, South Pasadena, San Marino, La Canada, La Crescenta, Verdugo City, Montrose, Sierra Madre and Arcadia. For more information, contact Right at Home of Pasadena at [www.homecaregiving.org](http://www.homecaregiving.org) or 626.584.8130 or by email at [info@homecaregiving.org](mailto:info@homecaregiving.org).

We don't know how STRONG WE ARE until being strong is the ONLY CHOICE WE HAVE. Breast Cancer Awareness

ORDINANCE No. 1382

AN ORDINANCE OF THE CITY COUNCIL OF THE CITY OF SIERRA MADRE AMENDING CHAPTER 2.08 OF THE SIERRA MADRE MUNICIPAL CODE REGARDING THE RESIDENCY REQUIREMENT OF THE CITY MANAGER

WHEREAS, the City Council wishes to update Chapter 2.08 ("City Manager") of the Sierra Madre Municipal Code to remove the City Manager residency requirement;

WHEREAS, the Government Code Section 50083 specifies that the City cannot require its employees to be residents.

NOW THEREFORE THE CITY COUNCIL OF THE CITY OF SIERRA MADRE DOES HEREBY ORDAIN AS FOLLOWS:

**Section 1. Municipal Code Amendment. Chapter 2.08.020** ("City Manager") of Title 2 ("Administration and Personnel") of the Sierra Madre Municipal Code is hereby amended to read as follows:

**2.08.020 Residence** Residence in the city at the time of appointment of a city manager shall not be required as a condition of the appointment, nor shall Sierra Madre residency be required as a condition of continued employment of a city manager.

**Section 2. Severability.** If any provision, section, paragraph, sentence or word of this ordinance, or the application thereof to any person or circumstance, is declared invalid by any court of competent jurisdiction, the remaining provisions, sections, paragraphs, sentences or words of this ordinance, and their application to other persons or circumstances, shall not be affected thereby and shall remain in full force and effect and, to that end, the provisions of this ordinance are severable.

**Section 3. Effective Date.** This ordinance shall take effect thirty days after adoption as provided by California Government Code section 36937. **Section 4. Certification.** The City Clerk shall certify to the passage and adoption of this ordinance and shall cause the same to be published or posted according to law.

PASSED, APPROVED and ADOPTED this 11th day of October 2016.

AYES: Mayor Gene Goss; Mayor Pro Tem Rachelle Arizmendi, Council Members John Capoccia, Denise Delmar, and John Harabedian; NOES: None

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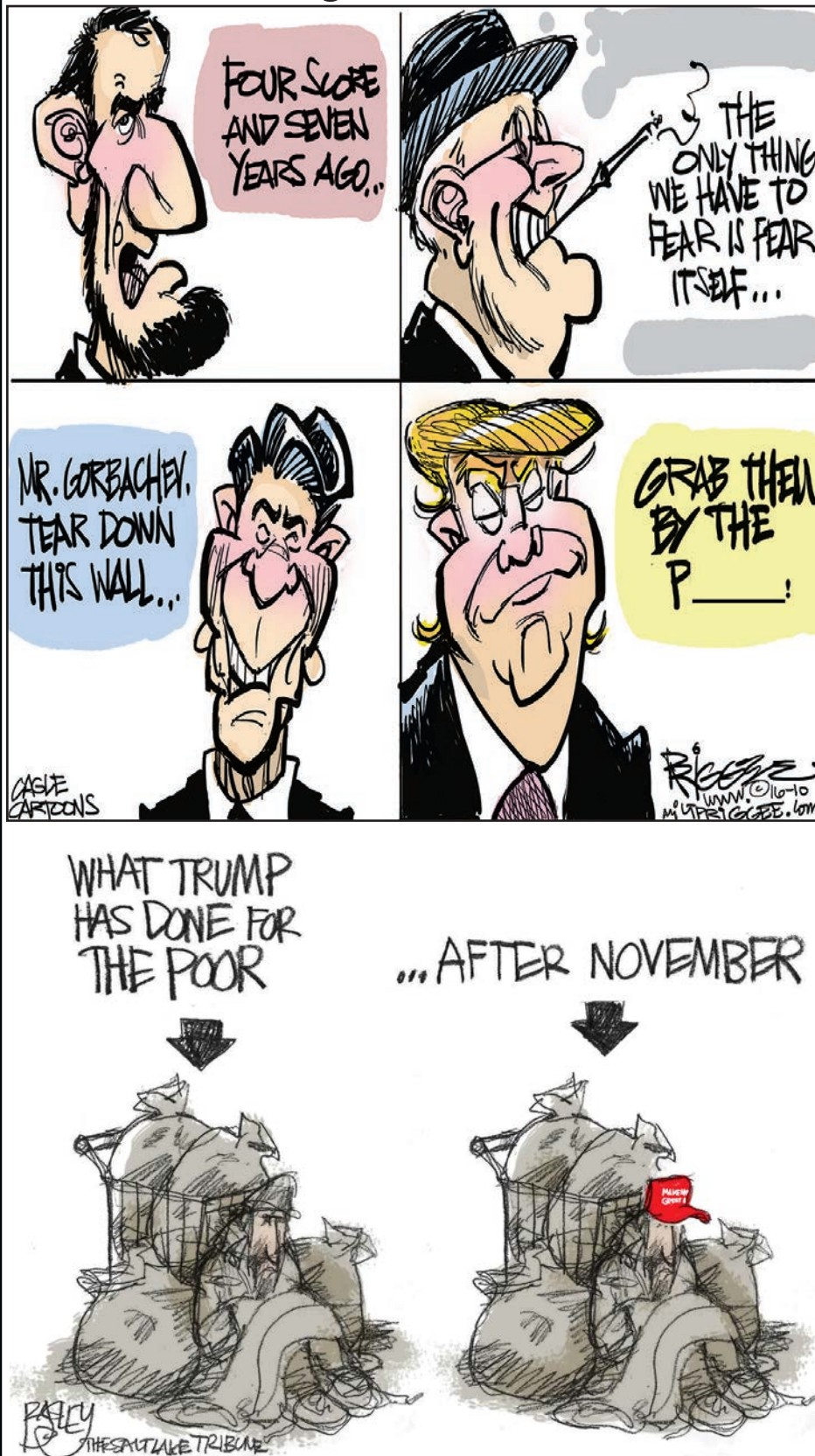
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### Mountain Views News Mission Statement

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

### Words have Meaning.....



## PRESIDENTIAL PASTIMES Rich Johnson

Anyone else thinking U.S. presidents? Past, present and, future? For some reason I can't get them off my mind. For that matter I can't get them off my computer, television, radio, smart phone. I'm even afraid to get out my Etch-a-Sketch for fear of what I'll see.



What do we really know about our 43 Presidents and odd and assorted presidential candidates? I know President Obama is our 44th president. But he's our 43rd president. How? Well, Grover Cleveland was both our 22nd and 24th president. Let's move on. We know Mr. Trump likes the ladies. And Mrs. Clinton likes to clean...hard drives anyway. What else?

Did you know George Bush was a cheerleader in school? He also now likes to paint. No, not that kind of painting. Fine art. Most of us know Bill Clinton enjoyed playing the saxophone. Tenor sax to be specific. Did you know he also has a passion for crossword puzzles? Andrew Jackson, another southern born president's favorite hobby was carousing which included gambling and horse racing. He also liked to duel of which he participated in about 100. Thomas Jefferson is reported to have been an amateur architect, archeologist, winemaker and chef. Not much written about John Quincy Adams other than him once being caught by a female reporter skinny-dipping in the Potomac.

George Washington enjoyed farming as a hobby. Can you guess what Washington was most successful at farming? Well, by 1799 his company became the biggest whiskey distillery of those times. Teddy Roosevelt was an exercise nut, and an ornithologist, aka bird enthusiast. Calvin Coolidge stated hobby was napping. Two hours every day after lunch, even while he was president. He argued when he was asleep he couldn't initiate any costly federal programs. Rumor has it he also enjoyed riding mechanical horses. Richard Nixon loved to bowl. And we heard he was a great poker player.

Did you know President Ford was a fashion model in the 1940s? Even graced the cover of "Cosmopolitan". His wife Betty was also a model. James Garfield was ambidextrous and it was said he could write in Latin with one hand and Greek with the other hand...at the same time. I thought Presidents could only ambidexterity was speaking out of both sides of their mouths.

Herbert Hoover spoke Mandarin Chinese fluently? So did his wife. When they wanted a private conversation they spoke Chinese to each other.

Here's a biggie. Did you know Martin Van Buren gave us the phrase "OK"? Van Buren was from Kinderhook, New York which was also known as Old Kinderhook. His support groups came to be known as O.K. Clubs and the term OK came to mean "all right".

William Howard Taft was our most corpulent president once getting his 300+ pound body stuck in the White House bathtub. After his presidency not only did he lose 150 pounds, he also managed to become the Chief Justice of the Supreme Court and swore in Presidents Coolidge and Hoover to the presidency. Maybe President Obama should consider mirroring the accomplishments of William Howard Taft (I wouldn't recommend gaining 150 pounds though). We're also told President Obama collects "Spiderman" and "Conan the Barbarian" comic books.

Well, as the election closes in, gird up that inner resolve and plan on voting anyway. Not only for the head office but also, and equally as important, the Senators and Congress people. And judges and state measures. I would tell you to vote early and vote often. But since this is not Chicago of the last century you can only vote once. Make it count.

# LEFT TURN/RIGHT TURN

## JOHN L. Micek



Republican leaders crying over the Trumpenstein monster destroying them on Twitter (and any real chance their party could capture the White House) have only themselves to blame.

Last summer, House Speaker Paul Ryan, R-Wisc., Senate Majority Leader Mitch McConnell, R-Ky., and three-quarters of all elected Republicans made a Faustian bargain with the orange-haired, bile-spewing behemoth who's now their party's standard-bearer.

They surrendered their principles – and their party along with it – in the hope that Trump, who won every primary save Ohio, would be the candidate to sink Hillary Clinton.

To do that, Republicans who loathed Trump and feared the havoc he might wreak had to convince themselves that a New York billionaire with zero impulse control, a virtuoso's mastery of the put-down and an onion skin-thin ego could somehow be transformed into a respectable, mainstream candidate.

It was the ultimate exercise in denial and delusion. And with Trump's candidacy imploding and Clinton opening a wider lead in both national and battleground polls, GOP leaders moved this week to contain the damage as best they could.

On Monday, in the wake of a competent, but far from winning debate performance by Trump, Ryan announced that he was finally tossing the Republican nominee overboard.

The revelation of a creepy and lewd 2005 video of Trump bragging about groping women was the apparent breaking point -- not, of course, all the other vile stuff Trump has said (including several exhortations of violence against Hillary Clinton) since the Speaker threw in with him earlier this year.

Ryan said he would no longer campaign with or defend Trump (which he wasn't really doing anyway) and he was freeing House Republicans to look after their own campaigns and move to protect the GOP's majority.

Cynically, Ryan did not – as other Republicans did – rescind his endorsement. And Republican National Chairman Reince Priebus, whose skeletal structure must be made from the same miracle substance as the stretchy comic book hero Plastic Man, reiterated his support as well.

Even still the news provoked a Category Five Trumpian Tweetstorm. The seemingly apoplectic nominee demolished Ryan and other prominent Republicans,

## REPUBLICANS HAVE ONLY THEMSELVES TO BLAME

including U.S. Sen. John McCain, R-Ariz. It was as if Godzilla was stomping across Tokyo, blithely ignorant of the fact that he might have to work with the local Planning & Zoning Commission later on the rebuilding effort.

"Disloyal R's are far more difficult than Crooked Hillary," he fumed in one Tweet. "They come at you from all sides. They don't know how to win - I will teach them!"

Trump then rejoiced that it was "so nice that the shackles have been taken off me and I can now fight for America the way I want to."

What shackles? But no matter. Republicans now have what some of them privately feared the most: a wounded monster, limping into the final weeks of the campaign, with absolutely nothing left to lose.

They, of course, have everything to lose. A Clinton victory will likely result in a Democratic takeover of the U.S. Senate, easing the White House's path on at least one, but as many as four, U.S. Supreme Court appointments in the coming years. While Ryan may not have to sweat a total Democratic takeover of the entire House, Democrats could make significant enough inroads to give the Wisconsin Republican a four-year-long case of agita, possibly renewable in 2020.

Ryan and the Republicans now find themselves in the same place that their GOP forefathers found themselves in the 1996 election that saw Republicans abandon Bob Dole to focus on holding the Hill.

Back then, Republicans waited three weeks to toss Dole under the bus. This year, it's about a month, as Jennifer Rubin of The Washington Post reported. While he has a rabid base, Trump's support has held steady at about 42 to 44 percent in most national polls. That's nice, but it's not enough to win.

The worry for Trump - and for Republicans - should be that the high-profile defections, along with what will likely be another bad month of headlines for Trump, will depress GOP turnout and energize the Clintonistas.

Republicans could well skip the top of the ticket and vote on down-ballot candidates, making the hard decision that, to save themselves, and their Congressional majorities, they'll have to kiss the White House good bye.

And even then, they'll still have to live with the wreckage that their creation leaves in his wake.

An award-winning political journalist, Micek is the Opinion Editor and Political Columnist for PennLive/The Patriot-News in Harrisburg, Pa. Follow him on Twitter @ByJohnLMicek and email him at jmicek@pennlive.com.

## THE PARTY IS NOW CONTROLLED BY DEPEND CAUCUS

For a guy who's billed as the next great Republican political wizard, he sure makes a lot of rookie mistakes. No, I'm not talking about Donald Trump. I'm talking about Speaker of the House Paul Ryan — the Hamlet of Pennsylvania Avenue.

Now Ryan is doing the Hokey-Poke over Trump's just-released video "How to Impress Women Like the Stars Do." I say now, because this is only the most recent example. Ryan earlier was weathervaning over Trump's Twitter war with the Democrat's angry Arab. Before that it was Trump vs. the ethnic-supremacist judge. Prior to that it may have been the disabled reporter. Somewhere in there we have Carly Fiorina's face. Unless you have a Democrat opposition researcher in the family it's hard to keep track. The only thing that's certain is the joy in the enemy camp as Ryan predictably dances to the mainstream media's tune, and the rest of the Depend Caucus wrings their tiny hands.

There're a number of problems with Ryan's performance of the Politically Correct Polka, but let's begin with the fact it makes him look weak. This confirms what conservatives have been saying for months, but going public demonstrates Ryan's fecklessness to the entire nation.

Politically Ryan's weakness is an even bigger mistake for GOP members of the House he's supposed to be leading. Responding to media inquiries regarding Trump's shambolic campaign only serves to nationalize House races, which incumbent House members should certainly avoid. House races should stay local. Incumbents talk about the pork they've brought home, not the pork-brain at the top of the ticket.

House members, including the Speaker, have no control over presidential candidates. Regularly commenting on the Improv Impresario at the top of the ticket means what happens there also reflects on those members.

It's the equivalent of the Uber passenger in a self-driving car being held responsible for the robot's tickets. Nationalizing a House race is what challengers do to try and ride the coattails of their presidential candidates and overcome the incumbent's name ID and record within the district.

Ryan's continuing comments on the Trump race puts pressure on all House candidates to answer Trump questions from local reporters who take their cues from the networks.

This idiocy won't hurt Ryan — he's in a safe district, otherwise he wouldn't be Speaker — but it damages incumbents in marginal districts and it really handicaps GOP challengers. Instead of signing on for color commentary of

## by Michael Shannon

the Trump race, Ryan should have told national reporters from the very beginning that he is focused on increasing the Republican House majority and he doesn't have time to be an advisor for the Trump campaign, too.

The media won't accept that answer, so he'll be pressed. He repeats those questions are a distraction for House members concentrating on (insert message sound bite). Voters will have a chance in November to decide the presidential race and they don't need my help to do it.

Then Ryan refuses to answer any more questions about Trump.

The media will tire of badgering him and move on to reliable RINO weasels and backstabbers like John McCain and Lindsay Graham. For proof this technique works we have only to look at Senate Majority Leader Mitch McConnell. He finally shut up about Trump and the media stopped asking. Ryan's silence regarding the Trump campaign would allow other House members to do likewise. When a local news poodle asks them to comment on the latest Trump communication adventure, all they have to do is say, like Speaker Ryan, I'm concentrating on my own race where (insert political BS). Voters can make their own decision regarding Trump and Hillary in November.

Then they can shut the heck up.

Ryan's failure to adhere to this obvious and sensible strategy calls into question his motives. Is he trying to appeal to GOP contributors that might otherwise stop giving? If so, he can tell them in private what I've written here. Does Ryan want to cozy up to the next administration? There's probably a better chance for good relations with Hillary than with Trump. Or does Ryan want to be the national GOP leader acceptable to the media? He can ask Mitt Romney how that worked out.

A wise friend contends Ryan's diarrhea of the mouth isn't a mistake — it's a fallback plan. Originally, Ryan wanted to block Trump's nomination so the party would turn to him as nominee without subjecting him to a primary campaign.

Now Ryan just wants to defeat Trump regardless of the cost to the nation. Gov. Mike Huckabee contents the Republican RINO and consultant complex isn't afraid Trump will lose. They're afraid Trump will win.

I'm beginning to think the governor and my friend are correct.

Michael Shannon is a commentator and public relations consultant, and is the author of "A Conservative Christian's Guidebook for Living in Secular Times." He can be reached at mandate.mmp@gmail.com.












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