

Sierra Madre's 2016 WINTER VILLAGE FESTIVAL
Saturday—November 26, 2016 Noon—8 p.m.

The Holidays Begin In Sierra Madre!
Join us in this years Winter Village Festival throughout downtown November 26th between 12 p.m. to 8 p.m.

Come Join us for the festivities.

Meet Santa

There will be plenty of events for children and adults alike.
Holiday music will be scattered throughout town.
Get in the holiday mood by singing along with holiday carolers.
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See your children's delight when the tree is lit.
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SHOP 'TIL YOU DROP!
Start your holiday off with a romantic horse and carriage ride.
Shop for those special gifts at our local businesses.
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Winter Village Festival is sponsored by the Sierra Madre Chamber of Commerce

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SIERRA MADRE WOMAN'S CLUB COMMUNITY PRAYER BREAKFAST KICKS OFF HOLIDAY SEASON

On Wednesday, the Historic Essick House was filled with community members who participated in the SMWC's 45th Annual Community Prayer Breakfast. The theme for this years event was Reflections on "Praise and Thanksgiving".

Elected officials and other community leaders enjoyed a breakfast prepared by members of the Woman's Club and included the famous 'Secret Recipe Quiche'.

SMWC President Beverly Clifton welcomed guests and the Mistress of Ceremony for the event was member Patricia Jessup-Woodlin.

Members of the local clergy shared words of encouragement an thanksgiving. They included Father Michael Bamberger - Episcopal Church of the Ascension, Deacon John Hull, St. Rita's Catholic Church, Mr. Steve Licata - Baha'i Faith and Rev. Cynthia Crowell of Trinity Presbyterian Church. The benediction was given by Pastor Sangman Shin of Sierra Madre United Methodist Church.

Remarks were also given by LA County Supervisor-elect Kathryn Barger and Faith Lee from Assemblyman Chris Holden's office. MVNews



Wishing you a very Happy Thanksgiving are left side front to back: Faith Lee, Mayor Pro Tem Rachelle Arizmendi, Former Mayor John Harabedian, Fire Chief Steve Heydorgg, City Clerk Melinda Carillo, Acting Public Works Director Chris Cimino. Right side front to back: Kathryn Barger, Mayor Gene Goss, Former Mayor John Capoccia, City Manager Elaine Aguilar, Development Director Vincent Gonzalez and Personnel Director Miguel Martinez. Photo by Laura Aguilar

VFW 3208 SUCCESSFULLY GETS SIERRA MADRE POST OFFICE RENAMED AFTER MEDAL OF HONOR WINNER LOUIS VAN IERSEL

For more than a year, The Veterans of Foreign Wars of the United States (VFW), Post 3208 Sierra Madre with the assistance of Congresswoman Judy Chu, lobbied the powers that be to rename the Sierra Madre Post Office after World War I Veteran Louis Van Iersel. Van Iersel was a Sierra Madre resident who received the Congressional Medal of Honor for saving 1000 American soldiers during the First World War.

Van Iersel moved to Sierra Madre in 1946 and served as Commander of Veterans of Foreign Wars, Post 3208. As a World War I Veteran Louis Van Iersel served in the United States Army and received the Medal of Honor in 1919. During World War II he enlisted in the United States Marine Corps and served with the 3rd Marine Division in the Bougainville Campaign. Louis Van Iersel died at the age of 93 in Sierra Madre and is buried in Arlington Cemetery. There is also a marker in Sierra Madre's Pioneer Cemetery commemorating his life. At the time of his



death at age 93, Van Iersel was believed to be the most highly decorated surviving World War I veteran.

The dedication took place earlier this month with Grandson John Van Iersel, pictured below 4th from right standing next to Congresswoman Judy Chu and other family members and VFW 3208 in attendance.

Photo by Mary Lou Caldwell.



SIERRA MADRE HOLIDAY PARKING ENFORCEMENT SCHEDULE

Thanksgiving Parking

Please be advised that beginning 2:00 am on Wednesday, November 23, 2016 there will be City-wide exemption for parking violations regarding overnight parking. This exemption will extend until 2:00 am on Sunday, November 27, 2016 in observance of Thanksgiving. Please note that safety violations related to parking will still be enforced.

Winter/New Year's Holidays

Please be advised that beginning 2:00 am on Saturday, December 17, 2016 there will be a City-wide exemption for parking violations regarding overnight parking. This exemption will extend until 2:00 am on Tuesday, January 3, 2017, in observance of the holiday season. Please note that safety violations related to parking will still be enforced.

There will be Officers on staff 24/7 to handle enforceable parking issues and safety violations during these tiems.

*** Safety Violations examples: Red, White, and Blue Zones; parking violations obstructing egress/ingress to the roadway or sidewalk. ***

Weather Wise

6-Day Forecast Sierra Madre, Ca.

Sun:	Sunny	Hi 90s	Lows 60s
Mon:	Sunny	Hi 80s	Lows 50s
Tues:	Sunny	Hi 80s	Lows 50s
Wed:	Sunny	Hi 70s	Lows 50s
Thur:	Sunny	Hi 70s	Lows 50s
Fri:	Sunny	Hi 70s	Lows 50s

Forecasts courtesy of the National Weather Service

CITY OF SIERRA MADRE CALENDAR OF EVENTS

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

NEXT REGULAR CITY COUNCIL MEETING:
Tuesday, November 22, 2016
6:30 pm

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

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

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

Your event must:

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

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



SIERRA MADRE CITY MEETINGS

Regular City Council Meeting
Tuesday, November 22, 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 city@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

Upcoming Public Meetings

Monday, November 21, 6:30 PM
Community Services Commission Meeting

Thursday, December 01, 3:00 PM
Senior Community Commission Meeting

Community Services Commission Announcement

The City of Sierra Madre Community Services Commission has added the Field Use Agreement to the agenda of their next regular meeting on Monday, November 21 at 6:30 PM in the City Hall Council Chambers.

The Field Use Agreement is an agreement between the City and various youth Sports Groups which prescribe access and use of sports fields. At this meeting you will have the opportunity to provide comment during the public comment period. Your feedback is greatly appreciated.

If you cannot attend the meeting but would still like to voice your opinions of support or concern, you may email your comments to Rebecca Silva, Community Services Supervisor at rsilva@cityofsierramadre.com or send us a letter to the following for consideration by the Community Services Commission:

Sierra Madre City Hall
Community Services Department
232 W. Sierra Madre Blvd.
Sierra Madre, CA 91024

If you have any further questions, please feel free to contact Ryan Baker, Director of Library and Community Services: rbaker@cityofsierramadre.com

SIERRA MADRE POLICE BLOTTER

For the period November 6, to November 13, 2016 the Sierra Madre Police Department responded to approximately 184 day and night time calls for service.

Wednesday, November 9

A victim of an auto burglary filed a report at about 7:18 p.m. The victim stated that his unlocked vehicle was parked from 11/2/16 to 11/8/16 in a carport in the 500 block of W. Sierra Madre Bl. Stolen items included the vehicle's registration and other miscellaneous items. Case to detectives

Thursday, November 10

SMPD officers were dispatched to a home burglary in the 300 block of Manzanita at about 4:53 p.m. As the victim arrived he noticed his garage door was open. Unknown suspect(s) entered the home through a rear door and ransacked the house stealing jewelry and possibly other personal items. Case forwarded to Detectives

Saturday, November 12

At approximately 8:41 a.m. a SMPD vehicle was involved in a traffic collision with a bicyclist at the intersection of Sierra Madre Bl and Mountain Trail Ave. The cyclist was traveling south on Mountain Trail and struck the police vehicle in the intersection causing injuries to the rider and moderate damage to the vehicle. The rider was transported to a local hospital for treatment by SMFD. Case pending further investigation

Sunday, November 13

SMPD responded to the Sierra Madre Middle School for a report of a vandalism. An unknown suspect(s) vandalized a storage container, damaging the door and doorknob. The container is located on the rear baseball field in the 100 block of N. Canon Ave. The incident occurred sometime between 10/1/16 at about 6:00 p.m. and 11/13/16 at 6:15 p.m. Case forwarded to Detectives



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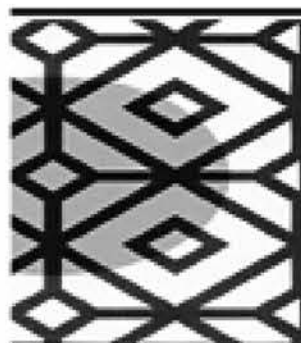


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Local Area News Briefs

New ordinance Aims to Clean up Homelessness in Old Town and Parks

The city council voted Monday night to give Pasadena police authority to target and remove belongings related to homeless people, in a move that some say is cruel. The new ordinance also makes it a crime to aggressively panhandle.

Opponents of the ordinance said it criminalizes homeless and without enough housing they have nowhere else to go. Others said the new law violates the Fourth Amendment, seizing property without due process.

The property can be removed without notice and held for 30 days, police said a note would be left as to where the property can be picked up, without charge.

City staff said "the intent is to ensure city's streets and sidewalks are unobstructed so that businesses can operate unimpeded and that patrons, employees, and visitors can move about the city without obstruction." It takes effect in 30 days.

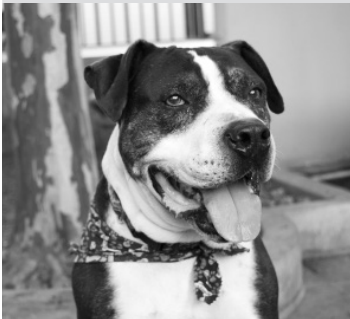
Officers Save Dog from House Fire

South Pasadena Police officers were dispatched Thursday to a residential house fire, at about 1:10 p.m., in the 1000 block of Garfield Av. Upon their arrival, Corporal Craig Phillips and Officer Brian Wiley found the house to be partially engulfed in flames.

During a search of the residence, no residents were found; however, a small 17 month-old Maltese was found cowering in the corner of a downstairs room. "Kolby" was rescued from the house uninjured and later reunited with his owner.

The cause of the fire is currently under investigation by the South Pasadena Fire Department assisted by SPDD detectives.

Pet of the Week



Six-year-old Pluto (A400608) is an active pooch looking for a new home. This neutered male, black and white pit bull mix enjoys exploring on walks and absolutely loves playtime, especially if it involves a new squeaky toy. Pluto has mastered his sit, down and stay cues, earning him a Blue Ribbon from our behavior staff and reducing his adoption fee to just \$100.

Adoption fee includes the spay or neuter surgery, microchip, and vaccinations. Pluto also qualifies for our Seniors for Seniors program, so his adoption fee is only \$20 for adopters age 60 and up.

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 A400608, 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.



City Unveils New Anti-tobacco Campaign

City officials unveiled a new public awareness campaign Wednesday that uses snakes, sheep and a small child to send a message of the dangers of smoking menthol or tobacco-flavored cigarettes and using electronic cigarettes.

The local educational campaign in English and Spanish is focused on reaching Latino and African American youths and adults, especially in Northwest Pasadena, with social media messages, bus shelter displays, interior placards inside Pasadena Transit buses and point-of-sale ads voluntarily used by tobacco retailers inside stores.

"Most young people who use tobacco report using flavored products," City Health Officer Dr. Ying-Ying Goh said. "These products are deadly tools that hook young people onto a lifetime of tobacco use."

She said tobacco use is still the

number one preventable cause of death in the United States and statistics show the use of these types of tobacco products are very popular products with Hispanic/Latinos and African Americans.

Funding for the educational campaign comes from a three-year, \$1.5 million grant from the U.S. Centers for Disease Control Prevention's Racial and Ethnic Approaches to Community Health (REACH) Program. Currently, the federal REACH program has provided 49 grants, but Pasadena is the only city-based health department in the country to receive funding and is also the only grantee using the funds for an anti-menthol, anti-tobacco product prevention effort.

Public Health Department Director Michael Johnson said the educational campaign seeks to raise awareness about the high use of mentholated

cigarettes, electronic cigarettes and flavored tobacco products and the aggressive advertising tactics used by the tobacco industry. Increase knowledge about mentholated and flavored tobacco to combat common perceptions that these products are safer than regular tobacco. For more information about the campaign and other anti-tobacco efforts, visit www.cityofpasadena.net/publichealth/REACH, or call (626) 744-6014.

Pictured (left) Dr. Ying-Ying Goh and (right) Director Michael Johnson. Photo, D. Lee/MVNews.

Pasadena Police DUI Enforcement Operation

Officers from the Pasadena Police Department's DUI Enforcement Team will be deploying next week to stop and arrest alcohol and drug-impaired drivers in the Department's ongoing traffic safety campaign. DUI Saturation Patrols will deploy on Wednesday, between the hours of 6:00 p.m. and 2:00 a.m. in areas with high frequencies of DUI collisions and/or arrests.

Officers will be looking for signs of alcohol and/or drug impairment with officers checking drivers for proper licensing delaying motorists only momentarily. When possible, specially trained officers will be available to evaluate those suspected of drug-impaired driving, which now accounts for a growing number of impaired driving crashes.

Recent statistics reveal that 30 percent of drivers in fatal crashes had one or more drugs in their systems. A study of active drivers showed more tested positive for drugs that may impair driving (14 percent) than did for alcohol (7.3 percent). Of the drugs, marijuana was most prevalent, at 7.4 percent, slightly more than alcohol. Everyone should be mindful that if you're taking medication – whether prescription or over-the-counter – drinking even small amounts of alcohol can greatly intensify the impairment affects.

The cost of a ride home is cheap, nothing compared to a \$10,000 DUI conviction and the 'inconvenience' of not driving your own car home is nothing compared to the inconvenience of spending time behind bars.



the holidays truly special. Who better to receive these gifts than children who can really use the toys and food," says Renee Clark, General Manager of the Galley.

"Their needs include food as well. Canned food and other non-perishables are imperative to keep the House running," says Richard Selvik, General Manager of Clearman's North Woods Inn, San Gabriel. Both locations will have donation boxes for these items starting Friday, November 25 through December 23.

North Woods Inn San Gabriel is located at 7247 Rosemead Blvd. in San Gabriel. Hours are 11:30-9 Monday – Thursday and Sunday. 11:30-10 Friday and Saturday. Clearman's Galley is located at 7215 N. Rosemead Blvd. in San Gabriel. Hours are 11-9 Monday – Thursday, 11-10 Friday & Saturday, and 10-9 on Sunday.

Thanksgiving Dinner in the Park

To show community spirit and compassion, hundreds of volunteers of all ages will gather together on Thanksgiving to serve meals and cheer at Union Station Homeless Services' annual Dinner in the Park.

For 45 years, this beloved tradition has been a staple event for the Pasadena community during the holiday season. Volunteers help prepare and serve meals—including turkey, stuffing, green bean casserole, mashed potatoes and pie—to all who are hungry at Pasadena's Central Park on Thanksgiving.

Union Station Homeless Services expects to serve 2,000 plates of food this Thanksgiving, November 24th. Meal recipients will include individuals

and families experiencing homelessness or poverty, senior citizens, and those who are alone for Thanksgiving or unable to afford a holiday meal.

"I am so excited to be a part of Union Station's long-standing Dinner in the Park event this Thanksgiving," said John Brauer, Union Station's new CEO. "Serving individuals who need a little help during the holiday season is both an honor and a privilege, and I look forward to rolling up my sleeves along with the other 800 other community volunteers to make this a special day. Union Station is such a vital part of our community, and I'm looking forward to meeting other folks who love the agency as much as I do!"

Volunteer registration for the event is now closed, but community members are invited to help Union Station collect the ingredients and kitchen supplies needed to prepare a great Thanksgiving meal! The wish

list of much-needed items is available at unionstationhs.org/DIP2016. Donors may drop off these supplies in the indicated sizes at 412 S. Raymond Ave. in Pasadena.

Dinner in the Park is a true community event and would not be possible without the support of our community members and volunteers. Union Station thanks its event sponsors, including the Tsutayo Ichioka & Satsuki Nakao Foundation, HomeStreet Bank, Citizens Business Bank, Individual Foodservice and Centerplate.

Union Station will no longer be holding Christmas dinner at Central Park. Instead, the festivities will be moved to their Adult Center at 412 S. Raymond for the first annual Christmas at the Station. Volunteer registration for Christmas at the Station will open on December 1 at 9 a.m.

For more information visit unionstationhs.org

Thanksgiving Holiday Closures, Reminders

Pasadena residents and businesses are reminded that City Hall and most City services will be closed on Thursday, Nov. 24, and Friday, Nov. 26, 2016, in observance of the Thanksgiving Day holiday. Specific closures and exceptions are noted below.

Pasadena Fire and Police departments will continue to be staffed for all patrol, jail, fire, paramedic and other emergency services. Always call 9-1-1 for life-threatening emergencies. For non-emergencies, call (626) 744-4241. Remember, "If You See Something, Say Something."

Pasadena residents and businesses with power emergencies should call Pasadena's Water and Power (PWP) Department at (626) 744-4673 and for water-related emergencies call (626) 744-4138. PWP's Customer Service Call Center will be closed both days, but customers can access their accounts and make payments by phone at (626) 744-4005 or online at www.PWPweb.com. The Municipal Services Payment Center at City Hall will be closed both days. The Citizen Service Center, www.cityofpasadena.net/Citizen-Service-Center will be closed Thanksgiving Day, but will be open to take your calls at (626) 744-7311 from 8 a.m. to 2 p.m. Nov. 25 and Nov. 26.

Regular refuse and recycling collection for Thursday (Thanksgiving Day) will occur on Friday, Nov. 25, and Friday's collection will be on Saturday, Nov. 26. No pickups for bulky items will be scheduled for the two-day holiday.

Pasadena Transit and Dial-A-Ride transportation programs will not operate on Thursday, Nov. 24, but will resume regular service on Friday, Nov. 25. All parking meters are free and parking time limits will not be enforced on Thanksgiving Day, but shoppers are advised that all regular meter enforcement will resume on Friday, Nov. 25. Violations for overnight parking restrictions, red curb parking and blocking fire hydrants will continue to be issued both days.

All Pasadena Public Library sites will close at 5 p.m., Wednesday, Nov. 23, and will be closed the following two days.

All Recreation and Community Centers operated by the City's Human Services and Recreation Department will be closed on both days, but all parks will be open for picnics, fun and play. No site reservations are accepted for the holiday.

The City wishes everyone a safe, enjoyable Thanksgiving Day. Remember to celebrate responsibly and always designate a driver!



Thanksgiving at the Pasadena Senior Center

Gobble gobble! The Pasadena Senior Center, 85 E. Holly St., will continue its Thanksgiving tradition this year by offering a turkey feast with all the trimmings Thursday, Nov. 24, at noon. They'll even do all the cooking, all served by

volunteers, and cleanup, so all you have to do is come!

Prepaid reservations must be received at the Welcome Desk no later than Tuesday, Nov. 22. The cost is only \$10 for members and \$12 for non-members of all ages.

For more information call (626) 795-4311.

Poetry Fest! At Pasadena Senior Center Sun., Nov. 20

Anyone who enjoys writing, reciting, reading or listening to poetry is invited to Poetry Fest! Sunday, Nov. 20, from 1 to 4 p.m. at the Pasadena Senior Center, 85 E. Holly St.

Writing is therapeutic and seniors are capable of producing meaningful poetry and prose. Evidence-based research shows poetry and other forms of cultural expression offer myriad benefits for older adults, including improving memory and decreasing

stress. Mira Mataric, who has taught the Creative Writing course at the Pasadena Senior Center since 1998, is organizing Poetry Fest! Poets, writers and musicians are encouraged to participate. Send an email to mira016@hotmail.com or call 626-578-0470 to express your interest.

The event is free to all, whether reciting, performing or listening. Refreshments will be served.

Free Events Roundup at the Pasadena Senior Center

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

Smart Phones, Tablets and Computers – Any Questions? – Tuesdays and Thursdays to Nov. 29, 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! Please note there will be no session Thursday, Nov. 24.

LA Opera: A Deeper Look – Monday, Nov. 28, at 1 p.m. Take a deeper look into opera and classical music through the eyes of an operaphile who will share the passion and enthusiasm for this popular art form, with topics ranging from the delightful to the disastrous!

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

Founded in 1960, the Pasadena Senior Center is an independent, nonprofit organization that offers recreational, educational, wellness and social services to people ages 50 and older in a welcoming environment. Services are also provided for frail, low-income and homebound seniors.

ARCADIA

Sierra Madre

Arcadia

Pasadena

Altadena

Monrovia



ARCADIA BEAUTIFUL'S HOLIDAY DECORATION AWARDS ARE COMING TO TOWN

November 3, 2016 --- It's already November and Santa and his elves are starting to gear up for the Holiday Decoration Awards on December 15. As the excitement of the season kicks in, haul out your decorations, string your lights, and spread holiday cheer. Judged by the Arcadia Beautiful Commission, this annual event recognizes properties decorated in the most festive and creative ways. Get ready to deck the halls and illuminate the community with holiday spirit!

"The Holiday Decoration Awards are a great tradition in the City of Arcadia. This contest recognizes residents who enjoy displaying their holiday spirit," said Jan Shimmin, Chairperson for the Arcadia Beautiful Commission.

To be considered for an award, please have your decorations up before Monday, December 5. Once your home is decorated, leave your lights on until 10 p.m. for nomination and judging purposes. Winners of a Holiday Decoration Award will receive a yard sign, holiday gift, and a personal visit from the Santa Squad on Thursday, December 15.

To nominate a property for consideration, please call the City Manager's Office at (626) 574-5434 or email lsbakarian@ArcadiaCA.gov before Monday, December 5. Please include the complete address including the street, avenue, etc.

Properties are only eligible to win every 4 years.

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.

ARCADIA POLICE BLOTTER

For the period of Sunday, November 6th, through Saturday, November 12th, the Police Department responded to 1,015 calls for service of which 96 required formal investigations. The following is a summary report of the major incidents handled by the Department during this period.

Sunday, November 6:

1. Shortly before 7:38 p.m., an officer responded to Sephora at the Santa Anita Mall, 400 South Baldwin Avenue, regarding a petty theft report. Surveillance footage revealed the suspect concealed numerous items in her purse before exiting the store, failing to make payment. The 20-year-old female from Arcadia was arrested and transported to the Arcadia City Jail for booking.

Monday, November 7:

2. Around 9:40 a.m., an officer responded to LA Fitness, 1325 South Baldwin Avenue, regarding a grand theft report. The victim stated his locker was broken into and the suspect fled with \$22,000 from his backpack and wallet. No suspects were seen and no witnesses were located.

Tuesday, November 8:

3. At about 3:03 a.m., officers responded to a residence in the 100 block of Fano Street regarding a burglary in progress. Officers located the suspect inside the house. The suspect did not comply with the officers' request to exit the residence so they deployed the West Covina Police Department K9 team. The 29-year-old male from Duarte was located by the K9 unit and arrested without incident. Arcadia Fire transported the suspect to Arcadia Methodist Hospital for treatment of his injuries that occurred during the K9 apprehension.

4. Just after 10:54 a.m., an officer responded to a residence in the 100 block of West La Sierra Drive regarding a mail theft report. The officer discovered unknown suspect(s) pried open the victim's mail box. It is unknown if any mail was stolen. No suspects were seen and no witnesses were located.

5. Around 9:41p.m., an officer responded to Nordstrom, 400 South Baldwin Avenue, regarding a burglary report. Surveillance footage revealed the 30-year-old female from Pasadena concealed a shirt in her shopping bag before exiting the store, failing to make payment. An investigation revealed the suspect had stolen items from Nordstrom on five separate occasions within the previous three weeks. She was arrested and transported to the Arcadia City Jail for booking.

Wednesday, November 9:

6. Shortly after 9:49 a.m., an officer responded to the Arcadia Police Department front counter regarding a fraud report. The officer discovered the suspect forged one of the victim's checks for the amount of \$9,000 and deposited it into his account. The victim does not know how the suspect obtained his check. The 37-year-old male from Upland is outstanding at the time of this report.

7. At about 3:32 p.m., an officer responded to the Santa Anita Mall, 400 South Baldwin Avenue, regarding an activation of an Arcadia Police Department GPS tracker. Arcadia PD detectives had previously deployed decoy bicycles

with tracking devices to combat the increase in bike thefts throughout the city. An investigation revealed a 19-year-old male from El Monte was in possession of the stolen bicycle and GPS tracker. The suspect was arrested and transported to the Arcadia City Jail for booking.

Thursday, November 10:

8. At approximately 8:59 a.m., an officer responded to the UPS Store, 713 West Duarte Road, regarding a suspicious circumstances report. The officer discovered an unknown suspect used an unrelated business's information to ship a package to an individual in New York. An investigation revealed it contained 30 pounds of marijuana. The investigation is ongoing.

9. Around 9:27 a.m., an officer responded to Arcadia 210 Self Storage, 324 North Second Avenue, regarding a commercial burglary report. The officer determined a male suspect, who rents a neighboring unit, entered the victim's unit by unknown means and stole an assortment of purses. The investigation is ongoing.

10. At about 3:33 p.m., an officer responded to Burlington Coat Factory, 1201 South Baldwin Avenue, regarding a shoplift report. A loss prevention specialist witnessed the suspect conceal numerous items inside an empty shopping bag before exiting the store, failing to make payment. The 30-year-old male from Covina was arrested and transported to the Arcadia City Jail for booking. The suspect also had an outstanding felony warrant.

Friday, November 11:

11. Just before 2:32 p.m., an officer attempted to initiate consensual contact with a subject near the 5600 block of Peck Road, however, the suspect ignored the officer's request and fled on foot into a "No Trespassing" area. The officer located the suspect and discovered he had a meth pipe in his backpack. The 46-year-old male transient was arrested and transported to the Arcadia City Jail for booking.

12. Around 3:58 p.m., an officer responded to the Arcadia Police Department front counter regarding a theft that occurred at AMC Theaters, 400 South Baldwin Avenue. The victim stated she found an unknown suspect lying underneath her seat inside the theater. She confronted the suspect and discovered he had removed her belongings from her purse. The suspect fled in an unknown direction. The suspect is described as a black male, 5'7" - 5'9" tall, wearing all black clothing. The investigation is ongoing.

13. Shortly after 7:48 p.m., officers responded to a residence in the 1300 block of South Santa Anita Avenue regarding a disturbance report. An investigation revealed a male suspect pointed an airsoft gun at two juveniles who were selling magazine. The 21-year-old male from Arcadia was arrested and transported to the Arcadia City Jail for booking.

Saturday, November 12:

14. At approximately 9:30 p.m., an officer responded to Santa Anita Mall, 400 South Baldwin Avenue, regarding a vehicle burglary report. The officer discovered an unknown suspect tampered with the rear window hatch and stole the victim's third row seat. No suspects were seen and no witnesses were located.

MONROVIA - DUARTE

Sierra Madre

Arcadia

Pasadena

Altadena

Monrovia

MONROVIA H. S. SINGERS TO BRING HOLIDAY CHEER TO RETIRED TEACHERS!

Back by popular demand, Director Bill Moore and his Monrovia H. S. Camerata Singers will treat the California Retired Teachers' Association #71 (CalRTA) to the joyous sounds of the holidays at a luncheon meeting on Friday, December 9 at 11:30 a.m. A graduate of Azusa Pacific University (APU), Director Bill Moore is well known in the community for his fine choral conducting at both Duarte H. S. in the past and Monrovia H. S. in the present.

The Retired Teachers group has welcomed Mr. Moore and his choral ensembles many times in the past years. In turn, Mr. Moore states that he is excited and pleased to be back singing for CalRTA. His Camerata Singers is a talented 32-member group of well-blended voices that has been highly ranked at music festivals by the Southern California Vocal Association. To delight the audience, the singers' performance will include a sing-along of "Joy to the World" and

other traditional Christmas music.

The CalRTA #71 luncheon meeting will take place at the Senior Center Building in Arcadia Park (county park), 405 W. Santa Anita Ave., Arcadia, next to the Lawn Bowling Greens. Guests are welcome to come enjoy the luncheon and the delightful musical program. The cost of the luncheon for members and guests is \$12. For luncheon reservations, please call John Gera at (626) 286-0714 by the Friday, December 2 deadline.

Membership in the California Retired Teachers' Association is open to all retired educators, as well to current educators, and to any others interested in joining this active group. The local CalRTA #71, San Gabriel Valley Division, now numbers around 500 members. CalRTA's motto is "Your Partner in Pension Protection."

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.

Residential Burglary

November 10 at 6:24 p.m., a resident in the 1500 block of S. Fifth Avenue called police to report she had just returned home from work and found her home had been burglarized. Although a complete list of stolen property could not be immediately compiled, two rifles were among the items stolen. The investigation is continuing.

Disturbing Subject / Warrants - Suspect Arrested

November 10 at 7:09 p.m., a disturbing subject was reported yelling and screaming in the 700 block of W. Duarte Road. Officers arrived and located a subject matching the description. A computer check revealed the subject had three outstanding warrants for his arrest. He was arrested for the warrants and taken into custody.

Loitering / Warrant - Suspect Arrested

November 10 at 8:28 p.m., several subjects were reported loitering in front of a business in the 700 block of W. Huntington. Officers arrived and found one of the subjects had an outstanding warrant for his arrest. He was arrested and taken into custody. The subject was held pending his court appearance.

Driving Under the Influence Traffic Collision / Child Endangerment - Suspect Arrested

November 10 at 8:49 p.m., a resident in the 300 block of Longford Place called police to report a vehicle had collided into her neighbors' yards. Officers arrived and the investigation revealed the driver was extremely intoxicated and had her 16-year-old son in the vehicle at the time of the collision. The suspect was arrested for driving under the influence and child endangerment.

Juvenile Problem / Vandalism / theft

November 11 at 10:00 p.m., approximately ten juveniles were reported in the 100 block of W. Foothill causing a disturbance in a parking lot. Several subjects entered a laundromat and repeatedly kicked a vending machine, causing damage to where the coins are held. The suspects stole miscellaneous coins from the damaged machine and fled. The investigation is continuing.

Robbery

November 11 at 10:46 p.m., police responded to the report of a robbery in the 400 block of S. Ivy. The victim parked his vehicle on Canyon and the south alley of Lime. He walked west in the alley, heading to the downtown area to meet friends. Two suspects approached, brandished a handgun and pointed it at the victim. The suspects robbed the victim of his cell phone, wallet and miscellaneous personal property, then fled on foot. An extensive search was conducted by officers, but the suspects were not located. The suspects were described as male blacks, but additional description was difficult because their features were concealed by the hoods on their sweatshirts. The investigation is continuing.

Welfare Check / Warrant - Suspect Arrested

November 12 at 10:52 p.m., a business in the 600 block of W. Huntington called police stating there was a subject sleeping on their bench outside their to-go pickup area. Officers arrived and made contact with the subject. A computer check revealed the subject had an outstanding warrant for his arrest. He was arrested and taken into custody for the warrant.

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BETHANY CHRISTIAN GIRLS VOLLEYBALL TEAM COMPLETES 2016 SEASON

With a new coach at the helm and sporting a roster that mixed experience and youth, the Bethany Christian School Lady Lions completed a very successful 2016 volleyball season last week. A hard-fought, two-set away loss in the first round of the playoffs to a strong Barnhart team knocked the Lions from championship contention but did not spoil a highly rewarding season.

Improving upon their record from the previous season, the Lions finished the 2016 regular season with a 6-6 record, including key league wins over Judson and Waverly, qualifying fourth in the top playoff bracket in the Foothill Sports League.

Leading the team in kills for the season were Rachel Molina (8th grade) and Cate Crabb (7th grade). Star server Faith Peterson (8th grade) and skilled setters Zoe Maros (8th grade) and Natalie Bayrakdarian (8th grade) supported a 13-girl roster that included two fourth graders and two fifth graders. Versatile player Saundri Luippold rounded out the 8th grade group completing their middle school volleyball careers.

First-year coach Amanda Heitritter expressed her admiration for the players' efforts. "I am very proud of the girls' willingness to work together and try a new system," she said. "They demonstrated tremendous teamwork and represented themselves and their school very well."

With eight returning players, the BCS Lady Lions appear poised for another successful campaign in 2017.



Top row, left to right: Rachel Molina, Zoe Maros, Saundri Luippold, Natalie Bayrakdarian, Faith Peterson, Cate Crabb, Coach Amanda Heitritter Bottom row, left to right: Phoebe Cucullu, Abigail Milton, Kira Foster, Sophie Claudio, Lara Bardakjian, Aria Bayrakdarian Not pictured: Emily Mardiros

SCHOOL DIRECTORY

Alverno Heights Academy
200 N. Michillinda Sierra Madre, Ca. 91024
(626) 355-3463
Head of School: Julia V. Fanara
E-mail address: jfanara@alvernoheights.org

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

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

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

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

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

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

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

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

High Point Academy
1720 Kinneloa Canyon Road Pasadena, Ca. 91107
Head of School: Gary Stern 626-798-8989
website: www.highpointacademy.org

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

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

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

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

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

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

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

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

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

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

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

Monrovia Unified School District
325 E. Huntington Dr., Monrovia, Ca. 91016
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Thanksgiving is upon us, and it is my sworn duty to come up with wines that will go with a traditional oven-baked turkey or smoked turkey, or even duck. A high-acid, low-tannin pinot, with bright cherry and cranberry flavors over rich spices, can do right by almost all the exuberant side dishes any turkey might require. The San Simeon winery makes a marvelous Pinot Noir, and at \$18 it is a winner.

My next suggestions aren't a surprise if you love bubbles like I do. I enjoy Domaine Carneros Brut (\$30) from the house of Tattinger, and I have said that this California wine comes the closest to "real" champagne. I picked up a bottle recently at Bristol Farms and it will also go great with prime rib. Newsweek Magazine selected the Roederer Estate as their value for the new millennium, and I agree - when I am shopping for that \$20 wine it is my go-to choice.

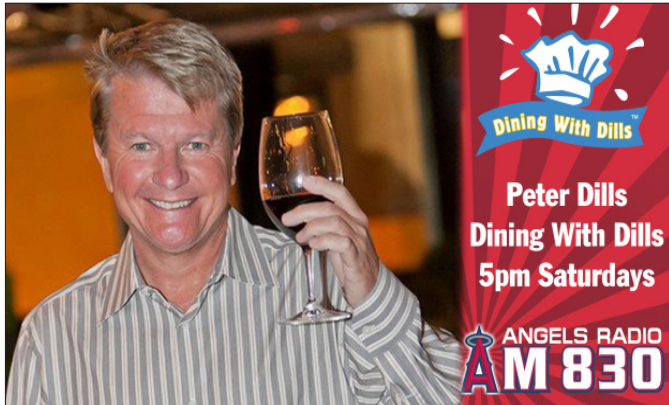
How about a Rosé? My friend Jason Valenzuela, wine steward par excellence, recommends the Virage Rose, which hails from Napa Valley. If you can find it for less than \$20 buy it!! Last, but not least, do consider a cabernet, a favorite side kick of prime rib for years. Our own Maddelena has an outstanding one, and a bottle for \$15 is perfect for the holidays. Who does prime rib on Thanksgiving? I must admit the Dills household has been doing Prime Rib for years.

To my chardonnay-loving readers, an apology: all that sauce, butter, and gravy will absolutely kill

TABLE FOR TWO by Peter Dills
thechefknows@yahoo.com

any hope of enjoying your favorite buttery, oaky chardonnay. That said, I defend your right to drink what you like to drink at any holiday party!

Peter's Top 5
San Simeon Pinot Noir
Maddelena Cabernet
Domaine Carneros Brut
Virage Rose



Roederer Estate Sparkling Wine
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Lunch: Salads • kebobs • sandwiches • appetizers

Dinner: Steaks • seafood • pasta • Greek cuisine

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FOOD AND DRINK

Julie's Favorite Family Recipes

RACHEL RAY BRUSSELS SPROUTS WITH BACON

Ingredients

3 slices bacon, chopped
1 tablespoon extra-virgin olive oil, 1 turn of the pan
1 shallot, chopped
1 1/2 pounds Brussels sprouts, trimmed, small sprouts left whole, larger sprouts halved
Salt and pepper, to your taste
1 cup chicken broth

Directions

Brown bacon in a medium skillet over medium high heat. Remove bacon to a paper towel lined plate. Add extra-virgin olive oil to the pan, 1 turn. Add shallots to the pan and saute 1 to 2 minutes. Add Brussels sprouts and coat in oil. Season with salt and pepper. Cook Brussels sprouts 2 to 3 minutes to begin to soften, then add broth. Bring broth to a bubble, cover and reduce heat to medium low. Cook 10 minutes, until tender. Transfer sprouts to a serving dish with a slotted spoon and top with cooked bacon bits.

HEALTHY LIFESTYLES

THE JOY OF YOGA FIRE IN THE BELLY



Create a fire in your belly and ignite your passion for life!! So much takes place at the navel center. Many studies report that serotonin

production begins in the gut and it's often called our "second brain". There are so many articles on this topic. Browse for them and you will be amazed. Thus, the navel center is like a central storehouse for motivation, joy, and power. This is true physically and energetically. We can relate this back to the strong feeling we get from doing "core" work. Although the core goes around back too, this strengthening at the belly helps to stabilize the entire body. In my tradition, when we say "fire in the belly" we are referring to the energy center at the navel. When our fire or flame is lit, the essence of who we are is apparent. We have the motivation, stability and stamina to accomplish what we want and be who we want to be. Creating this fire or vibrant flame at the navel center also plays another role. The heat and flame can help dissolve some of the crud built up in the lower two chakras (energy centers). Most of our "stuff" or trouble from the past are held at the root and sacral regions. These areas have

to do with security, desire, and relationships. If the fire becomes bright enough and steady enough, it can help us TRANSFORM beyond our limitations. Thus, fire in belly facilitates our transformation. To create this in our practice, it's best to first, make the body and mind as clean, clear and stable as possible. We'd never want to ignite a flame without the proper fuel for the fire. It will just burn out that way. A steady burning flame is the one we want, with an even, abundant fuel source. The fuel source being our vital energy reserves. Transformation is not going to happen when we're running on empty. Next, we simply begin to gather and direct energy there to strengthen and enliven the entire area. Think about the power held at navel center, do some work in the area and see what happens. In fact, get with a teacher in the tantric tradition and begin a meditation specific to directing energy there. Enjoy the confidence and joy it produces!

Namaste and see you in class!

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CAREGIVING TIPS FOR LONG-DISTANCE CAREGIVERS

Dear Savvy Senior,
Can you recommend any long-distance caregiving tips that can help me help my elderly father who lives in another state? He has physically declined over the past year, but is determined to stay living in his own house. Worried Daughter

Dear Worried,
Providing care and support for an aging parent who lives far away can be very difficult and stressful. Here are some tips and resources that can help.

When it comes to monitoring and caring for an aging parent from afar, you have a couple options. You can either hire a professional to oversee your dad's needs, or you can manage things yourself by building a support system, tapping into available resources, and utilizing technology devices that can help you keep tabs on him.

Professional Help

If your dad needs a lot of help, you should consider hiring an "aging life care professional" who will give him a thorough assessment to identify his needs, and will set up and manage all aspects of his care. These professionals typically charge between \$100 and \$200 per hour, and are not covered by Medicare.

To find a professional in your dad's area, ask his doctor for a referral or visit the Aging Life Care Association website at AgingLifeCare.org.

Do-It-Yourself

If your dad only needs occasional help, or if you can't afford to use a care manager, here are some things you can do yourself to help him.

Assemble a support system: Put together a network of people (nearby friends or family, neighbors, clergy, etc.) who can check on your dad regularly, and who you can call on from time to time for occasional help. Also put together a list of reliable services you can call for household needs like lawn care, handyman services, plumber, etc.

Tap local resources: Most communities offer a range of free or subsidized services that can help seniors with basic needs such as home delivered meals, transportation, senior companion services and more. Contact the Area Aging Agency near your dad – call 800-677-1116 for contact information – to find out what's available.



Use financial aids: If your dad needs help with his financial chores, arrange for direct deposit for his income sources, and set up automatic payments for his utilities and other routine bills. You may also want to set up your dad's online banking service, so you can pay bills and monitor his account anytime. Or, if you need help, hire a daily money manager (aadmm.com) to do it for you. They charge between \$25 and \$100 per hour.

Benefitcheckup.org is another excellent resource to look for financial assistance programs that may help your dad, particularly if he's lower-income.

Hire in-home help: Depending on your dad's needs, you may need to hire a part-time home-care aide that can help with things like preparing meals, housekeeping or personal care. Costs can run anywhere from \$12 up to \$25 per hour.

To find someone, ask for referrals through your dad's doctor or area hospital discharge planners, or try websites like Care.com, CareLinx.com, CareFamily.com or CareSpotter.com.

Utilize technology: To help you keep tabs on your dad and manage his care from afar, there are various technologies that can help.

For example, there are motion sensors (like Silver Mother - sen.se/silvermother) and video cameras (nest.com/camera) that can help you make sure he is moving around the house normally; computerized pillboxes (medminder.com) that will notify you if he forgets to take his medication; simplified computer tablets (grandpad.net) that provide important face-to-face video calls; and a variety of websites that can help you coordinate care (lotsahelpinghands.com) and medical information (reunioncare.com) with other family members.

For more tips, call the National Institute on Aging at 800-222-2225 and order their free booklet "Long-Distance Caregiving: Twenty Questions and Answers."

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

SENIOR HAPPENINGS



HAPPY BIRTHDAY!November Birthdays*

Flo Mankin, Alberta Curran, Carmela Frontino, Kathy Wood, Lena Zate, Joe Pergola, Janice Kacer, Valerie Howard, "Mike" Ruggles, Joan Ruggles, Lois Stueck, Jean Wood, Shirley Yergeau, Kathi Jefferson, Pat Krok, Irene Nakagawa, Anna Ross, Mary Steinberg and Sue Quinn.

* 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.



KATIE Tse.....This and That

TURKEY ADVENTURES

Well, another Thanksgiving is upon us, and I, for one, have much to be thankful for! One thing I'm especially thankful for is that I never have to cook on Thanksgiving. The most my

family ever expects of me is a salad or some other low key dish. But that didn't stop my husband and I from attempting to prepare a turkey over Memorial Day weekend a couple years ago. I hope you enjoy this lightly recycled article, and that you have a wonderful Thanksgiving. At the very least, you will feel much more competent in your abilities as a cook by comparison!

Like most turkeys, our Memorial Day bird was originally intended for Thanksgiving. Every year, we came up with excuses as to why we couldn't, or shouldn't, do a turkey. I can't cook, and the kitchen in our old apartment was small. We moved into our house last February, which took care of excuse number two. So back in November we were at Ralph's and the sight of all the frozen turkeys lined up in a bin inspired us to buy one. Even then we didn't plan to roast it for Thanksgiving, since we were having dinner with our families. My husband checked the expiration date and discovered it could last a whole year. It took up comfortable residence in our freezer.

It didn't take long for us to get tired of having a fourth of our freezer taken up by the turkey, but since both of us work and are fairly busy on the weekends, the turkey languished next to the ice cube tray for months. We decided that a nice, restful three-day weekend would be the perfect opportunity to finally roast our long term guest. We took him (or her) out a few days in advance to thaw in the fridge.

By Friday it seemed fairly soft to the touch --through the plastic anyway. My husband researched roasting methods and decided brining sounded good. We got the special Diamond Kosher salt and other infrequently used seasonings recommended by the "Food Network." However, my husband then noticed that our turkey was "Enhanced." "Enhanced, huh?" I asked. "Does that mean it wears a double D cup or something?" He raised his eyebrows as if to say, "You're not serious, right?" "It means it's already marinated and we should just go ahead and bake it."

Turkeys go through a complex transformation on their way from slaughter to table. It gets a pop-up timer implanted in its shoulder and its legs are bound together with a plastic ring resembling hand cuffs that are anchored deep inside its body cavity. Freeing this plastic leg brace was a challenge not made easier by the fact that, although the skin was soft and pliable, the inner flesh was still rock hard. Since we weren't supposed to rinse the turkey because the liquid it was hibernating in was the brining solution, we resorted to holding the turkey under running water in an attempt to melt away some of the icebergs lurking inside. (Sorry! We tried to be water conscious!) Its cavity filled up with water and overflowed into

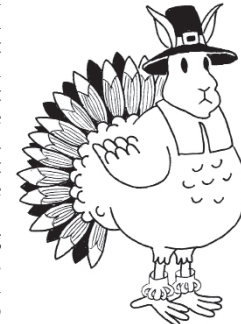
the sink. I recalled those ads for antibacterial spray that show swaths of bacteria on kitchen surfaces glowing like Christmas lights. After much work digging around the turkey's knees, my husband dislodged the last remaining chunks of frozen turkey juice and freed the legs from their plastic handcuffs.

Then came the rub --seasoning rub, that is. My husband managed to massage a mixture of herbs and spices into all the nooks and crannies of the unwieldy bird. Turkeys get their revenge by being particularly clumsy to handle, shifting their weight in their sagging skin as soon as you get a grip on a leg or wing. In doing so we discovered a few extra feathers that somehow made it through the packing plant. "Door prizes!" I exclaimed.

We referred to the instructions on the bag many times throughout the turkey's preparation. It told us to remove the neck, giblets, and a gravy bag from the body cavity. It was like a treasure hunt! Try as we did, we couldn't find the giblets. It also didn't help that neither of us were totally sure what giblets were supposed to look like. "It's not that big in there," my husband said. "There aren't a lot of places for them to hide." We gave up and figured that if we came across them it would be like finding a toy in a box of Cracker Jacks, only these were poultry organs. One of the "Food Network" chefs had suggested putting an apple inside with some cinnamon sticks for aromatics. We didn't have cinnamon sticks, so I cut up an apple and sprinkled cinnamon on it before stuffing it inside. This was my sole contribution to the turkey preparation other than moral support.

When it was finally time to pop it in the oven we realized that with its legs free, the turkey overhung its baking dish. "Do we have anything bigger?" my husband asked. We searched for a larger container but found nothing. "Maybe I can put the ankle braces back on," he said, fishing the plastic leg cuffs out of the sink. After a short struggle he refastened the legs in their restraints and stuck the rest of the contraption back in the cavity. By now we were ready for a break while the bird baked.

For the next few hours we checked the turkey under the oven light and speculated on whether the drippings were burning, since "dry brined" birds supposedly don't produce much liquid. But at the eleventh hour (not really, but it seemed like it) the turkey exuded a lot of juice and that we were able to use with the gravy pack. When my husband finally freed the legs from the ankle cuffs and peered inside the cavity he exclaimed, "Oh my gosh! I found the giblets; they exploded!" But it turned out to only be the apple slices, a bit puffy from the heat. At last the turkey was ready to eat, and for first timers, it turned out fairly good! Nearly a week later we were almost done eating it, and found all sorts of uses for cold and hot turkey. I suppose most people don't have turkey for Memorial Day, but Benjamin Franklin originally wanted the turkey to be the national bird instead of the eagle, so it is patriotic in a way. We still haven't come across the giblets, but we're not quite done yet...



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Looking Up

with Bob Eklund



PLUTO'S ICY, SLUSHY HEART

Beneath Pluto's "heart" lies a cold, slushy ocean of water ice, according to data from NASA's New Horizons mission. In a paper published in the journal Nature [http://www.nature.com], the New Horizons team reports that the dwarf planet's most prominent surface feature—a heart-shaped region named Tombaugh Regio—may harbor a bulging, viscous, liquid ocean just below its surface.

The existence of a subsurface ocean may solve a longstanding puzzle: For decades, astronomers have observed that Tombaugh Regio, which is Pluto's brightest region, aligns almost exactly opposite from the dwarf planet's moon, Charon, in a locked orientation that has lacked a convincing explanation.

A thick, heavy ocean, the new data suggest, may have served as a "gravitational anomaly," or weight, which would factor heavily in Pluto and Charon's gravitational tug-of-war. Over millions of years, the planet would have gradually turned itself, aligning its subsurface ocean and the heart-shaped region above it, almost exactly opposite along the line connecting Pluto and Charon.

"Pluto is hard to fathom on so many different levels," says New Horizons co-investigator Richard Binzel, professor of Earth, atmospheric and planetary sciences at MIT. "People had considered whether you could get a subsurface layer of water somewhere on Pluto. What's surprising is that we would have any information from a flyby that would give a compelling argument as to why there might be a subsurface ocean there. Pluto just continues to surprise us."

During its flyby of Pluto, New Horizons collected measurements of surface features, including the dimensions of Pluto's bright, heart-shaped region. The researchers determined that the heart-shaped region is aligned directly opposite from the direction of Charon.

The massive basin also appears extremely bright relative to the rest of the planet, and the reason, the New Horizons data suggest, is that it is filled with frozen nitrogen ice.

Previously, Binzel and the New Horizons team had found evidence that this liquid nitrogen may be constantly refreshing, or convecting, as a result of a weak spot at the bottom of the basin. This weak spot may let heat rise through Pluto's interior to



continuously convect the ice, bubbling it over "like boiling oatmeal," Binzel says.

To the New Horizons team, a weak spot in Sputnik Planitia's basin suggests that the planet's crust, particularly in this region, must be quite thin. If a massive impactor indeed created the basin, it may have also triggered any material beneath the surface to push the thin crust outward, causing a "positive gravitational anomaly," or a thick, heavy mass, that would have helped to align the region

relative to Charon.

But what sort of material would create enough of a gravitational weight to reorient the planet relative to its moon? To answer this, the team turned to a geophysical model of Pluto's interior, working in measurements from the New Horizons spacecraft.

"Pluto is small enough that it's just about almost cooled off but still has a little heat, and it's about 2 percent the heat budget of the Earth, in terms of how much energy is coming out," Binzel says. "So

we calculated Pluto's size with its interior heat flow, and found that underneath Sputnik Planitia, at those temperatures and pressures, you could have a zone of water-ice that could be at least viscous. It's not a liquid, flowing ocean, but maybe slushy. And we found this explanation was the only way to put the puzzle together that seems to make any sense."

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

CHRISTOPHER Nyerges
THE MORINGA TREE

[Nyerges is a botanical educator, and author of such books as "Guide to Wild Foods," "Foraging Wild Edible Plants of North America," and "How to Survive Anywhere." For information about his classes and books, contact him via www.SchoolofSelf-Reliance.com, or Post Office Box 41-834, Eagle Rock, CA 90041.]

Many years ago, after already spending more than a decade studying botany and agriculture, I became involved in a project to find "the best" plants to grow in the backyard small-farm. We attempted to define "the best" in terms of hardiness, longevity, medicinal aspects, and broad nutritional ingredients. We came up with many "best of the best" plants – such as amaranth, quinoa and lamb's quarters, olives, dates, winged bean, water hyacinth, various citrus trees, and many others. That project began around 1984, and in all these years, I'd never heard of the moringa tree (*Moringa oleifera*) until approximately 10 years ago.

I knew that many claims were made about it, mostly nutritional and medical claims, and my first use of it was when I was attempting to find an iron-rich food for a friend requesting it. (Somehow, this friend thought I knew everything about everything and where to get anything that was ever needed!) I located a package of the frozen "horseradish tree" leaves from a Chinese grocery store, which were high in iron, and quite tasty when cooked up like greens. Later, at a farmers market, one of vendors began selling young moringa trees, as well as the seeds and powdered leaves as food supplements. Since I began to hear many of the same medical claims repeated, I tried added the powdered leaves into drinks and soups, and found it bland, to acceptable, to terrible. I wasn't a fan of the flavor of the dried and powdered leaf. Of course, I had no idea how old it was, and how it had been dried.

Soon thereafter, I obtained lots of the seeds so I could experiment with growing the plant, and also obtained a few approximately 4 foot tall potted moringa trees which I intended to grow and eat.

The fresh leaves are actually quite tasty, and have a bit of a mustard-type spiciness. We tried them fresh in salads, and enjoyed them. I also dried some of the leaves that I picked off this plant, and then added it to some soup and vegetable dishes, and this too was quite good. It was unlike the powder that I purchased at the farmers market, perhaps the freshness made the difference.

I knew that the tree was a member of the pea family, so that simply by growing it, the nitrogen in the soil is increased. And by now, I had many flats of the seeds, nearly all of which sprouted and were growing quickly. Though the tree can get very tall, you can keep them into bush sizes if you regularly trim the leaves to eat.

Moringa grow naturally around the belt of the equator, and because it can grow just about anywhere with very little care, it's one of the ideal trees for reclaiming poor land. Eucalyptus has been used for land-reclamation, but it's really only a good tree to plant from the standpoint of a lumber supply. Otherwise, eucalyptus is really not a good tree to grow near farms or gardens. They dry up wells, their oils make other crops grow poorly, nothing else grows under them, grazing animals don't eat the leaves, and the soil becomes less able to absorb water, leading to runoff and flooding after rain. By contrast, moringa is just the opposite. It's entirely edible, and it improves the soil. The tree is a member of the Pea Family, whose roots fix nitrogen in the soil, improving the soil where it's grown.

I'm still just a beginner with the moringa tree, but I am amazed at all the good things I read about it, and so far, I'm not finding any bad things about it. I eat a few leaves each day, and in my own back yard, my moringa tree has grown another two feet in a month!

Others have reported that the tree grows like a weed, and it's found growing in a belt across the globe, roughly above and below the equator in Mexico to northern South America, in Africa, Egypt, the Middle East, and southern Asia. It turns out that some of the most impoverished countries in the world are found in this belt.

One of the researchers who touts the values of moringa states that, in spite of all its values, he doesn't recommend growing one in your backyard because the leaves are very small and that it's a "timely and exceedingly tedious task to harvest the leaves" in order to eat them. Dr. Mercola perhaps

just doesn't have a green thumb, but I've found that this tree completely fits my definition of an ideal plant for the lazy man's garden: It takes hardly any work, it survives, and it's easy to use for food. I've regularly picked off leaves to add to salad, and some added to soup, and we've also picked some to dry for other experiments. I don't find picking the leaves to be an exceedingly tedious task at all.

Keep in mind that if you grow this tree in your backyard it can get very large, up to 30-feet tall. If you want the tree to stay smaller, top it so that it gets bushy and all future growth is easier to harvest.

NUTRITION OF THE MORINGA

Let's look at the nutritional breakdown of the moringa leaves. The figures given here are based on two analyses. One was an analysis done at the National Institute of Nutrition in Hyderabad, India ("Nutritive Value of Indian Foods" by Gopalan, et al), and the other was an analysis done by Church World Service, Dakar, Senegal ("The Miracle Tree: Moringa oleifera; Natural Nutrition for the Tropics," Lowell Fuglie). The fresh leaves contains about 4 times the vitamin A of carrots, 7 times the vitamin C of oranges, 4 times the calcium of milk, 3 times the potassium of bananas, ¾ the iron of spinach, and about twice the protein of yogurt. When you dry the leaves, of course, they are concentrated, so 100 grams of the dried leaf contains about 10 times the vitamin A of carrots, ½ the vitamin C of oranges (Vitamin C is not retained when drying), 17 times the calcium of milk, 15 times the potassium of bananas, 25 times the iron of spinach, and 9 times the protein of yogurt. (The exact figures can be seen at www.treesforlife.org).

VARIOUS MEDICINAL ASPECTS OF MORINGA ANTIOXIDANTS

According to the Asian Pacific Journal of Cancer Prevention, "The leaves of the Moringa oleifera tree have been reported to demonstrate antioxidant activity due to its high amount of polyphenols. Moringa oleifera extracts of both mature and tender leaves exhibit strong antioxidant activity against free radicals, prevent oxidative damage to major biomolecules, and give significant protection against oxidative damage."

BLOOD SUGAR LEVELS

One research study with diabetic patients found that adding 50 grams of moringa leaves to a meal reduced the rise in blood sugar by 21 percent.

Moringa appears to have anti-diabetic effects, apparently due to compounds contained in the leaves, including isothiocyanates. Another study involved women who took seven grams of moringa leaf powder daily for three months, and reduced their fasting blood sugar levels by 13.5 percent.

CHOLESTEROL

According to a report in the Journal of Ethnopharmacology, moringa has cholesterol-lowering properties. One study with animals found that the effects were comparable to those of the cholesterol-lowering drug simvastatin.

There is also an oil made from the moringa seed, with many reputed health effects. I have yet to try it.

MORINGA WATER PURIFICATION

One of the more interesting uses for this plant is that in many parts of the world it is used to purify river water, which can be highly turbid. Normally, the turbidity is removed by treating the water with chemicals, such as aluminum sulphate, which is usually costly.

To purify water, the moringa seeds are crushed into a powder, and mixed into the river water. The moringa powder then naturally combines with the solids in the water and sinks to the bottom of the container. This simple treatment has been shown to remove 90 to 99% of the bacteria in the water. Some experimentation is necessary because the impurities in water will vary, and some waters will require more of the seed powder.

INCLUDING MORINGA IN YOUR DIET

If you grow a moringa tree, you can simply pinch leaves as needed, and add to your meals. Add the leaves to salads, or cook and serve them like spinach. We've experimented also with making some of the powder, and then adding that to soups, and other vegetable dish. So far, we like it, but we especially like the fact that we're eating something that's apparently really good for us.

SOURCE OF SEEDS

Try your local farmers market or nursery.

If you cannot find any, you can purchase a package of the seed for growing from Survival Seeds, Box 41834, Los Angeles, CA 90041, for \$7., which includes tips and growing instructions.



OUT TO PASTOR

A Weekly Religion Column by Rev. James Snyder

THANKSGIVING QUANDARY:
ROAST TURKEY OR LAME DUCK

My father used to tell me anything worth doing was worth doing right the first time. If you have time to do it the second time, you have time to do it right the first time.

As fathers go, he was right. It seems most people have not learned this lesson, least of all politicians who are supposedly serving the interests of their constituency. I know there are good politicians in America today. Nobody seems to know who they are, though.

The reason I have been thinking about this is I'm sitting here indulging in the delicate aroma floating in from the kitchen where the Gracious Mistress of the Parsonage has begun her ritual of roasting the Thanksgiving turkey. I say turkey, but really, she is roasting three turkeys. One is for our family Thanksgiving dinner and the other two are for the church Thanksgiving dinner.

Somewhere along the line, probably years before she met me, she learned the magnificent secret of doing things right the first time. Not like some people we hear about these days who don't have time to do it right the first time, but seem to have plenty of time to do it over and over again, sometimes four times.

Anything worth doing right the first time demands planning. If anyone knows planning, it certainly is my wife. If things were left up to me, nothing would ever get done. I plan to learn how to plan someday, but my plans seem to have fallen apart.

In our home, it begins about the middle of October when my wife says rather pensively, "Let's see. Thanksgiving is about five weeks away. Should we have a turkey this year?"

I can never tell if this is a real question, a rhetorical question or if she is trying to set me up for something. Believe me; I've been set up so many times I have a hard time lying down. For the first hundred years of our marriage, I always said, turkey. After all, what else do you have at Thanksgiving time?

However, this year was a little different. When I responded with my usual answer she said, "But we've had turkey for years. Aren't you growing bored of turkey?" If there's one thing I don't ever get tired of it's turkey. You can do so many things with turkey. There is roast turkey, sliced turkey sandwiches, turkey salad and turkey soup just to name a few.

The only problem at our house is, the turkey rarely survives the first day, which is a tribute, not so much to our consumption as a family as to the genius of the family chef. I have often wondered what turkey soup really tastes like.

This expertise in the direction of the Thanksgiving roast turkey did not come without cost. It took years for my wife to master the art of roasting a turkey.

Unfortunately, much of this practice was on Yours Truly. She has been roasting me for years and still complains that I'm not quite done yet. That really burns me up.

Only last week she complained I was a little hard on the outside and rather soft on the inside. I was tempted to shift the blame on her but when it comes to this area; I am more of a lame duck than a finely roasted turkey. My philosophy is along these lines; I'd rather let things happen and then try to adjust to the consequences.

My good wife is of the opinion that you create your own consequences. Moreover, when she says this she is usually looking at me a little askew.

"Don't you know that the Thanksgiving Turkey does not roast itself?"

Being the lame duck I am, that thought never played with my mind. I have always enjoyed the results of the roasted turkey without a thought about how it got to my table.

While I was enjoying the aroma of the turkey roasting in the kitchen, I came up with several suggestions along these lines.

First, I need to find things that are worth doing in the first place. How much time I have wasted on things not really worth my time or effort is beyond my computation. Like my wife, I need to be a little more picky about the things I choose to do. Not everything is worth my time.

Second, those things worth doing certainly deserve my best efforts. If I have to redo something, it means I'm not putting my best effort into the project. And at my age, I don't have time to waste on things that are not worth my best effort.

Third, there is no finer satisfaction than a job well done.

I never understood that until recently. In the middle of our Thanksgiving dinner when everybody is enjoying the food and complementing the chef, my wife is sitting in her chair smiling. I never really knew why until now.

This must be how our heavenly Father felt with Jesus at his baptism. "And the Holy Ghost descended in a bodily shape like a dove upon him, and a voice came from heaven, which said, Thou art my beloved Son; in thee I am well pleased." (Luke 3:22).

The best way to celebrate Thanksgiving is to recognize the wonderful work God has done for our salvation, which did not come without the ultimate cost, the sacrifice of His Son. This was done once and for all.

Dr. James L. Snyder is pastor of the Family of God Fellowship, Ocala, FL 34483, where he lives with the Gracious Mistress of the Parsonage. Telephone 1-866-552-2543, e-mail jamesnsnyder2@att.net. Website is www.jamesnsnyderministries.com.

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CAT CAFES CROP UP IN CALIFORNIA



It's been all the rage in various areas of the world, including China and other places where folks are far less fortunate than we are here in the US. Indeed, the concept of the cat café has been around for quite some time. It's an establishment where a delicious cup of coffee, tea - or whatever else your pleasure might be - and a healthy helping of one-on-one time with a kind feline are served up, hand-in-hand.

While we Californians like to pride ourselves in being at the cutting edge of social trends, in this case I'm afraid we must admit we're a little more than fashionably late to the party. But it seems we are finally catching up with the global movement of combining coffee with comforting kitties in cozy cafes for a unique one-stop-shop social experience.

I came across an article on this very subject last week, following a conversation I'd had with a friend wherein I mentioned, "How cool would it be to have pet-owner partnerships so folks could equally share the responsibilities and expenses while benefiting from the loving cuddles associated with having a pet?" When one owner is at work the other could be spending quality time with the pet, and vice versa. Makes sense, right? But that's another article.

The prospect of cat cafes cropping up in California really has me feeling curiously content, and I have no doubt that the trend will catch on. But for now I'd like to celebrate the cat petting places that we have so far, and encourage all my feline-loving friends to patronize and support them in their quest to introduce this innovative, win-win business concept to our local social scene.

The basic gist of business goes something like this: There are thousands of cats in California shelters, each waiting for that special individual to come in an offer up a forever loving home before their ticking timeline runs out and the state pays to have them euthanized. Then you have folks who would just love to own a cat but their conscience won't allow them to bring one home only to be left there for countless hours of the day while they are away at the office.

Add to that the fact that those same folks who leave home for work each morning, almost always end up stopping somewhere for a cup of coffee and a crumpet to help kick-start their day. What if someone came along and put the two together? The shelter cat and the pet less person who'd just love to have the time to share with a cat? Vuala, in comes the cat café concept and there you have it...a win/win situation for all involved!

When I looked into it, I found four cat cafes in California where one can imbibe in a morning cup of warming waker-upper while relaxing amongst a clamoring yet somehow calming crowd of kitties. Although there may be others that I am yet unaware of, the ones I found to be currently in existence all look fabulous and have apparently done pretty well for themselves since they've opened for business.

Each café offers its own unique style and teach seems to run their operations slightly different than the others. For example, one might be completely free of charge excepting the food or drink items they purchase during their visit, while another charges a visitation fee that includes free

coffee or tea refills for the duration. One might donate a (high) percentage of their proceeds to a particular rescue of their choice while another operates as a rescue in and of themselves.

Ultimately, though, they all seem to share the same basic objective. That of giving shelter cats a second chance at life by allowing them to live and be cared for at their café establishment until the cats are adopted into a loving forever home. Meanwhile, the café cats get to enjoy the company of numerous daily visitors who truly appreciate the opportunity to receive the fur therapy they have to offer. Like I said...it's a win/win, right?

So, do be sure to take the time to visit a few of the feline-friendly cat cafes that are cropping up in California. It could be yet another interesting story to add to your travelogue, and who knows? You might just decide to add a new four-legged furry feline member to your family. One that can share the warmth of your home while sharing all the warmth they have to offer, with you. Can you think of a more purrfectly reciprocal relationship? I sure can't.

Here's the list of cat cafés I read about in last month's issue of AAA's Westway Magazine, plus one that I found through a brief Google search I conducted after I read the article. (Be sure to visit their respective websites prior to visiting their shop locations, as some require reservations in advance).

Cat Town - located at 2869 Broadway in Oakland, this non-profit started out as strictly a cat rescue org. and later added the café as an after thought, doubling their adoption rate in short order. cattownoakland.org

Kittea Café - located at 96 Gough Street in San Francisco, this cat café Features local live tunes, sustainable Japanese teas along with lots & lots of kind kitteas! kitteasf.com

The Cat Café - Found down in San Diego at 472 Third Ave., this is California's first "catfé", known for giving off a purr-fectly laid-back vibe that is oh so typical for SD's coastal culture. catcafesd.com

Crumbs and Whiskers - Proudly placed at 7924 Melrose Ave. in Los Angeles, it's last on this list, but most certainly not the least. This latest and greatest cat café opened relatively recently and is the closest to our neck of the woods here in Sierra Madre. They boast a host of fine felines just waiting to share their loving lair with all you crazy cat people. Be sure to check them out! crumbsandwhiskers.com

LOOKING FOR A BEST FRIEND?

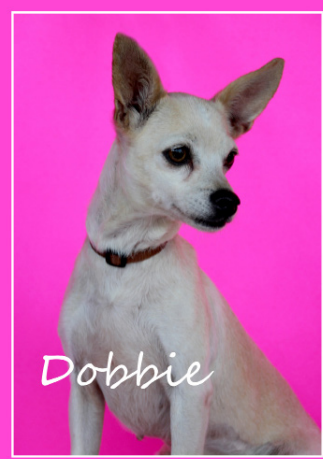
Dobbie is a 9-year-old Chihuahua mix who was surrendered to the shelter when her owner became ill and could no longer care for her. Dobbie has a short coat of cream-colored fur that is easy to care for, and she weighs around 11 pounds.

Dobbie is a friendly girl with a happy personality. At the shelter, Dobbie has been very social, often initiating play with other dogs. She has long legs that make it easy for her to jump on a chair, which seems to be one of her favorite places to perch so she can see what is going on around her. She seems to love people, and is happy to get pets and belly rubs when she takes a break from playing. It is hard to believe she is 9 years old because she's an active dog who loves going for walks, and even runs if she has the chance. Dobbie recently attended the Best Friends Strut Your Mutt event. She completed the entire walk with energy to spare and got along with all the other dogs at the event.

Dobbie is looking for a loving home where she is treated as part of the family. She would love a yard

where she can run and play during the day and a soft, cozy bed where she can spend the night near her people. She would do well with another dog as a companion and playmate. Come meet Dobbie - her wagging tail and smiling face just might win you over and melt your heart.

November is Adopt a Senior Pet Month! All dogs and cats that are 6 years and older qualify for this promotion. Oreo's adoption fee is \$39 this month and includes neuter surgery, vaccinations, microchip and a free wellness exam at a participating veterinarian. Feel free to call us at (626) 286-1159 for more information on Dobbie. ID#25568. She currently resides at the San Gabriel Valley Humane Society located at 851 E. Grand Avenue in San Gabriel which is located off San Gabriel Blvd, north of Mission and south of Las Tunas Drive. To arrange a 'Meet and Greet' with Praline, please stop by any time from 10:30am to 4:30pm Tuesday through Sunday. Website: www.sgvhumane.org.



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See adoption info & application on our website, www.lifelineforpets.org. Or call 626-676-9505. Sorry, we are not accepting cats at this time. Facebook: www.facebook.com/lifelineforpets.pasadena. Email: info@lifelineforpets.org



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Adding to the beauty and comfort of this condominium are the staircases with wrought iron rails, polished wood floors, recessed lighting, skylight and high ceilings throughout. Plenty of closet space and storage can be found throughout. The oversized 2-car garage and laundry area located in the under-ground parking area.

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SATURDAY, NOVEMBER 19, 2016

SECTION B

AROUND SAN GABRIEL VALLEY

JOHN NICOLORO MEMORIAL DEDICATED AT PAMELA PARK



By Joan Schmidt

Recently something very wonderful happened at Pamela Park. There was a Memorial dedicated to the late John Nicoloro; there was an impressive rock, with a memorial inscription on it and beautiful plantings.

John served on the Monrovia-Arcadia-Duarte Town Council for eleven years. A modest man, none of us realized he had a scholarship to Harvard where he received his education. He read all the time and was the source of knowledge on many topics. His purpose was to improve the Monrovia-Arcadia-Duarte areas and make them a very desirable area to live. Recently a new building was purchased for a new Live Oak Library-John had championed that cause for over 30 years.

He was a beloved family man, who left behind wife Lucy of 53 years, and children, Michael,

Christine, Johnny and Nancy, their spouses and grandchildren, who were very special to him. They all proudly attended.

Besides his family, Field Deputy Brian Mejia, (For Supervisor Antonovich), Captain Chris Nee who was Commander of Temple Station during John's tenure, Liaison Deputy April Nelson, Probation Officer Kevin Paris, Town Council Members Dave Hall, Terrence Williams and Linda Sells, who was also a personal friend for many years also attended.

It was a beautiful, sunny day and many residents and Sheriff's Deputies came over to honor this special man. I would like to thank John's family for sharing him with the Community for many years and the beautiful event photos as we were back East and could not attend. Please come by Pamela Park to see the Memorial and learn of all the great programs and events available to the community.

HELP US HELP OTHERS

St. Teresa of Calcutta said, "We often think that poverty is only being hungry, naked and homeless. The poverty of being unwanted, unloved, and uncared for is the greatest poverty."

The East San Gabriel Valley Coalition for the Homeless (ESGVCH) is a faith-based 501c3 non-profit charitable organization incorporated in 1994. ESGVCH's mission is to bring hope and restore dignity to people without homes by providing shelter, alleviating hunger, assisting with basic daily needs and assisting families to regain housing. The ESGVCH also strives to raise community awareness and works collaboratively with other organizations to end hunger and homelessness primarily in the East San Gabriel Valley. ESGVCH believes that all are called to turn attention beyond themselves and to assist those who suffer; especially the poor, the hungry and the homeless. All those we serve live below the federal poverty level.

Winter Shelter Since 1995, ESGVCH has provided night time shelter for persons with nowhere to go. From December 1st to March 1st, the program operates with six churches who donate their facilities and provide volunteers who minister to the needs of our guests. Up to 220 guests are admitted each night. Last year 1032 unduplicated men and women attended the shelter with a total of 15,200 bed-nights (occupied beds) during the 91 day period. Services provided include meals, showers, clothing, medical and dental care, case management and referrals to other agencies who can provide additional needed services. Transportation is provided nightly at six pick-up and drop-off spots in the East San Gabriel Valley. The following morning our guests are returned to the 6 pickup spots from where they were transported the night before.

Bridge Program ESGVCH provides emergency and transitional housing for families with minor children. Each family is case managed with the goal of obtaining permanent housing. This program is limited and available only when sufficient funding is received.

Emergency Assistance Center (EAC) The Emergency assistance center is offered on a walk-

in basis, and includes meals, showers, hygiene products, transportation assistance and referral services. A designated number of motel vouchers are available each month for families, elderly and those who are ill or disabled. It is located at 1345 Turnbull Canyon Road, Hacienda Heights, CA 91745, Phone 626-333-7204; hours are from 8:30 a.m. to

1:30 p.m. Monday through Friday. Numbers have been steadily increasing. Last month the numbers were 176 unduplicated client visits, 597 duplicated client visits, with a total of 773 client visits.

Encore Program Provides group counseling and individual therapy for addiction recovery. After the successful completion of these programs, clients are transitioned into clean and sober living homes.

Interfaith Homeless Memorial Service The East San Gabriel Valley Coalition for the Homeless brought faith leaders from across the region together Wednesday, Oct 26 to pay tribute to the 561 homeless people who died in the county from November, 2015 through September, 2016. "We wanted to give them the love and recognition they deserve." Representatives from Temple Shalom of Ontario, the Church of Jesus Christ of Latter-day Saints, the San Gabriel Valley Islamic Center, the His Lai Temple and the Catholic Archdiocese of Los Angeles spoke in remembrance of those homeless and to urge attendees to help in any way they can.

St. Teresa of Avila said, "God has no body but yours, no hands, no feet on earth but yours, yours are the eyes with which he looks with compassion on this world, yours are the feet with which he walks to do good, yours are the hands, with which he blesses all the world." As Winston Churchill said, "We make a living by what we get, but we make a life by what we give."

Contact Us. East San Gabriel Valley Coalition for the Homeless Mailing Address: P.O. Box 93256, City of Industry, CA 91715, 1345 Turnbull Canyon Rd., Hacienda Heights, CA 91745 Website: WWW.ESGVCH.ORG Phone: 626-333-7204 Email: esgvch@aol.com All Donations Are Tax Deductible

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On the Marquee:

Notes from the Sierra MadrePlayhouse

THIS ‘N THAT

By Artistic Director, Christian Lebano

These essays come around quickly each week. I'm so grateful to Susan Henderson, Mountain Views News Publisher for allowing me this space each week. She has been such a loyal supporter of the work we are trying to do at the Playhouse. I'm especially grateful to her since I am her "problem child" and always deliver my piece at the last minute!

We got more wonderful news this week ... The 25th Annual Putnam County Spelling Bee which was our summer musical was nominated for six! BroadwayWorld Awards: Best Musical, Best Director of a Musical – Robert Marra, Best Musical Director – Joe Lawrence, Best Supporting Actor – Stanton Kane Morales (who played Barfee), and two Best Supporting Actresses – Cristina Gerla (who played Olive) and Gina D'Acciaro (who played Rona). I'm still perplexed why this wonderful show didn't sell very well. I do hope that all of you reading this are now wishing that you had – and that you won't let another show pass you by.

Speaking of which, we open A Little House Christmas tonight. A really sweet, simple show about the pleasures of family and friends and the true spirit of the holidays. I hope you will make plans to see it. It runs until December 23.

We finished casting Bee-luther hatchee on Monday. I can't wait to start rehearsals on November 28. We have a dynamite cast, a terrific director, and wonderful designers for this provocative and thrilling show. Diane Siegel has outdone herself with her outreach plans for this one. We've applied for a couple grants to support the Outreach on this show. Here's keeping our fingers crossed that we'll get them. I've mentioned this before, but I'll be in this one. I haven't been on stage at the Playhouse since I was in God's Man in Texas. I can't wait.

Our free reading series – "Off the Page" is back on Monday, November 21 at 7pm with The Immigrant Mark Harelik's play about his Russian grandfather's arrival in Texas in the early part of the last century. It is a joyful and beautiful and



very funny play about coming to America and becoming an American. This is one I think would play really well for our audiences and I am very eager to hear it. Christopher Cappiello (Sidney in Deathtrap) is directing.

We are now reaching out to our supporters and donors to make commitments of support for the next year. You each should be receiving your solicitation letters soon and when you do, I hope you will consider making a generous gift to SMP. I've spoken of some of our dreams and plans, to make them a reality we will need the help of our friends, old and new, in our Marquee Giving Circle. Please help us keep SMP as a vital and treasured part of this community. And, I hope to see you at our Groucho Gala on Sunday, December 4! All proceeds go to the Playhouse – Frank Ferrante is donating his performance to us – and your tickets are tax-deductible after the first \$30– it's going to be a fantastic evening. See our website for more information.

As always we do it for you – our SMP family. Your support and loyalty mean so much to us. For tickets please call Mary in the box office at 626.355.4318. Hope to see you soon!

Jeff's Book Pics

By Jeff Brown

Take Heart, My Child: A Mother's Dream by Ainsley Earhardt (Author), Kathryn Cristaldi (Author), Jaime Kim (Illustrator) In the tradition of Emily Winfield Martin's The Wonderful Things You Will Be and Nancy Tillman's On The Night You Were Born, Ainsley's lyrical lullaby inspires children to follow their dreams and passions. This debut picture book shares precious life lessons parents can pass onto their children so that they can follow their hearts, dreams, and passions. Take Heart, My Child is a lyrical lullaby, and Ainsley shares her own hopes and dreams, and lets her child know that whatever challenges life brings, "Take heart, my child, I will – or, my love will – always be there for you." It's a universal message, one that all readers will relate to. In the "Story Behind the Story," Ainsley talks about growing up and how her father would write messages to her and her siblings each morning, leaving notes at the breakfast



table, so that his children would know they were loved, empowered, protected, and cherished.

The Wonderful Things You Will Be by Emily Winfield Martin A New York Times bestseller that celebrates the dreams, acceptance, and love that parents have for their children . . . now and forever! From brave and bold to creative and clever, Emily Winfield Martin's rhythmic rhyme expresses all the loving things that parents think of when they look at their children. With beautiful, and sometimes humorous, illustrations, and a clever gatefold with kids

in costumes, this is a book grown-ups will love reading over and over to kids—both young and old. A great gift for any occasion, but a special stand-out for baby showers, birthdays, and graduation. The Wonderful Things You Will Be has a loving and truthful message that will endure for lifetimes.

All Things

By Jeff Brown

CLEAN ENERGY

Virtually every clean energy record in the world has been broken in the past year. The most investment in clean energy (\$329 billion in 2015), the most new renewable capacity (a third more than in 2014), the cheapest ever solar power (in Chile, where it's half the cost of coal), the longest a country has been run entirely on renewable electricity - 113 days over this summer in Costa Rica. If Texas were a country, it would be the world's sixth largest generator of wind power, right behind Spain. That's partly because of reliable winds, but also because the state built a gigantic transmission system to carry energy from its desolate northwest to the metropolises of the south and east. The power lines were agreed in 2007, costing nearly \$7 billion dollars, and their construction means there are three primary grids in the US: the Eastern Interconnection, the Western Interconnection and the Texas. Spurred on by federal wind subsidies, private companies have proliferated across the lone star state, such that on a windy winter's day, more than 40% of its electricity comes from turbines. Nobody likes coal any more. Once the driving force of the industrial revolution and the purpose of whole coal-mining communities from the Appalachians to Wales, the Saarland to South Australia, it is now the obvious enemy: dirty, replaceable and lacking obvious defenders. Countries like the UK and Holland have announced plans to shut their coal fleets early, and in May this year the UK was powered without recourse to coal for the first time since

the its first steam-driven power station opened in 1882. In the US, too, regulations are pushing the coal industry towards extinction: 94 coal-fired plants closed in 2015 and another 41 are due to have closed by the end of this year, together equivalent to all the coal plants in Kentucky and Colorado. Only three are scheduled to open by 2021. At the Paris climate talks, Presidents Obama, Modi and Hollande, together with Bill Gates, announced that 20 countries would be doubling their budgets for research into clean energy over the five years to 2020. Including the world's five most populous countries - China, India, the US, Indonesia and Brazil - the Mission Innovation cohort in June declared that this would make more than \$30 billion available for research into the new technologies that will make an energy transition possible. Around a fifth of global greenhouse gas emissions come from road vehicles and the most feasible solution is to replace them with electric vehicles (powered by a clean energy source). But if you buy an electric car, where do you charge it? To make the switch to a transport infrastructure built for electric cars, Russia last year made it mandatory for every petrol station to include an electric charging port, and the EU has announced plans to make it mandatory for every new house to include one. The Obama administration has investing \$4.5 billion to create a coast-to-coast network to reduce 'range anxiety' and encourage consumers to go electric. Hope this continues with Pres. Trump!

FREE EVENT: THE IMMIGRANT AT SIERRA MADRE PLAYHOUSE ON NOVEMBER 21

For the tenth entry in its Off The Page series of monthly staged readings, Sierra Madre Playhouse will present The Immigrant.

Rural Central Texas, 1909. A young Russian-Jewish immigrant, newly arrived in America through the port of Galveston, pulls his banana cart into the hamlet of Hamilton. Fleeing the vicious pogroms of his homeland, he has sought refuge in the land of the free. Able to speak only Yiddish, alone in the midst of a staunchly Christian community, he begs for shelter. Over the next 30 years, he makes a home and raises a family in this tiny town. THE IMMIGRANT is the story of a young Russian-Jewish couple and the local couple that take them in, as religion meets religion, culture meets culture, fear meets fear, and love meets love. This is the true story of Haskell Harelik, "the Immigrant."

Written by Mark Harelik, the show debuted in Denver in 2002. It was based on his novel. His other

plays include The Legacy and Hank Williams: Lost Highway. He is also an actor.

Christopher Cappiello directs the cast of the Sierra Madre Playhouse staged reading. He previously appeared on the Sierra Madre Playhouse stage in its production of Deathtrap.

Debra J. Harner and Sierra Madre Playhouse Artistic Director Christian Lebano curate the Off The Page series.

Monday, November 21, 2016 at 7:00 p.m. Admission to The Immigrant is free. Donations are accepted. Reservations are not required.

Website: www.sierramadreplayhouse.org . Phone: (626) 355-4318.

Sierra Madre Playhouse is located at 87 W. Sierra Madre, Blvd., Sierra Madre, CA 91024. This is just east of Pasadena. There is ample free parking behind the theatre.



SEAN'S SHAMELESS REVIEWS:

By Sean Kayden

FIELD TRIP CASTS DARK SPELL ON DEBUT LP

Artist: Field Trip
Album: Horro Vacui
Label: Self-Released
Release Date: November

11th, 2016
Review By: Sean Kayden

The term "horror vacui" means "a fear or dislike of leaving empty spaces, especially in an artistic composition." This is the appropriate title of the debut record from Field Trip, the medium-fi, ethereal psych-pop NY based group. Field Trip evolved in 2014 when vocalist/percussionist Noah Champ moved from LA to New York. This strongly assembled composition of seven tracks is one big euphoric dream. The record is filled with indiscernible vocals, space-age vibes, fuzzy psychedelic pop sounds, and an innate existential characteristic. Champ (singer/drums), Nico Geyer (guitar), Phillip Braun (synth), Jason Park (guitar), and Will Sacks (bass) round up the group and while these guys are only in their 20s, their music, disposition, and skillful artistry go well beyond their youthful years. The friendship and common desires fuel the music of Field Trip and it's translated into such a beautiful thing. I often found myself deep in thought exploring the depths of Horror Vacui, a sentiment rarely discovered in pop music these days.

Purely instrumental and considerably haunting, opening track "Horror I" is a celestial dreamscape that opens up the cavernous record. It's a captivating tune with wall-to-wall melodies and futuristic echoes. While nothing is being vocally delivered (other than a brief newscast toward the end), the song speaks volumes in vaster complexities than ever perceivable. The more straightforward follow-up track, "4 CA" has an alternative rock sharpness to it with nebulous

vocals. It carries the listener through this ponderous journey of the idea that what you're seeking is seeking you. The fully encompassed sound weaves through different musical terrains excelling each time. Field Trip's resonance is incomparable as these young musicians perform with such expertise and originality.

"Never" had been circulating for well over a year, but it's been altered here and it's better than ever. It's a breathtaking exploration that combines powerful and thought-provoking lyrics with a melancholy ambiance. It shakes you up beyond wildest imagination with sincerity unmatched and profundities seldom discovered in youthful psychedelic pop. Unlike the opener, companion piece track "Horror II" does include vocals. Sometimes incoherently delivered, "Horror II" explores more of an ominous soundscape. It's dark undertones and weariness throughout the course of its five and a half minute running time is definitely intriguing giving the listener something to ruminate about during its duration. A sense of gloom and doom surround the penultimate track, but the harrowing and formidable exertion is still intensely enjoyable to listen to and fully take in.

"Still," the final track is the complete opposite of the abovementioned tune. This more conventional endeavor is ambiguous distortion pop, with beachy harmonies and irresistible lo-fi sensibilities. "Still" has this profound tendency to capture a feeling over the listener that is unforgettable. It conjures this idea of driving along an oceanfront-adjacent highway, where no one is in sight and you're trying to collect your thoughts. As with most of Field Trip's songs, there is a dreamlike sensation to it, a wistful song about memories and being caught up within those memories, for better or worse. Horror Vacui is sensational beyond measure,

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FAMILY MATTERS

By Marc Garlett



HOW TO DISCUSS ESTATE PLANNING WITH AGING (OR SICK) LOVED ONES - PART 2

Last week I shared the first part of this article on how to discuss estate planning with aging (or sick) loved ones. If you didn't read it yet, you can find it on my blog at www.GarlettLaw.com. Believe it or not the holidays can be a great time to discuss these issues with family, and the more prepared you are for that discussion, the easier it will be. The bottom line is this: ask the right questions and then listen deeply. This may be a difficult topic for your loved one to even think about let alone discuss, so make sure your approach comes from a place of love and concern rather than one of advice and directions. Remember, this is all about your

loved one's wishes so stay open to truly hearing what he or she wants. Ask your loved one what role they would like you to take, rather than assuming anything. And reassure your loved one that you have no expectations, but that you will be involved as much or as little as he or she desires. If you need support with the right questions to ask, check out the Conversation Project. Their Conversation Starter Kit, available for free on their website, has a series of questions that you can use to begin the conversation about end of life care with your loved one. Be ready to answer questions, but try to keep your answers neutral and objective. You can earn trust and good will by withholding judgment, not pushing an agenda, and simply being supportive. If your loved one hasn't thought about estate planning, make sure you can help him or her think through important decisions about their powers of attorney, medical directives, and end of life wishes. It is critical to discuss these things with your loved one before it's too late. If your loved one becomes incapacitated or dies before you understand his or her wishes, it will be challenging to ensure their choices, and the management of their estate will be handled the way they would have wanted. And of course, without any planning, you are likely – and unnecessarily – to end up in Court. Dedicated to empowering your family, enhancing your wealth and embedding your legacy,

MARC

A local attorney and father, Marc Garlett is on a mission to help parents protect what they love most. His office is located at 49 S. Baldwin Ave., Ste. G, Sierra Madre, CA 91024. Schedule an appointment to sit down and talk about ensuring a legacy of love and financial security for your family by calling 626.587.3058 or visit www.GarlettLaw.com for more information.

LETTERS TO THE EDITOR

SUPPORT FOR POPULAR ELECTIONS

Children comprehend the concept of voting: We vote for what we want, the most votes win. But not in presidential elections. Clinton won more than a million more votes than Trump, but an estimated 306 Electoral College votes will elect Trump Dec. 19. How do we adults justify this 18th century anomaly? The authors of the constitution thought evaluating presidential candidates required detailed analysis that the average voter couldn't perform. Skip to the 21st century and ask yourself: Did you get enough information in the 2016 campaign to cast an informed vote for president? The League of Women Voters has supported popular election of the president since 1970, by which time two presidents had won the electoral college after losing the popular vote. Now, it has happened twice in the past five elections. It is time to bury this relic and move to popular election of the president.

Marge Nichols
President, League of Women Voters Pasadena Area
65 South Grand Avenue, Suite 209 Pasadena, CA 91105

IT'S TIME TO NEUTRALIZE THE NEGATIVE

Our country has been rocked by one of the most negative, divisive campaigns in history over these past months. The way each of us responds today and each day after that controls the civility of our communities and the nature of our public discourse. If the election votes tell us anything, it's that we have a deeply divided country. As the conversations start up today and you either feel supremely satisfied with the election results or exceeding disappointed, be mindful with your words. Those of you who didn't find victory last night have a great responsibility to avoid a defensive communication stance while those who won need to reach for grace. First, I want to talk to those who lost. If you're like most people, you are likely in a defensive mode. When your reflexive reaction to a situation – like a lost election – is to shut down or lash out, you've got a challenge: neutralizing the negative. Shutting down will do nothing to further the conversation or resolve any brewing issues. Lashing out merely throws gasoline on an already smoldering situation. First, acknowledge (just to yourself) that you are indeed on the defensive. Recognizing your own responses and the role they may play in ineffective communication is a great place to start. Next, step back and make a concerted effort to understand the broader implications of the way you show up today. Who is watching you for cues on how to deal with a difficult situation? Who needs your words of wisdom or support? Who in your world needs you to serve as a leader and be the one who deftly manages your emotions and your words? Dealing with defeat is tough, doing it in a way that avoids dragging those around you into a pit of negativity is tougher. For those of you that elected your candidate for congress or the presidency or passed the ballot measures that you've long supported, be kind with your words as you take your victory lap around the water cooler today and in the days to come. Those who opposed you have the same deep passion you do and they need time to process their losses. Try to find a way to focus on the positive that is inclusive. Asking others to cheer on your victory is both insensitive and self-serving. Be bigger than that. Use your conversations today to begin mending some notably damaged social fences. All of us need to be careful with the assumption that our responses are really just about our individual selves; the way each of us shows up today could set the tone for many months to come. Someone else's momentary failure to participate productively and positively in communication doesn't have to push you into negative territory. Make a conscious effort to protect your relationships and rapport from any insensitivity and/or verbal jabbing today. Don't take the bait. There is very little positive outcome that can result from a knee-jerk, emotionally charged response. Don't let misunderstandings, someone else's rancor, or poor communication skills derail you. Neutralize the negative and keep yourself and your own space positive whenever possible. Be thoughtful, be caring.

Amber Nelson
amber@lingoconsultinginc.com

NOTICE OF TRUSTEE'S SALE
TS No. CA-13-605369-AB Order No.: 8387712

NOTE: THERE IS A SUMMARY OF THE INFORMATION IN THIS DOCUMENT ATTACHED TO THE COPY PROVIDED TO THE MORTGAGOR OR TRUSTOR (Pursuant to Cal. Civ. Code 2923.3) YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 8/22/2006. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. A public auction sale to the highest bidder for cash, cashier's check drawn on a state or national bank, check drawn by state or federal credit union, or a check drawn by a state or federal savings and loan association, or savings association, or savings bank specified in Section 5102 to the Financial Code and authorized to do business in this state, will be held by duly appointed trustee. The sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by the Deed of Trust, with interest and late charges thereon, as provided in the note(s), advances, under the terms of the Deed of Trust, interest thereon, fees, charges and expenses of the Trustee for the total amount (at the time of the initial publication of the Notice of Sale) reasonably estimated to be set forth below. The amount may be greater on the day of sale. BENEFICIARY MAY ELECT TO BID LESS THAN THE TOTAL AMOUNT DUE. Trustor(s): NAJWA HANNA GHANEM, A SINGLE WOMAN Recorded: 8/31/2006 as Instrument No. 06 1944534 of Official Records in the office of the Recorder of LOS ANGELES County, California; Date of Sale: 12/22/2016 at 9:00 AM Place of Sale: At the Doubletree Hotel Los Angeles-Norwalk, 13111 Sycamore Drive, Norwalk, CA 90650, in the Vineyard Ballroom Amount of unpaid balance and other charges: \$530,199.44 The purported property address is: 395 MARIPOSA AVE UNIT C, SIERRA MADRE, CA 91024 Assessor's Parcel No.: 5768-021-045 NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this

property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call 800-280-2832 for information regarding the trustee's sale or visit this Internet Web site <http://www.qualityloan.com>, using the file number assigned to this foreclosure by the Trustee: CA-13-605369-AB. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale. The undersigned Trustee disclaims any liability for any incorrectness of the property address or other common designation, if any, shown herein. If no street address or other common designation is shown, directions to the location of the property may be obtained by sending a written request to the beneficiary within 10 days of the date of first publication of this Notice of Sale. If the sale is set aside for any reason, including if the Trustee is unable to convey title, the Purchaser at the sale shall be entitled only to a return of the monies paid to the Trustee. This shall be the Purchaser's sole and exclusive remedy. The purchaser shall have no further recourse against the Trustor, the Trustee, the Beneficiary, the Beneficiary's Agent, or the Beneficiary's Attorney. If you have previously been discharged through bankruptcy, you may have been released of personal liability for this loan in which case this letter is intended to exercise the note holders right's against the real property only. QUALITY MAY BE CONSIDERED A DEBT COLLECTOR ATTEMPTING TO COLLECT A DEBT AND ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE. Date: Quality Loan Service Corporation 411 Ivy Street San Diego, CA 92101 619-645-7711 For NON SALE information only Sale Line: 800-280-2832 Or Login to: <http://www.qualityloan.com> Reinstatement Line: (866) 645-7711 Ext 5318 Quality Loan Service Corp. TS No.: CA-13-605369-AB

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CITY OF SIERRA MADRE NEW JOB OPENINGS

For more information go to: <http://www.governmentjobs.com/careers/sierramadre>

Full-Time Positions

City Manager
Description
This opportunity is available with the upcoming retirement of Elaine Aguilar, who has served as City Manager since 2007. For a complete job flyer, please visit the Peckham & McKenney website at www.peckhamandmckenney.com
To apply for this exciting career opportunity, please send your resume and cover letter to: apply@peckhamandmckenney.com

Police Dispatcher
Full Time - \$42,447.00 - \$51,595.00 Annually
Description
Under direct supervision, performs emergency dispatching, assists public at the counter, giving and receiving information and directing to proper office.

Maintenance Worker
Full Time - \$32,614.00 - \$39,643.00 Annually
Description
Under direct supervision, maintain street rights-of-way and sanitary sewer system, including construction work in the general areas of sidewalks, curbs, gutters, water systems, sewer systems, streets and traffic signal maintenance. Performs right-of-way landscape maintenance, operates light power equipment, assists in the repair of the maintenance of tools and equipment.

Part-Time Positions

Website and Public Information Technician
Part Time - \$19.08 Hourly
Description
Under general direction, the part-time Website and Public Information Technician is responsible for managing and maintaining the City's electronic resources, including the City website and digital content. The technician will also prepare and disseminate public information via print materials.

Fire Engineer
Part Time - \$12.50 Hourly
Description
Under general supervision, plans, organizes, supervises and participates in fire services activities including emergency medical, suppression, prevention, and investigation; serves as the apparatus operator on an assigned shift; directs and participates in fire and emergency services operations until relieved; performs related duties as required. The Engineers participate in the rendering of services and administer certain programs necessary to operation of the department as a whole.

Paramedic
Part Time - \$10.50 Hourly
Description
Under general supervision, the paramedic responds to fire and medical emergencies, maintains medical records and correspondences, maintains department equipment, and assists with basic fire prevention activities.

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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.



SUSAN Henderson

HAPPY THANKSGIVING FROM OUR MOUNTAIN VIEWS NEWS FAMILY!

With our emotions still running high after the nation's Presidential Election, I thought I would just remind everyone that no matter what side of any issue you are on, we are still united as members of the human race.

HUMAN FAMILY

By Maya Angelou

I note the obvious differences
in the human family.
Some of us are serious,
some thrive on comedy.

Some declare their lives are lived
as true profundity,
and others claim they really live
the real reality.

The variety of our skin tones
can confuse, bemuse, delight,
brown and pink and beige and purple,
tan and blue and white.

I've sailed upon the seven seas
and stopped in every land,
I've seen the wonders of the world
not yet one common man.

I know ten thousand women
called Jane and Mary Jane,
but I've not seen any two
who really were the same.

Mirror twins are different
although their features jibe,
and lovers think quite different thoughts
while lying side by side.

We love and lose in China,
we weep on England's moors,
and laugh and moan in Guinea,
and thrive on Spanish shores.

We seek success in Finland,
are born and die in Maine.
In minor ways we differ,
in major we're the same.

I note the obvious differences
between each sort and type,
but we are more alike, my friends,
than we are unlike.

We are more alike, my friends,
than we are unlike.

We are more alike, my friends,
than we are unlike.

TYRADES! BY DANNY TYREE



WILL THE ELECTION RUIN YOUR THANKSGIVING DINNER?

According to the New York Daily News, the 2016 presidential election is dividing families on Thanksgiving. Don't be surprised if the occasion brings empty seats at the table, heated debates, awkward silences and (at potluck meals) a confusing array of dishes labeled "Not my casserole" and "Not my cranberry sauce."

The earliest Thanksgivings I remember took place when the Vietnam War was escalating and the Sexual Revolution was exploding, so I have enough perspective to realize that holiday tension is not unprecedented. When Abraham Lincoln declared a national day of Thanksgiving in 1863, we were still in the midst of a war that pitted brother against brother. (Granted, that has morphed into a battle of brother-trapped-in-a-sister's-body against sister-trapped-in-a-brother's-body, but things are basically the same.)

Some people will always be more interested in finding bones of contention than PULLING the wishbone. I think my late grandfather could have found some way to start a Thanksgiving table war between the green Hula-Hoop fans and the godless orange Hula-Hoop fans.

But I do empathize with the citizens who think the divisiveness will hit new depths this year.

Who am I to question nostalgic yearnings for a simpler time? Many folks sincerely miss the olden days when "extreme vetting" meant the family dog would be walking funny for several days and when the only "nasty woman" was cousin Bertie, who observed the "30-second rule" when she thought no one saw her dropping cooked yams on the dining room floor.

But that Mayflower has sailed. This will not be a Norman Rockwell holiday. Politics has seen to it that even the most wholesome old holiday songs are now tainted. ("Over the river and through the w—oh, somebody's aides have closed the bridge!")

On a positive note, family members will chew their food really, really well – out of fear that President-elect Trump will declare the Heimlich Maneuver retroactively stripped from Obamacare.

Some hosts will undoubtedly go out of their way to get a rise out of their guests. ("Thank you, Lord, for this succulent turkey, which was allowed to grow to an impressive size, instead of being yanked untimely from its mother's womb. Egg. Whatever.")

Other hosts will bend over backwards to avoid controversy. ("No more choice of 'white meat' or 'dark meat.' This bird is being blended into Thanksgiving smoothies.")

Ground rules may have to be set down, including no talk about fracking Plymouth Rock, no referring to the cornucopia ("horn of plenty") as a "horn of deplorables" and no bragging about how many bankruptcies one can generate while participating in pre-Black Friday door-buster sales.

Most people will bring their own well-rehearsed talking points to the gathering, but of course one clueless idiot will stumble right into a controversy. ("I guess the Electoral College is okay, but it would be better with safe spaces and adult coloring books and an occasional kegger...")

There's still time to salvage the holiday. Thanksgiving can still be a time for traditional activities, such as kibitzing your niece's new beau, loosening your belt while watching televised football games and listening to a grandchild's first word ("Misogynist!")

Here's hoping that we can find common ground, join hands and give thanks for our many blessings -- like, for instance, the ability to come up with the cleverest scheme for getting great-aunt Maude to promise US that antique chest of drawers!

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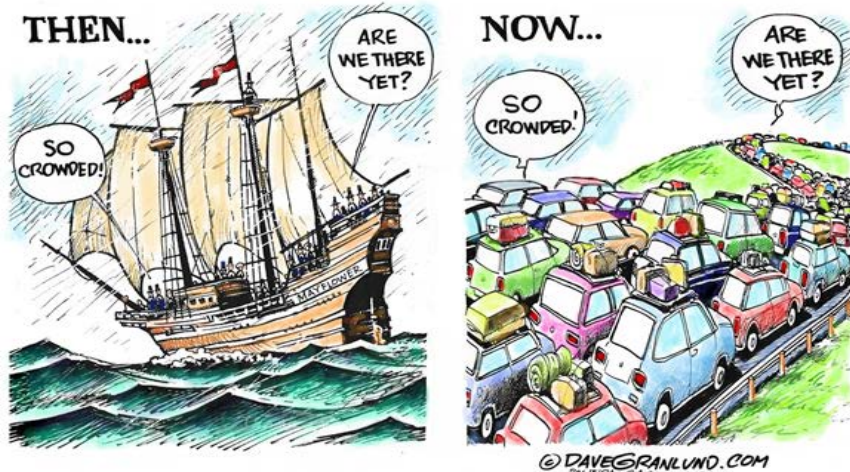


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JOHN L. MICEK

TRUMP WILL HAVE A HARD TIME DRAINING THE SWAMP



The internet justifiably lost its collective mind this week with the news that President-elect Donald Trump had appointed Stephen K. Bannon, a leading voice of white nationalism, to a senior White House position, seemingly dashing hopes that the populist billionaire would strike a more conciliatory tone in office than he had on the campaign trail.

But even as civil rights groups charged that Bannon, the former top executive to the alt-right site Breitbart News, was in position to whisper racist, anti-Semitic and globally destabilizing views into the ear of the most powerful man on Earth, some slender hope also emerged that one of the oldest forces in Washington might align to counter it:

Namely, the Capitol's tendency toward inertia.

With his election last Tuesday, Trump, 70, became the first man to win the White House without ever having served in elected office or the military.

And while his outsider status thrilled supporters, it presents a genuine challenge as Trump scrambles to fill the roughly 4,000 appointed vacancies needed to keep the government running after President Barack Obama leaves office in January.

That means that Trump, who does not have the same extensive network of contacts within government that Hillary Clinton would have boasted had she won election, will likely have to turn to the very establishment figures he denounced on the campaign trail.

"To get Republican candidates with relevant executive branch experience," Trump will have to "choose former Bush administration officials," Noah Feldman, a professor of constitutional and international law at Harvard University, wrote in a piece for Bloomberg View this week.

As a result, "Trump's presidential agenda is therefore likely to be filtered through mainstream Republican personnel," Feldman observed.

And those officials are, by and large, more moderate than their likely boss, throwing into question whether Trump will be able to fulfill some of his key campaign promises – like building a wall and getting tough with China on trade.

"No Republican whose first name wasn't George and whose last name wasn't Bush has been president in an astonishing 28 years," Feldman wrote. "That means any Trump appointee who held a prior Republican political appointment basically had to have worked for Bush as a matter of mathematics and longevity."

At this early stage, it's clear that Trump is rewarding loyalists with plum administration appointments.

This week, former New York City Mayor Rudolph Giuliani emerged as a leading contender for secretary of state, The New York Times reported.

The potential for global catastrophe, of course, seems limitless with the fiery and combative Giuliani at the negotiating table.

But that's where Feldman's thesis, and that of another expert, Michael J. Glennon, offers some reassurance.

Glennon, a Tufts University professor, former Senate Foreign Relations Committee counsel and State Department consultant, had something of a moment during the campaign when he observed that an army of professional bureaucrats, mostly in the national security infrastructure, make up one half of a "double government" that acts as a significant check on executive power.

These bureaucrats exert so much authority, in fact, that in his new book "National Security and Double Government," Glennon devotes the first three pages to cataloging a range of policies, including drone warfare, that have remained unchanged between the George W. Bush and Obama administrations.

"The presidency itself is not a top-down institution, as many people in the public believe, headed by a president who gives orders and causes the bureaucracy to click its heels and salute," Glennon told The Boston Globe last month. "National security policy actually bubbles up from within the bureaucracy. Many of the more controversial policies, from the mining of Nicaragua's harbors to the NSA surveillance program, originated within the bureaucracy. John Kerry was not exaggerating when he said that some of those programs are 'on autopilot.'"

In an interview with Slate this week, Glennon acknowledged that Washington's traditional unwillingness to rock the boat might also enable Trump to implement some of his more controversial national security proposals – such as executing terrorists' family members.

But the significant hurdles Trump will have to cross to meet those goals, as outlined by both Glennon and Feldman, strongly suggest that the nation's 45th president might have a harder time than he thinks draining Washington's swamp.

That's probably good news for Democrats and Trump's GOP critics. But it might leave the residents of Trump nation with a case of buyer's remorse.

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



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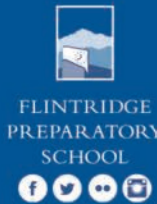


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