



Grand Avenue Festival Showcases the Best of Downtown LA

On Sunday, October 17, all of Southern California is invited to share in the pride and discover the wonders of downtown Los Angeles as highly acclaimed artists, theatres, concert halls, museums, restaurants, and other people and institutions join together to provide a day teeming with world-class performances and family entertainment.

Highlights of the Grand Avenue Festival include free chil-

dren's performances by the Los Angeles Philharmonic at the Walt Disney Concert Hall; live performances at the Music Center, The Colburn School of Performing Arts, Grand Performances, the Los Angeles Public Library's Central Library, and the Roy and Edna Disney/CalArts Theater (REDCAT); and activities brought to you by the Los Angeles Conservancy and the Cathedral of our Lady of the Angels.

Other participating organizations include the Los Angeles Opera, the Center Theatre Group, and the Museum of Contemporary Art.

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Schedule Changes

Metrolink schedules will change effective October 4, 2004 as follows:

San Bernardino Line

Monday – Friday Service

Additional equipment made available by the Sounder leased cars provides for additional San Bernardino Line Mon-Fri trains, including:

- Four new trains will provide service between San Bernardino and Montclair. Two trains will depart San Bernardino at 4:34 a.m. and 5:14 a.m. arriving at Montclair at 5:10 a.m.

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Inside



October is Breast Cancer Awareness Month

A fellow Metrolink rider has a message for you: October is Breast Cancer Awareness Month. "Please tell all Metrolink commuters to go have a mammogram and do the self-check test. Also, tell your loved ones, friends, and others to do it as well. Men do get breast cancer," states Sally Tucker.

Sally Tucker lives in Crestline and commutes on Metrolink to Los Angeles every day. An active outdoorswoman, she hang-glides, para-glides, bikes, and enjoys other outdoor sports. In August, she was diagnosed with breast cancer and underwent a double mastectomy. Today she sees her life in terms of her two great missions—to raise everyone's breast-cancer awareness and to become a breast-cancer survivor herself.

Here are some startling facts about the risk everyone faces.

- ▶ Every two minutes a woman is diagnosed with breast cancer.
- ▶ This year, more than 200,000 new cases of breast cancer are expected in the United States.
- ▶ One woman in eight who lives to age eighty-five will develop breast cancer.
- ▶ Breast cancer is the leading cause of death in women between the ages of forty and fifty-five.



Daily commuter Sally Tucker paraglides in her free time.

▶ 1,600 men are expected to be diagnosed with breast cancer this year and 400 are predicted to die from it.

▶ Seventy percent of all breast cancers are found through breast self-exams. Not all lumps are detectable by touch. Regular mammograms and monthly breast self-exams are recommended.

▶ Eight out of ten breast lumps are not cancerous. If you find a lump, don't panic—call your doctor and set up an appointment.

▶ Mammography is a low-dose X-ray examination that can detect breast cancer up to two years before it is large enough to be felt.

When breast cancer is found early, the five-year survival rate is 96 percent. This is good news! Over two million breast cancer survivors are alive in America today.

Remember, October is Breast Cancer Awareness Month. Wouldn't this be a good time to schedule that mammogram?

To learn more about breast cancer visit the American Cancer Society at www.cancer.org and look for the link entitled "Making Strides Against Breast Cancer."

Source of data: National Breast Cancer Foundation at www.nationalbreastcancer.org.

Grand Avenue Festival... (Continued from page 1)

These institutions will present fascinating music and art representing diverse artistic traditions. Streetside, the Downtown Center Business Improvement District presents A Taste of Downtown, where the area's finest restaurants will offer their culinary delights.

The Grand Avenue Festival will be held from 11 a.m. to 6 p.m. on Grand Avenue (between Temple and 5th Street) in downtown LA.

Most performances and events are free; tickets may be required for some venues. Please

check with each participating organization for updated program and ticket information.

For more information on the Grand Avenue Festival, please call the Downtown Center Business Improvement District at (213) 624-2146 or visit www.downtownla.com, where you'll find links to the Web sites of all participating organizations.

Metrolink is proud to be one of the many organizations helping to make the Grand Avenue Festival an annual tradition.



Log on to www.lpac.org to learn about the many events available at the Lancaster Performing Arts Center.



Schedule Changes *(Continued from page 1)*

and 5:50 a.m. respectively. The trains will head back to San Bernardino at 5:20 a.m. and 6:00 a.m.

- ▶ The service between Covina and Los Angeles has been extended all the way to San Bernardino. Two new trains will depart San Bernardino at 6:34 a.m. and 4:00 p.m. A new train will depart Los Angeles at 2:20 p.m. And the 5:20 departure from Los Angeles has extended service to San Bernardino.
- ▶ Some trains departing San Bernardino headed to Los Angeles will depart five to ten minutes earlier; and certain trains headed to San Bernardino will depart 5-10 minutes later.
- ▶ Train 329, the 5:25 p.m. departure from San Bernardino, will now depart at 5:00 p.m.

Riverside Line

- ▶ Train 410, will depart Los Angeles 5 minutes later at 6:05 PM.

For more detailed schedule information, please visit www.metrolinktrains.com.

Simi Valley Enjoys Transit-Friendly Development

Did you ever wonder what it would be like to leave your home and walk a block or two to your Metrolink station? You could completely eliminate the issue of parking. You could save gas, save the wear and tear on your vehicle, and save your car from sitting in the sun all day, collecting dust. All these benefits and many more could be yours—if only you could walk, instead of drive, to your Metrolink station. This is all possible, even if you have a quiet suburban home and a job in the city.

It's called transit-oriented development (TOD) and the convenience of this kind of living is now available in the City of Simi Valley.

Hidden Valley Apartments are the new transit-friendly apartment homes located in beautiful Simi Valley, within easy walking distance of Metrolink's Simi Valley Station. Situated between Ventura and Los Angeles, this location is ideal for those who choose to work in any of the major surrounding cities.

Surrounded by 156 acres of dedicated open space, Hidden Valley Apartment Homes provide many amenities as well as lovely views of the foothills and grounds, on which grow mature oak, sycamore, and California pepper trees.

If you would like to explore this transit-friendly development, visit www.essexpropertytrust.com or call (805) 955-9095 to schedule a tour. To learn more about the many charms of Simi Valley, log on to www.ci.simi-valley.ca.us.

Rideshare to Win Prizes During Rideshare Week, October 4-8

If you want to save time, cut the cost of driving, and reduce stress, try ridesharing. There's no better time to give it a try than during California Rideshare Week, October 4-8.

Rideshare Week is designed to encourage commuters to leave their solo commutes behind in exchange for an alternative mode such as carpooling, vanpooling, riding an OCTA bus or Metrolink train, biking, walking, or telecommuting. When they rideshare, even for just one day, commuters become aware of the impact they can make. That impact translates to less congestion on our freeways and roadways, plus improved air quality.

If you would like to participate in Rideshare Week or would like to encourage others to participate, complete a Rideshare Activity Card, available online at www.octa.net/rideshare/week.asp or through many employers. (One entry per person.)

Because of the generosity of the many supporters of Rideshare Week, participants in this year's Rideshare Week will be eligible to win many valuable prizes, including shopping sprees and gift certificates. Any Metrolink commuter is eligible to participate in Rideshare Week.

For tips about ridesharing, check out OCTA's Share the Ride and Save.

To learn more about ridesharing call (714) 636-RIDE, e-mail commuterconnection@octa.net or visit www.octa.net or www.rideshareweek.com. You can save time, cut the cost of driving, reduce stress and help the environment - all you have to do is rideshare.



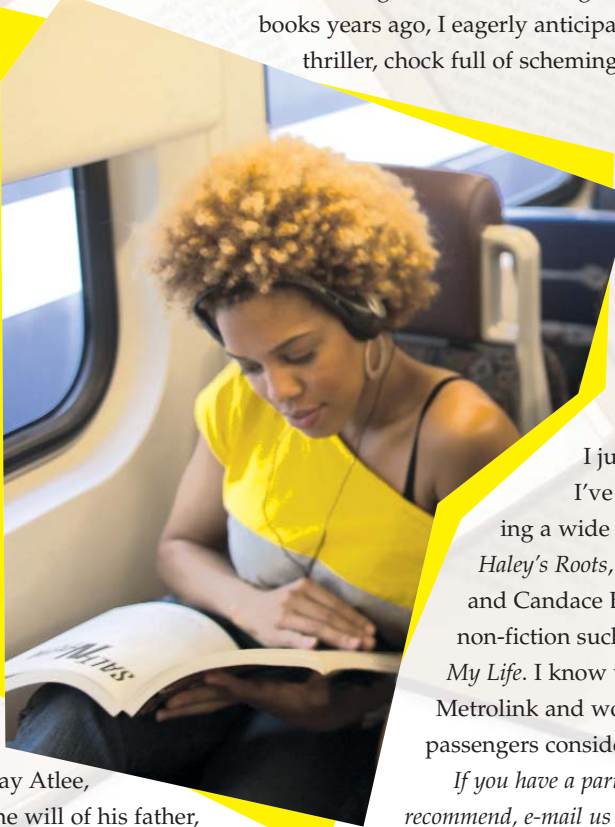
Books on Board

By Corrie Hydeman, Metrolink commuter

Have you ever been so engrossed in a book that you came close to missing your destination-station stop? As embarrassing as it is to admit it, I have been close to missing my stop several times, being something of a bookworm. Frequently, my reading time on the train is one of the most enjoyable parts of my day. Since starting my job in downtown LA six months ago, I've probably read about forty books!

If you are a Metrolink commuter like me, you may read several books a month. One particular series I love is Janet Evanovich's Stephanie Plum mystery series, the latest installment being *Ten Big Ones*. Although these books and others like them are wonderfully entertaining and hilarious, I decided it was time to branch out.

The book I ended up reading was John Grisham's *The Summons*, his second-to-last paperback. The story follows law professor Ray Atlee, who is summoned to Mississippi to discuss the will of his father, Judge Atlee. In Mississippi, Ray finds a few surprises that send



him running for his life. Having read all of Grisham's previous books years ago, I eagerly anticipated a fast-paced courtroom thriller, chock full of scheming lawyers and people caught in the middle of gruesome legal battles. Much to my dismay, however, I found myself wondering where Grisham could possibly take this slim plotline. I find I prefer his earlier thrillers such as *The Firm* and *The Pelican Brief*. These were better paced, more finely tuned thrillers that I just couldn't put down.

I've noticed fellow commuters reading a wide variety of novels such as Alex Haley's *Roots*, Dan Brown's *The Da Vinci Code*, and Candace Bushnell's *Trading Up*, as well as non-fiction such as Bill Clinton's autobiography, *My Life*. I know we have a lot of readers on Metrolink and would love to hear what other passengers consider a good "train read."

If you have a particular favorite you'd like to recommend, e-mail us at metrolinkmatters@scrra.net.

Books photo: Halle Bro

SAFETY MATTERS

What Parents Can Do

Lessons learned during the formative years can make a lasting impression and can save your children's lives. Here are some steps you can take to make sure your children are safe around trains:

- ▶ Teach your children at an early age that trains are dangerous. Make sure they understand that it is never safe to play on or near railroad tracks.
- ▶ Teach your children that it is illegal and unsafe to trespass on railroad property. Remind them that the only safe place to cross railroad tracks is at an established public crossing.
- ▶ Teach your children to recognize the warning devices that can be found at public grade crossings—crossbuck signs (found at every public crossing), flashing lights, bells, and gates (may also be found at some public crossings). Teach your children how these devices work and what they mean.
- ▶ Teach your children that it is important to obey all warning signals at railroad crossings. Show them how to walk across the tracks safely

at public grade crossings, but stress that they must NEVER "short-cut" across the tracks, even if it looks like there are no trains coming.

When your children are old enough to understand, explain that railroad tracks and equipment are private property and that trespassing could get them arrested or injured—possibly both.



Photo: Maartje van Caspel

Attack of the Cell Phonies

There are a 169 million cell phones in the United States. This represents a sea change in the communication world. With all this yakking going on, it's no surprise that there are conflicts over the use of this convenient little gadget.

We've been asked to "dial down" on people who are loud, rude, profane, or otherwise inconsiderate in their cell-phone use while commuting by Metrolink.

Are you by any chance carrying on a loud personal conversation, regaling your

co-commuters with the flotsam and jetsam of your personal life? Are you having a highly audible fight with your spouse/kids/co-worker/poolman while others are trying to read/relax/snooze?

Are people on the train staring/glaring/heaping you with scorn?

May we respectfully offer a few small suggestions?

Lower your voice.

It's amazing how many people actually raise their voices while speaking on a mobile phone. The microphone is so sensitive, you should actually lower your voice. The ear bud and microphone contraption is even more sensitive. You can speak extremely softly



Please cease yelling while celling.



and still be heard perfectly well at the other end.

Hang up and try again.

If you are shouting into your cell phone because you cannot hear, the best way to deal with this problem is to hang up and call back. First turn your cell phone completely off. If you wait about ten seconds and restart your phone, chances are you will get a much better connection. Your phone will automatically search for and detect the nearest transmitter to your location.

Change locations.

The closer you are to people, physically, the more offensive they find the verbal intrusion. If you move to the

least populated area of the train, your fellow passengers will be much happier and your conversation will remain private.

And as for those of you who simply hate cell phones, no matter how respectful the users are—can you cut us a little slack here? One hundred sixty-nine million cell phones aren't going to just go away!

Metrolink Grows Our Fleet

Overcrowded Trains Benefit from New Leased Cars

Help has arrived for many of those overcrowded trains. Metrolink has leased twelve passenger cars and one locomotive from Seattle's Sound Transit to add to our existing fleet of rail cars. This will allow us to increase capacity throughout the service.

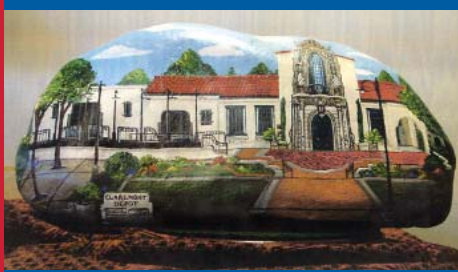
Called "Sounder" cars, the leased cars were made by the same people who built our Metrolink cars. These very similar cars have a different color scheme and other small variations that distinguish them from other Metrolink cars. Although the Sounder cars are being used exclusively on the San Bernardino Line, the Metrolink passenger cars they displace will be added to overcrowded cars throughout the system to benefit all of our customers.

Metrolink is already deep in the process of new-car procurement (a fancy word for "shopping"). But new-car procurement could take several years. That's why we've leased cars from Seattle in the meantime—we decided that our customers' comfort just couldn't wait.

Lease of Seattle Sounder Cars eases congestion in Metrolink Country.



Station City News



Claremont rocks.

Los Angeles — Performing Books begins its second season of storytelling through the performing arts at the Los Angeles Public Library at Fifth and Flower Streets in downtown Los Angeles. Children's books about the arts are translated into live performances through the magic of whimsical storytellers and talented professional artists. Designed for children ages four through ten, this free afternoon series takes place on Sunday, October 17; Saturday, November 20; and Saturday, January 22 in the Los Angeles Central Library's Taper Auditorium at 2 p.m. and again at 3 p.m. The Sunday, October 17,

program coincides with the Grand Avenue Festival, an all-day event of music, art, food, and fun to showcase downtown LA's best.

Simi Valley — Come find out what all the excitement is about as Richard O'Brien's *The Rocky Horror Show — Live* returns to the Simi Valley Cultural Arts Center for a limited run this Halloween season! Performances will be October 15, 16, 22, 23, 29, and 30, with shows at 8 p.m. Fridays and 8 p.m. and midnight on Saturdays.

It's outrageous! It's bizarre! It's hilarious! It's *The Rocky Horror Show*—the weird, wacky, wild romp of a rock-n-roll musical that inspired the Midnight Movie craze. Campy to the hilt, Richard O'Brien's stage show is the craziest cavalcade of goofball, glam, sci-fi/horror mayhem you'll ever see. Don't miss your chance to do the Timewarp again! Due to the mature themes, this show is not recommended for children under age fourteen. Tickets are \$18 for adults, \$15 for seniors and students. For

reservations, call (805) 583-7900. The Cultural Arts Center is located at 3050 Los Angeles Avenue in Simi Valley.

Claremont — Friday, October 8, through Sunday, October 10, artist Dawn Grimes Myers will be showing her rock art at the Claremont Forum, located at 111 S. College Avenue, right next door to the Claremont Metrolink Depot. Myers transforms rocks into gems by replicating historical structures, public buildings, private homes, and businesses on rocks. Rather than painting on a flat canvas, Myers captures the details of meaningful structures on rocks that represent the shape of the object being captured. More than twenty-five pieces will be on display, with a limited number of pieces available for purchase. The art show will be from 10 a.m. until 5 p.m. on all three days. There will be an opening reception on Friday, October 8, from 6 p.m. to 8 p.m. Everyone is invited. The show and reception are free. For more information about Dawn Grimes Myers and to view the artwork, visit the artist's Web site at www.sketchedinstone.com.

Gymnast Takes Peter Pan to New Heights

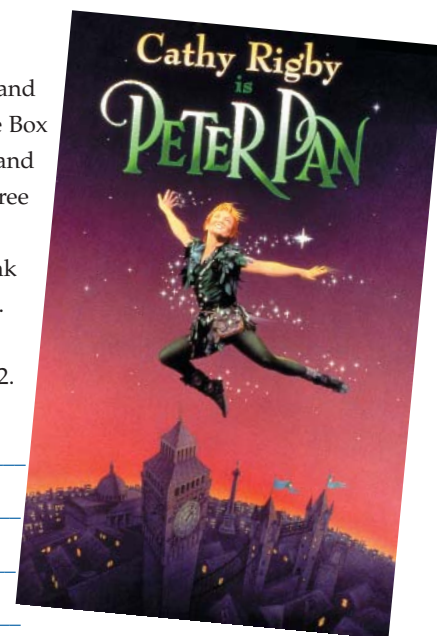


Fans of the enchanting and charming boy who will never grow up have been enjoying the timeless story of *Peter Pan* for 100 years. And now Tony Award nominee and two-time Olympic gymnast

Cathy Rigby takes flight as the incomparable Peter Pan, as this family musical flies into Hollywood's historic Pantages Theatre.

Playing for two weeks only, November 9–21, tickets are available for purchase online at www.BroadwayLA.org, by phone at

(213) 365-3500 or (714) 740-7878, and in person at the Pantages Theatre Box Office. Or you can try your luck and enter to win one of five pairs of free tickets by filling out the coupon below and sending it to: Metrolink Matters; Peter Pan Contest; 700 S. Flower Street, 26th Floor; Los Angeles, CA, 90017 by October 22.



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Name: _____
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All winners will be contacted by phone. Cathy Rigby's performances in *Peter Pan* are Tuesdays through Thursdays at 7:30 p.m. (special early weeknight curtain times!), Fridays at 8 p.m., Saturdays at 2 p.m. and 8 p.m., and Sundays at 1 p.m. and 6:30 p.m. *Peter Pan* is the third show of the Broadway/L.A. 2004–2005 season.

