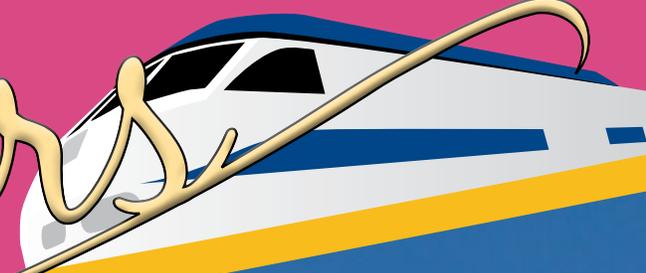


Matters



METROLINK NEWS & EVENTS • AUGUST '09
(800) 371-LINK • WWW.METROLINKTRAINS.COM

Visit Homegrown Ventura County Fair Fun!

The 2009 Ventura County Fair offers “Purebred and Home Grown” fun starting August 5, with homegrown transportation courtesy of Metrolink.

Special Ventura County Line charter trains will deliver fairgoers to cool summer merriment at Seaside Park, including great tastes, thrills, and entertainment. Trains will run between Chatsworth and the Ventura County Fairgrounds at Seaside Park on Saturdays and Sundays during the fair, which runs Wednesday, August 5, through Sunday, August 16.

The 2009 Ventura County Fair has amazing entertainment lined up to keep homegrown and transplanted Californians rocking along! Featured artists include Gretchen Wilson, Good Charlotte, Rick Springfield, Lee Ann Womack, and Huey Lewis and The News. The Ultimate Doo Wop Show will have you humming a tune all the way home, and motorsport excitement is sure to keep your heart racing and your head spinning.

Metrolink fair service is a special charter offered by the Ventura County Transportation Commission in cooperation with Seaside Park. Special tickets are required to ride the special trains. Purchase tickets in advance, Mondays through Fridays, at the Whistle Stop Coffee Depot in the Chatsworth Station or the Simi Valley, Moorpark, and Camarillo city halls. Tickets also may be purchased on the day of travel at train stations on a first-come, first-served basis.

Charter-train tickets range from \$4 to \$6 one way and \$8 to \$12 round trip. Children ages five or younger ride free. Metrolink monthly passes from any line also will be accepted. Visit www.metrolinktrains.com and click on “Special Events” for more information. For updated entertainment news and fair information, visit www.venturacountyfair.org.

Ventura County Fair Service 2009

Westbound (To Fair)

	Train 189	Train 191	Train 197
Chatsworth	9:00 a.m.	11:30 a.m.	1:30 p.m.
Simi Valley	9:15 a.m.	11:47 a.m.	1:45 p.m.
Moorpark	9:29 a.m.	12:03 p.m.	1:59 p.m.
Camarillo	9:41 a.m.	12:20 p.m.	2:13 p.m.
Oxnard	9:53 a.m.*	12:35 p.m.*	2:31 p.m.*
Ventura	10:20 a.m.	12:55 p.m.	3:00 p.m.

* Trains may depart up to 10 minutes early

Eastbound (Leaving Fair)

No boardings permitted except at Ventura County Fair stop

	Train 194	Train 196	Train 198
Ventura	3:30 p.m.	6:30 p.m.	10:10 p.m.
Oxnard	3:45 p.m.	6:45 p.m.	10:25 p.m.
Camarillo	3:56 p.m.	7:01 p.m.	10:40 p.m.
Moorpark	4:07 p.m.	7:13 p.m.	10:52 p.m.
Simi Valley	4:22 p.m.	7:29 p.m.	11:10 p.m.
Chatsworth	4:40 p.m.	7:55 p.m.	11:30 p.m.



INSIDE

2 • RULES: SERVICE ANIMALS
• RAILROAD GRUB

3 • DEALS FOR RIDERS:
SPARKS, ANGELS, SPAMALOT

4 • WIN TICKETS TO 2009
L.A. COUNTY FAIR

Rules of the Road: Service Animals and Pets

Metrolink’s very diverse passenger population includes pets and service animals. To ensure all passengers have a safe, comfortable, and reliable commute, we have specific rules for pets and service animals, and our conductors and sheriff’s deputies have been specially trained to enforce them.

Service animals are always welcome on Metrolink. Passengers with disabilities and service animals may ride anywhere on the train as long as the animals remain under the passenger’s control and do not threaten the safety of fellow riders. Service animals have been individually trained to perform specific tasks for persons with disabilities. Metrolink personnel may ask passengers what tasks their animals are trained to perform, to determine that they are service animals.

Orange County Line rider Lucia Gobel Vega, who is blind, has commuted from Tustin to Norwalk on Metrolink for three years. She currently travels with her guide dog, a standard poodle named Jolie (pictured).

Vega, a clinical social worker at the Metropolitan State Hospital who lives with her husband in Irvine, asks that fellow riders not approach or pet Jolie. When a service dog is in a harness, the dog is working. If Jolie is distracted, even for a brief moment, she won’t be watching out for Vega.

As a reminder, pets may travel on Metrolink trains as long as they are confined to approved, ventilated pet carriers that fit on a passenger’s lap or under a seat.

All Metrolink policies comply with federal regulations regarding accessible public transit. Ongoing training for conductors and law-enforcement personnel ensures that we remain sensitive to the needs of all passengers, including those with service animals. If you have any questions, call our Customer Service Center at (800) 371-5465.



Photo by Sheryl Carrerow

Rail 2 Rail Changes Effective This Month

Amtrak one-way and round-trip tickets will no longer be accepted on most Metrolink trains, effective August 1, 2009.

The only exception is that all Amtrak and all Metrolink ticket types will continue to be accepted on Metrolink and Amtrak trains between Burbank Airport and Los Angeles Union Station. This includes shared-service trains Metrolink Train 158/Amtrak Train 768 and Metrolink Train 153 /Amtrak Train 799.



SAFETY MATTERS: EXITING COMET

You may have noticed the addition of several leased Utah Transit Authority Comet cars on some train sets. These older cars are not double-deckers, are not accessible to the disabled, and have a different seating configuration from our other passenger cars.

With the addition of this differently configured equipment, it is important to familiarize yourself with the emergency-evacuation poster located in every passenger car. Comet-car evacuation procedures differ from those of our newer cars.

If you are riding in a Comet car and an emergency occurs, follow this procedure:

- Always listen to your conductor’s instructions.
- Remain in place unless instructed to evacuate.
- Please assist fellow passengers in need of help.
- Remember to leave bicycles, wheelchairs, and other bulky items behind.
- Evacuate to an adjacent car if one is accessible.
- If an adjacent car is not accessible (or you are instructed to do so), exit through regular train doors or through emergency windows.



RAILROAD

UPLAND’S DELI V BAKERY CAFÉ

You’d never guess it by the unfussy, down-to-earth feel of her restaurant, but there’s an internationally renowned chef cooking just steps from the Metrolink station in historic downtown Upland.

Most days, Deli V Bakery Café serves classic American deli fare—soups, salads, and cold sandwiches plus hot panini and pasta. Every Thursday, patrons get a surprise international special. The offerings change weekly—from British shepherd’s pie to Indian curry to Italian risotto.

Such gastronomic diversity is a habit for co-owner and head chef Visa Lam, an immigrant from Singapore who became a U.S. citizen last year. Back in Singapore, Lam ran a restaurant that served Chinese, Indian, Malay, and American food. She first learned to cook from her dad, an army cook, and later did a stint in a Cordon Bleu culinary school. Lam even once catered a luncheon for Singapore’s prime minister. These days, Lam prides herself on offering freshly baked bread and “soul-warming” soup made from scratch daily at Deli V.

Somewhere between a formal restaurant and a fast-food joint, Deli V is a cozy spot that serves healthy food in short order. That’s one of many reasons regulars keep coming back. Deli V—the V is for Visa—also is popular with locals because the restaurant contributes to local organizations like the YMCA.

In addition to breakfast, lunch, and dinner, Deli V offers freshly baked pies and custom cakes plus an espresso and coffee bar. Deli

EXIT CARS IN AN EMERGENCY

To exit through regular train doors, follow this procedure:

- Break plastic covering over emergency handle.
- Pull the red ring down.
- Grip side of door, then slide open.
- Exit train with caution.

To exit through the emergency windows, follow this procedure:

- Pull the red handles toward you to remove strip.
- Pull the window toward you using both handles.
- Windows weigh 19 pounds, so please remove carefully.
- Place window inside train.
- Exit train with caution.



©2008 James Belmont

We'd like to use "Safety Matters" to answer your questions. E-mail us at metrolinkmatters@scrra.net with your safety-related question, using the subject line "Safety Matters," and your query will be considered for upcoming columns. We'd like to know your name, the city you live in, and the route you ride. E-mail us today!

GRUB:

V is open from 8 a.m. to 8 p.m. weekdays, and from 9 a.m. to 8 p.m. Saturdays. The deli is closed Sundays. From the Upland Station, walk west on A Street to Second Avenue; turn right and walk to 134 N. Second Avenue, Suite H. It's slightly hidden at the back of the Second Avenue Mall, so look closely. For more information, call (909) 981-9696 or visit www.deli-v.com.

Let us know about diners, eateries, and restaurants that you enjoy near the station you commute to or from. Tell us what you enjoy most about your favorite eating establishment! We have three rules:

1. Restaurant must be within walking distance of a Metrolink station.
2. No corporate chains, please. We want to hear about places other riders may not know about.
3. Your eatery must have been in business at least a year.

E-mail metrolinkmatters@scrra.net, with the subject line "Railroad Grub."



L.A. Sparks Light Up STAPLES Center

Metrolink, Metro, and Amtrak are excited to offer train riders discounts to WNBA basketball. Show your valid Metrolink ticket or pass at the STAPLES Center box office for a "buy three, get one free" promotion for L.A. Sparks games. Discounted tickets are subject to availability. For more information, visit www.lasparks.com or call (877) 44-SPARKS.



Root for the Angels

Metrolink is the "Official Train Partner of Angels Baseball." Just present a valid Metrolink ticket at the Angels ticket window during regular business hours to receive \$5 off per ticket in upper-view, lower-view box, and terrace-box wheelchair seats (if applicable). This offer is valid for only the following 2009 regular-season home games: August 7-12, 24-26, 28-30; September 8-13, 25-30. The discount is limited to a total purchase of six tickets per person per visit.* Metrolink and Amtrak trains stop at Anaheim Stadium seven days a week. Check Metrolink schedules at www.metrolinktrains.com, or call (800) 371-LINK (5465) for more information. For Amtrak schedules, visit www.amtrak.com or call (800) USA-RAIL.

*Offer is subject to availability, has no cash value, is not valid on previously purchased tickets, and is not valid in conjunction with any other promotional offer.

Spamalot Looks at the Bright Side of Life

Take Metrolink to *Monty Python's Spamalot*, a comedic musical playing at the Ahmanson Theatre through September 6. Metrolink riders save 20 percent on tickets for Tuesday, Wednesday, and Thursday evening performances.* To get your discount, show your valid Metrolink ticket or pass at the Ahmanson Theatre box office, or buy tickets by phone at (213) 628-2772 or online at www.centertheatregroup.org (use the promotional code METROLINK).

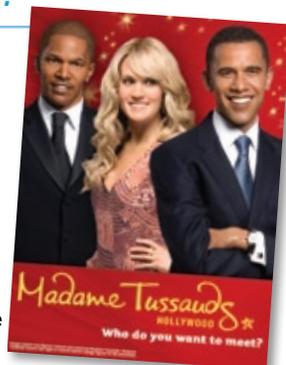
*Subject to availability. Offer excludes front orchestra and balcony seating and previously purchased tickets.



MADAME TUSSAUDS HOLLYWOOD REDEFINES CELEBRITY ENCOUNTERS—WHO DO YOU WANT TO MEET?

Opening this month, Madame Tussauds Hollywood becomes the newest attraction in L.A.! This is your chance to experience the real glamour and elegance of Hollywood as you immerse yourself in an interactive experience with A-list celebrities, superheroes, Hollywood icons, moviemakers, and many others. More than a wax museum, Madame Tussauds Hollywood is where fans go to see and celebrate the legendary and illustrious. Located adjacent to historic Grauman's Chinese Theatre on Hollywood Boulevard, Madame Tussauds Hollywood has the perfect starring role for you!

Show your Metrolink ticket or pass to receive a \$5 discount on admission. It's easy to get there by Metrolink. From Union Station, transfer free with your Metrolink ticket or pass to the Metro Red Line (North Hollywood). Exit at the Hollywood/Highland Station.



Win Tickets to the 2009 L.A. County Fair

Enter for a chance to win one of two Family Four-Packs of tickets to the 2009 L.A. County Fair at the Pomona Fairplex. Tickets are valid for one day's admission from Saturday, September 5, until Sunday, October 4 (after Labor Day, closed Mondays and Tuesdays). Restrictions may apply. Enter to win at www.metrolinkchancetowin.com or return the entry form below to: Metrolink Matters, 2009 L.A. County Fair, 700 S. Flower Street, Suite 2600, Los Angeles, CA 90017. All entries must be received by August 28, 2009. No purchase necessary to enter or win.



L.A. County Fair Family Four-Pack Drawing

Name _____
 Address _____
 City _____ State _____ Zip _____
 E-mail _____
 Yes, I want to receive e-mails about Metrolink events and promotions
 Daytime phone (_____) _____

One entry per household. All winners will be contacted by phone. Must be 18 years or older to enter. Void where prohibited.



Spend a weekend laughing in luxury!
July 7th—September 6th, 2009
(Thursday—Sunday)

MONTY PYTHON'S SPAMALOT
Invades Los SPAMalot!

Make a night of it at the Sheraton Los Angeles Downtown Hotel and enjoy:

- Overnight Accommodations
- Breakfast for Two at the Brasserie
- Spamalot Memorabilia Gifts

Rates at \$139.00/nt (Thursday—Sunday)

Across from the 7th St/Metro Center (Metro Red Line) in the Macy's Plaza

Call us at 1-866-716-8130 and ask for rate code SPAMALOT or visit us at www.sheraton.com/losangeles and click Hotel Offers

**Tickets are not included in the package but can be purchased www.centertheatregroup.com



Jul 7—Sep 6, 2009
 Ahmanson Theatre at the Music Center downtown Los Angeles
 135 N. Grand Ave. Los Angeles, CA 90012

Now That's Embarrassing!



FREE
truck & driver
at move-in

If You Can Relate...
We Can Help Give Back Your Space

StorQuest

SELF STORAGE
www.storquest.com

Over 40 locations nationwide

- Anaheim Hills - (714) 998-0890
- Camarillo - (805) 987-0223
- Corona - (951) 734-7100
- Hollywood - (323) 660-9090
- Mission Hills - (818) 365-6089
- Oxnard - (805) 487-7102
- Ontario - (909)988-0641
- Playa Vista - (310) 301-7867
- Ranch Cucamonga - (909) 980-5245
- Riverside - (951) 737-7440
- South Central L.A. - (323) 294-3456
- Sunland - (818) 352-8855

50% OFF

2 MONTHS!

StorQuest

SELF STORAGE
www.storquest.com

Limited time offer. Must present coupon at move-in. New customers only. Cannot be combined with any other offer or promotion. Subject to availability. Value up to \$150. Ask manager for details. At select locations.

METROLINK MATTERS

Editor-in-Chief: Cheryl Downey
 Contributors: Charlene Ariza, Tracy Berge, Sheryl Carrerow, Eren Diaz, Naomi Goldman
 Designer: Harlan West/HWDS
 Writing Consultant: Jessica Hoffmann
 C.E.O.: David Solow

Director, Communications and Development: Steve Lantz
 Manager, External Communications: Francisco Oaxaca
 Send comments or story ideas to metrolinkmatters@scrra.net
 or to Metrolink Matters, 700 S. Flower St., Suite 2600, Los Angeles, CA 90017.
 Published by the External Communications Department.

