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San Gabriel Valley

Examiner

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STRIVING FOR JOURNALISTIC EXCELLENCE IN LOCAL NEWS

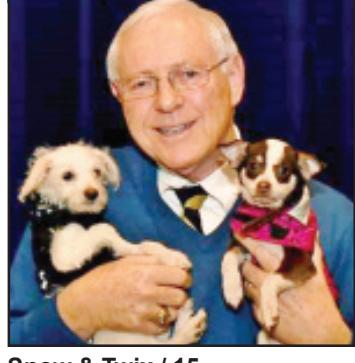
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18th Cavalry National Guard Serves Duarte

DUARTE - Captain Robert Parry is a great spokesperson for our local National Guard Unit. The 18th Cavalry musters in Azusa - right next door to Duarte. They have become very engaged in the Duarte community. Most recently, they supported Duarte Community Service Council with their annual toy drive. Captain Parry spoke for a recent Duarte Kiwanis meeting and shared some of the focus the Guard has. They were part of the Rapid Reaction Force that went into the 2007 Wildfires in San Diego and they are preparing to be key support for this year's El Nino season.

For further information on speaking or joining the club, contact Dr. Diane Hernandez at drdiane@drhemandezoptometry.com.



Captain Robert Parry, Cheryl Reynolds - Duarte Kiwanis President.

Dr. Mak Opens Aesthetics and Laser Center

By Jayam Rutnam

COVINA - Dr Lakshman Makandura who has his medical offices in Covina and Hacienda Heights has now opened a beautiful Medical Spa in his office building in Covina. He had a Grand Opening last week to show off his state of the art facility. He has a top staff of highly trained and licensed Aestheticicians and Laser experts to serve his patients.

Medspa Deluxe LA, announces that, "As beauty and standards evolve, we are always in search of a solution to our most troubling beauty issue. Medspa Deluxe LA won't settle until we can provide premium service and products that we can rely and trust that will continue to provide amazing results. Like a magic eraser, Medspa Deluxe LA finds the science and medicine to create the look that you can optimize self confidence from first impressions, a makeover that looks natural, a very pleasing reflection on your



Rocio Cota - Aesthetician, Ingrid Castillo - Aesthetician, Dr. Lakshman Makandura and Laser Expert Sue Alfonso at their new offices in Covina.

Some of the services offered are: To Restore Your Youth: Botox, Dermal Fillers, Brow Lift, Lip Augmentation, Chest Rejuvenation, Neck/Chest Rejuvenation, Hands Looking Young, Fine Lines and Wrinkles. To Get That Glow: Chemical Peel, Acne Treatment, Control Rosacea, Brown Spots Gone, IPL and Sun Damage, Skin Resurfacing, Shrink Pores

and Microdermabrasion. The Miracle Worker: Hair Reduction, Skin Tightening, Cellulite Reduction. Zap Those Veins, Stretch Mark Reduction, No More Double Chin and Eyelid Rejuvenation.

Medspa Deluxe La is located at 910 S. Sunset Avenue, Covina, Ca. 91790. Their website is www.medspadeluxela.com., telephone 626-671-8202.



Monrovia Pack 66 at the M.A.S.H site, Malibu Creek State Park

MONROVIA - January 30th, 2016, in the early morning 12 Monrovia Pack 66 Cub Scouts braved the 5 mile round trip trail to the infamous M.A.S.H filming site in Malibu Creek State Park. The Cubs ranged from 6-10 years old and with packs slung and canteens topped off; they were off. The Scouts were honored to have Malibu Creek State Park docent, Bob Costello for the entire hike. Mr. Costello ensured that all scouts had a full and rich experience on the hike and even a surprise Flag ceremony at the visitor center where Pack 66 Cubs were asked to officiate. What a true honor to allow these young scouts the privilege to perform the flag ceremony and raise the colors for the visitors.

Mr. Costello and the MCSP Docents offer their services free of charge to scouts and school groups and even those who just want to learn more about the park. The scouts were filled with questions and Mr. Costello, the ever patient docent, answered each and every one. The scouts learned about the

local wildlife, the ageless wonders of the geology of Malibu Creek State Park. The surprising plant life of the forest, the grasslands, the creek side, the chaparral, and the marsh. The birds and animals of the mountains and flatlands and from the soaring golden eagles to the ever-present deer and coyote.

The docents offered the scouts a rich history of the park and were given an extra treat with the full movie history of the area. The scouts were able to visit where Planet of the Apes and M.A.S.H were filmed as well as see the remaining rusted

vehicles from the M.A.S.H set.

The hike lasted 6 hours and by the time the pack reached the parking lot, not an ounce of energy was left, even more so for the parents. Pack 66 hikes like this are only possible with the amazing leadership and parents who play an active role in their scouts career.

The Pack is part of the Luck Baldwin District of the San Gabriel Council. We are located at the foothills of the San Gabriel Valley at the Vineyard Church of Monrovia, 1307 S. Myrtle Ave. in Monrovia. Our website https://www.facebook.com/cubpack66 if you wish to see what we are doing and If you are interested in joining or have a son who would like to be in Scouting please contact Cub Master Mark Peters at 626-485-1032 or via email at irishcelticnight@gmail.com.

Janice Clark Installed President of Inter-Community Hospital Auxiliary



Janice Clark, top left, newly installed President Other officers from left to right: Phyllis Rounds, Co-VP Special Projects; Carol Koon, VP Programs; Fran Abbott, Co-VP Special Projects; Sharon Holtz, Recording Secretary; Marion Smithson, Treasurer; Jackie Garretson, Nominating Committee; Gig Zak-Rallo Past President and Nominating Committee; and Becky Willman.

COVINA - Janice Clark was installed as President of the Inter-Community Hospital Auxiliary at the Auxiliary's luncheon in January. Janice became an Auxilian three and a half years ago. Since then, she has been very active and served the Auxiliary in many different ways.

She served this past year as Vice President of Membership, increasing the Auxiliary's membership. She has served the past several years as Chairperson of

the Scholarship Committee, which selected 10 students, studying in the medical field, this past year to receive \$1000 dollar scholarships. She took over the operation of the See's Candy sales which is a major fund raiser for the Auxiliary and is a key volunteer in the Auxiliary's Gift Shop. Janice is an auxilian who is known to step in and help anywhere help is needed.

At the end of Doris Schulz's unique and entertaining instal-

lation, where she compared similarities between the officer's positions and various well known celebrities, past or present - real or imagined, she likened Janice to "Super Girl". Her energy will be the stimulus in bringing the Auxiliary to a success and prosperous 2016. Through her leadership the Auxiliary's accomplishments will be evident in the Medical Center and the community.

7th Annual Celebrity Golf Tournament to Fight Hunger

GLENDORA - Sowing Seeds for Life, a charitable organization that for years has fed the needy throughout the East San Gabriel Valley, annually puts on a celebrity golf tournament that has attracted some of the biggest names in the Southern California sports scene.

The seventh annual Sowing Seeds for Life tournament at Glendora Country Club on Monday, February 29, will keep the tradition going.

This year's post-play program will feature two longtime sportswriters - the recently retired Bill Dwyre of San Dimas and former TV-Radio sports columnist Larry Stewart of Arcadia.

Dwyre, a Notre Dame grad, served as sports editor for more than 25 years. Then, for the past 10 years, Dwyre was undoubtedly the newspaper's most popular sports columnist, a role filled for many years by the great Jim Murray.

Stewart, who was with the Times for 30-plus years after nine years at the old Herald Examiner, is a member of the SSFL golf tournament committee.

He filled many roles at the Times, but was best known for his weekly TV-Radio sports column. He wrote about such people as Vin Scully, Chick Hearn, Bob Miller and many more.

Also invited to take part this year is Channel 7 sports anchor Rob Fukuzaki, a University of La Verne graduate. Fukuzaki, a recent inductee into the Southern California Sports Broadcasters Hall of Fame, has agreed to appear, dependent on his schedule.

Fukuzaki hosts a college football show with analysts Mike Sherrard and Chris Hale, who have both participated in past Sowing Seeds tournaments and are expected back this year. Hale, a former Monrovia High and USC star, has already com-

mitted.

Sherrard and Hale are both past Super Bowl participants. Another Super Bowl participant who is also a possibility is Michael Young, a Dodger executive who was an outstanding wide receiver for the Denver Broncos. He has twice been part of past Sowing Seeds tournaments.

The honoree this year is the irrepressible Brian McNamee, CEO of the La Verne Chamber of Commerce. McNamee, a huge Notre Dame fan and beloved throughout the area, has been a big supporter of Sowing Seeds for Life.

"We are very excited about the lineup for this year's tournament," said Vicki Brown, the CEO and founder of Sowing Seeds for Life. "It promises to be another fun and informative day."

For more information, call Fran Robertson at 909 392-5777.

Boyle Heights Hosts Annual Talent Show For Community Youth

LOS ANGELES - Boyle Heights for Youth organized a special talent show catering to some of the youngest members of the community. The annual Boyle Heights Youth Talent Show drew 250 youths, parents, and residents gave young participants a great opportunity to showcase their hard work and special gifts. Youth during the event demonstrated their skills in photography, video, music, dance, poetry, spoken word, and 2D/3D graphic design.

"The youth of Los Angeles have many different skills and unique talents, this talent show lets them show everyone what they really are passionate about," Lou Calanche, Executive Director and Founder of Legacy LA. "Even though this event is only once a year, we hope it has a lasting effect on the young leaders that participated and on the people and residents that live here. We must continue to nurture these skills and talents, and push these bright teens to pursue their goals."

The Boyle Heights for Youth



Campaign was launched in 2014 by over 200 youth and 15 community organizations to advocate for a meaningful investment of public funds and resources to help our City's most vulnerable youth reach their full potential and to create safe neighborhoods where they can thrive and have access to opportunities that prepare them for a successful future.

"I've been involved in youth development programs since I was in middle school. They've

helped me become the person I am today, by supporting me and encouraging me to contribute to my community. I am a leader in this campaign because I feel strongly that all you in Boyle Heights, and the city of Los Angeles, deserve have access to youth development programs to help them better their futures," said Norma Galeas, High School Senior and Ramona Gardens Resident.

"Giving these future leaders an outlet for creativity and ex-

ploring their interest gives youth a leg up in being successful in life and being better prepared for the future where they can fine tune and hone in on their strengths."

Boyle Heights for Youth hopes the talent show will bring attention to addressing the needs and concerns for youth and the major importance for investing in youth development.

Boyle Heights for Youth is a campaign of Building Healthy Communities Boyle Heights and aims to promote the idea that youth are our future and our city's best asset. For more information please visit www.boyleheightsforyouth.com.

West Covina City Council Votes Away Benefits

WEST COVINA - West Covina Councilman Lloyd Johnson worked on fulfilling one of his campaign platform promises to review and to eliminate many of the benefits that the Council receives.

There were 13 items that he wanted to address which included health insurance, auto allowance, deferred compensation, dental insurance, retiree dental, vision insurance, term policy, life insurance benefit which would be for the retirement, military buyback, retiree medical, section 125 plan, and tuition reimbursement.

At the February 2 city Council meeting the city Council voted 4-1 to eliminate health, retirement and other benefits that the city Council gets yearly.

Johnson contended that even though being a councilmember is considered a part-time job it is still a very time-consuming job and it stated that they receive \$765 per month plus various allowances, including a car allowance of \$300 per month. After a councilmember has been on the Council for five years, presently they can receive many lifetime benefits, not only for themselves, but for the entire family. It had been argued that full-time employees must work with the city for 20 years to be eligible for the same type of benefits. Council addressed a number of the issues and modified the car allowance to be \$150 per month. It was also argued that many of the councilmembers have other jobs or their spouses have jobs, and they already have insurance in place.

During council discussion, Councilman Tony Wu was concerned that some people may not want to run for council with these new restrictions in place. He feels that these benefits would make running for the City Council an attractive endeavor would get good people to run.

The city Council voted 4-1 to eliminate or



West Covina Councilman Lloyd Johnson

modify the benefits. Councilman Tony Wu was the dissenting vote. The adjusted benefit package will go into effect after the next election and does not presently affect any councilmembers that are now sitting until after the next election.

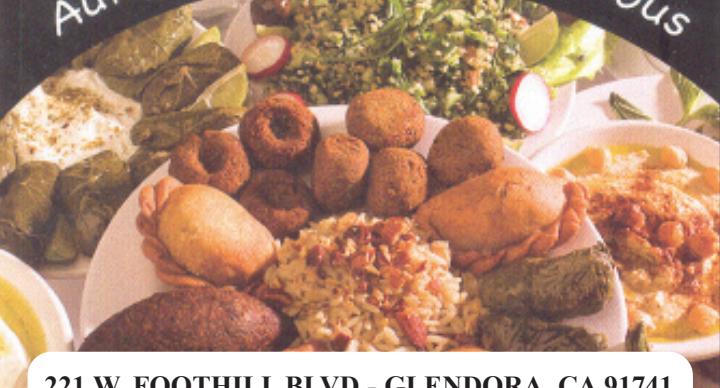
The Council then made a motion which was seconded so they could open it for discussion, the councilmembers could purchase the same benefits through the city of West Covina. This was passed 5-0.

During Johnson's campaign he talked about eliminating these benefits that he would bring it to the table if elected. Although concerned that he is just one vote, he had hoped that if elected that the Council would be behind him on this issue. Within weeks of him taking the seat he was already fulfilling that campaign promise. This will be a big savings for the city, and the savings could help with the hiring of new police officers for the city.

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Charitable Gift Advances Citrus College's Efforts to Increase Completion Rates

GLENDOURA — A \$50,000 charitable gift from Citrus College alumnus, Dr. Ivan Misner and his wife, Elisabeth (Beth) Misner, has established the Misner Scholars Program at Citrus College. The Misner Scholars is the first academic support program to be offered by the newly established Citrus College Institute For Completion (IFC), established in fall 2015.

The IFC's mission is to "strengthen student completion at Citrus College," which is defined as achieving an associate degree, earning a career technical certificate, or transferring to a four-year college or university. The IFC supports "Citrus College: A College of Completion," a collegewide initiative introduced in 2012 as a response to the national challenge to increase the number of college graduates and regain the nation's international position as the leader in education.

"The Citrus College community is grateful to the Misners

for their generous gift," said Citrus College Superintendent/President Geraldine M. Perri, Ph.D. "Their support of community college education and, specifically, their generous support of Citrus College, will significantly increase students' ability to complete their education and achieve their life goals."

Dr. Ivan Misner is the founder and chair of BNI, the world's largest networking organization.

He grew up in Azusa, attended Citrus College for two years, and received his bachelor's and master's degrees from California Polytechnic University, Pomona. Misner also holds a Ph.D. in organizational behavior from the University of Southern California. He is a recipient of the 2014 California Community Colleges Distinguished Alumni Award, and in 2011, Dr. Misner received Citrus College's Distinguished Alumni award.

Mrs. Beth Misner is the co-founder of the BNI Foundation, an organization that contributes to charities around the world. She has collaborated with her husband and other authors to write books on the topics of health, business, and spirituality. Mrs. Misner, who also holds degrees in theology and Spanish, also manages the Misner Family Foundation. She and Ivan have three adult children.

The Misner Scholars Program will fund a highly structured academic support initiative. It is open to full-time students at Citrus College who have signed a pledge to com-

plete their associate degree, career technical certificate, or transfer requirements at the college. Misner Scholars must also maintain a 3.25 GPA; develop and complete an educational plan; work closely with their academic counselors; and participate in the workshops and activities that will ensure their completion. Students who fulfill the requirements of the program will receive stipends, and they will be honored at the end of their participation in the program.

Misner credits Citrus College as the foundation for his advanced degrees and professional success.

"This institution taught me the value of critical thinking and laid the groundwork for immersing and engaging in a lifelong culture of learning," he said.

Ivan and Beth Misner are widely respected for their support of education programs, believing that education is the best investment businesses can make in strengthening the local economy.

"The Misner's thoughtful gift is allowing the Institute For Completion to provide excellent opportunities for Citrus College students to achieve their educational goals," said Mrs. Susan M. Keith, president of the Citrus Community College District Board of Trustees. "I look forward to celebrating the Misner Scholars' success as they pursue post-baccalaureate degrees, enter the workforce, and contribute to their communities.

NFL Awards Golden Football to Azusa High for Super Bowl Contribution

AZUSA - Azusa High School has received a commemorative Wilson Golden Football in honor of Azusian Billy Kilmel, who played for the Washington Redskins in Super Bowl VII. The Super Bowl High School Honor Roll initiative is part of the Super

Bowl 50 outreach program, which links the past 49 Super Bowls with this year's game and honors high schools and communities for each Super Bowl player or head coach who graduated from their school or area.

Baldwin Park Unified Awards Diplomas to Five Former Students

BALDWIN PARK - Baldwin Park Unified has granted diplomas to five former students who could not receive diplomas because they did not pass the California High School Exit Exam (CAHSEE). The exam was suspended this school year via Senate Bill 172, signed by Gov. Jerry Brown in October. The

law allows students who were not granted diplomas from 2003-04 through 2013-14 solely because of the CAHSEE to receive diplomas. A separate legislative action removed the requirement for 2014-15 graduates. Former students seeking diplomas may contact the District.

The San Gabriel Valley Examiner welcomes letters in good taste on any subject.

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Thank you for your cooperation.

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Super Bowl Sunday, Was It All That Super for the Ladies?

How did Super Bowl Sunday go for you folks? Many of the football fans found themselves watching the game at various locations. In West Covina, both the VFW and the Elks Lodge had big Super Bowl parties. Many of us went to the same type of parties and stuffed ourselves with food and drinks.

Many of the football fans threw Super Bowl parties at their homes. This can be a lot of fun for those fans and guests. But you have to ask the lady of the house, how was it for her?

For you ladies that hosted the Super Bowl parties at your home for your old man, this column is dedicated to you.

A special thanks for everything that you did during the preparation, during the game, and after the game. We all know that you went out of your way to have your house looking just right. That main room where everyone will hang out to watch the game was well set up. Most likely you had bowls of potato chips, pretzels, all kinds of dips, and everything set up nice and neat. You didn't stop there, the whole house was nice and clean. This included the main bathroom where all the guys will need to go from time to time. You have the beer neatly stacked in the refrigerator and you have all the other snacks ready to go as well. Then, here they come, all the guys are getting ready for the game and a great time. They're all very respectful to you and they greet you pleasantly. As they start settling in they have already found the beer and chips. The old man comes in with the ice chest from the garage and steals all the ice from the freezer. He brings in more beer that he had stored in the garage for this very special day. As the game gets started, you can hear the guys cheering and making off-the-wall comments, somewhat respectful, just having fun. It's the first quarter and you bring out some snacks. These guys are like vultures the minute you walk in, you don't have a chance to set it down on the table, one reason is, too many empty beer cans are in the way. You notice the chips and pretzels have been eaten. You also notice that much of it has hit the table, and the floor. You bring in more bags to refill, but they simply take the bags from you and open them up and eat it right out of the bag.

It has now moved into the second quarter and the volume has gone up on the cheering, along with the language getting a little bit more coarse. You could hear the beer cans and the bottles clinking together as these guys are just guzzling this stuff down. All of a sudden there is a mad rush for the bathroom and you have to move out of the way. They took a break



George Ogden
That's just the way it is!

during a penalty call.

You try to be a good old lady and enjoy the game with them, but you can't help but take a look around and start picking up the empty beer cans and bottles. Soon it is halftime and the guys scattered all over the place. They head for the bathrooms, kitchen, and in some cases the garage. This is your chance for you to take off and go to the bathroom. You work your way into the bedroom and as you attempt to reach for the door of the bathroom, you notice that it is closed. Soon it opens up and one of your old man's half-drunk friend came staggering out and says "why hello" and keeps on going. You didn't want these guys to be using your bathroom, they already have one and it is out there with them. As you go in, you see that this guy never lifted the seat and he wasn't a very good shot. So you clean it so you can use it, while you were there you notice that your own personal bath towel has been used. That is just great.

Okay, it's the third quarter and cheering has notched itself up. Guys have gotten louder and messier and it also seems that they were engaged in a belching contest. The language is out of control, but that is to be expected.

You go to the guest bathroom, and it is a disaster. There is a flood around the toilet because the aim of these guys is horrible. And of course, the toilet seat is in the down position. The hand towels are on the floor, the sink is filthy, beer cans on the back of the toilet and in the little trash receptacle. Oh well, they are just having fun.

Finally, it is the fourth quarter. That belching contest, has now turned itself into a "breaking wind" contest. It appears they are no longer cheering the game, but the guy who was the loudest breaking wind. The language is really out of hand and the guys are having a great time. You no longer want to go into the same room because they keep asking you to be their own personal cheerleader. You have

Yess, he is disgusting. Now that the Super Bowl is behind us, we can all move on with our lives. You have only one year to go before this happens all over again. THANK YOU LADIES, you ARE the Super Bowl Champions.

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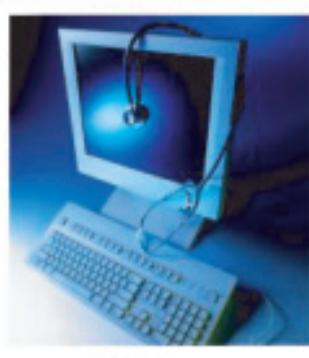
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Veterans WANTED!!!



SAN DIMAS - Are you a Veteran? If so, San Dimas HEROES (Helping Establish A Remembrance Of Every Serviceperson) wants you! If you are currently residing in San Dimas or have lived in San Dimas for at least one year, have

an Honorable Discharge and your DD214, then you're eligible to have your name engraved on our permanent granite wall at Freedom Park. Names will be added to the wall on Veterans Day, November 11, 2016. A special ceremony will be held to

honor those whose names were added on that day. The cost to have your name engraved is \$50.00. The cost for WWII veterans will be waived.

Freedom Park is located on the corner of San Dimas Ave and Commercial St. in San Dimas.

Applications are available at San Dimas City Hall, at www.SanDimasHEROES.org or by phone at 909-677-9557.

Supervisor Antonovich's Pets Of The Week: "Snow & Twix"

LOS ANGELES COUNTY - At the Board of Supervisors meeting, Supervisor Michael D. Antonovich presents "Snow," a 4-month old Maltese mix and "Twix," a 2-month-old Chihuahua mix ready to be adopted. For more information about adopting a pet, please call the Los Angeles County Department of Animal Care and Control at (562) 728-4610.



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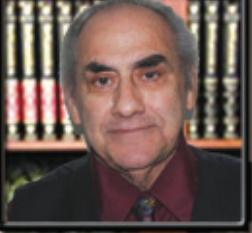
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Glendora Native Kenton Koch wins Rolex 24 Hours of Daytona



Daytona Beach, Florida - On January 31st Koch was able to achieve what so few have been able to achieve before. That is, win the Rolex 24 Hours of Daytona. Some drivers have tried for years to win this race and Koch was able to win it his first year. This 24 Hour long endurance race is a test of team, driver, and machine. The team Koch ran with, JDC Miller Motorsports, had 3 other drivers to help propel the car to victory (Stephen Simpson, Chris Miller, and Mihkail Goikhberg). This too was also the team's first win ever in the series. The reward for winning this prestigious race is a Rolex Daytona watch. This is one of the most coveted "trophies" in sports car racing in the world. Drivers around the world make getting this watch their life goal.

To even finish this race takes a lot of hard work. Preparing the car and making sure everything is perfect. Then when the race comes around it's all about

saving the equipment, not getting into trouble, and being able to be in the pits the shortest amount of time possible. That's exactly what the JDC Miller Motorsports team did and when the clock struck zero they were first over the line with Koch behind the wheel.

"Winning this my first time here is truly unbelievable. 3 years ago I was in a Rolex store trying on a Rolex Daytona watch and just wishing that one day I would win one someday. I'm sitting here now looking at the watch on my hand and still can't believe it! I am so grateful for the opportunities I have been given and can't thank everyone enough for giving me these opportunities," said Koch.

Koch came through a ladder system Mazda provided called the Mazda Road to the 24. It gives drivers the opportunity to win their way to the top, step by step. He started on this ladder system and along the way won 4 consecutive champion-

ships earning him over \$500,000 in scholarship money to put towards racing. "Mazda is the single most influential part in my success as a racing driver and can't thank them enough," said Koch.

What made it really special for the Koch family is that Kenton's mom just over a year ago underwent a heart transplant and now she was there to see her son cross the finish line for the biggest win of his career. It's a testimony to how amazing organ donation really is and how important it is. There aren't enough registered organ donors out there, so if you want to help save a life, please register at Donatelife.net.

Koch would like to thank everyone involved in helping him achieve this lifelong goal. JDC Miller Motorsports, Mazda, his family, Justice Brothers, Donate Life America, Camp Del Corazon, Project Yellow Light, SCCA, Skip Barber, and the one above.



Be Prepared, Stay Informed 10 Ways to Weather El Niño

- Create an emergency kit**, today! If you've already got an emergency kit prepared, check it regularly.
- Check your car.** Make sure your car's tires have good tread and that your windshield wipers work well. Your headlights should always be on in the rain!
- Check your house.** Clear your outdoor drains and gutters of any leaves, dirt or debris. Secure trash, recycling bins and any other items that have the potential of blowing or floating away. Have weakened trees inspected by an arborist.
- Got flood insurance?** Consider purchasing flood insurance. Keep in mind, most flood policies have a 30-day waiting period.
- Use sandbags.** Sandbags can be utilized to help protect your home and property before a storm.
- Don't risk your life.** During significant storm events, avoid waterways, flood control channels and the ocean, which can all rapidly swell and become extremely dangerous. NO PLACE outside is safe when lightning is in the area!
- Have Emergency Alerts sent to your mobile phone and email.** Register at lacounty.gov/emergency, or simply search "Alert LA County" on the web.
- Download "The Works."** LA County's FREE app for iPhone and Android, to report storm-related problems.
- Prevent stormwater pollution.** Rain washes everything into storm drains that lead to our rivers and ocean. Secure household hazardous waste with tight-fitting lids and store these items in covered areas.
- Capture rainwater.** Prepare your landscaped areas to capture and retain more water by using compost. Collect rain that falls on your roof by installing rain barrels.



Why Mattress Salesmen Hate This Local Veteran

LA VERNE - Paul Niederer is a Rancho Cucamonga resident and All-American veteran of the Air Force. He's raising a lovely family and owns Cost Plus Mattress in La Verne, just a skip and a hop away. So why do other mattress salesmen hate this guy? Is it because he tries to sell exclusively Made in the USA products? Not really. He should be commended for that. Actually, it's because he is brutally honest, and tells it like it is. This guy is downright refreshing, in our eyes.

"Mattress salesmen are twenty times worse than any other salesman you'll meet," declares Paul. Now that's why he's hated by his peers. "Customers are being gouged at the other retailers," Paul continues. Them's fightin' words to the mattress industry.

Here's some questions you can ask the mattress salesman when it's time to look for a new mattress:

1. How much of a "hole" (or body impression) does there have to be in my mattress before it will be considered a structural defect?



Paul Niederer and his family take a break on the comfort of one of the many mattresses in the Cost Plus showroom in La Verne, CA.

like it?

Answer: Almost all places will charge you a re-stocking fee of 10 or 15%, or at least a couple hundred bucks. And they'll force you to exchange the bed for another of equal or greater value. The mattress places force you to buy another bed. You'll never get your money back. Read the fine print in the contract. Paul has no fine print! Don't get pushed around. Paul is so laid back he even invites you to walk out and go compare prices at the other stores. He knows you'll come back because you can't beat his fair prices.

3. How do I know that you're delivering the same comfortable mattress that I tried out in the showroom?

Answer: Make sure you write down the information from the label of the mattress you decide to buy. Some stores deliver a different style

issue. Don't let them sucker you into paying big bucks for a mattress and a foundation. The salesman typically says that if you don't buy a mattress with foundation, you won't get the warranty. Remember, most mattresses will not last to the warranty date, so these mattress retailers will look for a way to void the warranty or pocket extra money. Paul loves what he does and he could never support a family by ripping people off. You are safe with him!

6. How can I resist the 50% off sales at the mattress showrooms?

Answer: What a crock! Paul has the good old-fashioned two-sided queen mattresses starting at \$599, including foundation and frame, guaranteed for 10 years. You simply flip the mattress, like rotating the tire on your car to make it last longer. The mattress industry has sold the public on one-sided mattresses that need replacing after 8 or 10 years. It truly is a 50% off sale because they're only selling you 50% of a bed! Paul's two-sided mattresses will last twice as long as a one-sided mattress, for less money!

Don't forget, construction is key. Don't buy a bed made with that convoluted egg crate foam. You'll be sorry. Paul carries the amazing Pure Latex Bliss mattresses that keep you cool in the summer, as well as the traditional cotton button tufted mattress from the old days. Paul also uses polyurethane foam mattresses but he uses solid pieces of foam, not convoluted ones. He doesn't charge a lot for them because polyurethane foam doesn't cost that much. Go see Paul at Cost Plus Mattress, right off the 210 Freeway at the Foothill exit in La Verne. It's well worth the scenic drive. And don't forget to tell him you read it in The San Gabriel Valley Examiner!

Cost Plus Mattress is located at 1147 Foothill Blvd., La Verne, Ca. Their phone number is (909) 392-5554. Store hours are 10 a.m. to 7 p.m. Monday to Saturday, Closed Sunday.

