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STRIVING FOR JOURNALISTIC EXCELLENCE IN LOCAL NEWS

February 18 - 24, 2016

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Mortech Manufacturing Celebrates Largest Solar System in the City of Azusa

AZUSA - Mitsubishi Electric US, Inc. announced the installation of a 183.4 kW solar electric system at Mortech Manufacturing Inc.'s facilities in Azusa, California.

The photovoltaic (PV) system was manufactured by Mitsubishi Electric US, Inc. and installed by SunGreen Systems. Local political leaders, including Azusa Mayor Joe Rocha, joined a ribbon cutting ceremony Thursday recognizing the PV system as the largest in Azusa.

Mortech Manufacturing, a leader in quality anatomy equipment and instruments for state-of-the-art post-mortem facilities, switched to solar electricity to reduce energy costs and give back to the environment. SunGreen Systems, a design and installation company for smart energy solutions, provided the turnkey solar installation using 692 of Mitsubishi Electric's new Diamond Pro™ solar modules.

"We believe solar power is the way of the future," said John Joseph, vice president of Mortech Manufacturing. "It's a clean, natural renewable re-



Local political leaders, including Azusa Mayor Joe Rocha, joined a ribbon cutting ceremony, recognizing the PV system as the largest in the city of Azusa.

source that is cost effective and our company believes in going green. We thank Azusa Light & Power for its support and assistance in helping its customers go solar and contributing to the community."

During the first full year of production, the system is estimated to produce 285,935kWh, reducing the need for grid-supplied power by 80 percent. The annual production by the system will prevent 390,578 pounds of CO2.

An increasing number of small businesses are adopting solar power, not only to cut energy costs but to give back to the community by reducing their carbon footprints.

"The city of Azusa is a long-time supporter of solar and renewable energy," said Azusa Mayor Joe Rocha. "When businesses switch to clean energy, our entire community benefits. I hope to see more local businesses follow in Mortech's footsteps."



Mitsubishi Electric solar modules cover Mortech Manufacturing's facility. The 183.4 kW installation is in Azusa, Calif.

Chuck & Tricia Gomer have been selected as the 2015 Glendora Citizens of the Year

GLENDORA - Chuck & Tricia Gomer will be honored at the 68th Annual Glendora Citizen of the Year Banquet in their honor on Thursday, April 21 at the Glendora Country Club. Reservations are \$50 per person and are required. Tickets will not be issued, but those who prepay will be placed on a reservation list. For more information, or to make a reservation, visit the Glendora Chamber of Commerce at 224 N. Glendora Ave., or go to Glendora-Chamber.org/coty. Questions please contact the Chamber at 626-963-4128.

Tricia and Chuck met as lab partners at St. Lawrence University. They were married after Tricia earned her Masters Degree in Social Work at the University of Louisville and while Chuck was earning his PhD in Radiation Biology at the State University New York at Buffalo. They spent two years in Los Alamos, New Mexico where Chuck completed a Post Doctorial Fellowship at the Los Alamos National Laboratory and Tricia served as the clinical social worker for an experimental pion radiation therapy program. They moved to Southern California in 1980 when Chuck was recruited as director of the radiation biology laboratory at Children's Hospital Los Angeles and as a faculty member at the USC Keck School of Medicine. At the same time Tricia served as the clinical social worker for the Children's Hospital Cystic Fibrosis program.

Chuck and Tricia moved to Glendora in 1987 because of the reputation of the schools and the small town atmosphere of the community. Their two daughters, Alison and Sarah, went through the Glendora elementary, middle and high schools. During these early years in Glendora, Tricia was active in Girl Scouts as a Leader and Service Unit Manager as well as a PTA President at Sellers and volunteer and officer at Goddard, Glendora High



Chuck and Tricia Gomer with their daughters at their graduation from USC

School, Whitcomb High School, and the PTA Council. Chuck coached his daughters' youth soccer teams and served as a member and chair of the Sellers and Goddard Site Councils.

Tricia has had a number of medical social work positions including as the neonatal social worker at the Arcadia Methodist Hospital. Tricia has also served as a member of the Board of Directors for the Citrus Valley Health Partners, Trustee of the Glendora Library, and President of the Glendora Kiwanian Club. Tricia is an active volunteer for the Glendora Library Foundation, EYE-DAS boosters, Kiwanianes, and the Glendora United Methodist Church.

Chuck is now in his 19th year serving as an elected Trustee of the Glendora Board of Education. He is currently serving his 5th term as President of the Board of Education. Chuck has also served as President of the Glendora Kiwanis Club and the EYE-DAS Foundation. He is the Science Master for the Glendora Elementary School Science Bowl and the Board of Education representative to the Glendora PTA Council.

Chuck is a Professor in the Departments of Pediatrics and Radiation Oncology at the USC - Keck School of Medicine. He is also the Vice Chair of Pediat-

rics for Faculty Affairs, and the Director of the Radiation Biology Cancer Research Laboratory at Children's Hospital Los Angeles. Chuck's research interests are in cancer therapy, laser medicine, and radiation biology. His work led to the development of a laser chemotherapy based protocol used nationally to treat pediatric eye tumors (retinoblastoma). In 2013 - 2014, he served as the elected President of the USC faculty. Chuck was the Founding Director of the Children's Hospital Research Institute, Chair of the Radiation Grant Review Committee for the National Cancer Institute, and as a member of the Board of Scientific Advisors for the UC Irvine Cancer Center.

Tricia and Chuck are the recipients of the 2015 Gene Beckwith Humanitarian Award from the Glendora Coordinating Council, and the 2013 Glendora Hometown Hero Award from the Los Angeles County Fair. Tricia and Chuck, along with their daughters, were selected as the Southern California Kiwanis Family of the Year. They have both received Honorary Service, Continuing Service, & Child Advocate Awards from the Glendora PTA. (Article Courtesy of Glendora Chamber of Commerce)

America's Christian Credit Union's Rescue Mission A Success

GLENDORA - Puppies and kittens took center stage on February 9, 2016 as America's Christian Credit Union (ACCU) hosted its second annual "Pause for Paws" pet adoption event in Glendora. During this free event at ACCU's Home Office, hundreds of guests flooded the parking lot in search of the perfect four-legged valentine. Within the span of a few hours, four kittens and eight dogs found their forever homes.

The Credit Union parking lot was filled with representatives from pet shelters, animal rescues, and other pet related services and vendors including: Alostia Animal Hospital, The Crazy Dog Ladies, American Cancer Society's "Bark for Life," Stacy's Critter Sitters, Rescue Works, Hand in Paw, Petography Pro, All Paws Rescue, Highlander Pet Center, Lucky Cat Rescue, Upland Animal Shelter, Inland Valley Humane Society, and Nana's Original Pet Clothing. Each person who adopted an animal on Saturday received from ACCU a complimentary gift bag filled



Glendora Mayor Karen Davis with Assembly Candidate for the 48th District Cory Ellenson at the "Pause For Pets" event.

with goodies for their new pet along with a free photo with their pet taken by Petography Pro.

This event is quickly becoming a community tradition, and offering a platform for these rescued and sheltered animals. Karen Davis, Mayor of Glendora explained, "ACCU has provided an amazing opportunity for these organizations to connect with our community and find the loving homes these animals deserve."

President/CEO Mendell Thompson said, "It is an honor and privilege to host this event that not only changes these pets' lives but also brings so much happiness to their new families. What a joy to work with these passionate pet vendors and to see the entire community coming together to support such a great cause."

Mark your calendars for next year! ACCU's third annual Pause for Paws event is scheduled for Saturday, February 11, 2017. We look forward to seeing you there!

Housing Rights Center To Host Free Workshop On Rent Increases, Evictions, Discrimination, Foreclosure And More!

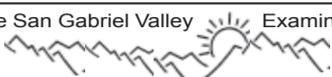
MONTEBELLO - The Housing Rights Center (HRC), and the City of Montebello, will be hosting a FREE 'Housing Rights Workshop' for Montebello residents and community members on **March, 7th** from 5:30 PM - 7:30 PM at the Montebello Library, Community Room, at 1550 W Beverly Blvd., Montebello. HRC will present information and resources regarding housing discrimination and landlord-tenant rights and responsibilities.

Topics will include: discrimination against families with children, disability rights, sexual harassment, evictions, repairs, security deposits, rent increases, substandard conditions, and much more!

Title VIII of the Civil Rights Act of 1968, known as the "Fair Housing Act," provides protection from discrimination in all housing related transactions based on race, color, religion, sex, national origin, familial status and disability. Furthermore, the California Fair Employment and Housing Act provides additional protections against housing discrimination based on marital status, ancestry, sexual orientation, and source of income. The California Unruh Civil Rights Act also provides protection from housing discrimination based on age and protects the right to freedom from violence and intimidation in housing. For more information, or to RSVP for this FREE

workshop, please call Oscar Barajas at (800) 477-5977 extension #1103. TTY users please call (213) 201-0867.

HRC is California's largest nonprofit, civil-rights agency dedicated to promoting and securing fair housing. HRC investigates over 1,600 housing discrimination complaints annually and assists over 17,000 individuals with their housing-related concerns. Individuals who believe they are victims of housing discrimination or who have questions about the fair housing laws or their landlord-tenant rights are encouraged to contact HRC for additional information. Additional information is also available at www.housingrightscenter.org.



Three Questions For First Timers To Consider

If you or someone you care about is like many renters, you may be wondering if the time to buy a home is now.

According to the experts at the National Association of Realtors (NAR), the answer may be "yes." Interest rates remain low and job growth is holding steady, leading to the strongest year of existing-home sales since 2007.

While renting is a short-term decision and usually involves signing a yearlong lease, homeowners typically stay in their home around eight to 10 years before selling. That's why, when determining what you want in your first home, it's important to think about how your life may be different at least five years from now.

What To Ask

Consider these three questions if you're taking the exciting leap to homeownership:

1. What can you afford? Analyze your financial situation. Have all current debt obligations—credit cards, student loans—been repaid on time? Find out what you're qualified to borrow by visiting a lender and getting a preapproval.

2. Do you want a walkable community or leafy suburb? A recent survey by NAR and Portland State University found that



Sticking to a budget will let you focus on neighborhoods and homes in your price range.

79 percent of participants place importance on being within easy walking distance of places. Having lots of dining and shopping options outside your door is popular but often comes with trade-offs. Consider this: If kids are in your short-term future, you might prefer a large single-family home with a yard to a similarly priced but smaller town house or condo.

3. Would you prefer shiny and customized or a resale with more character? Buying new or used may come down to your wallet. The most recent median price for newly built homes was \$292,700, compared to \$228,700 for existing homes, according to NAR. A new home comes with such perks as be-

ing move-in ready and giving you the option of customizing the interior. On the other hand, an existing home may have architectural charm and original hardwood flooring but you may have to compromise on some features when buying a resale.

Once you've made your decision, to ensure a smoother buying experience, find a Realtor with expertise working with clients in your desired area. You'll get invaluable insight on local market conditions and have a guiding hand through the complex process of closing on your first home.

To find a Realtor, enter the zip code of the area you want to live in, at www.realtor.com/realstateagents. (NAPSI)

Help! I've Had A Car Accident!

If you are involved in one of the 7 million traffic crashes reported annually, you know that getting in a car accident can be extremely stressful and make you feel helpless. You numbly check that everyone on board is okay, your mind racing as you try to sort out what will get you safely back on the road.

While you can't eliminate the stress and inconvenience of a car accident, you can reduce it by following these three tips learned from leading insurance organizations: Take immediate action, report the accident and have your vehicle properly repaired by a qualified shop that will perform a complete, safe and quality repair. About 65 percent of vehicles involved in traffic crashes will require repairs.

Take immediate action

• Calmly assess the situation. Is anyone injured? Is there broken glass, fire, smoke or other potential hazards?

• Call 911 to report injuries and the accident.

• If no one is injured and your vehicle is drivable, move your car to a safe place and turn on your hazard lights. Otherwise, leave your car where it is.

Report the accident

• If other drivers are involved, exchange insurance and other information, including contact information, vehicle make and model, license plate number and



When you're in an accident, confidently find a collision repair shop whose technicians are trained to perform complete, safe and quality repairs. Go to www.GoldClass.com/locator to find a Gold Class® shop.

witness information.

• Get a copy of the police report, which may be required to file a claim.

• Call the number on your insurance card to report the accident and file a claim with your insurance company. Be sure to get your claim number.

Have your vehicle properly repaired

• If your vehicle needs a repair to make it drivable, do your homework to identify a collision repair shop near the accident—whether that's home or elsewhere.

• If the vehicle is not drivable and you are far away from home, you shouldn't expect insurance to pay for towing or shipping it to your house.

When it comes to investing the time to find a qualified repair facility, people do more research to buy a TV. Fortunately, there is a way to find a collision repair shop with updated training and technicians who have the knowledge to properly fix your vehicle; one that's more dependable than broad online searches or referrals from friends and family—since not all shops are trained in today's latest repair methods and vehicle technologies.

Gold Class® shops are designated by I-CAR®, an independent not-for-profit organization focused on improving the quality and safety of auto collision repair for the ultimate ben-

efit of the consumer. Gold Class shops employ trained specialists who have undergone rigorous annual training.

Whether you're at home or out of town, you can find a Gold Class shop at www.GoldClass.com/locator. All you need is the local zip code.

At the repair shop, service personnel should tell you:

• How their technicians make the right decisions for a safe repair

• How they find hidden damages that others might not see

• How they decide which parts to repair and which to replace.

If you also need a rental vehicle, choosing a Gold Class shop may get you back into your vehicle sooner and reduce the time you need your rental car. An Enterprise Rent-A-Car report found that customers using the country's top 500 Gold Class facilities needed 31 percent less rental car time than the national industry average—and that can save you money.

It's important to remember the three key tips if you are involved in a car accident: Take immediate action, report the accident and do your homework to get your vehicle repaired by a qualified shop that will perform a complete, safe and quality repair. Visit www.GoldClass.com/locator. (NAPSI)

Don't Be A Hack: Cybersecurity Expert Provides Tips To Prevent Social Media Hacking

Each year, 9 million people fall prey to cyberattacks, according to the Federal Trade Commission. Data breaches wreak havoc on one's personal and financial lives and can cause headaches for years to come. Unfortunately, you or someone you know has already likely been hacked at some point—and if you haven't, now is a good time to make sure you're fully protected.

Hackers use a variety of means to capture personal data, from keystroke logging and phishing e-mails to credit card or other financial information theft. While you can protect yourself by changing passwords and verifying where an e-mail originated, consumers need to take less obvious steps to protect themselves.

Dan Konzen, Phoenix college campus chair for University of Phoenix College of Information Systems & Technology, and a cybersecurity expert, teaches others how to protect themselves online by performing live hacks of social media sites, starting with information they thought was secure.

"Social media sites like Facebook lead users to believe



iPhone apps, Google searches and most any online activity can be tracked and used to find personal information.

their information and data are secure through a few self-selected security settings," said Konzen, who co-founded his own cybersecurity company.

"The best way to protect yourself is knowing what information is available online and how to reduce access. Consumers think because they have a password on an account, they're protected. But today's cybersecurity criminals can often get around basic passwords and uncover personal information like addresses and GPS coordinates on things like a photo."

Konzen often performs live hacks to show people just how easy accessing blocked or hidden information can be. He offers the following tips for people to protect themselves:

1. Use VPN networks and Tor browsers on public networks when available.

2. Use websites like www.agilebits.com/onepassword or guerrillamail.com to protect passwords and e-mail addresses. And make sure passwords are more than eight characters long and contain numbers and symbols.

3. Remember that nothing

posted online is truly hidden, secure or private—and that doesn't pertain only to the Internet; information from apps, smartphones and tablets can also be accessed. Take extra steps to keep financial information, passwords, e-mail addresses and other personal information secure.

"We can't just turn off our phones and never use electronics again; that's not realistic," Konzen said. "You need to be aware of what is being put out there and make sure all your data is secure."

For people interested in additional ways to protect their online identity, or interested in courses on cybersecurity, many colleges offer cybersecurity degree programs. According to the Bureau of Labor Statistics, cybersecurity jobs are expected to grow 37 percent by 2022. University of Phoenix, for example, offers associate's, bachelor's and master's degrees and a number of certificates in cybersecurity on campus or completely online. For more information, visit www.phoenix.edu/colleges_divisions/technology.html. (NAPSI)

Republican Women Federated Meeting

WEST COVINA - The East San Gabriel Valley Republican Women Federated will have its next meeting at the West Covina Bowling Alley, 675 So. Glendora, West Covina on Friday, **February 26**. The social hour is 10:30. The meeting begins at 11:00 with lunch at noon and our guest speaker at 1:00. Our guest speaker, Jim Grivich, holds a Masters Degree in Public Administration from

USC. He has served at several colleges as a Vice President, Dean and instructor in Political Science. He is well prepared to speak on the topic, Why our Community Colleges are Failing. Guests are welcome. For reservations please call (626) 378-7244. If you only wish to hear the speaker please indicate Speaker Only when you call in your reservation.

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Glendora Police Department Announces Results of DUI/DL Court Sting Operation

WEST COVINA - On Wednesday, February 10, 2016, between the hours of 8:00 a.m. and noon, officers from the Glendora Police Department conducted an undercover 'Court Sting' operation at the West Covina Courthouse targeting suspected DUI drivers whose driver's licenses were suspended/revoked or unlicensed drivers who ignored judges' orders not to drive as a result of suspension or revocation.

Police officers staked out those offenders leaving the courthouse without a valid license who proceeded to get behind the wheel of a motor

vehicle and drive away. A total of eleven offenders were followed by officers from courtrooms to their vehicles. While some offenders complied with the law and had alternate means of transportation, five individuals drove away despite judges' orders. Those who chose to drive with their invalid license statuses were stopped by waiting officers, cited back into court and their vehicles were towed.

Those stopped and cited today could face longer driver's license suspensions along with other financial penalties including attorney fees, court costs, lost time at work, and the po-

tential loss of job or job prospects.

DUI/Driver's License Court Sting stakeout operations, along with regularly scheduled high visibility DUI enforcement, serve as a proven deterrent with the goal of keeping impaired drivers from the road and heightening awareness among the public of the dangers of driving under the influence of drugs and alcohol.

This special DUI operation was funded by a grant from the California Office of Traffic Safety, through the National Highway Traffic Safety Administration. Report Drunk Drivers - Call 9-1-1!

Cash for College Workshops

WALNUT - The deadline for submitting college applications and applying for financial aid is quickly approaching. Applications for financial aid at most California colleges must be received by March 2. You must complete a Free Application for Federal Student Aid (FAFSA) to apply.

The FAFSA is used by public and private universities throughout the United States to determine if you are eligible for financial aid as well as the types and amount of financial aid you may receive. The FAFSA is also used by many organizations that award private scholarships and other forms of financial aid not based on financial need. You should submit a FAFSA even if you don't think you'll qualify because most students are eligible for some kind of financial assistance. You can use the FAFSA4caster (<https://fafsa.ed.gov/>) to you see what

options may be available to help you pay for college.

You can complete and submit the FAFSA online. For hands-on help completing your FAFSA, attend a Cash for College Workshop. Experts on-site at Cash for College workshops will help you complete the online form and make sure it's complete before sending it electronically.

Cash for College workshops will be held throughout the state until March 2. Some local workshops are listed below, but you can also use the California Student Aid Mobile App to find other Cash for College workshops nearby.

Be sure to visit the California Student Aid Commission website (<http://www.csac.ca.gov/>). It outlines many financial aid options, including the Middle Class Scholarship, CalGrants, military academic benefits, and scholar-

ships based on ethnicity, field of study, or the kind of college you plan to attend.

Upcoming Cash for College workshops in the 29th Senate District:

February 17, National College Resources Foundation, 750 N. Diamond Bar Blvd. #208, Diamond Bar, 6:00 PM-7:30 PM

February 20, Mt. San Antonio College, 1100 N. Grand Ave., Walnut, 9:00 AM-3:00 PM

February 20, Fullerton College, 324 E. Chapman Ave., Fullerton, 9:00 AM-11:00 AM

February 23, Fullerton College, 324 E. Chapman Ave., Fullerton, 2:00 PM-4:00 PM

February 23, Loara High School, 1765 W. Cerritos Ave., Anaheim, 6:00 PM-9:30 PM

February 27, Advance! On to College, 501 South Idaho Street, La Habra, 9:00 AM-2:00 PM

Assemblywoman Proposes Expansion of Desalination Across California

SACRAMENTO - Assemblywoman Ling Ling Chang (R-Diamond Bar) introduced Assembly Bill 1925 to establish annual goals for the production of potable water through desalination into law. This legislation comes at a time when Californians calling out for new sources of water to better prepare us for droughts of the future, as well as address our current drought which is in its fifth year.

"We can all agree that our state is lacking when it comes to sustainable water supplies," said Chang. "Our water infrastructure was designed for a smaller, younger California and we have outgrown it. It is important that we start placing priority on projects that promote self-reliance and sustainable supply in dry times."

This is not the first time California has been faced with diminished water supplies. Multiple times we have seen the leg-

islature and the people support policies that improve upon our water infrastructure. This included legislation in 1997 which placed goals for water production through water recycling into law. This legislation resulted in a state wide push for more water recycling, which mirrors the intent AB 1925 holds for desalination.

Chang added, "I recently took a study trip with several of my legislative colleagues to Australia in order to learn about their historical drought and how they pulled themselves out. One of the main solutions that stood out was the use of desalination. It offers a source of clean water for not just cities closest to the ocean but all of Southern California and the Central Valley. Now is the time for us to get serious about planning for and diversifying our future water supply. Desalination needs to play a serious role in that effort."

Recently, the nation's largest desalination plant went online in Carlsbad and another large facility in Huntington Beach is in the final steps of the permitting process. In the 15 years of planning the Huntington Beach facility has faced, Australia has put 6 facilities into operation. Their largest facility more than doubles the daily water production of both the Carlsbad and Huntington Beach facilities combined.

Chang concluded, "We have a long way to go in making the diverse regions of our state independent when it comes to their water supplies. Countries like Australia and Singapore have found environmentally friendly ways of mass producing water through desalination. California can follow suit and provide our constituents with a reliable supply of clean drinking water. My bill will ensure that this becomes a statewide priority"

Youth Advisory Council Applications Being Accepted

ARCADIA - The Arcadia City Clerk's Office is currently accepting applications from individuals who would like to serve on the Youth Advisory Council. The Youth Advisory Council consists of seven (7) members appointed by the City Council. Of the seven (7) members, four (4) must be current high school students and three (3) middle school students at the time of appointment. All members must be under the age of eighteen (18) at the time of ap-

pointment and reside in the City of Arcadia. The Youth Advisory Council will act in an advisory capacity to the City Council on matters pertaining to the youth population of the community. All Arcadia Boards and Commissions serve without compensation.

Anyone with an interest in serving may pick up an application from the City Clerk's Office, City Hall, 240 W. Huntington Drive or print one off

the City's website at www.ArcadiaCA.gov. Applications must be submitted to the City Clerk's office on or before the close of business on Monday, May 23, 2016. Appointments are expected to be made at the Tuesday, June 21, 2016, City Council Meeting.

Please contact the City Clerk's Office at (626) 574.5455 if you would like further information about the Youth Advisory Council.

Temporary Containment Good News – But Victims' Needs Can't Be Ignored

LOS ANGELES COUNTY - "While the temporary containment of the Aliso Canyon well is good news, the victims' needs cannot be ignored," said Supervisor Michael D. Antonovich. "At last night's Porter Ranch Neighborhood Council Meeting, where my staff and I were able to smell the gas leak, many residents felt the Gas Company had placed their welfare at the back of the bus."

"Our residents, who have had to deal with this crisis since October 23rd and have had

their holidays ruined and forced them out of their homes and schools, now have to bear the burden of rebuilding normal lives -- still face uncertainty and fear of a repeated disaster from the remaining wells," Antonovich added. "It is imperative that the Gas Company replace their eight day relocation provision and follow Public Health's 30 day directive which the Board of Supervisors passed unanimously this past Tuesday. Eight days is an unacceptable amount of time for those who are working, in

school, or who otherwise have had their lives disrupted to relocate once again. 30 days will allow for adequate testing and monitoring by public health officials working with the Air Quality Management District, and will help ensure the health and safety of the residents of our impacted communities."

As of January 30, over 6,000 impacted households have been relocated since the Gas Company's Aliso Canyon Storage Facility experienced a catastrophic leak at one of its incursion and extraction wells.

City of Glendora Receives Distinguished Budget Presentation Award

GLENDORA - The Distinguished Budget Presentation Award was presented to the City of Glendora by the Government Finance Officers Association of the United States and Canada (GFOA) for the annual budget year of 2015-2016. This award represents a significant achievement in that it reflects the commitment of the governing body and staff to meeting the highest principles of governmental budgeting.

In order to receive the bud-

get award the entity must satisfy nationally recognized guidelines for effective budget presentation and meet fourteen mandatory program criteria in the area of policy documents, financial plan, operations guide and a communications device.

A Certificate of Recognition for Budget Presentation will be presented to the City of Glendora - Finance Department. This represents the 6th year that the City of Glendora's primary budget plan has been recognized

by GFOA for its outstanding presentation.

The GFOA is a nonprofit professional association serving approximately 18,300 government finance professionals throughout North America. The Distinguished Budget Presentation Awards Program is the only national awards program in governmental budgeting.

Arcadia Senior Services Nominations for 2016 Senior Citizen of the Year

ARCADIA - Nomination forms are available at the Arcadia Community Center, 365 Campus Drive and the Recreation Department office, 375 Campus Drive for the 2016 Senior Citizen of the Year! Do you know someone who is:

- 55+ years of age or older
- A current resident of Arcadia for a minimum of one year
- Have made contributions to better the Arcadia Community
- Not previously a recipient of the award

If so, please stop by one of

Hernández Convenes Joint Hearing Addressing Employment Opportunities For Veterans

Hearing seeks to find policy remedies for growing concerns around veteran workforce

SACRAMENTO - Assemblyman Roger Hernández (D-West Covina), Chair of the Assembly Labor and Employment Committee along with his colleagues Assemblywoman Susan A. Bonilla (D-Concord), Chair of the Assembly Committee on Business and Professions and Assemblywoman Jacqui Irwin (D-Camarillo), Chair of the Assembly Committee on Veteran Affairs convened an informational hearing in Sacramento focused on continuing efforts to expand employment opportunities for Veterans in California.

California has the fifth highest percentage of veterans' unemployed and struggling from unique challenges that result from active duty. Veterans complete their service and work to assimilate into civilian life, this hearing explored different components on the state's employment opportunities for veterans:

- (1) state-wide hiring initiatives,
- (2) opportunities under the Workforce Innovation and Op-

portunity Act (WIOA), and (3) assistance with professional licensing and educational requirements.

"It is critical for policymakers to take the time to examine the challenges that our military heroes are facing in everyday life. Ensuring quality employment opportunities for veterans is an extremely important issue for our state and touches each and every one of our districts. We need to be proactive and plan ahead to make sure that we are doing everything possible to enhance employment opportunities for veterans," stated Assemblyman Roger Hernandez.

Today, California has 64,000 currently unemployed veterans. The discussion today amongst the chair of Labor and Employment, Assemblyman Roger Hernández, and his colleagues

was to evaluate building upon efforts to expand employment opportunities for veterans and addressing the issues of mental health, disability, and adjusting into a traditional working environment.

"Thankfully, we have some new opportunities here in California and nationally. The new Workforce Innovation and Opportunity Act (WIOA) represents a significant re-vamping of our workforce development system and may present new opportunities for enhancing our workforce services for veterans," continued Hernández. "I look forward to learning more how the state can capitalize on these opportunities and even go beyond by making veterans a real priority," stated Assemblyman Roger Hernandez.

Meet and Greet with Senator Huff

GLENDORA - Come and meet Senator Bob Huff, candidate for Los Angeles County Supervisor, 5th District.

Please join Michael Allowos of Allowos & Company, LLC and Glendora Councilman Gary Boyer on Saturday, **February 21** from 2pm to 4pm at Dandana Fine Mediterranean Cuisines Restaurant, 765 W.

Route 66, Glendora, CA.

To RSVP or call for event information, please contact Mei Mei Huff by Text or Phone call at 909-815-7272 or email at ho918@aol.com. Dress Code: Business

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Citrus College Receives Reaffirmation of Accreditation

GLENDORA - Citrus College's accreditation has been reaffirmed by the Accrediting Commission for Community and Junior Colleges (the Commission).

"Our reaffirmation signifies that Citrus College is in substantial compliance with the Commission's standards," said Citrus College Superintendent/President Geraldine M. Perri, Ph.D. "The college community is proud and pleased with the Commission's commendations, and I extend my heartfelt thanks to the students, faculty, and staff who contributed to this process."

The college was one of 10 California community colleges to receive an 18-month reaffirmation of accreditation, in accordance with the revised "Policy on Commission Actions on Institutions" established by the Commission in January 2016. This policy requires each college undergoing accreditation to submit a follow-up report within 18 months of the

Commission's findings. Upon successful completion of the Follow-Up Report period, Citrus College will qualify for the reaffirmation for the remainder of the seven-year accreditation cycle.

Citrus College received commendations in six areas: data literacy and empirical decision-making; student services program reviews; library programs and services; landscaping and grounds maintenance; student safety; and long-term fiscal stability. In addition, the Commission offered two recommendations concerning grievance procedures and institution-set standards.

The college's reaffirmation of accreditation was the result of a rigorous self-evaluation process that began in fall 2013. Accreditation co-chairs Dr. Arvid Spor, vice president of academic affairs and Ms. Roberta Eisel, English faculty oversaw more than 100 students, faculty, staff, and board members who evaluated and

responded to the Commission's four standards: Institutional Mission and Effectiveness, Student Learning Programs and Services, Resources, and Leadership and Governance. Their input and findings resulted in a 339-page Self-Evaluation Report that the Commission received in July 2015. In September 2015, a 14-member team of California community college administrators and faculty visited Citrus College, where they spent four days interviewing employees, visiting classes, and reviewing documents to assure the quality of education that Citrus College provides.

"We have every reason to be proud of the reaffirmation of accreditation," said Mrs. Susan M. Keith, president of the Citrus Community College District Board of Trustees. "The tireless efforts and institutional knowledge will serve the college well as we continue to help our students complete their college education and achieve their goals."

Ten Police Officers Died in the Line of Duty Since the Beginning of This Year

I wanted to take time to recognize the officers that have given their life in the line of duty this year alone. Up until a few days ago, it appeared that the death rate was going to go down this year. However, just in two days, six law enforcement officers lost their lives.

I also included the K-9s that have been killed as well. These K-9s basically took a bullet for their human partner. Please remember the following:

Police Officer Thomas W. Cottrell, Jr., Danville Police Department, OH, EOW: Sunday, January 17, 2016, Cause of Death: Gunfire. **Police Officer Douglas Scott Barney, II**, Unified Police Department of Greater Salt Lake, UT, EOW: Sunday, January 17, 2016, Cause of Death: Gunfire. **Correctional Officer Adam Conrad**, Marion County Sheriff's Office, IL, EOW: Wednesday, January 20, 2016, Cause of Death: Automobile accident. **Sergeant Jason Goodding**, Seaside Police Department, OR, EOW: Friday, February 5, 2016, Cause of Death: Gunfire. **Deputy Sheriff Scott Ballantyne**, Tulare County Sheriff's Office, CA, EOW: Wednesday, February 10, 2016, Cause of Death: Aircraft accident. **Deputy Sheriff Derek Geer**, Mesa County



George Ogden
That's just the way it is!

Sheriff's Office, CO, EOW: Wednesday, February 10, 2016 Cause of Death: Gunfire. **Senior Deputy Mark Logsdon**, Harford County Sheriff's Office, MD, EOW: Wednesday, February 10, 2016, Cause of Death: Gunfire. **Senior Deputy Patrick Dailey**, Harford County Sheriff's Office, MD, EOW: Wednesday, February 10, 2016, Cause of Death: Gunfire. **Major Gregory E. "Lem" Barney**, Riverdale Police Department, GA, EOW: Thursday, February 11, 2016, Cause of Death: Gunfire. **Police Officer Jason Moszer**, Fargo Police Department, ND, EOW: Thursday, February 11, 2016, Cause of Death: Gunfire.

K-9s that have died this year: **K9 Jojo**, San Bernardino County Sheriff's Department, CA, EOW: Wednesday, January 6, 2016, Cause of Death: Asphyxiation. **K9 Jethro**, Canton Police Department, OH, EOW:

Sunday, January 10, 2016, Cause of Death: Gunfire. **K9 Krijger**, Norfolk Police Department, VA, EOW: Monday, January 11, 2016, Cause of Death: Gunfire. **K9 Ogar**, Smith County Constable's Office - Precinct 5, TX, EOW: Tuesday, January 19, 2016, Cause of Death: Gunfire. **K9 Jag**, Twin Rivers Unified School District Police Department, CA, EOW: Wednesday, January 20, 2016, Cause of Death: Struck by vehicle. **K9 Kobus**, Omaha Police Department, NE, EOW: Saturday, January 23, 2016, Cause of Death: Gunfire. **K9 Betcha**, Rutland County Sheriff's Office, VT, EOW: Friday, January 29, 2016, Cause of Death: Struck by vehicle. **K9 Aren**, Port Authority of Allegheny County Police Department, PA, EOW: Sunday, January 31, 2016, Cause of Death: Stabbed.

For our firefighters, it appears we have lost eight this year so far across the nation. The fatalities were due to heart attacks, or being killed in training.

Last year, 130 police officers lost their lives in the line of duty. February 10 and 11th was very deadly for police officers. At that rate, we could lose hundreds of police officers this year.

"That's Just the Way It Is!"

Irwindale Traffic Stop Nets Stolen Vehicle, Gun, Credit Cards and 2 Felony Arrests of Two Brother

IRWINDALE - On Saturday, February 13 around 4:30 PM, Irwindale police officers conducted a routine traffic stop at the corner of Vincent Avenue and arrow Highway. The officers soon found that the vehicle that they pulled over had been stolen back on July 15, 2015. The two occupants of the car were brothers who were identified as Donnie Jesse Reyes, 27, and Ricardo Augustine Reyes, 37, both were from San Bernardino.

The stolen 2005 Infiniti QX SUV, which had dealer plates,

was searched after the two brothers were arrested for auto theft, and officers found a 380 Semi-Automatic Pistol along with fraudulent credit cards and other peoples information that could be used for ID theft. They were also charged with felons being in possession of a firearm.

Donnie Reyes is being held for \$145,000 bail, and his brother Ricardo is being held on a \$45,000 bail. Both have pending court dates, and additional charges may be leveled against the two.

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We Just Didn't Know!

It wasn't our fault. When it started our imaginations were captured and our hopes for a renewal of national pride reignited. And it was all in the face of serious problems—the economy, our relationship with other nations, the hatred generated by radical movements beyond our borders.

Then there were the dangerous outsiders already in our midst. They were a constant source of trouble. As long as they were among us, we were not safe. These immigrants were not our kind of people. They would not speak our language, but had brought with them a corruption of it by which they communicated. They would not attend our churches or honor our traditions. They even threatened to take our already scarce jobs.

In time a new powerful leader arose among us. He reminded us every day that we could not trust these aliens, and promised to save us from their treachery. He was supported by right-wing politicians and the conservative churches these politicians had seduced. These patriots had vowed to make him our national savior, no matter what he said, even when most of us disagreed with it. But he had vowed to rid the nation of those who threatened us from within. He would deport them! What is more he would fence out any others who tried illegally to sneak across our borders. With him as our leader we would be safe. Great crowds



Charles H. Bayer

cheered him on.

There were a few problems. Some of his supporters began to attack and deface the businesses and places of worship these strangers owned. In time we required them to be identified by displaying on their clothes a special insignia. While nobody was able to predict just how this scenario would play itself out, we knew that nothing unsavory could ever happen here. We were not that sort of people.

Nevertheless, we slowly began to realize that the enclaves in our cities where these outsiders had isolated themselves were being cleared, and the populations moved away. Where to? We never asked. If we knew anything more, we did not share our concerns even with each other. This was not our problem, and at least we were to be rid of these troublemakers.

When later it was revealed what had happened, we were shocked. Concentration camps, Gas chambers? But these horrible events were not our doing. We were shielded from the

truth by our self-imposed refusal to see. If we knew those who might have been involved, well they were just following orders—and isn't that what good citizens are called to do? We ordinary folks don't make the laws, we are just supposed to obey them.

While many of us—perhaps even most of us—thought the whole thing was ridiculous from the start, calling our new leader a buffoon, we let it happen, and by the time we finally realized what we had allowed, it was too late. It all started so innocently, so slowly.

What about this so-called national leader? He had appealed to what seemed important to the most patriotic among us. He was particularly popular with many Christians who may not have liked his religion—or lack of it—but appreciated the force of his convictions. Once we had been a great nation, the greatest in all human history—and he had promised to make us great again. He would reassemble a military machine powerful enough to wipe from the face of the earth anyone who opposed us. No one would dare take us on. Our borders would be sealed. We would have gotten rid of those who threatened us from within, and bombed into oblivion anyone who threatened us from without.

How did it happen? The sad truth is, we gradually let it happen. But it wasn't our fault. We just didn't know.

Contact Charles Bayer at candwbayer@verizon.net

Questions for Sanders: What Will His Socialist Plan Do to YOUR Medical Care?

by Jane M. Orient, M.D.

There is one thing that supporters and detractors of Bernie Sanders might agree on: he seems to be honest about his convictions. He is an avowed socialist, instead of pretending to believe in a role for private insurance. Unlike Barack Obama, his answer to the question “Do you get to keep your insurance plan?” is plainly No. There won't be any more insurance plans. Everyone will be on Medicare.

Other questions are tougher. Do you get to keep your doctor? That depends on what you mean by YOUR doctor. You might be seeing the same person, in the same office. But he won't be paid by you, and under Medicare “alternative” payment methodologies he won't be paid for what he does for you. He might in fact be paid for NOT doing things for you, to meet the savings goals of the New Generation Accountable Care Organization (affectionately known as New Gen ACO) in which you will be automatically enrolled.

You shouldn't judge a politician by his looks, but people often do. Sanders looks like Grandpa—kind and benign. The face of Medicare, however, is Acting CMS Administrator Andy Slavitt. If you were Central Casting, you would probably cast him in a role like the one he has had in real life: a Goldman Sachs banker and CEO for a UnitedHealth Group subsidiary. Such people get their positions through ruthless dedication to the corporate bottom line. What does Sanders think of him?

Medicare is today's single payer for the elderly and disabled. All the money is funneled through government, though it is first taken from hundreds of millions of taxpayers and disbursed through private contractors called carriers. Would Sanders replace that with a purely governmental entity like the VA, the single payer for veterans? In the VA it is government bureaucrats who delay and deny care instead of cor-

porate bureaucrats.

Veterans can go outside the system if they like, and pay privately. Medicare beneficiaries cannot, unless they see a physician who is opted out or disenrolled or excluded. What does Sanders plan to do about your liberty to use your own property to pay for goods or services to enhance or extend your own life? Doesn't he, like Hillary Clinton, plan to “take things away from you, for your own good”? And does that include, like in Canada, your right to private care? It sounds as though it does. The additional \$28 trillion in federal spending for his plan is supposed to replace insurance premiums and out-of-pocket payment. With the Sanders tax increases, the money available for discretionary spending will be much less, but if you do have any savings, would you be allowed to spend it on medical care? Or would that be unfair to the people waiting in long lines?

And there's the \$28 trillion question for Sanders: where does the money come from? Even if we could squeeze every last dollar out of billionaires and transform all their wealth into medical care for the masses, we don't have 28,000 billionaires—or 28,000,000 millionaires.

And what will Sanders do about the more-than-\$40 trillion in promises Medicare has already made without provision for the revenue to pay for them? What does he imagine will happen when he adds on the demands of the entire rest of the population, and removes any brakes on utilization like copays and deductibles?

Incremental socialism is already bringing the system to the point of collapse. Hawaii is proposing a response to the fact that 30 percent of physicians are already refusing to work under Medicare: forcing physicians to accept Medicare patients or lose their license. Will Sanders try to conscript physicians?

What will he do about the worsening shortages of essen-

tial drugs? One hospital reportedly told physicians there would be no morphine until the end of March. Will Sanders nationalize the pharmaceutical industry? Would that help, or make things worse?

Insurance is voluntary. Socialism is force. How much force will Sanders use to take what remains of your doctors' liberty—and yours? He needs to tell us that, as well what he intends to use to pay for it.

Jane M. Orient, M.D. obtained her undergraduate degrees in chemistry and mathematics from the University of Arizona in Tucson, and her M.D. from Columbia University College of Physicians and Surgeons in 1974. She completed an internal medicine residency at Parkland Memorial Hospital and University of Arizona Affiliated Hospitals and then became an Instructor at the University of Arizona College of Medicine and a staff physician at the Tucson Veterans Administration Hospital. She has been in solo private practice since 1981 and has served as Executive Director of the Association of American Physicians and Surgeons (AAPS) since 1989. She is currently president of Doctors for Disaster Preparedness. Since 1988, she has been chairman of the Public Health Committee of the Pima County (Arizona) Medical Society. She is the author of *YOUR Doctor Is Not In: Healthy Skepticism about National Healthcare*, and the second through fourth editions of *Sapira's Art and Science of Bedside Diagnosis*. More than 100 of her papers have been published in the scientific and popular literature on a variety of subjects including risk assessment, natural and technological hazards and nonhazards, and medical economics and ethics. She is the editor of *AAPS News*, the *Doctors for Disaster Preparedness Newsletter*, and *Civil Defense Perspectives*, and is the managing editor of the *Journal of American Physicians and Surgeons*.

President Jumps National Monument Gun

By Lois M. Shade
Former Mayor of Glendora

I'm sure you've all read by now about President Obama's new autonomous action creating three new National Monuments in Riverside and San Bernardino Counties. Those monument areas are located roughly between the Nevada border and south of the Marine Corps base, north of the 10 freeway. The action was taken at the request of Sen. Dianne Feinstein in an August 2015 letter to Obama. It designates Castle Mountain, Sand to Snow including Black Lava Butte and Flat Top Mesa, and Mojave Trails, all part of Feinstein's effort to increase the area designated in the 1994 California Desert Protection Act during the Clinton administration, as National Monuments.

Feinstein's proposal last year, the California Desert Conservation and Recreation Act, had trouble gaining momentum for passage and was challenged by a counter-proposal by Cong. Paul Cook's HR 3668, California Minerals, Off-Road Recreation, and Conservation Act. Both proposals were similar but no compromise was ever reached to act before the President's action under the Antiquities Act.

Congressman Paul Cook (R-CD-8) released the following statement regarding the new National Monuments: "I'm not opposed to national monuments. I'm opposed to the President creating national monuments through unilateral executive action, ignoring the legislative process. That's exactly what the President's done here in designating over 1.8 million acres of public land in San Bernardino and Riverside counties as national monuments."

How to Tell If Congress Is Working Again

By Lee H. Hamilton

There have been encouraging signs that the Republican leadership on Capitol Hill wants to make Congress function again. They've talked about using conference committees more, allowing a more open process for rank-and-file members, enacting separate appropriation bills rather than using omnibus bills, and letting committees lead on legislation rather than hoarding all power in the leadership offices. Perhaps most important, they've acknowledged that Congress has many bad habits, and insist that they want to restore a healthy legislative process.

This has to be heartening to any American concerned about the level of dysfunction to which Congress had sunk. The question is, how can we tell if Congress is actually fixing itself? For as promising as the rhetoric might be, there's a long way to go before words and reality meet on Capitol Hill. Here's what you should keep your eye on:

First, differences in emphasis separate the leaders of the two houses, Senate Majority Leader Mitch McConnell and House Speaker Paul Ryan. Ryan is intent on pressing forward with key policy proposals that would anchor a bold Republican legislative agenda. But that's because the Republican majority in the House is not generally believed to be at risk. Over in the Senate, things are different: control of that body next year is up for grabs, and McConnell seems to be focused on maintaining his party's majority. For his members, boldness is a risk. This difference could lead to slim production.

So look to see how many and which issues the two leaders really push forward. Will they advance the Trans-Pacific Partnership trade deal in some version, or let it slide until the elec-

tion is past? Will they tackle tax reform? How about authorizing support for the war against ISIS? Ryan has already removed one key matter—immigration reform—from the table. Will other pressing issues also bite the dust?

The second big indicator is whether Congress has the political will to fix itself. Most members say publicly that they don't want gridlock and are dedicated to making the institution function smoothly. The key measure of whether they really mean it is the attitude they take toward their political adversaries. If what you hear on Capitol Hill is nothing but distrust, then they're not serious. If they're willing to negotiate and compromise with one another—as happened at the end of last year, with the passage of an omnibus spending package—then there's hope.

Third is what you might think of as the rolled-up-sleeves test. How hard are members of Congress willing to work at addressing the key issues facing the country? So far, the evidence is disappointing. The legislative schedule put out by the congressional leadership is, to be blunt, lax. On average, members of Congress will be working about nine days a month. They've given themselves four stretches of ten days off at a time. They'll be off for 52 straight days in July, August and September, and then another 39 days in a row in October and November. Yes, it's an election year and they want to campaign.

"Public input in desert conservation is absolutely vital. The diverse views of the desert stakeholders have guided my work since I arrived in the Senate, and I'm glad to see them reflected in the monument designations," Feinstein said in her press release. Cong. Judy Chu's National Recreation Area efforts in the San Gabriel Valley led to the San Gabriel Mountains National Monument through Obama's use of the Antiquities Act and came with a committee structure to review and create a management plan for that area. It has been mentioned these newest National Monuments will follow the same procedure being used for the San Gabriel Mountains National Monument.

Cong. Paul Cook said, "I've never found people in Washington to know better than residents of San Bernardino County when it comes to local land issues. This time, special interest groups hijacked these monument designations and ignored the wishes of those who live closest and use the land most often."

We have two pieces of legislation written, one recently by a Republican and one by a Democrat lingering for years waiting passage, amended and being reviewed by various Federal committees and subcommittees in Washington, D.C. It would have been appropriate for our President to allow these bills to go through the process and possibly merge before jumping the gun to declare more national monuments. National Monuments many agree can be undone by the next president as quickly as this president stepped up with pen in hand.

But you cannot run a government that is not in session. The best we can hope for is an obvious sense of urgency when members of Congress are in Washington. Look for it. If you don't see it, little will get done on Capitol Hill.

I should say that not all the responsibility for restoring Congress rests at the federal level. The states, too, have a key role to play. Will they get serious about how they draw congressional districts, so that politicians no longer have the luxury of picking their voters rather than the other way around? Will some states continue to pursue efforts to make voting harder—which, like gerrymandering, has the effect of shoring up the extremes in Congress? Will states make the effort to modernize their voting systems, so that the democratic process has a chance of working with minimal friction?

In the end, good intentions and fine rhetoric don't accomplish much. I hope you'll keep an eye on Congress and cheer for its members to act in accord with their own advice. If they do, Congress will take a giant stride toward improved performance.

Lee Hamilton is a Distinguished Scholar, Indiana University School of Global and International Studies; and a Professor of Practice, IU School of Public and Environmental Affairs. He was a member of the U.S. House of Representatives for 34 years.

Retail Sales Defy Talks Of Broad Slowdown

Retail sales rose 0.2% in January, above the expected 0.1% bump. Retail sales ex-auto and ex-auto and gas came in at 0.1% and 0.4%, respectively, both higher than expected. More importantly, the December figures were heavily revised to the upside, with headline sales moving up from -0.1% to 0.2%. The retail sales control group, a proxy for sales in GDP calculations, jumped 0.6% versus 0.3% expectations. That offset much of the weak December data (-0.3%) and reduced fears that the slowdown in the manufacturing sector was creeping into consumer spending.

As far as market jitters are concerned, both reports Friday morning served to lessen fears of a broad based slowdown in the economy. If January retail sales had fallen, and December was left unrevised in negative territory, confirmation of weak consumer spending would have incited the bears who already are out of their hibernation this year. Instead, estimates for Q1 GDP are going to be revised higher and the resilience of the US consumer in the midst of a manufacturing slowdown and stock sell-off will be touted. For the time being, strong job growth and higher salaries are outweighing hiccups to global growth and (hopefully temporary) panic on Wall Street. While the Fed emphasizes the temporality of market volatility versus the stability of the overall economy, another month or two of solid job gains and consumer spending reports will be needed to convince the markets they are right. As for the stock market, Friday reversed the past five-day losing streak closing higher by 313 points.

ARE EXPECTATIONS TRANSITORY?

The recently released FOMC minutes had seven separate mentions of reduced inflation expectations. This deterioration prompted the NY Fed to address, "Who is Driving the Recent Decline in Consumer Inflation Expectations?" The answer: all demographics. Likely the result of a continued fall in energy and import prices, inflation psychology has changed

In A Nutshell
What's up in the Economy?



KEN HERMAN
Economic Analyst
& Former Glendora Mayor

the last two years. Just how 'transitory' inflation weakness will prove to be in 2016 will depend on the stabilization of energy prices and the Chinese yuan.

Consumers may see an initial drop in prices as temporary (or 'transitory'); but the longer they stay low, the more consumers expect them to remain so. This is why some members of the FOMC committee expressed concern inflation expectations may have already moved to the point that it will take longer for actual inflation to return toward 'normal' at 2%. In rather dramatic fashion, lower expectations reflect the persistence of lower prices in the economy. The Fed's emphasis on gas prices is justified. The minutes commented that "A number of participants noted, based on historical patterns, that some of the survey-based measures could be overly sensitive to energy price fluctuations rather than indicating shifts in perceptions of underlying inflation trends..."

TIME HORIZONS

The Fed is intentionally vague in their language surrounding time horizons, using terms such as "near-term," "medium term" and "in the long run": "Inflation continued to run below the Committee's longer-run objective, held down in part by the effects of declines in energy and non-energy import prices. Market-based measures of compensation remained low. Some survey-based measures of longer-term inflation expectations have edged down. Members anticipate that the further decline in crude oil prices over the inter-meeting period is likely to exert some additional transitory downward pressure on inflation in the near term. Regard-

ing the medium-term outlook, inflation was projected to increase gradually as energy prices and prices of non-energy imports stabilized and the labor market strengthened."

After Ben Bernanke's "6.5 unemployment rate" snafu, the Fed has avoided using forward guidance based on specific economic indicators and/or time periods. The most concrete indicators from Fed officials come from their individual economic projections of GDP, unemployment, Personal Consumption Expenditure inflation and their individual assessments of appropriate monetary policy. Therefore, in the near-term, it is of paramount importance for the headline PCE inflation rate to rebound in order to bring the core rate into the projected range.

WHAT TO WATCH

The combination of declines in energy and non-energy import prices was mentioned three times in the Fed minutes as causes for the weaker-than-expected inflation readings in the US. The markets recently highlighted the ability of China's devaluation of the yuan to affect domestic markets. It will take longer for the price effect to come onshore in the form of lower prices for Chinese imports, but come it certainly will.

Bottom Line: In determining just how long the 'transitory' fall in headline inflation will last, keep an eye on both the price of oil/gasoline and the Chinese yuan. Core inflation has been trending lower since 2012. Without a reversal of this trend in 2016, it will be hard for the Fed to justify further rate increases. Since the last FOMC meeting, WTI crude prices have fallen an additional 18%. Over the same time period, the yuan has fallen from 6.48 to 6.59 versus the dollar. Unless these trends reverse course in Q1, the Fed's projections of inflation will prove unreasonably optimistic once again.

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Overdose Rescue Drug Now Available Without Prescription

Pharmacists Can Furnish Naloxone for Opioid Overdose

SACRAMENTO - The California State Board of Pharmacy announces that its final regulations are now in effect for pharmacists to furnish, without a prescription, naloxone (also known as Narcan), an antidote to reverse opioid overdose. The regulation became effective January 27, 2016.

Opioids are narcotic prescription medications, which are prescribed for severe pain. The street drug heroin is also an opioid. National overdose deaths from prescription opioids increased 3.4-fold while deaths from heroin increased 6-fold from 2001 to 2014. According to the CDPH, California deaths involving prescription pain medications have increased 16.5 percent since 2006. From 2008 to 2012, there were 7,428 prescription opioid-related deaths in the state.

In 2012 alone, there were more than 1,800 opioid-related deaths in California and 72 percent of those deaths involved prescription pain medications.

Naloxone is an opioid overdose rescue drug, which will now be available by request or at the suggestion of a pharmacist in California pharmacies. Individuals who themselves are not using prescription drugs may obtain naloxone for use for

others in emergencies.

Pharmacists dispensing the potentially life-saving medication must successfully complete one hour of continuing education on all forms of naloxone hydrochloride, screen for any hypersensitivity to naloxone and must provide the recipient with training in opioid overdose prevention, recognition, response and on the administration of naloxone.

Vicodin, Norco, Zohydor, Percocet, OxyContin, Roxicodone, Demerol, Dilaudid, Opana and Suboxone are some common brand name opioids. Generic names of prescription opioid medication include morphine, codeine, hydrocodone, hydromorphone, methadone, oxycodone, fentanyl, buprenorphine and oxymorphone.

Accidentally taking too much of a prescribed opioid, combining it with alcohol or other drugs, or abusing it can lead to overdose, depressed respiration and death.

The new regulation replaces an emergency regulations scheduled to expire April 2016 and updates labeling and training requirements for pharmacists furnishing naloxone.

Naloxone is a non-narcotic, prescription drug that reverses

the immediate effects of opiate overdose, but 911 must be called immediately following administration for medical assistance. Naloxone blocks the receptors in the brain from the effects of the opioids and can restore breathing. It may be administered by intramuscular injection, intranasal spray or auto-injector.

Pharmacists' authority to furnish naloxone was established by AB 1535 (Bloom), which was passed in 2014. The law authorized the furnishing of naloxone pursuant to a protocol developed by the Board of Pharmacy and approved by the Medical Board of California.

"This will save lives," said Stan Weisser, former Board of Pharmacy president. "We are empowering pharmacists to put this rescue medication in the hands of those who are in a position to help an opioid overdose victim," he said.

"Statistics from 2014 continue to show that deaths from prescription drugs continue to claim more lives than motor vehicle accidents," said Board of Pharmacy Executive Officer Virginia Herold. "Pharmacists are well positioned to provide this medication to appropriate recipients," she said.

Financial - Ask Julia

My banker keeps calling me to schedule an appointment to discuss moving my money from a 7-year annuity that I bought there in 2013. Is that something I should consider? Oh, by the way, I'm in my late 60's and semi-retired.

Take a close look at what you already have vs. what your banker is recommending. Most annuities carry a surrender fee, comparable to an early withdrawal penalty. Your annuity policy will clearly show this as something like: 1st Year 15%, 2nd Year 12%, 3rd Year 9%, 4th Year 7%, etc. If you received a bonus when you first put your money into that annuity, you might lose that, too. Do the math. Insurance companies' compliance departments have guidelines which clearly frown on replacing a recent annuity. Of course, there are exceptions. If you feel pressured, you might want to question your agent's ethics.

We bought a home and now we're getting a lot of mail saying we should buy mortgage protection insurance. How's that different from life insurance?

Mortgage protection insurance often times has a decreasing benefit to, supposedly, coincide with a decreasing mortgage balance. Some mortgage insurance is really an accident policy. I would recommend enough life insurance to give the beneficiary(-ies) the option of paying off the mortgage if that



Julia Yoder

is determined to be the best use of the funds. On the other hand, if you have a strong family history of critical illnesses (heart attack, cancer, etc.) then you might want to consider a Critical Illness insurance policy or an annuity which accelerates benefits for critical illness.

My medical expenses isn't quite exceeding 10 percent of my adjusted gross income. Is there anything else that counts as medical expenses?

Yes, the IRS allows you to count under medical expenses: round-trip travel expenses for medical treatments, purchase of things that you needed but insurance didn't cover, the expense of some quit-smoking and weight-loss programs, insurance premium payments paid with after-tax money, special-needs expenses (adding ramps, widening doors, etc.), and long-term care insurance premiums. You must "itemize". Note: For those age 65 or older, it's still 7.5-percent of your adjusted gross income through Decem-

ber 31, 2016.

Can I do a 1035 exchange from an annuity into a paid-up life insurance policy?

The rule is that an annuity cannot be 1035 exchanged into a life insurance policy. Annuities can be 1035 exchanged into another annuity. A life insurance policy can be 1035 exchanged to another life insurance, or into an annuity. You might be pleased to learn how today's annuities have close similarities to life insurance, but with living benefits, too.

When we retire, we will sell our first home and move into our second home. Have capital gains taxes changed, or are we okay?

On your primary residence, the capital gains tax exemption did not change. It's still \$250,000 (single), or \$500,000 (married).

Got a question? Ask Julia by email:

Email questions and comments to: juliyoder@yahoo.com

This is your opportunity to simplify your life by having one professional working personally with you to coordinate your finances, investments, real estate, mortgage, insurance, retirement, and estate plans. Informative websites: www.WiseInvestorsNetwork.com, www.CalStarBenefits/28485 CA Insurance 0C83859/Realtor 01238153/NMLS 248681/Member: Nat'l. Ethics Association.



THE CAR GURU

WHAT YOU "AUTO" KNOW

By Gene Morill - Certified Automotive Specialists

CAN System - Your Car Has One!

I have written articles many times about the fact that your car is really a computer on wheels. They have up to 100 million lines of computer code and that is more than many jet fighters! The most basic of vehicles have a minimum of 30 microprocessor-controlled devices. We call these ECU's (electronic control units). Luxury cars can have 100 ECU's!

These processors make it difficult for the average person to work on their own vehicle but it makes it easier for auto repair shops as they have made an investment in the right equipment and diagnostic tools in order to translate trouble codes and determine what is actually wrong with your vehicle.

What do all these ECU's do? They help meet emissions and fuel-economy standards, do diagnostics, simplify design and manufacturing, reduce wiring, provide safety features, comfort and convenience.

Controlling your vehicle's engine is the most processor-intensive job and the engine control unit is the most powerful computer in your vehicle. It

gathers data from dozens of various sensors and knows all that is going on. It performs millions of calculations per second. The processor in your car runs more efficient code than that in your PC.

Each module communicates problems to a central module. The problem is stored and then a technician can read the code using an off-board diagnostic tool. There seems to be more and more technology going into our vehicles each year so more and more computer code will be necessary. This is all part of keeping our environment cleaner and reducing the amount of accidents. As we are moving toward the commercialization of the self-driving car we will find this will increase a great deal.

The CAN (Controller Area Network) also known as CAN Bus enables all the electronic control units to communicate with each other...without a host computer. This lets the vehicle's electronic components; control units, microcontrollers, devices, sensors, actuators, and many more talk to each other on a single or

dual-wire network.

Your engine management electronic control unit is connected to the transmission electronic control unit, which is connected to the anti-lock braking electronic control unit, and so on! There are essentially two wires involved; a CAN High and a CAN Low. Why is this important? They act as a backup for each other in case one fails. This is why your car can continue to run just fine with the check engine light illuminated.

This is also why we tell you not to keep on driving miles and miles with the check engine light on...it really is telling you that your car needs attention. You are already down to one wire...if the other one fails you have a problem! Next time your check engine light illuminates, make an appointment and let our diagnostic technicians get your car back to excellent health.

Please call us with any questions at 626-963-0814 or visit our website at www.CertifiedAutoCA.com

Home Town Service You Can Count On!

The Azusa City Library To Offer Two Free Workshops About Job Interview Skills

AZUSA - Interviewing for a new job is no easy task. According to a Harris Interactive poll from 2013, 92% of people find the interview process stressful. Despite this, all those seeking to move up or move on in their career must master the interview. The job interview is a chance to make a good impression on a potential em-

ployer and to show them why you are the best fit for the position.

Learn how to improve your performance by joining us for two free Interview Skills Workshops at the Azusa City Library on Saturday, **February 20th** at 3:00 p.m. and Tuesday February 23rd at 7:00 p.m. The workshop on Saturday the 20th

will feature a Spanish translation, and the workshop on Tuesday the 23rd will be conducted in English. A local job seeking expert will be presenting interview tips and techniques that can help make your next job search a success!

Please call the City Librarian, Reed Strege, at (626) 812-5177 for more information.

Around the Valley & Senior News

AZUSA

Wine And Cheese Event

The Azusa Women's Club is hosting a Wine and Cheese membership Drive on **February 24**. The event starts at 7:00pm to 8:30pm and will be held at Cowami Asian Fusion Resturant at 437 S. Azusa Ave in Azusa. Offered free of charge to all women who are interested in being active in the community either as a young woman looking for leadership development or a business woman looking to network and make connections. The Azusa Women's Club is located at 1003 Azusa Ave., and meets twice a month on first Wednesday of the month at 11:00am to 1:00pm and the second Wednesday of the month at 7:00pm.

For more information, please call Pat Klemz at 626-967-8829 or Ria Benbow at 626-331-5510.

TOPS Meeting

TOPS(Take Off Pounds Sensibly) #950 Azusa has been serving the San Gabriel Valley since 1967 and has successfully supported and assisted men and women in their pursuit to lose weight. Through group support to start living the good life by eating healthy and doing exercise.

TOPS is a non-profit weight loss group which meets weekly every Thursday at 9:00AM to 11:00AM at Soldano Senior Village in their meeting room in Azusa. There is no obligation, all visitors are welcome.

For more information, call Norm Klemz, 626-967-8829

Volunteer Drivers Needed

Do you have some extra time to spare? Are you a good driver? The Azusa Senior Center has a great volunteer opportunity for you! The Azusa Senior Center is currently recruiting volunteer drivers to deliver lunches to our homebound seniors in the city of Azusa between the hours of 10:30 a.m. and 12:30 p.m. If you are interested, please contact Lynda Prewitt for more information at (626) 812-5204, ext. 5303.

Movement Disorders Support Group

ARCADIA - The City of Arcadia Senior Services and POET (Patient, Outreach, Education, Today) has a monthly support group for individuals, family or friends that deal with movement disorders, including Parkinson's. The February meeting will take place on Friday, **February 19** at 1:30pm, Arcadia Community Center, 365 Campus Drive, Arcadia. Dr. Jhee will be the special guest speaker. Dr. Jhee is a clinical pharmacologist with expertise in a wide range of early drug development studies. His work involves a wide variety of therapeutic areas

ARCADIA

Heart Health Awareness

February is American Heart Month. One in every three deaths is from heart disease and stroke. The City of Arcadia Senior Services in partnership with Methodist Hospital is hosting a special "Heart Health Awareness" event. It will take place on Tuesday, **February 23** at 1:30pm, Arcadia Community Center, 365 Campus Drive, Arcadia. The presentation will focus on Heart Health with a free blood pressure screening taking place from 12:30 to 1:30pm. The guest speaker is Iduama Kelly-Dokubo, MD, who specializes in cardiovascular disease. Please call Arcadia Senior Services at 626.574.5130 before February 19 if interested in attending or if you have any questions. This program is for individual's age fifty and over.

Orchid Hobbyists Monthly Meeting

San Gabriel Valley Orchid Hobbyists invite you to our **February 18**, Monthly Meeting, at the L.A. County Arboretum, 301 N. Baldwin Ave., Arcadia, Ca. Judging at 7:00 p.m. Meeting at 7:30 p.m. Our speaker will be Fred Clarke on Australian Dendrobiums. Refreshments. We welcome everyone with an interest in orchids!

Arcadia Senior Card Club Looking For New Members

The Arcadia Senior Card Club is accepting new members. Arcadia residency is not required. Play contract bridge or pinochle. The group meets at the Assistance League Community House, 100 So. Santa Anita Avenue every Monday from 9:00 AM to 3:00 PM. Lunch is provided for a nominal fee or bring your own lunch.

The group is open to men and women 50 or older. The annual dues are \$5.00. For more information call 626-281-6771.

BALDWIN PARK Lunar New Year at Baldwin Park Adult School

The Baldwin Park Adult and

Community Education Older Adult Program and the City of Baldwin Park Department of Recreation and Community Services will hold their annual Lunar New Year Celebration on Friday, **February 19** from 9:00 am until 11:00 am at the Performing Arts Center at 4640 North Maine Avenue in Baldwin Park.

This event will feature cultural presentations and entertainment. Light refreshments will be served. For further information, contact Linda Rodriguez or Denise Tornatore at (626) 939-4456.

COVINA

Dr. Seuss Week

The City of Covina Parks & Recreation Department - Library Services Division would like to say Happy Birthday to Dr. Seuss! Come along and play. Find the hidden book plate and see what it would say. Find the golden ticket and soon you will see. A special prize we have for you that will make you happy as can be. Celebrate with us from **March 1-5**.

For more information, please call (626) 384-5303.

Class Instructors Wanted

The City of Covina Parks & Recreation Department is looking for Class Instructors. Do you have a special talent or skill that you would like to share with your community? Why not teach a class? We are looking for certified or trained instructors to help enrich our class program. Can you teach a foreign language, musical instrument, preschool academics, vocal, health and wellness, or dance? Submit an instructor proposal today! For more information, call (626) 384-5340.

Scrapbooking Club

The City of Covina Parks & Recreation Department - Senior Services Division is excited about the Scrapbooking Club for adults age 50+. The meetings will be held on Wednesdays from 9 a.m.-12 p.m., at the Covina Joslyn Center, 815 N. Barranca Avenue.

For more information, call (626) 384-5380.

Bridge

The City of Covina Parks & Recreation Department - Senior Services Division invites seniors for a friendly game of Bridge. Games will take place at Joslyn Center, 815 N. Barranca Avenue at 1:00 p.m. every Wednesday. A fee of \$1 will be required to participate. For more information, call (626) 384-5380.

Water Efficient Landscaping

The Friendship Garden Club will have a special program on Thursday, **February 25th**. Elena Layugan from The Upper San Gabriel Municipal Water District will speak about "Water Efficient Landscaping." All of the club's events are open to the public at no cost, once a month.

We meet inside The Covina Woman's Clubhouse, located in Old Town Covina, 128 S. San Jose, Covina, one block south of Badillo, between Citrus and Barranca.

We will meet early at 11:00 am for a jewelry and accessory sale. The business meeting begins at noon, then our program

and finishing with a lovely TEA.

For questions please contact Jeanette Gulli, Program Chairman at 909-599-1904, jhgulli@verizon.net.

DUARTE

Youth Boxing Program

Youth Boxing is an excellent program to help boys and girls ages 8-17, develop their self-esteem and self-discipline. Our knowledgeable coaches are here to teach the fundamentals of boxing, while developing footwork, speed and upper body strength. The training program will also help children gain flexibility, stamina, and coordination.

The Duarte Teen Center Gym is open Monday through Thursday from 4:00 p.m. - 8:00 p.m. and Friday from 4:00 p.m. - 7:00 p.m. There is a \$10 monthly fee for each participant. Non-residents are welcome for \$20 per month. Register now at the Duarte Teen Center. Call (626) 303-0863 for more information or just stop by to see if you are interested.

Hot Lunches at Senior Center

The Senior Center serves hot lunches Monday through Friday to individuals over 60 years, or the spouse of someone over age 60, and must check in by 11:45 a.m. for lunch. Reservations are requested by calling 357-3513, 24 hours in advance, and 48 hours, in advance, for a choice day. The suggested donation is \$2. The Duarte Senior Center is located at 1610 Huntington Drive.

Meals on Wheels

Eligible seniors can receive a hot lunch and cold dinner plate delivered each weekday, or seven frozen meals delivered once a week by YWCA Intervale Senior Services. For more information, please contact the Duarte Senior Center at 357-3513 or Intervale at (626) 214-9465.

Commodity Supplemental Food Program

The Commodity Supplemental Food Program sponsored by the Los Angeles Regional Food Bank provides food to low-income elderly, 60 years and older. Please bring a picture identification and proof of income: Social Security, SSI or pension (bank statement, check stub, benefit award letter.) Every 4th Thursday of every month from 2:00 p.m. - 3:00 p.m. For more information call the Senior Center at (626) 357-3513.

Alzheimer's Safe

Return Registration

Safe return is a service of the Alzheimer's Association to help identify, locate and return Alzheimer's victims who wander and become lost. The one time registration includes identification items, preventative information, membership in the Alzheimer's Association, and participation in a nationwide search system. Call the Duarte Senior Center at 357-3513 for an appointment.

GLENDORA

Alzheimer's Peer Support Group

Caring for a loved one with

Alzheimer's can be frustrating, challenging, and sometimes distressful. This peer support group is designed to share experiences, coping strategies, information, and ideas with each other, and to offer understanding and encouragement to one another. We meet the **2nd Thursday of each month** from 6:30-9:30 pm at Glenkirk Church, 1700 Palopinto Ave., Glendora, in Room #11. We caregivers look forward to lifting each other up as we journey through this season of life. For more info, visit glenkirkchurch.org or call Glenkirk's church office at (626) 914-4833.

Glendora After Stroke Center

A non-fee program for stroke survivors and their families. This supportive program offers relearning (reading, writing, speech), caregiver support, current events, card games, snacks, resocialization, exercise, music, speakers, day field trips, and stroke support. For more information, please call Sonia Schupbach at (626) 963-6186. The program is **Wednesdays** 9:00 a.m.-3:00 p.m. Co-sponsored by The After Stroke Center and the Glendora Community Services Department.

LA Regional Food Bank Distribution Program

The La Fetra Center and the Los Angeles Regional Food Bank invites SENIORS (Ages 60+) to participate in the Commodity Supplemental Food Program. Current Food Bank participants can receive a FREE food kit once per month which contains items such as canned meats, canned fruits and vegetables, dry milk, cereals, and related products.

Participants must meet the following income guidelines to be eligible: one person household income must not exceed \$1,211 per month and a two person household income must not exceed \$1,640 per month. You must provide income verification and a photo ID with birthdate at your first visit. The La Fetra Center distribution takes place on the **Fourth Tuesday of Every Month** from 1:00 p.m.3:00 p.m. For additional information, please call the Center at (626) 914-8235.

MONROVIA

Caring Crafters

If you have an interest in knitting, crocheting and hand work or would like to learn, join us at the Monrovia Community Center every **Wednesday**. The Friendly Crafters is a social group that meets every Wednesday from 12:00 p.m. to 3:00 p.m. and is designed to foster friendships and provide social opportunities while crocheting and knitting. The group always welcomes new participants to teach and share new ideas! This free program is offered to all Seniors and Active Adults! Crafters meet every Wednesday from 12:00 p.m. - 3:00 p.m. at the Monrovia Community Center.

Senior Stretch & Exercise Class

Stretching is essential for our

bodies. The Department of Community Services invites seniors to join our weekly senior stretching and exercise class. The class includes stretching techniques geared toward seniors over 50, though the class is great for anyone in need of a good routine. Movement increases range of motion, relaxation, and decreases risk of injury. Participants should wear comfortable clothing and shoes. Bring a towel and bottled water. For additional information, please contact the Department of Community Services at (626) 256-8246.

Classes are at the Community Center, 119 West Palm Avenue on Mondays from 1:00 p.m. - 2:00 p.m. and Fridays from 9:00 a.m. - 10:00 a.m. Fee: \$2 per class.

WEST COVINA

Go West Shuttle Service

The Go West Shuttle service consists of three alignments (Red, Blue, and Green) that serve destinations throughout the city including Plaza West Covina, Eastland Shopping Center, Heights Shopping Center, West Covina Civic Center, West Covina Senior Center, Cameron Community Center, and many more.

- For questions on the location of shuttle stops, assistance in locating the stop closest to you, and route schedules please call (800) 425-5777.

- The fixed-route service operates Monday through Friday from 6:30 a.m. to 7:00 p.m.

- The fare is only \$1.00 each way.

- No Service on Thanksgiving, Day after Thanksgiving, Christmas Eve, Christmas Day, New Year's Day, President's Day, Labor Day, Memorial Day, and Independence Day.

Senior Lunch

The West Covina Senior Center is an award-winning lunch program that provides a **daily lunch service** for seniors, Monday through Friday at 11:30 a.m. The lunch program is funded in part by the Los Angeles County Area Agency on Aging.

There is a suggested lunch donation of \$2.00 for those 60 years and older. Persons younger than 60 years old pay \$4.00, and persons with disabilities younger than 60 years pay \$3.00. West Covina Senior Citizens Center is at 2501 East Cortez Street.

Senior Center Dances

Come on over to West Covina Senior Center and meet other single and amazing couples. The fun awaits you every first and fourth Thursday of each month. Dance to the Big Band Sounds of Sentimental Journey at West Covina Senior Center, 7:30 to 10:00pm, 1st and 4th Thursday of each month. 2501 E. Cortez St.

Programs for Young Adults/Teens

Each month, the Library offers events for young adults/teens (ages 12-18), including video gaming, board and card games, movies, and art projects.

In addition to these events, the Teen Advisory Board meets **every first Thursday** at 4:00 p.m. This group is open to anyone aged 12-18 who is interested in giving input on library services and materials, including coming up with new programs for teens. This is a great way to get those community service hours while having fun - and eating snacks!

For additional information, please contact Ernest Romero at (626) 962-3541.

Upcoming Event?
Let us know at
SGExaminer@aol.com

City Of Glendora February Trips

GLENDORA - Registration is available online. Glendora residents registering online will receive a \$5 discount on prices listed. In-person registration is at the La Fetra Center, 333 East Foothill Blvd., Glendora. For more information, please call (626) 914-8235.

"PASSAGES" - A Traveling Bible History Exhibit

This Moderate day trip is on Thursday, **February 18**,

9:00am - 5:00pm. The fee is \$35.

A self-guided tour of over 400 items of biblical antiquities. Including interactive displays of the Caves of Qumran and the Jerusalem Chamber at Westminster Abbey, Working replica of Gutenberg Press. Lunch on your own nearby in Santa Clarita.

Oh Canada - A Musical Tribute To Canadian Singers

This Easy day trip is on Wednesday, **February 24**, 9:30am - 6:00pm. The fee is \$45.

Our yearly visit to Palm Springs Camelot Theater to hear a musical tribute to great stars - this year featuring Celine Dion, Michael Buble, Paul Anka & Shania Twain. Lunch on your own in downtown Palm Springs before the show. This is always a popular trip.

Have MEDICARE QUESTIONS???

Call Us::

(626) 963-3244

WIA

Warner Insurance Agency

Anthem

**125 N. Glendora Ave.
Glendora, CA 91741**

LICENSE #0809588

NOTICE INVITING BIDS

NOTICE IS HEREBY GIVEN that the City of Glendora, County of Los Angeles, California (hereinafter "City") will receive sealed bids in the office of the City Clerk at 116 E. Foothill Boulevard, Glendora, California, 91741 until 10:00 a.m. on the 3rd day of March, 2016 at which time all bids will be publicly opened and read aloud in the City Council Chambers at the above address for: Meda Avenue Water Main Replacement, Plan No. 1210 (hereinafter "work").

NO BIDS WILL BE ACCEPTED AFTER THIS DATE AND TIME!

Each bid must be on a bid proposal furnished by the City. The bid must conform and be responsive to all the contract documents and bids will be accepted only from bidders who have obtained Plans and Specifications from the City of Glendora and are registered with the City as a Plan Holder. Copies of bid packet are now on file and open for public inspection in the Office of the City Clerk at the above address and on the City's website at www.ci.glendora.ca.us under Bid/RFP Opportunities. For further information, contact Project Manager Nick Servin at (626) 914-8248.

The Contract Documents, including specifications, may be purchased at the Office of the City Clerk, 116 E. Foothill Boulevard, Glendora, California during the hours of 8:00 a.m. to 5:00 p.m., Monday through Friday, holidays excepted, upon the payment of \$50.00 per set and, if purchased by mail, an additional \$5.00 per set.

Each bid shall be accompanied by Bidder's Security in an amount equal to at least ten (10) percent of the bid amount, which security shall be lawful money of the United States of America and in one of the following forms: (i) cash, (ii) cashier's check made payable to the City, (iii) certified check made payable to the City, or (iv) bid bond executed by an admitted surety insurer and made payable to the City. City Bid Bond form must be used.

Pursuant to California Labor Code Section 1770 et seq., copies of the determination of the Director of the Department of Industrial Relations of the general prevailing rate of per diem wages for each craft, classification and type of workman needed to execute the work are on file in, and available to any interested person on request, at the office of the City Engineer at 116 E. Foothill Boulevard, Glendora, California, 91741, or on the internet at www.dir.ca.gov and are hereby incorporated herein and made a part hereof as though set forth in full.

No contractor or subcontractor may be listed on a bid proposal for a public works project (submitted on or after March 1, 2015) unless registered with the Department of Industrial Relations pursuant to Labor Code section 1725.5 [with limited exceptions from this requirement for bid purposes only under Labor Code section 1771.1(a)].

No contractor or subcontractor may be awarded a contract for public work on a public works project (awarded on or after April 1, 2015) unless registered with the Department of Industrial Relations pursuant to Labor Code section 1725.5.

This project is subject to compliance monitoring and enforcement by the Department of Industrial Relations.

Pursuant to California Civil Code Section 3248, the successful bidder shall furnish to the City at the time of execution of the contract a payment bond in an amount equal to one hundred percent (100%) of the contract price. The successful bidder shall also furnish to the City at the time of execution of the contract faithful performance bond in an amount equal to one hundred percent (100%) of the contract price.

Pursuant to California Public Contract Code Section 22300, substitution of eligible and equivalent securities for any moneys withheld to insure performance under the contract for the work to be performed will be permitted at the request and expense of the successful bidder, unless otherwise prohibited by law. The City of Glendora reserves the right to reject any and all proposals, to waive any informalities in any proposal and select the one that best meets the City's needs.

Kathleen R. Sessman, MMC

City Clerk
City of Glendora

Publish in the San Gabriel Valley Examiner on February 18, February 25, 2016. #GB03

NOTICE OF HEARING

Notice is hereby given that the Glendora Planning Commission will conduct a public hearing pursuant to Section 21.02.020 of the Glendora Municipal Code in the City Council Chambers at 116 East Foothill Boulevard, Glendora, California 91741.

Hearing Date: Tuesday, March 1, 2016 at 7:00 p.m.
Project Number: Modification to Conditional Use Permit and Minor Conditional Use Permit (PLN15-0055)

Applicant Request: A request to allow a drive-through restaurant, façade improvement and new building construction within the Route 66 Specific Plan, and modification to an existing Conditional Use Permit for alcohol sales.

Subject Property: 655 S. Grand Avenue
Assessor's Parcel No: 8633-005-027
Applicant: Chris Wilson, Champion Development / Greg Sagherian, DLR Group
General Plan: Route 66 Specific Plan
Zone: GMU, Grand Avenue Mixed Use Gateway
Historical Status: The subject property is not listed on any historical or cultural resource lists and is not included within any such districts or designated areas.

Environmental: A Categorical Exemption is recommended.
Contact Person: Kristen Johnston, Associate Planner (626) 914-8213

If you challenge the decision of the reviewing body in court, you may be limited to raising only those issues raised at the public hearing described in this notice or in written correspondence delivered to the City at or prior to the public hearing.

Michael Matthews,
Chairman, Planning Commission

Publish in the San Gabriel Valley Examiner on February 18, 2016. #GB04

CITY OF COVINA
NOTICE OF PUBLIC HEARING

NOTICE IS HEREBY GIVEN THAT the City Council of the City of Covina will conduct a public hearing for the purpose of considering a resolution entitled, "A Resolution of the City Council of the City of Covina, California, to Establish Fees for Use of Parks & Recreation Facilities."

Date: March 1, 2016
Time: 7:30 p.m. or as soon thereafter as the matter can be heard
Place: City Council Chamber
125 East College Street
Covina, California

All interested persons are invited to the public hearing to express opinions on the matters outlined above. If you challenge any action taken by the City Council regarding such matters, you may be limited to raising only those issues you or someone else raised at the public hearing or in written correspondence, delivered to the Office of the City Clerk at Covina City Hall, 125 East College Street Covina, California, 91723 prior to the public hearing.

Sharon F. Clark
Chief Deputy City Clerk

NOTE: ACCESS TO THE CITY COUNCIL CHAMBER IS FROM THE NORTH SIDE OF THE MAIN CITY HALL BUILDING VIA THE COURTYARD.

Publish in the San Gabriel Valley Examiner on February 18 & 25, 2016. #CB02

NOTICE INVITING BIDS

NOTICE IS HEREBY GIVEN that the City of Glendora, County of Los Angeles, California (hereinafter "City") will receive sealed bids in the office of the City Clerk at 116 E. Foothill Boulevard, Glendora, California, 91741 until 10:00 a.m. on the 3rd day of March, 2016 at which time all bids will be publicly opened and read aloud in the City Council Chambers at the above address for: Mountain View and Dalton Avenue Water Main Replacement, Plan No. 1211 (hereinafter "work").

NO BIDS WILL BE ACCEPTED AFTER THIS DATE AND TIME!

Each bid must be on a bid proposal furnished by the City. The bid must conform and be responsive to all the contract documents and bids will be accepted only from bidders who have obtained Plans and Specifications from the City of Glendora and are registered with the City as a Plan Holder. Copies of bid packet are now on file and open for public inspection in the Office of the City Clerk at the above address and on the City's website at www.ci.glendora.ca.us under Bid/RFP Opportunities. For further information, contact Nick Servin at (626) 914-8248.

The Contract Documents, including specifications, may be purchased at the Office of the City Clerk, 116 E. Foothill Boulevard, Glendora, California during the hours of 8:00 a.m. to 5:00 p.m., Monday through Friday, holidays excepted, upon the payment of \$50.00 per set and, if purchased by mail, an additional \$5.00 per set.

Each bid shall be accompanied by Bidder's Security in an amount equal to at least ten (10) percent of the bid amount, which security shall be lawful money of the United States of America and in one of the following forms: (i) cash, (ii) cashier's check made payable to the City, (iii) certified check made payable to the City, or (iv) bid bond executed by an admitted surety insurer and made payable to the City. City Bid Bond form must be used.

Pursuant to California Labor Code Section 1770 et seq., copies of the determination of the Director of the Department of Industrial Relations of the general prevailing rate of per diem wages for each craft, classification and type of workman needed to execute the work are on file in, and available to any interested person on request, at the office of the City Engineer at 116 E. Foothill Boulevard, Glendora, California, 91741, or on the internet at www.dir.ca.gov and are hereby incorporated herein and made a part hereof as though set forth in full.

Pursuant to California Civil Code Section 3248, the successful bidder shall furnish to the City at the time of execution of the contract a payment bond in an amount equal to one hundred percent (100%) of the contract price. The successful bidder shall also furnish to the City at the time of execution of the contract faithful performance bond in an amount equal to one hundred percent (100%) of the contract price.

Pursuant to California Public Contract Code Section 22300, substitution of eligible and equivalent securities for any moneys withheld to insure performance under the contract for the work to be performed will be permitted at the request and expense of the successful bidder, unless otherwise prohibited by law. The City of Glendora reserves the right to reject any and all proposals, to waive any informalities in any proposal and select the one that best meets the City's needs.

Kathleen R. Sessman, MMC

City Clerk
City of Glendora

Publish in the San Gabriel Valley Examiner on February 18 & February 25, 2016. #GB05

istrant commenced to transact business under the fictitious business name listed above on (date): N/A. This statement was filed with the County Clerk of Los Angeles County on (Date) 01/27/2016. NOTICE: This fictitious name statement expires five years from the date it was filed in the office of the county clerk. A new fictitious business name statement must be filed before that time. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq. Business and Professions Code). Publish: 02/11/2016, 02/18/2016, 02/25/2016, 03/03/2016. THE SAN GABRIEL VALLEY EXAMINER. AAA132695.

FICTITIOUS BUSINESS NAME STATEMENT 2016020374
The following person(s) is/are doing business as: A B WINDOW WASH- ING, 1427E 122ND PL, LOS ANGELES, CA 90059. Mailing address if different: N/A. The full name(s) of registrant(s) is/are: ANDRE DAVIS, 1427E 122ND PL, LOS ANGELES, CA 90059. This business is conducted by: DANIEL H. PARK, PRESIDENT. I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.) Signed: ANDRE DAVIS, OWNER. The registrant commenced to transact business under the fictitious business name listed above on (date): N/A. This statement was filed with the County Clerk of Los Angeles County on (Date) 01/27/2016. NOTICE: This fictitious name statement expires five years from the date it was filed in the office of the county clerk. A new fictitious business name statement must be filed before that time. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq. Business and Professions Code). Publish: 02/11/2016, 02/18/2016, 03/03/2016. THE SAN GABRIEL VALLEY EXAMINER. AAA131966.

FICTITIOUS BUSINESS NAME STATEMENT 2016020613
The following person(s) is/are doing business as: THE PHOTOGRAPHY MACHINE, 3750 CHERYWOOD AVE, LOS ANGELES, CA 90018-4009.

Mailing address if different: N/A. The full name(s) of registrant(s) is/are: HISHAM ABAHUSAYN, 3750 CHERYWOOD AVE, LOS ANGELES, CA 90018-4009, TRACIE ABAHUSAYN, 3750 CHERYWOOD AVE, LOS ANGELES, CA 90018. This business is conducted by: MARIRED COUPLE. I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.) Signed: TRACIE ABAHUSAYN, WIFE. The registrant commenced to transact business under the fictitious business name listed above on (date): 01/01/2005. This statement was filed with the County Clerk of Los Angeles County on (Date) 01/27/2016. NOTICE: This fictitious name statement expires five years from the date it was filed in the office of the county clerk. A new fictitious business name statement must be filed before that time. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq. Business and Professions Code). Publish: 02/11/2016, 02/18/2016, 02/25/2016, 03/03/2016. THE SAN GABRIEL VALLEY EXAMINER. AAA132005.

FICTITIOUS BUSINESS NAME STATEMENT 2016021707
The following person(s) is/are doing business as: 1. OC BLOCK PARTY, 2. ANIME IMPULSE, 3940 ROSEMEAD BLVD, ROSEMEAD, CA 91770. Mailing address if different: N/A. The full name(s) of registrant(s) is/are: LIGHTS AND SOUNDS COLLECTIVE INC, 3940 ROSEMEAD BLVD, ROSEMEAD, CA 91770 (State of Incorporation/Organization: CA). This business is conducted by: CORPORATION. I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.) Signed: DANIEL H. PARK, PRESIDENT. The registrant commenced to transact business under the fictitious business name listed above on (date): N/A. This statement was filed with the County Clerk of Los Angeles County on (Date) 01/28/2016. NOTICE: This fictitious name statement expires five years from the date it was filed in the office of the county clerk. A new fictitious business name statement must be filed before that time. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq. Business and Professions Code). Publish: 02/11/2016, 02/18/2016, 02/25/2016, 03/03/2016. THE SAN GABRIEL VALLEY EXAMINER. AAA132443.

FICTITIOUS BUSINESS NAME STATEMENT 2016022345
The following person(s) is/are doing business as: AMY'S NAILS & SPA, 2911 ROLLING HILLS ROAD, TORRANCE, CA 90505. Mailing address if different: N/A. The full name(s) of registrant(s) is/are: JEANNIE VU, 57 SUNSET CIRCLE, WESTMINSTER, CA 92683. This business is conducted by: INDIVIDUAL. I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.) Signed: JEANNIE VU, OWNER. The registrant commenced to transact business under the fictitious business name listed above on (date): N/A. This statement was filed with the County Clerk of Los Angeles County on (Date) 01/28/2016. NOTICE: This fictitious name statement expires five years from the date it was filed in the office of the county clerk. A new fictitious business name statement must be filed before that time. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq. Business and Professions Code). Publish: 02/11/2016, 02/18/2016, 02/25/2016, 03/03/2016. THE SAN GABRIEL VALLEY EXAMINER. AAA132558.

FICTITIOUS BUSINESS NAME STATEMENT 2016022574
The following person(s) is/are doing business as: ANIBAL DIAZ AFD, 13125 VERDURA AVENUE, DOWNEY, CA 90242. Mailing address if different: N/A. The full name(s) of registrant(s) is/are: ANIBAL DIAZ, 13125 VERDURA AVENUE, DOWNEY, CA 90242. This business is conducted by: INDIVIDUAL. I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.) Signed: ANIBAL DIAZ, OWNER. The registrant commenced to transact business under the fictitious business name listed above on (date): N/A. This statement was filed with the County Clerk of Los Angeles County on (Date) 01/28/2016. NOTICE: This fictitious name statement expires five years from the date it was filed in the office of the county clerk. A new fictitious business name statement must be filed before that time. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq. Business and Professions Code). Publish: 02/11/2016, 02/18/2016, 02/25/2016, 03/03/2016. THE SAN GABRIEL VALLEY EXAMINER. AAA132588.

FICTITIOUS BUSINESS NAME STATEMENT 2016022645
The following person(s) is/are doing business as: VENUS COSMETIC SURGERY ARCADIA, 1245 W HUNTINGTON DRIVE #212, ARCADIA, CA 91007. Mailing address if different: N/A. Articles of Incorporation or Organization Number: C986584. The full name(s) of registrant(s) is/are: TOP MD, INC, 1245 W HUNTINGTON DRIVE #212, ARCADIA, CA 91007 (State of Incorporation/Organization: CA). This business is conducted by: CORPORATION. I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.) Signed: JIUNG TSONG WANG, PRESIDENT. The registrant commenced to transact business under the fictitious business name listed above on (date): 12/29/2016. This statement was filed with the County Clerk of Los Angeles County on (Date) 02/04/2016. NOTICE: This fictitious name statement expires five years from the date it was filed in the office of the county clerk. A new fictitious business name statement must be filed before that time. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq. Business and Professions Code). Publish: 02/11/2016, 02/18/2016, 02/25/2016, 03/03/2016. THE SAN GABRIEL VALLEY EXAMINER. AAA132696.

FICTITIOUS BUSINESS NAME STATEMENT 2016022632
The following person(s) is/are doing business as: ARREGONDO'S LAND- SCAPING, 13323 PASHA PL, SYLMAR, CA 91342. Mailing address if different: N/A. The full name(s) of registrant(s) is/are: PEDRO OLIVEROS ARREGONDO, 13323 PASHA PL, SYLMAR, CA 91342. This business is conducted by: INDIVIDUAL. I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.) Signed: PEDRO OLIVEROS ARREGONDO, OWNER. The registrant commenced to transact business under the fictitious business name listed above on (date): N/A. This statement was filed with the County Clerk of Los Angeles County on (Date) 02/02/2016. NOTICE: This fictitious name statement expires five years from the date it was filed in the office of the county clerk. A new fictitious business name statement must be filed before that time. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq. Business and Professions Code). Publish: 02/11/2016, 02/18/2016, 02/25/2016, 03/03/2016. THE SAN GABRIEL VALLEY EXAMINER. AAA132693.

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NOTICE OF UNSCHEDULED VACANCY

ON A BOARD APPOINTED BY THE CITY COUNCIL OF THE CITY OF GLENDRORA

NOTICE IS HEREBY GIVEN that the City of Glendora will be accepting applications until 5:00 p.m. on Tuesday, March 1, 2016, for the following unscheduled vacancy:

UNSCHEDULED VACANCY (1): Investment Advisory Committee
TERM EXPIRES: June 30, 2016 (



San Gabriel Valley Examiner

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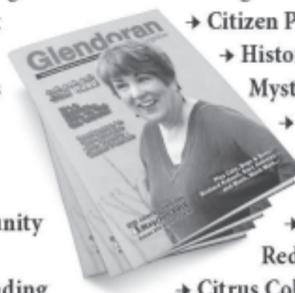
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Citrus College Welcomes New Dean of Students

GLENDORA - An experienced student services administrator has been selected to serve as the new Citrus College dean of students.

The appointment of Dr. Maryann Tolano-Leveque was approved by the Citrus Community College District Board of Trustees during its January 19, 2016 meeting. She fills a position left vacant when Dr. Martha McDonald was named vice president of student services in August.

Dr. Tolano-Leveque brings more than a decade of experience in higher education to Citrus College. Most recently, she served as director of the Honors Program at Mt. San Antonio College (Mt. SAC). Her professional background also includes time spent as director of Student Life at Mt. SAC, student activities coordinator at Mt. SAC, and student programs director at California Polytechnic University, Pomona (Cal Poly).

In her new position, Dr. Tolano-Leveque will be responsible for providing leadership in the areas of student life and leadership development, student government, student clubs, student discipline, the student health center and the Veterans Success Center at Citrus College.

"The mission of Citrus College is to foster a learning environment that supports college completion and student achievement. Effective leadership in the student affairs division is a crucial aspect of fulfilling this mission," said Dr. Geraldine M. Perri, superintendent/president of Citrus College.

"We are confident that Dr. Tolano-Leveque's professional experience, academic preparation, and most importantly, desire to serve students, will enable the student affairs division to build upon its long history of success."

A former community college student, Dr. Tolano-Leveque attended Chaffey College in Rancho Cucamonga, Calif. She received both a Bachelor of Science degree in communications and a master of arts in education from Cal Poly, Pomona. She also holds a doctor of education in psychology degree from the University of Southern California.

In addition to serving as a college administrator, Dr. Tolano-Leveque has conducted several professional presentations, primarily centered on leadership education and student discipline. During her tenure at both Mt. SAC and Cal Poly, she was active in shared governance and in planning campus events.

"The Citrus Community College District Board of Trustees is pleased to welcome Dr. Tolano-Leveque into her new role as dean of students," said Mrs. Susan M. Keith, board president. "As a former community college student, Dr. Tolano-Leveque has a unique understanding of the challenges our students face. And, as an experienced college administrator, she has the valuable knowledge and skills to meet these challenges. We look forward to working her as Citrus College continues its efforts to increase college completion and student success."

Mt. SAC to Hold Cash for College Event

WALNUT - With more than 1,200 attendees expected, Mt. San Antonio College will offer free financial aid assistance to area high school seniors and their parents during its annual "Cash for College" fair on Saturday, **February 20**. The event kicks off with opening presentations by Senator Ed Hernandez and other local legislators starting at 9 a.m. in Mt. SAC's Sophia B. Clarke Theater.

"This event is all about helping students fill out the necessary financial aid forms by the March 2 deadline so that they don't miss out on thousands of dollars that may be available to them," said Mt. SAC Financial Aid Director Chau Dao.

Cash for College provides hands-on assistance to college-bound students and their parents in completing and filing the Free Application for Federal Student Aid (FAFSA) forms for the 2015-16 academic year. The event also helps students maximize their financial aid prospects by meeting the March 2 priority financial aid filing dead-

line. Assistance with the California Dream Act application will also be available. Filing applications early is recommended.

Parents and students must bring a copy of students' Social Security cards or permanent resident cards, and a 2015 federal 1040 tax return and W-2. If 2015 information is not available, a 2014 tax return may be used along with 2014 W-2 forms. The workshop information and assistance can be used to apply to any college, not just Mt. SAC.

Information and application forms will also be available for Admissions, Extended Opportunity and Programs Services, and other Mt. SAC student support services.

For more information or to make a reservation, call the Mt. SAC Financial Aid Office at (909) 274-4457, email for more information at scholarships@mtsac.edu, or make a reservation online at <http://www.mtsac.edu/financialaid/cashfair.html>.

Translations on Prescription Drug Labels

Patients can now request translations on the directions for use on certain prescription labels. Being able to read a prescription label is an essential element of being able to understand how to take medication appropriately.

In January 2016 new California requirements for prescription labels took effect that establish a mechanism by which patients with limited English skills may often obtain translated directions on their prescription container labels or as a supplement to the label.

This law was sponsored by the California Board of Pharmacy and authored by Assembly Member Ting as AB 1073.

The law recognizes that many dispensers already provide translations on prescription containers and the enacted legislation allows this practice to continue. This law creates another opportunity for consumers to receive translations. Consumers interested in receiving such translations should request this service from their pharmacy.

In some cases, a translation may not be available for the pharmacy to provide. In such cases, the board strongly encourages consumers to use the free interpreter services available at the pharmacy to ensure they understand how to safely take medications.

Baldwin Park Unified School Board Selects New Superintendent

Interim Superintendent Froilan N. Mendoza Steps into District's Top Job

BALDWIN PARK - Baldwin Park Unified School District's Board of Education on Tuesday named 16-year District administrator Froilan N. Mendoza as its new superintendent.

Mendoza, who has served as interim superintendent since September 2015, previously held posts as the District's associate superintendent, senior director of student achievement, director of extended educational programs and coordinator of early childhood education.

"Mr. Mendoza is the right choice for Baldwin Park Unified," Board President Christina Lucero said. "He creates teams that play to people's strengths and unify everyone behind our goal to provide the highest-quality education for our students."

Lucero said the Board decided not to conduct a search to fill the post after observing Mendoza over the last five months.

"When you see somebody who has the talent to do the job, someone who knows the community and who respects the community, the students and their team, there's no reason to look outside," Lucero said.

Lucero said Mendoza's inclusive and collaborative approach is evident by his first request to board members: that they publicly announce their expectations for him during an upcoming board meeting so the community can join in holding him accountable.

Mendoza holds a Master of Arts in Educational Administration from California State University, Los Angeles, and is studying for his doctorate at USC. He began teaching as a substitute in the Jurupa Unified School District in 1990. He later worked as a counselor, assistant principal and principal level coordinator for the Los Angeles County Office of Education. He joined Baldwin Park Unified in 2000.

"This is a wonderful opportunity," Mendoza said. "For 16 years, I've had the privilege of working with talented and dedicated educators. I look forward to drawing on their strengths as we ensure Baldwin Park Unified continues to provide our students with the tools they need to be successful both here and in their college and career endeavors."

Mendoza said he looks forward to collaborating with community members, students, teachers and staff in developing the District's new Local Control and Accountability Plan, establishing additional career education paths with the aid of a \$1.8 million, three-year grant; as well as setting goals for school technology.

Mendoza said he will begin meeting with community members, staff and other District stakeholders to learn what they believe is necessary to generate continued success for the students of Baldwin Park Unified.

In 2015, Baldwin Park Unified earned six Gold Ribbon honors for school excellence from the California Department of Education, a Golden Bell for science instruction and Model Continuation School status at North Park High.

This year, the District hopes to receive as many as seven Gold Ribbon awards for its elementary programs, as well as a Seal of Excellence from the California Association of Bilin-



Baldwin Park Unified Superintendent Froilan N. Mendoza

qual Education for its dual-language program at Walnut Elementary School.

Established in 1995, the popular District Spanish/English program is one of California's oldest and most respected. The immersion program continues at several elementary schools, middle schools, at Baldwin Park High School and, in 2016-17, will be expanded to include Sierra Vista High School.

"We have a lot of amazing programs," Lucero said. "That will only continue to grow under Mr. Mendoza's leadership."

Finding Wisdom In The Emotional Roller Coaster Of Becoming A Teenager

If you had a switch you could flip that would shut off your emotions—or your child's—would you flip it? Some might say yes, particularly during pre-teen and teen years. But making the most of our emotions during those years is essential to growth, notes psychology professor Dr. Dacher Keltner. Keltner served as science adviser to Pixar's hit film *Inside Out* (on Blu-ray, Digital HD & DVD), which uses an exciting, fun and funny story to help viewers understand how five basic emotions—personified in characters Joy, Anger, Disgust, Fear and Sadness—influence the mind of an 11-year-old girl named Riley.

"Emotional struggles are actually a good thing," says Keltner, faculty director of the Greater Good Science Center based at the University of California, Berkeley (<http://greatergood.berkeley.edu>) and author of the best-seller "Born To Be Good: The Science of A Meaningful Life."

"When the movie opens, Riley's personality is principally defined by Joy," he notes, "and this is fitting with what we know scientifically—that childhood is a period of abundant pleasure and joy. But as the movie progresses, her other emotions begin to have a greater impact on how she perceives the world, expresses herself and evokes emotional responses in others."

The movie dramatizes insights that can be very helpful to parents raising children, especially as their youngsters advance into their tweens and teens. Keltner, a father of two daughters who survived their pre-teen years, also notes, "During that time, kids often lose some of the joy dominating their childhood, and they begin to experience more uncomfortable emotions—emotions like fear, sadness, and anger. These are a normal part of growing up."

Parents may find the scientific findings Dr. Keltner shared with *Inside Out* filmmakers—especially those about tweens' and teens' development—en-



Disney-Pixar's *Inside Out* takes us to the most extraordinary location yet—inside the mind of Riley. Like all of us, Riley is guided by her emotions—Joy (voiced by Amy Poehler), Disgust (voiced by Mindy Kaling), Sadness (voiced by Phyllis Smith), Fear (voiced by Bill Hader) and Anger (voiced by Lewis Black). The emotions live in Headquarters, the control center inside Riley's mind where they help advise her through everyday life. Directed by Pete Docter and produced by Jonas Rivera.

lightening.

1. Emotions are good for you. All our emotions exist for a purpose and they help us accomplish things. For example, fear helps us avoid danger; anger helps us make sure things are fair. All emotions, when expressed in the right way, can benefit us in our social lives.

2. Emotions provide insights to guide how we see the world. Emotions have powerful influences upon our perceptions, our attention, our memories, our judgment. Every emotion tells us something about our inner experience that might inform how we respond to our personal circumstances. Emotions are guides that provide insights into how we should handle really important life transitions—like moves, loss, and developmental changes.

3. Emotions help organize rational thinking and shape how we relate to others. Traditionally, Western thought tells us emotions are enemies of rationality and disruptive to cooperative social relations. The truth is dramatically different: Emo-

tions guide our perceptions of the world, our sense of right and wrong, and influence our memories of the past in ways that enable effective responses to current situations.

4. Sadness is essential to processing life's losses and healing. *Inside Out* offers an approach that might not seem initially intuitive: Embrace sadness and let it unfold, while engaging patiently with a pre-teen's emotional struggles. "An important aspect of the adolescent experience, and part of growing up, is loss," says Keltner. "Loss of friends, loss of childhood—it's necessary to human development. Sadness will clarify what has been lost (childhood) and move the family toward what is to be gained: the foundation of new identities, for children and parents alike."

5. Remember, emotions change. As captured in the movie, emotions are fleeting, and they help the individual attend to and act upon important matters in one's present situation. But emotions change, most

typically lasting only a half-minute or so. When we recognize fear, anger and sadness are fleeting, we are less likely to be overwhelmed in the moment.

6. Happiness isn't just one feeling. Happiness isn't just about the positive. Happiness is really about the full array of emotions and experiencing them in the right context and expressing them in the right way. While most parents want their children to just be happy, that can't always be. You need sadness, anger and fear to grow into a complete person.

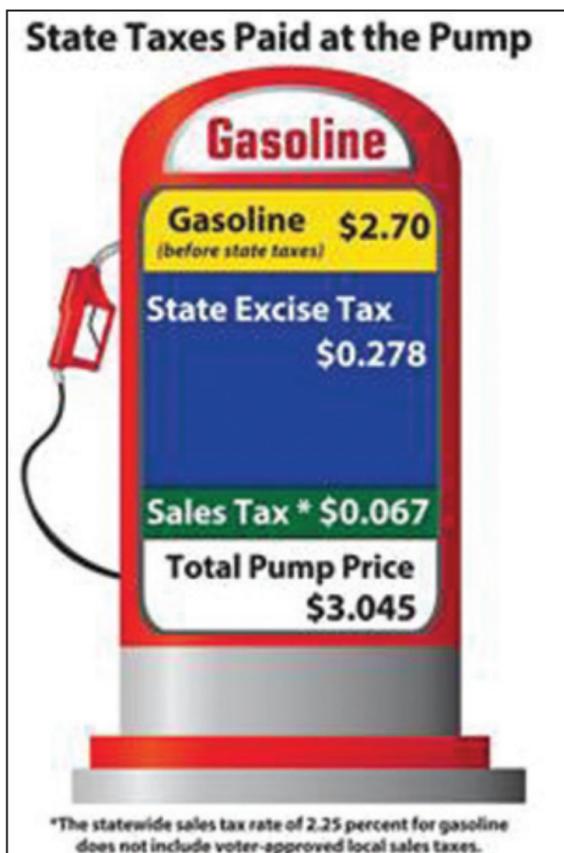
7. Feeling our emotions is a universal human experience. Dr. Keltner adds, "At the end of the day, no matter who we are, we have the capacity to feel the same range of emotions. Therefore, if we can realize we are all just fighting our own hard battles, we might experience this world with more compassion and less judgment. *Inside Out* reminds us of our common humanity, how similar we all actually are despite our differences." (NAPSI)

BOE Considers Lowering Gasoline Excise Tax Rate for Third Year in a Row

SACRAMENTO – The California State Board of Equalization (BOE) will consider lowering the excise tax rate for gasoline by 2.2 cents for Fiscal Year (FY) 2016-17 during its February 23, 2016 meeting in Culver City. If adopted, the excise tax rate on gas will be 27.8 cents per gallon from July 1, 2016 through June 30, 2017. The current excise tax rate of 30 cents per gallon remains in effect until June 30, 2016.

California drivers pay two types of state taxes on gas: sales tax, which is a percentage of the price and a per-gallon excise tax. Before AB x8 6 and SB 70—collectively referred to as the “fuel tax swap”—took effect in 2010, drivers paid the full sales tax rate (then 8.25 percent), and an excise tax rate of 18 cents per gallon. The fuel tax swap lowered the sales tax rate on gasoline to 2.25 percent and requires the BOE to set a per-gallon excise tax rate annually before March 1.

“What is probably most important to California drivers is the fact that this excise tax rate



is calculated such that drivers still pay the same amount in overall taxes at the pump that

they would have paid before the swap,” said BOE Chairman Jerome Horton.

In FY 2014-15, the BOE collected nearly \$5.4 billion in excise tax for the state’s Motor Vehicle Fuel Account, which helps pay for highways, roads, and other public transportation projects. The sales tax on gasoline also helps fund a variety of state and local road programs.

How the rate is determined The excise tax rate takes into account a number of factors including: projected gas price, forecasted amount of gallons sold, sales tax revenue that would have been collected prior to the fuel tax swap, and tax revenue over- or under-collected in the prior fiscal year. The rate ensures that over a three-year period, motorists do not pay more or less in overall gas taxes than they would have prior to the swap.

Supervisor Antonovich’s Pet Of The Week: “Henry”



LOS ANGELES COUNTY — At the Board of Supervisors meeting, Supervisor Michael D. Antonovich presents “Henry,” a 5-year old Miniature Pinscher 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) 256-1649.

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San Gabriel Valley Economic Partnership Board of Directors Approves Jeff Allred as New President and CEO

IRWINDALE - The San Gabriel Valley Economic Partnership Board of Directors approved Jeff Allred, current City Manager of Rosemead, as the next President and CEO of the Partnership.

Allred, a 50-year resident of the San Gabriel Valley, has served in various capacities of city management in the cities of Rosemead, La Verne, El Monte, West Covina and Pomona and has extensive economic development experience.

“Jeff has an impressive track record of success in strategic planning for economic development,” said David Reyno, Director of Government Relations for Foothill Transit and Chair of the San Gabriel Valley Economic Partnership Board. “We look forward to how Jeff will position the Partnership to lead and support the growth of the San Gabriel Valley economy.”

Economic development has been a key priority during Allred’s tenure as city manager of Rosemead, with substantial new businesses opening in the city along with major infrastructure and aesthetic improvements at the city’s entry points. Allred managed an aggressive building program, completing two state-of-the-art aquatic centers and a new civic center downtown plaza. Prior to joining Rosemead, Allred spent five years as the city manager of City of Norco in Riverside County. He has had a long and distinguished career



Jeff Allred

in local government in the San Gabriel Valley, previously serving in key administrative roles with the Tri-City Mental Health Authority and with the cities of La Verne, Downey, El Monte, and West Covina. He has been actively involved with the San Gabriel Valley Council of Governments, serving as President of the San Gabriel Valley City Managers Association in 2013-14 and a member of the Steer-

ing Committee.

Allred will retire from Rosemead at the end of April 2016 and assume the role of President and CEO of the Partnership in May 2016. He is preceded by Cynthia Kurtz who was President and CEO of the Partnership for seven years before accepting a position as Director of Operations for LA River Revitalization Corporation in January 2016.

Santa Anita Bowling Green Club Monthly Floy Torvid Tournament

By Gene Plunkett

ARCADIA - Starts like always. Cool and then it warms up. That goes for the weather and the bowling too. Another beautiful Thursday for the monthly Floy Torvid Mixed Pairs Tournament. Set of games was not crowded. Only seven teams had entered. We had a couple of spares but they didn’t compete.

Being a contest where we play one game, have lunch and play the second game and then go home, it followed true to form. After the awards were handed out the winners left before we could get their picture. Just take the money and run,

eh?

The usuals were the winners. First place were the Tongs, Kay and Cecilia. Second place was the team of Alan Ngo and Joy Wang. Pulling into the third spot was Fan Hung and Raymond Che. Others in the contest were, Marino Tudor and Gene Plunkett, Tom and Foster Wang, and Dewey Tse and Juanita Jones.

This is why we’re always looking for new bowlers. The more we have the more different winning combinations we can have. Besides you can participate in our monthly ice cream and cake birthday parties, the Christmas Extravaganza, and

just enjoy the company of some mighty nice people.

Lawn bowling is really easy to learn and it can be your prime sport for a long, long time. We have had bowlers in their 90 play the sport. It’s a low space aerobic exercise and after one or two lessons you can be playing with the other members. What you put into the sport is what you will get out of it. Social bowling, or highly competitive bowling are available to suit your wants and needs. You have to try it first though.

For our free lessons, come to the bowling greens Saturday mornings between 8:30 and 8:45. Gene Plunkett will get you bowling during that time frame. After the 8:45 mark, he signs up to lawn bowl. So, if you are interested in learning the best kept secret in the sporting world be there Saturday morning. Of course you can call Gene at 626-351-5327 and arrange for free lessons to suit your schedule, or just get information in general. If you have a computer go to our web site: www.lawnbowling-arcadia.com. That’s where you can get a lot of information, for free.

Join up and start having fun. Our motto is; Lawn Bowling is Happy Times with Good Friends. See you on the greens.

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