



San Gabriel Valley Examiner

25 cents

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STRIVING FOR JOURNALISTIC EXCELLENCE IN LOCAL NEWS

January 14 - 20, 2016

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"Dexter" / 15

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Attempted Robbery at CVS Pharmacy in Azusa Solved with Help From Social Media Users

By George Ogden/Azusa PD

AZUSA - Back on Saturday, December 26, 2015 at about 4:48 pm, Azusa Police officers were dispatched to a robbery at the CVS Pharmacy located at 367 N. Citrus Avenue, in Azusa.

Upon their arrival, the officers located a female victim. The victim told the officers she had been approached by two males while she was inside the store. Suspect #1 approached her from behind and pressed a sharp instrument, which was possibly a knife, against her back. Fearing she was being robbed, the female screamed and gained the attention of a store employee, who was able to interrupt the robbery.

The suspects immediately left the store. The victim was not injured in this incident. CVS Pharmacy provided video of the incident and several still images were captured of the suspects. The Azusa Police soon posted the photos of the wanted suspects on Social Media including Facebook with a request that everyone repost and/or share this information on Facebook and other Social Media.



Original pictures posted by the Azusa Police Department to get the community to help ID the suspects.

Suspect #1 was described as a Hispanic male, about 20 to 25 years of age; 5'06" to 5'08" tall, medium build, with dark hair. He was wearing a gray hooded sweatshirt with a Nike emblem on the front, blue jeans, a gray beanie, and bright blue athletic shoes. Suspect #2 was a Hispanic male, about 20 to 25 years of age, 5'09" tall, husky build, with dark hair. He was wearing

a black hooded sweatshirt with a white shirt underneath, blue jeans and black and white athletic shoes.

There was an overwhelming response. Thanks to Social Media - attempted robbery suspect is in custody! The Azusa Police Department's Detective Bureau released portions of the video and several still images to the public through the

department's various social media platforms. Within hours, both subjects from the video had been identified and contacted.

After completing interviews with the subjects, one of them was arrested for this crime. Carlos Antonio Ramos (Age 31 - resident of Azusa) was arrested for violation of section 664/211 of the California Penal

Code. This is the section for attempted robbery. Ramos is being held in custody in lieu of \$50,000 bail.

Azusa Police Chief Sam Gonzalez and the men and woman of the Azusa Police Department, would like to thank the public for their help in identifying the subjects involved in this crime.

Duarte's Promise Volunteers Continue to Serve Duarte

DUARTE - Duarte was the first city in the San Gabriel Valley to join the national movement committed to enhancing the lives and futures of America's youth. The Alliance challenges communities to make youth a priority by fulfilling five promises for children and teens:

- Ongoing relationships with caring adults-parents, mentors, tutors, coaches.
- Safe places and structured activities during non-school hours.
- A healthy start and future.
- Marketable skills through effective education.
- Opportunities to give back through community service.

At a recent Duarte Kiwanis meeting, two Promise Fellows shared their passion for volunteering and various opportunities to serve. Andrea Edwards has been partnering with the



Duarte Kiwanis President, Cheryl Reynolds, Duarte's Promise Fellows Andrea Edwards and Diego Renteria.

Duarte Senior Center - and has created the first Duarte Senior Center Chorus! The chorus was available during the holidays for performances (4 songs for \$40.00).

Diego Renteria shared the opportunity to share with needy families in our area through the

Holiday of Promise. They also shared information on the El Nino Preparation and Response workshops.

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

Take Over Bank Robbery in Covina

By George Ogden

COVINA - Covina police provided the following information on a takeover robbery of a Covina bank.

On Thursday, January 7, at approximately 10:54 AM, Covina Police Officers were dispatched to a reported armed bank robbery at the Bank of the West, located at 770 S. Citrus Ave. in the City of Covina. Upon arrival, officers determined a takeover robbery had

occurred within the bank and the suspects had already fled the location.

According to bank employees, three African American males entered the location and one was armed with a handgun. The suspects ordered all of the customers and employees to the ground, while two of the suspects jumped over the counter and removed money from the various teller drawers. The sus-

pects then ran out of the bank and are believed to have entered a SUV type vehicle, which quickly drove out of the area.

The suspects are described as African American males in their mid- 20's, wearing dark clothing and gloves.

Police are still gathering other information and evidence and are requesting anyone who may know or had seen something to please contact them.



Pictures of one of three suspects in a takeover robbery of a Covina bank. Courtesy of Covina Police Department.

America's Christian Credit Union's "Live The Mission" Initiative A Success In Its First Year



Assemblymember Roger Hernandez with Mendell L. Thompson, Glendora City Council Officials & Animal Shelter Representatives Kristianna Torres, Khloe Carlson-Torres, ACCU Staff Daniel Warner

GLENDORA — Last year, America's Christian Credit Union initiated its overwhelmingly successful community outreach program, Live the Mission. In its first year, staff hosted or took part in ten major community events, a half-dozen run/walks for charities, and more than doubled their level of overall charitable giving. ACCU's three charities of choice - Children's Hospital Los Angeles (CHLA), Neighborhood Homework House and Shepherd's Pantry - were the chief beneficiaries of the employees' financial gifts.

ACCU hosted the "Pause for Paws" pet adoption event on Valentine's Day, helping more than 15 animals find permanent homes. In May, the credit union's Home Office in Glendora was also the venue for the second annual Patriot Week festivities, which honored local veterans, active-duty service members, and first responders. In November, ACCU organized and hosted its fourth annual "Annual Day of Praying Together" (ADOPT), focusing on prayer and awareness of our country's great need for the adoption of orphans, foster chil-

dren, and other at-risk kids who desperately seek a forever family to take them in.

Staff participated in additional worthy projects and fundraisers, including Empty Bowls hosted by the First Christian Church of Glendora; Occasional Angels with Neighborhood Homework House in Azusa; the Salvation Army's Christmas Angels gift program; and events benefitting Mothers Helping Others, L.A. Dream Center, and other charities and non-profit ministries. The Credit Union was noticed by many organizations in the community. Andie Alama-Smith, Director of Corporate Relations at The Dream Center exclaimed, "Your partnership has made this year an enjoyable and memorable one for the children and families amongst the Los Angeles area."

Mendell L. Thompson, America's Christian Credit Union President/CEO, explained, "Our mission is 'to

Reach, Serve and Teach.' Over a year ago we set out to demonstrate that mission with our actions in the community, and I'm overwhelmed by our staff's response to our Live the Mission campaign. I'm proud of the work we've accomplished this year in our efforts to give back to this community that has given us so much."

Live The Mission concluded the year by bestowing recognition on the team and the individual with the greatest level of giving, in terms of time spent on charitable and outreach events, dollars donated, and community events attended. For 2015, the team award went to SVP/CFO Nicki Harms and her "Team David" team members, and the individual honor went to AVP of Human Resources Richard Mathews. Both were recognized for their outstanding work at the company's staff Christmas breakfast on December 18.

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Be Prepared, Stay Informed 10 Ways to Weather El Niño

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



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Despite recent rains...

THE DROUGHT IS NOT OVER!

Thank you to Azusa Light & Water's valued customers for continuing to conserve water.

The Facts

- AL&W must reduce 20% water use from 2013 levels or subject to state fines
- Mountain reservoirs are at minimum levels
- Underground water storage basin is at the lowest level in history
- Projected rainfall is not enough to eliminate water shortages
- Only 13% water usage reduction projected for December

How YOU can help

- Limit landscape watering to the mandatory ONE DAY per week schedule (November-March)
- No watering from 9 AM to 6 PM on any day
- No watering during or within 48 hours of rain
- Conserve more water indoors!

Please continue to use water sparingly!



Rebate and Drought Resources
 www.azusalw.com
 Drought Hotline: (626) 812-5119



Huff Pushes for Wisest Use of Proposition 41 Money

Participates in Senate Joint Oversight Hearing for VHHP Bond Act of 2014

SACRAMENTO - Senate Minority Leader Emeritus Bob Huff (R-San Dimas) took part in a special oversight hearing this week at the State Capitol that involved both the Senate Transportation & Housing Committee and Senate Veterans Affairs Committee. The hearing focused on the Veterans Housing and Homelessness Prevention (VHHP) Program created under Proposition 41, which authorized \$600 million in bond funding to pay for multifamily housing for veterans.

Senator Huff is the author of SB 689, which will give preference points for the Proposition 41 bond awarding process for projects that are in coordination with the United States Department of Veterans Affairs' (USDVA) programs and services or if the project keep a mental health professional on staff or contract for their services.

"In 2014, voters passed the Veterans Housing and Homelessness Prevention Bond Act (Proposi-

tion 41) which is targeted at providing housing for homeless and low-income veterans," said Senator Huff. "But to provide additional housing without the promise of mental health services doesn't begin to address the problems that many veterans in California face. I have introduced SB 689 in an effort to maximize the dollars by linking federal and state services."

The California Department of Veterans Affairs (CDVA) estimates that there are over 15,000 homeless veterans in California. Of those, the CDVA estimates 55% of homeless veterans are in need of mental health services. While CDVA has mental health programs for veterans, making the homeless population aware of the programs or getting them to participate is difficult.

Veterans can face unique challenges. There are many emotions involved with being at war, separated from loved ones, as well as the stressors that are

inherent in multiple and extended deployments. The stress encountered in service abroad can also play a role in mental health issues, including anxiety, post-traumatic stress disorder (PTSD), and substance abuse. Since Proposition 41 projects will be securing a good number of California's homeless veterans by providing them housing, the state can and should provide them the opportunity for mental health services.

"Providing our veterans with the shelter they need is absolutely the right thing to do, but it's only a temporary solution to a much larger mental health problem," said Senator Huff. "Without mental health services, we are potentially losing an opportunity to help this very important population and help curb the problem of homelessness. Efforts like SB 689 maximize dollars on the table for services from USDVA, that's wise for the veteran and wise for the state."

Holden Urges Constituents to Prepare for El Nino and Take Advantage of Local Resources

SACRAMENTO - As the season's downpour begins from the effects of a strong El Nino, Assembly Majority Floor Leader Chris Holden urges constituents to educate themselves about the resources available, and to do their part to keep their family, community, and property safe.

"From flooding to mudslides, the strong El Nino conditions now in effect have the potential to cause serious damage and harm to my district and the residents living here," said Assembly Majority Floor Leader Chris Holden. "Cities and counties in

Southern California are doing a phenomenal job preparing for El Nino by clearing sewage drains and providing free sand bags, but residents need to take the time to educate themselves on what they can do to stay safe and to protect their homes"

Links to local, detailed information for cities and counties represented in the 41st Assembly District can be found on Assembly Member Holden's website at <http://asmdc.org/members/a41/other-resources/el-nino-storm-preparation>. In-

formation provided by local cities includes long term preparedness tips, where to pick up free sand bags, and apps available to connect residents with city utility companies.

"We can drastically mitigate any damage or harm from El Nino if everyone does their part," said Holden. "I encourage everyone to create an emergency kit for their home, clear out drains and gutters, collect sand bags if needed, and to pay close attention to the weather and road conditions."

Internal Controls Needed To Ensure Transparency In Distribution Of Housing Funds

LOS ANGELES COUNTY - In a report to be released, the Auditor-Controller identified a lack of internal protocols and procedures to accurately document and approve approximately \$16 million administered in funding for housing assistance through the Department of Public Social Services (DPSS).

"The findings from the Auditor-Controller signify a major breakdown in the training, documentation and approval process for these critical service programs," said Supervisor Antonovich. "The County must immediately address the

internal controls over these housing assistance programs and hold those accountable for this major lapse."

The report from the Auditor-Controller noted missing documentation for more than half of the housing benefit payments which prevented the department from evaluating whether benefits were in compliance with program guidelines.

In addition, the sample identified a number of employees who lived with individuals that received financial support through these programs and failed to inform management of potential conflict of interest, and

ensure true necessity of welfare dollars.

"We need to ensure new and enhanced policies and procedures are immediately implemented to prevent any future issues," said Antonovich.

DPSS offers a number of different benefit programs designed to assist CalWORKS families who are homeless or at risk of homelessness to remain or be placed into affordable permanent housing. These programs include moving assistance, emergency assistance to prevent eviction, short term rental assistance, and other vital support grants.

Hernández Bill to Enhance Program for Low-Income Commuters Moves Forward

AB 620 Aims to Provide Congestion Relief to All Commuters

SACRAMENTO - The Assembly Transportation Committee passed AB 620 by Assemblyman Roger Hernández (D - West Covina). The bill requires LA Metro to provide hardship exemptions to low-income commuters, who meet strict income eligibility requirements, from paying toll charges on the ExpressLanes.

"AB 620 seeks to ensure LA Metro keeps its promise to assist low-income communities impacted by the ExpressLanes Program," said Assemblyman Hernández. "As California continues to experience an uneven economic recovery and poverty rates continue to

increase, this bill is just a small way to help working families."

"Various economic studies have shown that the biggest burdens on family incomes are the cost of housing and transportation. These two variables greatly affect the quality of life for residents in the San Gabriel Valley," stated Hernández. "AB 620 provides some relief to their transportation costs."

The bill is carefully crafted to ensure the continued success of the ExpressLanes Program and provides the LA Metro Board the ability to discontinue the issuance of hardship waivers if they find it would jeopardize the fiduciary

responsibilities of operating and maintaining the ExpressLanes Program. AB 620 builds off existing law that requires LA Metro to have a meaningful equity component to its ExpressLanes Program.

Assemblyman Hernández to Host Water Forum

WEST COVINA - Join Assemblyman Roger Hernandez for an informative Water Forum in the City of West Covina. Experts from the State and local municipal water districts will present a thoughtful discussion on actions being taken at a state and local level to address the

Monterey Park Welcomes the Year of the Monkey at the Lunar New Year Festival

MONTEREY PARK - The City of Monterey Park is pleased to announce the 2016 Lunar New Year Festival to celebrate the Year of the Monkey Saturday and Sunday, **January 30-31** in Downtown Monterey Park.

One of the largest free street events in Southern California, an estimated 200,000 people visited Monterey Park's two-day event in 2015. The festival will run Saturday from 10 a.m. to 9 p.m. and Sunday from 10 a.m. to 7 p.m. along seven blocks on Garvey Avenue from Alhambra to Ramona Avenues.

In celebrating the Lunar New Year, the festival will showcase

and honor a wide variety of SoCal cultural elements. More than 270 booths will be occupied by merchants, organizations and food vendors in addition to two stages for performing arts presented by scores of groups.

Foodies will not want to miss the 45+ Asian cuisine focused food booths. On-site games and activities include "touch the lucky windmill" and "get red envelopes," a mobile phone photo contest, pet talent show, car show, carnival rides and a flower market. One of the most exciting events will be the continuous lucky draw of hundreds of prizes, including TV sets,

small appliances, airline tickets and more.

Finalists of the 4th L.A. Voice singing competition will show their talents and compete for the top places and prizes before an audience of visitors from all over the region.

The 2016 Lunar New Year Festival is a co-production of The City of Monterey Park, World Journal Los Angeles and the Business Improvement District Advisory Committee of Monterey Park. For more information, vendor applications or sponsorship information, please visit the city website at www.MontereyPark.ca.gov.

Craft Beer, Dance Crew Contest Among New Offerings At Lunar New Year Festival

SAN GABRIEL - The City of San Gabriel will host its Second Annual Lunar New Year Festival on Saturday, **February 6** from 11 a.m. to 11 p.m. in the historic Mission District.

The city's inaugural festival last year was a great success, and this year's event promises to be even bigger and better to celebrate the Year of the Monkey. The festival this year will expand to a greater area of the Mission District and will include several new features such as a craft beer garden, a dance crew competition, a display of student art submissions and a chalk art contest.

In addition, attendees can enjoy shopping, food booths and food trucks, games and crafts, a kids' zone and live entertainment throughout the day on the outdoor stage and inside the beautiful Mission Playhouse. The event will kick off with a traditional lion and dragon dance and opening remarks by elected officials. The San Gabriel Lunar New Year Festival is an opportunity for the entire community to come together and celebrate Lunar New Year with a fun street festival that offers a unique fusion of the traditional and modern.

This year's festival is pre-

sented by the City of San Gabriel, along with Jade Sponsors: Hilton Los Angeles/San Gabriel and LA 18 KSCI-TV; Silver Sponsors: Athens Services, 99 Ranch Market, Pasadena Star-News and Wells Fargo; and Bronze Sponsors: San Gabriel Mission Playhouse, Charter Communications, Citizens Business Bank, First General Bank, Rose Hills Memorial Park & Mortuary and San Gabriel Valley Medical Center.

For more information on the San Gabriel Lunar New Year Festival, visit www.sglunarnewyear.org

Supervisors Ok Antonovich Motion Calling For Reforms Of State Rules For Utilities

LOS ANGELES COUNTY - Supervisors unanimously approved a motion by Supervisor Michael D. Antonovich demanding an immediate overhaul of the way utilities are regulated, and calling on Sacramento to adopt speedy reforms to prevent another Porter Ranch-style gas leak.

At the Board of Supervisor's meeting, Angelo Bellomo and Dr. Cyrus Rangan from the Department of Public Health indicated that while contaminants are currently at very low levels, continued daily monitoring

is required due to the anticipated long timeline to fix the leak.

Antonovich recalled meeting a former resident of Chernobyl, site of the worst-ever nuclear disaster, who said residents were constantly being told by officials that everything was okay. "Clearly, everything was not okay," said Antonovich. "How good is the protocol now in place by Southern California Gas Company officials? "Not adequate," said Bellomo. "The current situation is not adequate."

Antonovich criticized past

and current utility and state government officials, noting the Gas Company was ordered to install a safety valve in the troubled well in 1979, but never did.

"They knew about it and they looked the other way," he said. "This continues to build, not just in the Porter Ranch area, but the entire San Fernando Valley. It isn't getting better, it's getting worse. Pipes are over 60 years old. They've gotten the dollars for infrastructure. Where has that money gone?"

AQMD Calls For Penalty Assessments On Gas Leak To Remain Local

LOS ANGELES COUNTY - Supervisor Michael D. Antonovich announced that the South Coast Air Quality Management District (SCAQMD) unanimously approved his emergency motion calling upon Governor Brown to modify his

State of Emergency Declaration concerning the gas leak at Aliso Canyon to ensure that any funds from penalty assessments be designated to remain local. "The governor's original declaration called for penalty assessments to remain in the state, however,

these funds are best utilized in the impacted community," said Antonovich. "Thousands of residents, school children, and businesses in the Porter Ranch community have been negatively impacted as a result of this catastrophic gas leak."

Store Clerk Attacked And Stabbed During Robbery Attempt

COVINA - On January 11, 2016 at approximately 4:59 PM, Covina Police Officers were dispatched to a reported stabbing at a gas station located in the 600 block of S. Barranca in the City of Covina. Upon arrival, officers determined the victim

was the 62 year old store clerk who was stabbed during a robbery attempt and the suspect had fled the location.

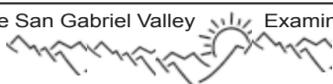
The victim and witnesses indicated an unknown male adult entered the business, walked around the counter and immediately began stabbing the male clerk without provocation. After the victim fended off the attack, the suspect immediately left the store without taking any property and entered the driver's seat of a black 2000 model, Chevrolet SUV (with no plates), that was parked near the front doors of the business. The suspect then drove away from the business southbound on Barranca Avenue.

The victim was treated at the

scene by the Los Angeles County Fire Department and was airlifted to a trauma center with non-life threatening injuries. The victim has since been released from the hospital after receiving treatment for stab wounds to the area of his left arm.

The suspect is described as dark skinned Hispanic or light skinned African American adult male wearing a dark shirt, blue jeans and a black beanie.

Any information regarding this crime, please contact the Covina Police Department Detective Bureau (626) 384-5620, the Watch Commander (626) 384-5665 or Crime Stoppers (800) 222-TIPS(8477). Refer to Covina PD case # 16-01032.



Terrorist Attacks on Our Police Officer?

A number of recent events has me a little worried. With President Obama moving for more gun controls which is, according to some, in violation of our Second Amendment, to own and bear firearms for our protection. We have people out there that are attacking other people who have firearms that are there to protect us. The recent sad news of Philadelphia police officer Jesse Hartnett, who was simply on patrol, when he got shot a number of times by a terrorist. I am sure by now you have seen the video of Edward Archer, dressed in Muslim type attire, running out the driver's side window of the officer's patrol unit and firing a 9 mm pistol at the officer. The first bullets blow out the side window of the police cruiser and Archer continues firing running up to the police unit and sticking his pistol through the window and continued to shoot the police officer.

Archer fired 13 rounds which emptied the 9 mm pistol. When he was done he turned and ran. Fate only has it that Officer Hartnett was not



George Ogden
That's just the way it is!

killed in the attack, who was shot several times, was still able to exit the police unit and bleeding profusely went after the suspect. He fired at the suspect striking him. The suspect was later captured and taken into custody.

This terrorist was shooting at an armed police officer, and only God knows what he would've planned to do to unarmed people. It appears to me that our police officers are now becoming soft targets for terrorist that are in this country. It is sad that we have this going on in our country.

After Edward Archer was arrested, he said he did the shooting in the name of Islam and pledged his allegiance to ISIS. Archer is not new to the judicial system as he has a record. Previous charges for Archer includes aggravated assault, conspiracy, carrying firearms in a public place, and possession of instruments of a crime with the intent, terrorist threats with the intent to terrorize another, criminal assault, reckless endanger-

ing of another person, and now this, attempted murder of an armed police officer. I have to ask, why was this guy in the streets and not in jail?

This police officer will go home to his family, but how many more will not? These people (police officers) are armed not only to protect themselves but to protect others.

Recently, our government arrested two Syrian refugees that were let into this country on terrorist charges. These are just two that we know about, or that they found out about.

We need to do the best that we can to protect ourselves and our police officers and those around us. If you see something suspicious, or someone suspicious, take note and if you feel it's necessary, call the police. If you are one of the lucky ones that has a weapons permit, please use care on how you may handle a situation.

It has been stated that up to 30% of the crimes here in the United States are committed by people who are not citizens and we are not talking about folks that come just south of our border. They are from all over the world. These are bad people that come here, and they are not being screened. Many are coming over here illegally.

I will do what I can to do my part. I owe it to myself, my family and our community.

"That's Just the Way It Is?"

Newly Adopted AUSD Math Textbooks Promote Student Learning, Provide Teacher Resources



MATHCURRICULUM: Assistant Superintendent of Education Services Arturo Ortega leads a discussion with the math selection committee composed of Azusa Unified teachers.

After a rigorous selection process involving teachers, administrators and parents, Azusa Unified School District adopted two new math textbooks that will further support the learning of students of all backgrounds and levels as the District continues to enhance instruction under the new California Standards.

"We took into consideration the input of all of our stakeholders to ensure we adopted textbooks that would best fit the needs of our students," AUSD Board of Education President Yolanda Rodriguez-Peña said.

The textbooks – Everyday Math for the elementary level and College Preparatory Mathematics (CPM) for the secondary level – were distinguishable from eight other math textbooks due to universal access to materials and resources that support faculty, English language learners, students with special needs, and struggling and advanced students.

Websites for Everyday Math and CPM give educators online access to materials and workshops to incorporate effective teaching strategies and activities in the classroom. Free digital calculators will be available for students along with lesson specific videos, hotlines and hints to strengthen comprehension.

"We are dedicated to providing quality materials that maximize our student's academic achievements and supply adequate resources for our teachers and parents to confidently educate our children," Assistant Superintendent of Education Services Arturo Ortega said. "Our selection process was as thorough as possible to ensure that we made the best decision."

A math committee was formed consisting of teachers from each grade level, including special education and English language learner teachers. Some math committee members have been piloting potential math programs since August, providing feedback and evaluations on the different curriculum.

They then participated in a five-day math evaluation and adoption program in early November. The first day focused on Common Core professional development to ensure that teachers gained a deeper understanding on the state standards to better evaluate math textbook materials and curriculum.

Over the next three days, the committee evaluated 10 textbooks, including ones being used in the current school year, using a rigorous five-part rubric that took into consideration

standards for mathematical practice, technology support and organization of content.

They deliberated on each textbook based on a process involving a variety of factors, including rubric scores, grade levels and math curriculum and lessons. Everyday Math and CPM ranked higher than the other textbooks.

"I am thrilled that the District will offer a math curriculum that provides numerous support resources for teachers, parents and students," Superintendent Dr. Linda Kaminski said. "We continually find ways to enhance our educational programs that will prepare and equip our students to thrive in the 21st Century."

In addition to the math curriculum resources, the District will have the textbooks available for teachers in the spring, and provide training in the spring and summer to ensure that instructors have adequate time to review the new material and be prepared for the new school year. Continual training will be offered throughout the new school year for teachers and parents. A "one-stop webpage" will be available for parents, teachers and students, which will compile all links, videos, and resources to provide easier access to materials.

Examiner
INFORMATION GUIDE

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- We also believe in accuracy in fact and context. Journalists should be accountable for any news or subjects they write about.
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Overeaters Anonymous Offers Support, Hope And Strength And Welcomes Newcomers

12-Step Program Helps to Provide Recovery from Compulsive Eating

GLENDORA – Fear, loneliness, hopelessness, and embarrassment are some of the many feelings experienced by people suffering from compulsive eating. These feelings can be hard or almost impossible to overcome alone, but Overeaters Anonymous (OA), a 12-step

program, helps members throughout the world deal with these issues.

Members of OA range from the morbidly obese to the anorexic. These individuals experience many different symptoms, and have various difficulties with food. But what they have in common is the admission that they were powerless over food and their lives had become unmanageable as a result.

OA members work together to recover from compulsive eating. Weekly meetings offer group support and welcome anyone who might be in need of help. Many meetings have a special focus.

OA members maintain anonymity, which enables the group to offer unconditional acceptance and support for all. OA is self-supporting through

member donations and literature sales, and does not charge membership fees or dues. Although OA offers many types of support, it is not a source for diet tips, counseling, hospitalization, treatment, research or training. OA's primary goal is to help members abstain from compulsive eating, and to carry the message of recovery to those who still suffer.

A weekly "Newcomers' Meeting" is available Tuesday evenings from 7:00 p.m. to 8:00 p.m., at 1157 East Arrow Highway, Suite 4. For information about the newcomers' meeting, call Robin G at 909-643-7795. To be put in contact with an OA representative, call 626-335-3355. For all OA-related information including a meeting directory, visit <http://www.oa.org> or <http://oasgvia.org>.

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Why Do They Hate Us?

These days many Americans are seeking to recover from the attacks perpetrated by those who are often called. "Islamic terrorists." For those Americans who are overwhelmed by anger, it will be difficult to wrap their minds around the important questions. Certainly most politicians will not ask, "Why do they hate us?" Instead they will outdo one another in calling for the violent deaths of those who have generated this uncontrollable fear.

So what causes these terrorists to seek our destruction? It is certainly not just their religion. The fundamentalism which inevitably leads to violence defines the dark side of most religions, including Islam. Christianity has historically exhibited its share of the religious intolerance that eventually results in savagery and bloodshed.



Charles H. Bayer

If religious devotion is not the underlying cause, why do they hate us? George W. Bush, following the 9/11 tragedy, suggested that, "America was targeted for attack because we're the brightest beacon for freedom and opportunity in the world." He went on to use this arrogant statement as an excuse for the invasion of Iraq—one of the worst decisions in American history.

So why did Al Qaeda hate us fourteen years ago, and why does ISIS hate us now? While the remains of the twin towers were still smoldering, a group of us sought to take that question seriously. While it was not possible to see the world with the attacker's eyes, we relied on what they were saying to each another in their electronic and print media.

It was quickly clear that the 9/11 terrorists were not Iraqis, but Saudis, and the United States was not about to bite the hand of our wealthy friends, nor risk the loss of all that oil. Yet it was Saudi ultra-nationalists who were furious that we had placed troops on their sacred soil, and they had vowed revenge. But there were other reasons for the hatred. Here are excerpts from our 2001 statement.

To believe that the anger comes only from a small band

of international terrorists, frustrated enough to become martyrs, misses the signs of the times. Those who planned and executed the attack, were raising serious questions about the role of the United States in world affairs.

They feared that an imperialistic America claimed the right to dominate others culturally, and militarily, and to impose on them our democratic system.

They feared the economic determinism by which we sought to shape everyone in our image and make them subject to our will, an attitude which often blinds us to how we are seen by others.

They saw the two symbols of America's economic and military might, the twin towers of the World Trade Center and the Pentagon, and believed that

these symbols of American power helped produce the wretched conditions throughout the Near East.

They knew that we continued to ignore the plight of the Palestinian people, with our unwavering support of the Israeli government which left the Palestinians without either hope or a homeland.

If these were among reasons for 9/11, consider what must now be the escalated resentment given the "shock and awe" of our invasion and destruction of Iraq followed by the devastation wrought in Afghanistan, compounded by our unsuccessful effort to turn a half dozen other nations into Western democracies. Totally outclassed in terms of sheer military power, they reverted to the only weapon they believe they had, terrorism with its capacity to

engender irrational fear!

All of the above cited reasons, and others, cannot be used as justification for the 9/11 attack. Nothing excused the terrorism of 9/11, and nothing justifies what more recently has happened in Paris, San Bernardino and other places where blood has been spilled and the seeds of fear scattered.

Is there a creative response to this hatred? Whatever might be a path out of the jungle we have helped create, meeting hate with increased hate, and violence with increased violence cannot be a responsible answer. Prior to any solution to these difficult issues must come some willingness to see the world through the eyes of those who hate us. And that is very hard work.

Contact Charles Bayer at candwbayer@verizon.net

Lots of "IFs" in the Governor's Budget

By Lois M. Shade
Former Mayor of Glendora

Governor Jerry Brown has released his \$122.6 billion State Budget for 2016-17 with glowing reports of a recovered, growing economy, a sizable rainy day fund and a lot of "IFS". Department of Finance, Legislative Analyst Offices and the Governor himself all issued cautionary warnings about diving into a hay day of spending reminding the legislature of the \$27 billion deficit California faced just 5 years ago and the historic almost predictable recessions every 10 years since 1945.

Department of Finance warns the state budget is "precariously balanced" with Prop. 30, the temporary tax increase due to expire and the capital gains tax unpredictable. DOF is relying on the Prop. 2 mandate requiring increases in capital gains to go to the rainy day fund

which would soften the impact of a recession. If the goal of 10% savings into the rainy day fund is met, the prediction is California could withstand another recession with minimum devastation in cuts and new taxes.

The non-partisan Legislative Analyst Office predicts the state could end up with \$11.5 billion in reserves at the end of 2016-17 if the state legislators make no new budget commitments during this budget cycle and if the economy continues to grow. And if the voters take a careful look at the November ballot and recognize some of the impacts the proposals will have short and long-term on the state budget.

Brown's budget summary notes the managed care tax, critical to funding health care, is set to expire. A new 3-year revised tax is being proposed to fund the additional 3.4 million people who now receive cov-

erage under Federal health care reform known as Obamacare. If that doesn't happen, the state will have to find general fund money to pay for their share of the \$740 million cost predicted to grow to \$1.8 billion by 2020-21.

Brown's budget proposes increasing K-12 spending by \$3,600 to \$10,591 per pupil focusing on students with the "greatest challenges to success." There is also a \$9 billion bond proposal on the November ballot for school infrastructure improvements. If that bond passes, it is estimated to cost the general fund a total of \$17.6 billion with interest over 35 years of \$8.6 billion and an average general fund payment of \$500,000 a year rising in the later years.

The Legislative Analyst Office reports the mainstay of the budget, personal income tax, is up and will exceed the predic-

tions for this year. The proposal for an increase in the state's minimum wage has qualified for the November ballot and automatically raises the minimum wage to \$11 in 2017 and a \$1.00 an hour each year over 4 years to \$15 an hour by 2021. The LAO and DOF, in analyzing the impact of this initiative say if this passes there could be a loss of hundreds of millions of dollars to state and local government; or, if it passes could bring in more than \$1 billion. If there is a loss of revenue it could impact the state reserves, debt payments and funding for education and increase government operations.

Additional challenges for the Governor include his High Speed Rail proposal from San Diego to San Francisco and

Sacramento and the extreme impact of the drought on the Central Valley that needs an immediate response to water improvement and storage projects. Water storage to the Central Valley is as important to them and our food supply as the rainy day fund is to the budget.

Prop. 1A, High Speed Rail initiative, known as the Train to Nowhere, is one of the Governor's pet projects, but appears to have gone into the stalled position. In 2008, voters approved the proposition providing for the sale of \$9 billion in general obligation bonds with \$3 billion received from the federal government and the balance to be paid for by local governments, more federal dollars and the private sector. The LAO has analyzed the project several

times with one repetitive criticism on the amount of money being spent on consultants and administrative overhead. If the Governor and legislators in favor of this project move forward issuing more bonds, the total cost would be \$709 million annually over 30 years paid out of the state's general fund.

The Governor's concern over another recession and maintaining the rainy day fund with admonitory reports from the Department of Finance and Legislative Analyst should be heeded not only by the legislators but the voters who will go to the ballot box in November and be faced with a projected record number of initiatives, estimated at + or - 14, that will have a huge impact on the state budget.

Government Needs to Work Better

By Lee H. Hamilton

Whoever wins next November's presidential election, it's a sure bet that at some point he or she will vow to set the federal government on the straight and narrow. Maybe the new President will even resort to the time-honored pledge to create a government "as good as the people." It's a bracing sentiment. But you'll want to take it with a grain of salt.

Our history is filled with remarkable government accomplishments. Our involvement in World War II and hands-on approach to the postwar reconstruction of Europe and Japan, our role in ending the Cold War, the interstate highway system, extending the right to vote to all our citizens, federal research and support for ending diseases such as polio... There's a long list of crucially important efforts the federal government has executed well.

Yet every American ought also to be alarmed by an expanding list of missteps and blunders. In a report last month for the highly capable and too-little-noticed Volcker Alliance — whose goal is to improve government effectiveness — NYU Professor Paul C. Light drew attention to what he calls "a shocking acceleration in the federal government's production of highly visible mistakes, miscalculations, and maladministration." He went on to say, "[T]he aging bureaucracy can no longer guarantee faithful execution of all the laws, and it has become increasingly unpredictable in where and how it will err."

A moment's reflection will call to mind a sobering litany of failures: the inability to stop the 9/11 attacks; the confused, inadequate response to Hurricane

Katrina; the even more confused response to the 2008 financial collapse; shortfalls in the care of our veterans; bridge collapses, mining accidents, and other failures caused by inadequate funding for inspection and regulation; the breaches in White House security; the fact that we've now been fighting a war on terror for nearly 15 years with no end in sight... It's enough to make the staunchest champion of government action lose hope.

These failures can occur for many reasons: muddled policy, insufficient resources, poor organization, lack of leadership, lack of skills, sometimes even outright misconduct. The question isn't really what or who is to blame. It's how we turn things around and reverse the accelerating pace of breakdowns.

To start, the executive and the legislative branches need to focus on the implementation of policy. A lot of hard work goes into its creation, both on Capitol Hill and in the agencies, but the sad truth is that much less attention goes to how it's going to be carried out. This is largely in the hands of the President, but Congress has a crucial role to play both in crafting the law to account for how it will be implemented, and then in pursuing oversight afterward. Both branches need to pay attention to how they will assess effectiveness, anticipate problems, make sure that staffing is adequate, and provide necessary resources.

Second, if making policy today is complicated, so is implementing it. This means that we need skillful people within the government to carry it out. Let's be blunt. You don't want a second-rate lawyer negotiat-

ing arms control or trade agreements. You don't want third-rate scientists defining drinking-water requirements. Getting things right means hiring good people, retaining them, and then making sure they're held to account with well-conceived metrics.

Finally, we have to put an end to the politics that so often stymies policy. Too often these days, the losers of a policy debate immediately turn to torpedoing it. They block the filling of key positions, cut funding, twist the objectives, or impose hiring freezes. They block policy changes that would improve implementation, put unqualified executives in control, or tolerate misconduct and confusion. Some government failures aren't the result of muddled policy, lack of leadership, or incompetence; they're the result of what amounts to calculated sabotage.

Most Americans want government to work well. We want it to enhance the quality of our lives and our communities. Arguments over the appropriate size of government are important, but that's not the issue here. The issue is that when a policy is adopted, it needs to be executed effectively. Whoever our next President turns out to be, let's hope he or she takes that charge seriously.

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.

For information about educational resources and programs, visit website at www.centeroncongress.org.

Homelessness and Rain in San Gabriel Valley

by Connie Brehm
President of ESGVCH

We've all heard El Nino is coming and it may be starting now! With a wet, rainy season ahead many are concerned about how the homeless will fare. Last night I visited our shelter and was asked to see a guest who was feeling ill (I'm an RN). I determined the guest was not sick enough to send to E.R., but I was concerned about him. I noticed his clothing (sweatshirt and jeans) were entirely soaked as he had been out in the rain all day. To support his health he received a warm meal and I walked with him to the shelter's clothing room where he was given dry clothing. I advised to sleep early to fight off his illness. I will check on him again tonight when I will be at the shelter, and this time with other nurses and medical supplies. Thursday night nurse clinics at shelter are sponsored by Azusa Pacific University School of Nursing.

As president of ESGVCH, I am always greatly encouraged when there is increased con-

cern for people in our region who are without homes. El Nino carries the mixed blessing of raising public concern for the homeless. Here is what ESGVCH is doing to help in the rainy season: Our Winter Shelter Program operates nightly from Dec. 1st to Feb 29 with a bed capacity of 174 persons per night. Shelter guests receive a meal and a cot for the night. Shelter staff and security are on duty along with case managers who make connections for shelter guests to housing programs, social services and employment opportunities. The shelter program also provides showers along with hygiene products, clothing and haircutting. Weekly mobile health and dental services are provided on site. A few of our host churches have allowed our guests to stay on site during the day to shelter them from rain. For our Winter Shelter schedule, locations, and bus stops refer to announcement in this newsletter. Note: ESGVCH contracts with a private bus company to transport

anyone in need of shelter to our program from around San Gabriel Valley.

In addition to the Winter Shelter Program ESGVCH also provides direct aid through our Emergency Assistance Center located in Hacienda Heights. Please refer to the Emergency Assistance Center information in this newsletter.

You are invited to help us to help the homeless in the rain by donating to ESGVCH through our secure website www.esgvch.org or mailing a check to ESGVCH, P.O. Box 93256, City of Industry, CA 91715.

Volunteers Meeting will be Monday, Jan 25 at 6:30 pm at: ESGVCH Office (located behind St. John Vianney Catholic Church) St. Martin de Porres Center 1345 Turnbull Canyon Road, Hacienda Heights, CA 91745 (626) 333-7204 Meeting Agenda is: Orientation and organizing, assign-ing of volunteers. RSVP to esgvch@aol.com or call 626-333-7204

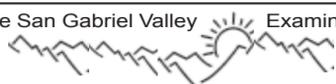
Glendora READS Tutor Training Workshop

GLENDORA - Would you like to give someone a boost for the new year? This is a time when many reflect on the past, as well as the coming year. This includes adults who have not learned to read, or read at a low level. Would you be interested in helping one of these adults learn to read? On Saturday, January 23, from 8:30 am to 3:30 pm, Glendora Public Library and Azusa City Library's Literacy Programs will partner to present a Tutor Training Workshop at Azusa City Library. Azusa City Library is located at 729 N. Dalton, Azusa.

Here in Glendora, about 6000 people with limited reading or writing raise families, go to work and don't look different from anyone else. Someone in your neighborhood, or your family could have difficulty reading or writing. They may get by through careful listening and observing, and sometimes rely on a single, trusted person to read or write for them. It's very likely you know one of these adults without even being aware of it!

It's never too late to learn, and that's our specialty. Being able to read, or read better, can lead

to getting a better job, helping a child with homework, earning a certificate or promotion or just feeling better about life! Our program wants to help. We provide free, confidential reading and writing instruction to adults 16 and over who are not currently in high school. Most new learners hear about our program through family and friends. Why not tell someone you know? Learning to read is one phone call away. Call Mary Pat Dodson, at (626) 852-4897 to register for the Tutor Training or for more information about Glendora READS!



New Year - Same Worries

The only good news last week was the December nonfarm payrolls number, which was announced on Friday. The employment number rose 292k, considerably more than the 200k consensus. November was revised from 211k to 252k. October was revised up 9k. A huge jobs gain in December may have been helped by unseasonable weather. But from the Fed's perspective, its vindication nonetheless of the decision to hike interest rates in December. After all, didn't San Francisco Fed President Williams just say that sustainable job growth is 80-100k? Fortunately the Fed is not expected to do anything at its January meeting, and there are two more employment reports before the March decision. However, the market could not stay positive in reaction to the report and closed down 170+ points for the day.

This past week was the worst start for a New Year ever recorded. S&P 500 stocks were down 6% for the steepest weekly loss since mid-2011. This wiped out over \$1 trillion in market capitalization! As for bonds, the 10 year Treasury is yielding 2.11%, in a flight to quality and perceived safety.

It's a New Year, but the same old problems are dogging the Capital Markets.

>In the Middle East, Saudi Arabia has severed diplomatic ties with Iran after an Iranian mob torched the Saudi embassy in protest of the execution of a Saudi Shiite cleric who was critical of the Saudi government. (Iran is the center of Shiite power in the region. Saudi Arabia is predominantly Sunni, but has a sizable Shiite minority.) Normally, rising tensions between two huge oil powers would push oil prices substantially higher, but oil prices have been down for most of this past week driven by a Saudi price war.

>In China, the December manufacturing PMI was 49.7, a little weaker than expected and under 50 for the 6th consecutive month. The Caixin General Manufacturing PMI (Caixin Insight Group is a high-end financial data and analysis platform), released Thursday, was weaker still at 48.2. Trading was halted on the Shanghai exchange twice last week, with shares down 6.86%. The Shenzhen index fell

In A Nutshell

What's up in the Economy?



KEN HERMAN
Economic Analyst
& Former Glendora Mayor

8.22%. The Nikkei was down 3.06% and the Hang Seng fell 2.68%.

>In Europe, the PMI was a little better than expected at 53.2 vs consensus 53.0. But inflation was unexpectedly below zero in German states, suggesting a lower-than-expected CPI in Germany and the EU. European stocks were down over 4% last week.

>US equity markets would likely have been worse except for short sellers needing to cover their previous short sales.

OIL CONTINUES TO MAKE NEW LOWS

Bloomberg News says the best hope for higher oil prices in 2016 is "China's unsated oil thirst." If so, it could be another year of low prices. Weaker Chinese oil demand was the key piece of the oil story missed in 2015. Analysts understood the supply side, which centered on the Saudi decision to pump more crude, but missed the demand side, centered on China's economic slowdown. Manufacturing uses an enormous amount of power. China's manufacturing sector continues to slow. And, China's air is increasingly unbreathable. The Chinese government recently changed a longstanding policy aimed at keeping gasoline and diesel prices cheap by passing on oil price drops and cushioning oil increases. Going forward, gasoline will be more expensive regardless of oil prices to counter strong demand and reduce auto traffic.

The Fed is front and center on market thinking for the year. Three FOMC members spoke last week at the American Economic Association's annual meeting in San Francisco. Modest and gradual tightening was the theme, with the pace to be determined by economic data. (Or, as Cleveland's Loretta Mester, a 2016 Fed voter, put it, by the "medium-term out-

look.") As the WSJ points out, there is a wide gap between the median rate path in the forecast and the path suggested by fed funds futures. Mester would tighten faster than the median forecast. There are doves on the FOMC, too, however, and Yellen is likely one of them. If Mester and the hawks are to have their way, inflation will have to top expectations, not just growth. Neither of which look likely today.

Last week's market violence was noteworthy, but what stood out to Wall Street was the Atlanta Fed's GDP Nowcast. The Q4 tracking model was revised to a meager 0.7% growth rate. It was the second significant downward revision in two weeks. The last, two days before Christmas, reflected a modest downward revision to October consumer spending and a lousy durable orders report. This time, it was a lousy ISM manufacturing index and a historically bad construction report.

Historically bad because this was not just a weak November with a downward revision or two behind it. No, this was a discovery of a bad formula in a spreadsheet forcing revisions back to October 2005. Over the decade-long span, the damage is mostly offsetting, but in individual quarters and even years there are some sizable impacts. The fourth quarter of last year was particularly bad, shaving several percent off structures investment and several tenths off top-line GDP growth.

If it seems the world is unraveling at the seams, as North Korea tests an H-bomb, sectarian violence increases in the Middle East, and a migrant crisis pushes the limits of the Schengen zone in Europe, look to the US jobs market for a welcome reprieve. Even as the import, export, energy, and manufacturing sectors face serious headwinds, and have for the entirety of 2015, the service sector in the US keeps humming, producing jobs at a fairly remarkable rate, considering the above.

LIVE LOCAL, SHOP LOCAL - THIS IS THE TIME OUR MERCHANTS NEED US

I welcome your questions and comments :
kenherman46@hotmail.com

Financial - Ask Julia

IF you win big in the lottery, ...

...do nothing until you get quality advice from a trusted financial adviser, CPA, and attorney. Avoid financial disaster. You will need a budget!

With the economy the way it is, how can you say your clients haven't lost a penny in the investments you put their money in?

I can say it because it's the truth. To start with, 100-percent of your investment dollars go into the account, and your account balance is locked in annually. The worst scenario is that you have an annual gain of zero. Nothing lost, even in this economy.

I have the option of taking all the money now out of my fixed annuity, without any early surrender charges. I like annuities. Although I don't plan to use the money, I might want to access it later. What do you suggest I do with this money?

Depending on your entire financial picture, I'd probably suggest either reinvesting in an annuity or purchasing a paid-up life insurance policy. Some offer an option of almost immediate access to a good part of your money. Some offer penalty-free, accelerated access if you need the money for a nursing home. It really boils down to what you want your money to do for you.

Our friends are really close to needing to do a short sale, but they also really want to stay in their home. Is there a way to do this?

Let your friends know that they need to talk with a loan originator about the possibility of refinancing into a HARP loan. Although not recommended, one of the IRS-allowed 'hardship' distributions from a 401(k)



Julia Yoder

is for prevention of eviction or foreclosure of the mortgage on a primary residence.

My mom is trying to decide whether to give her home to me now, or just have me inherit it upon her passing. What is the best thing to do?

It depends. Look at the difference between the Estate tax rate vs. the Capital Gains tax rate applicable in your mother and your specific case. For example if the estate tax rate would be 16 percent, and the capital gains tax would be 20 percent, it would be better to wait. If the Estate tax rate would be higher than the capital gains tax, it could be better to take action now. Also, check with your CPA about the tax ramifications of gifting equity (rather than cash) up to the annual parent-to-child annual limit. Keep in mind that life insurance is included in the value of one's estate when calculating estate tax.

What are important birth dates to keep in mind in regard to investments?

At age 59 1/2, you can start taking penalty-free withdrawals from IRAs and qualified retirement plans, provided certain conditions are met. Ordinary income taxes generally apply to these distributions. Withdrawals taken prior to age 59 1/2 can also be subject to a 10 percent federal income tax penalty.

Check your Social Security benefits statement to see what ages (usually in your mid- to late-60's) are best for you to start collecting benefits. At age 65, you are eligible to enroll in Medicare. It's best to enroll about 2 - 3 months before turning 65. At age 70 1/2, you must start taking minimum distributions from most tax-deferred retirement plans or face a 50% penalty on the amount that you should have withdrawn. Annual RMD distribution amounts are calculated according to life expectancies determined by the federal government.

Could you please clarify and comment on inflation and recession.

Inflation is the increase in the price of products over time. Long-term inflation erodes your power to purchase. In other words, over time, your savings buys less; a dollar no longer buys what it could a few years ago. The factor to determine a Recession is two quarters (two 3-month periods of time) in a row of negative economic growth. Election years tend to include increased rumors and fears of economic uncertainty.

Got a question? Ask Julia by email:

Email questions and comments to: juliaoyoder@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.

Two New Members Introduced to Arcadia Chamber Ambassadors



Ambassador Naomi Briones with John Villa



Ambassador Naomi Briones with Ruby Kabrian

ARCADIA - Four new members joined the Arcadia Chamber of Commerce last month and two of them were personally introduced to Arcadia Chamber Ambassadors this morning, Tuesday, January 5, 2015 by this month's Personal Ambassador Naomi Briones of Embassy Suites Arcadia. The new members are: John Villa of Dance Syndicate Entertainment and Ruby Kabrian from Fast-Fix Jewelry and Watch Repairs located at Westfield Santa Anita mall.

John Villa of Dance Syndicate Entertainment primarily offers deejay services for events (he was the deejay for the Chamber's Time Capsule/50th Anniversary ceremony last November as well as deejay for the wedding of the daughter of Arcadia Chamber President-Elect Vicki Knight), but he also offers assistance with all the technical aspects of events ranging from weddings to concerts. He not only takes care of providing the client with a great experience for the special occasion but also assists in day planning and finding venues that best cater the individual needs of the client's unique interests.

Ruby Kabrian of Fast-Fix Jewelry and Watch Repairs will not only help fix those timeless pieces and keepsakes, but also

offers professional appraisals. She has received a degree in gemology after working for her brother-in-law and discovering a natural passion to the profession.

The new members were introduced following the regular monthly meeting of the volun-

teer Ambassadors led by Chairman Rich Jones of the San Marino Tribune, during which the Ambassadors also voted to approve the applications of Mike Vercillo of the Arcadia Police Department and retired resident Bruce McCallum to their group.



THE CAR GURU

WHAT YOU "AUTO" KNOW

By Gene Morill - Certified Automotive Specialists

Why Aluminum?

Ford's announcement at the 2014 Detroit Auto Show was a surprise to many. Ford declared it would use an aluminum body in its best-selling pickup truck starting in 2015. Why did they make the change last year? Because they, and most other manufacturers have a 2025 deadline to have all vehicles meet the 54.5 MPG federal fuel mandate.

Aluminum is lighter than high-strength steel and even superlight carbon fiber. Less weight means less fuel burned. Consider this:

- A cubic foot of aluminum weighs about one-third as much as a cubic foot of the traditional steel.
- Using aluminum instead of steel reduced the F-150's weight by 700 pounds!
- The resulting weight loss ensured that the F-150's combined city/highway fuel

economy average would be from 18 mpg to 20 mpg, according to Fueleconomy.gov.

Using aluminum is relatively new in the states, but European cars have been using aluminum for a long time.

- Aston Martin and other exotic cars had aluminum body panels hand-formed by skilled "panel beaters." Today, Aston Martin, Audi, Jaguar, Porsche, and Tesla, among others, have models with bodies made almost entirely of aluminum.
- Mercedes-Benz's latest C-Class sedan is 200 pounds lighter, compared with the previous edition, thanks to extensive use of aluminum in its body.

What are the downsides to aluminum?

- It can dent easily. Ford's solution is thicker body panels and a heat treatment to increase the strength.
- It is more expensive in its

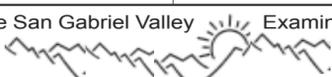
raw state and in its fabrication than the traditional steel we've come to know in our cars' bodies.

- An aluminum body, if involved in a collision, can be very costly to repair, requiring more time, training, and special tools. And many body shops aren't up to the task.
- The higher cost of fixing an aluminum body could be reflected in higher insurance premiums for the comprehensive and collision portions of your insurance bill.

Manufacturers, like Ford, are hoping the realized fuel savings offsets the higher insurance premiums. We will have to wait and see.

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Around the Valley & Senior News

AZUSA

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.

ARCADIA

Bingo And Lunch For Seniors

Arcadia Senior Services is having its biannual BINGO event on Friday, **January 15** at 10:00am. It will take place at the Arcadia Community Center, 365 Campus Drive. The cost for the event is \$10.00 and includes a 10-pack of game cards and a delicious catered lunch. The BINGO equipment is professional and if you are one of the lucky winners, you will receive a gift card. The last BINGO game, "Black Out" is a \$50.00 gift card. Tickets are currently on sale now; and can be purchased at the Arcadia Community Center; **last day to purchase is January 7.** Tables

of 7 can be purchased so you may sit with your friends. Daubers are available for \$1.00. This event is for individuals age 50 and over. For additional information please call Arcadia Senior Services 626. 574.5130.

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.

COVINA

Movies & Drawing At The Library!

The City of Covina Parks & Recreation Department - Library Services Division is inviting all children to join us at the Covina Public Library on Friday, **January 22** at 4:30 pm. A fun way to start the weekend! Enjoy a movie inspired by books and yummy FREE snacks! Purchase a \$1 drawing ticket to be placed in the bucket for your chance to win a movie. Come and watch Cinderella (2015) © Walt Disney Pictures- Rated PG in the Community Room.

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

S Is For Science

The City of Covina Parks & Recreation Department - Library Services Division is inviting all children to come to the Covina Public Library on Saturday, **January 23** from 2-3 pm. Mad Science introduces Fire and Ice! Foggy dry ice storms, giant beach balls floating in the air and even a special Mad Science "burp" potion will amaze children as they learn

about chemical reactions, air pressure and the states of matter. All family events are sponsored by The Friends of the Covina Public Library and are inspired by books, learning and entertainment! All events are on a first-come, first-served basis. Participants may begin to line up outside the Community Room no earlier than one-half hour prior to the performance or event.

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

Blood Pressure Checks

Health Care Partners will provide a medical assistant to do free blood pressure checks. No appointment needed. **Every 2nd Tuesday** of every month from 10:00 a.m. - 12:00 p.m. For more information call the Senior Center at (626) 357-3513.

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.

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

Cars 4 the Community

Glendora Rotary has a new and exciting vehicle donation program, called Cars 4 the Community. We are asking for your old car, boat, motorcycle or RV, running or not, be donated and receive a 100% tax deduction for the proceeds.

This program helps our schools, community, country and the world. Call 626-963-0814 for more information.

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.

Glendora Adult Basketball Program

Southland Sports Association is offering adult basketball leagues in Glendora. Participants must be 18 years of age or older. Sunday leagues begin Sunday January, 17, 2016.

Registration will be accepted, Monday, January 11, 2016 through Friday, January 15, 2016.

For more information, please contact Frank Ortiz, Adult Sports Coordinator, at (818) 425-9789 or go to the City of Glendora website at www.ci.glendora.ca.us.

Alzheimer's Peer Support Group

Caring for a loved one with Alzheimer's can be frustrating,

challenging, and sometimes stressful. 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. Lunch is available (\$3 senior lunch or \$2.75 deli sandwich). 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.

MONROVIA

Senior Movies & Munchies

The Department of Community Services invites you to attend the FREE Movies and Munchies program open to all active adults and seniors 50 years and older. Enjoy an afternoon movie and then browse the Library's collection of movies available for rent. For additional information and future movie titles, please contact (626) 256-8246. Movies & Munchies is at the Library Community Room, 321 South Myrtle Avenue on the **Last Friday of the month** at 12:00 p.m.

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 Av-

enue 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, Teen Services Librarian, at (626) 962-3541.

Notice To Veterans

American Legion Post 790 is in the process reaching out to all active and former Post 790 members to update our records with current email, phone numbers and home addresses. We have great activities coming up and want to find out if you're interested in becoming an active member again so you can participate in the festivities.

Azusa's Human Relations Commission Presents The Movie "Selma"

AZUSA - On Sunday, January 17 at 2:00 P.M., the City of Azusa and its Human Relations Commission will host the annual Hands Across Azusa event in the Azusa City Hall Auditorium at 213 E. Foothill Boulevard. This year, the event will feature the free showing of the movie "Selma," featuring David Oyelowo who in 2014 received a Golden Globe Award nomination for best actor in a drama for his portrayal of Martin Luther King, Jr. "Selma" is rated PG-13 and focuses on the actions of Martin Luther King Jr. during the civil rights march from Selma to Montgomery to secure voting rights for African Americans.

The event will also feature the reading of Dr. King's famous "I Have a Dream Speech" as well as a performance of heartfelt hymns and songs from the civil

rights movement performed by the students of Christbridge Academy.

The event is on Sunday, January 17 at 2:00 P.M. in the Azusa Civic Auditorium, 213 E. Foothill Blvd.

Typically this event is held on the front lawns of City Hall; however, because we are anticipating the highly publicized series of storms - more commonly known as El Nino, the even has been moved indoors. The Azusa Civic Auditorium, at 213 E. Foothill, has always been the contingency location should we get an unexpected downpour throughout the many years that the event has been held on the front lawns of city hall. This year, the real possibility that we will have rain or that the lawns will be saturated has made the decision to move indoors essential.

Library Events at a Glance

GLENDORA - Glendora Public Library has something for everyone! Attend one of these events, proudly presented by the Glendora Public Library and GPL Friends Foundation.

Bookmark Contest

January 19 - February 27

All students in grades K-12 who attend school or live in Glendora are welcome to participate in the contest. This year's theme is Sports and Games: *Read for the Win!*

Blind Date with a Book

January 19 - February 13 / Main Floor

Can't decide what to read next? Let fate (and the Glendora Public Library) make the decision for you. Take a chance and try going on a 'Blind Date with a Book'!

Glendora Historical Society: The Saint Francis Dam Disaster March 12, 1928

January 25, 7 - 9 pm / Bidwell Forum

Learn about the construction of the Los Angeles Aqueduct and the Saint Francis Dam, how and why it collapsed and the aftermath of the event.



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Make Giving Blood With The Red Cross A Lifesaving Habit In 2016

The American Red Cross encourages eligible donors to make a lifesaving commitment to donate blood to help ensure a sufficient blood supply in the new year, beginning in January with National Blood Donor Month.

Britton Lund made her first blood donation as a high school student. Though it was easy and she knew her type O negative blood was in high demand, she only gave sporadically over the next 10 years. Then, her sister was diagnosed with brain cancer, motivating Lund to become a regular donor. "I will continue to give until they tell me I can't anymore," she said. "It is a quick, easy way to make a difference."

National Blood Donor Month highlights the importance of volunteer blood and platelet donors like Lund and their impact on patient healthcare. National Blood Donor Month has been observed in January since 1970 with the goal of increasing blood and platelet donations during winter – one of the most difficult times of year to collect enough blood products to meet patient needs. Severe winter weather may result in canceled blood drives, and seasonal illnesses, like the flu, can cause donors to be temporarily unable to give.

Blood donors of all types are needed to maintain a sufficient supply. Eligible donors with types O, B negative and A negative blood are encouraged to donate double red cells where available. During a double red cell donation, two units of red cells are collected while most of the plasma and platelets are returned to the donor.

To make an appointment to donate blood, download the free Red Cross Blood Donor App from app stores, visit redcrossblood.org or call 1-800-RED CROSS (1-800-733-2767).

American Red Cross Pasadena Blood Donation Center
133 N Altadena Dr. Suite 103

Pasadena, Calif. 91107
Monday and Tuesday: 12:00 p.m. – 7:00 p.m.

Friday: 7:30 a.m. – 2:30 p.m.
Saturday: 7:00 a.m. – 2:00 p.m.

American Red Cross Pomona Blood Donation Center

100 Red Cross Circle
Pomona, Calif. 91768

Monday, Tuesday, Wednesday: 12:00 p.m. – 7:00 p.m.

Thursday: 10:30 a.m. – 5:30 p.m.

Friday: 7:30 a.m. – 2:30 p.m.

Saturday: 7:00 a.m. – 2:00 p.m.

Additional blood donation opportunities:
Alhambra
1/29/2016: 8 a.m. – 2 p.m., Century High School, 20 S Marengo Ave

Arcadia
1/18/2016: 1 p.m. – 7 p.m., American Red Cross Arcadia Chapter, 376 W Huntington Dr Azusa

1/26/2016: 10 a.m. – 9 p.m., Azusa Pacific University Trinity Hall, 901 East Alostia Ave

1/27/2016: 10 a.m. – 9 p.m., Azusa Pacific University Trinity Hall, 901 East Alostia Ave

Covina
1/20/2016: 7 a.m. – 7 p.m., Inter Community Medical Center, 210 W. San Bernardino Rd.

Diamond Bar
1/20/2016: 8 a.m. – 2 p.m., South Coast Air Quality, 21865 Copley Drive

El Monte
1/25/2016: 8:30 a.m. – 2:30 p.m., United Education Institute, 3401 Rio Hondo Ave

GLENDDORA
1/18/2016: 12 p.m. – 6 p.m., Grace Episcopal Church, 555 East Mountain Ave

Montebello
1/20/2016: 8:30 a.m. – 2:30 p.m., Schurr High School, 820 Wilcox Street

1/22/2016: 1 p.m. – 7 p.m., YMCA Montebello Commerce, 2000 West Bevely Blvd

Sierra Madre
1/17/2016: 8:30 a.m. – 2:30 p.m., St Ritas Catholic Church,

318 N Baldwin Ave
South El Monte
1/24/2016: 9 a.m. – 3 p.m., Epiphany Catholic Church, 10911 Micheal Hunt

Walnut
1/20/2016: 10 a.m. – 5 p.m., Student Life Center, 1100 N. Grand Ave

1/21/2016: 10 a.m. – 5 p.m., Student Life Center, 1100 N. Grand Ave

West Covina
1/16/2016: 9 a.m. – 3 p.m., West Covina Community, 1201 S Orange Avenue

1/23/2016: 9 a.m. – 3 p.m., West Covina Community, 1201 S Orange Avenue

1/27/2016: 7 a.m. – 7 p.m., Queen of the Valley Hospital, 1115 S. Sunset Ave

1/30/2016: 9 a.m. – 3 p.m., West Covina Community, 1201 S Orange Avenue

How to donate blood
Simply download the American Red Cross Blood Donor App, visit redcrossblood.org or call 1-800-RED CROSS (1-800-733-2767) to make an appointment or for more information. All blood types are needed to ensure a reliable supply for patients. A blood donor card or driver's license or two other forms of identification are required at check-in. Individuals who are 17 years of age (16 with parental consent in some states), weigh at least 110 pounds and are in generally good health may be eligible to donate blood. High school students and other donors 18 years of age and younger also have to meet certain height and weight requirements.

Blood donors can now save time at their next donation by using RapidPass to complete their pre-donation reading and health history questionnaire online, on the day of their donation, prior to arriving at the blood drive. To get started and learn more, visit redcrossblood.org/RapidPass and follow the instructions on the site.



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January is Cervical Health Awareness Month: What to Know about Cancer Screening

More than 12,000 women are diagnosed annually with cervical cancer and 4,000 women die each year. However, innovations in diagnostics and prevention could help reduce that number, while also giving women a better understanding of their health.

• The basics: Woman 21-65 years old should have a Pap smear every three years according to new health guidelines, along with a Human Papillomavirus (HPV) test in some cases -- not annually as most women were taught. The Pap smear detects changes in cervical cells caused by persistent HPV infections, and the HPV test improves detection. After an abnormal result, doctors may perform a colposcopy exam by applying a solution to the cervix and watching for areas that turn white (acetowhitening), which can indicate abnormal cells. Certain women may need more frequent screening or treatment to remove pre-cancerous areas.

• Computer-aided detection: Historically colposcopy has been a very subjective exam, and accurately identifying biopsy sites is a challenging task. DySIS colposcopy, a clinically-proven, FDA-cleared device, adds Dynamic Spectral Imaging to objectively quantify acetowhitening, and displays the results in a color-coded map.

"Its ability to help me to select biopsy sites has resulted in me finding an increased num-

ber of significant pathologies," says Dr. John Patterson of Wheaton Franciscan Healthcare of DySISmap.

• Reduced anxiety: Receiving news from your doctor that your Pap smear result is abnormal is frightening for any woman. However, the new computer-enhanced imaging offers more clarity for both the clinician and the patient.

"It was really good to be able to see the screen and feel a little more in control and understand what was happening," says Heather Holyoak, a medical student who had three colposcopy procedures and a biopsy over the past three years. "For me, it wasn't remotely painful or uncomfortable, and it could be something that puts your mind at ease."

• Prevention: Two FDA-approved vaccines are highly effective in preventing infections of high-risk HPV types that cause the majority of cervical cancers. The HPV vaccine is recommended to be given to pre-teen girls and boys at 11-12 years old before they are sexually active, but can be given up to age 26 for women and 21 for men.

For more information on screening, diagnosis and prevention, visit cancer.org/cancer/cervicalcancer and www.DySISMedical.com.

Cervical cancer is completely preventable and the best prevention is being regularly tested to detect abnormalities early. With these new tools, cervical cancer can be eradicated in our lifetime. StatePoint

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What You Need to Know About Winter Driving

Winter can be an especially perilous time to be on the roads. Snow, ice, fog and longer nights present challenges to drivers that can lead to crashes.

People do less driving in winter, yet we have more crashes per mile driven. Some 10,780 people were killed in car crashes between December and March in 2013 -- fully one-third of the total for each year. Non-fatal collisions also occur with greater frequency in winter months.

You may be an ace behind the wheel when the sun is shining and roads are dry, but driving in winter weather can be a different story. Drivers need to recalibrate and adjust their driving for winter road conditions.

"Travel can be treacherous when roadway surfaces are compromised during winter storms," says Deborah A.P. Hersman, president and CEO of the National Safety Council (NSC). "The good news is that in-vehicle technologies can help drivers by providing advance warnings and preventing loss of control."

NSC and the University of Iowa recently partnered to launch a campaign called MyCarDoesWhat, to educate drivers about vehicle safety technologies designed to prevent crashes. The MyCarDoesWhat campaign of-

fers three major pieces of advice for driving in wintry conditions:

- **Slow down.** This is the golden rule of winter driving. Drivers frequently underestimate how long it takes to brake and how difficult it can be to steer on slippery roads.

- **Do not use cruise control** when driving on slippery surfaces. It will diminish your control over the car and reduce your reaction time in the event of a skid.

- **Bridges and overpasses** freeze before roadways, so be alert in cold weather when approaching a bridge.

While a careful and skillful driver is always a vehicle's best safety feature, many safety technologies can help prevent or reduce the severity of winter-related crashes.

They include:

- **Anti-lock braking systems (ABS)** help drivers maintain control by preventing wheels from locking up. Your ABS works differently than traditional brakes, and requires you to drive differently too. It delivers and releases precise braking pressure to each wheel as needed, so you shouldn't pump the brakes when you have ABS. Just hold them down firmly and look and steer in the direction you want to go. They may buzz and vibrate when the ABS has

activated.

- **Traction control** helps you accelerate without spinning out on slippery surfaces.

- **With electronic stability control**, your car's computer helps sense when you may be losing control around a corner or curve and can stabilize your car if it begins to veer off your intended path.

- **Adaptive headlights** adjust to changing roadway conditions -- such as curves -- to provide optimum illumination along the roadway during the long winter nights and periods of low daytime visibility.

"Driving in snow and ice requires much more focus on the conditions and an ability to adapt to an ever-changing, slippery environment," says Daniel McGehee, director of the Transportation and Vehicle Safety Program at the University of Iowa.

Research shows that most consumers are unsure about how some potentially life-saving vehicle safety technologies work. To get better acquainted with your car's features and learn important winter driving skills, visit MyCarDoesWhat.org on Twitter and Facebook for videos and tools.

With the right knowledge and skills, you can make your winter journeys safer. (StatePoint)

10 Tips to Stick with Your New Year's Weight Loss Resolutions

Millions of Americans will make the resolution this New Year to lose weight. But goal setting is the easy part. Staying on the weight loss track and maintaining that weight loss is where the challenges begin.

Here are 10 tips to help you stick with your weight loss resolution this New Year and beyond.

- **Drink up:** Hunger and thirst can often be confused, so stay hydrated. But remember, beverages are not a place to splurge on a ton of calories. Drink water. For a flavor boost, add fresh fruit slices or mint leaves.

- **Snack mindfully:** It is all too easy to derail an otherwise flawless diet by bingeing at snack time. Be mindful of your snacks, and make sure they offer nutritional value and are designed to keep you satisfied until your next meal.

- **Sleep:** Studies show a link between sleep deprivation and excess pounds. While there are many theories as to why this is, at the very least, getting enough sleep will promote clear-headed,

healthful choices throughout the day.

- **Jumpstart your weight loss:** Studies show that early weight loss is a predictor of long-term success. Look for programs that keep you motivated, like Nutrisystem Turbo10, which delivers up to a 10-pound weight loss and up to five inches lost overall in the first month of dieting.

- **Eat small:** Research suggests that eating smaller, balanced meals throughout the day promotes greater weight loss and maintenance. Schedule meals every two to three hours, six times a day.

- **Get moving:** Exercise doesn't have to be daunting! Get started with 10-minute sessions, three times a day. Movement sets your metabolism in motion so make sure it's a consistent part of your weight loss efforts.

- **Eat out, right:** Restaurant portions can be monstrous. Set aside half the meal and save it for later. Avoid key menu terms like "breaded," "fried," "crispy,"

and "smothered." At buffets, fill your first plate up entirely with greens before moving on to other options.

- **Embrace setbacks:** Sometimes diets get temporarily thrown off course by a missed workout or a second slice of birthday cake. Rather than throwing in the towel entirely, view the setback for what it really is, a temporary hiccup.

- **Be accountable:** Keep a food and exercise diary to reinforce good habits. Log food, drinks, activity, weight and more to stay accountable.

- **Seek support:** Weight loss and maintenance is no cakewalk. Turn to weight loss counselors, dietitians and online communities for support with your weight loss journey. The counselors at Nutrisystem for example, are available seven days a week. For more information, visit Nutrisystem.com.

With the right attitude and the right tools, you can make 2016 the year you finally lose the weight for good. (StatePoint)

Tips to Prevent and Treat Cold Sores This Winter

Did you know that the cold sore virus is very common? In fact, eight out of 10 people have it. And, if you've ever had one, you already know that an outbreak can be painful and unpleasant. Itching, burning, tingling, and blisters are some of the symptoms associated with cold sores, and many people are especially susceptible to them during cold and flu season.

Blisters or sores usually appear when your body's defenses are down -- when you are stressed, or your immune system is weak, making you especially vulnerable this time of year. There is no cure for cold sores, but you can take steps to prevent an outbreak and manage the symptoms. Here is what to know:

Prevention

Among other harmful effects to skin, excess sun exposure can trigger cold sores, no matter what the temperature is out-

doors. In the cooler months, take steps to limit sun exposure as you would during summer. This includes wearing a lip balm with SPF protection.

Work to keep your immune system strong all season. Eat a well-balanced diet, exercise and get sufficient rest every night.

A lot of stress can also be a trigger for a cold sore. Whether it's a bubble bath, yoga session, or an evening on the couch watching TV, make sure your schedule includes some quality down time.

Treatment

Most symptoms go away in seven to 12 days. Before a blister appears, you may feel tingling or burning on your upper or lower lip. This is called a "prodrome," a signal that a cold sore is imminent. This is the best time to make sure you have a trusted cold sore treatment on hand.

You can help to ease symp-

toms at the site of the sore with a fast-acting formula such as Carmex Cold Sore Treatment. Ten percent benzocaine relieves pain and itch, while its patented Triplex formula works to smooth and fill in the sores to make it less noticeable. Keep dry, cracked lips moisturized with a medicated lip balm, such as those available from Carmex.

Remember, the cold sore virus is contagious, particularly during the open sore stage, so wash your hands regularly in order to prevent spreading the infection to others. Also avoid sharing glasses or utensils that may spread the virus. Sadly, kissing is also on the list of things to avoid.

In the winter, take extra precautions to prevent cold sore outbreaks. And if you do suffer from these painful symptoms, remember, there are many ways to ease discomfort. (StatePoint)

Millennials: Tips on How to Invest for a Brighter Financial Future

The majority of Americans say retirement investing is a priority, but more than half consider Social Security a top-three source for funding retirement, and 40 percent of millennials expect Social Security (along with 401(k)s and pensions) to fund their golden years, according to Capital One Investing's Financial Freedom Survey.

"With the future of Social Security uncertain, all Americans, and millennials in particular, should be proactively planning for their financial futures," said Yvette Butler, president of Capital One Investing, a full-service brokerage. "There are consequences to sitting on the sidelines, most importantly a smaller nest egg in the long-term."

Capital One Investing found 93 percent of millennials say that distrust of the markets, lack of knowledge, little understanding of pricing and costs, and general complexities make them feel less confident about investing.

"Now more than ever, the onus is on the individual investor to plan for a financially stable future," said Butler. "The indus-

try needs to offer millennial investors educational tools and transparent products that will support them as they do so."

With that in mind, Butler offers several ideas that may help younger investors establish a straightforward financial plan they can stick to.

- **Start early:** The earlier you start planning and investing, the better. Once you have an emergency fund saved, you may want to consistently contribute to a diversified retirement account to try to maximize your long-term gains. Even small amounts invested today can add up over time. Tools like the ShareBuilder Investment Plan enable you to invest a set dollar amount and buy fractional shares of stocks, ETFs and mutual funds.

- **Go online:** An online investing account is easy to open and doesn't require a lot of cash to get started, and online investing and mobile apps give you increased on-the-go flexibility.

Low-cost portfolio building tools that take into account your investment horizon and risk tolerance can also help develop a strategy that works for you.

- **Get educated:** From stocks and bonds to mutual funds, ETFs, IRAs and 401(k)s, there are a lot of strategies and vehicles out there, and it may seem overwhelming at first. In fact, according to Capital One Investing's survey, more than half of investors of all ages say their lack of knowledge and experience in investing hinders them from feeling confident about taking action. You may eliminate this barrier by exploring free financial resources and educational tools that can help you sort out the facts and learn about tried and true investing principles.

- **Ask for help:** A trusted professional can offer unbiased advice, and may help you develop an investing strategy you can follow and adjust, while instilling confidence about your future.

When it comes to establishing a financial plan, stay motivated by determining clear goals, and don't forget to pat yourself on the back as you reach various milestones. Remember, the work you do today should pay off for years to come. (StatePoint)

5 Stages of Retirement Preparation: What to Know Now

It's never too early or too late to save for your retirement, whether you're a young saver or approaching your retirement years.

"There are actions you can take to help boost your retirement readiness at key points throughout your life," says Jamie Ohl, president of Retirement Plan Services at Lincoln Financial Group.

According to a 2015 Lincoln Financial Group M.O.O.D. of America study, 92 percent of Americans agree that putting

money into a retirement plan, like a 401(k), contributes to a more secure financial future. Ohl and the professionals at Lincoln are offering retirement savings tips for various life stages that can help all savers take full advantage of their workplace retirement plan and become more confident about their retirement readiness at every step along the way.

Getting Started

It may be tempting to spend your new paycheck exclusively on items you want or need now, and delay saving for retirement altogether at this point. Lincoln's M.O.O.D. study shows that 78 percent of Millennials feel that payments they need to make now, like bills, housing, and other necessities, make it diffi-

cult for them to put money toward their future. However, your monthly budget should include a line for retirement savings. Now is the time to create a habit of contributing regularly to your retirement savings plan at work. As soon as it's available to you, enroll in your employer-sponsored plan and save at least up to the company match. Saving a small but steady amount early on can compound over time and pay off down the road.

Keeping It Up

Life can get complicated as you get older. From mortgage and car payments to education expenses to raising kids, competing financial priorities can distract you from retirement savings goals. Resist the temptation to stop saving altogether or borrow from your plan. Lincoln's 2015 American Consumer Study shows that 49 percent of Generation X and younger Baby Boomers would like to put more money into saving for retirement, but cannot due to present financial constraints.

Now more than ever, keep up the momentum. A financial professional can help you evaluate your retirement savings picture and identify ways to maintain

savings growth. As you navigate your career and make job changes, be sure to evaluate a potential employer's benefits offering -- including a retirement savings plan -- as part of your overall compensation. Learn about what options are available to you, such as a company match, investment choices and other resources to help you stay on track and keep a holistic view of your savings.

In the Homestretch

At this point you have done most of the hard work and the retirement you've envisioned is in sight. Continue to save and set aside extra money from income boosts or bonuses. Work with a financial consultant to reset your savings strategies and learn about other savings tools like income guarantee options that may be available in your plan. Familiarize yourself with Social Security benefits, and any other income sources you've secured throughout your career.

For more retirement preparation tips, visit www.lincolffinancial.com.

Being prepared for retirement requires some work and planning. For a more comfortable financial future, don't delay your efforts. (StatePoint)

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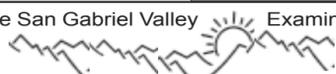
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Supervisor Antonovich's Pet Of The Week: "Dexter"



LOS ANGELES COUNTY — At the Board of Supervisors meeting, Supervisor Michael D. Antonovich presents "Dexter," a 10-year-old Yorkshire Terrier ready to be adopted. For more information about adopting a pet, please call the Los Angeles County Department of Animal Care and Control at (562) 728-4610.

Emma Graduates to Kindergarten



Emma poses in Miss Deepa's Class with her mom, Ash. By Jayam Rutnam GLENDORA - It was a cold morning but sunny morning at Arrow Montessori School in San Dimas, where they held their annual Holiday Show. Little Emma was the star of the show and led the other kids in singing holiday songs. It was announced that she has been chosen to graduate to Kindergarten to Miss Carol's class.

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