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STRIVING FOR JOURNALISTIC EXCELLENCE IN LOCAL NEWS

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Woman of the Year



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City of West Covina Remembers Dr. Martin Luther King Jr.

By George Ogden

WEST COVINA - On Monday, January 18, 2016, the city of West Covina along with Kaiser Permanente and the NAACP hosted the Dr. Martin Luther King Junior, 17th annual tribute celebration. This year's theme was "The Journey Continues".

The keynote speaker for the event was Danny Harris, the 1984 Olympic silver medalist. Representing Kaiser Permanente was Reyna Delharo. Other political dignitaries that attended, was Congresswoman Grace Napolitano, Sen. Dr. Ed Hernandez, Los Angeles County supervisor, Hilda Solis. Representatives for Assemblyman Roger Hernandez were also in attendance. West Covina mayor James Toma along with councilmembers, Lloyd Johnson, Corey Warshaw and Tony Wu were also in attendance.

Master of Ceremonies, Carter L Spruill welcomed the crowd and introduced the dignitaries.

NAACP president Ronnie Jones was also on hand for the event and gave the closing remarks.

There was plenty of great entertainment with such groups as, "On the Track", Faith Community Church, Faith Center Ministries Youth Choir, Murph Chapel Youth Choir, with solo numbers from Carly Godoy, Tori Harvey, and Amaris Griggs.

This year's event was held in the open grassy area of the upper level next to the courthouse. This allowed for a number of food booths, information booths and booths that sold some memorabilia to be on site.

Danny Harris, the Olympic medalist appeared in the 1984 Olympics and is probably best known for ending the 122 race winning streak of the legendary Edwin Moses in 1987. Harris spoke on the achievements of Dr. Martin Luther King and the progress to that all of the communities have made in the freedoms that we have today.



Sen. Dr. Ed Hernandez made a presentation to Ronnie Jones and the City of West Covina.

Azusa High School Hosts 10th Annual Graduate Panel



Azusa High School alumni share their college and professional experiences and offer advice to students as part of the high school's 10th annual Graduate Panel in December.

AZUSA - More than 30 Azusa High School graduates, many sporting their college sweatshirts, spread across campus during the school's 10th annual Graduate Panel to advise students on how to tap high school resources, choose a college major and navigate academic and career paths.

"I am proud to see our former students come back every year to help current students navigate through their futures," Azusa Unified Superintendent Dr. Linda Kaminski said. "Our returning alumni are an example of how influential their experience was at Azusa Unified in their college and professional careers and how our District fosters a strong community connection."

The Aztec alumni, graduates spanning 2004 to 2015, came from institutions such as UCLA, Cal Poly Pomona and San Diego State and represented majors from structural engineering to medicine.

"It's always exciting to see our graduates share their success and knowledge with current students," Azusa High School Principal Dr. Ramiro Rubalcaba said. "This gives a wider perspective for our students to see what they can achieve and gives them exposure to the different paths they can take for their future."

Groups of graduates moved through ninth- to 12-grade classrooms to discuss their journeys after high school. Students had the opportunity to ask

questions, anywhere from "What surprised you when you got to college?" to "What do you wish you would have known before getting to college?"

"The students can start to really think about what they're prepared and not prepared for when they leave high school," said Lanette Baumann, College and Career Center Coordinator. "This gives our students an opportunity to see similarities between themselves and the graduates, and that they can be successful with whatever plan they have and make it through."

Baumann launched the panel 10 years ago when she invited four alumni to speak with students. The panel quickly swelled as more and more graduates wanted to come back and impart advice.

"Every year, our students have access to a strong alumni network and have the opportunity to find mentors who could help develop their futures," Board of Education President Yolanda Rodriguez-Peña said. "The Graduate Panel gives valuable insight to our students and will help them make important decisions in the coming years."

Girl Scout Sarah Graves Works on "Gold Award" Project at Fairmount Cemetery



Girl Scout Troop 8574, Victoria Garza, Jennifer DeBarr (Troop Advisor), Briana Fuentes, Anna Zhu, Leslie Munoz, Adam Erickson (BSA Troop 491), Sarah Graves (project leader, in red), Melissa DeBarr, Coleen Graves (Troop Leader)

By Mark Erickson

GLENDORA - On January 16, 2016, Girl Scout Sarah Graves of Glendora Girl Scout Troop 8574 led her fellow Girls Scouts and volunteers in the restoration of the historic Fairmount Cemetery for her Gold Award Project to help the community.

Easy to overlook and somewhat difficult to get to, the Fairmount Cemetery grounds has deteriorated and were in need of serious maintenance.

Sarah Graves, 16, a Glendora High School student, Ambassador-level Girl Scout and active member since she was a Brownie Scout in second grade, identified the cemetery as a place that her project that would leave a community legacy with a sustainable solution. Sarah's Gold Award Project (the equivalent of a Boy Scout Eagle Project), was to rebuild and improve the family plots of the cemetery. This included, but was not limited to, the hard work of digging out the low and crumbling brick retaining walls and rebuilding them anew using the old bricks and fresh mortar.

The Fairmount Cemetery was built in 1876, before Glendora was a city, and is the

resting place for many of Glendora's first residents, including several veterans dating from the Civil War to WWII. On Memorial Day for the past four decades or so, cemetery trustees have arranged for a 21-gun salute and the playing of taps to honor the score of veterans buried there.

Some families still have their loved ones there to this date.

The Gold Award is the highest achievement within the Girl Scouts of the USA, earned by Senior and Ambassador Girl Scouts. The Gold Award requires the Girl Scout to identify an issue, investigate it thoroughly, get help and build a team, create a plan, present your plan, gather feedback and take action.

Only 5.4% of eligible Girl Scouts successfully earn the Gold Award and those that do locally earn a chance to ride the Girl Scout Float in the Rose Parade.

To earn the Gold Award, a Girl Scout must work 80 hours of service, not including the project planning and pre-preparation classes.

How Would You Like To Make Room In Your Closet And Make Prom Dreams Come True?

AZUSA - My Sister's Closet is a community project that collects gently used, special occasion dresses that will be given to girls in the community so that they are able to attend their prom. The Azusa Unified School District, Azusa Pacific University, the Assistance Outreach League of Covina and the Azusa/Glendora Soroptimists are collaborating to reduce the financial stress by providing these dresses at NO COST to any young lady who plans on attending her high school prom. Silvana Cavazos, program coordinator for the Azusa Unified School Districts Family Resource Center created this program to help girls participate in all the activities that make their high school experience fun without worrying about how they would pay for a dress.

Donations sites are located at the Azusa Unified School District Family Resource Center located off of Citrus and Gladstone, 546 S. Citrus Avenue, Azusa and Azusa Pacific University Social Department at 901 E. Alosta Avenue in Azusa at the School of Behavioral and Applied Science. Additional information can be found at our website: <http://sites.google.com/site/mysistersclosetazusa/>

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School Mural Brings Art, American History to Life at Valleydale Elementary School



APU students are in the process of painting a mural in a corridor of Valleydale Elementary School.

AZUSA - Valleydale Elementary School students are observing American history unfold in front of their eyes as Azusa Pacific University (APU) art students design and paint a multi-color mural in their main school corridor. The project, which will likely be completed in early December, brings to life three notable figures from Colonial America – Abigail Adams, Benjamin Banneker and Noah Webster.

The mural project, overseen by APU Professor of Art and Design Dr. Jim Thompson, is one component of a Service Learning partnership between Azusa Unified School District and Azusa Pacific's Center for Academic Service-Learning and Research. College students visit the AUSD campus Mondays and Wednesdays.

"AUSD's partnership with Azusa Pacific's Service Learning Center has reciprocal ben-

efits for the District, the university and the Azusa community," AUSD Superintendent Dr. Linda Kaminski said. "The APU students come to our campuses and acquire real-life experience, while our students gain extra-curricular guidance that complements the high-quality instruction they receive every day."

Valleydale principal Leslie Ford approached Dr. Thompson – who has conducted on-

campus art workshops with Valleydale students in the past – with the idea of a student-conceived mural project so Valleydale students could see the artistic process firsthand.

"We want our kids to understand that art does not just appear as a finished product, but that it takes much work, preparation and patience to complete an installation of this magnitude," Ford said. "Additionally, they will learn American history and benefit from the aesthetics of a brilliantly-rendered mural that will be with Valleydale Elementary for years to come."

The six APU art and graphics design majors Thompson brings to Valleydale – seniors Ellen Appleby, Marian Nutley, Corrine Low, Mikaela Milner, Khang Tiet and junior Jamie Kwok – came up with the mural design format after consult-

ing with Valleydale faculty and staff, opting to depict short pictorial biographies of three American historical figures who could serve as inspirations for Valleydale students.

Adams, the wife of President and Founding Father John Adams, was an early advocate of women's rights; Banneker was a pioneering African-American surveyor and writer; and Webster, who published the first American dictionary, dedicated his life to helping shape the English language. Their portraits will be accompanied by text describing their major accomplishments, as well as symbols of their craft.

"Dr. Thompson has graciously volunteered his services on behalf of Valleydale students for many years, and has established a tremendous rapport," Ford says of Thompson, who

will soon retire after 40 years of teaching, the last 25 years at Azusa Pacific. "As a final gift, we wanted an artistic legacy at the school to remember him by. We will be sad to see him go, but wish him all the best in the future."

Azusa Unified has embarked on numerous beautification projects district-wide, with new art, landscaping and classroom facilities providing an aesthetic boost for students and staff, as well as campus visitors.

"We believe that students are more prepared and inspired to learn when they have a beautiful learning environment," AUSD Board of Education President Yolanda Rodriguez-Pena said. "We deeply appreciate the wonderful work being done by Dr. Thompson and his Azusa Pacific students."

Baldwin Park Marks 60th Anniversary

Officials anticipate special preparations as part of diamond jubilee

BALDWIN PARK – The recent start of another new year marked a great milestone for this suburban community nestled within the San Gabriel Valley. This month, Baldwin Park will commemorate its 60th anniversary, and officials hope that locals will help celebrate the diamond jubilee with neighbors, family members, and friends.

Organizers with the city's Department of Recreation and Community Services said traditional festivities such as Summer Concerts in the Park, the 4th of July Spectacular, and Downtown Street Fair will continue in Baldwin Park throughout the year. However, they anticipate coordinating special festivities to complement the "Celebrate Baldwin Park" parade in November.

Residents are invited to participate in Baldwin Park's festivities throughout the year.

Baldwin Park Mayor Manuel Lozano said he is excited to be part of his city's celebrations as the diamond anniversary unfolds this year. Lozano recently began his 8th consecutive two-year term as head of the City Council, and he said he has seen Baldwin Park undergo some significant transformations.

"We've attracted a lot of people in to this community, and they've made it a great place to live in," said Lozano.

Like any community, Baldwin Park has its share of stories and history.

The township formerly known as Vineland had been part of cattle grazing land that belonged to San Gabriel Mission, as well as the Rancho Azusa de Dalton and Rancho La Puente properties, in the late 1800s. By 1906, Vineland was renamed Baldwin Park in honor of Elias J. "Lucky" Baldwin, an affluent landowner with high stakes in the community.

On January 25, 1956, Baldwin Park became the 47th city to be officially incorporated in the state of California.

Lozano said he has seen his city undergo some significant transformations throughout the years. The mayor said he originally moved in to Baldwin Park in 1979. "Times have been good to Baldwin Park despite some of the economic hardships we have gone through," he added. "We've pulled out of the recession and we're a more viable community."

Lozano credited his city's "small-town environment" for the increase in camaraderie and overall community spirit in Baldwin Park. He also noted the variety of popular retail stores, specialty shops, and dining venues – including the first-ever In-n-Out restaurant – that have

made a home in Baldwin Park in the last few decades.

The mayor additionally recounted some of images depicting Baldwin Park's earliest citizens. He noted one photograph, in particular, in which a majority of residents seemingly turned out along the city's center to take an aerial panoramic photo of their community. Although it would take great strategizing, he admits, Lozano expressed hopes of potentially recreating the photo opportunity this year, incorporating as many of Baldwin Park's estimated 75,000 residents to turn out along Maine Street for another panoramic shot.

Officials hope that highlighting Baldwin Park's diamond anniversary will continue to draw both current and former residents who have their own stake in the city. Said Lozano, "A lot of people always say, 'My heart is always in Baldwin Park'."

For details regarding community events and diamond anniversary festivities in Baldwin Park, residents are encouraged to keep note of announcements via the city's web site (www.baldwinpark.com) and other media. For more information, contact the Department of Recreation and Community Services.

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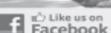
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Assemblyman Gatto Practices What He Preaches, Signs Easy Estate-Planning Deeds at his Office

SACRAMENTO - Assemblyman Mike Gatto (D-Los Angeles) was joined by the Howard Jarvis Taxpayers Association and members of the AARP as he signed two Revocable Transfer on Death (RTOD) deed forms for his houses. This comes just days after his AB 139, a measure which established this new estate-planning tool, went into effect. Reformers had tried to pass this historic legislation for ten years, failing until Gatto's AB 139.

Before now, middle-class Californians had two costly options to transfer the title of their home upon death: hire an attorney to draft a trust (which typically costs homeowners between \$2000 and \$6000) or force surviving loved ones to weather the lengthy, delay-filled probate process (with an average cost of \$26,000).

"One of the primary roles of the legislature should be to simplify life for Californians," said Assemblyman Gatto. "AB 139 will do that, by helping homeowners avoid costly probate and attorney's fees and unintended burdens on family members. It's also important

for us to operate under the rules we propose, so I wanted to show everyone how easy and secure this process is by signing deeds for my own homes today."

Supporters of the bill expressed their enthusiasm for the availability of the new tool, noting that these new "Easy Estate Planning" deeds will grant all Californians the opportunity to use an inexpensive tool to pass their home to a loved one.

"Establishing a TOD will greatly simplify the transfer of real property, which is crucially important for elderly residents or those on fixed incomes," explained Jon Coupal, President of the Howard Jarvis Taxpayers Association. "A TOD will save both the homeowner and beneficiary time and money and ensures their final wishes are carried out without excessive legal costs."

"AARP favors making estate planning simpler and less burdensome, as long as sufficient safeguards against fraud are in place. AB 139 provides an easy, straightforward, and relatively inexpensive method for California residents to transfer real property," stated Nancy

McPherson, State Director for AARP, California. "Allowing Californians to transfer a home, which for many is the most valuable asset they own, allows them to ensure that their loved one maintains possession of that asset after their death. This can provide valuable peace of mind for many older Californians, and that's why, on behalf of 3.2 million California members, AARP strongly supported this legislation."

Most counties were quick to make the forms available on their websites. After notarization of the form, Californians can simply mail the deed to their local County Recorder's office, pay a small fee, and file the form. The average such fee, of \$25, pales in comparison to the lawyer's fees involved for previous methods.

"Our office is now prepared to review the Revocable Transfer on Death Deed for our customers seeking a cost-effective method to transfer their personal, residential real property to a beneficiary of their choice upon their death," said Dean C. Logan, Los Angeles County Registrar-Recorder/County Clerk.

Assembly Majority Floor Leader Chris Holden Kicks Off Young Legislators Program at Rose Bowl

PASADENA - Assembly Majority Floor Leader Chris Holden kicked off the Young Legislators Program at the Rose Bowl in Pasadena with twelve participating high school students from the 41st Assembly District. The six-month long program will provide the students an opportunity to learn about the legislative process, services provided to constituents by elected leaders, and the relationship between local and state governments. The twelve students participating are from Pasadena, Sierra Madre, Monrovia, San Dimas, and Claremont.

"I'm thrilled to launch the

first annual Young Legislators Program for the 41st Assembly District," said Assembly Majority Floor Leader Chris Holden. "We've put together a program that I hope will have lasting impact on the students and maybe even inspire them to run for office one day."

"On every issue that impacts the opportunities of young people, including jobs, housing, and education, government will play a critical role," said guest speaker Dr. Raphael Sonenshein, Executive Director at the Pat Brown Institute for Public Affairs. We know that those who understand the political process are more likely to

participate, and those who participate will determine what happens."

The students will meet four more times in the district at locations including the University of La Verne, the Foothill Gold Line Maintenance Operation and Transportation Office, the Claremont Water Treatment Center, and the California Institute of Technology. At these locations they will discuss issues such as education, transportation, the environment, and science and technology. The program will conclude in Sacramento with a tour of the State Capitol and an inside look at the legislative process.

San Gabriel To Host Second Community Meeting On Parks

SAN GABRIEL - The City of San Gabriel, in conjunction with nonprofit group Amigos De Los Rios, will hold a second community meeting on Jan. 26 to give residents a chance to share their thoughts on the city's parks and recreation needs.

The meeting is part of the Los Angeles Countywide Comprehensive Park & Recreation Needs Assessment. At the meeting, attendees and presenters will go over the current parks

and recreation infrastructure in San Gabriel and discuss potential improvements. Residents can also share which park projects are most important to them. This is the second community meeting the city has held, with the first one back in December.

Ultimately, the Park Needs Assessment will identify future opportunities for parks and recreation throughout the county and assist the city in future plan-

ning. The Assessment could also influence future funding decisions at the local level and be used to leverage federal and state resources. It is scheduled to be completed by May 2016.

The meeting will begin at 6 p.m. on Tuesday, Jan. 26 at the Community Health Education Center, 261 S Junipero Serra Drive in San Gabriel. For more information on the Park Needs Assessment, visit www.lacountyparkneeds.org.

Monterey Park to Host Park Needs Assessment Workshop

MONTEREY PARK - The City of Monterey Park will host a park needs assessment workshop at the Barnes Park Service Club House on Saturday, **January 23** at 10 a.m. The public is invited to attend and provide valuable input on what type of recreation facilities the city

needs in the future.

Potential projects that may be discussed include Barnes Park Pool renovations or a community garden. Studies have shown that the availability of quality recreation and park facilities leads to a healthy lifestyle and strong neighborhoods.

At the end of the two hour session, a prioritized list of facilities will be created and sent to Los Angeles County for possible future funding. The information will also be added to the park master plan.

Light refreshments will be served during the event and lunch will be provided at the conclusion.

The Barnes Park Service Club House is located at 440 S. McPherrin Ave., Monterey Park, CA 91754 at the corner of McPherrin and Harding Avenues. For more information please contact the Recreation and Community Services Department at 626-307-1388 or www.MontereyPark.ca.gov.

Metrolink To Address Delays, Overcrowding And Reserve Transportation Shortages

LOS ANGELES COUNTY - The Metrolink Board of Directors unanimously approved two motions by Director Michael D. Antonovich requesting the CEO to report back on efficiency, passenger capacity, and delays on the San Bernardino Line, as well as reserve bus bridge service shortages.

"These serious issues erode the quality of Metrolink service and its ability to retain customers," said Antonovich. "Maintaining Metrolink customer reliability, convenience, safety and comfort is of the highest importance to our riders and must be addressed on an expedited timeline."

This motion comes after Metrolink instituted a schedule change to the San Bernardino Line on October 5, 2015 intended to accommodate train turns due to Positive Train Control (PTC), address schedule delays and to service additional stops at California State University Los Angeles and Montclair. The schedule change increased

headway times from 20 to 30 minutes and adjusted express train lines 383 (5:40 a.m.) and 384 (5:15 a.m.) to lines 307 (5:30 a.m.) and 324 (5:30 a.m.), respectively.

The schedule change incidentally created operational challenges that have impacted the quality of service to customers. More than 2,000 complaints have been logged since October making reference to overcrowding as a result of express trains running during peak hours, shifting demands to other lines, declined rider comfort, the inconvenience of the schedule, delays (20-40 minute late trains), and safety concerns.

Metrolink staff noted these issues and intended to address delays by February 2016 and the express train issues by April 2016. This motion formulates a strategy and implementation plan to be executed within 30 days.

Bus bridges are a reserve means of transportation for passengers when normal Metrolink

service is disrupted. Currently bus bridges are provided to Metrolink by municipal operators. However, in some instances, municipalities do not have available buses for Metrolink during a service disruption. On Wednesday, December 30, 2015 a trespasser on the Antelope Valley Line tracks near Palmdale resulted in a fatality and an 18-hour disruption of normal service. Buses from local municipalities were unavailable for five hours due to a prior commitment with the Pasadena Tournament of Roses Parade.

The Metrolink CEO is reaching out to five County Sheriff's Departments, Los Angeles, San Bernardino, Ventura, Orange, and Riverside, for additional reserve buses when those of municipalities are unavailable. Aside from the Metropolitan Transportation Authority, these departments own and operate the largest fleet of buses in the region.

Suspect Arrested In Connection With Stabbing Of Gas Station Clerk

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 attack was captured on surveillance video, which was subsequently released to the media for distribution.

A citizen, who viewed one of the news broadcasts, was driving in the Covina area and recognized a vehicle driving as being similar to that of the suspect vehicle. The citizen followed the vehicle and immedi-

ately contacted the Covina Police Department. Responding officers located the suspect vehicle in the 1400 block of W. Bridger and contacted the occupants. One of the occupants inside the vehicle resembled the description of the suspect depicted in the stabbing of the store clerk. The two other occupants of the vehicle were females, one of which resembled the description of the female seen exiting the suspect vehicle, just prior to the stabbing and robbery attempt.

The male suspect, later identified as Frank Ponce-Deleon, (54 year old resident of La Puente) was subsequently taken into custody on unrelated charges and transported to the Covina Police Department for

booking. While he was in custody, Covina PD Detectives were able to obtain information and evidence linking S/Ponce-Deleon to the stabbing and was additionally charged with investigation of Assault with a Deadly Weapon (245 PC) and Attempted Robbery (664/211 PC). S/Ponce-Deleon is being held on \$100,000 bail pending his arraignment at Citrus Superior Court in West Covina on January 14, 2016.

Any information or questions 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.

Assemblyman Gatto Announces The DRONE Act of 2016

Sensible, comprehensive rules for the era of democratized aviation

SACRAMENTO - Assemblyman Mike Gatto announced a comprehensive solution to the challenges that drones pose, The Drone Registration/Omnibus Negligence-prevention Enactment (DRONE) Act of 2016. The Act would:

- Require registration of, and tiny physical or electronic license plates for, drones. All efforts to hold owners responsible (for example, for interfering with firefighting efforts) require this.

- Require inexpensive (\$1, or so) insurance policies sold at the point-of-sale, much like CRV is collected for bottles and cans. This will ensure that if a drone hurts someone or damages property, the victim can be compensated, and is akin to the auto-insurance requirements under existing law.

- Mandate that drones of a certain size, and equipped with GPS capability, feature automatic shut-off technology that would activate if approaching an airport. This technology already exists, and is critical to protecting commercial passenger flights.

- Implement various other provisions designed to enhance responsibility and mitigate risk.

"If cars have license plates and insurance, drones should have the equivalent, so they can be properly identified, and owners can be held financially responsible, whenever injuries, interference, or property damage occurs."

2015 showed that the nation's laws must adapt to the reality that hundreds of thousands of plastic and metal ve-

hicles will be overhead in the years to come. Several fires across the state worsened when drone sightings grounded firefighting aircraft. A drone operator in West Hollywood fled the scene after flying a drone into power lines, causing a power outage. And a drone fell from the sky in Pasadena, onto a mother pushing a baby carriage.

"One could imagine the auto industry balking at the idea of registration requirements at the turn-of-the-century, but the industry survived," explained Gatto. "As technology evolves, so must our laws in order to protect our citizenry. This is a sensible measure that will increase public safety and encourage responsible use of drones in California."

Board Urges Governor To Restore Developmentally Disabled Funding

LOS ANGELES COUNTY - The Los Angeles County Board of Supervisors unanimously approved a motion by Supervisor Michael D. Antonovich urging State legislative leaders to address the pressing needs of the more than 80,000 residents who are developmentally disabled.

"Over the past 20 years, service providers for the developmentally disabled have seen reductions and state funding cuts

while costs have risen -- significantly eroding developmental services and the quality and access to care provided," said Supervisor Antonovich. "If the funding cuts are not restored, vital services will disappear, leaving the welfare of many of our most vulnerable residents at great risk."

Through a five signature letter, the Board of Supervisors will ask the Governor and State

legislative leaders to boost and effectively allocate funding for the developmentally disabled. In addition, funds must be decentralized to maximize availability of resources to the contract organizations that actually serve the clients.

"It is time the State care for those individuals whom made no decision on their own accord that led to their disability," said Antonovich.

Good Joints Seen As Key Link In Healthy Aging

Exercise has been identified as a key component of aging gracefully, and has been linked with not only improved physical health but also better cognitive performance. The maintenance of fully functioning joints is an important part of enabling active seniors to participate in health-promoting athletic activity, experts agree.

Seniors today are working longer, traveling more and anticipate remaining active longer into life than their predecessors did. With more than 14 percent of the U.S. population at least 65 years old, it's no surprise that a Google search on "healthy aging" yields more than 18 million results. The National Institutes of Health, a national body that funds research and sets policy, has this to say about exercise for older people: "Being physically active can also help you stay strong and fit enough to keep doing the things you like to do as you get older. Making exercise and physical activity a



Exercise can prevent disease, manage stress and help support healthy aging.

regular part of your life can improve your health and help you maintain your independence as you age."

Losing the ability to exercise can have grave consequences, the NIH warns. "Lack of physical activity also can lead to more visits to the doctor, more hospitalizations, and more use of medicines for a variety of illnesses," the NIH said.

Exercise can prevent or delay disease, help to manage stress and improve mood, and can help support a healthy and intellectually vibrant old age. Recent research from Finland involving more than 5,000 subjects suggests that participating in leisure time physical activity earlier in life promotes mobility in old age. Another smaller-scale study suggests that resistance training, which would naturally tend to place more stress on the joints, helps support healthy cognition among older adults better than do more gentle activities. Given that today's seniors are staying active longer, and understand very well that mobility is linked to retaining independence, it's not a surprise that joint health is consistently one of the top selling categories of dietary supplements, with glucosamine and chondroitin combinations leading the pack.

Glucosamine, an amino acid that the body produces naturally, is part of the process to form and repair cartilage. It is thought that consuming glucosamine, which is usually made from shrimp shells, may increase new cartilage formation by providing the necessary building blocks. The usual dose is 1,000 mg each day for one to two months. Studies on the effectiveness of glucosamine are inconclusive at this point. The science on chondroitin is more encouraging, however, if it is taken in the right amounts.

Chondroitin, a nutrient extracted from cow, pork or bird cartilage, is one of the main substances responsible for cartilage resiliency, and also plays a major role in blocking the reactions that break down cartilage over time. In January 2015, the Cochrane Collaboration Review on "Chondroitin for Osteoarthritis" reviewed 43 randomized controlled trials involving over

9,000 people. It found that chondroitin, alone or in combination with glucosamine, was better than placebo in improving pain in participants with osteoarthritis and "there was statistically significant less reduction in minimal joint space width with chondroitin compared to placebo groups." Other large-scale studies have also had fairly positive results.

Not all supplements are created equal, however. The Food and Drug Administration regulates dietary supplements according to safety, and removes potentially harmful products from the market. But the FDA does not assess the health benefits of supplements as it does for drugs, making it incumbent on consumers to educate themselves on dosage levels and ingredient quality issues to find supplements that give the best results.

With chondroitin supplements, for example, the benefit appears to be linked to dose and ingredient quality. Dr. Nicola Volpi of University of Modena, Italy noted that chondroitin quality affects therapeutic utility. Results may vary according to the grade of chondroitin used as well as serving size; underdosing is thought to negatively affect outcomes. Most clinical studies that support chondroitin efficacy used daily serving sizes ranging between 800mg and 1,200mg.

Jana Hildreth, a noted expert on chondroitin purity and director of scientific affairs for Synutra Pure, Ltd., said "chondroitin is an expensive ingredient, so some companies add less to reduce cost. It's important to take that into account when shopping for a chondroitin supplement." Synutra Pure offers tips for selecting quality supplements at www.synutrapure.com.

Chondroitin is widely prescribed as a slow-acting drug to treat osteoarthritis in European Union countries. For these products, the purity level is set at 95 percent and the dosage is usually pegged at 1,000mg. In the U.S. market, where chondroitin is sold as a dietary supplement, USP, a national certifying body, has set the purity standard at 90 percent. (NAPSI)

Letters to the Editor

Opinions Are The Writer's

"Go Fund Me" Created for Barry Clark

I'm writing this for my brother Barry Clark. Barry has stage 4 throat cancer. We are expecting and praying for a full recovery and a cancer free life. He is in his third week of treatment. My whole life Barry has been the type of person who will give his last dollar and the shirt off his back to help someone in need. He is a wonderful person and the best brother a sister could have.

Barry has been self employed as a handy man for over 30 years. In 2014 he felt a small lump on the side of his throat. He had no insurance. It took him several months before he was

accepted for Obama Care program. In the mean time the small lump had grown to 3 tumors and close to 2 inches in length.

He is now getting treatments at City Of Hope. We have tried every agency there is to help him financially with the monthly bills and mortgage. He has had his home for 25 years. Some agencies were able to help with a few dollars here and there and some could not help at all. This is including government programs. It will be a few months before he can work again and heal.

We have created a site open to the public, a fund raiser called Go Fund Me. He has received some help. The web address is [Http://e.gofund.me/barryclark](http://e.gofund.me/barryclark). To see his full updates that will tell you everything with City Of Hope you can type in the search engine [barryclarkprayers](http://e.gofund.me/barryclark) and it will come up to view. Your support would mean a lot to us during this difficult time. Any donations would be appreciated. Please keep my brother and his family in your prayers during this difficult time. Thank you.

Cheryl Clark-Ernst
Glendora

Mt. SAC Spring Registration Begins

WALNUT - Online registration for Mt. San Antonio College's spring semester credit classes begins Jan. 13. Classes begin on Monday, Feb. 22.

All credit students must register for classes online through the My Mt. SAC Portal at my.mtsac.edu. New students must submit an admission application online. For students who do not have computer access, computers and assistance are available in the Student Services Center during business hours. The Admissions Office is open now Monday through Thursday, 8 a.m. to 7 p.m., and Friday from 8 a.m. to 4:30 p.m.

Before registering, new students are required to activate their personal Mt. SAC portal

account through the My Mt. SAC Portal at my.mtsac.edu. Instructions on how to do this, along with a username are sent to the new student's email address the student used when applying to the college. Through the portal.mtsac.edu, students will be able to view their registration date and time but will not be allowed to register before their assigned time. New students must also sign up for their assessment tests at the Assessment Center. Appointments can be made at www.mtsac.edu/assessment, by calling (909) 274-4265, or in person at the Assessment Center. Students are urged to prepare for assessment testing

by reviewing the information available on the Assessment Center webpage.

In addition, new students must also sign up for the required new student orientation session before registering for classes. For more information about required orientation sessions, call the Mt. SAC Counseling Department at (909) 274-4380.

The enrollment fee is \$46 per unit for California residents, and all fees are due upon registration.

For more registration information, call the Mt. SAC Admissions & Records Office at (909) 274-4415, or visit www.mtsac.edu.

Women's Volunteer Organization Accepting New Members, Club Benefits Local Women And Girls

GLENDORA - Soroptimist International of the Americas, an international volunteer organization for women, is accepting new members from the Azusa-Glendora and surrounding areas. The organization's mission is to improve the lives of women and girls, in local communities and around the world.

"It is a life changing experience to work along-side such generous, giving women. Not only do we help women and girls to achieve their dreams, we are growing right along with them. If you would like to share some of this magic, we would love to have you come and join us," declares President Elaine Heisinger.

We invite local women who are interested in serving our community to learn more about what we do by attending one of our upcoming meetings which are held at noon on the first and third Tuesdays of the month at Marie Callenders in Azusa at 1175 E Alosta Ave. For those who can only attend evening meetings, we meet on the last Wednesday of the month

at 6:00 p.m. at the same location.

The club participates in the Soroptimist "Live Your Dream" award program which provides women who serve as the primary wage earners for their families with financial resources to offset costs associated with their efforts to attain higher education or additional skills and training. The Azusa Glendora club is involved in many other programs that benefit women and girls, including a 5th grade self-esteem program as well as a new program called "Live It Be It" in which we mentor high school girls.

Soroptimist International of Azusa-Glendora is part of Soroptimist International of the

Americas. Headquartered in Philadelphia, Pa., Soroptimist is a cause-related philanthropic federation of clubs improving the lives of women and girls through social and economic empowerment. Soroptimist's has 32,000 members in 20 countries and territories. For more information on how Soroptimist improves the lives of women and girls, visit Soroptimist.org. For more information about Soroptimist International of Azusa-Glendora, or to join this group of women, contact Elaine Heisinger at 626-905-3591 or heisingerelaine@gmail.com. You can also find us on Facebook at Soroptimist Azusa Glendora.

EXAMINER
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- We believe that journalism should be free from any motives other than relaying information to its readers. It should not be used to win a favor by flattery, to enhance a particular political interest, or for the purpose of financial gain.
- We also believe in accuracy in fact and context. Journalists should be accountable for any news or subjects they write about.
- We believe in growth. Therefore, complaints or mistakes erroneously committed will be entertained and investigated diligently and corrected accordingly.
- We believe in performing our journalistic work to the best of our ability and will continue to present the facts clearly and fairly.

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All letters must be accompanied by the writer's true name, address and daytime telephone number, should be on a single subject and kept to **250 words or less**, although we may run letters of longer length. Letters of any length are subject to trimming and editing. Writers are limited to **one letter per month**. All letters and articles to the Examiner may be published or distributed in print, electronic and other forms.

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We Just Want To Be Safe

A few weeks ago I suggested that the most telling weapon ISIS possesses is its ability to make people feel unsafe. And they have used that explosive device with great effect. Americans are frightened of terrorism! But ISIS does not have an exclusive corner on fear mongering. It is a technique that has been employed for years by the gun lobby and the political operatives that support the proliferation of firearms. We are told that the only way to be safe is to be armed. Some bad person is out to get you. Danger lurks behind every shadow.

Of course we want to feel safe. We have all known people who were continually fearful. When a sense of danger is so strong a person will not leave the house, walk on a public street or shop for groceries, we are probably observing evidence of a mental illness. The Bill of Rights was an effort by the



Charles H. Bayer

nation's founders to guarantee our personal protection from the unwarranted intrusion of government. From illegal searches to the guarantee against self-incrimination, these first ten amendments to our Constitution allow us to feel less afraid. At the same time, we do what is within our power to insure our personal safety. We put locks on our doors, look both ways when crossing the street and

drive vehicles with seat belts and air bags.

Even with these systems of protection, these days many Americans are still made to feel less safe. But the real problem is not the lack of guns, but their proliferation. Students from kindergartens to graduate universities run a greater risk of getting shot than students in any other country. A mass shooting is defined as an incident in which a single shooter kills at least four persons. Since 2008 one such incident has taken place about every two weeks. Many of these shootings have happened on school property. Three quarters of these deadly attacks have been made with handguns.

The problem, however, is not that we do not possess firearms but that they are everywhere. In the US there are 88 privately owned weapons for every 100

people, which is eight times the rate in the rest of the world. So in this country you have a much greater possibility of being shot than in any other nation. The evidence is clear. The more guns there are in civilian hands, the more people will be killed with them.

Does carrying a gun or having one in your home increase or decrease your chances of being shot? The National Rifle Association is fond of telling us that the only way to stop a bad person with a gun is to have a good person with a gun. Is that really true? Consider the following scenario. A bad person intent on committing a crime encounters a good person on the street, in a shop or in a home. The good person may or may not have a weapon. If the bad person assumes that the good person is armed, because almost everyone is, what do

you think the bad person will do? In all likelihood, the bad person will shoot first! On the other hand, if the good person is thought not to be armed because firearms in civilian hands are a rarity, the robbery might well take place, but everyone will walk away still alive. The statistics are clear. For every home-invasion shot, nine family members are gunned down, often with the family's own weapons.

What about the Second Amendment? A well-regulated Militia, being necessary to the security of a free State, the right of the people to keep and bear Arms, shall not be infringed. The Supreme Court has spoken, and has held that it is a Constitutional right for civilians to possess an unlimited number of firearms. How is it possible that the Second Amendment can be construed to mean that any person can own one or fifty assault

weapons, carry them openly and have clips holding any number of rounds? But that is what five of the nine justices affirmed. Of course the Constitution can be amended, but the best possibility to reverse that ruling is to elect leaders who will appoint justices committed to its reversal.

Obviously hunters need guns as do a significant number of our farm-based and other rural neighbors. Nevertheless, no matter how many children and others are murdered in these continual mass shootings, the politically potent NRA backed by gun manufacturers can intimidate enough members of Congress that not even the most modest modifications-such as universal background checks-can be enacted. As a result we are all less safe.

Contact Charles Bayer at candwbayer@verizon.net

POTUS Set To Veto WOTUS

By Lois M. Shade
Former Mayor of Glendora

President of the United States (POTUS) is generally publicized in major newspapers to veto Water of the United States (WOTUS) S.J. Resolution 22, curtailing what 27 states, the Senate and House feel is over-reach by the Army Corp of Engineers and U.S. EPA's attempted redefinition of the Clean Water Act.

SJ 22 simply states: *Resolved by the Senate and House of Representatives of the United States of America in Congress assembled, That Congress disapproves the rule submitted by the Corps of Engineers and the Environmental Protection Agency relating to "Clean Water Rule: Definition of Waters of the United States and such rule shall have no force or effect.*

The resolution is a bipartisan attempt to allow farmers,

ranchers, and cattlemen to retain the use of their land without federal EPA interference, and in fact, water agencies' jurisdictions under state law, and users across the board.

Originally the Clean Water Act was an authorization by the federal government in 1972, to allow EPA to oversee and regulate pollution in the main waterways of this country. When hearings started in 2014, it was an attempt to expand the jurisdiction of EPA and the Army Corp and definition of water to include ditches, streams, ponds, any small water body or conveyance, on public or private land.

By way of a little background, in the spring of 2014, the Federal Register published a request for comments on the Environmental Protection Agency (EPA) proposal to clarify waters protected under the Clean Water Act (CWA). The

proposal came on top of Department of Agriculture/Forestry Service Directive 2560 that was presented and several cases heard by the US Supreme Court leaving jurisdictional questions hanging. In short, a modern era water war using the court system instead of guns.

On June 24, 2014, the House of Representatives Natural Resources Committee's subcommittee on Water & Power, Chaired then by Tom McClintock with Ranking Member Grace Napolitano, held hearings on "New Federal Schemes to Soak Up Water Authority: Impacts on States, Water Users, Recreation, and Jobs".

One of the speakers, Lawrence Martin, attorney with Halverson Northwest Law Group, representing National Water Resources Association (NWRA) an organization representing irrigation districts and water providers, spoke to the

subcommittee about the Clean Water Act (CWA) and other new groundwater proposals. He said:

- New definition of the "Waters of the U.S." under CWA gives EPA jurisdiction over all tributaries, waters adjacent to tributaries, and man-made conveyances, including ditches. An impact on farming, water providers, water recycling and ultimately the courts.

- Forestry's Directive 2560, Groundwater Resources Management states the Forestry will "Deny proposals to construct wells on or pipelines across NFS lands which can 'reasonably' be accommodated on non NFS lands". Martin said, "The Directive would take water supply decisions out of the hands of water managers and put it in the hands of Forest Service ... and expand the reach of the federal government into an area generally regulated by the states."

Chairman of Congressional Natural Resources Committee, Rob Bishop (R-UT) released the following statement: "When 27 states object to an action of the President we know something is wrong. Waters of the United States is the President's latest unilateral act to extend the power of his Administration beyond constitutional limits. This resolution, mirroring opposition of those states, demonstrates bipartisan disapproval of this far-reaching rule that undercuts states' authority to manage and care for our nation's water resources. If the President actually cared about the will of the people he'd respect that will and end this shameful abuse of power."

To bring this message home, we need to remember the farmers of the Central Valley have gone through the worst drought in how many years, and have finally received a little rain but

not nearly enough. Do they need to be additionally constrained by a distant federal government bureaucracy dictating their land management and water practices?

Local governments are now mandated to dig deep into their annual budgets because of EPA rules and regulations that created the National Pollution Discharge & Elimination System Permit (NPDES) to measure and control discharges from pipes, man-made ditches and discharges from industrial and municipal sources, including parking lots, into surface waters. Once accomplished, EPA now requires local jurisdictions, under a 5 step process, to measure contamination in adjacent waters, like the San Gabriel River, under an MS4 permit. That permit will cost cities literally millions each year.

Enough!

TSA: Stop Touching Sensitive Areas

By Bishop E.W. Jackson

When I joined the United States Marine Corps in August 1970, I took an oath to the Constitution. I take that oath more seriously today than I did then. Although I was young, it was a solemn commitment which I will never regret. The orders sending me to Viet Nam never came, but we were all prepared to give our lives in defense of our country.

Therefore, it is not easy for me to take issue with an agency that purportedly helps keep the American people safe. Nevertheless, I have come to the conclusion that the TSA - Transportation Security Administration - as it presently operates is rolling the dice with our safety on commercial flights.

I fly about 250,000 miles a year, which gives me considerable experience with security checks. Americans have come to view these invasive encounters as the price we pay to keep airplanes from being hijacked or blown up. In fact it is smoke and mirrors - the facade of security with no substance behind it.

Every time I go through the "see you naked" machine it identifies hot zones that require further search. Those zones always seem to include the groin area. Some men might find it flattering and a little funny that this sensitive region of the body makes metal detectors ring and x-ray machines flash red. However, in the age of Islamic terror, there is nothing flattering or funny about it. When the machine shows "something" near untouchable areas of the body, even though nothing is there, an agent has to run both hands to the top of your thighs, across

the front of your pants outside and inside, making contact with your most private zones. Women have a little different physiology, but it can't be any fun for them either.

Because I detest these assaults on my person, I was motivated to apply for my Known Traveler Number. That is a number assigned by TSA to those who file an application, go through a background check, pay an \$85 fee and interview with a TSA agent at one of their designated offices. My application was approved. I had my precious KTN. I could breathe a sigh of relief. No more airport gropings, or so I thought. As it turns out, even after getting your coveted number, you can be "randomly selected" for the full body screening. The week after I was approved as a Known Traveler, I was randomly selected for a full body screening and the nightmare began all over again. Apparently even "known travelers" aren't known well enough.

It is the understatement of the millennium to say that the screening machines are poorly calibrated. Law abiding citizens are treated like terrorists and asked to endure humiliating searches because the machines show "something." Kevin Payne had to watch his ten year old daughter subjected to a two minute pat down because of a false positive for explosive material on some liquid the girl had in a pouch. Instead of retesting the liquid, they immediately began groping the child. She said, "I was very scared. I had no idea what was going on. I was confused and felt like screaming and running out of there." Two minutes is a long time to

feel all over anyone's body, especially a ten year old girl.

Although TSA agents seem to go above and beyond in searching innocent Americans, a Department of Homeland Security Inspector General probe released in May showed that they missed 67 out of 70 tests carried out by special investigators. That is a 96% failure rate. One undercover investigator got through security with a fake bomb strapped to his back. In other words, they see things that are not there and miss things that are. That same IG report said that 73 airline workers were found to have terrorist links.

It is time to start identifying people with terrorist intentions instead of making the American people suffer for the sake of political correctness. Here is what citizens should demand.

First, Congress must investigate TSA, especially the effectiveness and calibration of the machines that are being used to identify dangerous substances.

Second, machines which consistently give false positives should be replaced. Perhaps a new kind of machine needs to be used because the ones we have are not working.

Third, TSA agents must be trained to profile for five characteristics: 1) Is the person a Muslim? 2) Is the person of Arab, African or Middle Eastern origin? 3) Has the person traveled to the Middle East or a country which harbors terrorists? 4) Has the individual visited websites or social media that spew terrorist propaganda? 5) Is the person between the ages of 18 and 30?

This is not racism or "Islamophobia." It is common

sense. It's about time the TSA got its hands out of our underwear and politicians got their heads out of the sand. The agencies charged with protecting our homeland security should cooperate and share information with TSA to identify and apprehend terrorists, and leave the rest of us alone.

Every American should contact your Congressional Representative to demand that the Transportation Security Administration stop the general assaults on law abiding citizens and start profiling for likely bad guys. Until the politically correct nonsense stops, TSA should be renamed the "Touching Sensitive Areas" agency.

E.W. Jackson was born in Chester, PA, near Philadelphia. After graduating from high

school, he joined the Maine Corps, and was honorably discharged after three years of service. He went on to graduate Summa Cum Laude with a B.A. from the University of Massachusetts and from Harvard Law School.

While in law school, he studied at Harvard Divinity School, was ordained in 1979 and consecrated a Bishop in 1998. He practiced small business, criminal and civil law for fifteen years in Boston. In 1997 Bishop Jackson retired from the practice of law to devote full time to ministry.

He is the founder and Senior Pastor of THE CALLED Church, founder of the Chesapeake Martin Luther King Leadership Breakfast and Founder and President of Stand

Foundation - Staying True to America's National Destiny - a nonprofit organization committed to bringing citizens together across racial and cultural lines to restore America's Judeo-Christian heritage and values. He is the National President of MINISTERS TAKING A STAND, a national organization of Pastors and Christian leaders addressing the moral and spiritual issues of our time. He also founded YOUTH WITH A DESTINY, helping give youth a sense of vision and purpose for their lives.

He is the author of the book, *Ten Commandments to an Extraordinary Life*. His articles have been published in the Washington Times, American Thinker and many other publications.

Assemblyman Gatto Proposes Parking Bill of Rights

SACRAMENTO – Assemblyman Mike Gatto (D-Los Angeles) announced a package of reforms that will make parking policy more fair and affordable for California motorists. The California Parking Bill of Rights will change substantially how cities and other local governments manage and enforce parking laws, providing relief from unjust citations. The legislation is designed to make life a little easier, by prohibiting some of the most vexing practices. The reforms include:

- Prohibiting cities from ticketing motorists who park at broken meters. The current law governing this (authored by Gatto in 2013) "sunssets" (ex-

pires) at the end of 2016.

- Prohibiting valet-parking operators from excluding motorists from metered spots or loading zones.

- Prohibiting cities from hiring private companies to act as parking "bounty hunters."

- Requiring cities to promptly make spaces available to motorists after street-sweeping activities have concluded.

- Requiring cities, when installing new high-tech meters, to allow demand-based pricing. Motorists should not be required to pay the same fare at 11:00 pm that would be required at 11:00 am.

- Reducing the ability of tow

companies to fine individuals for cars illegally parked due to criminal activity that was no fault of the owner. Car-theft victims shouldn't face high towing and storage bills because a car was dumped on a city street.

"Occasionally the state needs to step in and remind our local governments that parking a vehicle should be an efficient practice, and not another big hassle designed to separate motorists from their money," said Gatto. "These simple and practical policy changes will make life easier for Californians who just want to park their cars and go about their business."



Bad Economic Numbers Equal More Gloom

China's trade data was released last week and its funny how perceptions can shift in a few hours. At first, investors were cheered because the drop in both imports and exports was smaller than expected. Exports fell just 1.4% yr/yr in December after a 6.8% drop in November. The import drop was 7.6% yr/yr after an 8.7% drop in November. Both were expected to be much worse. Stocks rallied on the news, but by the afternoon, they were lower.

Were investors selling into every sign of strength? Or, maybe, investors don't believe the numbers. Both imports and exports were inflated by huge increases in trade flows with Hong Kong, which is likely a reflection of false invoicing, a practice used by Chinese to arbitrage the yawning gap between the onshore and offshore yuan. Exports to Hong Kong, a region populated by 7mm people, were bigger than exports to the EU and US combined, something rather hard to believe. Meanwhile, there were double-digit declines in exports to Russia, Brazil, Canada and Malaysia. The improving trade picture was almost certainly an artificial one-off. By the end of Wednesday's trading day, equities were down almost 2%.

Friday brought something of a market capitulation with averages down 2.5% for the day and over 8.2% since the first of the New Year.

MORE BAD NEWS: INDUSTRIAL PRODUCTION AND CAPACITY

US Industrial production fell 0.4% in December, below the consensus estimate of -0.2%, after falling a downwardly revised -0.9% in November. Capacity utilization was 76.5%,

In A Nutshell
What's up in the Economy?



KEN HERMAN
Economic Analyst
& Former Glendora Mayor

lower than the expected 76.8%. Manufacturing, which accounts for about 75% of production and goes into the GDP reading, fell 0.1%, and was revised down to -0.1% in November.

If anyone tells you the manufacturing, utilities, or mining sectors are doing well, they are trying to sell you something. A warmer than usual December certainly hurt utilities, but weakness in industrial production goes much deeper. Motor vehicle and parts manufacturing had been the shining light in an otherwise dark cave; if recent auto weakness proves permanent, things will only get worse.

The strong dollar is a factor here, but so too is weak global demand, including weak US demand. Manufacturing is on the ropes, and is not likely to improve as long as Fed officials continue to bolster the dollar's exchange rate by claiming they are still on track for four rate hikes this year.

RETAIL SALES STUNK UP DECEMBER

December retail sales fell 0.1%, as expected, and November was revised from 0.2% to 0.4%. Good news, right? Well, no. Because the revision was to auto sales, which are far more accurately reported by manufacturers; meaning the revision won't affect GDP. And as for December, it was autos there, too, that account for the as-ex-

pected result. Retail sales ex-autos and retail sales ex-autos and gas were both disappointing. The former fell 0.3%, three tenths worse than expected, and the latter was down 0.1%, four tenths less than expected. The retail sales control group, which is a proxy for sales going into GDP consumption calculations, fell 0.3%, fully six-tenths weaker than expected. They were also revised down 0.1% in November.

Ouch!
Here are a few ugly highlights:

>It was the slowest year for retail sales growth since 2009. When people tell you, "Yeah, but car sales are so strong," remind them car sales are part of retail sales.

>Six of 13 major categories fell in December.

>The gasoline sales drop of 1.1% suggests another big gasoline price drop in the CPI.

Fourth quarter GDP growth will be closer to 0.5% than 1.0% unless there is a big upside-surprise in one of the few remaining Q4 reports left before the release on January 29. Consumption growth will be closer to 1.5% than 2%. The economy was flat-out weak at the end of last year, and January's financial market chaos does not bode well for a Q1 rebound.

Friday was truly an ugly day for stocks, and maybe worst of all, the Fed cannot do anything to help except undo what they just did, which probably won't happen due to their concern about credibility.

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

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

TRaCE Tracks Tow Trucker's Tax-Dodging Scheme

SACRAMENTO - An Oregon man's five-year tax fraud scheme, which defrauded California out of approximately \$250,000, ended on Jan. 7, 2016, with the sentencing of James Robert Walsh, 48, in Sacramento County Superior Court.

A joint investigation by California's Tax Recovery and Criminal Enforcement (TRaCE) Task Force, Board of Equalization (BOE), and Department of Motor Vehicles (DMV) led to Walsh's arrest and conviction on one felony count of tax evasion, and another of perjury.

"This is indicative of TRaCE's efforts to level the playing field and recapture state funds lost to the black market," said BOE Chairman Jerome E.

Horton. "Criminal tax evasion damages legitimate businesses and places a higher tax burden on law-abiding citizens," said BOE Vice Chair George Runner. "Thank you to law enforcement and the agencies involved for getting to the bottom of this."

Walsh was sentenced to two years in jail and ordered to pay \$42,000 to DMV as restitution for unpaid registration fees and \$189,000 to BOE for unpaid sales taxes.

From 2009 to 2014, Walsh operated a business headquartered in Oregon that sold large rigs used for towing disabled "big rig" trucks to California buyers. Each rig sold for more than \$200,000.

Walsh's five-year scheme in-

involved charging California customers the applicable sales tax (usually about 8 percent) on each new vehicle, then registering the vehicle for the customer after altering paperwork on each transaction an average of \$20,000. Walsh eagerly pocketed the extra money while paying reduced registration fees to the California DMV. Investigators proved that on more than 140 vehicle transactions Walsh falsely declared to DMV "under penalty of perjury" that the altered sales price was accurate.

This single case is an example of how the underground economy preys on trusting customers while robbing California of revenue that should be used for vital public services.

"Havana Nights" Chamber Annual Dinner and Awards Gala

IRWINDALE - The Chamber's Installation and Awards Dinner will be held Friday, **January 29**. The theme for this year's event is "Havana Nights" with all the music and colorful ambiance to match. This event is to install the 2016 Chamber Officers and Directors, recognize the Joe DiShanni Business of the Year, Business Person of the Year, Employee of the Year, Ambassador of the Year and Citizen of the Year recipients. The event will be held at the Embassy Suites in Arcadia. Presenting Sponsor is Vulcan Materials Company.

Congratulations to the newly elected members of the board. The following members were recently elected to serve a two year term from January 2016 through December 2018: Dawn DeVroom (Arrow Automotive), Phyllis Ferguson (California

Custom Fruits and Flavors), Gary Clifford (Athens Services), Ben Maillette (MillerCoors), Chris Bruny (Gale Banks Engineering), Jeff Lidskin (Southern CA Edison/EEEC), James Gallo (James Gallo Law Office), and Tim Clark (Ready Pac)

They will be installed with continuing Board Members: Dan Maydeck (Haynes Family of Programs), Sam Kim (Ayutla Market), Victor Benavides (City of Hope), Claudia Hubbard, (Doubletree Hotel by Hilton/Monrovia, LaShawn Gillespie (Foothill Transit), Ade Rogers (Rogers & Associates), Brian Ouellette (Vulcan Materials).

Serving as the 2016 Officers are:

Chair of the Board - Phyllis Ferguson - California Custom Fruits and Flavors

Vice Chair - Dan Maydeck -

Haynes Family of Programs
Vice Chair - Victor Benavides - City of Hope
Secretary - Chris Bruny - Gale Banks Engineering
Treasurer - Ade Rogers - Rogers & Associates
Immediate Past Chair - Dawn DeVroom - Arrow Automotive Services

Once again following the program and silent auction, there will be Cuban and a wide variety of music available until 11:30 p.m. The Embassy Suites will pull out the dance floor for those that want to salsa, rumba, mambo, cha cha, merengue or conga. Please plan to join us for a wonderful evening.

Contact the Chamber office at (626) 960-6606 for more information or to register. You can also register now as an attendee or sponsor at www.register.irwindalechamber.org.

Financial - Ask Julia

The stock market has been crashing, again! I can't take it! If I sell now, I lose. If I hold, I could lose more than I already have. What do I do?

The stock market is risky. Go online and get the big picture by looking at a chart that covers 5 years of the stock market ups and downs. Overall, from the beginning of year one to current, do you see that the stock market has gone up? It's very hard to ride out the lows. If you have many years until retirement, you're probably best to ride this out. If you have only a few years until retirement, it could be critical that you take another look at your financial plan. Either way, you should look into diversifying the types of investments you are using in to reach your goals. Don't limit yourself to only investing in the stock market. There are safer places to investment.

I have some money that I'd like to pass on to my beneficiaries. What do you suggest?

It really depends on what's really suitable for your individual situation. If you qualify, I'd recommend putting your money into a paid-up life insurance policy. That way, you're your death, your beneficiaries could receive the money income tax free. If you use the right kind of life insurance policy, you could have access to those funds during your lifetime - just in case your plans change. If you don't qualify for life insurance, I'd recommend putting your money into a fixed, or equity-indexed annuity. You could



Julia Yoder

select a bonus annuity, have access to the funds in your lifetime, and choose between methods for your beneficiaries to receive their inheritance via a lump sum, or a gradual payout over five or more years

Why was half the cost of my \$100,000 group term life insurance policy through work added to my income on my W2?

Only the cost of the first \$50,000 of group term life insurance is considered a tax-free fringe benefit. Additional bad news: The IRS uses its own table to determine the cost of group term life insurance. This frequently is higher than the actual amount being paid by the employer, resulting in a higher "phantom" income on your W2. You might want to consider accepting your employer's \$50,000 "free" coverage and looking into purchasing your own life insurance policy outside the company. Besides, if you were to lose your job, you'd need your own coverage anyway.

Last year I invested in Mu-

tual Funds because I was told they are safer than individual stocks. I lost money! What's with that? And, what's load vs. no-load?

For educational purposes, the risks involved in owning share in a mutual fund are the same as those involved in directly owning the underlying securities. These risks are generally spread over a range of securities by the fund manager, with the objective of helping to minimize the impact of any one stock's risk on the fund's performance as a whole. Load typically refers to a commission paid to purchase shares in an open-end mutual fund. No-load funds do not charge a commission to purchase their shares, but other fees or expenses may apply. I recommend putting your money where it's safe, with a company-backed guarantee that you cannot lose your money, and a guarantee of lifetime income if chosen.

Got a question? Ask Julia by email: Email questions and comments to: juliyoder@yahoo.com

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



THE CAR GURU

WHAT YOU "AUTO" KNOW

By Gene Morill - Certified Automotive Specialists

Auto Parts Don't Last Like They Used To!

Why do parts fail more often than they did in the old days? Parts are made smaller and lighter to help the manufacturers meet the 50.5 MPG mandate by the year 2020. This change is imposed by the government CAFÉ standard (corporate average fuel economy). The car companies are working to increase the technology of cars with turbo charging engines that are smaller; using direct fuel injection; and the start and stop system, just to name a few.

Car manufacturers have found it is less expensive to lighten the weight of vehicles instead of creating new technology to meet the CAFÉ standards. The manufacturers are shedding pounds of components whenever and wherever possible!

A repair that comes to mind is having to replace an electric window motor? This repair can

cost \$300 to \$800. One reason this part fails more often than they did in older cars is because the part is integrated with the window regulator as one unit and made half the size in order to save weight and improve fuel mileage. Our 1957 shuttle car still has the original electric window motors in it, because they are three times the size and just don't wear out.

Other ways the manufacturers are making parts lighter to increase fuel mileage:

- They are using aluminum frames,
- Smaller transmissions with 5, 6, 7 or 8 gears.
- Engines are designed to use extremely light oils such as 0w20 to help reduce internal part friction.
- Brakes are very small compared to years past.
- Every external body part on your car is being downsized or made of plastic, carbon fiber or

other composite materials.

• Less fluid capacity in engines, transmissions, power steering and all other systems are other ways to save weight.

• Transmissions that used to hold 10 quarts of oil, might hold 6 now. All cars also require synthetic oils in all components to help make up for the smaller capacity.

To sum it up, parts are smaller, fluid capacities are less, and the stress is greater than ever on car systems. I wish I had a silver bullet for you, but I don't. The best advice I can give you is choose a service provider that you trust, have the car inspected regularly and service the fluids often.

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

Hometown Service You Can Count On!

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

PASADENA - The Housing Rights Center (HRC), and the City of Pasadena, will be hosting a FREE 'Housing Rights Workshop' for Pasadena residents and community members on Thursday, **February 18** from 5:00pm to 7:00pm in the Community Room at the Fair Oaks Renaissance Plaza located at 649 N. Fair Oaks Ave, Pasadena. HRC will present information and resources regarding housing discrimination and landlord-tenant rights and responsibilities.

Topics will include: discrimi-

nation against families with children, disability rights, sexual harassment, evictions, repairs, security deposits, rent increases, substandard conditions, and much more!

Title VIII of the Civil Rights Act of 1968, known as the "Fair Housing Act," provides protection from discrimination in all housing related transactions based on race, color, religion, sex, national origin, familial status and disability. Furthermore, the California Fair Employment and Housing Act provides additional protections against hous-

ing discrimination based on marital status, ancestry, sexual orientation, and source of income. The California Unruh Civil Rights Act also provides protection from housing discrimination based on age and protects the right to freedom from violence and intimidation in housing.

For more information, or to RSVP for this FREE workshop, please call Yazmin at (800) 477-5977 extension 1104. TTY users please call (213) 201-0867. This location is handicap accessible.

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

Orchid Hobbyists Monthly Meeting

San Gabriel Valley Orchid Hobbyists invite you to our **January 21**, Monthly Meeting, L.A. County Arboretum, 301 N. Baldwin Ave., Arcadia. Judging at 7:00 p.m. Meeting at 7:30 p.m. January's Program is always especially interesting as George Hatfield will be speaking on cymbediums. Refreshments. We look forward to seeing you!

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.

Alzheimer's Peer Support Group

Caring for a loved one with Alzheimer's can be frustrating, challenging, and sometimes distressful. This peer support group is designed to share experiences, coping strategies, information, and ideas with each other, and to offer understanding and encouragement to one another. We meet the **2nd**

Thursday of each month from 6:30-9:30 pm at Glenkirk Church, 1700 Palopinto Ave., Glendora, in Room #11. We caregivers look forward to lifting each other up as we journey through this season of life. For more info, visit glenkirkchurch.org or call Glenkirk's church office at (626) 914-4833.

Glendora After Stroke Center

A non-fee program for stroke survivors and their families. This supportive program offers relearning (reading, writing, speech), caregiver support, current events, card games, snacks, resocialization, exercise, music, speakers, day field trips, and stroke support. 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 Avenue on Mondays from 1:00 p.m. - 2:00 p.m. and Fridays from 9:00 a.m. - 10:00 a.m. Fee: \$2 per class.

WEST COVINA

Go West Shuttle Service

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

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

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

- The fare is only \$1.00 each way.

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

Senior Lunch

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

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

Senior Center Dances

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

Programs for Young Adults/Teens

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

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

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

Glendora Genealogy Group Monthly Meeting

GLENDORA - The Glendora Genealogy Group will hold their monthly meeting on Tuesday, **January 26** in the Elm Room of the La Fetra Center, 333 East Foothill Blvd, Glendora. There will be a refresher workshop led by Pat Chavarria at 6:00PM. This will be followed by our business meeting at 7:00PM.

After the business meeting we will have our installation of

officers for the 2016 year. This will be followed by our annual "Share An Heirloom" Event. Bring a family heirloom to share with the members or a great find in your search for your family tree. This is your chance to share with all your fellow members the fruits of your hard work searching out those ancestors on your family tree. See you there.

La Fetra Center Senior Health & Information Fair

GLENDORA - On Thursday, **January 21**, La Fetra Center, 333 East Foothill Blvd., Glendora, will host a Senior Health & Information Fair co-sponsored by Partners of La Fetra. The Fair will run from 2:00-4:00pm and no reservation is required.

Multiple agencies and organizations will be on hand to pro-

vide information on housing, health insurance, Social Security, utilities, transportation, and more! In addition, several health screenings will be offered. Do not miss this FREE opportunity to be informed and check your health status.

For more information, please call (626) 914-0560.

City Of Glendora February Trips

GLENDORA - Registration is available online (<https://apm.activecommunities.com/glendoracommsvcs/>) beginning January 11. Glendora residents registering online will receive a \$5 discount on prices listed. In-person registration at the La Fetra Center, 333 East Foothill Blvd., Glendora, begins January 25. For more information, please call (626) 914-8235.

The Getty Center Museum

This Active day trip is on Tuesday, February 9, 9:30am - 5:00pm. The fee is \$20.

A visit to this outstanding and beautiful museum which is fea-

turing an exhibit of 15th & 16th century handwoven tapestries from the "Sun King's" court in France. See all the other exhibits and enjoy lunch at the café or bring your own.

"PASSAGES" - A Traveling Bible History Exhibit

This Moderate day trip is on Thursday, February 18, 9:00am - 5:00pm. The fee is \$35.

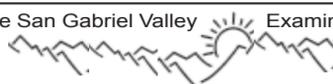
A self-guided tour of over 400 items of biblical antiquities. Including interactive displays of the Caves of Qunram and the Jerusalem Chamber at Westminster Abbey, Working replica of Gutenberg Press.

Lunch on your own nearby in Santa Clarita.

Oh Canada - A Musical Tribute To Canadian Singers

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

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



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The White Horse: As Special As they Come

By Jenny Park

PASADENA - Vintage. Romantic. Incandescent. Subtle. Muted. Some adjectives to start.

If you need a break from frowning and want to turn it upside-down, you must head-on over to The White Horse. Not the White House. The White Horse, just north of Delacey Street and Colorado/Green in Pasadena. Lucky for the San Gabriel Valley Examiner, I had spare change to do metered parking.

The White Horse is a place among many restaurants, bars, hang-outs, and sofa-stores that is truly a rarity.

Joseph Yu who is the head mixologist explained the purification process as "labor-intensive" and having to be laid out well ahead of time in advance. Ambiance included. Everyone seemed to be in a fun mood, perhaps it still being January.

Drinks are crafted and served in a warm yet vibrant setting by hosts Edgar and Natalie that night. Not sure what to order? Ask for suggestions from the non-tee-totallars or wait staff around you.

"I ordered the White Horse; it's got the signature name of the place and it's a variation on a classic in a thoughtful and

well-balanced way," said Shelby Huffman. "I was looking for a truly-good crafted cocktail in Pasadena as he crunched into the bacon which is the garnish of this drink. Creative? Meh. I was here to try the Sucker Punch.

Reading the drink menu on the left-hand column, it was easy to get blind-sided over the fancy names of the drinks. Asking the bartender which drink was the best on the house, he suggested the one with his name on it.

Before I could ask him his name, another server named Johnny said, "My personal favorite drink is the Smartass which has a great taste to it. I love the cocktails and what we do. We put out a great product each and every time. Everyone here is talented in a different way."

Ahem. The bartender returned and then started making the Sucker Punch. He explained each ingredient in a calm and precise way and then proceeded to speak of his publishing days as a photographer and editor. That career ended in 2009 after the turning toward Obama for all the answers of the nation. He now knows some of his customers by name even.

Home to people who want to do things a little differently-- yet

wanting to keep it the same, the drinks are served with energy, love, and a great deal of gusto. If finally the art, flare, and flames of cocktails are not your cup of tea other available options do exist. The servers who are dressed usually in dark ties, know and will move to your ever so slight request. If shots are necessary, just ask. Wine is studied by the tender religiously. Don't say that I sent you.

"This is a bar where you can be yourself and not be uppity," said Eric, another enthusiast who even taught me some bar-speak. Tender means bartender. Not cash. Though bring plenty of it the day before/after you go to work, get fired, or get a divorce. If you do not have a miserable reason for being miserable, just head on over to the White Horse. After all, they say that misery loves company.

The drink was spectacular and had to be for \$14. It is described as a remake or "cover-song" of an old version of an 1868 drink called the English milk punch. A 3-day batching of this process includes Hardy cognac, Bacardi rum, and lots and lots of secrets. Lounge is on 41 S. Delacey St. in Pasadena, CA. Call ahead of time for parties of more than six.

David & Margaret Youth and Family Services Receives Grant from the Ludwick Family Foundation

LA VERNE - David & Margaret Youth and Family Services (David & Margaret) in La Verne recently received a grant from the Glendora-based Ludwick Family Foundation in support of the agency's Youth Workforce Training Center Lab, currently under construction as part of a new Youth Workforce Training Center (YWTC) that will benefit youth who are transitioning out of foster care and into independence.

The grant will support the complete construction of the YWTC Lab, and equipment for the lab, including computers.

The training lab will become a central location for the agency's transitional age youth, males and females ages 18-24, to apply for jobs and/or educational advancement opportunities. Upon completion, the YWTC will also include the agency's expanded retail store and a new café, and will provide up to 36 paid job training internships annually. The agency is continuing to pursue additional funding opportunities to support the YWTC's complete construction through its capital campaign, The Campaign for David &

Margaret. "We are very grateful that the Ludwick Family Foundation sees the value in helping those in less fortunate circumstances become productive and contributing members of society," said David & Margaret's Executive Director, Charles Rich. "This is a huge investment!" "The Foundation is thrilled to contribute to and be part of this worthwhile project. We all look forward to seeing it come to fruition," said Ludwick Family Foundation Program Officer Trista Campbell.

Arcadia Innovation Summit Expected to Double

ARCADIA - After a successful debut in which more than 300 educators from all over Southern California attended, the Arcadia Innovation Summit will return this summer. The 2nd Annual Arcadia Innovation Summit will take place on July 8, 2016. Registration opens Thursday, January 14, 2016 at 10:00 a.m. In maintaining with its mission, the Arcadia Innovation Summit will be free of charge. Similar professional development opportunities and conferences would cost a minimum of \$200.

George Couros, a highly regarded author, speaker, and advocate of innovative instruction and leadership in education will be the keynote speaker. He is the author of the book "The Innovator's Mindset; Empower Learning, Unleash Talent, and

Lead a Culture of Creativity." He is a sought after speaker on the topic of innovative student learning and engagement and has worked with schools and organizations around the globe. "This is much bigger than just us. We believe that students, the education system as a whole, and everyone will benefit if educators come together and start talking and sharing best practices. This is essential in education today. We are offering this summit for free to set an example of collaboration without costs, and to practice what we believe," said Arcadia Unified School District Superintendent David Vannasdal.

Sessions will focus on three main areas: the Google Ecosystem (using Chromebooks, Google Apps for Education, and

Third Party Applications), teaching in a 1:1 classroom, and other innovative teaching practices like Genius Hour, 3D Printing, Augmented Reality, Video Game Based Learning, and Makerspace. The keynote address by George Couros will begin the day inside the state-of-the-art Arcadia Performing Arts Center, and all sessions will be held on the newly renovated Arcadia High School campus. Registration is required to attend, and will be limited to 600 on a first-come, first-serve basis. Parking, lunch, and WiFi will also be provided free of charge. For additional information and to register you can visit www.ArcadiaInnovationSummit.com. The official hashtag for the summit is #ArcadiaInnovation.

Fall & Your Lawn During Drought: Six Tips To Help You Cope

By the Outdoor Power Equipment Institute

Autumn may be here, but your lawn still requires care. The drought in the West has taken a serious toll on lawns throughout the region and they are showing signs of stress. Here are a few tips to help you keep your yard in top form and delivering these health benefits for you and your community:

Tip #1: Let your grass go brown. Grass grows in cycles, "turning on and off," based on the resources it gets. As water becomes less available, grass will slow down, go dormant and turn brown.

Tip #2: Don't Over Water. It may be tempting to give your thirsty lawn a heavy duty drink, but stick with what the experts recommend. Make your grass work hard for its water. Grass gets lazy if you water it too much and sends its roots horizontally. With little water, grass will send its roots deeper, vertically, seeking water. Having to work harder, makes grass do a better job of sequestering carbon and releasing oxygen.

Tip #3: Plant the Right Grass. Fall can be a good time of year to transition to a more drought-friendly grass variety in your yard. Hundreds of varieties of turfgrass exist, and some of them are perfect for drought conditions. When established, these grasses require very little water and also will survive foot traffic, children's play and pets.

Tip #4: Add Pollinators. Your lawn is an ecosystem, and pollinators are a key part of its life cycle. Even in the desert, a

host of plants flower. Add pollinator plants for bees, butterflies, and humming birds if you haven't already.

Tip #5: Mix Native Plants and Drought-Resistant Adaptive Species in Your Lawn. We no live longer in a native environment. We live in cities and suburbs where we must incorporate both native plants and drought-resistant adaptive plants to offset the concrete, asphalt, people and traffic.

Tip #6: Educate yourself on the benefits of your landscape. Living landscapes provide you and your community with a host of benefits. Turfgrasses, like those found in your lawn, dissipate radiant heat through a process called evapotranspiration, helping to cool urban "heat islands."

Grass also improves air quality and sequesters carbon, re-

ducing the amount of carbon dioxide that contributes to the greenhouse gas effect. Your lawn also produces oxygen. A turf area 50' x 50' will produce enough oxygen to meet the daily needs of a family of four. Grass also captures and filters water run-off and rainfall too, removing harmful pollutants.

With a little care, your yard can continue providing these benefits for you and your community. While many people feel pressured to rip out their lawns and deaden their landscapes with mulch, gravel and plastic grass, the reality is that a living lawn offers a host of benefits. Even in a drought you can have grass and other living plants; you just have to choose the right kind of lawn and care for it properly.

Learn more at www.opei.org/stewardship.

Azusa Women's Club Monthly Meeting

AZUSA - The Azusa Women's Club will hold its monthly meeting on **February 3** at the Azusa Women's Club house at 1003 N. Azusa Ave. from 11:00AM to 1:00PM. Luncheon will be served for \$12.50 per person. After a short business meeting, the speaker will be David Alma Cypert, who will be speaking on "Emergency Preparedness".

The Azusa Women's Club also has a Section, which meets monthly on the 2nd Wednesday of the month.

Their next meeting is on February 10, 2016 at the Azusa Women's Club house at 1003 N. Azusa Ave. This group meets from 7:00PM to 9:00PM. The topic of discussion will be "Single Moms and Grandmothers".

The Azusa Women's Club invites all women who live in Azusa and want to get to-

Bosco Tech's Winter Open House & Freshman Preview Night Is Feb. 11

Free Technology-Based 'Explore & Create' Workshops Offered

ROSEMEAD - Don Bosco Technical Institute (Bosco Tech) will host its annual Winter Open House & Freshman Preview Night on Thursday, **February 11** from 5:30 to 8 p.m.

Prospective students and their families are invited to tour the school's extensive engineering and applied science labs and participate in its signature Explore & Create workshops. The

free technology workshops, offered to boys in grades 6-8, feature interactive introductions to alternative energy, circuits and programming, polymers and chemistry, and more. Seating for each 30-minute session is limited and reservations are encouraged.

Also during the Open House, the school's many extracurricular clubs and nine CIF athletic teams will provide information, while the award-winning Royal Techmen marching band will entertain the visiting crowds. For more information about Open House or to reserve workshop spots, visit <https://boscotechopenhouse.eventbrite.com>, email admissions@boscotech.edu or call 626-940-2009.

"The Open House is an excellent opportunity for prospective students and their families to meet our knowledgeable and caring faculty, experience our

technology-driven STEM labs, gather information about our summer school program, and learn more about Bosco Tech's unique university-directed curriculum," said Bosco Tech President Xavier Jimenez.

Celebrating its sixtieth year, Bosco Tech is an all-male Catholic high school that combines a rigorous college-preparatory program with a technology-focused education. The innovative science, engineering, technology and math (STEM) curriculum allows students to exceed university admission requirements while completing extensive integrated coursework in one of several applied science and engineering fields. Each year for the past several years, one hundred percent of the graduating class has earned college acceptances. Visit www.boscotech.edu for more information.

BUSINESS FOR SALE

Call Bilal for more information



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NOTICE INVITING BIDS

NOTICE IS HEREBY GIVEN that the City of Glendora, County of Los Angeles, California (hereinafter "City") will receive sealed bids in the Office of the City Clerk at 116 E. Foothill Boulevard, Glendora, California, 91741 until 10:00 a.m. on the 11th day of February, 2016, at which time all bids will be publicly opened and read aloud in the City Council Chambers at the above address for: **COBG FUNDED NEWBURGH STREET, BRUNING AVENUE, GREER AVENUE AND PLYMOUTH STREET IMPROVEMENTS PROJECT**, Plan No. 1195 (hereinafter "work").

NO BIDS WILL BE ACCEPTED AFTER THIS DATE AND TIME!

Each bid must be on a bid proposal furnished by the City. The bid must conform and be responsive to all the contract documents and bids will be accepted only from bidders who have obtained Plans and Specifications from the City of Glendora and are registered with the City as a Plan Holder. Copies of bid packet are now on file and open for public inspection in the Office of the City Clerk at the above address and on the City's website at www.ci.glendora.ca.us under Bid/RFP Opportunities. For further information, contact Civil Engineering Assistant, Bardia Rastan at (626) 914-8257.

The Contract Documents, including specifications, may be purchased at the Office of the City Clerk, 116 E. Foothill Boulevard, Glendora, California during the hours of 8:00 a.m. to 5:00 p.m., Monday through Friday, holidays excepted, upon the payment of \$40.00 per set and, if purchased by mail, an additional \$10.00 per set.

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

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

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

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

Prevailing Wage Statement: This contract will be funded in whole or in part with federal housing and community development funds. The Federal Labor Standards Provisions, including wage requirements of the Davis-Bacon and Related Acts will be enforced. A copy of the Federal Wage Decision applicable to this project is included in the Bid Document.

This is project is a public work in the State of California, funded in whole or in part with public funds. Therefore, the higher of the two applicable prevailing wage rates, federal or state, will be enforced. The Contractor's duty to pay State prevailing wages can be found under Labor Code Section 1770 et seq. Labor Code Sections 1775 and 1777.7 outline the penalties for failure to pay prevailing wages and to employ apprentices, including forfeitures and debarment. The State Wage Decision is on file at the City Clerk's office, and is also available online at <http://www.dir.ca.gov/dlsr/>.

Apprenticeship Program: Attention is directed to Sections 1777.5, 1777.6 and 1777.7 of the California Labor Code and Title 8, California Administrative code, Section 200 et seq., to ensure compliance and complete understanding of the law regarding apprentices.

Minority and Women Owned Business: Bidders will be required to document their status as a Minority Business Enterprise (MBE), a Women-owned Business Enterprise (WBE) or a non-MBE/WBE firm. Bidders that are no MBE/WBE firms will be required to make a good faith effort, and to document their efforts to include firms as part of the contract bid.

Conflict of Interest: In the procurement of supplies, equipment, construction, and services by sub-recipients, the conflict of interest provisions in (State LCA - 24 CFR 85.36 and Non-Profit Organizations - 24 CFR 84.4), OMB Circular A-110, and 24 CFR 570.611, respectively, shall apply. No employee, officer or agent of the sub-recipient shall participate in selection, or in the award or administration of a contract supported by Federal funds if a conflict of interest, real or apparent, would be involved.

Kathleen R. Sessman, MMC
City Clerk
City of Glendora

Publish in the San Gabriel Valley Examiner on January 21, 28, 2016 & February 4, 2016. #GA02

NOTICE OF HEARING

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

Hearing Date: Tuesday, February 2, 2016 at 7:00 p.m.
Project Number: Development Plan Review (PLN15-0065)
Application Request: A request to allow grading over 150 cubic yards and the construction of a new two-story single-family residence.

Subject Property: 355 Morgan Ranch Road
Assessor's Parcel No: 8659-032-020
Applicant: Mr. and Mrs. Elias Najjar
General Plan: Hillside Very Low Density (0.1-1 dwelling unit per acre)
Zone: RHR, Rural Hillside Residential
Historical Status: The subject property is not listed on any historical or cultural resource lists and is not included within any such districts or designated areas.

Environmental: A Negative Declaration was previously adopted.
Contact Person: Kristen Johnston, Associate Planner (626) 914-8213

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

Michael Matthews,
Chairman, Planning Commission

Publish in the San Gabriel Valley Examiner on January 21, 2016. #GA03

CITY OF COVINA NOTICE OF PUBLIC HEARING

NOTICE IS HEREBY GIVEN that the Planning Commission of the City of Covina will conduct a PUBLIC HEARING in the City Hall Council Chamber, 125 East College Street, Covina, on Tuesday, February 9, 2016 at 7:00 p.m., to consider the following Zoning Code Amendment (ZCA), which will affect properties Citywide:

(ZCA) 16-001, a request to amend Section 17.04.415 of Chapter 17.04 to Title 17 (Zoning Ordinance) of the Covina Municipal Code to prohibit the cultivation of marijuana in all zones in the City, including the cultivation by qualified patients, primary caregivers and persons with identification cards.

Pursuant to the California Environmental Quality Act (CEQA), the City has analyzed the proposed project and concluded that it will not have the potential for causing a significant effect on the environment. Therefore, it has been determined that the proposed project would be categorically exempt in accordance with Section 15061(b)(3) of the CEQA Guidelines.

If you challenge the proposed action in court, you may be limited to raising only those issues that you or someone else raised at the PUBLIC HEARING described in this notice or in written correspondence delivered to the City Clerk or to the Planning Commission at or prior to the PUBLIC HEARING.

Further information may be obtained from the City of Covina Community Development Department, Planning Division at (626) 384-5450.

BRIAN K. LEE, AICP
DIRECTOR OF COMMUNITY DEVELOPMENT

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

Publish in the San Gabriel Valley Examiner on January 21, 2016. #CA05

828 S. GREENWOOD AVE #A, MONTEBELLO, CA 90640. This business is conducted by: INDIVIDUAL. I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.) Signed: BRUNO TREJO, OWNER. The registrant commenced to transact business under the fictitious business name listed above on (date): N/A. This statement was filed with the County Clerk of Los Angeles County on (Date): 12/21/2016. NOTICE: This fictitious business name statement expires five years from the date it was filed in the office of the county clerk. A new fictitious business name statement must be filed before that time. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq. Business and Professions Code). Publish: 01/21/2016, 01/28/2016, 02/04/2016, 02/11/2016. THE SAN GABRIEL VALLEY EXAMINER. AAA12432.

FICTITIOUS BUSINESS NAME STATEMENT 2015325193
The following person(s) is/are doing business as: 1. MAC CONCRETE POLISHING SERVICES, 2. MAC CONCRETE POLISHING, 2121345 HAWTHORNE BLVD #5267, TORRANCE, CA 90504. Mailing address if different: N/A. The full name(s) of registrant(s) is/are: MIGUEL GARCIA, 18628 PATRONELLA AVE, TORRANCE, CA 90504. This business is conducted by: INDIVIDUAL. I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.) Signed: MIGUEL GARCIA, OWNER. The registrant commenced to transact business under the fictitious business name listed above on (date): N/A. This statement was filed with the County Clerk of Los Angeles County on (Date): 12/29/2015. NOTICE: This fictitious business name statement expires five years from the date it was filed in the office of the county clerk. A new fictitious business name statement must be filed before that time. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq. Business and Professions Code). Publish: 01/21/2016, 01/28/2016, 02/04/2016, 02/11/2016. THE SAN GABRIEL VALLEY EXAMINER. AAA12432.

FICTITIOUS BUSINESS NAME STATEMENT 2016001945
The following person(s) is/are doing business as: HAPPY HOLIDAY BOOKS, 1215 ETHEL ST, GLENDALE, CA 91207. Mailing address if different: PO BOX 324, GLENDALE, CA 91209. The full name(s) of registrant(s) is/are: CAROLE HOLLIDAY, 1215 ETHEL ST, GLENDALE, CA 91207-1823. This business is conducted by: INDIVIDUAL. I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.) Signed: CAROLE HOLLIDAY, OWNER. The registrant commenced to transact business under the fictitious business name listed above on (date): N/A. This statement was filed with the County Clerk of Los Angeles County on (Date): 01/05/2016. NOTICE: This fictitious business name statement expires five years from the date it was filed in the office of the county clerk. A new fictitious business name statement must be filed before that time. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq. Business and Professions Code). Publish: 01/21/2016, 01/28/2016, 02/04/2016, 02/11/2016. THE SAN GABRIEL VALLEY EXAMINER. AAA122625.

FICTITIOUS BUSINESS NAME STATEMENT 2016002323
The following person(s) is/are doing business as: STILO BARBER SHOP, WEST ADAMS BLVD, LOS ANGELES, CA 90066. Mailing address if different: N/A. The full name(s) of registrant(s) is/are: MANUEL DE JESUS MARRQUIN DIAZ, 5360 WEST ADAMS BLVD, LOS ANGELES, CA 90019 (State of Incorporation/Organization: CA). This business is conducted by: INDIVIDUAL. I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.) Signed: MANUEL DE JESUS MARRQUIN DIAZ, OWNER. The registrant commenced to transact business under the fictitious business name listed above on (date): N/A. This statement was filed with the County Clerk of Los Angeles County on (Date): 01/04/2016. NOTICE: This fictitious business name statement expires five years from the date it was filed in the office of the county clerk. A new fictitious business name statement must be filed before that time. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq. Business and Professions Code). Publish: 01/21/2016, 01/28/2016, 02/04/2016, 02/11/2016. THE SAN GABRIEL VALLEY EXAMINER. AAA123162.

FICTITIOUS BUSINESS NAME STATEMENT 2016001331
The following person(s) is/are doing business as: KAYE AND KAE CREATIONS, 4272 CORINTH AVE #5, LOS ANGELES, CA 90066. Mailing address if different: N/A. The full name(s) of registrant(s) is/are: KAE LYNN SCHAEFFER, 50854 SPRING VALLEY RD, LANDCASTER, CA 95336. This business is conducted by: GENERAL PARTNERSHIP. I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.) Signed: KAE LYNN SCHAEFFER, PARTNER. The registrant commenced to transact business under the fictitious business name listed above on (date): N/A. This statement was filed with the County Clerk of Los Angeles County on (Date): 01/05/2016. NOTICE: This fictitious business name statement expires five years from the date it was filed in the office of the county clerk. A new fictitious business name statement must be filed before that time. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq. Business and Professions Code). Publish: 01/21/2016, 01/28/2016, 02/04/2016, 02/11/2016. THE SAN GABRIEL VALLEY EXAMINER. AAA123195.

FICTITIOUS BUSINESS NAME STATEMENT 2016001254
The following person(s) is/are doing business as: MARY ANN FRISBIES, 2105 S. MANSFIELD AVE, LOS ANGELES, CA 90016. Mailing address if different: 3902 GRAND VIEW BLVD, LOS ANGELES, CA 90066. The full name(s) of registrant(s) is/are: MARIA CRUZ, 2105 S. MANSFIELD AVE, LOS ANGELES, CA 90016 (State of Incorporation/Organization: CA). This business is conducted by: INDIVIDUAL. I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.) Signed: MARIA CRUZ, OWNER. The registrant commenced to transact business under the fictitious business name listed above on (date): N/A. This statement was filed with the County Clerk of Los Angeles County on (Date): 01/05/2016. NOTICE: This fictitious business name statement expires five years from the date it was filed in the office of the county clerk. A new fictitious business name statement must be filed before that time. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq. Business and Professions Code). Publish: 01/21/2016, 01/28/2016, 02/04/2016, 02/11/2016. THE SAN GABRIEL VALLEY EXAMINER. AAA123213.

FICTITIOUS BUSINESS NAME STATEMENT 2016000506
The following person(s) is/are doing business as: 1. ON 1 ANIMATION, 3860 BROADLAWN DRIVE, LOS ANGELES, CA 90068. Mailing address if different: N/A. The full name(s) of registrant(s) is/are: WAYNE CARLIS, 3860 BROADLAWN DRIVE, LOS ANGELES, CA 90068. MIKE POLVANI, 4252 FAIR AVE, UNIT #16, STUDIO CITY, CA 91602. This business is conducted by: CO-PARTNERS. I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.) Signed: WAYNE CARLIS, PARTNER. The registrant commenced to transact business under the fictitious business name listed above on (date): N/A. This statement was filed with the County Clerk of Los Angeles County on (Date): 01/04/2016. NOTICE: This fictitious business name statement expires five years from the date it was filed in the office of the county clerk. A new fictitious business name statement must be filed before that time. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq. Business and Professions Code). Publish: 01/21/2016, 01/28/2016, 02/04/2016, 02/11/2016. THE SAN GABRIEL VALLEY EXAMINER. AAA123302.

FICTITIOUS BUSINESS NAME STATEMENT 2016001427
The following person(s) is/are doing business as: ANTHONY ANDREWS, 8383 WILSHIRE BLVD SUITE 58, BEVERLYHILLS, CA 90211. Mailing address if different: 1213 W GARDENA BLVD, GARDENA, CA 90247. The full name(s) of registrant(s) is/are: ANDREW A DURAN, 1213 W GARDENA BLVD, GARDENA, CA 90247 (State of Incorporation/Organization: CA). This business is conducted by: INDIVIDUAL. I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.) Signed: ANDREW A DURAN, OWNER. The registrant commenced to transact business under the fictitious business name listed above on (date): N/A. This statement was filed with the County Clerk of Los Angeles County on (Date): 01/05/2016. NOTICE: This fictitious business name statement expires five years from the date it was filed in the office of the county clerk. A new fictitious business name statement must be filed before that time. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq. Business and Professions Code). Publish: 01/21/2016, 01/28/2016, 02/04/2016, 02/11/2016. THE SAN GABRIEL VALLEY EXAMINER. AAA123494.

FICTITIOUS BUSINESS NAME STATEMENT 2016001922
The following person(s) is/are doing business as: CORINTHIAN RECORDS, 10340 SANTA MONICA BLVD, LOS ANGELES, CA 90025-5008. Mailing address if different: N/A. Articles of Incorporation or Organization Number: C0785008. The full name(s) of registrant(s) is/are: HANOVER MUSIC CORP., 10340 SANTA MONICA BLVD., LOS ANGELES, CA 90025-5008 (State of Incorporation/Organization: CA). This business is conducted by: CORPORATION. I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.) Signed: TIMOTHY JOHNSON, OWNER. The registrant commenced to transact business under the fictitious business name listed above on (date): 2/21/1996. This statement was filed with the County Clerk of Los Angeles County on (Date): 01/05/2016. NOTICE: This fictitious business name statement expires five years from the date it was filed in the office of the county clerk. A new fictitious business name statement must be filed before that time. The filing of this state-

PETITION FOR PROBATE (Probate) Decedents Estates

PETITION OF LETTERS OF ADMINISTRATION CASE NO. BP 169238

Filed at Los Angeles Superior Court on December 14, 2015 Superior Court of California, County of Los Angeles 111 N. Hill St. POB 151, Los Angeles, CA. 90012 Central District

Estate of TONY V. PARKS PETITION FOR LETTERS OF ADMINISTRATION

Publication will be in The San Gabriel Valley Examiner.

Petitioner KIMBERLY Y. HUNT request that KIMBERY Y. HUNT be appointed administrator with full authority be granted to Administer under the Independent Administration of Estate Act with no fixed bond.

Decedent died on November 2, 2015 at Los Angeles, CA, a resident of the county named above.

Street address, city and county of decedent's residence at time of death - 1424 VILLAGE LANE, WEST COVINA, CA 91790.

Character and estimated value of the property of the estate: Gross Fair Market Value of Real Property — \$493,473.00

Less Encumbrances — \$0.00
Net Value of Property — \$493,473.00

Decedent died interstate

Appointment of personal representative - Petitioner is related to the decedent as SPOUSE Proposed personal representative is a resident of California

Decedent was survived by spouse, no registered domestic partner, child as follows - natural or adopted

Decedent was not survived by a stepchild or foster child or children who would have been adopted by decedent but for a legal barrier.

Decedent was survived by next of kin, all of whom are listed below.

Name and relationship to decedent: KIMBERLY Y. HUNT/SPOUSE - 49 YEARS OLD

1424 VILLAGE LANE, WEST COVINA, CA 91790

TONY V. PARKS II/SON - 17 YEARS OLD

1424 VILLAGE LANE, WEST COVINA, CA 91790

Published in the San Gabriel Valley Examiner January 14, 21, 28, February 4, 2016

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1424 VILLAGE LANE, WEST COVINA, CA 91790

Published in the San Gabriel Valley Examiner January 14, 21, 28, February 4, 2016

04/2016, 02/11/2016. THE SAN GABRIEL VALLEY EXAMINER. AAA124345.

FICTITIOUS BUSINESS NAME STATEMENT 2016009594
The following person(s) is/are doing business as: HAI OF HUES, 4569 TWEEBY BLVD SOUTH GATE, CA 90280. Mailing address if different: N/A. The full name(s) of registrant(s) is/are: RUBEN VARGAS JR, 3925 EAST ELIZABETH STREET, COMPTON, CA 90221. This business is conducted by: INDIVIDUAL. I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.) Signed: RUBEN VARGAS JR, OWNER. The registrant commenced to transact business under the fictitious business name listed above on (date): N/A. This statement was filed with the County Clerk of Los Angeles County on (Date): 01/12/2016. NOTICE: This fictitious business name statement expires five years from the date it was filed in the office of the county clerk. A new fictitious business name statement must be filed before that time. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq. Business and Professions Code). Publish: 01/21/2016, 01/28/2016, 02/04/2016, 02/11/2016. THE SAN GABRIEL VALLEY EXAMINER. AAA124347.

FICTITIOUS BUSINESS NAME STATEMENT 2016007909
The following person(s) is/are doing business as: R L I CONSTRUCTION, 317 W MAIN ST #207, ALHAMBRA, CA 91801. Mailing address if different: 1441 HUNTINGTON DR #239, SOUTH PASADENA, CA 91060. The full name(s) of registrant(s) is/are: RUI FENG LI, 415 N 3RD ST #A, ALHAMBRA, CA 91801. This business is conducted by: INDIVIDUAL. I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.) Signed: RUI FENG LI, OWNER. The registrant commenced to transact business under the fictitious business name listed above on (date): N/A. This statement was filed with the County Clerk of Los Angeles County on (Date): 01/12/2016. NOTICE: This fictitious business name statement expires five years from the date it was filed in the office of the county clerk. A new fictitious business name statement must be filed before that time. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq. Business and Professions Code). Publish: 01/21/2016, 02/04/2016, 02/11/2016. THE SAN GABRIEL VALLEY EXAMINER. AAA124348.

FICTITIOUS BUSINESS NAME STATEMENT 2016008011
The following person(s) is/are doing business as: SPH, 16261 HIAWATHA STREET, GRANADA HILLS, CA 91344. Mailing address if different: N/A. The full name(s) of registrant(s) is/are: MONUMENT ASSOCIATES LLC, 16261 HIAWATHA STREET, GRANADA HILLS, CA 91344. This business is conducted by: LIMITED LIABILITY COMPANY. I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.) Signed: MELISSA A. RADCLIFF, MANAGING MEMBER. The registrant commenced to transact business under the fictitious business name listed above on (date): N/A. This statement was filed with the County Clerk of Los Angeles County on (Date): 01/12/2016. NOTICE: This fictitious business name statement expires five years from the date it was filed in the office of the county clerk. A new fictitious business name statement must be filed before that time. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq. Business and Professions Code). Publish: 01/21/2016, 02/04/2016, 02/11/2016. THE SAN GABRIEL VALLEY EXAMINER. AAA124350.

FICTITIOUS BUSINESS NAME STATEMENT 2016006391
The following person(s) is/are doing business as: Y & M CARPET CLEANING, 6961 WHITSETT AVE APT 18, NORTH HOLLYWOOD, CA 91605. Mailing address if different: N/A. The full name(s) of registrant(s) is/are: YULMA C. MONZON, 6961 WHITSETT AVE APT 18, NORTH HOLLYWOOD, CA 91605. This business is conducted by: INDIVIDUAL. I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.) Signed: YULMA C. MONZON, OWNER. The registrant commenced to transact business under the fictitious business name listed above on (date): 1/2/2016. This statement was filed with the County Clerk of Los Angeles County on (Date): 01/11/2016. NOTICE: This fictitious business name statement expires five years from the date it was filed in the office of the county clerk. A new fictitious business name statement must be filed before that time. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq. Business and Professions Code). Publish: 01/21/2016, 02/04/2016, 02/11/2016. THE SAN GABRIEL VALLEY EXAMINER. AAA124351.

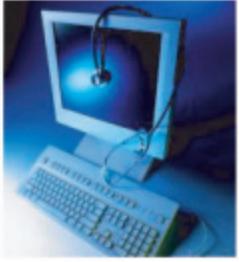
FICTITIOUS BUSINESS NAME STATEMENT 2016007282
The following person(s) is/are doing business as: MY TAX EXPERTS, 1216 S GLENDALE AVE, WEST COVINA, CA 91790. Mailing address if different: N/A. The full name(s) of registrant(s) is/are: MAGNIFICENT PROFESSIONAL SERVICES, 1216 S. GLENDALE AVE, WEST COVINA, CA 91790. This business is conducted by: CORPORATION. I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.) Signed: LUIZ DEL CARMEN PABLO-SANTIAGO, CEO. The registrant commenced to transact business under the fictitious business name listed above on (date): N/A. This statement was filed with the County Clerk of Los Angeles County on (Date): 01/12/2016. NOTICE: This fictitious business name statement expires five years from the date it was filed in the office of the county clerk. A new fictitious business name statement must be filed before that time. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq. Business and Professions Code). Publish: 01/21/2016, 02/04/2016, 02/11/2016. THE SAN GABRIEL VALLEY EXAMINER. AAA124353.

FICTITIOUS BUSINESS NAME STATEMENT 2016008078
The following person(s) is/are doing business as: ANOUJ BODY & SKINCARE, 9726 LAS TUNAS DRIVE, TEMPLE CITY, CA 91780. Mailing address if different: N/A. The full name(s) of registrant(s) is/are: WEIPING WANG, 1408 NEW AVE #H, SAN GABRIEL, CA 91776. This business is conducted by: INDIVIDUAL. I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.) Signed:

ment does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq. Business and Professions Code). Publish: 01/21/2016, 01/28/2016, 02/04/2016, 02/11/2016. THE SAN GABRIEL VALLEY EXAMINER. AAA123689.

FICTITIOUS BUSINESS NAME STATEMENT 2016002446
The following person(s) is/are doing business as: SEERANEE NAIL SALON, 12209 WILSHIRE BLVD., LOS ANGELES, CA 90025. Mailing address if different: N/A. The full name(s) of registrant(s) is/are: JENNIE CHAU NGUYEN, 9861 CHANTICLEER RD, ANAHEIM, CA 92804. DANH H. TRAN, 615 S. EUCLID ST, SFC, 14 SANTA ANA, CA 92704. This business is conducted by: GENERAL PARTNERSHIP. I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.) Signed: NENNIE CHAU, PARTNER. The registrant commenced to transact business under the fictitious business name listed above on (date): N/A. This statement was filed with the County Clerk of Los Angeles County on (Date): 01/06/2016. NOTICE: This fictitious business name statement expires five years from the date it was filed

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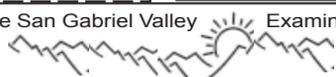
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A Scoutmasters Legacy

The Scouting movement has been honored over the past century with the unwavering dedication and service of volunteer leaders who mold our young Cub Scouts to Eagle Scouts by the selfless hours and time away from their own families. These leaders that are entrusted to this task are a unique breed; who truly embrace the true spirit of Scouting and what it stands for. There is one Scoutmaster that has stood out from the crowd and made such a difference; not only in the Scouts he leads but in the leaders he creates. Scout Master Ed Stegman is one such leader. Scoutmaster Stegman is about genuinely caring for his Scouts and the Scouts under other leaders and wanting to make a positive difference in the lives of others. In our fast-paced and hectic world, few people fit that description, let alone dedicate over a third of their life to support one cause and to help teenage Scouts through those oftentimes turbulent years. Scoutmaster Ed Stegman is that one special individual.

The very first book published on the Scout movement was, "Scouting for Boys: A Handbook for Instruction in Good Citizenship." Robert Baden-Powell, the founder of the movement, wrote and illustrated six pamphlets published in book form in 1908. It is the fourth best-selling book of the 20th century. One aspect of the Scout oath is duty to country, and patriotism is still important in Scout training today. Scoutmaster Stegman embodies the Scout oath daily by living and teaching it to his Duarte Troop 185. This type leadership has been passed down to other Scout leaders, from Cub Scouting to Scout Master to Den leaders to Unit Commissioners alike, they have all benefited from his dedication and service.

Scout Master Stegman encourages the Patrol Leaders Council (PLC) for Troop 185 to plan an active schedule. The PLC plans at least two to three activities per month (camping, hiking, biking, and/or service). He sets an expectation of the Troop supporting service projects to support the communities of Duarte, Azusa and Monrovia. He encourages the Scouts to experience all that Scouting has to offer. For example, he emboldens the Scouts to earn more than 21 required merit badges and inspires the Scouts to attend merit badge classes together so they have more fun in the process. He helps to identify when classes will be held and facilitates the Scouts signing up and attending. Scout Master Stegman conducts Troop leadership

courses for new Scout leaders as well as developing and delivering training for Scouts that are beginning the Eagle application process to help familiarize them with the requirements and answer questions of Scouts and parents. He has also developed an orientation program for new Scouting families that is delivered each year after the Cub Scouts Bridge over to the Troop.

He is a strong and superlative supporter of district activities such as Camp-O-Ree, Friends of Scouting, and district special projects. He is a magnificent ambassador for Scouting and promotes it wherever it goes and talking up the benefits to people he meets. His son Zachary Stegman, Den Chief and Boy Scout for Duarte Troop 185 assists his father in the Scouting movement volunteering his time at other Cub Scout Packs as Den Chief.

Under his guidance and leadership Duarte Troop 185 has presented 4 Eagle Scouts for 2014. Other Noteworthy Service to Scouting: Scoutmaster for Troop 185, Committee Chair and Unit Commissioner for Monrovia Pack 66, BALOO Trainer at Trask Scout Reservation, Woodbadge Staff (Scribe, Patrol Guide and AV Support), Supports Pack 188 by attending meetings, providing den chiefs from Troop 185, serves as Committee Chair for Duarte Pack 188, Eagle counselor for Troop 185, Merit Badge counselor for Cooking, Leatherwork, Personal Management, Archery, Computers and Snow Sports, Member of Duarte Community Coordinating Council, Organized multiple service projects for charter organization, Church of the Foothills and supports Friends of Scouting Family Campaign.

"I have known of Mr. Stegman for a few years now, but not until this past February 2015 did I get to really know him as a person and Scout Leader. Mr. Stegman was there when I took on the duties of Cubmaster for Monrovia Cub Scout Pack 66 and has been a driving force with me to help keep this pack afloat. Without his help and mentorship I would not be the Scout leader I am today. I am able to reach out to him for any questions, issues and rules that I need more understanding of. Mr. Stegman's role within our Pack has been crucial and the glue that held us together with our leadership. He is our trainer for our Youth Protection and made sure all parents where YPT, made our leaders aware of new opportunities for training to further our knowledge and skillset. He

serves as our Committee Chair and Unit Commissioner. He is truly a man of Scouting and an example to all, a friend to Pack 66 and a dear friend to myself." ~Cubmaster Mark Peters from Monrovia Cub Scout Pack 66

Cubmaster Henry Custodia, from Duarte Cub Scout Pack 188 states, "Ed Stegman has been a great blessing to our pack. With all he does throughout our district and beyond, I was honored when he asked us how he can further help our pack. As our committee chair he has helped us with the administration of the pack and has brought new ideas and fresh approaches. He got all our parents YPT trained, woohooo! Always showing his support at the back of the room, talking to the parents about their concerns and the adventure that awaits their boys in scouting. Always the first to volunteer, ready to help with each parents and cub scout's need, Ed Stegman is truly a friend of the pack and Pack 188 is a success because of his and his family's involvement. We are very fortunate to have the Stegmans as part of our lives."

Scout Master Stegman is one of those guys where he'd give you 100 percent of himself and then turn around and say, "You sure there isn't anything else you need?" Your Scouting leadership sets the standard, carry on my friend.

The Troop is part of the Luck Baldwin District of the San Gabriel Council. We are located at Church of The Foothills-United Methodist Church of Duarte, 1014 Highland Ave, Duarte. Visit our website <http://www.troopwebhost.org/Troop185Duarte/> or email the scoutmaster: duartetroop185@gmail.com if you are interested in joining or have a son who would like to be in Scouting.

Parson's Nose Presents Molière's Comedy The School for Wives

PASADENA - Parson's Nose Theater (PNT), the acclaimed classical comedic theater company, continues its 16th Season with The School for Wives by Molière. This 90-minute production is based on an original translation and adaptation by Parson's Nose Artistic Director, Lance Davis.

"Why now? Because we all need a good laugh! And as with classics, their themes still ring true today," explains Mary Chalon, Director of The School

By Brian Greenberg

1. Transparency. Operating with transparency used to be a luxury versus a necessity but, now, it's quite mandatory. Millennials in particular, who wield a tremendous amount of influence and purchasing power, make buying decisions based largely on the provenance, manufacturing processes and overall business practices of a particular company. Because millennials are now the largest population in the U.S., to say that transparency will drive how businesses are perceived is an understatement at best. However, the good news is that establishing and maintaining transparency doesn't have to be difficult. Simply communicating regularly with honesty and unequivocally holding yourself, your staff and your company accountable will go a long way toward fostering good will with not only consumers and prospects, but also with vendors, strategic partners and your industry at large.

2. Loyalty. It used to be that only airlines had "loyalty" programs. Now, everybody from giant corporations like Pepsi Co. to mom and pop corner coffee shops have some sort of loyalty program. And, rightfully so. Every industry faces new competition on a daily basis and customers are understandably price sensitive, often buying from whoever has the best sale or perks. However, what loyalty programs really come down to is creating that coveted repeat customer. For instance, airlines offering free first class upgrades or hotels upgrading size of the room for elite travelers often creates an allegiance that trumps price point. This principle can be applied in every business. If you're a service company and a client is at the end of their agreement, offer a specific service at a discount or another deliverable with a high perceived value. Those who do

business online can easily build an awards program that fosters a faithful following.

3. Crowdfunding. The ugly truth is if you need a loan, chances are extremely high you won't be able to get one. In fact, the recent small business study also revealed that the majority—a full 61%—of those who tried to get a favorable loan were unable to do so. Venture capital and private equity funding is equally difficult to come by, if not more. While some types of capital are actually easier to procure, the interest rates are usually more aggressive, often prohibitively so. Instead, focus on crowdfunding and non-traditional lenders such as Bond Street, Kabbage and Deal Struck. According to Massolution's 2015CF-Crowdfunding Industry Report, global crowdfunding was anticipated to be over \$34 billion. A revenue source of that size is simply too big to ignore and not tap into.

4. Pay-for-Play Social Media. Facebook was among the first to implement the "pay-for-play" model by removing organic reach and focusing on paid advertisement. Since being acquired by Facebook, Instagram is destined to follow. Pinterest and Twitter are also both currently growing into their pay-for-play systems and will likely make it difficult for pure organic reach as well. Unfortunately, this means entrepreneurs will need to increase their social media budget. However, Facebook's paid ads have been shown to reach a significantly greater percentage of users than organic posts, making paid ads well worth the investment. However, social media shouldn't only be leveraged as a form of advertising. Rather, social media is an ideal way to handle customer service in such a way that not only improves marketplace loyalty but also your company's transpar-

ency endeavor.

5. Instant Gratification. Simply put, if you don't offer some form of instant gratification your prospective customer will likely go somewhere that does. This truth is particularly problematic for businesses that require information from customers, such as insurance or financial services. Having prospects fill out contact request forms to be contacted later on for products or services is becoming less and less effective in the "Age of Impatience." To be competitive, you need to deliver to the customer instantaneously in some way, whether that be with the provision of information they are seeking or other deliverable that will satiate them in the moment and keep them interested for a longer term. Even just offering quicker and more efficient processes in dealing or transacting with your company is certainly a form of instant gratification. At every available touchpoint, strive to impress the customer—an incredibly effective way of evoking that gratified feeling.

No matter what industry you're in or the type of business you run, you can still make a profit no matter what the current economic outlook happens to be. That begins with giving customers what they want, how they want it and in a way that's more sensitive to marketplace vs. company needs. The above tools will put your business well on its way to doing exactly that, possibly making 2016 your most successful year yet.

San Diego-based expert Brian Greenberg is a multi-faceted entrepreneur who has founded and now spearheads multiple online businesses. He currently co-owns and operates three entrepreneurial companies with his father, Elliott Greenberg, which have each flourished for over 10 years.

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Citrus College Veterans Success Center Receives Grant

GLENDORA — The Citrus College Foundation has received a grant from the Ludwick Family Foundation that will support the continuing work of the Citrus College Veterans Success Center.

The grant will fund Veterans Success Center programs, facilitating student veterans' transitions from the military to civilian and college life. Academic and student support services funded by the grant include, but are not limited to tutoring, peer mentoring, leadership and service learning opportunities, mental health services, and assistive technology.

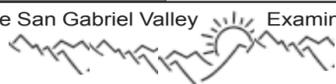
"The Citrus College community extends its heartfelt gratitude to the Ludwick Fam-

ily Foundation for its generous grant," said Superintendent/President Geraldine M. Perri, Ph.D. "Their gift will allow the Veterans Success Center to enhance its outstanding programs and provide more opportunities for student veterans to complete college and achieve their life goals."

Citrus College has been a national leader in supporting its student veterans since 2007, when the institution became the first college in the U.S. to develop a counseling class that addressed the challenges military veterans face. Today, the Veterans Success Center serves an estimated 500 student veterans per academic year, reflecting the educational

and social needs of a student segment whose enrollment has more than doubled over the past 10 years, and whose graduation rates increase every year.

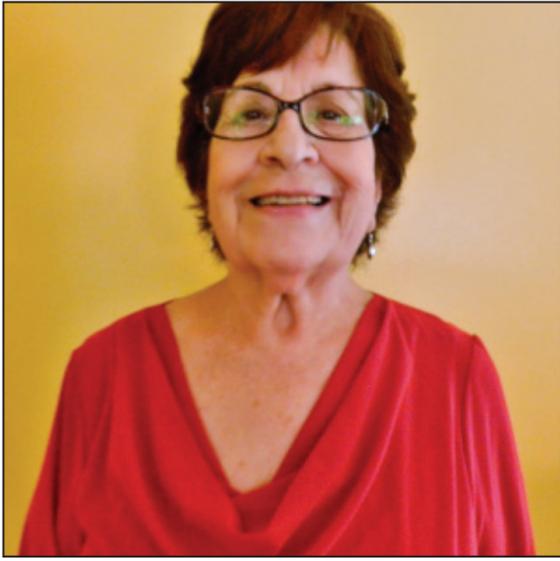
"The Ludwick Family Foundation grant will provide excellent opportunities for student veterans to achieve their educational goals," said Mrs. Susan M. Keith, president of the Citrus Community College District Board of Trustees. "The Citrus College community is very proud of the contributions of these valiant men and women who served in the military and who are now preparing for greater service as civilians and students."



Azusa Women's Club Woman Of The Year

AZUSA - The Azusa Women's Club has elected Lupe Perez as Woman of the Year for 2016. She has been a member of the Azusa Women's Club since 1970 and has been very active with the club holding various positions and is now Program Chair. Lupe has participated as a board member and a chairperson for many activities of the Azusa Women's Club.

Lupe's volunteer work began early in life and she has held various offices for many organizations. For the past 40 years, Lupe has been a board member of the Azusa City Sister City Organization. She has traveled with the exchange students to Zacatecas, Mexico to strengthen partnership and foster good will with the City of Azusa. Lupe is active with the Azusa Historical Society, Azusa Senior Center Program and Catholic Daughters of



Lupe Perez, Azusa Women's Club Woman of the Year for 2016

America. Lupe enjoys her free time with her four daughters and husband, Henry. She has many hobbies and interests that include travel, interior design,

painting and golf.

Azusa Women's Club support many worthwhile causes including scholarships for Azusa graduation students, support for the Azusa Library, items for the Azusa Food Bank, and financial support for many recognized organizations in the community.

The Azusa Women's Club welcomes all interested woman to served the community of Azusa. The Azusa Women's Club meets on the first Wednesday each month from 11:00AM to 1:00PM at 1003 N. Azusa Ave. in Azusa. For more information call 626-967-8829.

Pasadena's Ronald McDonald House Aims to Serve

DUARTE - Elizabeth Dever is inspired to share the story of the Pasadena Ronald McDonald House. What better way to help the families of children needing critical and extensive medical treatment, than to provide a warm and safe home to stay in - close to the hospital. That's what Ronald McDonald House does.

The Pasadena Ronald McDonald House was established in 2004 and in the past 12 years, they have helped over 13,000 families. Children come from all over the world for various treatments. The property consists of two Craftsman homes with 6 bedrooms each. Volunteers stock the pantries for the visiting families and through the "Meals of Love" program, many organizations provide full meals for the families. Days of service are also popular. Organizations can pick up lists of chores that need to be done to maintain the properties.

On Saturday, April 3rd, Pasadena Ronald McDonald House will be having their "Walk for Kids" event to help raise \$120,000.00. Ms. Dever presented to a recent Duarte Kiwanis Club meeting and inspired members of the club to think of creative ways to help out as well.

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



Pasadena Ronald McDonald House Director, Elizabeth Dever and Duarte Kiwanis Club President, Cheryl Reynolds.

Wrestling Extravagance at the Esther Snyder Community Center

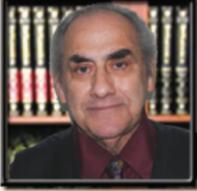
BALDWIN PARK - On Saturday, **January 30**, the City of Baldwin Park will host a Wrestling Extravagance in conjunction with Empire Wrestling Federation. The event will take place at the Esther Snyder Community Center gymnasium at Morgan Park. The show will feature six matches, a six man tag team action, a female match, and an "over the top rope battle royal". The show will also in-

clude "Lucha Libre" pro style wrestling with action pack excitement. The show promises to be a fun filled event for the entire family. Doors will open at 5:00pm and show at 6:00pm. Advance ticket sales are now available at the Community Center.

For more information, contact (626) 813-5245, extension 317.

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Advanced Reservation Required by January 15th



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Foothill Credit Union
Glendora Unified School District
Southland Properties

Thursday, January 21st, 2016

Registration 11:30 & Program Begins at Noon
Glendora Country Club
2400 Country Club Drive, Glendora






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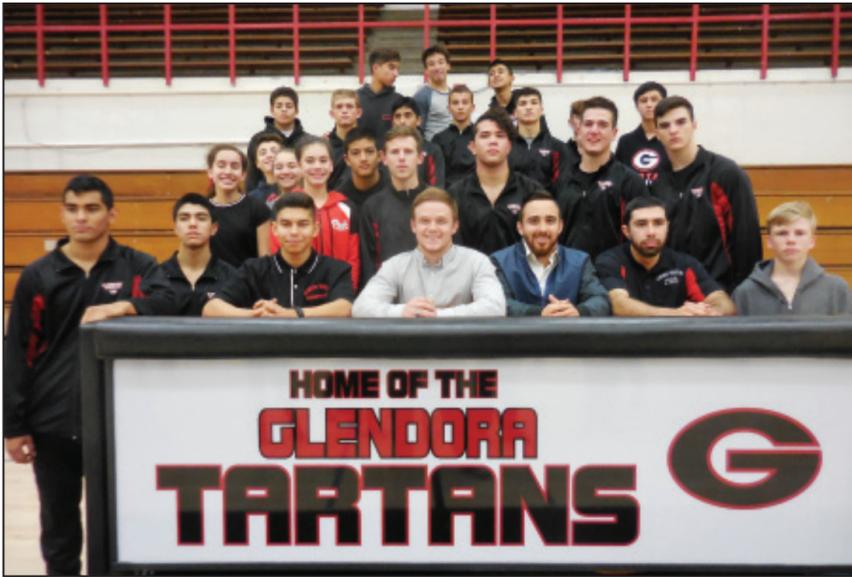
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Glendora Tartans Wrestling Team



The Glendora High School Tartans Wrestling Team pose with their coaches

By Jayam Rutnam

GLENDORA - It was a home game at Glendora High School where the Tartans wrestled with the South Hills Huskies. Although they lost to the Huskies 40-21, the wrestlers were in good spirits as they know that they will do better in the upcoming matches. The event on January 7 was advertised as

"Rumble of the Century."

The Glendora High School Tartan Team consisted of Varsity Members Bobby Pinto, Anthony Tapia, Kevin Jimenez, Robert Ruiz, Marc Villagran, John Irwin, Marc Villagran, Dylan Fosselman, Andrew Gonzales, Leonardo Guevera, Chad Osier and Christian Viguera. Junior Varsity Mem-

bers Aaron Deleon, Caleb Bennet, Daniel Verbera, Chris Rivera, Shawn Acosta. Girl Wrestler Barbara Greenberg. Stat Girls Melissa Northcut and Jessica Ellison.

Head Coach Jim Wilkins, Assistant Varsity Mario Vazquez, Junior Varsity Coach Leo Ruiz, Frosh/Soph Kohano Suarez.

Their next game is at Bonita.

When It's Time To Not Drive

Staying on the road to safety may be harder for many elderly drivers than they realize.

According to the National Highway Traffic Safety Administration, senior citizens account for only 9 percent of the population but almost 14 percent of fatal traffic accidents.

As people age, their driving patterns change. Retirement, different schedules and new activities affect when and where they drive. Although most older adults drive safely because they have a lot of experience behind the wheel, when they are involved in crashes, they may be hurt more

seriously than younger drivers.

Many see driving as an important part of staying independent, and people 70 and older tend to keep their licenses longer and drive more miles than in the past.

Elderly drivers and the people who care for them should have a trusted doctor check their eyes and reflexes to determine whether they should be driving anymore.

If it seems a driver you care about should be off the road, listen to his or her concerns and feelings on the subject. Explore the possibilities. Are there solu-

tions that could keep him or her driving safely longer, such as getting new glasses or only driving during the day? Try to arrange for alternative transportation so he doesn't feel trapped at home. If she sells her car, remind her of the money she'll save on insurance and maintenance—which can be used for buses and taxis.

Having this talk may not be easy but you could save a life.

For a checklist of which incidents indicate an older person or parent should stop driving, visit www.accidentattorneys.org. (NAPSI)

El Niño
lacounty.gov/elniño

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.

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!



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