

San Gabriel Valley THUMET

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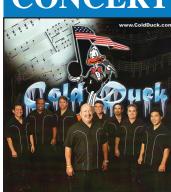
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August 10 - 16, 2017

Massive Leak Shuts Down West Covina Veterans of Foreign Wars Post 8620

By George Ogden WEST COVINA - Back on

July 21st, the West Covina VFW Post 8620 experienced massive water damage and flooding of the building. Friday afternoon, Yours Truly, Cmdr. George Ogden went to the facility about 1:30 PM at which time he started to eat lunch before the 2 o'clock opening of the cocktail bar. At about 1:45 PM he noticed in the security monitors that a vehicle had pulled up. He went to investigate and found it was somebody who wanted to make a payment for a future hall rental. As he let the customers in he noticed how humid it was inside the building. In the process of directing the customers to a table he found himself as well as the customers standing in water on the carpet. Looking around, it was obvious it was a major flood of the building. Not only did the carpet in the cocktail lounge get flooded, but so was the dining room area, the hallway, the meeting room, the office, the liquor room, as well as the back bar.

Trying to investigate where the water was coming from, a quick examination of the flooded



West Covina Fire Department Assisting with the Flood Damage Cleanup at the VFW in West Covina.

women's bathroom showed no leaks. However attempting to get into the men's restroom, I was met with steam rolling out of the bathroom. It appeared the hot water faucet actually blew off with a hard heavy stream of water going straight to the ceiling

and spreading out. I immediately entered the restroom with the intent of shutting off the valve for the hot water. In the process, the 275 pound commander stepped on a piece of broken plastic from the light that had been knocked $down\,by\,the\,water\,stream\,and\,did$ a complete bellyflop in the nearly two inches of water. This in itself may have caused more water damage on the walls as it was a rather large splash.

Finding that I could not turn the valve without a tool, I quickly returned to the main cocktail lounge area where I met West Covina Commissioner Herb Redholtz. His first response was, "what the hell happened to you?"

The commissioner quickly assisted me with trying to turn off the hot water valve. After successfully completing that mission, I came out to assist the customer and her daughter who were being well entertained as she watched the fiasco.

The fire department was quickly called to assist with

flood control of the facility. They quickly responded and the firefighters asked much of the same question that the commissioner did. "What the hell happened to you?" After some laughter, they quickly got to work. They dammed up certain areas to prevent further damage and vacuumed up and used squeegees to get the water out into a drainage pipe in the kitchen area.

The commissioner called West Covina Councilman Lloyd Johnson who is also a member of the post. He also quickly responded and assisted with the cleanup.

The insurance company was contacted and a number of cleanup crews and contaminant investigators came to the facility. A hazmat inspection was conducted a number of times and a damage consultant also inspected the facility. Every room had been damaged except for the rental hall itself. There were some minor seepage through the wall and over a couple of thresh-

olds, but that was quickly attended to.

It appeared the hot water was blowing upward for 12 hours. This caused the damage to the carpeting in the office, the cocktail lounge and bar area as well as the tile floors in the dining room area. Glue came through the carpeting and is now on the surface. Water damage crews have been drying out the building for over 10 days.

This has affected the daily routine, and weekly routine for the membership and guests. The bar is closed for reconstruction, there will be no dinners and no breakfast until the process is complete. Friday Karaoke is shut down as well as the main kitchen.

With the immediate response of the engine companies and the ladder truck, this prevented any further damage and helped save the main hall from any damage and prevented the closure of the Rental Hall. For now, this will be the only revenue for the VFW Post and with all the hard work over the last three years. I believe the VFW will be able to survive

The scheduled rentals will not be affected and it will be business as usual. The only compromise will be the bar area, but drinks will still be available to take back into the hall.

As commander, all I can say is, "this is a major disaster for us. I want to thank the fire department for their quick response, the membership, our guests, and friends of the VFW post for all the help that they have given during this very difficult time. We are looking for a great grand reopening, hopefully within 45 days. We may celebrate with a barbecue or free dinner (providing we have any money left) when the project is done. The VFW would like to thank everybody for hanging in there with us, we'll be

Glendora's Night Out Against Crime



At the Glendora Village were Glendora Police Chief Lisa Rosales, Corporal Bill Lee, Councilman Michael Allawos, Sergeant Jason Tibbetts and his family, Sierra, Rachael and Benjamin.

By Jayam Rutnam

GLENDORA - The rain did not deter citizens of Glendora, who visited the Glendora Village Bus Transit Plaza for their National Night Out Against Crime event, which started at 5.30 p.m. It seems that the event was synchronized with the downpour that occurred, followed by lightning and thunder.

The National Night Out Against Crime is an annual event which was held on Tuesday, August 1st, 2017.

Despite the rain, Glendorans

were seen indulging in free hot dogs and chips organized by the Glendora Police Officers Association and served by Police cadets. They also had free child fingerprinting, face painting and music. City departments were on hand including the library, water department, parks, transportation and more! Children 5-12 had a chance to win a cinch style backpack, along with playing a scavenger hunt game for prizes! GPD vehicles were on display, along with community groups, the Inland Valley Humane Society and the Fire Department. The Police Department said that it was their way of giving burglars a going away party! Citizens were requested to leave their porch light on during the night.

Unfortunately, the weather turned for the worse and the Police Department were forced to notify everybody by social media that "due to the current weather conditions the National Night Out event has been cancelled. The lightning and thunderstorms are too close for comfort. Sorry for the late notice!"

U.S. Marine from West Covina Dies

WEST COVINA - U.S. Marine Rueben Velasco, a 19-year old West Covina resident, was killed when the Osprey helicopter he was riding in crashed into the water off the Australian coast Twenty-three of those on board survived but Velasco and two others did not.

The MV-22 Osprey aircraft, a vertical take-off and landing aircraft hit the bow of the USS Bonhomme Richard, a Navy amphibious assault ship that was part of a joint training mission with the Australians. The recent joint military exercise took place largely in Shoalwater Bay and involved more than 30,000 US and Australian personnel, according to Australian Defense Department.

Ruben Velasco, a West Covina High School graduate, had just celebrated his 19th birthday.



U.S. Marine Rueben Velasco

Active Shooter Response Training at Lake Avenue Church

PASADENA - The ALICE experienced law enforcement Training program (Alert, Lockdown, Inform, Counter, and Evacuate) will be held Tuesday, August 22, and Wednesday, August 23, from 8 a.m.-4 p.m. and is open to anyone but is designed especially for workplace administrators and safety professionals. Registration deadline is August

ALICE was developed by an

officer to keep his wife, an elementary school principal, safe after the tragic events at Columbine, and is supported by educators, law enforcement, and federal agencies. It has become the leading active shooter response program in the country and is changing how schools, universities, hospitals, businesses and religious institutions respond to armed intruders.

For additional information and to register, visit https:// tinyurl.com/ydh45qp5. For questions contact Stacie Jackson at sjackson@alicetraining.com. Lake Avenue Church is located at 393 N. Lake Avenue in Pasadena, at the corner of Lake Avenue and the 210 Freeway.

Glendora Genealogical Group Meeting

GLENDORA - The Glendora Genealogical Group will hold its monthly meeting Tuesday August 22 in the Elm Room of the La Fetra Senior Center,333 East Foothill Blvd, Glendora. There will be a refresher workshop led by Pat Chavarria from 6:00 PM to 7:00 PM. This will be followed by our business meeting at 7:00 PM. Our speaker for the

evening will be Kenyatta Berry. Kenyatta will present "Beginning Your Genealogical Journey." Join Kenyatta D. Berry, Host of Genealogy Roadshow (PBS) to learn more about Beginning Your Genealogical Journey.

Kenyatta D. Berry is a Professional Genealogist, Entrepreneur and Attorney with over 20 years of experience in genealogical re-

search and writing. She began her genealogical journey whilst in law school studying at the State Library of Michigan in Lansing. A native of Detroit, Berry graduated from Michigan State University and Thomas M. Cooley Law School. She has deep roots in Detroit, the city her ancestors have lived in since the 1920's.

S.G.V. EXAMINER August 10 - 16, 2017

Mindful Warrior Project - Changing Lives

DUARTE - Gail Soffer has a passion in her life - preventing suicides in our veteran population. Gail is an "old hand" at working with and for non-profits, but when she learned that there are now 22 veteran suicides every day, she was inspired to help make a difference. She has created The Mindful Warrior Project to bring mindfulness practices to veterans, their family members, and their service providers. These practical tools help address issues of PTSD, MST, anxiety, depression, addiction and other life challenges. MWP has two intentions - to help veterans experience immediate and genuine relief from stress and to offer veterans mindfulness tools for self-empowerment in everyday life. Gail



Gail Soffer and Cheryl Reynolds, Duarte Kiwanis President.

shared a number of remarkable success stories at a recent Duarte Kiwanis Club meeting inspiring the club to look for opportunities to partner with MWP.

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

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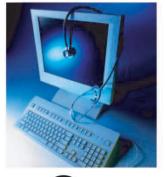
SAN DIMAS - The San Dimas chapter of Toastmasters International, Toast To The Best Club, Club # 5880 meets every 1st and 3rd Monday from 7 PM to 8:45 PM. Learn to motivate and lead. Challenge yourself with Toastmaster's proven education programs. Let us help you grow your strengths and accomplish your goals. Become a better speaker and learn to communicate with confidence. Learn these skills and more in a supportive, self-paced, fun atmo-

In our August 3rd meeting, our president, JoAn Haase, ACB, CLB, announced that Xuling Wu had completed her Competent Leader education program. Congratulations Xuling!

Later in the meeting we had 3 speakers covering very different topics. JoAn Haase ACB, CLB, won best Speaker, and Ms. Pam Liu visiting to our club won both best Evaluator and best Table Top-

Thursday, August 17th, Art Douglas, DTM will be Toastmaster and speakers will be Tim Cheng and Rich Watson, ACS. Stop by to meet with us at the Faith Lutheran Church, Parish Hall, 505 E Bonita Ave. San Dimas. Contact is Art Douglas at (951) 505-0555.

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JoAn Haase CLB, CLB won best speaker. Visiting Pam Liu won best table topics and best evaluation.



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** Two independent clinical studies have shown that Signia hearing aids with binaural processing provide better than normal hearing capabilities in certain demanding listening environments.

Mental Health Database To Improve Efficiency And Effectiveness

- Supervisor Kathryn Barger authored a motion unanimously approved by the Board of Supervisors directing the Department of Mental Health to move forward in developing a database that would track mental health resources countywide.

"Right now, locating readily available and effective mental health treatment resources is a significant challenge for both the individual in need and first responders who are trying to help," said Barger. "Providing easy access to quality continuum of care services is critical. Today's motion is a proactive effort to create a streamlined and accessible system to adeptly serve those struggling to find treatment and service options."

Barger's motion seeks to create a database that will actively track mental health resources including IMD (Institutions for Mental Disease) beds, crisis residential treatment, and board and care facilities in and around Los Angeles County that would help expedite the process and provide valuable options to those in need of meaningful mental health treatment and care.

The Department of Mental

Health will consider existing systems, such as the "Foster Care Search System" developed by the Department of Children and Family Services which is a web-based and mobile application that provides social workers with realtime updates on available foster

"The ability to access a placement vacancy database system while in the field with those in need would result in the seamless linkage to mental health resources based on the individualized needs of the client," Barger add-

On the Move Riders Program Presents **Older Adult Transportation Pop-Up**

Metro's Older Adult Transportation Pop-Up on Tuesday, August 29, 10:00 am at the Azusa Women's Club (1003 N. Azusa Ave. Azusa). Come learn everything there is to

INFORMATION GUIDE

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its readers. It should not be used to win a favor by flattery, to

enhance a particular political

interest, or for the purpose of

• We also believe in accuracy in

fact and context. Journalists

should be accountable for any

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erroneously committed will be

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or email at ortizl@metro.net. Event is accessible by Metro bus or rail.

To plan your trip use our trip planner at metro.net or call 323.GO.METRO.

Gang Beats and Robs Man at La Verne Park

By George Ogden

LA VERNE - A 19-year-old man was at Heritage Park around 12:30 a.m. Friday morning August 4th when a gang of five men in a car tried to rob him. The man ran and was able to get away. However, the group chased him down and beat him with a pistol and dragged him to their car. They drove him back to Heritage Park 5000 block Via De Mansion in La Verne where they beat him again and robbed him of personal property including several chains that he was wearing. He was then left in the park as the suspects fled.

The victim then ran from the area into a residential neighborhood and started knocking on the front door and the windows of a home. The residents called the police who quickly responded. When police arrived, they found it was the victim trying to get help.

As the officers canvassed the area, they saw one individual at the park and detained him. Police found out he was one of the suspects. Soon they found the four other suspects near the park in a Toyota Prius. They were also arrested for kidnapping and armed robbery. They were identified as Tyler Strickland, 19, of La Verne; Darius Kennedy, 19, of Azusa, Julius Sims, 41, of La Verne; Jazmyn Tyus, 22, of 29 Palms and a 17-year-old boy. They are believed to all be part of a black gang targeting the area. All have been charged with armed robbery, the beating, assault with a deadly weapon and kidnapping. The bail was set at \$100,000 for each adult.

If you have any information or may have been a victim possibly from the suspects, please contact the La Verne Police Department with your informa-

FREE Community Summer Dance Night!

ARCADIA - The Arcadia Performing Arts Foundation, the City of Arcadia, and the Arcadia Unified School District proudly present a Free Community Summer Dance Night on Saturday, August 12 from 7-9:30pm at the Arcadia Performing Arts Center, 188 Campus Drive, Arcadia. There will be karaoke singing and dancing under the stars. Catering

and ice cream will be available for purchase.

Mark your calendar and make sure you don't miss out on this special night. If interested in karaoke singing please RSVP to cliao@arcadiapaf.org. Bring the whole family out to participate in this FREE event! For more information, please call 626.574.5113.

Glendora To Vote by Districts

GLENDORA - What district in Glendora will you be? 1 or 5? Who will your elected representative be? Will you vote every 2 years or every 5 years?

Glendora like some other cities received a letter from Kevin Shenkman, Attorney for Southwest Voter Education Project, charging Glendora with discrimination and violations of the California Voting Registration Act and demanding Glendora go to district elections rather than electing our representatives city wide or they would sue Glendora.

The cost of the lawsuit becomes outrageously expensive and unaffordable. Council will begin, with the citizens help, to draw up districts for Glendora. Mayor Gary Boyer will fill

you in on the details. Please join the Republican Koffee Klatchers on Saturday, August 12th at Denny's Res-

taurant, 546 W. Baseline Rd., Glendora (210 freeway at Grand Ave.). 8:30 a.m. regis-Mayor Boyer will be speak-

ing at 9:00 a.m.

Please RSVP to 626-963-3895 lmshade1043@gmail.com.

Cost: \$12 for breakfast; Cof-

fee only \$5. gin promptly at 8:00, and the 1 To Advertise In The San Gabriel Valley Examiner CALL 626-852-3374

Glendora Police Department Receive **Grant to Fight Alcohol-Related Crime**

City will receive \$54,258 to Reduce Alcohol Problems

GLENDORA - Glendora Police Chief Lisa G. Rosales announced that the Glendora Police Department, in conjunction with La Verne Police Department, has been awarded a joint \$54,258 grant from the California Alcoholic Beverage Control (ABC) to battle alcohol-related crime.

"We are looking forward to this partnership with ABC to reduce alcoholic beverage access to minors and educate licensed establishments within our community." Chief Rosales

The grant is one of 52 awarded in California to local law enforcement agencies through ABC's Grant Assistance Program (GAP).

The grants strengthen local law enforcement efforts by combining the efforts of local police officers and ABC agents. ABC agents have expertise in alcoholic beverage laws and can help communities reduce alcohol-related problems.

"The program improves the quality of life in neighborhoods," said ABC Director Jacob Applesmith. "We've seen a real difference in the communities where the grant program resources have been invested."

The GAP Program was created in 1995 to strengthen partnerships between ABC and local law enforcement agencies. The program is designed to put

bad operators out of business, keep alcohol away from minors and bring penalties such as fines, suspensions or revocations against businesses that violate the law.

The funds will be used to reduce the number of alcoholic beverage sales to minors, obviously intoxicated patrons, illegal solicitations of alcohol, and other criminal activities such as the sale and possession of illegal drugs.

The GAP Program has distributed over \$20 million to local law enforcement to combat alcohol-related crime.

ABC is a Department of the **Business**, Consumer Services and Housing Agency.

Monterey Park To Explore Joining Rosemead's Lawsuit To Prevent The **Diversion Of Funds From The 710 Tunnel**

MONTEREY PARK - The City of Monterey Park has instructed their City Attorney to explore potentially joining the lawsuit filed by the City of Rosemead to prevent Metro from diverting any funds away from the 710 Tunnel. On August 2, 2017, during a special meeting of the Monterey Park City Council, the instructions were given to the City Attorney to review the writ of mandate filed by the City of Rosemead with the Los Angeles

Superior Court seeking to declare null and void the May 20, 2017 decision by the Los Angeles County Metropolitan Transportation Authority to divert funds away from the completion of the 710. The instructions included conferring with Rosemead legal counsel and reporting back to the City Council by August 16, 2017.

Mayor Teresa Real Sebastian insists that, "the City of Monterey Park will review any

and all options under its disposal to ensure that our residents are protected from excessive air particles and a reduced quality of life. The direction given represents our commitment to make informed decisions that address the needs of our citi-

Upon the presentation of the findings, the City Council will decide what best actions to take that would best protect the community.

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

WEST COVINA- The Housing Rights Center (HRC), and the City of West Covina, will be hosting a FREE 'Housing Rights Workshop' for West Covina tenants and landlords on Tuesday, August 22nd, from 5:00pm-7:00pm at the West Covina Library 1601 West Covina Pkwy., West Covina. HRC will present information and resources regarding housing discrimination and landlordtenant rights and responsibili-

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

Title VIII of the Civil Rights Act of 1968, known as the

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

For more information, or to RSVP for this FREE workshop, please call Oscar at (800) 477-5977 extension #1103. TTY users please call (213) 201-0867. This location is handicap accessible.

HRC is California's largest nonprofit, civil-rights agency dedicated to promoting and sefair housing. HRC curing investigates over 1,600 housing discrimination complaints annually and assists over 17,000 individuals with their housing-related concerns. Individuals who believe they are victims of housing discrimination or who have questions about the fair housing laws or their landlord-tenant rights are encouraged to contact HRC for additional information at 1-800-477-5977 (voice) or 213-201-0867 (TTY). Additional information is also available at www.housingrightscenter.org.

Hit the 2017-2018 School Year Running! by September 6 to guarantee a T-

Shirt and avoid paying a higher

registration fee. Each participant

pays only \$27 for the 5K, and

\$15 for the 1 Mile. Save even

more if you have 5 or more in

CHARTER OAK - No false starts amongst the great people of Charter Oak. The 2017 Oak Tree Challenge 5K/1 Mile Run/ Walk is Sunday, **September 17**, at Charter Oak High School.

Serious runners, we are happy to announce that we have added electronic chip timing!

We are challenging all Charter Oak faculty, staff, campus PTAs and school clubs to form a running club on your campus and train together! Which of our Charter Oak schools will have the greatest show of participation? Not a runner or walker? No problem! The vendor booths will be making a return for all to peruse and shop. Cheer from the stands,

and pose for the camera! This is a fun way to show school pride. Registration opens bright and early at 7:00am. Each runner will receive a T-Shirt, bib number, and enjoy a delicious pancake breakfast. The 5K Run/Walk will be-

Mile Run/Walk begins at 9:00.

Registrations must be received

your group. Each member of your group pays only \$22 for the 5K and the \$10 for the 1 Mile Run/ Walk. After September 6, the registration fee for the 5K is \$32 (\$27 each for groups of 5 or more), and the 1 Mile is \$20 (\$15 each for groups of 5 or more). Participants registering after

September 7 may not be guaranteed a T-Shirt. Breakfast is at 8:00, and is free for all runners/walkers. Break-

fast is available to spectators for only \$5. This is a family event, and we are all here for the kids. To en-

courage our students to get out and move, participation medals are given youth only who complete the 1 Mile Run/Walk.

1st, 2nd and 3rd place winners

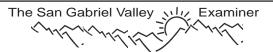
in each age category of the 5K

will receive medals, and the person who comes in 1st overall will receive a 1st place medal.

The Oak Tree Challenge is hosted by the Charter Oak Education Foundation. It gives us a wonderful opportunity to begin the 2017-2018 school year with a running start, while coming together as a community to raise money for our Charter Oak schools. Last year, our Oak Tree Challenge participants and partners raised \$10,000! Let's surpass that milestone! Register to-

Charter Oak High School is located at 1430 E. Covina Blvd., Covina, CA 91724.

Register online www.charteroakedfoundation.org, or by mail. Send your registration form and check made payable to Charter Oak Education Foundation to P.O. Box 1462, Covina, CA 91722. The Charter Oak Education Foundation Oak Tree Challenge 5K/1 Mile Run/ Walk is a RAIN OR SHINE event. No Refunds.



State of the State: Lost **Shade's Perspective**

There are days when I wonder if all is lost in the state of California. Native Californians, lifelong Republicans and just the across the board struggling average citizens trying to make ends meet ... pay the mortgage, put food on the table ... and all we seem to get is one tax after another that takes more of our hard earned dollars.

It isn't just the tax itself but the additional fall-out from that tax. More tax on gasoline adds more cost to get the goods to the marketplace ... more we pay for food, more we pay for tennis shoes, more we pay for every-

The Cap-and-Trade vote was a huge blow to my sense of confidence that legislators in Sacramento could do business rationally and with a sense of first duty to those who put them in office. Obviously that confidence is very misconstrued. Republicans I've talked to are somewhere between discouraged and outraged.

Because of Assemblyman Chad Mayes' vote on Cap and Trade, Fred Whitaker, Chairman of the Republican Party of Orange County and Tony Krvaric, Chairman of the San Diego County Republican Party have asked, in no uncertain terms, for Chad Mayes, Assembly Republican Leader, to resign his leadership position.

Krvaric said in his letter, "While Republicans come in all flavors, and certainly not everyone agrees on every policy issue,



Lois M. Shade **Former Mayor of Glendora**

the ONE thing voters should be able to count on is that Republicans will NOT raise their taxes."

Whitaker plainly told Mayes in his letter, "California simply can't afford Cap and Trade ... [that] artificially increases the costs of electrical generation and all products that use fuel or electricity in the creation of their products or services."

Gov. Jerry Brown's mantra is all about global warming with a reform or die message. If we don't cut carbon emissions in California and cure the world of global warming we are all doomed. But when do we start laying all the conflicting stories on the table for a real honest discussion. Turn our thermostats down to conserve electricity while Sacramento votes "yes" on Cap and Trade raising electricity costs up 20%. How does that make any sense? It doesn't and it isn't about global warming it is all about the MONEY!

And, then "An Inconvenient Truth" about the Guru of Global

Warming, Al Gore using 34 times more energy than us average people. OUCH!

Reports in the Daily Caller become more of an expose with a new report published by the National Center for Public Policy Research. "In just this past year, Gore burned through enough energy to power the typical American household for more than 21 years ... Last September alone, Gore devoured 30,993 kWh of electricity ... enough to power 34 average American homes for a month.... Over the last 12 months Gore used more electricity just heating his outdoor swimming pool than six typical homes use in a

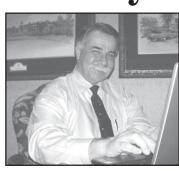
It is way past time to get rid of all the politicians whose battle cry is 'do as I say, not as I do'. It is time for Gov. Brown to dump his technologically outdated, overrated and over budget bullet train and start talking about the pension crisis. Just ask those in Loyalton, California, who can no longer afford to pay the Cal PERS bill, but to bail out of that retirement system will cost that town a \$1.66 million termination fee. Town's budget is about \$1 million a year. One pensioner will see his \$2,500 a month check drop to \$1,000.

Republican Party needs to remember it is the People's Party because we believe in honesty and integrity, small government, lower taxes, fiscal responsibility, and increased opportunities. At least this Republican does.

If It Is Too Good To Be True, Then Most Likely It Is Not

Too often we hear about some really great deals most people want to take advantage of. However, you must exercise due caution with these "good deals" as it is nothing more than some type of scam to sell you something you may not need or just to get your

If you hear of a deal that sounds too good to be true, most likely it is not a good deal. Some of those programs out there are nothing more than scamming type programs to get into our wallet or bank accounts. It appears that they target seniors more than anyone else. Next are those that are on limited incomes or on hard times. You have people out there that will say they can refinance your home's second or third mortgage for next to nothing. And you have other scams out there that contact you whether it be through the com-



George Ogden That's just the way it is!

puter, phone, mail or any other means saying that you have won something, however you need to pay a small fee to get these winnings or a prize package. My recommendation is "Don't do it".

You always hear about the police Association and fire department soliciting donations. Everybody wants to help the Fire and Police Department. Before you send anything, or donate anything to any organization that says that they are supporting these two agencies,

call your local police or fire department first. Most cases, they don't go out and solicit money unless you see them in person. Find out what programs they may have available that you can donate to and do it through your own agency. Don't be scammed out of your hardearned money.

Don't let anybody into your home even if they say they are from one of the utility companies. Have them wait at the door and call to find out if this is legitimate or not. Usually you would be notified ahead of time that they are coming. If you feel something is suspicious, call the police. That is what they are there for, to protect and serve.

One of the most important things that you should do is to be aware that these scams programs are out there.

"That's Just the Way it Is!"

John McCain and the Partisan Farce on "Healthcare Reform"

by Jane M. Orient, M.D.

Senator John McCain of Arizona sequentially played the role of superhero, villainous traitor (to Republicans), and savior (to ObamaCare) as the McConnell "skinny repeal" lost by one vote—his.

First, he dropped in for the crucial vote on bringing the issue to the Senate floor, to a thunderous standing ovation, days after brain surgery (not "eye surgery," as it was repeatedly billed by the press that covers "healthcare" matters). This is not his first such performance—he interrupted his 2008 presidential campaign to vote for TARP, the financial system bailout.

Once repeal itself was up for a vote, McCain ostentatiously cast the decisive "nay," in a stunning violation of the vehement promises made during his Senatorial campaign. Somebody had to do it, since a lot of the Republicans really didn't want to kill a cash cow for their state or donors. McCain is at the start of his term and has less to lose.

Then he made a speech that former senator Joe Lieberman said was "one of his finest hours." McCain called for a "return to the bipartisan cooperation that can lead to real legislative accomplishments."

"Bipartisan" is not the same thing as wise or good, and bipartisan mistakes are even harder to get rid of. But why the stark party-line divide here? Why did no Democrats offer any suggestions? Are they interested in helping their constituents, or just in obstructing Republicans? Do they believe the Affordable Care Act, Obama's precious legacy, is functioning perfectly?

Hardly. Everybody seems to agree that the insurance "market" needs "stabilizing." That means it needs more taxpayer dollars to bail it out. And if there aren't enough votes to appropriate the money for cost-sharing subsidies properly, ACA partisans want the illegal funding begun by Obama and being paid month-to-month by Trump to continue.

The lawsuit against this brought by the House of Representatives is sitting in the D.C. Court of Appeals, which just agreed to allow 18 attorneys general (17 states plus D.C.) to intervene on the side of lawlessness.

And why do insurers need

the money? It's because ACA allows them to offer only unaffordable, money-losing products. Premiums must escalate to the point that nobody can pay them without huge taxpayer subsidies. So why no bipartisan amendments to ACA's price controls and larded-up "essential" benefits? Why not an amendment to legalize a genuine market for real insurance? The Democrats ought to have to explain why they object to actuarially fair premiums for low-risk persons, or why they insist on adding third-party overhead to routine costs that should be paid out of pocket. If the object is to help a few people with known high costs ("pre-existings"), why do they have to wreck the insurance market for the 95% who could get a policy they liked?

Why don't any Democrats speak up for repealing mandates? Why do they insist on punishing people for not buying an overpriced product they don't want? Do politicians really believe that coverage is the same as care? And do they swallow the Congressional Budget Office (CBO) fictions: (1) that the individual mandate has worked and (2) that choosing not to buy something is the same as "losing" it? Are they all that lacking in understanding and judgment, or is it all partisan politics?

Or do they understand perfectly well that ACA is a wealth transfer mechanism from those who receive or provide brain surgery or other actual care to Congress's real constituents, the money-changers? Consider, for example, the really big cash sinkhole: Medicaid. A lot of people wouldn't bother to enroll in Medicaid, even though it is free, if they didn't have to pay to avoid it (the individual mandate). Then the states and managed-care contractors would lose the constant flow of federal dollars for patients who are not getting care.

And what about the neediest patients, say an American Charlie Gard? Medicaid doesn't cover experimental treatments. Would Charlie's parents be allowed to raise money and pay privately?

The question of whether Medicaid recipients are restricted to care available within the system comes up frequently. In Sen. McCain's home state of Arizona, we are trying to get a clear answer.

Why do we need to ask the question? Because when government pays, your medical care is a partisan political issue.

Jane M. Orient, M.D. ob-

tained her undergraduate de-

grees in chemistry and mathe-

matics from the University of Arizona in Tucson, and her M.D. from Columbia University College of Physicians and Surgeons in 1974. She completed an internal medicine residency at Parkland Memorial Hospital and University of Arizona Affiliated Hospitals and then became an Instructor at the University of Arizona College of Medicine and a staff physician at the Tucson Veterans Administration Hospital. She has been in solo private practice since 1981 and has served as Executive Director of the Association of American Physicians and Surgeons (AAPS) since 1989. She is currently president of Doctors for Disaster Preparedness. Since 1988, she has been chairman of the Public Health Committee of the Pima County (Arizona) Medical Society. She is the author of YOUR Doctor Is Not In: Healthy Skepticism about National Healthcare, and the second through fourth editions of Sapira's Art and Science of Bedside Diagnosis published by Lippincott, Williams & Wilkins. She authored books for schoolchildren, Professor Klugimkopf's Old-Fashioned English Grammar and Professor Klugimkopf's Spelling Method, published by Robinson Books, and coauthored two novels published as Kindle books, Neomorts and Moonshine. More than 100 of her papers have been published in the scientific and popular literature on a variety of subjects including risk assessment, natural and technological hazards and nonhazards, and medical economics and ethics. She is the editor of AAPS News, the Doctors for Disaster Preparedness Newsletter, and Civil Defense Perspectives, and is the managing editor of the Journal of American Physicians and Surgeons.

"TIME JOCKEY" - Young Patton

By Joe Castillo

Georgie.... On November 11, 1885, Ruth and George Patton had their first child, a boy who was named George Smith Patton Jr. after his father. Many thought that the boy would be named after Benjamin Wilson but instead his father's family name was chosen. His mother Ruth gave birth in the same Wilson home and in the same bed which Benjamin Wilson had died eight years earlier. The boy was nicknamed 'Georgie" and he became the envy of the entire family. Shortly after birth, Georgie developed croup and his private nurse fearing the worst for him performed a "citizen's baptismal" by sprinkling water on his head while following the Catholic baptismal rites while no one else was in the room. Months later, Georgie was "officially" baptized an Episcopalian at San Gabriel's Church of Our Saviour but the baptismal act would later reflect in Georgie's future. When Patton became a general in the Army, he preferred the company of Catholic clergymen and priests, and when he needed to appoint military chaplains in his unit, he appointed

other denomination.

Young Georgie grew up as a large, almost painfully beautiful baby boy according to his aunt Nannie. Evervone doted on him with his curly golden hair, big blue eyes, a lovely nose and tender mouth as Nannie recalled. Georgie's mother, grandmother, aunt and nurse were all enamored with him and were in competition for his attention. But George Sr. sought to be with his son more than anyone else and a special bond would develop between father and son. Georgie became George's new inspiration in life, a change which provided a new direction for George Sr. All business, work and personal duties which George Sr. was previously involved in before Georgie was born took a backseat as George Sr. spent more and more time with his son.

The Wilson and Patton combined household provided Georgie with an open environment in which to grow up as a country boy. Financially the family was supported by the Wilson business which was run by James De Barth Shorb and monthly stipends were provided to the family. Though they were not living a lavish lifestyle, their monthly expenses were placed at \$300 including the upkeep of the family residence and numerous servants. Young Georgie was schooled at home because as his aunt Nannie stated he might be bullied as being stupid. It seemed that young Georgie was slow to talk and his understanding of reading and writing was minimal. For Georgie's first 12 years, his father and aunt read to him for countless hours. He intently listened to the stories being read to him and the explanations provided afterwards. The book read most often was the Bible and Georgie listened to each story and book read to him and imagined in his mind the action that was taking place. His education would continue until a more formal need of higher education was needed but young Georgie Patton struggled with his early education leaving him at a disadvantage with other boys in his age group...

Joe Castillo is a freelance historical writer who has been covering Southern California history for 10 years and has written3 books on the topic. He bereached joeacastillo@aol.com.

Pavers Available At Veterans Monument In Freedom Park

SAN DIMAS - Want to show your support for a veteran? You can do so now by purchasing an engraved paver (brick) at the Veterans Monument in San Dimas, located on the corner of San Dimas Ave and Commercial St.

Catholic chaplains rather than any

Pavers are available in three sizes: Small 6" x 6" for \$125.00, Medium 6" x 12" for \$225.00 or Large 12" x 12" for \$325.00.

You can purchase a paver for a veteran, or for anyone you like -

a father, mother, sister, brother, etc. All applications are subject to committee approval. You do not have to be a resident of San Dimas to purchase one. If you purchase now your engraved paver will be available to view at the monument on Veterans Day, November 11, 2017.

You can purchase a paver by



going to the HEROES website at www.SanDimasHEROES.org and printing out the application. Applications are also available at San Dimas City Hall. For questions, or to have an application mailed to you, the HEROES can be reached at 909 677 9557.

San Dimas Community Foundation/HEROES is incorporated under the laws of the State of California and is a non-profit 501(c)(3) organization. Tax ID#37-1591712.

Your donation is deductible to the fullest extent allowed by law. **Upcoming** Event? Let us know at

SGExaminer@aol.com

The San Gabriel Valley Examiner

Can It Get Any Better Than This?

Wall Street has seen some of the best corporate earnings being recorded in the past six years. With 58% of the S&P 500 companies having announced their second-quarter results, 71% of those companies in the S&P 500 have exceeded analysts' consensus sales estimates and 73% have beaten analysts' earnings estimates. The average annual sales growth has been 5.0% and the average annual earnings growth so far is 10.8%. However, expect that the market will get a bit bumpier in the upcoming weeks, as August has become Wall Street's "least favorite" month in the market.

In short, last week was primarily a fabulous week, bolstered by better-than-expected sales and earnings announcements. Furthermore, the Federal Open Market Committee (FOMC) also clarified that they are taking a "wait and see" approach before raising key interest rates further. There is no doubt that the Fed is puzzled by the lack of inflation and wants to wait for inflation to re-emerge before raising key interest rates further. Specifically, the FOMC statement said that inflation measures "have declined and are running below 2%." However, the FOMC also said that it expects to begin shrinking its bond holdings soon.

Last Friday, the Commerce Department announced that its preliminary estimate for secondquarter GDP growth was an annual pace of 2.6%, slightly below economists' consensus estimate of 2.7%, but up from 1.2% in the first quarter.

Meanwhile, the International Monetary Fund (IMF) is not very bullish on America's future growth rate, since its "World Economic Outlook" last week cut its U.S. GDP forecast for both 2017 and 2018 to only 2.1%, down from its prior forecasts of 2.3% for 2017 and 2.5% for 2018. The IMF cited an "as-



Economic Analyst & Former Glendora Mayor

sumption that fiscal policy will be less expansionary than previously assumed, given the uncertainty about the timing and nature of U.S. fiscal policy changes." In other words, the IMF is paying more attention to politics than corporate earnings or actual economic data. I'd ignore the IMF GDP forecasts, since the economic data tells us that the U.S. appears to be on track for at least 2.5% annual GDP growth for the foreseeable future, especially in light of a weaker U.S. dollar that is boosting exports (as Boeing is now demonstrating).

The weaker U.S. dollar, which hit a 1-year low relative to major currencies this week, should create commodity inflation in the upcoming months. Crude oil prices appear to be firm, since a big supply drawdown appears to still be underway. The American Petroleum Institute and Energy Information Administration reported that domestic inventories declined by 10.2 million barrels and 7.2 million barrels, respectively, in the latest week. This is the fourth consecutive weekly decline in crude oil inventories, each one larger than analysts forecasted. Furthermore, due to the fact that the Baker Hughes domestic rig count finally declined slightly in the latest week, the shale boom may be moderating. Furthermore, Saudi Arabia is talking once again about curtailing production, helping oil prices firm up.

When we look at the econom-

ic data - rather than politics - we have reasons to believe that the GDP figure will remain above 2% and perhaps climb to 3% later this year. First, the purchasing managers index (PMI) rose to 53.2 in July, up from 52 in June. A weaker U.S. dollar, improving crude oil prices, and natural gas production were cited as the primary reasons that industrial production has risen for five straight

Recently, the Conference Board announced that consumer confidence rose to 121.1 in July, up from a revised 117.3 in June. This is the second highest reading for consumer confidence since 2000. Their "current conditions" sub-index is now at a 16year high, due to a strong stock market, falling gasoline prices, and strength in the job market. Conference Board director of economic indicators Lynn Franco said consumers see the current economic expansion "continuing well into the second half of this year."

Last week, the Commerce Department announced that durable goods orders soared 6.5% in June, due largely to a 19% surge in transportation orders (thanks to Boeing). Excluding transportation orders, durable goods orders rose 0.2% in June. Interestingly, business investment declined in June for the first time this year, so hopefully this is just a temporary aberration. Excluding defense orders, new orders surged 6.7% in June and is especially promising. Overall, it appears that a weaker U.S. dollar may now be helping to boost exports, led by Boeing, which could be great news for GDP growth in the coming two quarters of 2017.

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

I welcome your questions and c o m m e n t s : kenherman46@hotmail.com

I sold my business and I'm taking an early retirement. Is there anywhere I can put the proceeds so that they are safe

and very long-lasting? There are a couple of different strategic options available so that your money lasts at least through your lifetime, and possibly longer. You could use one or the other, or a combination of both. These options involve life insurance and fixed, or fixed-indexed annuities. If your first reaction is, "No way," you owe it to yourself to take another look at these products which have evolved into incredible financial planning avenues with lifetime living benefits as well as the pos-

sibility of leaving a legacy. My daughter lives in the house that I inherited when my first husband died. I've remarried. Does my current husband have any rights to the house I inherited?

California is a community property state, giving your spouse half of all your property. However, the one exception is property acquired by gift or bequest. In other words, as long as your current husband is not on title, he does not have any rights to the house you inherited.

My husband and I are seniors now and we really want to move from our big family home to a smaller house or condo. The only thing that is holding us back is that we're under Prop. 13, which has kept our property taxes low. What can we do?

There are a couple of other Propositions already in effect that allow you to transfer your tax



Julia Yoder

base, whether within L.A. County, or (selected) other counties. Proposition 60 limits you to purchasing within the same county as the house you are selling is located. Proposition 90 allows inter-county base-tax-value transfers in 10 California counties. The California State Board

of Equalization has more details. I want to learn more about finances, but I hardly know where to start! Am I alone, or are other women financialknowledge starved?

You are not alone. According to the Women, Money and Power, Phase II study conducted by an independent survey organization for a major insurance company, 1 in 3 women are eager to learn, but 1 in 5 say they don't know where to begin. Phase I explored women's feelings about money and finances, whereas Phase II sought to address those feelings by exploring the unmet needs of women when it comes to financial planning and by identifying possible solutions. Let me know if you'd like more information about the Women, Money, and Power studies.

We're thinking about selling our home without a Realtor. Can you give us any advice?

It is possible, but be aware that those who seek out "For Sale by Owners" are typically looking for a bargain. Are you prepared to ask people to sign a guest list, and even get a copy of their photo ID? How are you going to know if the people looking at your home are actually financially qualified to purchase? Do you know the laws about disclosures? Let me know if you'd like some additional, nostrings-attached, information.

The surrender fee period is ending on my annuity soon. I've heard that annuity contracts nowadays are a lot better than the one I've had. Can I get the money out of this annuity and put it into another? Will I have to pay all the taxes first?

You might be able to do a 1035 exchange, which, when done properly, avoids creating a taxable event.

Ask Julia by email: juliayoder@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. CA Insurance 0C83859/Realtor 01238153/ NMLS 248681/ Nat'l. Ethics As-

Home loan application: https:/ /blink.mortgage/app/signup/p/allsourcemortgage/juliayoder. Accident-Medical-Dental discount plans: CalStarBenefits.com/ 28485

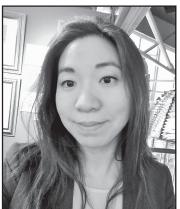
Funeral Insurance is a Gift, not an Omen

Recently, I handed a woman my business card. It had the description: Funeral Pre-Need Counselor. After a quick glimpse, she gave the card back to me as if I was a drug dealer-not that drug dealers have business cards. Given a little more time, I would have shot down the myths of the funeral world.

Myth 1: Buying funeral insurance is bad luck or a bad omen. Just as buying car insurance doesn't propel one from having a car accident, setting up a funeral and taxes are the two certainties of life. A good friend of mine joked; he was 73 and now he wanted to start backward. He would turn 72 for his next birthday. He looked back on his engineer career and later decided to have a funeral plan. He did not want to be buried next to his mother nor his father. He wanted his cremains to be sent to Taiwan.

Myth 2: My children will take care of my wishes. Your adult children, nieces, or nephews, or spouses will most likely be very distraught and emotional. The heavy emotional toll is one thing. The paperwork of finding out information will be like pulling teeth. Does your family know key information such as your parents place of birth? Having your information written down in a memorial guide takes much of the guesswork out. Leaving them stress-free and thankful for your foresight. You will be leaving your family with a solution, not a problem.

Myth 3: It is too expensive. I would rather use my money for a new ____. Whatever it is you are thinking of buying, it can wait. Having a funeral pre-plan has the



Jenny H. Park

benefit of financing instead of being forced into paying a lumpsum payment to an expensive funeral home. There will be no way of negotiating as the time to negotiate is before a death has occurred. Your monthly payment can be lower than you think. Plus, the rising costs of funerals over the next 10, 20, 30 years will make you wish you took advantage of locking in a guaranteed, fixed price. It is the smartest financial move you will make this year. You will only be doing the mortuaries a favor by playing the waiting game and having to pay more as the price in funeral doubles every 4 years.

Myth 4: I already purchased my plot at _____. Congratulations. You are ahead of the game and have the preliminary step taken care of, but still need a funeral plan. After all, the cemetery's main job is to bury you, not necessarily take care of your memorial. Having a funeral pre-arranged plan is like bringing in your own wine and lunch to the Hollywood Bowl. The Hollywood Bowl is a venue, but will upcharge you on food and beverages. As a funeral broker, I have access to many, if not all of the mortuaries in California. Worldwide Families, my company was founded by Mr. Paul Coe, a man with insider knowledge of funerals since 1965.

Myth 5: I have my benefits through the V.A. While veterans association does have benefits, there are many other requirements that may not be covered. Also burial benefits usually are favorable to service-related deaths and may not be enough to cover the entire funeral. According to the V.A. website, "For deaths on or after December 1, 2001, but before October 1, 2011, VA will pay up to \$300 toward burial and funeral expenses and a \$300 plot-interment allowance. For deaths on or after April 1, 1988 but before October 1, 2011, VA will pay \$300 toward burial and funeral expenses (for Veterans hospitalized by VA at the time of death)." Just so the reader is aware, the average funeral cost in today's fiscal state is about \$7,000-\$10,000. There are many other strict requirements and an application process which may not be the most expedited process especially if immediate burial is necessary due to health concerns. It is especially necessary for veterans to be aware of the fine print. Veterans have put their lives on the line for this nation. Having a pre-need plan allows a bullet-proof foundation for their families to spend time in a healthy way instead of being stuck at the funeral home with a funeral director. Yes, that would certainly be putting fun in funerals.

Please feel free to call Jenny Park at (310)427-0974 or email at jennypark0622@gmail.com. She has been a Glendora resident since there was a Williams Elementary and Boc's Toy Store.

Castle & Cooke Homebuyer Workshop

"Concerning the previously publicized free first-time homebuyer workshop hosted by Castle & Cooke Mortgage on Wednesday, August 23, 2017, there will no longer be an event hosted at the Glendora branch. For further questions, please contact a representative from Castle & Cooke Mortgage at 801-480-5119."



Air Conditioning ... To Seal Or Not To Seal? That Is The Question

a situation that happened at our shop just the other day. One of our customers, we'll call him Bob, had a situation with his air conditioning system. It was not cooling but that is not an unusual situation during this hot weather. Even systems that are in good condition can lose up to 4 ounces of Freon a year. He shopped around looking for an inexpensive option and ended up taking his car to another repair facility to fix it. They added the Freon but within a day or so it was still not cooling. This shop did a thorough examination and found that the condenser had a leak. They gave Bob an estimate of \$650 to replace and recharge it. Bob decided to try other op-

tions that he had heard about and researched online. He had read about sealers and decided to try it. He chose one for \$200.

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I wanted to share with you He wasn't sure it would work but felt it was worth it if he saved \$450. Sadly, it didn't

> He then brought the car to us to see what we could do. When he told us the scenario we were concerned because we had seen the results of other quick fixes with sealant in the past. We checked out the vehicle and found the problem. He had used an extreme overdose of sealer. Many do-ityourselfers feel that more is better when using a sealant but actually it is just the opposite. The sealer is designed to become a solid when it comes in contact with air and that is why only a small amount is needed. When too much sealer is used the results, as with this vehicle, is damage to every part of the air conditioning system.

> Instead of replacing the original condenser as the first shop

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advised, it now needed the condenser plus a compressor, expansion valve, switches and most of the hoses. That \$650 estimate is now a cost of more than \$2500!

Most of the time when your A/C isn't cooling it is just a case of adding Freon. That is the good news. When it involves more though, A/C failures are one of the most expensive automotive repairs because it is challenging to find small leaks. Only large leaks can be found with a visual inspection.

We truly understand why Bob tried to fix the leak(s) himself. He hoped to save money and in this economy, who isn't? I will tell you that when it comes to this type of repair, we don't recommend you try it on your own unless you have a lot of automotive experience. If you do decide to try it yourself though, please proceed with caution and don't overdue the sealer. Too much can be a very costly mistake.

Certified Auto Specialists wants to be your GO-TO place! Feel free to call 626-963-0814 with any questions and we will be glad to help, or visit our website at CertifiedAutoCa.com.

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Around the Valley & Senior News

ALLEY/SENIOR N

AZUSA

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.

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 exer-

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

<u> ARCADIA</u> **Community Summer Dance Night!**

The Arcadia Performing Arts Foundation, the City of Arcadia, and the Arcadia Unified School District proudly present a Free Community Summer Dance Night on Saturday, August 12 from 7-9:30pm at the Arcadia Performing Arts Center, 188 Campus Drive, Arcadia 91007. There will be karaoke singing and dancing under the stars. Catering and ice cream will be available for purchase.

Bring the whole family out to participate in this FREE event! For more information, please call 626.574.5113.

Tennis Anyone, Classes and Camps

Tennis Anyone has been teaching successful tennis classes for the Arcadia community since 2012. Tennis Anyone believes in the development of tennis players from beginning through competitive tournament levels. Their goal is to run a comprehensive program of classes that will suit the needs of all ages and levels of players. Coaches are energetic, dynamic, friendly, fun, and passionate about the game.

This summer, Tennis Anyone is offering Pee Wee, Beginner Junior Tennis, Intermediate/Advance Junior Tennis, Small Group, and Adult classes, as well as weeklong camps. Don't miss out and sign-up today! For more information, please visit our website at www.arcadiaCA.gov or call the Recreation Office at 626.574.5113.

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

Volunteer Your Gift Of Music

Volunteer Services of Citrus Valley Health Partners is looking for volunteers to share the gift of music with the patients, families and staff. If you sing or

play an instrument and have a passion for bringing peace, comfort and joy to others please call Tiffany Ramirez, Director of Volunteer Services at (626) 925-6237 email

tramirez@mail.cvhp.org to start the application process.

DUARTE

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.

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.

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 \$3. The Duarte Senior Center is located at 1610 Huntington Drive.

Alzheimer's Safe **Return Registration**

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

GLENDORA Alzheimer's Peer **Support Group**

Caring for a loved one with Alzheimer's can be frustrating, challenging, and sometimes distressful. This peer support group is designed to share experiences, coping strategies, information, and ideas with each other, and to offer understanding and encouragement to one another. We meet the 2nd Thursday of each month from 6:30-8:30 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 info, glenkirkchurch.org or call Glenkirk's church office at (626) 914-4833.

Regional Food Bank Distribution Program

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

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

Glendora 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.

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.

MONROVIA

Senior Blood Pressure Screenings

The Department of Community Services invites active adults and seniors, 50 years and older, to attend a monthly blood pressure screening. The free program is hosted by Methodist Hospital. The program is designed to detect high blood pressure. For additional information, please contact the Department of Community Services at (626) 256-8246.

Blood Pressure Screenings is at the Community Center, 119 West Palm Avenue on the Second **Tuesday of the month** from 9:15 a.m. - 10:15 a.m. and on the Fourth Wednesday of the month from 9:00am - 10:00am

Caring Crafters

If you have an interest in knit-

ting, 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.

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 Ser-

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

San Dimas

accomplish your goals. Become a better speaker and learn to communicate with confidence. Learn these skills and more in a supportive, self-paced, fun atmosphere. Meets at the Faith Lutheran Church, Parish Hall, 505 E Bonita Ave. Contact Art Douglas at (951) 505-0555.

Go West Shuttle

consists of three alignments (Red, Blue, and Green) that serve destinations throughout the city including Plaza West Covina, Eastland Shopping Center,

Have MEDICARE QUESTIONS??? Call Us:: (626) 963-3244 Kirk Warner **Insurance Agency** 137 N. Glendora Ave. Anthem. 😨 Glendora, CA 91741

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more. 425-5777. 6:30 a.m. to 7:00 p.m.

Senior Stretch &

vices at (626) 256-8246.

SAN DIMAS

Toastmasters Club

The San Dimas chapter of Toastmasters International, Toast To The Best Club, Club # 5880 meets every 1st and 3rd Monday from 7PM to 8:45 PM. Learn to motivate and lead? Challenge yourself with Toastmaster's proven education programs. Let us help you grow your strengths and

WEST COVINA

Service

The Go West Shuttle service

Heights Shopping Center, West Covina Civic Center, West Covina Senior Center, Cameron Community Center, and many

- For questions on the location of shuttle stops, assistance in locating the stop closest to you, and route schedules please call (800)
- The fixed-route service operates Monday through Friday from
- 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 In-

dependence Day.

Senior Lunch

The West Covina Senior Center has 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.

Classic Car Nights

PASADENA - Lake Avenue Church is hosting free Classic Car Nights on Friday August 11 and August 25, from 6-8 p.m. The church's west parking lot will be transformed into a car enthusiast's paradise of classic, vintage, exotic and vehicles, along with music and burgers.

Admission is free for all events. Donations to cover the cost of the food are appreciat-

Lake Avenue Church is located at 393 N. Lake Avenue in Pasadena, at the corner of Lake Avenue and the 210 Free-



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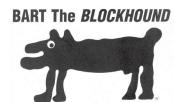
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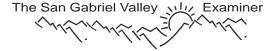
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The last person I know who is he.... is me.



Vehicle Checklist For Car Pool Season

If any of the nearly 56 million children in the country getting ready to go back to school via car pools are yours, you can help make sure all the vehicles involved are kid safe and road ready with a five-point checklist:

1. Check lights and wipers for visibility. With shorter days and inclement weather ahead, make sure lights and wipers function properly so that you can see and be seen. Check the exterior and interior lights and replace any that are dimming, rapidly blinking or not functioning. Check wiper blades for signs of wear and replace if necessary.

2. Get an annual brake inspection. The braking system is your car's most important safety feature. Before car pool season gets in full swing, make sure that your brakes are functioning properly. Schedule a brake inspection and look for warning signs that your vehicle may need brake services, such as an illuminated brake light or screeching, grinding or clicking noises when applying the brakes.

3. Check tires for underinflation or excessive wear. Check tire pressure and refill underinflated tires, including the spare, look for uneven wear and check tread depth. An easy way to do the latter is by placing a penny headdown in the tread groove. If the tread does not cover Lincoln's head, it's time to replace your



Carpooling can save time, money and the environment—and make getting to school more fun.

4. Make sure everyone is buckled up. The National Highway Traffic Safety Administration (NHTSA) website has important tips on seat belt fit and position. For the younger ones riding along, the site has information about how to install car seats as well as guidelines on selecting a car seat or booster based on your child's age and size.

5. Consider a back-up detection device. Consider having a back-up detection device installed that provides rearview video or warning sounds when moving in reverse. While drivers should not rely solely on these devices, they can help to reduce the risk of backover incidents along with following other prevention tips from NHTSA.

"Back-to-school time is hec-

tic for most families, but scheduling a complete vehicle inspection is time well spent," said Rich White, executive director, Car Care Council. "Knowing your vehicle was checked by a professional technician will give you peace of mind and make all those trips to school and activities safer and less stressful."

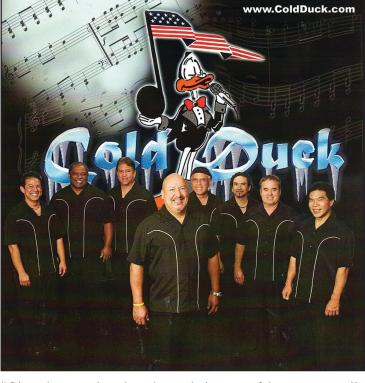
The Car Care Council is the source of information for the "Be Car Care Aware" consumer education campaign promoting the benefits of regular vehicle care, maintenance and repair to consumers. For the latest car care news, visit the council's online media room at http:// media.carcare.org. To order a free copy of the popular "Car Care Guide," visit the council's consumer education website at www.carcare.org. (NAPSI)

Arcadia Summer Concert Series

ARCADIA - The Arcadia Recreation and Community Services Department proudly announces the Summer Concert Series for 2017!

The summer concerts are held on Thursday evenings from 6:30-8pm on the lawn between City Hall and the Police Department (240 West Huntington Drive). Bring the kids out to participate in the FREE fun zone, featuring games, crafts, and activities each week. In addition, the City is pleased to announce The Rolling Burger Barn Truck at all of the Summer Concert Series! For more information, please call 626.574.5113.

Cold Duck (70's top 40) -August 10 - Back by popular demand! Join us once again for this special celebration... Since its inception over two decades ago, Cold Duck's philosophy has been directly responsible for their continued success:



"Give the people what they want to hear and have a good time delivering it!" With this solid experienced musicianship, it should come as no surprise that Cold Duck is renowned for

being one of the most versatile bands in existence. Cold Duck continues its tradition of excellent musicianship and groovin' rhythms. So let's have a good time dancing the night away!

Receive 10 Free Trees By Joining the **Arbor Day Foundation in August**

NEBRASKA CITY, NEB. - Spruce up your landscape by joining the Arbor Day Foundation in August.

Everyone who joins the nonprofit Arbor Day Foundation with a \$10 donation will receive 10 free Colorado blue spruce trees or 10 white flowering dogwood trees through the Foundation's Trees for America campaign.

The trees will be shipped postpaid between October 15 and December 10, depending on the right time for planting in each member's area. The 6- to 12-inch trees are guaranteed to grow or they will be replaced free of charge.

"Colorado blue spruce trees truly provide year-round beauty for any landscape," said

www.janstowing.com

Matt Harris, chief executive of the Arbor Day Foundation. "Dogwood trees will add color and beauty to your yard throughout the year, with their showy spring flowers, scarlet autumn foliage, and red berries that attract songbirds in the winter."

New members of the Arbor Day Foundation will also receive The Tree Book, which includes information about tree

planting and care, and a subscription to Arbor Day, the Foundation's bimonthly publi-

To receive the free Colorado blue spruce trees, send a \$10 membership contribution to: Ten Free Blue Spruces OR Ten Free Dogwood, Arbor Day Foundation, 100 Arbor Ave., Nebraska City, NE 68410, by August 31, 2017, or join online at arborday.org/august.

Prioritize Your Child's Eyesight This School Year

a great time to check in on your child's sight. You may know that nearsightedness, or myopia, is a condition where objects up close appear clearly, while objects far away appear blurry. There is also evidence showing that myopia is

Myopia is often diagnosed in children 8-12 years old and may worsen during teen years. Students with myopia may have trouble seeing their teacher and lessons at the front of the classroom. They may also find it difficult to fully participate in sports and other activities that require seeing objects clearly from a distance.

The National Eye Institute, part of the National Institutes of Health, offers these tips to help. Know the symptoms. Head-

The back-to-school season is aches, eyestrain, squinting, and difficulty seeing distant objects are signs and symptoms of myo-

> Encourage your kids to speak up. Catching myopia early and introducing treatments—typically, eyeglasses or contact lenses—can help make sure your child gets the most out of school. Encourage your kids to speak up if they are having trouble seeing. Ask your children if they can see the board clearly during class.

Get teachers and coaches involved. Ask your child's teachers and coaches about signs of myopia; for example, if they've noticed your child squinting or struggling to see things at a dis-

Spend time outdoors. There is evidence that increasing time outside may reduce risk for myopia, but more research is needed to understand the connection.

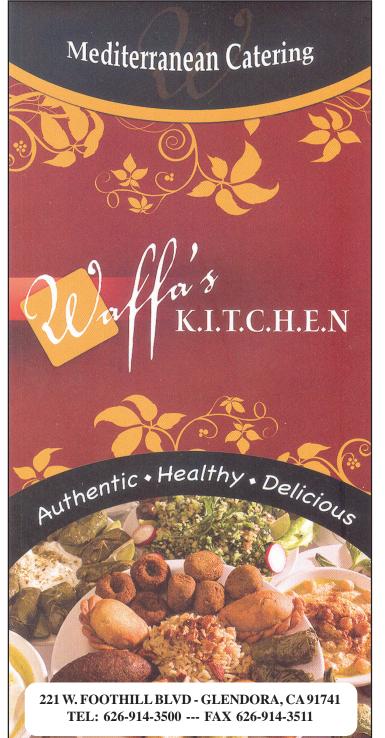
If your child is experiencing the symptoms of myopia, schedule an appointment with an eye care professional.

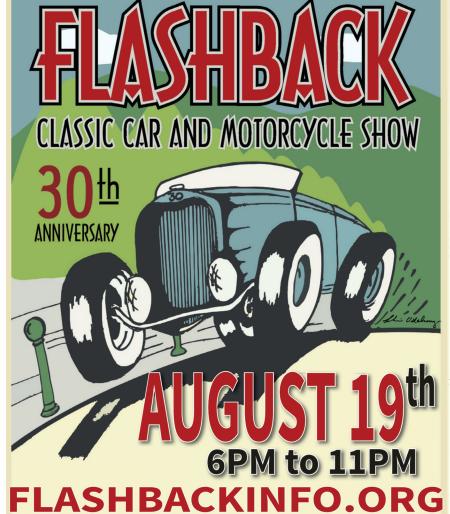
For more information about myopia, visit https://nei.nih.gov/ healthyeyes/myopia, and for fun eye health resources for kids, visit www.nei.nih.gov/kids.

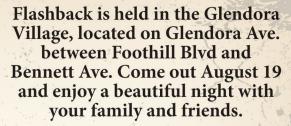




Colorado Blue Spruce tree







For more information visit FlashbackInfo.org or (626) 963-4128.

Admission: Adults 17 and up \$12.00, Seniors 55 and up \$10.00, Teens 10-16 \$8.00, & Children 9 and under Free.





\$2.00 Off ADMISSION PRICE

More coupons are available at the Glendora Chamber Office. 224 N. Glendora Ave.

Discount off regular admission prices. One coupon per person.

Coupon may not be redeemed for cash. Coupon not valid with any other discount offer. All proceeds from our fundraiser go to provide scholarships to our graduating students, local community programs and business development within the city.



S.G.V. EXAMINER August 10 - 16, 2017

The Coffee Bean & Tea Leaf Grand Opening

By Jayam Rutnam

GLENDORA - The Grand Opening for the new Coffee Bean & Tea Leaf on Grand and Route 66 took place on the morning of July 27, 2017 with the Ribbon Cutting Ceremony organized by the Glendora Chamber of Commerce.

Glendora Council Members, Executives, Ambassadors and Members of the Glendora Chamber of Commerce and representatives of the various elected government officials were among those present to take part in this event.

The Coffee Bean & Tea Leaf began in California in 1963 and claims to be the oldest and largest privately held specialty coffee and tea retailer in the United States.

The Coffee Bean and Tea Leaf is located at 649 S. Grand Avenue, Glendora.

Annual **HEROES Golf Tournament**

SAN DIMAS - The 7th Annual San Dimas HEROES Golf Tournament will be held at Via Verde Country Club on Monday, September 11, 2017. Registration starts at 9AM with a shotgun start at 11AM. A banquet dinner will be provided at 5PM, followed by a raffle and silent auction. So put on your best patriotic attire and join us for a day of golf and fun. For further information please call the golf tournament hotline at 909 542 8511 or visit their website at www.SanDimas-HEROES.com or by email at SanDimas-HEROESGolf@gmail.com. Sponsorship opportunities are available.



Jose Luis Sanchez, District Manager, Jose Rubio, Store Manager, Tim Welsh, Vice President (Real Estate) of The Coffee Bean & Tea Leaf, Glendora Council Members Michael Allawos and Karen Davis, Athens Waste CEO Gary Clifford who is also President of the Glendora Chamber of Commerce, Valerie Escalante Assistant to the Glendora City Manager, Michelle Street of the Glendora Chamber, Bob Pence from Congresswoman Grace Napolitano's office and Marco Lundgren from Senator Anthony Portantino's Office.



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