

San Gabriel Valley TIANUE T

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Since 1997 • Published in GLENDORA, California A Weekly Adjudicated Publication Serving all of Los Angeles County Phone: (626) 852-3374 Fax: (626) 852-1904

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Volume XX, Issue No. 34

STRIVING FOR JOURNALISTIC EXCELLENCE IN LOCAL NEWS

August 24 - 31, 2017

INSIDE

Kaiser Permanente Breaks Ground in Irwindale

By George Ogden



Walk To Los Angeles / A3



Chris Purkiss and Carolyn Marquez / A7

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IRWINDALE - On August 17th, Kaiser Permanente hosted a groundbreaking ceremony for its new Irwindale Medical Offices which is scheduled to be complete by 1st Quarter of 2019. It will be located at 12761 Schabaram Avenue in Irwindale. Adding new services in the Irwindale area represents Kaiser Permanente's commitment to offering members in the San Gabriel Valley greater convenience in obtaining access to health care.

More than 100 representatives from local businesses, including city officials from Irwindale were on hand to celebrate the ground breaking cer-

The 89,455 square-foot building will house Podiatry, Gastroenterology, Ophthalmology, and an Ambulatory Surgery Unit. Additional services include Laboratory, Radiology, Gastroenterology Procedure Lab, and Pharmacy.

Congresswoman Grace Napolitano was on hand to make a presentation. There were plenty of refreshments for all the guests that show up and



Dr. John Bigley talks on the groundbreaking and the medical facility project on August 17 in the city of Irwindale.

were excited about the project.

Kaiser Permanente is committed to helping shape the future of health care. They are recognized as one of America's leading health care providers and not-for-profit health plans. Founded in 1945, Kaiser Permanente has a mission to provide high-quality, affordable health care services and to improve the health of its members and the communities they

serve. They currently serve more than 11.8 million members in eight states and the District of Columbia. Care for members and patients is focused on their total health and guided by their personal physicians, specialists and team of

caregivers. Their expert and caring medical teams are empowered and supported by industry-leading technology advances and tools for health promotion, disease prevention, state-of-the-art care delivery and world-class chronic disease

Kaiser management. Permanente is dedicated to care innovations, clinical research, health education and the support of community health. The City of Irwindale is happy to have them in their city.

Another Successful Back to School Event for Foothill Unity

Baldwin Park Unified Schools Recognized for Positive Campus Culture



To start off the school day, students from Baldwin Park Unified's Holland Middle School are greeted by fellow classmates with well wishes and messages of positivity. Holland Middle School is one of five Baldwin Park District schools to be awarded silver recognition from the California Positive Behavioral Interventions and Supports (PBIS) Coalition for implementing strategies that promote safe and positive learning environment.

BALDWIN PARK – Baldwin Park Unified's Holland Middle School. Santa Fe School and Central, Walnut and Elwin elementary schools have received silver recognition from the California Positive Behavioral Interventions and Supports (PBIS) Coalition for implementing strategies that promote safe and positive learning environments.

The California PBIS Coalition (CPC) emphasizes methods of teaching students behavioral expectations and supports those lessons with positive reinforcement. More than 590 schools in California received silver awards from the CPC, which outlines effective implementation of PBIS programs throughout the

"These five schools worked diligently to implement the PBIS framework and they went above and beyond to earn silver recognition," Superintendent Dr. Froilan N. Mendoza said. "We are committed to promoting school environments that are safe, supportive and conducive for learning. Through PBIS we are creat-

ing a culture on campus that addresses the academic and behavioral needs of all our students."

Baldwin Park Unified's silver award winners established behavior statements that were displayed throughout campus. Students who demonstrate the expected behaviors are rewarded with praise and incentives, such as raffle tickets and attending special school events.

Central Elementary holds its students to the motto "Watch us SOAR" – Strive for excellence, Own our actions, Act responsibly, Respect each other. The slogan also is displayed on charts around campus so that students can always identify the expected behaviors and actions. For example, the SOAR expectations while students are in the cafeteria include using inside voices, cleaning up after themselves and saying please and thank you.

As a result, school staff members say negative student behavior is declining and achievement is rising.

"Our goal is to foster a safe and productive school environ-

ment that ensures students have access to the necessary support and interventions," Board of Education President Christina Lucero said.

This is the third year of the District's phased rollout of PBIS. In the first year, school sites identified PBIS staff teams who completed training before bringing the framework to other administrators and teachers. During the second year, schools launched the program to students by communicating and teaching behavior expectations throughout the campus.

PBIS is organized as a multitiered behavior system, with Baldwin Park Unified currently at tier one. This tier includes generalized interventions, such as reward-based incentives and highlights expectations and consequences. The District plans to add tier two supports by the 2018-19 school year.

The District also aims to establish the PBIS system at the six remaining Baldwin Park Unified schools this academic year.



Cheryl Reynolds, Duarte Kiwanis President, Betty McWilliams, Foothill Unity Executive Director, Reyna Diaz, Duarte Kiwanis and Foothill Unity Board member and Lois Gaston, Duarte Kiwanis and Foothill Unity Board member.

DUARTE - The Foothill Unity Center continues to make an impact in our community. At the latest Back-to-School event, over 1100 children were served - with breakfast as well as haircuts, school supplies, uniforms, socks, shoes and new underwear. Betty McWilliams shared how

the Unity Center strives to provide choices for their recipients - not just handouts. This year, the Back-To-School program was expanded to college students as well - and - 10 colleges and trade schools were available to help provide a vision of the future - not only for

the kids - but for their parents as well. As always, the Duarte Kiwanis Club is proud to support their great work.

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

Azusa Unified Introduces New Principals

New school leaders bring years of experience

AZUSA – Azusa Unified School District is welcoming some new leaders at several schools. "As an organization, we assess our leadership needs continuously," explained Superintendent Dr. Linda Kaminski. "We are especially fortunate to have such a deep bench of highly qualified school leaders to call on, many of whom have risen through our own ranks, so they know our community and our students well."

Ellington K-8 School – This popular school will benefit from the leadership of Principal Dr. Alexis Norman. She's moving to Ellington from Magnolia Elementary, which she led for three years. Also new to the team is Assistant Principal Delia Racines. She brings to the position 12 years of experience as an

educator.

Gladstone Street Elementary – New at the helm at Gladstone Street is Principal Kent Stout. He brings to the position 29 years of elementary teaching experience, all right here at AUSD, most recently at Valleydale Elementary.

Lee Elementary – The school community at Lee Elementary is welcoming new principal Diana Rojas. She most recently served as assistant principal at Center Middle School.

Magnolia Elementary – New principal Marcella Fonseca brings a wealth of teaching and administrative experience to her new position at Magnolia. She's moving from Foothill Middle School, where she served as assistant principal.

Paramount Elementary -Antonio Flores is the new leader at Paramount Elementary. He comes to AUSD from Baldwin Park Unified School District with nearly 17 years of experience as an elementary teacher and assistant principal.

Center Middle School -Center welcomes Adrian Acosta as its new assistant principal. He's no stranger to AUSD, having taught for the past 18 years at Murray Elementary.

Azusa High School – The new leader of Azusa High, the district's International Baccalaureate (IB) school, is Dr. Martin Gomez. He's new to the school district, and brings a great deal of experience as a teacher and principal at LAUSD.

The San Gabriel Valley

S.G.V. EXAMINER August 24 - 31, 2017

Successful Duarte High School | Clean Your Roof Now, Save **Graduates Head to College**

DUARTE - The Duarte Kiwanis Club was honored to provide scholarships to two remarkable young women. Cynthia Sierra is headed for UC Santa Barbara and is studying Biology. Justine Filor is headed to San Diego State University and will be majoring in Child Development. Both young ladies have been very active in Duarte youth programs and have provided many hours of service to the community.

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



Cheryl Reynolds, Duarte Kiwanis President, Cynthia Sierra and Justine Filor.

Ten Years After The Financial Crisis, **Boomers Struggle To Define Retirement**

If you or someone you care about is among the nation's estimated 76 million baby boomers entering or preparing for retirement, coping with the fallout from the subprime mortgage crisis that began in 2007 and triggered the Great Recession is probably still an issue.

As the crisis cut into boomers' net worth and lowered the value of their homes, their confidence in achieving a personally satisfying retirement dropped significantly, according to the Bankers Life Center for a Secure Retirement. Today, only 37 percent of boomers are certain they will have a personally satisfying retirement, down from 44 percent before the crisis.

Even before the crash, middleincome boomers were grappling with a "new retirement" stemming from changes to their retirement programs, as employers shifted away from defined benefit plans such as pensions to defined contribution plans like 401(k) plans. With their confidence shaken, boomers are further redefining retirement.

What does this "new" retirement look like? Boomers surveyed by Bankers Life say they have lowered their overall expectations for financial independence in retirement, compared to before the crisis.

The study reports that only: • 34 percent expect to retire

- 19 percent expect to pay off



Most baby boomers are worried about having enough money for retirement—but you may not have to be if you consider these ideas. their mortgage

• 16 percent expect to pass an

inheritance to heirs. So what can you do to help restore your confidence that a personally satisfying retirement is possible? Here are three good

- 1. Understand what your retirement really looks like. Look to increase your financial independence by:
- Paying off debt: Debt payments should ideally be no more than 10 percent of your income when you retire.
- Working part-time: Whether you work full-time, part-time or seasonally, employment income will relieve pressure on your other sources of income.
- 2. Plan for the unexpected. Only 28 percent of middle-income boomers have built up an emergency fund since the start of the financial crisis. Plan for any

unexpected costs that can arise in retirement, such as long-term care or critical illness.

> 3. Allow an expert to support your investment plan. One-quarter of middle-income boomers report they no longer invest because of the crisis. Whether you want to resume investing or simply create a savings plan, consider working with a financial professional, especially if you don't think you have the financial resources to live comfortably in retirement.

Learn More

Visit www.BankersLife.com/ TopTips3 to download a free booklet on Top Tips for Retirees, including Reducing Debt in Retirement, Medicare Enrollment, Managing Prescription Drug Costs, and more. For further facts about achieving financial security retirement, visit www.BankersLife.com. (NAPSI)

Time and Money Later

For many homeowners, the roof is out of sight and out of mind until a crisis occurs, such as a leak or storm damage.

But the roof is subject to general wear and tear as well as environmental factors, and a proactive homeowner can catch problems early and address them effectively to prevent greater damage and create a better-looking roof.

What It Is

The growth of blue-green algae is a common problem on roofs, especially in areas with hot, humid summers, according to This Old House. Black or other colored streaks on the roof could signal the presence of the algae, and the streaks themselves are caused by the vegetation eating away at the mineral content on most roof shingles. The problem often goes unrecognized, and once it is serious enough to be noticed, it can be more challenging to clean. However, the right products can get the job done and prevent further algae growth.

What To Do

Take a two-step approach to help manage mold and improve your roof's overall appearance:

-Clean current discoloration. To get rid of mold, mildew, and other stains from vegetation, treat shingles with a cleanser such as Stainhandler Roof & Deck Cleaner to help restore the appearance of a roof that has been infested with excess vegetation.

Stainhandler Roof & Deck Cleaner is free of bleach, so it can be used on any areas of the house without risk of damaging adjacent landscaping. To use the cleanser, dilute the solution, place it in a sprayer, and use a hose to hit the affected areas of the roof; then wait approximately half an hour and rinse the area with water.

-Fight future problems.

Installing roof maintenance products can help prevent the invasion of mold, moss, mildew, or fungi.

For example, zinc strips such as those made by Stainhandler offer environmentally safe protection. The strips measure feet in length and apply easily to the roof with clear adhesive caulk.



The product is designed to move rain away from the roof so it does not pool and promote vegetation growth.

For more information about

keeping your roof at its best -and free from mold, moss, and mildew stainhandler.com. (NewsUSA)



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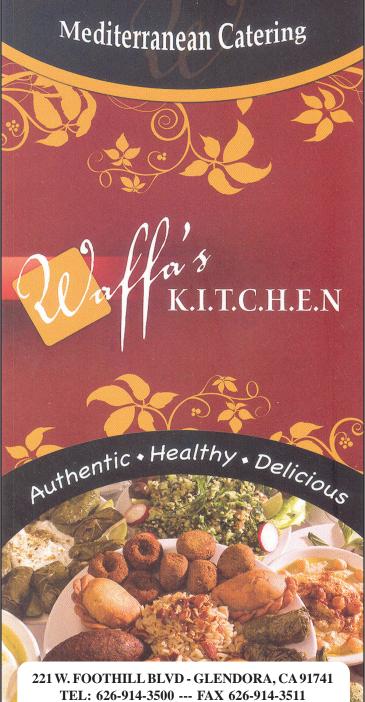
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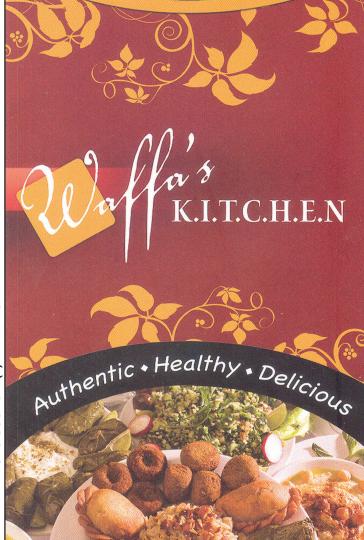
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Back-to-School Checklist for Parents of Children Living With Asthma

While heading back to school may mean buying supplies, for parents of children with asthma, getting ready requires additional steps. Asthma accounts for more than 10 million lost school days every school year.

If you know a child living with asthma, you may be concerned about their activity in sports and at recess, especially if the child's asthma is exercise-induced. With better asthma management, children are able to stay safe and active! For a full toolkit and free resources, visit Lung.org/ asthma-in-schools.

To gear up for a successful school year, the American Lung Association recommends this back-to-school checklist:

- 1. Get back to the basics. Take an hour to brush up on asthma basics. Take the American Lung Association's online course to ensure you're armed with the knowledge of what causes asthma flare-ups, the importance of an asthma action plan, and what to do when breathing becomes difficult.
- 2. Assess your child's readiness to self-carry medication. All 50 states have laws that allow children to self-carry and use their quick-relief asthma inhaler at school. Having immediate ac-



critical in reversing asthma symptoms to avoid a crisis. However, schools and parents often use age alone as a measure as to whether the student can self-carry. Use the American Lung Association's Student Readiness Assessment Tool to see if your child is ready to carry and self-administer asthma medication, as well as get informed about your school's asthma medication policy.

3. Take advantage of an annual check-up or school physical. Schedule an appointment with your child's doctor and use it as your Asthma Action Plan. This is also a great time to take a look at your child's asthma medications. As your child gets older, his or her asthma needs may change and this may be the school year for an update.

4. Set an appointment with your school nurse. Remember to share your Asthma Action Plan, which can serve as an authorization form, along with any backup medications, with your school nurse. Take this time to sign all required medical forms, share whether your child can self-carry

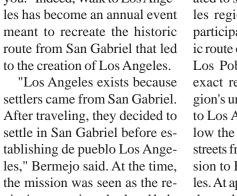
their own quick-relief inhaler, and discuss how to manage any asthma emergencies that may happen during the school year.

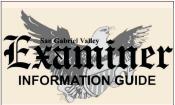
5. It's a team effort. Speak with school teachers, nurses and PE teachers or coaches, sharing details about your child's asthma, his or her triggers and what to do in case of an emergency. It's also important to have a plan with school personnel on what to do in case of an emergency -whether that be for your child to head directly to the school nurse or to use their quick-relief inhaler. (StatePoint)

Angeles Celebrates History

SAN GABRIEL - As one of Walk to Los Angeles' organizers, Imelda Bermejo doesn't see the nine-mile journey from San Gabriel to Los Angeles as a mere walk. Instead, the trek - to her symbolizes the importance of embracing and recognizing history in a real and substantive way. "I really believe that activities like Walk to Los Angeles allow us to link history to something tangible," Bermejo said. "We sometimes don't see the beauty and history that's right in front of you." Indeed, Walk to Los Angeles has become an annual event meant to recreate the historic route from San Gabriel that led

tablishing de pueblo Los Angeles," Bermejo said. At the time, gion's economic and cultural hub, with church bells that could be heard along an 18-mile radius.





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San Gabriel Valley Examiner, published weekly by Eumo Enterprises, adjudicated as a newspaper of General Circulation for the County of Los Angeles, California in Court Case No. KS 005341.

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- · We also believe in accuracy in fact and context. Journalists should be accountable for any news or subjects they write about. We believe in growth. Therefore, erroneously committed will be entertained and investigated and corrected diligently 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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Contributing Writers:

The San Gabriel Valley Examiner is grateful for the articles submitted by our unpaid writers who have contributed to the success of our newspaper. Our only request is that articles submitted be of minimal length in order to accommodate each and every

Thank you for your cooperation.

"When the mission was founded in 1771, there weren't any buildings that would constrict the mission, so people could tell time based on the bells," Bermejo notes. Several years after the San Gabriel Mission was established, a small group of settlers - known as Los Pobladores - then began the trek to Los Angeles, leading to the creation of one of the largest metropolises in the world.

While turnout has varied over the years for Walk to Los Angeles, the event was originally created to showcase the Los Angeles region's roots by allowing participants to follow the historic route originally established by Los Pobladores. While not an exact recreation given the region's urban development, Walk to Los Angeles will closely follow the historic path along city streets from the San Gabriel Mission to El Pueblo de Los Angeles. At approximately nine miles, the trek usually takes around three hours to complete.

"We wanted to bring back a sense of how Los Angeles was created. As Father Tony of the San Gabriel Mission would often say, 'San Gabriel is the mother of Los Angeles, and Los Angeles recognizes its roots," Bermejo said.

This year's walk will be held on August 26 at the footsteps of the San Gabriel Mission at 6:00 a.m. beginning with a small ceremony. Water will be provided along the pathway, and complimentary DASH shuttles will be available for walkers who wish to return to the mission between 11:30 a.m. and 1:30 p.m.

For those who do participate, Bermejo believes the walk will serve as a catalyst for individuals to unearth their own history along with the history of the region. "You need to know where you came from so you have a better sense of where you want to go, and sometimes it takes a little extra to discover the history that we're all a part of."

San Gabriel DUI/Driver's License Checkpoint

SAN GABRIEL - The San Gabriel Police Department's traffic unit will be conducting a DUI/driver's license checkpoint this Friday at an undisclosed location within city limits between 7:00 p.m. and 3:00

While the checkpoint is in operation, officers will be looking for signs of alcohol and/or drug impairment along with proper licensing for drivers. Whenever possible, specially trained officers will evaluate those suspected of drug-impaired driving, which accounts for a growing number of impaired driving crashes.

DUI checkpoints like this are placed in locations based on collision statistics and the frequency of DUI arrests. Locations are chosen with safety considerations for officers and

Man is Shot Driving Through Baldwin Park

By George Ogden

BALDWIN PARK - A man driving through Baldwin Park around 7:30 p.m. Sunday, August 20, was hit with gunfire at the intersection of Ramona and Harlan Avenue.

The unidentified driver in his twenties stated that he heard the sound of the gunshot and felt pain in his shoulder. He realized that he had been shot and the bullet came through the open window of his vehicle.

The victim had no gang ties and there is no motive for the shooting.

The Baldwin Park Police responded to the scene and started their investigation. Anyone with information is urged to call the Baldwin Park police dept. at 626-960-1955. Tips may also be submitted anonymously to L.A. Regional Crime Stoppers at 800-222-

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A Look At How Walk To Los | Public Defender Puts CARE **Into Juvenile Cases**

LOS ANGELES COUNTY -A 41-page independent study has praised the LA County Public Defender's holistic approach to juvenile legal services as "highly effective."

Called Client Assessment Recommendation and Evaluation (CARE), the award-winning Juvenile Division program extends legal representation to include intervention. To greatly reduce recidivism, youths work with their trial lawyer and paralegals in addition to in-house social workers and resource attorneys who specialize in mental health and educational advocacy.

Since 1999, CARE has linked clients to critical services in areas including mental illness, intellectual or developmental disability, special education, commercial sexual exploitation, homelessness, trauma, abuse and neglect. After analyzing 886 youths who received the extended services and 1.224 who did not, the study found that CARE clients had significantly less repeat contact with the juvenile justice system.

Further, several justice partners reported that CARE clients received better community services and placements, leading to more successful case outcomes. The collaboration between CARE staff and partners produced improved dispositional outcomes — including dismissals due to competency — fewer restrictive dispositions and placements into halls and camps.

Judges interviewed for the report noted that when a plan for a client has been established by the CARE team, they often come to different legal decisions.

"I might be more comfortable with probation actually if I know we can get the youth into therapy and CARE helps lay the groundwork for that," one judge said. "I also think it helps with the prosecutor who is concerned with public safety because they don't want that youth to repeat their mistakes."

Another added, "As a bench officer, you might have a case and think 'if these allegations are true, this disposition is going to be ... a slam dunk.' Then you find out that this kid has autism and now you are viewing that behavior a little differently.

"I don't get that information from Probation. CARE has a positive influence in that regard."

According to the study, "CARE is a beneficial early intervention program that helps youth with very complicated needs. CARE not only helps clients access the services they require to be successful in life, but reduces barriers to stabilization and involvement with the justice

"Moreover, the LA County Public Defender's Office's CARE Project is an impressive model for holistic legal representation."

The analysis was conducted by Resource Development Associates (RDA), an independent consulting firm based in Oakland, Calif., that serves government and non-profit organizations throughout the country. It was funded by the LA County Quality and Productivity Commission.

In its report, RDA recommended extending CARE services to all clients in the Juvenile Division. They also advised:

• Extending services beyond dispositions (sentencing), helping clients obtain access to mental health services and medical assistance and reenroll in school.

• Providing ongoing training to all Public Defender attorneys about accessing and utilizing the CARE Project's services.

• Enhancing data collection researching and implementing a structured assessment tool for client screening, identifying needs, triaging and referring clients to services.

"If the CARE Project can implement the recommendations listed above, RDA believes that CARE would be a very strong candidate for the additional research that would be required to qualify it as a promising or best practice," the report said.

A former client spoke highly of the program and the CARE social worker assigned to him.

"She was like a mentor basically but she was still my social worker though. ... She made me think about my actions and start taking advice ... and thinking before you do something. She made me start thinking about my fu-

On Aug. 17, the Public Defender learned it will receive a grant from Juvenile Justice Crime Prevention Act funds in the amount of \$705,657 for six additional psychiatric social workers to the CARE Project.

Since 1914, the LA County Public Defender has defended the liberty interests of indigent clients, protected their rights and advocated for access to resources — leading them to become productive members of the com-

County Votes To Establish Blue Ribbon Commission On Public Safety

LOS ANGELES COUNTY —On a motion by Supervisors Kathryn Barger and Janice Hahn, the Board of Supervisors voted 3-0, with Supervisor Mark Ridley-Thomas abstaining, to establish a "Blue Ribbon Commission on Public Safety" to explore innovative solutions to criminal justice challenges resulting from statewide reforms.

"Working together, this vital commission will help us achieve our goal of delivering meaningful treatment programs as well as enhancing public safety," said Supervisor Barger. "This is not

Officer Boyer or Sergeant Owen, it's also about the many young lives lost due to drug addiction who are not receiving the help they need and deserve." "This is not a referendum on

just about the tragedy of losing

voter-approved statewide criminal justice reforms," said Supervisor Hahn. "This will be a conversation about the mechanics of making the reforms we do have work better and improving outcomes for both formerly incarcerated individuals and public safety."

The motion builds on a previ-

ous motion unanimously approved by the Board on February 21, 2017 which was also authored by Supervisors Barger and Hahn. The February motion requested a report on the murder of Whittier Police Officer Keith Boyer by a "Post Released Supervised Person," including an historical analysis of the gunman's involvement with the state parole system, his probation supervision, as well as recommendations for policies and procedures to help identify risk factors and ensure the highest level of public safe-

San Dimas Man End Motorcycle Pursuit with Wrong-Way Freeway Crash

By George Ogden

DIAMOND BAR - A motorcyclist, who has been identified as 23-year-old Gregory Galassi of San Dimas, was speeding along the 57 freeway with his girlfriend on the back of the bike at 1 a.m., Friday morning. This drew the attention of the CHP. They attempted to pull over the biker for excessive speed, but he ran from the officers. The pursuit was going northbound on the 57 freeway and when they reached the 60 freeway, the biker then took a turn and went the wrong way on the 60 freeway. While heading west in the eastbound lanes on the 60 freeway, he continued to drive at a high rate of speed. At that time, the CHP terminated the pursuit for safety reasons hoping that

this would slow down the speeding biker. The biker failed to slow down and continue at high speed heading towards

A short time later, the biker who was traveling in the number 6 lane crashed at high speed into a 2006 Toyota Corolla driven by a 19-year-old La Habra woman who had an 18year-old male from Rosemead as a passenger. She was traveling about 65 mph at the time

of impact.

The Yamaha R6 crashed head on into the Toyota which flipped the two riders, Galassi and an unidentified 24-year-old Los Angeles woman, over the top of the car. The two in the Toyota were injured and the two on the bike had extremely critical injuries. Both the bike and the Toyota were totaled.

The freeways's right 3 lanes were closed for the investiga-

Glendora High School **All Class Reunion 2017**

GLENDORA - The 16th Annual Glendora High School ALL CLASS REUNION is Saturday, October 7, at 10:00 A.M. The all class reunion will

BART The **BLOCKHOUND**

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

take place at Finkbinder Park north of the band shell. This event will run to 4P.M. There will be Music, Potluck

Lunch and a Potluck contest. If you are a foodie enjoy all the different dishes. The Glendora High School 16th Annual ALL CLASS REUNION is 2 blocks North of Foothill Blvd. on Cullen in Glendora. Please come join us we would love to see you.

The ALL CLASS RE-UNION is for anyone who went to Glendora High.



Court Says Move Forward On Recall

Republican State Party Chairman Jim Brulte announced yesterday the counties of Los Angeles, San Bernardino and Orange had certified the signatures on the petition to begin to set up the recall election of Sen. Josh Newman (SD-29). Required are 63,593 signatures and gathered and certified as valid are 66,597. Various numbers, much higher numbers, have been printed in the newspapers but these are county certified numbers.

When Sen. Newman supported the gas tax and vehicle registration increase generating \$5.2 billion from the least able to afford any new or increase in taxes, people in the 29th Senate District became angry enough to begin the recall process and dump Newman as their state senator.

The Newman recall has become a priority issue for Democrats and Republicans. The fight over that seat is about supermajority control by Democrats with no way for Republicans to stop more tax increases, prevent suspension of legislative rules and even preventing the Democrat legislature taking control of the Governor's Office by overturning governor vetoes For me, it is about restoring a real 2-party system in Sacramento so all voices are heard.

Democrats have fiercely gone to all extremes trying to protect their supermajority. Republicans have fought back just as fiercely to project the middle-class and lower-income citizens from more taxes and even more intrusion into local government affairs and life-styles.

The Democrat tactics included a trailer bill in the budget to create more hoops in the recall process for proponents to jump



Shade's Perspective
Lois M. Shade
Former Mayor of Glendora

through that could have delayed the date of a recall election by perhaps 6 to 9 months.

Republicans went to court with Howard Jarvis Taxpayers Association (HJTA) challenging the new process developed at the last minute obviously as a stall tactic. The court placed a hold on the trailer bill law and ordered Secretary of State, Alex Padilla, to move forward and certify the election.

"Despite every cynical effort by the Democrats to stall this election, the time has come for Senator Newman to stand before the voters in Senate District 29 and answer for his tax-raising antics," stated California Republican Party Chairman Jim Brulte. "We call upon the Secretary of State to certify the recall so that voters can finally have their say at the ballot box." Once Certified, Gov. Jerry Brown must order the recall election to take place within 80 days.

The Democrats, faced with defeat on their election delaying tactic, went to the Fair Political Practices Commission, the non-partisan, financial watchdog ... (amid rumored meetings taking place with one member of the

Commission and Democrat Party lawyers) ... and convinced 3 members of the appointed body to remove the cap on transfers of money from one political account to another. In this case, into Newman's campaign to retain his seat. FPPC lawyers recommended not removing the cap, and Jodi Remke, a former State Bar judge, was the lone supporting vote on that recommendation.

Things we've learned here - The Republican Party is sincerely committed and will go to all lengths to support no new or higher taxes that impact the lower-income and middle-class the most. They have even taken on one of their own, Assembly Leader, Chad Mayes, who violated that Party principle, and across the board asked for his resignation

And, secondly, Fair Political Practices Commission is damaged as a non-partisan body and certainly doesn't subscribe to fair political practices; and, so much more important here, appointed members of this or any body, tend to be more loyal to those who appoint them to positions, than those they are chosen to serve ... the tax-paying public.

What happens now? Gov. Jerry Brown and the Democrats will begin to throw every cent they have into the Josh Newman recall campaign to preserve him and their supermajority. Don't forget too, it is pretty much common knowledge among Sacramento insiders, some of the pothole money from the \$5.2 billion gas tax increase, along with 25% of the cap and trade dollars will go to continue to fund Brown's proposed legacy, the bullet train.

Repeal and Replace? No Thanks, Take 2!

by G. Keith Smith, M.D.

The recent failure of an ObamaCare repeal effort in the Republican-controlled U.S. Senate reminds me of a Mark Twain quote: "If voting mattered, they wouldn't let us do it." The turncoat senators had either previously auctioned their souls (remaining publicly in favor of repeal), or were moved by the lobbyists' persuasive abilities after the polls closed. Whenever someone says to me, "The folks in D.C. just don't get it," I say, "Oh, no! They get plenty of it!" Those licking their wounds following this repeal betrayal should assiduously avoid the "socialist's excuse," namely that "we just need different people in charge, and it will work." Only the rarest individual is immune from power lust, once exposed. That everything in D.C. is for sale, including the marketplace that would provide for services that would save someone's life, should be obvious to all but

the most naïve. Writing in January 2016, I was fearful that the Republicans" would repeal and replace" the [Un]affordable Care Act with McConnellCare, in what would have been a cruel lesson in the failure of central planning from the Republican side of the aisle. We are fortunate that they failed to deliver the worst of both worlds/visions. Republicans are no more skilled than Democrats at planning individual's lives for them. Why was I worried? They couldn't even pass the skinniest

version of repeal!

Laws, with their lengthy, tortuous clauses outlining penalties for non-compliance, serve primarily to interfere with the natural market preferences of cooperating individuals. Government is, after all, that institution with ideas so great that they have to be mandatory. "Repeal and repeal and repeal" is a slogan and course of action I believe many could support.

Don't mistake me, however, for a defender of the cartel-like medical system in this country, one which largely demonstrates an absence, rather than a failure of moulest discipline.

of market discipline.

Even after witnessing the repeal betrayal, some people may still defend government and the criminal class of individuals who run it. Even many liberty-minded individuals believe the government has a legitimate role in the medical services/products industry. Very likely, not one in ten "conservatives" knows that

the primary driver for the expansion of Medicaid is the mercenary class of crony administrators of Medicaid loot. More slop at the Medicaid trough means more loot for them. An embarrassingly small percentage in this inefficient transfer goes to those who truly need help. If the skimming by what Daniel Horowitz calls the "venture socialists" could be removed, the budget of Medicaid would likely be a tiny fraction of what it is.

The Hugo Chavez admirers are emboldened in their cries for complete control, calling their Third-World healthcare vision by the latest poll-approved name: single payer. But Americans are likely not yet sufficiently cowed to submit to Charlie Gard-like death sentences for their children

And there is some very good news despite the gloom. A powerful remnant has grown in number sufficient to instill market discipline into the exchange between medical buyers and sellers. This exciting and growing medical free market is highlighted by insurance-free practices, the explosive direct primary care movement, and facilities all over the country that now post all-inclusive procedural pricing online.

As I wrote in January 2016: "How about replacing ObamaCare with freedom?... Free from any influence or input from D.C., free market and price-transparent solutions are proliferating all over the U.S., a phenomenon that has 'good guy' industry insiders as excited about the future of medicine as they have ever been. These market-based alternatives are predictably bringing higher quality and lower prices to patients, exactly what you would expect from an industry that is beginning to embrace the same market discipline every other industry must endure."

Since then, many more medical care buyers and sellers have ended their relationship with the healthcare syndicate, thumbing their nose at the D.C. Ayatollahs. An example: the State of Oklahoma (self-funded), for the benefit of their 187,000 employees now relieves these patients of any out-of-pocket expense if they patronize a facility with "revealed" pricing, a move that forecasts a \$200 million/year savings when fully implemented. Washington's response has been to erect barriers to "self-funding," a predictable, consistent, but despicable move that only benefits their crony industry pals.

The best news is that, thanks to this latest outrageous betrayal, the consent of the governed is dwindling fast. Americans are beginning to perceive the contempt that the elites have for those on whom they would inflict medical care they would never stand for themselves.

Dr. G. Keith Smith is a board certified anesthesiologist in private practice since 1990. In 1997, he co-founded The Surgery Center of Oklahoma, an outpatient surgery center in Oklahoma City, Oklahoma, owned by over 90 of the top physicians and surgeons in central Oklahoma. Dr. Smith serves as the medical director, CEO and managing partner while maintaining an active anesthesia practice.

In 2009, Dr. Smith launched a website displaying all-inclusive pricing for various surgical procedures, a move that has gained him and the facility, national and even international attention. Many Canadians and uninsured Americans have been treated at his facility, taking advantage of the low and transparent pricing available. His most recent effort is the launch of the Free Market Medical Association which provides a platform where those seeking to obtain high quality and affordable health care can find free market-minded providers, both physicians and facilities.

Operation of this free market medical practice, the standard for all who have embraced this practice approach, has gained the endorsement of policymakers and legislators nationally. More and more self-funded insurance plans are taking advantage of Dr. Smith's pricing model resulting in significant savings to their employee health plans. He has made appearances on the John Stossel Show, CNBC, Huffington Post, The O'Reilly Factor, Capital Account, The Ron Paul Channel, NBC Nightly News and has been featured by Reason Magazine's TV division. The New York Times, Time Magazine, ABC news, Forbes and many others have written articles featuring Dr. Smith's revolutionary approach to the pricing of health care and uncompromising free market principles.

Dr. Smith resides in Oklahoma City, OK.and his direct email is: surgerycenterok.com

Volunteering Can Have Pros and Cons

Many of us get involved with local organizations to volunteer our time. With almost anything we do, it has its pros and cons. If you move into the leadership part of any organization and get elected as an officer or take an appointed position, this can be very gratifying as well as very time-consuming. If you take on the position of liability, be prepared, almost anything can happen.

If you are in the upper leadership capacity, you often go out into the community and represent that organization. This can take a lot of time as well. A lot of the pros going out and representing your organization at events, there usually some food to go along with that event. If you're lucky, you don't have to pay for it. However, in most cases you do. Sometimes an organization will compensate you for the cost of attending these events. Sometimes



George Ogden
That's just the way it is!

you may have to pay. You may have to make decisions on your own. Most organizations will have some type of business committee or management committee that will make most of the decisions. This can be anything from fundraising events, supporting other events, the direction of events, and you may be the "go to" person when there are problems. This could include disciplinary issues, or disciplinary actions. Hopefully, you will be the good guy.

As Commander of the Veterans of Foreign Wars in West Covina, we have a facility in which I have the liability. At times I have to make emergency decisions.

For all of you out there that hold the position that I hold and that my officers also hold, I thank all of you for taking that responsibility. Hopefully you don't run into a situation like we are having at this time. What the end line is, when you are in this position and things go well, it is very gratifying. Give yourself a pat on the back if you like, it's okay with me. Those of you that may want to be in an officer's position for any organization, you are to be honored for wanting to take on the responsibility.

This is one of the few times where you can say, it is no longer who you are, but what you do that counts.

"That's Just the Way it Is!"

"Time Jockey" - Snapshots Of History

By Joe Castillo

Return to Owner..... I recently read a very moving story in the L.A. Times about a 93-year old World War II veteran who returned a flag carried by a young Japanese soldier who was killed during the war to his family. The U.S. soldier named Marvin Strombo took the flag as a souvenir from the Japanese soldier as he lay dead following an attack by U.S. forces on the islands of Saipan, Tarawa and Tinian. For over 70 years, Strombo held onto the flag as a keepsake of his war adventures but as he got older he felt the urge to return the flag to the victim's

AD SPACE AVAILABLE AT REASONABLE RATES. CLASSIFIEDS DISPLAY ADS LEGALS ADS 626-852-3374 family. Japanese flags were used as a good luck symbol with signatures of friends with words of encouragement and strength displayed throughout both sides of the flag.

Strombo contacted the nonprofit group Obon Society based in Oregon which helped U.S. servicemen to return Japanese flags to their rightful owner. Obon translated the notes written on the flag and determined who Strombo's flag actually belonged to, Yasue Sadao, a young soldier sent to fight for the Japanese Imperial Army. Strombo contacted Sadao's family and found out that Sadao's brother was still alive and welcomed a return of the flag. Strombo bought a ticket to fly to Japan to personally return the flag to Sadao's brother but he didn't know what to expect upon his arrival to the small mountain village of Garapan. To his surprise a large crowd met him and Strombo was quickly surrounded by the

Japanese media who wanted to

hear his story on how he encountered the flag and his memories of Sadao.

The trip brought closure to Strombo's journey to return the flag to its rightful owner while also bringing closure to Sadao's family on their brothers' final days in the war.

The Odon Society has returned 126 flags to the families of Japanese soldiers killed during the war but the society believes many more flags still remain in attics, boxes and trunks belonging to U.S. servicemen who fought in World War II.

As Marvin Strombo finishes his last years of a long life he can be satisfied that he did the right thing by returning Yasue Sadao's personal flag to his own family after holding onto it for over 70 years.....

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 can be reached at joeacastillo@aol.com.

When Free Trade Agreements Are Not So Free

As a successful businessman and negotiator, President Trump ran much of his campaign on promises of updating established international trade agreements to benefit American businesses and their workforces. Needless to say, he has taken on a challenge that many of his predecessors, with their focus on diplomatic relations, were unable to achieve. Time will show whether this 45th president will be able to fulfill this challenge, but many American businesses are relying on him to not only improve their freedom to trade internationally but to protect their assets from loopholes that continue to hurt their

Omissions and oversights in international agreements can cost millions of dollars and American jobs

One particular example of what many consider an unfair trade agreement is the Australia-United States Free Trade Agreement (AUSFTA), which lets Australia claim it does not have to resolve any investment disputes with U.S. companies in a neutral forum. This is counter to the majority of the 30 trade agreements between Australia and other nations that do contain investor-state dispute settlement provisions. The only countries that don't have a specific procedure

for investor-state arbitration are Japan and the United States.

Closing this loophole would offer a heavy financial respite for business executives such as John Campion, CEO of APR Energy, a privately owned company that provides emergency electricity to industries and countries around the world.

In late 2013, APR leased \$70 million worth of generators and other facilities to the Forge Group Power Pty Ltd, an Australian company that had contracted with Horizon Power, a stateowned public utility in Western Australia. The project was designed to address a severe power shortage in that state.

In February 2014, the Forge Group was placed under voluntary administration liquidation and all assets were seized by receivers appointed by their largest creditor, the Australia and New Zealand Banking Group Ltd. These assets included the leased property belonging to APR. The receivers claimed title to APR's property based on Australia's Personal Property Securities Act of 2009, under which all leased personal property becomes "owned" by the bankrupt company's estate to the exclusion of the lessor if the lessor does not file a registration statement. The legal claim prevented APR from

using its own facility to produce electricity and caused significant financial injury to APR. This injury includes significant amounts of money simply to buy back the facility to use it, tens of millions of dollars of revenue, a substantial loss of value to the company, and layoffs. Moreover, the total economic loss from this specific action exceeds \$260 million for APR.

The recourse APR currently has for this financial loss is uncertain because Australia has rejected APR's demands to submit the dispute to arbitration.

As this suggests, the lack of a defined procedure under the AUSFTA appears to be prejudicial to U.S. companies and banks.

It is hoped by many American businesses and financial institutions that the recent meeting between President Trump and the Australian Prime Minister Malcolm Turnbull will mean the start of a renegotiation of what may look like a minor detail in a large trade agreement but that has the potential to cost company's revenue and American workers their jobs.

Many people are asking their legislators what they think of this issue. Senators can be reached at www.senate.gov and members of the House at www.house.gov. (NAPSI)

The San Gabriel Valley Examiner

Weak U.S. Dollar Boosts **Multinational Stock Profits**

Last week was insane from almost any political perspective. All that occurred will have an impact on our economic future, but today it is hard to predict what that might be. So, looking back, before the turmoil of last week, this is what was evident: US growth was weaker than expected in the first half, but many on Wall Street expected GDP to strengthen in the second half and in 2018. In part that reflects a more patient Fed, as Wall Street expects lower-than-expected inflation will eventually permeate even the FOMC's thinking.

The main contributors to a healthier economy will be slower Fed tightening, income recovering from the 2015 commodity recession allowing some additional household spending, and inflation rising toward 2% (but not likely to reach it soon). Energy prices should rise in the second half of the year due to stronger global demand and the fading influence of 2015's commodity recession.

Foreign Central Banks will certainly have an influence on where interest rates go. Central banks collectively own one-third of global fixed income, roughly a third of which is Quantitative Ease related.

Over the course of the next few years, they plan to start offloading the Q E holdings. The Fed is expected to lead the way on deleveraging starting in the fourth quarter of this year. The ECB deleveraging is the more likely to be disruptive, making it the key player in central bank space through the end of next

Our Fed should announce the start of balance sheet shrinkage at its September meeting, with asset roll off starting in October. This effectively takes a rate hike off the table any time soon.

Market odds of a December rate hike stand at 40%. The FOMC is not likely to start guiding expectations higher or lower until October at the earliest and perhaps even November. There's no need to do it sooner.

If inflation continues to fall, market odds of a rate increase in



Economic Analyst & Former Glendora Mayor

ing the Fed to back off. The FOMC will not defy the market by tightening. But Wall Street doesn't think that will happen. Inflation is likely to swing higher before possibly taking another step lower.

People are aware of falling inflation, but less aware of falling wage inflation. Wage and salary growth has slowed from 5.8% in late 2014 to 2.5% now. Compensation per hour rose at a 3.0% pace in 2014 but rose just 1.0% yr/yr in the second quarter of 2017. Economists have not drawn attention to falling wage inflation and the Fed is avoiding it altogether.

Wall Street has revised their GDP forecast higher partly because they expect the Fed to slow its tightening pace and partly because corporate profits and personal income growth are recovering from recent weakness. Growth will not accelerate much, however, as DC dysfunction weighs on the economy.

In Europe up to now, Draghi has made the case that growth and inflation are moving in the right direction. However, he insists the European economy still needs every bit of its QE for now. This language sets the stage for a taper announcement, because further increases in growth and/or inflation will eventually mean the full support of QE is no longer need-

Back in the US there are reasons to be optimistic about growth, but there are also reasons to worry. Risks you should be watching:

>Donald Trump. Or maybe it's the inability/unwillingness of Congress and foreign leaders to work with him. We suppose it depends on party affiliation. Ei-2018 will stay flat, possibly forcther way, the mess we call our kenherman46@hotmail.com

government will grow messier still as the Mueller investigation digs deeper, the President campaigns against sitting members of his own party and tries to pass important legislation while holding a nuclear-armed lunatic at arm's length.

>The European banking crisis is back. A staggering 16% of Italian bank loans are nonperforming. The Wall Street Journal recently reported Italian loan packages sold for 5-10 cents on the dollar. Greek banks are in worse shape, though the numbers are not as easy to pin down.

>Geopolitical threats have made a comeback, with Kim Jong Un and Donald Trump trading military threats and Isis apparently doubling down on efforts to export violence from the Middle East to Western Europe.

>Inflation in the G-20 fell to a post-2009 low in June. It should start to rise again within the next few months. Wall Street expects the rise to be moderate, but noise in the indices will be more threatening to Fed eyes if the trend approaches 2%. Especially because the Fed is always dismissive of one-offs pushing inflation down, but is usually silent about one-offs pushing inflation higher.

>At this stage in the business cycle, investors should always monitor inflation, unemployment and Fed commentary about the two.

>The budget deficit will grow substantially over the next two decades thanks to demographic related Medicare and Social Security spending growth. Obamacare added hundreds of billions to Medicaid without offsetting tax hikes. Republican tax cuts probably will make it bigger still. The deficit is already near 4%. It is barely sustainable at half that size. A severe recession could quickly lift it to 6% in a blink. Think fiscal policy is a nonstarter now? Just wait until the next recession.

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I welcome your questions and c o m m e n t s :

Your Money - Ask Julia

I used to trust my bank as the safe place to go to for a mortgage. However, several big banks are in the news for bad lending and other bad activities. There are many ads for other mortgage offers, but it's all so confusing. Can you make mortgage shopping easier for

Start by going to CFPB.gov and put "Home Loan Toolkit" in the Search. (Let me know if you have problems with this and I can email a copy of the Home Loan Toolkit booklet to you.) (This booklet is required to be sent to you within 3-days of completing a mortgage loan application, but I'm giving my readers a head start.) This will give you an abundance of helpful, easy to understand, information. There are very important differences between your local bank and an independent mortgage professional. Your local bank loan person is not required to be licensed, and are not held to the same standards and regulations as independent mortgage specialists in terms of testing and ongoing training. Banks are only able to offer limited loan products they have inhouse, which may not be the best fit for your needs. Their rates are often higher, and they are slower to adapt to change due to large organizational operations. An independent mortgage professional is a licensed mortgage expert, consistently undergoing continuous training, partners with several lenders to offer multiple loan products, allowing you to choose the best option, often of-



Julia Yoder

fers lower rates and cheaper costs due to less overhead, and adapts to industry changes quick-

How can I reduce the estate tax obligations for my heirs?

Life insurance is well known among wise investors to cover final expenses and inheritance / estate taxes. Proceeds paid to beneficiaries from a life insurance policy are income tax free. Life insurance policies are typically settled quickly (unless there are suspicious circumstances surrounding the insured's death, of course.)

If the Stock Market takes another dramatic loss, I know I don't have time to recover before retirement. What's your advice?

Some of your investment dollars should be in 'safe' investments. They don't make all the gains, but they suffer none of the losses. As you may know, I don't put my clients' money into any investment that can lose money. (Based on the strength of the company.) As a result, none of my clients' accounts dropped in

value (not even a penny) during any of the Stock Market downturns. Their accounts may have made zero increase, but with no loss, the balance doesn't have any catching up to do.

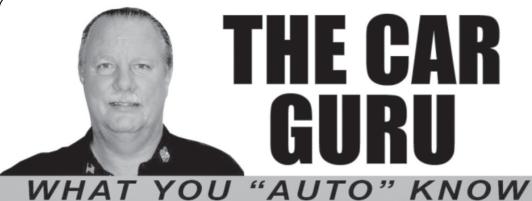
What is meant by the "annual reset" on an annuity?

Each year (on the purchasedate anniversary) the amount (principal plus interest earned that year) in the fixed or fixedindexed annuity contract is lock in. That amount becomes the new contract balance that you are guaranteed you cannot lose. Even if the index goes down, your annuity's contract balance does not go down. The worstcase scenario is that your balance stays the same. Conversely, if the market goes up, you'll only get part of the increase. This limit is called a "cap." With annual reset, your money does not have to make up for losses, yet can participate in gains.

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/

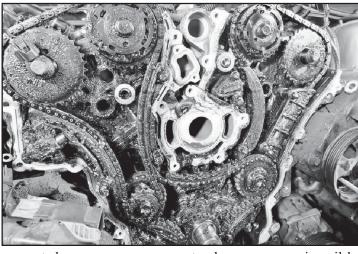


By Gene Morill - Certified Automotive Specialists

Engine Oil Maintenance

may not break down as quickly but they get just as dirty as conventional oils. Many new vehicles now require expensive synthetic oils and the manufacturers are recommending oil change intervals at or over 7,500 miles. In our experience, this is not a wise practice.

This is a modern engine that requires synthetic fluid and has had its oil replaced every 7,500 miles. The engine was operational for less than 65,000 miles. As you can see it has a lot of sludge and sediment deposits built up throughout the oil passages in the timing case. These deposits are restricting oil flow to all the moving components in the timing chain assemblies. These deposits are also inhibiting the movement of the timing chain tensioners which keep the chains in place. These malfunctions have led to the demise of this engine. If the oil had been changed more frequently this could have been



prevented.

The sludge and sediments are byproducts of the combustion process, burning oil, moisture build up and normal engine wear. For now, there is no way to avoid these byproducts so for the time being the only way to prevent them from becoming an issue is to change your engine's oil.

While synthetic oils perform better, they get just as dirty as conventional oils over a given period of time. It is important

to change your engine oil between 3,000 and 5,000 miles to keep your engine oil passages as clean as possible and protect your investment.

The most common problem we see with vehicles that come into the shop is low engine oil. Low engine oil can cause lack of lubrication to vital moving parts which can lead to high repair costs. GM has stated that it is not uncommon to burn one quart of engine oil for every 1,000 miles of operation. Most engines require around five quarts of engine oil for normal operations. This means by 3,000 miles your engine has lost over half its capacity which can cause some serious damage. It is very important to regularly check your engine oil level. Your owner's manual recommends checking every time you fill up with gas and we believe this is a good rule.

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 website

CertifiedAutoCa.com. Hometown Service You Can Count On!

Glendora, CA 91741

Assistance for Older families in West Covina: Reverse **Mortgage Education Seminar**

WEST COVINA - Aging in place continues to be a major priority of 91 percent of Americans according to a study by Philips and Georgetown University. To support those goals, many families in California turned to reverse mortgages to help them tap into their home's equity and enjoy their senior

But the financial crisis impacted families in many ways and some are feeling the pinch. Over the last few years some families are struggling due to rising healthcare costs, higher tax bills and insurance costs, and unanticipated living expenses. These factors may have caused some families to fall behind on their expenses.

Concerns about these struggling seniors and their reverse mortgage led HOPE NOW, an alliance between counselors

and mortgage companies, including Housing and Urban Development (HUD) to create a Reverse Mortgage Education Seminar to provide specialized counseling to seniors in California with reverse mortgages.

"The seminars are geared to focused on seniors who are, or may become, in default of their reverse mortgages because of unpaid property taxes, unpaid bills or unforeseen financial challenges", said Eric Selk, Executive Director of HOPE NOW. "We'll focus on money saving tips and free programs to keep your home."

The first-of-its kind program will provide free one-on-one counseling with experts trained in government and private programs that provide financial relief for families with a reverse mortgage. For families who may be in default there is the

Mention

California RevMAP program, an assistance program designed to provide up to \$25,000 of

HOPE NOW has held four previous events in various location across Los Angeles, servicing nearly 300 families. At a previous event in Compton, Claude, a 72 year old gentlemen from Compton came with his two grown children. "I want to learn more about assistance programs, I'm really glad I came today."

The Reverse Mortgage Educational Seminar event is on Saturday, September 16th, 9am - 2pm at the West Covina Senior Center, 2501 E. Cortez, West Covin.

Free educational seminars are at 9 am, 10 am, 11 am, 12 pm. No pre-registration is required. Entire family is encouraged to attend.

There will be free food and parking. Gift Cards will be raffled at the end of each educational seminar session.

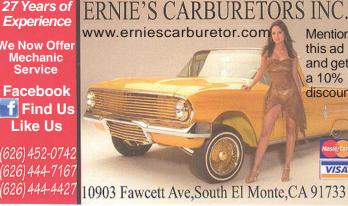




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Around the Valley & Senior News

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> Lip Reading/Brain **Aerobics**

The City of Arcadia Recreation & Community Services Department - Senior Services Division is offering a Lip Reading/Brain Aerobics class for adults, 50+ years of age. This course is offered as a communication tool for the hard of hearing and the goal of the class is to help students regain confidence and lessen the feelings of isolation. The class is facilitated by licensed speech pathologist, Francine Katz and is located at 365 Campus Drive, Arcadia. Courses can be taken either on Mondays, which begins September 11 or Wednesdays, September 13 from 9:30-11:30am and the fee is \$4 for the 16 week course. For more information call Arcadia Senior Services at 626.574.5130 or log onto to www.arcadiaca.gov.

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 or email at 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

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.

<u>GLENDORA</u> **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

more info, glenkirkchurch.org or call Glenkirk's church office at (626) 914-4833.

ALLEY/SENIC

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 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

SAN DIMAS

San Dimas Toastmasters Club

The San Dimas chapter of Toastmasters International, Toast To The Best Club, Club # 5880 meets every 1st and 3rd Thursday 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 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

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

WEST COVINA

• 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 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.

San Dimas Heroes Is **Looking For A Few** Good (Or Bad) Golfers

SAN DIMAS - San Dimas Heroes is looking for a few golfers for our 7th Annual Golf Tournament at Via Verde Country Club. You don't have to be a pro, you just have to enjoy golfing and looking for a great event that helps our Veterans. This year's tournament will be on Monday, September 11. Check-in will start at 9AM with a 11AM shot-

gun start. Following the golfing will be a banquet dinner, raffle and a live auction. The cost to golf is \$125. per golfer or \$500. for a foursome. Late registration is welcome. For more information visit www.SanDimasHE-ROES.org, email SanDimasHEROESgolf@gmail.com or the HEROES Golf Hotline at

Adult Excursion to Laguna Arts - Pageant of the Masters

ARCADIA - Come cele- set out on pilgrimages by land summer long! Simply show brate one of the most talked about highlights of the summer! Join the Arcadia Recreation and this fantastic annual event in Laguna Beach on Friday, Au**gust 25**. The history of art is filled with stories of solitary artists abandoning society to pursue their creative expression. The 2017 Pageant of the Masters theme is "The Grand Tour". In the 17th and 18th centuries, the desire to experience the world's great art firsthand inspired the European tradition of continental travel on "the grand tour". Inspired to

and sea to the great cultural centers of Europe, and eventually the globe, those early of masterpieces. Your Pageant ticket to "The

Grand Tour" becomes your passport to experience spectacle, music, stories and grand illusions as masterpieces come to life. Book your passage now for this breathtaking theatrical journey through the centuries in search of unforgettable art.

As a Pageant patron, you'll be admitted to The Festival of Arts - California's Premier Fine Art Show, absolutely free all

your Pageant ticket at the Festival's front gate. You'll enjoy stunning artwork, hands-on Community Services Depart- travelers often risked life and demonstrations, wine tasting, ment for an adult excursion to limb to stand in the presence, and much more. Come back again and again.

The trip fee of \$65 includes pageant admission, round trip transportation in an air conditioned coach bus and snacks. Tickets are non-refundable. Please arrive at 5pm, the bus leaves promptly at 5:30pm from the Arcadia Community Center, 365 Campus Drive, Arcadia and returns at midnight! For more questions, please contact the Recreation Office at 626.574.5113.

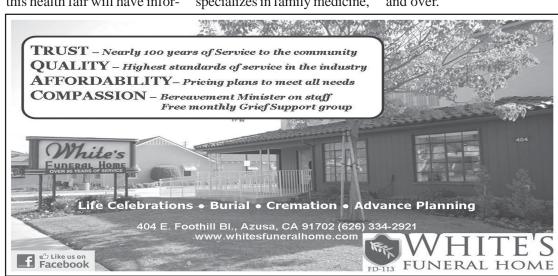
Fall Into Good Health

Health Screenings, Health Lectures

ARCADIA - Arcadia Senior Services in partnership with Methodist Hospital is having its annual Health Fair on Friday, **September 8** from 9am-1pm. It will take place at the Arcadia Community Center, 365 Campus Drive. September is "National Senior Center Awareness Month" and "Health Aging Month". To highlight these two nationally designated events this health fair will have infor-

mational tables available from 9-11:30am plus giveaways, and raffle prizes. In addition, there will be free health screenings; spine, balance evaluation, blood pressure, retinal, bone density and more. Two of the free screenings; memory assessment and hearing testing require an appointment. There is also a carotid artery screening for \$7. Dr. Jay linuma, who specializes in family medicine,

will present an informative lecture at 12pm, "Stress and High Blood Pressure: What is the Connection". Individuals may purchase lunch tickets for \$2 starting at 7:30am. Lunch will be served from 11-11:45am. To make an appointment or for additional information please contact Arcadia Senior Services at 626.574.5130. This program is for individuals age 50 and over.





Annual Picnic Held by Foothill Presbyterian Hospital Auxiliary

GLENDORA - Good food. music and fellowship, is there any better way to spend a summer evening? Members of the Foothill Presbyterian Hospital Auxiliary and their guests don't think so. On Sunday, August 6th, the group got together for their annual picnic at Finkbiner Park. Hamburgers were provided by the hospital with an array of sides and desserts brought by those who attended.

To add to the enjoyment of the evening, Raymond Michael, in an Elvis tribute group, preformed the king's many hits. The auxiliary parked the beautiful Ford Focus, their Dream Car raffle car, there that evening, so everyone could admire it and buy a raffle ticket for the drawing to be held September 30th.

For more information about the car raffle, you may call (626) 857-3102. If you are interested in helping your community by volunteering for one of the many interesting jobs at the hospital, please call the volunteer office, (626)857-3103.

Classic Car Night

PASADENA - Lake Avenue Church is hosting a free Classic Car Night on Friday 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. Donations to cover the cost of the food are appreciated.

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

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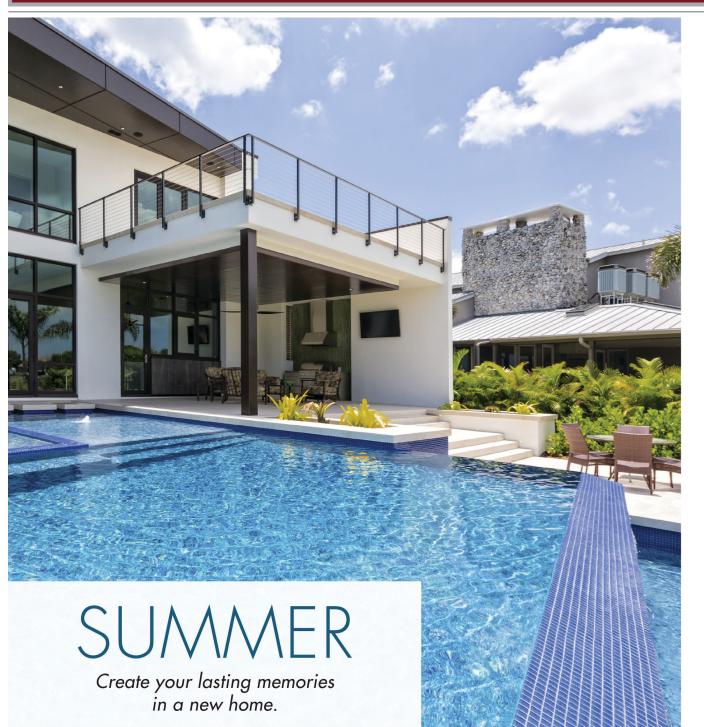
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