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STRIVING FOR JOURNALISTIC EXCELLENCE IN LOCAL NEWS

September 7 - 13, 2017

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Community Hero



Dr. Patricia A. Rasmussen / A7

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CSArts-SGV Celebrates Opening With Inaugural **Ribbon Cutting And Open House**

DUARTE – Joy spread across a crowd of students, parents and community leaders Friday, Sept. 1, when California School of the Arts - San Gabriel Valley (CSArts-SGV) celebrated its opening with an arts-filled Ribbon Cutting and Open House. The afternoon showcased the highcaliber arts instruction of conservatory directors and the blossoming talents of CSArts-SGV student artists with three solo performances and eight conservatory classes open for observation. Created from a vision by Orange County School of the Arts Board of Directors, Board of Trustees, and Founder and Executive Director Ralph S. Opacic, Ed.D. to provide the same award-winning arts and academic instruction to more students, CSArts-SGV is made possible by a unique partnership with the Duarte Unified School District (DUSD). CSArts-SGV is located at 1401 Highland Avenue, Duarte, Calif. For more information, visit sgv.csarts.net.

Duarte Unified School District (DUSD) Superintendent Allan Mucerino, Ed.D. said: "On behalf of the Duarte Unified School District and our Board of Education, it is with great pride that we include the California School of the Arts among the DUSD family of schools."



Jenny Owen, DUSD Public Information Officer; Erin Fish, DUSD Arts Coordinator; Stephen Cook, CSArts-SGV Assistant Dean of Arts; Abbe Levine, CSArts-SGV Dean of Arts; Steven Wagner, Orange County School of the Arts (OCSA) Vice President; Allan Mucerino, DUSD Superintendent; Ralph Opacic, CSArts Chief Executive Officer, OCSA Founder and Executive Director; William Wallace, CSArts-SGV Principal; Mindy Shiroma, CSArts-SGV Counselor; Teren Shaffer, OCSA Executive Vice President

Senator Anthony Portantino, Mayor Pro Tem John Fasana and Field Representative Veronica Lopez for Assemblywoman Blanca Rubio each presented certificates of recognition to CSArts-SGV for establishing a school with a unique culture where students from San Gabriel Valley and beyond can develop as artists and scholars. Also among the hundreds of people in attendance were the Duarte Unified School Board, City of Duarte Council members, Martin

Howard of Howard CDM, **CSArts-SGV Board of Trustees** and CSArts-SGV founding administrative team.

"On Aug. 14, we opened our doors to more than 700 bright and talented seventh through 12thgrade students, each with a passion for studying the arts," said Opacic. "These dedicated students spend their mornings in rigorous academic classes followed by afternoons with over 10 hours of intensive arts instruction each week. What distinguishes our

States 9th Circuit Court of Ap-

peals, in a 2-1 decision, voted to

overturn the killer's death sen-

tence compelling a second pen-

alty trial. In July 2002, a second

sentencing jury agreed with the

first and returned the killer to

In April 1984, the city of West

Covina renamed Armadillo

Drive, Wrede Way, in Officer

Wrede's honor. Twenty-three years later, on February 12, 2007,

what would have been Ken

death row.

schools from the rest is the unique culture that forms from the character of our students and the caliber of our supportive faculty. Here at CSArts - San Gabriel Valley, we've already begun to see a culture form of inclusiveness, originality and collaboration. This creative, challenging and nurturing environment will help our students reach their highest potential."

Katherine Powers, director of CSArts-SGV's Vocal Arts Conservatory, opened the ribbon cutting ceremony with a captivating

performance of "The Star-Spangled Banner." Eleventhgrade musical theater student Catherine "Rinn" Maldonado captured the sentiment with a performance of "Get Happy" by Harold Arlen and Ted Koehler, accompanied by Associate Dean of Arts Stephen Cook. Cook also accompanied Patrick Geringer, an 8th-grade musical theater student who performed "Mardi Gras" from the musical, "The 8 Dream on Royal Street" with music by Alan Menken and lyrics by David Rogers. For the fi-2 nal performance, Natalie Van Ramos, an 11th-grade integrated arts student, sang "Feeling Good" by Anthony Newley and Leslie Bricusse.

Following the ribbon cutting ceremony, guests enjoyed an inside look at CSArts-SGV arts conservatories by observing several classes taking place across the campus. Guests had the opportunity to visit a CSArts-SGV Philharmonic rehearsal in the music center; several classes in the dance studios including a ballet master class, an acting movement master class and a stage combat master class; and in shared arts/academic classrooms a cyanotype workshop, an opera workshop rehearsal, a creative writing class and a piano guided practice.

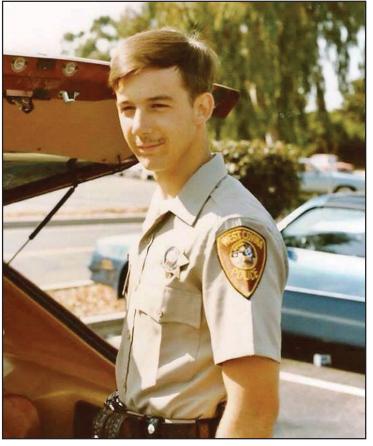
West Covina Officer Ken Wrede Remembered

By George Ogden

Classifieds

WEST COVINA - We Remember and Honor West Covina's Police Officer Kenneth "Ken" Scott Wrede, End of Watch (EOW) August 31, 1983, who was killed by gunfire while on duty.

On Wednesday, August 31, 1983, at approximately 12:20, Police Officer Kenneth "Ken" Wrede, 26, was flagged down by a citizen and was told of a man acting bizarre and possibly under the influence of drugs. Officer Wrede found the suspect a short time later at Francisquito Avenue and Glenview Road and put out an assistance request based on the man's aggressive, violent behavior. Before other officers could arrive, a struggle ensued and the suspect managed to enter Officer Wrede's patrol car and rip the shotgun, still in its rack, out of the vehicle. Unsure whether the weapon would fire in this condition, Officer Wrede drew his weapon but did not immediately shoot the suspect. Sadly, the suspect managed to chamber a round and fire the weapon at the officer. Pellets from the round struck Officer Wrede in the head killing him.



West Covina Police Officer Kenneth "Ken" Wrede

Responding law enforcement officers saw Officer Wrede on the ground by his patrol unit, but in the heat of the moment did not realize he had been shot. The suspect menaced and threatened Deputy Stephen Vine, the first

arriving deputy from the Industry Sheriff's Station on scene. Though the man still carried the shotgun in its rack, one of the two first arriving West Covina officers and his police K-9 were directly behind the suspect giving Deputy Vine no clear shot. The West Covina Officer then released his K-9 partner who succeeded in bringing the suspect down. West Covina Officers Arthur Marinello and Christopher Mohler then moved in and took the suspect into custody assisted by Deputy Vine.

The suspect's trial began in March 1984. The evidence against him, coupled with the testimony of witnesses and the first arriving peace officers, proved overwhelming he was guilty. It took the jury only three hours of deliberation to reach a guilty verdict. In late April, it took the jury in the penalty phase of the trial about three times longer to decide that the killer deserved the death penalty. Sadly, in May 2000, 16 years after the jury gave him the death penalty, the United

Wrede's 50th birthday, a portion of Interstate 10 between Grand Avenue and Vincent Avenue was dedicated as the "West Covina Police Officer Kenneth Scott Wrede Memorial Highway." Officer Wrede was survived by his wife, Danel, his sister, Kerry, and his parents Ken and Marianne. Both of Ken's parents became involved in supporting the families of other fallen peace

officers. They then took this to the next level, when in 1989 they campaigned and brought the support group for families of fallen peace officers, Concerns of Police Survivors (COPS), to California and served as the state's first chapter presidents. For their work of supporting fallen officer's families, the Wrede's received the Doris G. Tate Award in 1996 from Governor Pete Wilson. This honor is presented annually to those who help the victims of crime and their survi-

Every year, on the anniversary of his death, the West Covina Police Department conducts an event honoring Officer Wrede's life and sacrifice. Twenty sixteen was the first year Marianne Wrede did not attend. She passed away in February of that year. Meanwhile, her son's killer still sits on death row while the rest of the members of the Wrede family continue their wait for jus-

Sources: West Covina Police Department, Officer Kenneth Wrede Facebook Page.

Glendora Woman's Club To Hold Welcome Tea



Getting ready for the Glendora Woman's Club's Welcome Tea on September 19 are seated from left, club member Karen Babineau, Club President Chris Lear, and Patty Bateman, while Welcome Tea chair Carolyn Cunningham standing, prepares to pour tea.

By Joan Hallidy

GLENDORA - Women interested in joining the Glendora Woman's Club or hearing more about the club are invited to attend the club's Welcome Tea set for 11 a.m. Tuesday, September 19, said Club President Chris Lear. The event will be held at the clubhouse, 424 N. Glendora Avenue, Glendora.

During the Tea, prepared by Ritz Catering, membership Vice President Patty Bateman will highlight some of the club's service projects, the club's involvement in community events, and membership information, In addition she will be available to take membership dues for the coming year.

Also included will be information about the club's monthly luncheon-meetings and programs, the club's four departments and opportunities to help with service projects and fundraising events, according to Welcome Tea chair Carolyn Cunningham.

A special display on the Historian's table will feature a number of Past Presidents Memory Books. Some of the older scrapbooks have been kept in the club's archives,

while a few in the display will be on loan from members just for this event, said Historian Rose Myers.

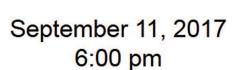
The Glendora Woman's Club, organized in 1908, has a long history of involvement and service in Glendora that includes the founding of the Glendora Public Library in 1912. The Woman's Club is one of the oldest service clubs in Glendora and is one of that maintains its own clubhouse that is used for the club events and is available for rent, the ballroom for large events and the Tearoom for smaller

For new members, perspective members, or returning clubmembers interested in attending the Welcome Tea, tickets at \$10.00 per person may be ordered by calling 626-963-7725 or by going to carolsgrdn@hotmail.com with R.S.V.P. due by September 13. For rental information about the clubhouse call Ryan at Ritz Catering at 909-592-1130.

Got News? Let us know at SGExaminer@aol.com



September 11th



116 E. Foothill Blvd. (corner of Glendora Ave) Glendora, CA 91741

We will never forget

The San Gabriel Valley

S.G.V. EXAMINER **September 7 - 13, 2017**

Don't Risk Life And Limb: Know The Signs Of Peripheral Artery Disease

Many people dismiss leg pain as a normal sign of aging. But for 8.5 million Americans, the cause of their pain can be a life- or limb-threatening condition called peripheral artery disease (PAD). Everyone, especially those at highest risk, should know the signs of PAD and know how to prevent and treat it. With new drugs on the horizon, health plan coverage for exercise therapy, improvements in procedures to treat advanced disease, and new treatment guidelines for health care providers, there are now more tools than ever to combat this disease. Unfortunately, the disease often goes undetected and untreated although it's more common than atrial fibrillation and heart failure.

What is PAD?

PAD happens when fatty deposits build up in arteries in the legs and feet. The condition is often undiagnosed, yet ignoring the signs of PAD is dangerous. Not only does it increase your risk for heart attack and stroke, these blockages can restrict circulation to the legs and feet. Left untreated, PAD can end in amputation. Cigarette smokers have the highest risk—so high, in fact, that PAD screening should be routine in smokers. People with diabetes and those with cardiovascular risk factors such as high blood pressure, obesity or physical inactivity are also at risk.

What can I do about it? Simple measures can catch PAD before it's too late. You can manage or reverse it with proper care. If you have risk factors, take your socks off at the doctor's office. Your socks and



Pain in your legs and feet could be a sign of a serious condition. Talk to your doctor about peripheral artery disease (PAD).

shoes cover up many of the signs of this crippling disease:

• Leg pain: The most common symptom of peripheral artery disease in the legs is painful muscle cramping in the hips, thighs or calves when walking, climbing stairs or exercising. The pain often goes away after a few minutes of resting. This type of pain is called intermittent claudication. Thanks to a recent ruling, it's easier for people to keep PAD from getting worse. The Centers for Medicare and Medicaid Services now covers supervised exercise therapy for people with intermittent claudication. You may be eligible for up to 36 sessions during a 12-week period with an optional second round of treatment. Ask your doctor if this therapy is available to you.

 Skin problems or discoloration on your legs and feet: Be aware of redness or other color changes in the skin on your legs

and feet. Temperature changes may also be noticeable—your feet will feel cooler than other parts of your leg.

• Leg or foot wounds that are slow to heal: If cuts or other wounds on your feet or toes aren't improving after a couple of weeks, you should ask about

· Poor nail growth: Slowgrowing or thickened toenails can be a sign of reduced blood flow to the legs and feet.

Even if you aren't having symptoms, if you have risk factors, you should be screened regularly. Early detection and treatment are key. Speak to your doctor about any problems you're having with your legs and

Learn More

For more information about PAD management, visit the American Heart Association at www.heart.org/PAD. (NAPSI)

Survey: Majority Of Working Adults See Higher Education As Route To Greater Career Satisfaction

Americans are thinking more about how to pursue professional development and open doors to more satisfying career options. In fact, according to a recent University of Phoenix® survey, only 38 percent of U.S. working adults are very satisfied with their current professional position, and just 37 percent report that they are very satisfied with their current career path.

The survey also found that less than half (43 percent) of respondents say they are very satisfied with how their skills and abilities are utilized by their employers, and more than a third (38 percent) feel they are undercompensated. As a result, many are looking for ways to improve their professional outlook.

One option to help improve career satisfaction and trajectory is to go back to school. The survey found that nearly 65 percent of Americans anticipate their current salary would increase if they were to achieve the next level of education. Additionally, about 72 percent say this achievement would have an impact on their career satisfaction. The obstacle many find, especially working adults, is how to make earning an education a reality.

Deciding to pursue more education can be a major decision, but Peter Cohen, president of University of Phoenix, says there are several steps one can take to ensure they have a fulfilling experience:

• First, Cohen recommends determining your professional goals and how higher education might help you achieve them. Whether to upgrade your skills to make yourself a more valuable employee, give yourself the opportunity to take on greater challenges or even pursue an entirely new career, you should think carefully about your goals and make an educational plan that suits them well.

• Next, consider how you are going to make education fit into the rest of your life. Working adults know well the challenges of balancing the demands of a job, family and other responsibilities. The good news is that, in addition to flexible in-classroom options, there are a variety of

Community Articles Are Welcome

We are seeking articles, photos, and news event items for future issues of the San Gabriel Valley Examiner. Information can be sent to SGExaminer@aol.com. Articles should be in Word format while photos should be



Study shows most people would change careers—if they knew

online and blended learning solutions that can allow you to pursue professional development on your own time.

• Finally, don't worry if this seems a bit overwhelming. It can seem like there are too many decisions to make and too little time to figure them out. Colleges and universities have well-trained staff and advisers to help guide you through every step of the

"As economic conditions continue to improve and job opportunities multiply, it's no surprise that Americans are taking notice and thinking more about how they can make headway in their careers," said Cohen. "At University of Phoenix, we are keenly

attuned to the workforce trends driving our economy, and we are committed to offering professional development opportunities that help students meet market needs."

For further information about University of Phoenix, visit www.phoenix.edu.

This survey was conducted online within the United States by Harris Poll on behalf of University of Phoenix from May 8-23, 2017 among 1,019 U.S. adults aged 18 and older, who are employed for at least 20 hours a week. For complete survey methodology, including weighting variables, please contact Univer-Phoenix of media@phoenix.edu. (NAPSI)



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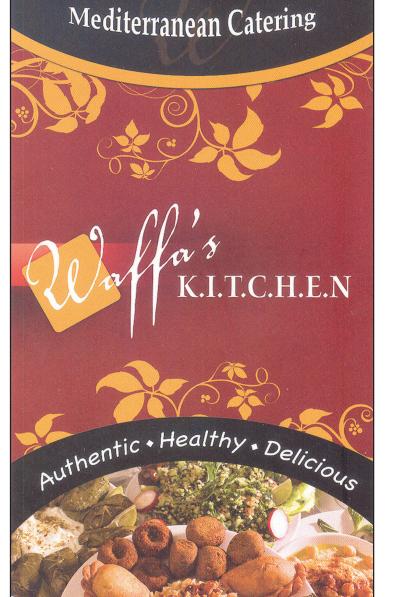
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Hit the 2017-2018 School Year Running!

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 Char-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 begin promptly at 8:00, and the 1 Mile Run/Walk begins at 9:00.

Registrations must be received 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 your group. Each member of your group pays only \$22 for the 5K and ter Oak faculty, staff, campus 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. Breakfast is available to spectators for only \$5.

> This is a family event, and we are all here for the kids. To encourage our students to get out and move, participation medals are given youth only who complete the 1 Mile Run/

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 med-

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

Baldwin Park's Gold Star Mom, 90th Birthday



Catherine Hastings

By George Ogden

WEST COVINA - Great 90th Surprise Birthday Party was held at the West Covina's VFW Post 8620 on Saturday Sept. 2nd for Catherine Hastings of Baldwin Park California. She is a Gold Star Mom and she has done a lot for the POW-MIA efforts. Her son



The family and friends wishing her a Happy Birthday.

Steven went missing with two other crew members in a helicopter that crashed in Vietnam back in August of 1998. From this point on, she and her husband took the task to be very visible in the POW-MIA (Prisoners Of War, Missing In Action) organizations.

She had a huge turnout of

family and friends. She thought she was going to attend an event for someone who was going to receive an award from the VFW.

Commander George Ogden brought his custom pick-up truck that is dedicated to the POW-MIA's to honor Mrs.

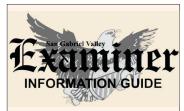
Hastings continued effort and support of the POW-MIA programs. West Covina councilman Lloyd Johnson also came by to wish her and her the family the best.

The event was well attended. She was surprised and had a great time.

The San Gabriel Valley

A Call to Action To San Gabriel Valley **Businesses Help the Homeless**

are a growing number people who are living in cars, vans, campers, makeshift cardboard shelters, tents, on the streets, living under bridges & freeways, along the SGV river bed. They are young children in families, high school and college students, middle aged & elderly men and women who have had economic disasters from job loss and loss of homes. They suffer from violence and abuse, health problems, lack of respect & dignity, trouble with safe keeping of possessions, lack of personal security and privacy (especially for sleeping) lack of food and clean clothing. They have limited access to education, and job opportunities, communication & technology, banking services, lack of funds ending up in hospitals and at worse they die on the streets, are cremated and buried in mass graves. Because of lack of stability and having to move frequently, they suffer from depression, anxiety, aggression and sleep disorders. Causes range from family problems, di-



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Mission Statement

· We believe that journalism should be free from any motives other than relaying information to its readers. It should not be used to win a favor by flattery, to enhance a particular political interest, or for the purpose of financial gain.

· We also believe in accuracy in fact and context. Journalists should be accountable for any news or subjects they write about. • We believe in growth. Therefore, complaints erroneously committed will be entertained and investigated and diligently corrected accordingly. · We believe in performing our

journalistic work to the best of our ability and will continue to present the facts clearly and fairly.

DISCLAIMER

Views and opinions of writers, contributors and columnists are their own and do not necessarily reflect the views of the publisher or the newspaper.

SUBMISSION POLICY

All submissions for publication become the property of San Gabriel Valley Examiner and will not be returned. San Gabriel Vallev Examiner does not guarantee submissions to be published. All submissions are subject to editing, including to conform to space limitations.

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.

In the San Gabriel Valley there vorce, domestic violence, drug & alcohol problems, physical and mental disabilities and the loss of public assistance. They are commonly ignored by those of us blind to their circumstances.

What You Can Do

1. Housing for Families with Minor Children- The East San Gabriel Valley Coalition for the Homeless provides emergency and transitional housing for families with minor children enabling them to conserve resources so they are able to transition back into permanent housing. This program is limited and available only when sufficient funding is received through grants and donations. Please contribute to the ESGVCH so that we can provide for additional transitional

2. Emergency Assistance Center (EAC) - is offered on a walkin basis and includes meals, showers, hygiene products, transportation assistance, referral services and motel vouchers for families. The EAC is located in rented space at the St. Martin de Porres Center of St. John Vianney Catholic Church-Hours. 8:30am-1:30pm Monday through Friday.

3. Winter Shelter Program -Every Winter since 1995, the ESGVCH has provided nighttime shelter for persons with nowhere to go. Meals, showers, clothing, medical, dental, haircuts, case management and transportation are provided nightly from December 1st through March 1st operating with 6 area churches.

We thank you for your consideration and would like you to know that any financial assistance that you are able to provide the East San Gabriel Valley Coalition for the Homeless to help ensure the continuation of these import programs will be greatly appreciated not only by us, but also by the many homeless men, women and children we serve throughout the year. Donations are tax Deductible.

For more information please contact the East San Gabriel Valley Coalition for the Homeless, 1345 Turnbull Canyon Road, Hacienda Heights, CA 91745, Post Office Box 93256, City of Industry, CA 91715, Phone: 626-333-7204 - esgvch@aol.com, Website: ESGVCH.ORG and Facebook/ESGVCH

West Covina Preschool and Day Cares Now Enrolling

WEST COVINA – The City of West Covina Preschool and School Site Day Cares are now open for enrollment. The City is committed to offering affordable care that also provides a safe and nurturing environment for children.

The City of West Covina has one licensed preschool program held at Palmview Park, located at 1340 E. Puente Avenue. We are currently taking enrollment for children ages 3-5 years old and are open from 6:30 a.m. to 6:00 p.m. Monday thru Friday. For additional information on the program or to set up a tour, please contact the onsite Director at (626) 339-4314.

The City of West Covina is also enrolling students in our licensed Day Care program located at three school site campuses. Space is limited and interested families are encouraged to contact the onsite Director at each location as early as possible. Day Care is currently provided at Wescove Elementary School, Vine Elementary School, and Orangewood Elementary School with morning, afternoon, and full day care options. For additional information, please contact the onsite Director at the specific site of

Wescove Day Care located at 1010 W. Vine, (626) 960-

Vine Day Care located at 1901 E. Vine, (626) 919-7807 Orangewood Day Care located at 1440 S. Orange Ave, (626) 337-2865

For more information about the City of West Covina's Preschool and Day Care programs, visit

www.westcovina.org or contact the City of West Covina Community Services Department at (626) 939-8430.

CDTFA Offers Tax Relief for Businesses Impacted by Hurricane Harvey

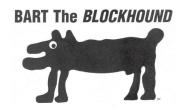
California Department of Tax and Fee Administration (CDT-FA) announces business owners and tax and fee payers affected by Hurricane Harvey may request extensions to file their returns, ask for relief from penalties and/or interest for some taxes and fees, and request copies of records lost due to storm damage. The CDTFA has also extended the deadline for filings that were delayed by disruptions affecting the U.S. Postal Service and private mail and freight companies.

"We encourage taxpayers affected by this disaster to reach out to us if they will have trouble filing," said Nick Maduros, director of the CDTFA (formerly the Board of Equalization). "We stand ready and will-

SACRAMENTO – The ing to work with impacted business owners to make sure they have the time and support necessary to meet their tax and fee obligations."

Businesses located in the

Gulf Coast area that have been impacted by Hurricane Harvey, and who, as a result, cannot meet their filing and payment deadlines, may be eligible for relief. Business owners and tax and fee payers can call the CDTFA Customer Service Center toll-free at 1-800-400-7115 (TTY: 711), Monday through Friday from 8 a.m. to 5 p.m. (Pacific Time), to request relief from penalties and/ or interest and ask for an extension of time to file their tax or fee returns. They may also do so online for most tax and fee programs.



Your contentment today must overshadow prior discontentment

City Of Azusa Receives Recognition For **Excellence In Financial Reporting**

The City's Comprehensive Annual Financial Report (CAFR) Recognized for its High Standards

AZUSA - A Certificate of Achievement for Excellence in Financial Reporting has been awarded to City of Azusa by the Government Finance Officers Association of the United States and Canada (GFOA) for its comprehensive annual financial report (CAFR). The Certificate of Achievement is the highest form of recognition in the area of government accounting and financial reporting, and its attainment represents a significant accomplishment by a government and its management.

In its presentation, the GFOA states that City of Azusa "has been judged by an impartial panel to meet the high standards of the program including a constructive spirit of full disclosure to clearly communicate its financial story and motivate potential users and user groups to read the CAFR"

"For many years in the past, the City has received the prestigious GFOA Award," said Talika Johnson, City of Azusa Finance Director. "I'm very pleased the Finance Department was able to bring this

award back to the City for the second consecutive year. The City's Finance Staff is dedicated to working hard throughout the year to comply with governmental accounting standards and to present transparent financial reports."

The GFOA is a nonprofit professional association serving approximately 17,500 government finances professional with offices in Chicago, IL, and Washington D.C. To contact the GFOA, please call Stephen Gauthier (312) 977-9700

Technology Award Presented To County Assessor For Modernizing Property Assessment Systems

LOS ANGELES - Government Technology magazine has recognized the Los Angeles County Office of the Assessor with the prestigious Excellence in Technology Award for the implementation of the Assessor Modernization Project (AMP). Assessor Jeffrey Prang was presented the award during the Los Angeles Digital Government Summit Conference, a two-day event highlighting ingenuity in information technology taking place in public sector organizations.

In June 2015 Assessor Prang

began the implementation of case" allowing appraisers to AMP, a five-year technology overhaul of the department. AMP is now in Phase II and the new system has already produced a number of pinnacle improvements, including a public data information interface known as the Assessor Portal. The Assessor Portal allows users to go online and simply type in a parcel address, locate a property, and access up to 32 years worth of assessment data. Additionally, a new application has been developed that serves as a "mobile brief-

perform functions that formerly required in-office access.

"The Assessor's Modernization Project is advancing rapidly, in fact a significant update is scheduled later this week that will integrate other property tax agency's data into the Portal. This update will allow us to better serve the public by keeping information accessible on one platform. Once complete, the project will serve as a model program for other assessors in California," said Assessor

County Expands Efforts To Help Foster Youth Achieve Their Goals As Adults With Self Sufficiency Program

LOSANGELES COUNTY —The Board of Supervisors unanimously approved a motion by Supervisors Kathryn Barger and Hilda L. Solis which seeks to organize and enhance efforts by county departments and community partners to help foster youth transition to

successful adulthood. "Today's Board motion asks the county to refine and focus the collective initiatives to ensure we are providing comprehensive programs and services to those vulnerable young people for whom the county has become their de facto parent,"

said Supervisor Barger. "Starting at the earliest age possible, we must help foster youth achieve four foundational goals of educational attainment, stable employment, permanent housing, and emotional and social connections for well-be-"Foster youth are among our

most vulnerable young people in society. To the extent that they have unique challenges, this population deserves our time, attention and enhanced competency toward serving them," said Supervisor Solis. "Our foster children are our

county's kids and I am committed to seeing that responsibility through with this motion."

Under the direction of the Chief Executive Office and the Office of Child Protection, the County will examine the existing system of care, and collaborate with community organizations and partners who are experts in the fields of housing, employment, education and health to identify the gaps and shortfalls in services, potential bureaucratic hurdles, existing successful initiatives, and promising pilot programs.

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.

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 11, 2017.

We accept resumes at the San Gabriel

Valley Examiner newspaper.

Sales commission is paid.

Call (626) 852-3374 or

fax your resume to (626) 852-1904.

engraved paver will be available to view at the monument on Veterans Day, November

Wanted **Advertising Sales Person**

going to the HEROES website at www.SanDimas-HEROES.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.

You can purchase a paver by

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

Your donation is deductible to the fullest extent allowed by law.



Feinstein: Trump Can Be a Watch Out Who You Donate Too... **Good President**

Sen. Dianne Feinstein has said according to the L.A. Times, we need to have 'patience' with Trump and he still can be a "good President." George Skelton, L.A. Times, Monday morning edition, quoted Feinstein: "Look, this man is going to be president, most likely, for the rest of this term ... I think we have to have some patience. It's eight months into the tenure of the presidency ... I just hope he has the ability to learn and to change. And if he does, he can be a good president. And that is my hope." For those comments we are told she was booed and called out-of-step with

The liberal media has jabbed here and there mentioning those comments and done its best to create additional hostility within her party towards her by reminding all she refused to support the impeachment of President

today's politics.

The one making the most noise against Feinstein is a soon to be out work Senate President Pro Tem Kevin De Leon criticizing her and suggesting Feinstein is being "complicit in his [Trump's] reckless behavior." De Leon will be termed out in 2018 and is rumored to be scouting for her Senate position. There is no confirmation she will not run, which would leave De Leon deciding on a possible run for governor. Watch for more comments from Kevin De Leon, but please put them into perspective knowing he's looking for a job.

President Trump has come out with his tax reform proposal noting in that proposal, "The current tax code has grown out of control in length and complexity so that many Americans must rely on professional help to file even the simplest return."

• In 1935, a 1040 form had 34 lines that needed to be filled out. Today it has grown to 79 lines.

sion which became known for

its music, charity and kindness.

The mission maintained a large

collection of cattle, horses and

sheep which ran throughout the

countryside while an abun-

dance of crops, vineyards and

gardens were planted and

maintained. In order to grow

the large number of crops on

the Mission grounds, an aque-

duct was constructed to irrigate

the Mission fields and bring

water to the various locations

at the Mission. But floods

would bring destruction to the

well irrigated fields causing any

significant production gains to

Bv Joe Castillo



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

• In 1935, instructions for a

1040 form was 2 pages; and, today it has grown to 241 pages of instructions.

• The tax code itself is over 6 times as long as it was in 1955.

President Trump, in his argument for reform, says, "A complex and ever changing tax code is unworkable for most Americans, forcing them to spend too much of their time and income on paid professionals and filing aids just to pay their taxes." Startling numbers about the American public's time on tax forms includes:

• 6 billion hours annually complying with the tax code according to the IRS's Taxpayer Advocate Service.

- \$262 billion burden on the economy to comply with the tax code according to the National Taxpayers Union.
- Over half of all the tax returns filed in 2017 were prepared by a professional. 94% of all taxpayers paid someone or bought software to prepare their returns; and, 91% of small businesses hired a professional to do their
- \$176 is the average cost to Americans to complete the 1040 form; and \$15 to \$16 billion is spent by small businesses on tax compliance costs according to the Society for Accountants.

"TIME JOCKEY" - Mission Soledad

Governor Jose Figueroa de-

• In 2016, the tax preparation industry earned \$10 billion in revenue according to IBIS World.

Trump says the taxing policies and tax code are not competitive with 35 of the most advanced economies in the world and is the number one reason for businesses to move their facilities out of this country taking U.S. jobs with

- Organization for Economic Co-Operation and Development (OECD) says the U.S. has a combined corporate tax rate of 39% compared to the average of 24% among OECD members.
- China, United Kingdom, Germany, Canada and Australia all have lower rates than the U.S.
- U.S. corporate tax rate is 16.4 percentage points higher than the worldwide average according to the Tax Foundation.

President Trump's efforts to make American Competitive Again need the support of Congress and the average American, especially here in California. "The money American businesses earn overseas is being kept out of the country to avoid our high corporate tax rate," says Trump. Fortune 500 corporations are holding more than \$2.6 trillion in profits offshore to avoid \$767 billion in Federal taxes, according to the Institute on Taxation and Economic Policy.

Sen. Dianne Feinstein is known for her careful review of issues and with tempered caution when she moves forward. She is not only one of the most powerful representatives in Washington, D.C. she has also accumulated a significant bank account with investment banker husband, Richard Blum. Surely both of them must be well aware of the damage being done to this country with our taxing policies and our tax codes.

It never fails whenever there is a tragedy; "scumbags and lowlifes" come out of the woodwork. With the flooding that is in Texas and other areas in our country, we often feel that we need to help. When we have tragedies like this, the scammers come out force to take your money. It does not matter if it is a natural tragedies such as an earthquake, or crimes of mass murder, or even horrible events like the 9/11 at-

If you are one of the ones that donate money to assist with recovery for the victims, be careful who you donate your money too. Please check them out. Some organizations that we know of often have high expenses to operate and high salaries for upper management. Often, the money you donate goes to their operational expenses including high salaries. Many organizations will redirect your donations to support themselves or their other needs. I did a little research and found that "local" help organiza-



George Ogden That's just the way it is!

tions are the best to work with. Here is a short list that may help you decide where to place your donations. Some of the local organizations in the affected hurricane areas are: Greater Houston Community Foundation, Houston Food Bank, United Way of Greater Houston, South Texas Blood and Tissue Center, Food Bank of Corpus Christi, Houston Humane Society, San Antonio Humane Society, Catholic Charities of the Archdiocese of Galveston-Houston, and the L.G.B.T.Q. Disaster Relief Fund. Volunteers from Houston Food Bank. Houston

Food Bank.

These local charities have all received scores between 85 and 100, and work in the most heavily affected areas of Houston.

Sara Nason, a Charity Navigator spokesperson, stated that choosing between donations to a local or national organization is a matter of preference. The main thing to look for is that the charity is an established and highlyrated organization. "Local organizations will continue to work in the community long after the disaster has happened, as they have an established presence in the community. National and international organizations deal with disasters at a large scale, with an established infrastructure and coordinated teams that specifically hold a skill-set for re-

sponding to crises." With this information in mind, I hope this will help you make decisions that will help assist

"That's Just the Way it Is!"

San Dimas HEROES Is **Looking For All Golfers**

SAN DIMAS - There's still time to join the San Dimas H.E.R.O.E.S. (Helping Establish a Remembrance Of Every Serviceperson) at its 7th Annual HE-ROES Golf Tournament at the Via Verde Country Club on Monday, September 11, 2017. Check in starts at 9AM with a shotgun start at 11AM. A banquet dinner, awards ceremony and live auction will follow the tournament, and several raffle prizes will be given out. This year's auction items include a signed guitar by the band Chicago, and a ride on

the Budweiser "Clydesdales" wagon at the Los Angeles County Fair. The auction will take place around 6PM and the public is invited to attend, even if you're not golfing.

Golfing fees are \$125.00 per person or \$500.00 for a foursome. To register, go to the HE-ROES website www.SanDimasHEROES.org or by email at SanDimas-HEROESgolf@gmail.com.

They can also be reached by phone at 909 542 8511.

This year's sponsors include CareMeridian, Waste Management, Christ's Church of the Valley (CCV), Los Angeles County Fair (LACF), Jackson and Jackson Insurance Agents and Brokers, Pomona Valley Hospital Medical Center, Albertson/San Dimas, Golden State Water Co., Hometown Rentals, Quality Instant Printing (QIP), San Dimas Ace Hardware, Toyota of Glendora, San Dimas Community News, Glendora Hyundai, Vons/ Via Verde and Anheuser - Busch.

32nd Annual Industry Hills Pro Rodeo **Raises Funds for Children in Need**

CITY OF INDUSTRY - Tickets are available now on line for the 32nd Annual Industry Hills Charity Pro Rodeo at the Industry Hills Expo Center in the City of Industry, Saturday and Sunday, September 23 and 24. Top performers of the Professional Rodeo Cowboys Association will compete for over \$60,000 in prize money.

Cowboys and cowgirls will compete for prizes in bareback riding, steer wrestling, team roping, saddle bronco riding, calf and team roping, barrel racing, and bull riding. Participants will compete for prize money and points, depending on their placement in each event, which help them to qualify for the National Finals Rodeo in Las Vegas this December.

The action in the ring will be nonstop with thrills for all ages. In addition to the many traditional rodeo cowboy events, there will be a spellbinding motorcycle aerialist from Brigade FMX. This extreme motorsport entertainment was formed by three friends who loved doing bike stunts. The spectacle of freestyle motocross has grown and will thrill the au-

Joining the event this year are members of the Veterans Benefit Team Roping Foundation. Those who have served the country will be in the ring for roping events to entertain and to celebrate the contributions made by men and women of the armed forces.

The City of Industry and the Industry Manufacturers Council are the major sponsors for the rodeo. The Council is City of Industry's Chamber of Commerce. They are joined by more than 150 businesses and individuals sponsoring the Rodeo each year. Making the Rodeo possible are over 400 volunteers from the surrounding communities.

The Gabriel Foundation, the Rodeo producer, has helped many thousands of young people in the East San Gabriel Valley

who are mentally challenged, physically handicapped or come from disadvantaged or abusive homes. Since its inception in 1985, the Gabriel Foundation has contributed more than \$2.3 million to various charities helping these children in need.

The Expo Center at 16200 Temple Avenue has a beautiful covered arena and grandstand with an electronic scoreboard and great sound system. Open on all sides, the arena allows expansive views of the city and hillsides.

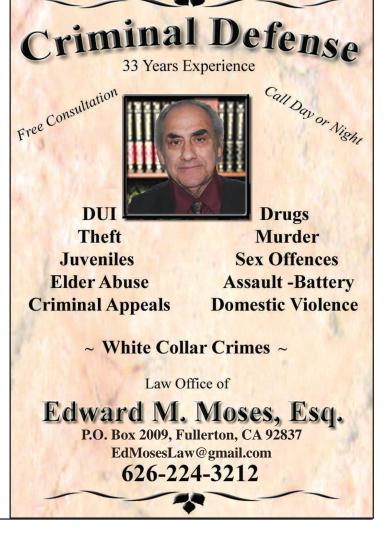
Gates open Saturday at 4 p.m., and families can enjoy pony rides, a petting zoo, and retail vendors selling Western-theme items. Food and beverage concessions will be available. The Rodeo begins at 6 p.m., followed by the ever-popular Rodeo Dance at 8 p.m. Dance tickets are \$10. Dancing will continue until midnight. Gates open at noon

on Sunday and the Rodeo starts at 2 p.m.

Early purchase of tickets is urged. Tickets may be purchased now www.industryhillsprorodeo.org.; Tickets are not available at the arena until the days of the Rodeo

Rodeo tickets are \$18 for an adult which includes parking, \$12 for seniors 60 +, \$8 for children 3-11 years old, and \$10 per person for the Rodeo Dance. To reach the Expo Center at 16200 Temple Avenue, exit the 60 Freeway at Azusa and head north to Temple. Turn left (west), for the Center. Or, exit the 10 Freeway at Azusa Ave. and go south to Temple and turn right (west), to the Center. Parking is free.

For more details or to purchase tickets industryhillsprorodeo.org or call the Rodeo office at (626) 961-6892.



nia Missions stretch from San sion properties, it brought an to Los Angeles' and a mass Diego to Sonoma and number end to the Mission era. For honoring the incoming royal 21 in total. Mission Soledad, named after Our Lady of Sorproperty was to be sold and eventually Governor Pio Pico rows, was the 13th mission sold the entire Mission Soledad built. It was dedicated on October 9, 1791 by Father Presilands to the Soberanes family

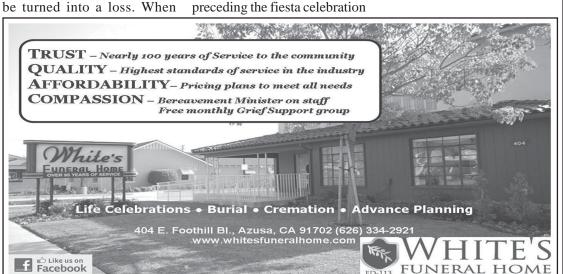
Lucky 13 The Califor- clared appropriations of all Mis-

for only \$800. Rancho living dente Fermin de Lasuen and remained under control of the took over during that period from 1830 - 1846 with cattle Franciscan Order until the missions were secularized in the operations dominating life at 1830's. It was located in the Mission Soledad as well as in Castro Valley and became the surrounding areas. From the known for its harsh winters, Mission era, through secularhot summers, swift floods, unization and eventually the rancho period, Mission Soledad as relenting winds, hard work and overall isolation. But everything well as the other 20 California Missions faced an uncertain was not all bad with the mis-

> future..... Birthday Number 246... Mission San Gabriel Arcangel celebrated its 246th birthday with its annual spectacular fiesta event. Founded in 1771, Mission Gabriel became the 4th of the California Missions and in time was the most prosperous. It also became the starting point for the settlers of the Pueblo of Los Angeles who 10 years exactly after the founding of Mission San Gabriel walked nine miles to the site of the new pueblo at present day Olvera Street. The event was celebrated over the entire week preceding the fiesta celebration

and stated this year on Saturday August 26th with 'A Walk court of Queen Felicia Valdez, Princess Briana Cruz and Princess Stephanie Flores Lemus. The mass was followed by the coronation of the queen and princesses in the garden area at the Mission which was followed by a reception. On Friday evening the Fiesta opened to the sounds of ringing Mission bells with rides, food, attractions and entertainment and ran through Sunday September 3. The annual Blessing of the Animals and Children's Costume parade was held on Saturday September 2. On Sunday, a memorial mass honoring Saint Junipero Serra was held to recognize the founder of Mission San Gabriel. The fiesta is traditionally held over the Labor Day weekend week so make your plans for the 2018 Fiesta which will celebrate the 247th birthday of the local historic mission.....

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.



Yellen's Yawner

Federal Reserve Chair Janet Yellen kicked off the annual Jackson Hole confab on August 25th with a speech that should have come with a "Warning: may cause drowsiness, do not operate heavy machinery" sticker on it. At 8:00AM mountain time, she presented a sleepy defense of regulation to the cadres of reporters and central bankers gathered for the annual boondoggle. Starting with a recap of the financial crisis, Yellen retold the story of the emergency policy response, the regulatory policy response and finished with an optimistic assurance these responses should prevent the next large-scale financial earthquake.

Yellen appears to be convinced that today's regulatory regime can prevent another major financial crisis as long as regulators apply rules diligently and remind the public of past global financial crises from time to

FDR's bank regulation (in the 30's) split speculation into two pieces. Simple business and consumer loans were the purview of commercial banks, which would also be home to consumer bank deposits. Investment banks, funded by their owners, were permitted to speculate in the securities markets.

Glass-Steagall may have prevented a crisis of Great-Depression proportions for seventy years, but most experts believe it would not have prevented the 2007-09 Global Financial Crisis. Banks failed, of course, but bank regulation was entirely adequate to protect the FDIC insurance fund. There was no systemic run on bank deposits as there was in 1933. But there was a crisis.

The transformation from moderate crisis to full-blown systemic rout in late 2007 took place

First Responders

gion Family at Charter Cove Covina.

American Legion Post 755 in

Covina will again be recognizing

Covina, Glendora and San Dimas

on Monday, September 11, 2017.

One hundred and fifty lunches and

two K-9 baskets will be prepared

at the Post and then delivered to

the three law enforcement and

eight fire stations in the three

cities as a "thank you" for all that

first responders do to keep our

communities safe.





Economic Analyst & Former Glendora Mayor

in the shadow-banking system, and the biggest investment banks were at the center of it. Too many mortgage companies went bellyup first, leaving billions of dubious - often-fraudulent - mortgages behind them. The investment banks had pipelines full of this paper, all backed by significant leverage. Ultimately, it shattered the confidence of their creditors.

Regulators folded two investment banks into commercial banks and granted commercial bank charters to two more. One -Lehman Brothers - failed spectacularly. Fannie and Freddie were specialized investment banks created by Congressional mandate - hence the name Government Sponsored Entity. The Treasury took them into conservatorship.

In other words, Glass-Steagall worked until it stopped working, but not because President Clinton ended it in the '90s. It was simply because counterparty risk will always overwhelm a silo approach to regulation. Who cares if banks cannot speculate if they can lend money to people who do? Ending Glass-Steagall may have made the crisis worse, but the transformation of partnerships into publicly traded companies was a more important fac-

Despite the big-four remaining investment banks migrating into the banking system, convert-

The American Legion is the

largest wartime veterans' service

members in more than 13000

posts in communities across

America. The American Legion

with the American Legion Auxil-

iary and the Sons of the Ameri-

can Legion make up the Ameri-

can Legion Family, committed to

serving active duty military per-

sonnel, veterans, their families

and the community.

ing their shadow-bank assets into bank assets in the process, shadow other non-bank lending has boomed. In the decade since the financial crisis erupted, bank lending has grown 28%, while non-bank lending has grown by 54%. Shadow bank loans increased by \$22.9 trillion and shadow bank debt is now 7.6 times bigger than bank debt.

Well-capitalized banks might survive a future crisis should shadow bank counterparty failures domino through the financial system, but there would still be plenty of economic damage. Indeed, regulators' focus on banks has exacerbated the problem by pushing risk taking away from banking - and away from regulatory supervision. The obsession with banks suggests some regulators may believe the problem in 2007-09 was risks posed to the FDIC deposit insurance fund and a repeat of the 1930's bank runs if it failed. But there was also a world-spanning wildfire raging in the credit markets doing untold damage to the economy and people's finances. The FDIC survived in the end, but tens of thousands of companies did not, and 10 million people lost their jobs. These are not trivial things.

Bottom line: You cannot eliminate all risk

Financial panics are as old as Western Civilization. The first in the US, the panic of 1785, followed just a few years on the heels of the ratification of the Constitution.

As long as people are willing to borrow for speculative reasons, and as long as people are willing to lend to them, the economy will be at risk. As FDR realized, ending "speculation with other people's money" would end economic growth. Still, with luck, Yellen will be decades out of the Fed before the next financial crisis hits (so she does not have to suffer a feeling of guilt like Greenspan).

As for the cause of the next crisis? Who knows? If we did, we'd regulate it away. But as anyone who has ever baby-proofed a house, hosted a teenage party or built an investment risk-management model can tell you, when disaster strikes it comes from that one thing you didn't protect against. There's no question the financial system is safer today than it was 10 years ago. And the banking system? Way safer. No question. But there are still hefty risks in the world. The next global financial crisis may be decades away, but there will be another one.

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Your Money - Ask Julia

Never forget 9-11-2001, when America was attacked! All those lives mattered.

When America was attacked, we had the power to take action. Some countries don't have that power. Some don't have life insurance, homeowner's insurance, help from government or philanthropists to help them move on with life. Do you?

How can I help those who need it in Texas, as well as those who have losses due to fires in Montana and California?

Do not wait for a charity to call you. We've been told that the best way to help is to donate money. Beware of scams that pop up whenever there's a disaster. Go online to research how much of your contribution dollars actually go to the cause.

We've been waiting for interest rates to drop before we refinance or home mortgage. When do you see interest rates lower-

ing? I cannot predict the future, but I can tell you that interest rates have hovered around the lowest numbers for a very long time. News sensationalizes a rate increase, even if it's only a tenth of a percentage point. Historically, once interest rates start to go up, they continue to go up for quite awhile. Are you going to be okay if interest rates go up? Go online and use a mortgage calculator to figure out the monthly savings between what your interest rate is now, and what it could be at current rates. Keep in mind that rates quoted online are often



Julia Yoder

based on stellar credit scores, low debt-to-income ratios, solid comparable/appraised value, and the borrower's ability to repay the loan. When you are ready, see below for information on applying securely online for a mortgage loan.

Can our small family business pay our life insurance premiums?

In general, yes, your family business can pay life insurance premiums, and take the allowed tax deduction. Life insurance can be set up to protect the business from financial loss while replacing a partner who dies, or the policy can help the business buy out the family members who would become (unwanted?) partners. It's a good idea to have life insurance on those individuals who are instrumental in the operation of any business. The right life insurance policy, as well as annuities, can also become part of a retirement plan.

I have more than \$100,000 in CDs that mature in October. I

don't foresee needing this money anytime in the near future. Is there a better place to invest?

Definitely! You have a couple of different options that would give you the safety you're used to, with good returns. Some of my clients choose fixed-indexed annuities (not variable annuities), while others choose to purchase paid-up life insurance. Both can have tax-deferred growth. The advantage folks like about using life insurance as an investment are: 1. The cash account of this life insurance can be accessible, tax-free, to you if you find you do want it during your lifetime, 2. the amount of the life insurance benefit is more than the amount of money you pay into it, so you're leaving more to your beneficiaries, and 3. your beneficiaries will receive these funds in a timely manner, and income tax free!

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-

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By Gene Morill - Certified Automotive Specialists

Protecting Your Vehicle From Predators

In an effort to be "greener", dent invasion. Chewing them out of your garage entireterials are being used in cars today. This is great for the economy as it reduces waste. It turns out though, that what is good for the earth is also enjoyed by four-legged creatures. Yes...rodents are using their sharp, little teeth to chew right through wiring, hoses, and anything plastic. They make themselves cozy little nests to live

You might wonder why your car is leaking fluid, or has some other problem, when it was just checked out. It could be a ro-

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this ad

and get

a 10%

discount

such things as acorns and seeds to your vehicle is bound to cause issues.

What can you do? Here are a few suggestions we found when reviewing this problem:

- Paint wires with hot sauce
- Cover components with metal mesh (and any place they might build a nest)
- Use electrical tape treated with capsaicin (think super-hot chili)

The best deterrent is probably finding a solution to keep

plant-based biodegradable ma- through components or adding ly. If you can think of other solutions, please, let us know so we can pass it along to others who have found their vehicle invaded by the furry men-

> 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 our CertifiedAutoCa.com.

Hometown Service You Can Count On!

Community Articles Are Welcome

We are seeking articles, photos, and news event items for future issues of the San Gabriel Valley Examiner. Information can be sent to SGExaminer@aol.com. Articles should be in Word format while photos should be in jpeg.

From old to nem..

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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> 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

Grief Support Group

www.arcadiaca.gov.

Church of the Good Shepherd, United Methodist in Arcadia (400 W. Duarte Rd. Arcadia, CA 91007) is beginning the third round of the 10 week grief support group. This group will begin meeting on Tuesday, September 19th from 7pm-8pm for ten weeks in the library. This group is open to the community regardless of religious affiliation. We will gather weekly with tea and engage in deep listening and uplifting support. People at all stages of grief are welcome to join this support group. Please email Linda Brown at childcenter@cgsum if you are interested or if you have any questions.

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

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.

game.

Arcadia Senior Card Hot Lunches at **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

Fall 2017 Registration for Adults 50 years +!

The City of Arcadia Recreation & Community Services Department - Senior Services Division is offering fall classes for adults (50 years of age and older). The course offerings include oil painting, yoga, strength training, line dancing, tai chi, zumba gold and aerobics. Registration is now open on-line, for walk-in, fax-in or mail-in. Courses are offered at the Community Center, 365 Campus Drive.

For class dates, times and locations, please contact Arcadia Senior Services at 626.574.5130 or log onto www.arcadiaCa.gov.

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

DUARTE

to start the application process.

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.

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.

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

914-4833. **Regional Food Bank Distribution Program**

info,

glenkirkchurch.org or call

Glenkirk's church office at (626)

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 verifica-

tion 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 class.

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.

WEST COVINA

Go West Shuttle Service

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

- For questions on the location of shuttle stops, assistance in locating the stop closest to you, and route schedules please call (800) 425-5777.
- The fixed-route service operates Monday through Friday from 6:30 a.m. to 7:00 p.m.
- The fare is only \$1.00 each way. No Service on Thanksgiving, Day after Thanksgiving, Christmas Eve, Christmas Day, New Year's Day, President's Day, Labor Day, Memorial Day, and Independence Day.

Senior Lunch

The West Covina Senior Center 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.

Shepherd's Pantry Fall Donation Drive

GLENDORA - The Glendora Library and Shepherd's Pantry are partnering again this year to help those in need. Starting September 1 through September 30, the Glendora Library will be collecting non-perishable food and toiletry items for needy families in our community. Items needed include canned goods (such as vegetables, tuna, and fruit), jars and packaged food (such as rice, pasta, cereal, peanut butter and jelly), and non-food items (such as diapers, shampoo, toothpaste and toilet paper) - no expired food items, please. For a complete list of recommended food

items, please visit the Shepherd's Pantry website www.shepherdspantry.com. Donations can be dropped off

in the Shepherd's Pantry collection box located on the main floor of the Library during regular li-

Glendora is a wonderfully caring community and your support is greatly appreciated!

The Glendora Public Library is located at 140 S. Glendora Avenue. For more information, visit the Library's website at www.glendoralibrary.org or call us at (626) 852-4891.

Republican Koffee Klatchers Breakfast

GLENDORA - John Fasana, Mayor Pro Tem of Duarte and Member of the Metro will be with us this Saturday, Sept 9th for the 48th Assembly District Republican Central Committee Koffee Klatchers Breakfast at Denny's, 546 W. Baseline Rd. Glendora (Off the 210 Freeway at Grand Ave).

This behemoth organization known as Metro with a \$5.6 billion a year budget plans short- and long-term mobility needs in L.A. County using various funds and moving 9.7 million people around 1,433 square miles using buses, to bikes to rail.

Where does that \$5.6 billion come from and where will it be invested? Long-term what are the financial needs of the organization? Where will those dollars come from?

Traditionally, the San Gabriel Valley has had to go up against the powerful political giant called Los Angeles to "get our fair share" of transit dollars back into our area. The fight for cap and trade dollars has begun here at home and in Sacramento. Should it go to transportation or to adding housing units?

Please take a little time to come join Mayor Pro Tem John Fasana and local Republicans for a cup of coffee or breakfast, or just receive a tremendous amount of information that could have a huge impact on you, your business and lifestyle.

Registration is at 8:30 a.m. Speaker at 9:00 a.m. . \$12 for Breakfast and \$5 for Coffee.

EYE-DAS Western **University Presentation ARCADIA** - Western University is conducting a balance study

with people over 50 with vision impairment. They will discuss how the study will be implemented at the October Eye-Das meeting. Presentation is at the Assistance League Building, 100 Alta, Arcadia on Tuesday, **September 12** at 12:00 p.m.

EYE-DAS {"Eye Diseases are serious"] provides social and educational services to the visually impaired throughout the San Gabriel Valley. Clubs meet in West Covina on **September 7** at 11am in the West Covina Senior Center on Cortez; in Glendora on **September 11** in the La Fetra Center at 6:30p.m.; in Arcadia on September 12 at the Assistance League Building on Alta at noon. Both the visually impaired and their friends and family members are always welcome. For more information, contact EYE-DAS at (626) 335-3937 or (909) 392-0488.

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

909 542 8511.

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 informational 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

The San Gabriel Valley Examiner

September 7 - 13, 2017 S.G.V. EXAMINER

What You Should Know Before Buying or Leasing a Vehicle this Fall



PHOTO SOURCE: (c) Tomasz Zajda/stock.Adobe.com

chase a new vehicle, with new models hitting dealer lots, and significant savings on current model year cars and trucks. Whether this is your first purchase or you've done this before, there are more choices than ever when it comes to makes and models of vehicles, and financing options for securing one.

Before heading to the dealership, follow these tips to prepare.

• Do your research: Online reviews and safety ratings can be helpful in choosing the car that fits your needs and lifestyle. This information will also come in handy when it comes time to negotiate. Consult reputable independent sources beforehand, like Consumer Reports and Edmunds, to compare vehicles you're considering.

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Fall is a popular time to pur-reviews or "first drives" on YouTube can help give you a detailed view on vehicles before heading into a showroom. This research can also help you identify questions for your dealer or make you aware of features you can experience while on a test drive, like lane departure warnings or self-parking technology.

• Know your budget: Automotive expenses include monthly payments, car insurance, fuel and maintenance costs. As a general guide, transportation expenses should be less than 20 percent of your monthly budget. Use free resources, such as Ally's online car payment calculator, to help determine what is realistic for your budget; it's available at allywalletwise.com/calculator.

If you have a vehicle that you will be trading in or selling, estimate its value using tools like

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Kelly Blue Book. This will come in handy when deciding on tradein options.

 Decide whether to buy or lease: Consider your lifestyle and budget when exploring financing or leasing options. Be sure to review your credit report, as your score can affect whether you're approved for financing and the rate you'll receive.

Also, consider new options, such as leasing used vehicles, which are now being offered through institutions like Ally Financial. Whatever option you choose, be sure to know the details of your agreement, whether leasing or financing your car.

• Test drive: Don't forget to do some hands-on research, as well. Test drive each of your top choices to determine your favorite. You should feel comfortable, confident and safe behind the wheel of the car you select. The longer the test drive, the better. Give yourself as much time as possible to notice the details and get a feel for the vehicle. Most dealers have a predetermined test route, but if you drive a variety of roads, this may not be enough. Ask your salesperson to go for a longer drive that includes highways and backroads. Before or after your test drive, explore the vehicle, touch every button, program the navigation, climb into the backseat, open the trunk or

More tips for owning or leasing a car can be found at allywalletwise.com.

Remember that purchasing or leasing a car is a major financial step. Do your research to ensure you're making the best decision for you. (StatePoint)

Citrus College Trustee Recognized as Community Hero

GLENDORA - Dr. Patricia A. Rasmussen, vice president of the Citrus Community College District Board of Trustees, is being honored with a special presentation at this year's Los Angeles

A longtime resident of Glendora, Dr. Rasmussen will be recognized as a "Community Hero" during Glendora Day at the Fair on Wednesday, Sept. 20. She was selected for the honor because of her decades of service and many valuable contributions to the city.

In addition to serving as Glendora's representative on the board of trustees, Dr. Rasmussen is a member of the Kiwanis Club of Glendora Kiwaniannes, chair of the Leadership Academy and a member of Equestrian Trails, ∇ Inc., Corral 35, a local riding organization. She was also a twoterm member of the Glendora Unified School District Board of Education and served as a member of the Glendora Public Library Board.

"Congratulations to Dr. Rasmussen for her selection as one of Glendora's Community Heroes. Celebrating our local communities, including their outstanding residents and civic, education and business partners, is a long-standing tradition of the LA County Fair," said Miguel Santana, president and CEO of the Los Angeles County Fair Association. "It is an honor to spotlight those individuals who so selflessly give of their time and talent."

Dr. Rasmussen's Community Hero honor is the newest addition to a long list of awards and recognitions she has received for serving the community. This list includes being named the 59th State Assembly district "Woman of the Year," receiving the Glendora Coordinating Council Humanitarian Award and being presented with the Kiwanian Distinguished Service Award. In 2013, she received the "Awards of Distinction: Life's Work" honor at the YWCA's "Women of Achievement in the Field of Education: Honoring Passion, Dedication and Achievement" cer-



"Trustee Rasmussen has a long-standing commitment to giving back that is inspirational. It would be impossible to truly measure the effects of her contributions to the community of Glendora and beyond," said Dr. Geraldine M. Perri, superintendent/president. "On behalf of the entire Citrus College community, I extend my heartfelt congratulations to Trustee Rasmussen for being selected to receive this well-deserved honor."

While Dr. Rasmussen's list of service activities is impressive, she has also impacted her community through her extensive experience in education.

Prior to embarking on a career within the community college system, she spent time teaching English and journalism to Glendora students at both the high school and college levels. In 1983, she joined the Citrus College staff and subsequently held several administrative positions, including dean of planning and economic development; administrative dean of planning and institutional advancement; director

Why More Americans Should

of development/assistant to the president; and director of public affairs. In these roles, she was instrumental in raising funds that provided scholarships and opportunities for hundreds of students.

In 2005, Dr. Rasmussen retired as vice president of institutional advancement for Mt. San Antonio College. However, her passion for education continues.

"The transformative role that a community college education can play in the life of a young adult is undeniable. Because of this, I consider it an extreme honor to serve as Glendora's representative on the Citrus Community College District Board of Trustees," Trustee Rasmussen said. "Receiving a Community Hero award for giving back to a community that has given me so much is very humbling. I find it especially gratifying to be presented with this honor for doing work that is so important to me."

Glendora Day at the Fair will include the Community Hero awards presentation, as well as a community day parade in which Dr. Rasmussen and Citrus College will be represented.

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talking about retirement with their children, it's clear from this study that their advice is vague," said Ann Hughes, chief distribution officer. "The first step in helping the next generation succeed financially could come from simply, clearly sharing what you've learned from your mistakes."

future of savings.

and Health Insurance.

Baby Boomers reported spending money on things they didn't need, going into too

Community Articles Are Welcome

We are seeking articles, photos, and news event items for future issues of the San Gabriel Valley Examiner. Information be sent SGExaminer@aol.com. Articles should be in Word format while photos should be in jpeg.



Photo Source: (C) Monkey Business/Stock.adobe.com

much debt and not saving for retirement when they were young. That's not what they talked about with their kids, though, according to the study. And with even more Gen Xers saying they regret spending and accumulating debt than previous generations, they may be on course to repeat their parents' mistakes.

Boomers and Gen X-ers share similar financial fears, according to the study. About 66 percent of Baby Boomers admit they are concerned about outliving their retirement savings. Gen X-ers are even more fearful – 77 percent report the same concern.

These fears may stem in part from the fact that many Gen X-ers are getting squeezed – with nearly a fifth of this "sandwich" generation supporting their parents and 71 percent

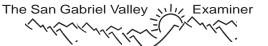
supporting children. To ensure your savings can

last a lifetime, start by assessing your current retirement strategy, including benefits such as Social Security and any other income streams. Then look at your future financial needs.

You may also wish to investigate options such as a fixed index annuity, which can help protect your nest egg from market volatility and generate steady lifetime income.

While the survey results suggest a growing participation in parents' retirement planning, there is clearly room for improvement in communication on these subjects.

"All too often, money becomes a taboo topic or a source of embarrassment," Hughes said. "Making time for these discussions can help encourage each generation to avoid making the same mistakes their parents did and plan better for the future." (StatePoint)



S.G.V. EXAMINER **September 7 - 13, 2017**

Hundreds Gather at State Capitol for "Save Our Services" Rally to help **People with Developmental Disabilities**



SACRAMENTO-Acoalition of state legislators, developmental disabilities services providers and their clients, and unions gathered at the State Capitol for a rally in support Assembly Bill 279 (Holden) to help people with developmental disabilities. Assembly Bill 279 requires the State to adjust reimbursement rates for developmental disability service providers in order to comply with mandated minimum wage increases.

With the passage of local minimum wage laws, organizations serving people with developmental disabilities are strained to continue their vital work as the reimbursement rates for those services are set and controlled by the State. As they continue to adhere to local mandates without receiving necessary funding, they will soon be forced to shut their doors on a population in need of their services.

"The Lanterman Act is known as The Bill of Rights for People with Developmental Disabilities, and it declares that people born with developmental disabilities possess the exact same human rights as all other members of our society. It declares that our family members, friends, and neighbors have the right to live as valued members of our communities," said Assemblyman Chris Holden. "We must pass AB 279 to provide the funding our community organizations need to continue providing the vital services people need."

Organizations that provide development disabilities services have appealed to the State for adjustments to their reimbursements in order to bring the wages of their employees who are under local mandates up to the legal minimum wage, and these adjustments did not make the final State Budget for the coming fiscal year.

"We are really trapped between these minimum wage laws that must be obeyed and the State's refusal to provide the funds to pay them. We've got to fix this now," said Dr. Ron Cohen, President and CEO United Cerebral Palsy of Los Angeles, Ventura and Santa Barbara Counties. "AB 279 will provide the funds to meet our payroll and stay open. There is no place else for people to live, no one else is ready to serve them if we close"

Both Republicans and Democrats spoke at the rally including Assemblyman Chris Holden (author), Assemblyman Acosta, Senator Anderson, Assemblyman Tom Lackey, Senator Nancy Skinner and Senator Scott Weiner.

How to Optimize Your Home Office



Photo Source: (C) Iriana Shiyan/Stock.adobe.com

The old 9-to-5 isn't what it used to be. As more companies embrace telecommuting, a growing number of employees are finding that even in the professional realm, there's no place like

Here's how to set up a home office for success.

• Commission floor plans. It's a good idea to have plans drawn up by an architect. Knowing your exact square footage has tax-savings implications: If your home office is your principal workplace, you may qualify for a home office tax deduction (for what the IRS calls "business use of your home") based on the overall area of that space. Plus, an architect may be able to see beyond walls to find potential spatial configurations you might not have con-

• Define your workspace. Working from home may be an escape from the monotony of cubicle land, but it's still important to define your workspace. If it's not possible to turn an existing room into your office, consider using an uncluttered portion of your basement, attic or garage. A tax deduction applies only to space used exclusively as a home office, so simply putting a desk in your living room doesn't make you eligible, nor will it prevent distractions.

• Get comfortable. Don't just grab an extra dining room chair. Chair designs have improved thanks to ergonomic research over the last half century. Choose one that will keep your posture vertical and your mind sharp.

• Get lit. Ideally, your home office will have at least one window, but also invest in a swingarm desk lamp to provide ample illumination for concentrated

 Clear clutter. Avoid toppling stacks of documents and make the recycling bin your new best friend. A small filing cabinet should be able to hold all your records, and many home furnishings can be repurposed if a filing cabinet feels too corporate.

• Grow something. Not only are there health benefits associated with keeping plants indoors, they'll be there when you need to take a break. A little gentle pruning can prove meditative, and can be a good way to refocus.

• Keep a schedule. Online newsfeeds and day-to-day housework can be distracting. Approach working at home with the same level of professionalism you'd bring to an office setting. Display a clock and wall calendar for visual reminders of deadlines.

• Communicate. Responding promptly to emails and calls lets co-workers know that you're reliable. Substitute face-to-face time with FaceTime (or another video-enabled communication service). Thanks to such technology, you can share space with coworkers a continent away.

• Take breaks. Anyone familiar with water cooler chatter knows that offices are highly social. That's an aspect of your day that can feel like it's missing. So step outside every few hours; wave to your neighbor or walk to a coffee shop.

For more home office tips, visit topicarchitecture.com.

By adopting a few design strategies and organizational habits, you can get your best work done from your home office. (StatePoint)

Don't Leave Your Family With An Unwanted Inheritance

If you or someone you care about is among America's estimated 75 million baby boomers, there are a few financial facts and figures you should know.

For one thing, middle-income boomers are carrying more debt into retirement than ever before. So what happens to financial obligations after death? Life insurance not only helps provide your surviving family members an income after you pass away, but can also be used to pay off debts.

According to a recent study commissioned by Bankers Life Center for a Secure Retirement, middle-income boomers have lowered their overall expectation for financial independence in retirement since the onset of the financial crisis in 2007. Ten years later, fewer boomers expect they will retire debt free (34 percent today, down from 45 percent before the crisis) and fewer have paid off their mortgages (19 percent, down from 25 percent).



Understanding life insurance can help you have peace of mind.

If you have enough assets to cover your debt when you pass away, creditors will receive their due from your estate. However, it matters whether your home is your primary asset and whether your spouse or another family member is a co-applicant or cosigner on an account. Your mortgage and other debts, such as credit card bills or car loans, could fall to them.

Proceeds from life insurance can be used to pay down your mortgage and debts, as well as help pay for funerals and other final expenses.

"Carrying debt in your retirement years is very common today, and life insurance can help provide peace of mind that your family's comfort and security are provided for," explained Scott Goldberg, president of Bankers Life. "Boomers should do a complete inventory of their finances and debt, weigh their options, and find a life insurance policy that will help ease any potential financial burdens upon death."

Here are four tips to help you figure out whether purchasing life insurance is right for you:

1. Determine your need: Does someone depend on you financially? Are you lacking the funds to cover your final expenses? If yes, consider life insurance to help protect your family's future. A beneficiary can use the money for living expenses or to pay off debts.

2. Understand the different types of life insurance: There are three major types of life insurance coverage: term life, whole life and universal life. All three types pay a death benefit but each can differ in terms of coverage length, premium flexibility, cash value accumulation and distribution, and other factors.

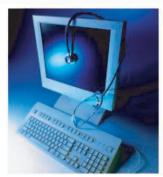
3. Decide how much life insurance you need: How much coverage would your family need if something happened to you? What expenses need to be covered or debts paid off? How much is set aside for savings? The answers will help you determine the type and amount of life insurance you'll need.

4. Consider seeking professional guidance: Options are available for nearly any income and asset level, age and risk tolerance. An insurance professional can help you evaluate your life insurance options and costs based on your needs and circumstances.

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