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Holiday Safety Tips / A3

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STRIVING FOR JOURNALISTIC EXCELLENCE IN LOCAL NEWS

December 20 - 26, 2018

INSIDE **Azusa Police "Heroes" Brighten Children's Holidays** By Jorge V. Rosales

AZUSA - The Azusa Police Department received a \$1200 grant from Target for its annual "Heroes and Helpers" event and the Azusa Rotary Club joined in the event with an additional \$500. The program brings together local law enforcement and local Target representatives, and in these instance members of the Azusa Rotary Club, to help the families of in-need youth.

Target's December "Heroes & Helpers" events are another way Target teams support and bring joy to their local neighborhoods. These events promote positive interactions between youth and the public safety officials from their neighborhoods by pairing them together for holiday shopping sprees in many of their stores. As part of the program, public safety and city agencies work together to select the children participating in the events. The youth are then provided with donated funds by Target and funds raised by the partner organizations to help them get gifts and other items they may need.

The event in Azusa's Target took place on Saturday, December 8. Doors were opened one-half an hour before the regular 8:00 a.m. time to allow families and the youth to gather inside the store and meet the



Azusa Police Detective Sloniker with her designated child after a quick and great value purchase at Target Azusa with a \$100 gift card. A smart purchase because the \$119.99 bike was on sale for \$84 and the boy had money left to buy another toy.

officers who would accompany the youth shopping. Families and a total of 17 youth, each programmed to receive a \$100 Target Helpers & Heroes gift card, were selected by the Azusa Unified School District from several of the 11 elementary schools. While the families waited for the police officers to arrive Santa Claus and Mrs. Claus arrived to greet the children and their parents and

they all were provided with refreshments, coffee, donuts and cookies.

The event was coordinated



Azusa Police Chief Steve Hunt with his designated child after they completed their shopping with the \$100 gift car provided to the child by Target Azusa under the nationwide "Heroes & Helpers" program and all purchases were gift wrapped at the child's request by store employees and Rotary Club volunteers.

Ferrari for the Azusa Police Department with Tim Suisa, Loss Prevention Manager for Target Azusa and Rae Jo and Frank Kearney of Azusa Rotary Club. "We are honored to partner with Target to assist in spreading Christmas joy," said Lt. Landeros. This project gives the men and women of the Azusa Police Department the opportunity to assist our community and strengthen the relationship between law enforcement and the citizens we

The children were paired up with a police officer, who chaperoned the child when shopping for gifts. Officers who participated besides the two coordinators, Lt. Landeros and Detective Ferrari, included Chief Hunt, Captain Bertelsen, Captain Grant, and Detectives Beaver, Corona, Parra and Sloniker. Children had the option of having their shopping selections gift wrapped by Target employees or Rotary personnel.

by Lt. Landeros and Detective serve."

She Ran Over 2,500 Miles For Veterans

GLENDORA - Katie Strong of Glendora, CA has been a runner all her life. This summer she ran over 2,500 miles from Oregon to the U.S. Capitol in Washington, D.C. averaging close to 30 miles each day to raise money and awareness for veterans' mental health. At the end of each day's run, Katie planted 22 flags in the ground for each veteran lost. She was not just running for awareness, but to raise money for one specific treatment: service dogs for veterans

Katie Strong (A clinical Psychologist): "On average, 22 veterans commit suicide each day.



2018 Holiday Party for Foster Children

By Feli Gutierrez **DCFS** Adoption

Commentary

Legal Notices

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COVINA - On December 7, 2018, the Asian Pacific Program and Deaf Services Unit of the Department of Children

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and Family Services (DCFS) hosted its sixth annual holiday celebration for foster children. Supervising Children Social Worker Richard Kwong and Mari Nakayama, with the guidance of Assistant Regional Administrator Robert Rodriguez and Administrator Frank Ramos, oversaw the preparations and year-round fundraising held by the Covina DCFS Staff, allowing children serviced by their office to experience a brighter holiday season. The event was held at the Child Advocacy Center through the generosity of Masonic Homes in Covina. The hall was decorated and refreshments were served by the Holiday Party committee and students from local high schools and colleges. Cristina Lim and Sharry Lu led the singing of holiday carols in which there was great enthusiastic participation from the children.

Trent of TDang Photography took beautiful instant photos of the guests with Santa Claus.

The youths in attendance were delighted with face painting by Elizabeth, manicures from Jill and Grace of Getting Nailed, magic tricks from Joseph Yao, Dimitri's balloon artistry and caricatures by Jared. The main entertainment was the magic performance of Minh Tran. Seventy-four children, fifty resource parents and foster siblings enjoyed a variety of food consisting of numerous Chinese, Hawaiian, Korean, Italian entrees, pizza, chips, cookies, juice /soda and

Santa Claus Juan Cabrera listening to the kids wishes.



Minh Tran delighted the kids with his magic. cupcakes. Will.

This year's holiday celebration saw more participation of community partners. The Korean American Family Service Center (K Fam), donated Target gift cards. Assorted toys, trinkets, gift cards and food items came from the Mandarin Baptist Church, Esterglobal, Dr. Kanonknuch Shifleft, Dr. Dan Banh, Trieu Dentistry, Dr. Gloria Romero, Atty. Melissa Searle and food trays from Avolio's Italian Restaurant. The photo booth with all the funny accessories was provided by adoptive parents James and Bill Lau and their sons Barry and

Those interested in helping bring more holiday cheer to our foster youth, can contact Richard Kwong or Mari Nakayama at 626-938-1601. With your help, we can provide holiday cheer for more deserving children.

The Asian Pacific Program and Deaf Services provide care for dependent children placed in foster homes throughout Los Angeles County. Anyone interested in becoming a resource family for foster care or adoption, please call 1-888-811-1121 or visit fosterLAkids.org.

often due to PTSD. I believe the suicides are due to Post Traumatic Stress Disorder (PTSD) for some veterans, and for others Chronic Traumatic Encephalopathy (CTE) that occurs through the repetitive brain exposure to explosions (weapons discharge, Improvised Explosive Devices etc.)."

Two studies from Purdue University in 2018 have proven a statistically significant improvement in veterans' sense of well-being after being paired with a service dog. The service dog's assistance can help ease the depression and anxiety veterans feel due to PTSD, traumatic brain injury or other issues. Also, research showed higher life satisfaction, greater likelihood of going out into the world to socialize, go to school, go to work and participate in normal activities of daily life as compared to veterans that were not paired with service dogs.

There are no specific programs from the VA that fully fund service animals. VA healthcare will sometimes cover the veterinary costs of a service dog, but will not cover the cost of obtaining the animal, training or insurance. Because there is no government funding or private health insurance that will cover these costs, veterans who would like to have a service dog to improve their life cannot afford one.

Working Dogs for Vets, which is one of many volunteer service dog training organizations, dis-



Katie plants 22 flags in the ground at the end of each day's run.

Nearing the end of her 2,500 mile journey in Washington, D.C.

closed that they have over One Thousand veterans on their waiting list that have applied to be paired with a dog to begin the 10 to 12month training program. They currently have over 400 vet-dog pairs in training, but here are simply not enough volunteers and not enough funding to help all the veterans that would like this opportunity.

Katie has met with senators and congressmen regarding passing legislation to assist in creating a standardized treatment program in which service dogs are included as a treatment option for veterans suffering from PTSD like symp-

> toms. The legislation would allow for the funding of the cost of the dog and training, once the veteran has selected this treatment option. If all goes right legislation would be presented in January of the new year. What a GREAT way to start off 2019!

> Currently, Katie continues to recover from bilateral metatarsal stress fractures, Achilles tendon injuries, and other assorted overuse injuries. Once recovered from this USA cross continent run, Katie hopes to complete other long-distance fund raising and awareness activities for veterans.

The San Gabriel Valley 、いた Examiner

Upper District Marks Historical Milestones At Oath Of Office Ceremony



Director Jennifer Santana, Arcadia Mayor Pro Tem April Verlato and Director Anthony R. Fellow, Ph.D.

Gabriel Valley Municipal Water District (Upper District) marked history with the swearing-in of Directors Anthony R. Fellow, Ph.D., and Jennifer Santana. Director Fellow will become the longest serving board member in Upper District history, serving 27 years since first elected in 1991. Upon her election, Director Santana, is the first female director to serve on the Board of Directors.

In celebration of the occasion, local elected officials, legislative representatives, and water community members were among the guests who attended this momentous ceremony. Representatives on behalf of State Senator Susan Rubio, Assemblymember Ed Chau, Assemblymember Blanca Rubio and Los Angeles County Supervisor Hilda Solis presented certificates of recognition, as well as Mayor Andre Quintero of the City of El Monte and Mayor Pro Tem April Verlato of the City of Arcadia.

Director Fellow was sworn into office by friend and colleague, Mayor Pro Tem April Verlato. Following his oath, Fellow commented on his commit-

COMPUTER

MONROVIA - The Upper San ment to ensure a safe and reliable water supply for the region's future. He also expressed excitement in celebrating the District's 60th anniversary of its incorporation next year. He will continue to serve as Upper District's representative on the Main San Gabriel Basin Watermaster and on the Association of California Water Agencies' Region 8 board. Fellow represents the cities of Arcadia, Bradbury, Monrovia, Temple City and parts of Azusa and El Monte.

> Director Santana was administered the oath of office by her predecessor Director Bryan Urias of Division 5. She will now represent the cities of Baldwin Park, Duarte, El Monte and a portion of Irwindale. Santana is a certified Cytogeneticist at the City of Hope, a nationally recognized comprehensive cancer research hospital located in Duarte. She intends to use her science and research backgrounds to find innovative solutions for regional water sustainability and promote water awareness to her communities.

"This was a historic election for Upper District, in that the public made history by electing the longest serving board member and the first female board member," said Board President

(Division 5).

Upper District's mission is to provide a reliable, sustainable, diversified and affordable portfolio of high quality water supplies to the San Gabriel Valley; including water conservation, recycled water, storm water capture, storage, water transfers and imported water. Upper District services nearly one million people in its 144 square mile service territory. Governed by a five-member elected board of directors, Upper District is a member agency of the Metropolitan Water District of Southern California. Annually, more than 78 billion gallons of water is used in Upper District's service area. For more information about Upper District, please visit our website www.upperdistrict.org or call 626-443-2297.

What Do You Want For Christmas?

By Jenny Park

GLENDORA - For some, Santa Claus can mean different things to different people-for the elderly, the married, the unmarried, the children. We should never stop believing though in St. Nick. When I was a little girl, St. Nick was my Grandpa Bob. Grandpa Bob was a tall white man with broad shoulders who had a heart-attack in front of my mother's shop. My mother rushed him to the hospital and fed his two Dachsunds Joey and Heidi for him while he was recovering at Foothill Presbyterian.

For Christmas 2018, I want to wake up in the morning with a glass of mimosa, kids laughing and opening presents, a Christmas tree, and family surrounding me. What do you want for Christmas?

"I want health. Wealth means nothing to you if you can't enjoy it," said Judi O'Brien who was eating at the Broken Yolk Cafe. Wealth can come in many forms. It can come in the form of a smile, friendship, and Christmas is meant to be the best time of the year.

"Salud, dinero, y amor"-the things we all want for Christmas. Health, money, and love in that order appears to be the most reasonable. That is what my Spanish teacher taught me from St. Lucy's Priory High School. My Spanish teachers were lovely men and women. It is the class that I enjoyed the most.

I really enjoyed being served by the lovely men and women at Broken Yolk in Glendora. I was served by Myrchalyn, the kindest server at the Broken Yolk Café. I hope you get a chance to meet her. She was wearing the cutest glasses and Christmas hat. She also taught me some Tagalog. "Kuya" means brother, "Ate"



Myrchalin serves with a smile and with her fun-fifties framed glasses and cute Santa hat. She has been with the Broken Yolk for a year since their Grand Opening last December.

means sister, and "Kumusta ka?" is how are you? "Mabuti" is very well.

She filled my glass of water three times after a Mimosa that I had. Nothing is better than drinking at least 3:1 ratio of water to spirits. To offset the spirits, the staff at San Gabriel Valley Examiner recommend drinking plenty of water to stay hydrated this time of the year.

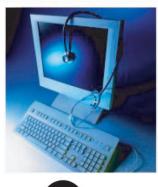
Broken Yolk is a relatively new, fun, friendly, and inviting American diner. They are a family restaurant with TVs, booths, and a kitchen staff that is looking for a chef. If you are a great cook, call and ask for Randy. They are the type of restaurant that will change the channel if asked or add close-captioning for the deaf and hard-of-hearing. They will just change it back once you leave.

The restaurant has been in business for one year, opening last Christmas. If you have any questions, please contact Jenny Park at (626)771-6115.

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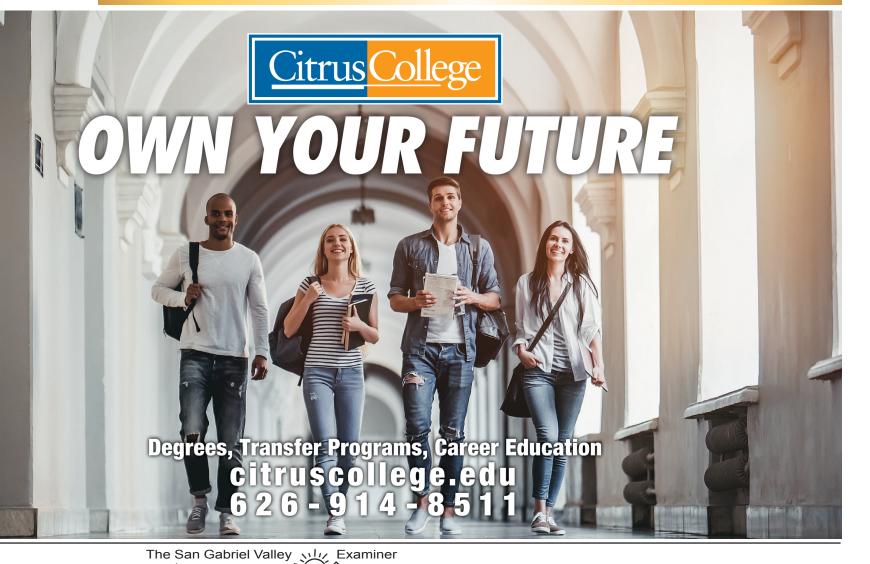


Ed Chavez. "We are proud to enter our 60th year of incorporation with varied representation that will benefit the District and the communities we serve in the years to come."

The Upper District is governed by five elected Directors representing geographic divisions within Upper District's boundaries. Each is elected to serve a four year term. Currently, the Board includes Directors Ed Chavez, President (Division 3), Alfonso "Al" Contreras, Vice President (Division 4), Charles Treviño, Treasurer (Division 2), Anthony Fellow, Secretary (Division 1) and Jennifer Santana



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LOS ANGELES C December 20 - 26, 2018 **Holiday Safety Tips From The Tzeitel Paras Caracci Elected Mayor; Monterey Park Fire Department**

holiday season is now upon us. With that, we take out the holiday lights, shop for Christmas trees and put up holiday decorations. The Monterey Park Fire Department hopes everyone will enjoy a joyous holiday season. However, it is always of importance to stress the need to be aware of certain safety hazards that are always associated with the holiday season. The following tips will help keep you and your family safe as we pass through yet another holiday season and ring in the New Year.

Tree Fire Hazards

Special fire safety precautions need to be taken when keeping a tree in the house. A burning tree can rapidly fill a room with fire and deadly gases.

Tree Selection, Care and **Disposal**

Needles on fresh trees should be green and hard to pull back from the branches, and the needles should not break if the tree has been freshly cut. The trunk



MONTEREY PARK - The should be sticky to the touch. Old trees can be identified by bouncing the tree trunk on the ground. If many needles fall off, the tree has been cut too long, has probably dried out, and is a fire hazard.

Do not place your tree close to a heat source, including a fireplace or heat vent. Heat will dry out the tree, causing it to be more easily ignited by heat, flame or sparks. Be careful not to drop or flick cigarette ashes near a tree. Do not put your live tree up too early or leave it up for longer than two weeks. Keep the tree stand filled with water at all times. Consider using a potted tree.

Never put tree branches or needles in a fireplace or wood burning stove. When the tree becomes dry, discard it promptly.

Holiday Lights Inspect holiday lights each year for frayed wires, bare spots, gaps in the insulation, broken or cracked sockets, and excessive kinking or wear before putting them up. Use only lighting listed by an approved testing laboratory. If there is any question as to the integrity of your lights, replace them with a new set of lights. Do not leave holiday lights on while unattended.

Do not overload electrical outlets

Follow the directions on the light sets when connecting your lights. Connect lights to an extension cord before plugging the cord into the outlet. Make sure to periodically check the wires, they should not be warm to the touch.

Decorations

All decorations should be nonflammable or flame retardant and placed away from heat vents. Never put wrapping paper in a fireplace. Wrapping paper can produce dangerous sparks and a chemical buildup in the home that could cause an explosion.

Artificial Christmas Trees If you are using a metallic or artificial tree, make sure it is flame retardant.

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Duarte Mayor Tzeitel Paras Caracci

DUARTE - The new, historic seven-member by District Duarte City Council was sworn into office on December 11, 2018 by invited dignitaries First District LA County Supervisor Hilda Solis and Retired LA County Supervisor Michael Antonovich who jointly conducted the oath of office ceremony to the five recently elected candidates.

Duarte residents set the course for the community's new future by voting on November 6th to elect its first, seven-member, by District City Council. Twelve candidates had vied for four District based seats with residents returning long-time incumbents Margaret Finlay and Tzeitel Paras Caracci to their new District seats i n District Nos. 1, and 4. The race also featured two new Districts, Nos. 6 and 7 that each had four candidates. In District No. 6, Bryan Urias, a former Director from the Upper San Gabriel Valley Municipal Water District was elected and in District No. 7, Jocelyn Nunez, a healthcare professional was the winner. No candidate filed against incumbent Sam Kang in District

No. 5. One of the first acts of business by the group was a unanimous vote for Tzeitel Paras Caracci, Mayor and Sam Kang, Mayor Pro Tem for 2018-19. Mayor Paras Caracci was first elected November 6, 2001, making her the first Duarte High School (DHS) alumni and the youngest woman elected to the Duarte City Council at the time. In the historic 2018 district-elections. Tzeitel Paras Caracci was elected to serve a 4-year term representing District 1. In August 2018, she opened "SEE JACK PLAY, a n indoor play space for children and families. Tzeitel is thankful for having the opportu-



Duarte Mayor Pro-Tem Sam Kang

nity to make a difference each day on the behalf of the City she loves and has called home for over 34 years.

Kang, the new Mayor Pro-Tem, is a successful entrepreneur and graduate of UC Irvine with a BS in Chemistry and Azusa Pacific University with an MBA in Finance and a MS in Computer Science. He has been on the Council since 2013 and has previously served as both Mayor and Pro Tem. Sam and his family have a vested interest in seeing the City of Duarte become one of the best Cities to raise a family and works hard to accomplish this by being proactive with City beautification, economic development, supporting existing businesses, developing quality, 21st century jobs, creating a "Smart City" initiative featuring free community Wi-Fi and working tirelessly to build a quality hotel in Duarte.

Baldwin Park Police Department Helping Keep Roadways Safe Over Christmas/New Year's Holidays

BALDWIN PARK - The Christmas and New Year's holidays are ways to spend time with family and friends ringing in another year, but also a time when people can make poor choices that put themselves and

suspected of driving under the (Dec. 30-Jan. 2) holiday periinfluence of alcohol and/or drugs.

"Whether you are home with family or at the bar, it is important that you find a sober ride home after drinking," said ods, 25 people were killed and 643 injured on California roads, according to data from the California Highway Patrol (CHP) Statewide Integrated Traffic Records System (SWITRS). Drunk driving continues to be a huge problem in this country, and more recently, marijuana and drug-impaired driving. People are out and about shopping for the holidays and going to or hosting parties, so it is important that everyone acts responsibly behind the wheel

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Sam Kang Sworn in as Mayor Pro-Tem

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Jenny Park

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• We believe in performing our journalistic work to the best of our ability and will continue to present the facts clearly and fairly.

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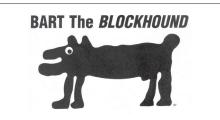
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others at risk on the road.

To help spread the message about the dangers of drunk and drugged driving, Baldwin Park Police Department is partnering with the California Office of Traffic Safety (OTS) and National Highway Traffic Safety Administration (NHTSA) to get impaired drivers off roads.

During the high-visibility enforcement campaign Drive Sober or Get Pulled Over, which runs from Dec. 14-Jan. 1, The Baldwin Park Police Department will have more officers on the road conducting saturation patrols looking for drivers

Michael Taylor, Chief of Police. "As an adult, it is up to you to make adult decisions and drive sober or use a ride share service. There are no excuses for driving impaired

The Baldwin Park Police Department also reminds drivers that "DUI Doesn't Just Mean Booze." Marijuana, prescription drugs and over-thecounter medications can also be impairing, especially in combination with alcohol or other drugs.

During the 2017 Christmas (Dec. 22-25) and New Year's

Funding for impaired driving enforcement operations are provided by a grant from the California Office of Traffic Safety, through the National Highway Traffic Safety Administration.

Residential Refuse & Recycling Rates Increase 6.4% Beginning January 1st

DUARTE - Duarte residents can expect to begin paying more per month on their refuse and recycling bill effective January 1, 2019. This 6.4% increase is the first increase to residential refuse service rates since January 1, 2018. Over the last year, the factors that make up the rate have changed; especially the recycling credit due to the China National Sword policy that has now been in effect for approximately 12 months.

Under the City's contract with Burrtec, annual rate adjustments for refuse collection and recycling are permitted based upon a specific formula including the annual percentage change in the Consumer Price Index, waste disposal tipping fees and fuel costs. Specifically, the most common form of service utilized by residential customers is the 90-gallon trash container, 60-gallon recyclable container, and 60-gallon green waste container. This rate will increase from \$22.45 to \$23.89 a month. Burrtec also requested a slight \$0.07 cents increase for residential street sweeping raising the fee from \$1.77 to \$1.84 per month.

Commercial customers will also experience rate increases. The percentage increase over the various service levels will range from 9.7% down to 6.4% with the most common level of Refuse Service, one 3-yard bin serviced once per week increasing by \$12.62 per month or from \$170.16 to \$182.78. The Commercial Street Sweeping program will also see a slight increase in 2019 by 13 cents going from \$3.41 to \$3.54 per month.

Duarte has historically maintained some of the lowest rates in Los Angeles County. In fact, Duarte residents still have the lowest refuse and recycling service rates of all the cities surveyed for the most common service with Commercial rates for a 3-yard bin serviced once a week falling in the mid-range.

Burrtec Waste Services began providing franchised refuse collection and recycling services in the City of Duarte in 1996, with the most recent contract extension approved in 2018. In recent years, Burrtec completed the conver sion of the diesel fleet to alternative fuel trucks, implemented a used oil curbside collection program and integrated free paper shredding and compost giveaway at Community Cleanups, a construction and demolition processing option, and most recently a new commercial food recycling program. For more information on Burrtec Waste Services and the cost increases, call 1 (800) 325-9417.

The San Gabriel Valley Lexaminer

Brown Gets Into Fierce Water Negotiations

Headlines in Northern California newspapers indicated the dire news for Southern Californians and the Central Valley farmers projecting the deals cut to ensure the Delta endangered fish would get the lion's share of water to protect the endangered Delta fish. Estimated water loss to Southern California and Central Valley farmers is literally in the billions of gallons of water.

Gov. Brown stepped forward and started negotiating deals reportedly at this point supported by the irrigations districts (farmers) and urban water consumers (Metropolitan Water District). In exchange for a smaller amount of water loss, they would provide millions of dollars to aid building / re-building of the fish habitat programs now on-going in the Delta area. Last estimate I saw was a \$1.7 billion proposal with Central Valley irrigation districts putting up \$800 million and State Water Project using \$900 million in already approved water bonds. .

Brown continued his round of negotiations with the Trump administration to move forward with the WaterFix or Twin Tunnels project. Trump has over the last couple of months tried to amend the environmental regula-



Shade's Perspective Lois M. Shade

Former Mayor of Glendora tions to allow the tunnels to move forward. But there are a series of state laws and water code regulations that have been put in place over the years that make doing anything up in that area extremely complicated and drawn out.

No matter what has been proposed lately, the environmentalists and NRDC (Natural Resources Defense Council) have objected and as always threatened to sue.

A document signed in 1986 put into place identifying each source of water, the amount that would be drawn off in high and low water years from which river and accomplished within cited water code sections. That 1986 agreement established joint responsibility for the environment under the Endangered Species Act. December 12, 2018, that agreement was amended, as allowed under the original agreement, to review and update responsibilities and how the water would be allotted to Central Valley, Southern California and the environmental interests based upon the current weather and environmental conditions / needs.

Gov. Jerry Brown's ultimate goal in his negotiations is to end up with approval to move forward with the WaterFix / Twin Tunnels project in an expedited fashion. Will incoming Gov. Gavin Newsom support the WaterFix project? He's qualified himself and the project by saying he would support a One Tunnel project. Bigger questions remain -What will the next step of Gov. Brown's appointed Water Resources Control Board be? Natural Resources Defense Council has already gone on record in opposition to the Twin Tunnels and has a track record for lawsuits involving water and the Delta.

Tune in next week for an update.

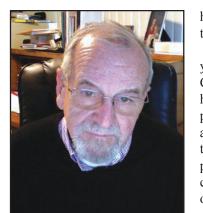
Christmas Memories

With Christmas now in sight, many of us are engaged in a few last minute details. There may be one more gift to buy even as we remember the woman who regularly rolls out of bed in the middle of the night to prepare and deliver the newspaper, and the faithful letter carrier who comes by six days a week even with "letters" now reduced to bills, junk mail, grocery ads and solicitations. There remain far off family members to call, the holiday dinner to plan, the Christmas Eve church service to attend, the shut-in we must visit.

For today's children the immediacy of what is happening this Christmas is about all they can handle, so they will be properly fixated on this year's celebration. But for those of us who have been around for a while-or longermuch of our time and energy will be spent recalling and even reliving Christmases past. Here are a few things I remember.

There were the joyous Christmas mornings my brother Peter and I came down the stairs to squeal at the tree Dad had lighted before we were allowed to descend, even if we had already stolen a quick look thinking our parents would not hear us. There would be the piles of gifts under the tree, and one of mother's old nylon stockings for each family member hung by the fireplace with an orange and an apple in the toe and bits of candy in the calf. And there was that almost new bicycle secreted in a back room to which I was sent on an errand, when I thought I had unwrapped every last gift, including the wooden toys PopPop,(the name we gave to our grandfather) had made and delivered when we were

And that will cause me to remember PopPop who one year



Charles H. Bayer

would deliver his last wooden toy---- and who lives now as a sacred memory. There were the years our church's youth group went caroling, visiting the congregation's shut-ins who always had prepared for our coming with hot chocolate and cookies.

Then there was the night shortly before Christmas when we gathered in the hospital's waiting room hearing the doctor saying, "We did everything we could. I'm sorry." Our Nana died that night.

I recall the Christmas a blizzard had closed the streets, and we never got to visit a precious old friend, or got to church. Etched in my memory is the year I helped Dad drag home through the snow a seven-foot Christmas tree. It was a depression year and he couldn't scrape up even the one dollar it would take to purchase the last remaining tree on the lot, so we waited until the lot closed, and the departing lot manager looked at us and said, "Go on and just take it. Merry Christmas."

Christmas day always included a visit from the blind friends Mother had invited to the house. It was my task to help them "see" the decorations we had made and carefully hung. And one year there was our Christmas day visit to the home of a family weeping over a death that left broken

hearts and an empty place at their table.

My memory goes back to the years of World War II and the Christmases we sat in a dark house for fear Hitler would deploy one of his bombers aimed at the light that might have leaked through a window shade not properly closed--and I thought of cousin Fred, who was a prisoner of war somewhere in Europe.

Perhaps decades later it was the church where I was now the minister, and which that night was overwhelmed with poinsettias. The Christmas Eve service began as from the balcony I read about the one who came as the Prince of Peace, followed by the great organ whose sound brought the congregation to its feet with "O come all ye faithful." That service always concluding with the reading of the prologue to the fourth gospel with the cry, "And the word became flesh and dwelt among us, full of grace and truth."

Far beyond even these later years, for some of us our memories will settle on our small children trying to wrap their little minds and hearts around the mystery that is beyond the wisest of the wise. And there is my most profound memory of three little children, Carol, John and Beth, remembering now with Beth her brother and sister whose lives were snuffed out and who are with us only in memory. Again this year as I remember those little ones, I will wonder if this may be my last Christmas. That brief shadow will quickly vanish and my heart will overflow with the joy coming from all the nine decades of Christmases I have had, remembering the one who came to offer grace and truth.

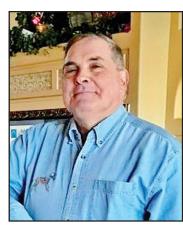
Contact Charles Bayer at candwbayer@verizon.net

Journalism Functions Better Without A Ball And Chain

TIME Magazine made the announcement to choose murdered Saudi Journalist Jamal Khashoggi as its most recent "Man Of The Year."

I am somewhat surprised that they even chose a person, even though the title implies it. Often, they take what could be regarded as a lazy and simple decision that involves selecting some nondescript symbol, group or generic choice, all-encompassing and void of any specific character, living or dead. Often it has been "The American Worker" or "College Activists" or the like.

Lazy, I say, because the editorial staff, while being in the busi-



Charles Lopresto who didn't like his trip to the White House. Maybe even Bebe Netanyahu going to blows with Hamas. There are others who

have a legitimate consideration,

his finances. He also revealed the lack of civility and its resulting hypocrisy. Democrats, Leftists, the media, pop culture, and even RINOs shared in the shark feeding frenzy. He also saw put into question from his detractors, the very concept of "innocent until proven guilty" as the Constitution was turned upside down.

Kavanaugh is also symbolic of the new national political pastime in the Beltway, "witch hunts."

As a Supreme Court Justice, Brett Kavanaugh will affect our lives and our political landscape for decades to come, and Khoshoggi, on the hand, will soon be a footnote or a trivia question on "Double Jeopardy." I am not seeing any real effect on my life from the death, unfortunate as it was, of a Saudi journalist. And it has become quite evident why the mainstream media has chosen not to pursue the newsmakers that don't comfortably fit in their own ideological wheelhouse. It may threaten to benefit the other side of the aisle. If I was to sketch a cartoon, I would show the MSM/press symbolized by an Olympic track star who is unable to run and keep up with the competition as they pursue a breaking news story. He would be burdened by a ball and chain attached, labeled as "ideology, agenda," and "choosing sides." No one can win that way. And TIME magazine hasn't been winning for years.

safely in bed, if not asleep.

Not What It Seems Sometimes

How often have you seen something and basically "judged" what you are seeing, and you were wrong?

The reason I bring this up is because of an event that took place at the Food for Less supermarket in West Covina. While leaving the store I saw this middle-age guy with a carton of milk it the basket of one of those electric shopping carts or scooter. You have seen them, people use them to ride and shop if they have a disability. At least that is what it is supposed to be for. I have also seen overweight people use them to get around the store when we know they should be walking and getting the needed exercise.



didn't say a word. He got off that scooter awkwardly and walked a few steps to his car. At least he tried to walk. His legs acted like dead weight and had to swing them around with his hip and aided the movement with his hand. He got into his car and I stood there looking like the "ass" that I was. The poor guy couldn't walk and I popped off at him for being lazy. I yelled out, "Sorry, I didn't know." and he seemed to ignore me. I didn't even notice he was in a handicap parking spot. Just to add, maybe he didn't understand me to begin with because he was Asian. There may have been a language barrier (hopefully) between us. However, my nasty look told him what I was thinking... So, things are not always as it seems. And to this gentleman, "I am sorry." I didn't realize that he was actually in need of that scooter.

ness of committing themselves to recognizing important personalities and applying fact-based reason why they chose them, decides, instead to stay on the fence and serve up people of little thought-provoking interest. Not exactly classic journalism.

In other words, the magazine staff has no "stones" and when they do pick a person, it is one from their own comfort zone. I could see lots of choices such as Andrew Pollack, the father of Parkland Shooting Victim Meadow Pollack, who spoke directly and eloquently to President Trump in a post-shooting summit in the White House and has now taken it upon himself to sue the people in Dade County law enforcement who allowed the shooting to get out of hand.

Kanye West encountered the hate of Hollywood and his socalled entertainment co-workers

but won't be considered because they would look favorable to President Trump's side of the issues. And we know it won't likely be President Trump, either. Maybe he has been there before, but honestly, I haven't followed the magazine enough lately to even know.

No the better choice according to TIME was Khoshoggi because he is yet another potential element in the "Let's get Trump" campaign. With him they can "Use to Accuse."

Having said all that, I will now give you my pick. Brett Kavanaugh.

Kavanaugh not only changed the look and content of the Judicial profile, but he did it under the greatest and most unprecedented scrutiny, ridicule and attacks, ever. And all at the expense of his career, his reputation, his family's well-being, and likely,

Well, let's get back to this guy with the milk. Milk is in the basket and he starts this thing and drives out the door to the first aisle and to the first car that in that row. The trunk opens and he puts his milk in the trunk. JUST HOW LAZY CAN YOU GET? I



George Ogden That's just the way it is!

am shocked and staring at him like "really?" Right next to the car is one of those shopping cart retrieval area where you take your shopping cart when done. He drives the cart a few feet into this area. So here I am thinking, this jerk is not going to bring this back to the store so someone who REALLY needs it can use it.

He sees me looking at him and I couldn't hold back... "Really Dude, you can't bring that back to the store so it would be available for someone else? How lazy are you?" was some of my comments. He stared back at me and

"That's just the way it is!"

West Covina's New Alarm Program

West Covina's new Alarm Program was implemented on December 12, 2018. To reduce false alarms within the City of West Covina, the City has updated its alarm ordinances and collaborated with PM AM Corporation to implement and administer the False Alarm Management and Reduction Solution (FAMS) platform. The partnership will provide educational training for residents and business owners to learn how to prevent false alarms. PM AM is a national company with expertise in this area and will be responsible for alarm permit registrations, false alarm billings, and educational materials.

Under the new program, alarm systems owned by residents and businesses that summon a Police Department response and alarm systems required by the California Fire Code that summon a Fire

WEST COVINA - The City of Department response are now required to register their alarm system. Residential smoke alarms and carbon monoxide detectors within residential (single or multi-family) homes do not require an alarm permit.

> The goal of the Alarm Program and the City's partnership with PM AM is to create a balance between the use of Police and Fire Department resources to respond to alarm calls while holding the alarm monitoring companies accountable for alarm system installations and the alarm system owners accountable for the operation and maintenance of their alarm system. Each year, thousands of alarm calls originate from residential and commercial properties where over 95% of alarm calls result in a false alarm due to equipment malfunction, poor installation, or user errors. False alarms create a serious burden on the limited

Police Department and Fire Department resources that result in longer response times to other legitimate crimes, emergency medical services (EMS) calls, or fires.

The alarm registration process began on December 12, 2018, and all alarm systems will have to be registered by Februarv 1. 2019. The cost to register an alarm system is \$10 per year. There is \$25 late charge for not registering by February 1, 2019, and the schedule of graduated fines for the response to a false alarm is more substantial without an alarm permit. To register for an alarm permit, please visit www.westcovina.org/alarm or call PM AM at (888) 421-9155 for alarm systems that summon the Police Department or (888) 339-5538 for alarm systems that summon the Fire Department. Alarm permits are not issued at West Covina City Hall.

Gold Line Progress

I am a concerned citizen that has attended many meetings and followed the gold line progress for many years.

I have not been vocal to you, until now, I have put up with the on time and under budget nonsense since the beginning.

I am embarrassed that the folks in charge of this project can miss a bid by \$500,000.00 I mean half a billion dollars.

Now that it has happened, the board has decided to deceive again by splitting the project into phases, I assume to say on time and under budget again. Come on guys, you

made mistake (a big one mind you) just admit it and take like most of the world has too.

Letters to the Editor Opinions Are The Writer's

As you most likely guessed, I was opposed to the half-cent sales tax FOREVER and this makes my feelings even greater that I have to watch Billions of dollars of our hard-earned tax dollars used this way.

I also believe that this project will be 10 years too late once completed with the autonomous cars that will take the place of the train for people that can't drive but want the convenience of a door to door drop off VS a train station to train station drop off and then a car,

Uber or bus ride to their final destination.

I am asking for you to revisit your costs and delay the entire project until suitable funding is found that is more reasonable for us tax payers.

If you wish to send your thoughts on this issue, here is the contact information.

Lisa Levy Buch

LLevyBuch@foothillgoldline.org 406 E. Huntington Drive Suite 202

Monrovia, Ca. 91016

Gene Morrill Business Owner Glendora, CA.

The San Gabriel Valley Straminer

FINANCIAL / CONSUMER

Disconnect Between Good News and Market Panics

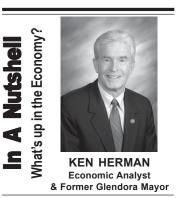
Recently the market liked the trade truce with China, but then the next day the financial media said investors had second thoughts about the trade spat with China and triggered a market selloff. However, I think they missed what really happened. The catalyst for that market selloff came from Europe.

First, British Prime Minister Theresa May suffered a humiliating defeat in the House of Commons and is expected to be similarly rejected by Parliament, so Britain has a Brexit mess. Second, the worst protests in Paris in 50 years - over an increase in the tax on diesel in a carbon tax revolt - resulted in French President Emmanuel Macron doing a rare about face, postponing higher diesel taxes.

Added to that, both Italy and Germany suffered negative GDP growth in the third quarter. Italian unemployment surged by 139,000 in the past two months and its unemployment has reached 10.6%, up from 10.1% two months ago.

Not only is the British pound weak, but the euro has also been weak, triggering more capital flight into the U.S. dollar, which in turn is pushing U.S. Treasury yields down. These events triggered a "flight to quality" that caused the 10-year Treasury bond yield to finally collapse below the 3% level.

J.P. Morgan's top quantitative analyst, Marko Kolanovic, recently blamed the financial media for the stock market's recent volatility by saying that there is a yawning chasm between the real U.S. economy and how the markets are behaving. In his 2019 Outlook, Kolanovic wrote that strong corporate profit growth and consumer spending signal that the economic expansion isn't about to end. Kolanovic added that "Positive GDP and earnings are the 'reality', which is currently starkly disconnected from equity sentiment, valuation, and positioning." Kolanovic added, "To some extent, we trace the disconnect between negative sentiment and macroeconomic reality to the reinforcing feedback



groups, analysts and foreign "bad actors" who are amplifying negative headlines to sow discord and erode faith in financial markets. He said there are "specialized websites" that present a blend of real and fake news and distorted write-ups of financial research. Kolanovic concluded by saying, "If we add to this an increased number of algorithms that trade based on posts and headlines, the impact on price action and investor psychology can be significant."

I could not have said it better. The truth of the matter is that computer driven trading algorithms are jerking the stock market around almost daily, as well as increasing the volatility of crude oil and natural gas prices, which are all too often based on planted fake news stories. When the financial media locks in on topics, such the China trade spat or Fed interest rate hikes, they beat every fear factor to death and refuse to adjust their tune to recognize facts.

Economist Ed Yardeni wisely pointed out last week how computer-driven algorithmic trading continues to trigger dramatic one-day selloffs by dumping Exchange Traded Fund's in essentially a "sell everything" trade. Investor bargain hunting after these big machine-driven sell offs has recently been tepid, since investor confidence has been undermined by not only the algorithmic trading, but also the fact that many popular ETFs continue to trade at discounts to their Intraday Intrinsic Value (essentially their net asset value).

Too many in the financial media are talking about how "falling bond interest rates and a flattening yield curve are ominous signs ing long-term rates be a good sign, regardless of the "tilt" of the yield curve?

Now that interest rates have fallen in a flight to quality, dividend growth stocks are expected to lead the overall stock market. The S&P 500 now yields almost 2% and is largely tax-advantaged (dividends are taxed at a maximum Federal rate of 23.8%), so yield-hungry investors and dividend growth stocks are expected to initially lead a stock market recovery.

Overall, the financial media continues to fail to see the forest for the trees by refusing to point out how the S&P 500 continues to boost its underlying dividends and corporate stock buyback activity. We may see \$1 trillion in stock buybacks during 2018.

All eyes are now on the Fed and their upcoming Federal Open Market Committee (FOMC) meeting this week (Dec 19). am now expecting a dovish FOMC statement, due largely to falling Treasury yields and hope that the FOMC statement will essentially act as a "launching pad" for the stock market to stage a powerful year-end rally. Investors hate uncertainty, so if the Fed can remove interest rate uncertainty and signal that the FOMC is unlikely to raise key interest rates further, due to slowing economic growth (e.g., autos, housing and global factors), moderating inflation (due to lower crude oil prices) and lower market rates (falling Treasury yields), I expect an "explosive" reaction and a "melt up" in the stock market.

Overall, the stock market will be taking its cue from the FOMC statement. The Fed never fights market rates and I expect the upcoming FOMC statement will ignite a strong year-end rally. Hopefully this momentum from a more dovish Fed will continue in January when another round of strong quarterly earnings announcements could propel stocks even higher.

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

Your Money - Ask Julia

Show a little more kindness, please.

Look for opportunities to be kind. What you could do to help others have a more enjoyable and meaningful Christmas and Holiday season. It could be as simple as saying, "Please" and "Thank You." Being thoughtful toward others will make your Christmas and Holidays more pleasant, too. Be pleasant and patient to cashiers, restaurant servers, public transportation drivers, flight attendants and all those who are working while you are shopping, traveling, or partying. Be courteous to other drivers and shoppers. Christians, be the Good Samaritan. And remember, if you drink alcoholic beverages, or take any drugs, don't drive. (DUI stands for Driving Under the Influence [of drugs or alcohol])

I'm currently paying almost 6-percent interest rate on my old 30-year mortgage, which seems to be a high rate. I currently owe \$110,000, and [I'm] on a fixed income. Is it too late to get a lower rate without a lot of origination, etc., fees?

It's NOT too late, but don't procrastinate. In general, I'd say you should be looking into a change of rate and payment. To give you a more accurate answer, An independent mortgage broker has access to a much larger selection of loans and rates than any bank or credit union. Other factors in determining whether or not to refinance are: how many years you have left on your loan, and your current payment amount. For those who don't want to get into a long term mortgage, there



Julia Yoder

are refinance loans available now that match the number of years you have left in your current loan. Refinancing does cost and it takes time to recover those costs. Depending on your age and the amount of equity in your home, another option might be a reverse mortgage.

Is there an investment that will pay me like a pension, starting now, so I have income for life?

Depending on your specific situation, you might have several options. If it turns out to be the best and right thing for you, you might consider an immediate annuity. You can get the same security as a monthly pension check, it's simple, and tax-efficient.

I have some money in stocks. I regularly contribute a set amount, and the same stocks are purchased. Should I sell my stocks and buy different ones?

I am not licensed to give you advice about stocks. I encourage my clients to invest where their money is safe (based on the strength of the company). As Will Rogers said, "I'm not as concerned about the return ON my money as I am the return OF my money." That said, my clients did not lose a penny in the investments I recommended over the last 20 years.

A5

When we decided to buy a newly constructed home, the builder's salesperson emphatically said that we have to get our financing from his lending company to get the discounts and perks that we can apply to the closing costs or to upgrades. Is that true?

The bottom line is that builders can entice, wheedle, and woo buyers with great deals, but they cannot threaten them; that's illegal. If a buyer does feel threatened, they should first stand their ground, then complain to the builder and to the state and federal consumer affairs officials. Most builders will say they are just giving you the choice of using their lender. An option would be to use that builder's lender, get all the discounts and perks, and then refinance. Read the fine print in your contract.

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/Real Estate Broker 01238153/NMLS 248681/Nat'l. Ethics Assoc. Home loan application: https://blink.mortgage/ app/signup/p/allsourcemortgage/ juliayoder. Accident-Medical-Dental discount plans: CalStarBenefits.com/28485



loop of real and fake negative news."

Kolanovic cited a combination of domestic political of a potential recession." All this proves that the U.S. remains the global oasis! Why wouldn't fallI welcome your questions and c o m m e n t s : kenherman46@hotmail.com

How to Improve Your Body Language

Many times it's not what you say, but how you say it that turns people on or off to you. You may be looking to make a sale or to make a friend. If your body language skills are poor, you won't get very far.

In general, it's good to have a positive attitude. If you have this, your body language will show it naturally. However, you can't possibly be positive every single day. Some days, you must show your overall positive outlook even though that day's attitude isn't good.

Also, if you improve your body language, your attitude usually follows. Psychologists know that acting happy will go a long way towards making you happy. It isn't always obvious which comes first. It's a known fact that if you simply just smile your attitude will change to the positive. If on the phone and your attitude is downright awful, just smile and listen to what happens.

So, use your body language to project the image you want others to see. Don't worry about the "truth." When you use your body language to model behaviors that are positive ones, the truth is, you will become more positive.

If, for instance, you feel like walking slowly with your head down, you might be feeling down. Make the effort to walk erect, hold your head up, and go out to face the day. This



Michael Allawos Principal Consultant Global Management Consulting Services

body language change will initiate a change in your attitude if you are able to do it.

You might get the urge, during a college class or a job interview, to impatiently drum your fingers. At times like these, let a feeling of calm wash over you by focusing your body language on relaxing. This might include uncrossing locked ankles or letting the muscles in your hands go soft, for example.

If people complain that you don't show enough interest in them, you can remedy this by using body language. The next time they are telling you something they see as important, look at their face as they speak. Look into their eyes, but look away occasionally so as not to stare.

You can show more interest by your body language in other ways as well. Lean towards the other person when they are sharing something especially important or intimate. Tilt your head to show that you are listening. You can even mirror their body language behaviors if you do it in a subtle way. All this will show that you are in tune with their ideas.

You can improve your body language by studying it. If you are planning to make a presentation before a group of people, you might try it out first in front of a mirror. You could even make a video record of it. Then you could review it at your leisure and take notes about mistakes you are making.

If you are going to look for a job, you will benefit from practice in job interview skills. The best way to do this, if you have someone to do it with, is to role play. Have someone fake interview you and record it so you can see how you're doing. You will catch body language you never knew you displayed.

There are all kinds of ways to improve your body language skills. If you do, you will find that work relationships and personal relationships will be easier. It just takes a little time, effort, and observation. Remember, people like to be with up-beat and positive people that can make themselves feel better about themselves and the world. In many ways, our vehicle's health system is a lot like our human makeup! Seriously!

Clogged Filters - When your filter gets full of debris, it can't do its job. It is how a human with asthma must feel! Most of us know we need to change the filters in our homes but some might not realize that they also need to change the filter in their cars. In vehicles built in 2007 and later you will find 80 percent of them have a cabin air filter and its function is to protect drivers and their passengers from contaminants such as pollen, mold spores, dust and other small and annoying particles.

Sludge - This is similar to clogged arteries! It is actually a gooey, tar like substance that deposits itself inside your car's engine. One of the roles of motor oil is to keep your engine cool so it has to be able to take the heat...when it fails to do so these deposits form in the engine. Some vehicle's engines have more trouble than others due to poor design. Their passages are smaller and they actually bake the oil inside the engine.

Smoke - We all know by now how bad smoking is for human health. When your car has a smoking issue, it is literally telling you to pay attention...it needs help!

Black exhaust smoke means the engine is burning too much fuel. The first thing you should check is your air-filter and other intake components like sensors, fuel injectors and the fuelpressure regulator.

The San Gabriel Valley

Blue smoke is a clear sign that the engine is burning oil. What happens is that the valve guide seals or piston rings are worn out, and oil is leaking past from where it should be lubricating the moving parts, to the combustion chamber where it's being burned up with the fuel.

Gray smoke can mean that the car is burning oil or suffering from a bad turbocharger. It can also be an issue with your automatic transmission fluid getting burned up in the engine or could mean a stuck PCV valve.

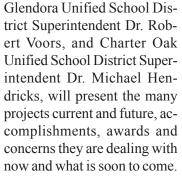
Certified Auto Specialists: the friendlier and more helpful auto shop! Feel free to call 626-963-0814 with any questions and we will be glad to help, or visit our website at CertifiedAutoCa.com

Hometown Service You Can Count On!

Sponsorship Packages Now Available for the Glendora State of the City and Schools

GLENDORA - The Glendora Chamber will host the 2019 State of the City & Schools Luncheon at the Glendora Country Club on Thursday, January 17th starting at 11:30AM.

Mayor Mendell Thompson will be the keynote speaker at this year's State of the City and Schools luncheon. In addition to Mayor Thompson Superintendent/President of Citrus College Dr. Geraldine Perri,



To view Sponsorship packages, please visit https://glendora-chamber.org/images/2019-SOTC-Sponsorship.pdf



For A Price Quote

VALLEY/SENIOR NEWS

Around the Valley & Senior News

AZUSA Volunteer Drivers Needed

Do you have some extra time to spare? Are you a good driver? The Azusa Senior Center has a great volunteer opportunity for you! The Azusa Senior Center is currently recruiting volunteer drivers to deliver lunches to our homebound seniors in the city of Azusa between the hours of 10:30 a.m. and 12:30 p.m. If you are interested, please contact Lynda Prewitt for more information at (626) 812-5204, ext. 5303.

TOPS Meeting

TOPS(Take Off Pounds Sensibly) #950 Azusa has been serving the San Gabriel Valley since 1967 and has successfully supported and assisted men and women in their pursuit to lose weight. Through group support to start living the good life by eating healthy and doing exercise.

TOPS is a non-profit weight loss group which meets weekly every Thursday at 9:00AM to 11:00AM at Soldano Senior Village in their meeting room in Azusa. There is no obligation, all visitors are welcome.

For more information, call Norm Klemz, 626-967-8829

ARCADIA Youth Basketball League

Arcadia Recreation and Community Services is excited to offer a basketball league designed to expose children to the fundamental skills of the sport while allowing them to experience teamwork and sportsmanship. Leagues are organized to provide a fun, non-competitive, learning experience for boys and girls of all skill levels in grades 3rd-8th. Practice is held at Dana Middle School in the Dana Gym on Mondays and Wednesdays, times T.B.D. Transportation to and from the practice and games is the responsibility of the participants. Space is limited and registration is currently open until filled online at www.ArcadiaCA.gov or at the Recreation Office. For more information please call 626.574.5113.

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.

BALDWIN PARK International Potluck

Come join us on **December 27th** from 9:00 am – 1:00 pm as we celebrate our accomplishments of our year with a taste of dishes from different cultures. Live music performance to be announced. There will be a slideshow of the senior center events of 2018. Please register your dish at the Julia McNeill Senior Center. For more information, please visit the Julia McNeill Senior Center or call (626) 813-5245, Ext. 323

Downtown Ventura

Spend your day strolling through the lively Downtown Ventura area on Wednesday, January 9, 2019 from 9:00 am -5:00 pm that features beautiful historic architecture and a vibrant mix of retail shops, restaurants, antique stores, and more. Also located conveniently nearby is The San Buena Ventura Mission, known for its beautiful gardens and faithfully restored artifact (admission not included). With more than 65 restaurants, 110 shops, 35 salons and relaxation venues, miles of beaches and mountain trails, Downtown Ventura has something for everyone. Meals not included. Tickets are \$10 for Baldwin Park Residents and \$15 for Non-Residents. For more information, please visit the Julia McNeill Senior Center or call (626) 813-5245, Ext. 323

McNeill Fitness Program

A challenging but accessible workout regimen, which includes basic calisthenics, arm workouts, legs and torso, and a steady run/ walk around Morgan Park. Nutritional guidance is also offered. Eating well and exercising will not only improve your overall health, but also improves your mood and energy levels. Group meets in senior center dining hall Monday through Thursday from 8:00am – 9:00am. This class is free to participate. For more information on the class or registering, please visit the Julia Mc-Neill Senior Center or call (626) 813-5245, Ext. 323

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 Lunch

The Senior Center serves hot lunches Monday through Friday to individuals over 60 years, or the spouse of someone over age 60, and must check in by 11:45 a.m. for lunch. Reservations are requested by calling 357-3513, 24 hours in advance, and 48 hours, in advance, for a choice day. The suggested donation is \$3. The Duarte Senior Center is located at 1610 Huntington Drive.

Alzheimer's Safe Return Registration

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

Volunteering Does Your Heart Good!

The Duarte Senior Center is always in need of volunteers. If you would like to give back to the community, please consider being a Senior Center volunteer. For more information call 357-3513.

GLENDORA Glendora After

peers! If you would like more information on teaching a class at the La Fetra Center contact Jennelle Markel at (626)9148-8235, or email at jmarkel@ci.glendora.ca.us.

LA VERNE Pick Your Own Oranges

Enjoy a "Slice of La Verne's Past" while picking some of the best tasting oranges around at Heritage Park. The Heritage Foundation offers you one of the last working orange groves in the area as a place to enjoy with your family. Bags of oranges are \$5, and mesh bags and the picking poles are supplied. The historic Weber house will also be open for tours from 10:00 a.m. -12:00 p.m. Orange Picking opens Saturdays beginning January 12, 2017, and continuing approximately until the beginning of March. For more information call (909) 293-9005 or check out their web site at www.laverneheritage.org. Heritage Park is at 5001 Via De Mansion, La Verne.

Get About

Transportation

Get About provides transportation for seniors aged 60+ and disabled residents of Claremont, La Verne, Pomona, and San Dimas. The door-to-door service can be used for shopping, doctor's appointments, church, senior nutrition sites and many other locations within the four cities. The service operates seven days a week and membership is free.

To Register: (909) 621-9900. To Schedule a ride: (909) 596-5964. For more information, contact Abby Nuyda at 909.621.9900, Extension 228.

<u>MONROVIA</u> 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 ad-

munity 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.

<u>SAN DIMAS</u> 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 TOPS Meeting

TOPS (Take Pounds Off Sensibly) meets **every Thursday** at 6 pm at the West Covina Senior Center, 2501 E. Cortez St in the classroom building. The weight loss group seeks members who wish to lose weight and maintain a healthy lifestyle. Meetings last until about 7:30 and the first meeting is free. Visitors are always welcome. Come for support with your weight loss journey. You can do it! For more information, contact Erika Hernandez 626-384-0502 or email:

ehernandez57@aol.com

Go West Shuttle Service

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

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

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

• The fare is only \$1.00 each way.

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

Senior Lunch

The West Covina Senior Center 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.



Saturday Adult Basketball League

Gather your friends, form a team and stay active in the adult basketball league. Whether it's casual or competitive, there's always an opportunity to stay fit and have fun. Games are played at the Dana Gym, 1401 S. First Avenue, Arcadia on Saturdays between the hours of 4:30pm and 7:30pm. Saturday Open League is limited to six teams and is open to all levels of play. League fees area \$500 plus a \$40 forfeit deposit, which includes 9 league games, officials, scorekeepers, and championship award. Registration takes place on a first-come, first-serve basis. For more information please call 626.574.5113.

Instructors Needed

Do you have a talent you want to share or have a love for teaching? The City of Arcadia is always looking for quality, dedicated instructors to offer a variety of programs to residents and surrounding communities. The best contract instructor candidates are individuals who combine a sincere interest in community service with a desire to supplement their existing income. Go to www.ArcadiaCA.gov/recreation for the Prospective Instructor Application or call the Recreation Office for more information

Arcadia Senior Card Club Looking For New Members

The Arcadia Senior Card Club is accepting new members. Arcadia residency is not required. Play contract bridge or pinochle. The group meets at the Assistance League Community

<u>COVINA</u> BUNCO!

The City of Covina Parks & Recreation Department is hosting BUNCO at the Covina Senior Center (temporarily located at Lark Ellen Elementary School, 4555 N. Lark Ellen Ave., Covina) on the 2nd and 4th Thursday of each month, 1-3 p.m. The cost is \$2. For more information, call (626) 384-5380.

Indoor Chair Beach Volleyball

The City of Covina Parks & Recreation Department hosts "Indoor Chair Beach Volleyball" at the Covina Senior Center (Temporarily located at Lark Ellen Elementary School, 4555 N. Lark Ellen Ave., Covina) on Thursdays, 1:30-2:30 p.m. For more information, call (626) 384-5380.

DUARTE Duarte Museum Needs Docents

It's fun and educational! Volunteer to serve as a docent at the Duarte Historical Museum in Encanto Park. You will serve about every other month on a Wednesday (1-3 p.m.) or Saturday (1-4 p.m.) with a seasoned docent who will train you. Greet visitors, show them around the museum and learn about local history. Training sessions are available. Call Claudia at (626) 358-0329 for more information.

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. **Instructors Needed At**

The La Fetra Center

The City of Glendora's La Fetra Center is looking for new class instructors! We are seeking out instructors to teach the following: Cooking classes, Spanish lessons, and American Sign Language (ASL) classes. Share your talents with your



ditional 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

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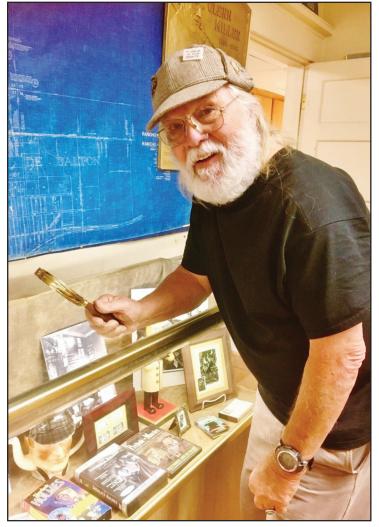
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Duarte Museum Presents Happy Birthday Sherlock Holmes



Alan Heller is displaying his Sherlock Holmes collection at the Duarte Museum through January.

Sherlock Holmes! The famous sleuth was reportedly born in 1884 and died in 1939. However, since he is a fictional character, where did these "statistics" originate? An estimate of his age in His Last Bow puts him at age 65 in August 1914.

The Duarte Historical Society & Museum, 777 Encanto Parkway, Duarte is presenting an exhibit through January on the world's best loved detective. Books, ephemera, and other extensive memorabilia from the 50-year collection of Duartean Alan Heller are on display. Heller says that "Homes is so famous he is instantly recognized by his accoutrements alone - The deerstalker cap, Inverness cape and curved pipe." His fans are equally devoted to his trusted sidekick Dr. John H. Watson.

It was in 1887 that the first Sherlock Homes Story entitled A Study in Scarlet was published in the Beeton's Christmas Annual, a journal of cheap

Senator Chang Earns "2018 Champion of Manufacturing''

SACRAMENTO - Senator Ling Ling Chang (R-Diamond Bar) joined in the ceremony to welcome 9 new freshman members to the California State Senate. In the 2019 legislative session, Senator Chang will continue her work to keep manufacturing jobs thriving in Southern California. For the 2018 legislative session, Senator Chang earned the title of "2018 Champion of Manufacturing" from the California Manufacturers & Technology Association (CMTA). Senator Chang received this honor for her work to promote and protect California's manufacturing sector during the 2018 legislative session.

With more than 30,000 manufacturers in California, CMTA represents businesses from the manufacturing community - an economic sector that generates more than \$250 billion every



Senator Chang Earns "2018 Champion of Manufacturing" turing economy through encouraging innovation, investment, and job creation," said Senator Chang. "I look forward to continuing my work with organizations such as CMTA to champion regulatory reform. We need to provide a more competitive business cli-

pact on manufacturers and technology companies. For example, Senator Chang joined CMTA in opposing SB 100 which would increase energy costs and make California even more unaffordable for many families. She also supported bills such as SB 237 which helps manufacturers by increasing choices to pursue lower cost electricity and creating more opportunity for investment. Senator Chang has earned high scores from the CMTA since her time in the Assembly. This third "Champion of Manufacturing" honor further solidifies her record as a pro-jobs and promanufacturing legislator. Earlier this month, Senator Chang earned top marks from the California Chamber of Commerce in its 2018 Vote Record for her work on economic development and affordability issues.

DUARTE - Happy Birthday fiction. Few people noticed. However, such apathy has been decisively reversed and today he is more popular than ever.

> A fictional private detective created by British author Sir Arthur Conan Doyle, Holmes is known for his proficiency with observation, forensic science, and logical reasoning that borders on the unbelievable. He employs these attributes when investigating cases for a wide variety of clients, including Scotland Yard.

The first set of Holmes sto-



ries was published between til 1927. 1887 and 1893. In order to make more time for writing historical novels, Doyle killed off Holmes in a final battle with the criminal mastermind Professor James Moriarty, set in 1891. With fans furiously upset with Holmes' demise, Doyle gave in and eventually wrote Holmes back into his stories, explaining "to a stunned Watson" that he had faked his death to fool his enemies. The Adventure of the Empty House marks the beginning of the second set of stories which Doyle wrote un-

After visiting 221B Baker Street in England in 1972 and downing a drink at Moriarty's Bar, Heller began to furiously add to his Sherlock Holmes collection until it began to dominate his home. "I am happy to move it to the museum to be enjoyed by fellow Holmes fans," he said.

The Museum is open Saturdays 1-4 p.m. and the first and third Wednesday from 1-3 p.m. Admission is free. For more information, check www.RanchoDeDuarte.org.

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CMTA recognized Senator Chang for her votes on bills that it believes have a significant imValley Presbyterian Hospital • Cedar Sinai Medical Center • Providence Tarzana Medical Center Providence Holy Cross Medical Center

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"The Classic At Damien" Basketball Tournament Ready For Tip- Off



by Howard Palmer

LA VERNE - The third "Classic at Damien" presented by Mark Christopher Auto Center will be played December 26-29 in the Damien school Athletic Center and Event Center, as well as at San Dimas High School, Bonita High School, Ramona Middle School and Life Pacific College. Basketball fans in the San Gabriel Valley, Inland Empire and points east and west, north and south will have the opportunity to watch many of the elite basketball teams from throughout Southern and Northern California. Also in the field are teams from five other states including Arizona, Texas, Utah, Washington and Hawaii, plus a team from Canada. Four different sections of the CIF are represented - Southern, Central, LA City and San Joaquin.

The Classic has become the strongest boys post-Christmas tournament in the West and will continue in a 64-team concept with four divisions. Twentyfour of the 2018 participants were in the first two "Classic at Damien" events. Platinum remains the top division, followed by Gold, Silver and Bronze brackets which will result in four championship games being contested on the final day, December 29.

All divisions include talent

that will dazzle high school basketball fans. Six seniors who are scheduled to play have already signed with, or committed to, NCAA Division 1 programs.

Etiwanda will try to defend its 2017 championship as one of the teams set to play in the Platinum Division. Among the programs joining them in this elite division are:

*State and Southern Section Division 1 champion Chino Hills, led by California Player of the Year and USC bound Onyeka Okongwu

*State Division III runnerup and Southern Section 3A champion Notre Dame of Riverside

*St. John Bosco, Santa Margarita and Rancho Christian (which joined Etiwanda as part of the eight team Southern Section Open Division last year)

*Southern Section IAA semifinalist Rancho Verde

*Fairfax and Birmingham, L.A. City Open Division squads

*Southern Section 2A runner-up Riverside Poly

*St. Bernard (the Platinum runner-up to Etiwanda in 2017) *Host Damien and Corona

Centennial (returning for the third year)

*First time participant Notre Dame Sherman Oaks *And two non-California

1708158

programs playing in the "Classic at Damien" for the first time are Buckeye of Arizona and Second Baptist of Houston (which won Texas 5A title last spring)

Among the programs competing in the Gold Division are Washington Prep and Taft (of the L.A. City Section), Pasadena, Rolling Hills Prep and Santa Clarita Christian.

Los Altos won the 2017 Gold Division and heads the field in the Silver Division and San Marcos, the Southern Section 2A champion last spring, is among the 16 squads in the Bronze Division.

Details on participating teams, divisions, brackets, game locations and times, plus additional information is available at

www.theclassicatdamien.com





Senator Bob Archuleta talks with veterans at the West Covina VFW.

WEST COVINA - Senator Bob Archuleta visited the West Covina VFW Post 8620 during the Christmas Airborne luncheon to speak with the veterans.

He talked about how he is

working to improve veteran's benefits and to keep them in place. He also had lunch and talked one on one with many of the veterans.

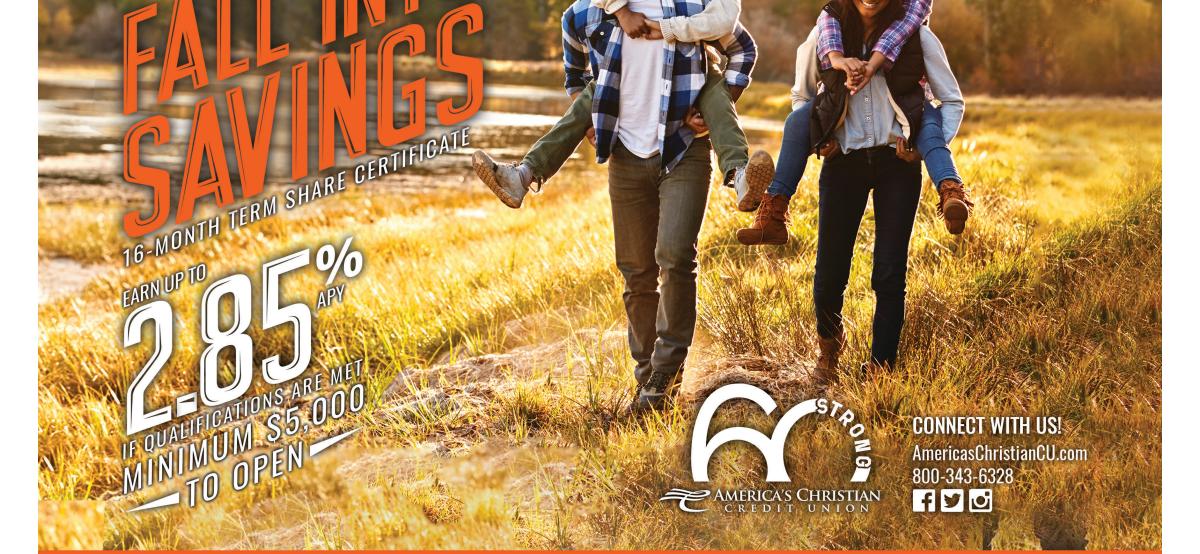
VFW Post Commander George Ogden was on hand to welcome the Senator as well as the West Covina Mayor Lloyd Johnson who made time to come down the VFW to greet and thank the senator for his visit.

Archuleta is said to be the only Senator serving California who is a veteran.

CALL 626-852-3374



Bloomington, II



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