

25 cents

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February 22 - 28, 2018

Volume XXI, Issue No. 8

STRIVING FOR JOURNALISTIC EXCELLENCE IN LOCAL NEWS

## INSIDE



Animal Hero Honored / A3

### HONORED



Carol West / A7

#### **INDEX**

Commentary Financial/Consumer **A5 Legal Notices City Notices** 

Gung Hay Fat Choy! Walnut Elementary DLI Students Ring in Lunar New Year

WALNUT - Over 300 students performed skits, poems, and songs, entirely in Mandarin, during the 6th annual Lunar New Year celebration at Walnut Elementary.

The kindergarten through 5th grade children are part of the school's Dual Language Immersion (DLI) program that offers unique and innovative instruction in both English and Mandarin.

Each grade level took a turn on stage during the energetic program presented for schoolmates on Thursday and for their families on Friday.

"The students put on a spectacular show!" shared teacher Krystin Wong.

Kinder girls sang and danced to "Jasmine Flowers" and boys performed the "Happy New Year" song.

First graders presented "New Year Cake" an interpretive dance to wish higher achievements to the audience.

In Mandarin, "cake" means promotion or achieving heights. As the first day of New Year is



A traditional lion dance entertains the children during the Lunar New Year celebration at Walnut Elementary on February 15.

also the first day of spring, the song "Walking on Sunshine" was in order, Wong said.

Second graders said they would "have a great attitude" and "never give up" in the new year through the bilingual song "Try Everything."

Third graders presented a 15-day New Year chant incor-

porating the importance of family reunion, couplets, and the communicate traditions by ex-Lantern Festival.

Fourth graders continued to

plaining the importance of the color red, the family feast, and the lion dance. They also performed a rap song, "Report to the New Year!"

Last, but not least, fifth graders performed a skit to the legend of Chinese Valentine's Day. The story explained how Valentine's Day was originated in China.

A finale lion dance was performed by three Walnut Elementary students along with volunteer members of San Gabriel Valley Chinese Cultural Association.

Beginning in Kindergarten, the DLI goal is to give students the opportunity to become biliterate and bi-cultural. The program is also available for sixth and seventh graders at South Pointe Middle School.

## Covina Mayor Jorge Marquez At "Heroes" Children's Art Class

COVINA "Young Rembrandts serving the East San Gabriel Valley hosted Mayor Jorge Marquez of Covina at Badillo Elementary School on February 14. More than a dozen children attended to celebrate Young Rembrandts' 30th anniversary by honoring hometown heroes like Mayor Marquez. Marquez, who is an alumni of Badillo Elementary, participated in the drawing lesson alongside the students, giving the kids a chance to get to know a local hero in their community.

"It was an honor to have Mayor Marquez in our class, as he is a strong advocate for education and after-school programs," said Richard Gonzales, co-owner of Young Rembrandts serving the East San Gabriel Valley. "Our commitment to the East San Gabriel Valley is embedded in our dedication to its institutions and values, and we wouldn't be able to provide the art classes we do without local heroes working to improve our community every Covina. He is currently serving



**Badillo Elementary school teacher Nina Alas with Covina Mayor** Jorge Marquez

day."

Marquez was elected to the Covina City Council in 2013, making him the youngest Latino ever to hold elected office in

as Mayor for the City of Covina. In addition to celebrating Young Rembrandts' 30th anniversary, the hometown heroes event on February 14 also marked Badillo Elementary's 60th anniversary."

## Glendora Village Wine Walk Adds Beer Fest, March 3rd

By Sherri Fernandez

GLENDORA - Mark your calendars for the event of the year! The Glendora Wine Walk is back with the addition of a new Beer Fest on Saturday March 3rd from 6 to 9 pm in the Glendora Vil-

Enjoy fifteen one ounce tastes of carefully selected wines from 26 wine pour stations, with wine supplied by BevMo, and beer from 6 craft brewery stations from our local micro-breweries,

which will be located in the middle of the street. Each pouring station will have a variety of hors d'oeuvres.

Savor a paired bite of food that compliments your beverage perfectly at each station. Each Beer Location will have some type of snack such as packaged pretzels or peanuts.

Beer tastes will be served in disposable cups provided at the beer stations highlighted with elegant music throughout the Village provided by the Haugh Performing Arts Center of Citrus

You will find duos and groups performing various genres of music to accompany you on your stroll. Out Door Elegance will set up a large Outdoor Furniture Display.

A professional photographer will be snapping you and your friends for your photographic memories, as well as a roaming photographer for those candid shots for you to share on all your



Gary Andrews of Andrews Inc. Clothiers announces the winners of the raffle, while Dalel Snider of Glendora Florist picks the winners, in the 2017 Wine Walk, which was very successful.

social media pages.

There will be a photo opportunity at our "Step & Repeat" area on the Avenue between Nelsons & The Village Vault. Souvenir wine glass & plate will be provided at check in and post.

It's an event you don't want to

They will have two tables on "the avenue" to promote their upcoming event "Food For Thought".

Tickets can be purchased online www.GlendoraWineWalk.com or at the following Glendora Village merchants:

Crust & Crumble 133 1/2 N. Glendora Ave,

Coldwell Banker 134 N. Glendora Ave.

Prime Lending 180 N. Glendora Ave.

Glendora Ave.

The Glendora Chamber of Commerce 224 N. Glendora Ave. Genoa Education Foundation is the Non Profit sponsoring the event for the ABC license.

Presale tickets are \$40 and will be available in stores only until March 1st. March2nd and 3rd, tickets will be \$45 and will be available online only or at the

Check in at the door sales starts at 5:30 at Visiting Angels, located at 131 E Foothill Blvd, Glendora. Security will be provided by the Glendora Police and Auxiliary. The street will be closed starting at 3:30pm. This event is for ages 21 and over. Absolutely no children will be allowed. Questions can be addressed on GlendoraWineWalk.com Southland Properties 211 N. website. See you there!

## Four Winter Home Projects

Winter is in full swing! The cold weather is not ideal for working on outside home maintenance projects, so focus on sprucing things up indoors. These four winter tune-ups will give your home a pick-me-up just in time for spring. Revamp the Doors

Looking for an inexpensive way to update your home? Give the doors in your home a makeover! Source unique doorknobs from an antique or hardware store, then paint your doors a different color to give your home a whole new look! Paint a Room

Freshen up the look of your walls and cabinets. Winter is the perfect time to paint your walls because the dry winter air will help your paint set more quickly than in the humidity of summer. Be sure to crack a window or have proper ventilation.

Lubricate Squeaky Moving Parts

Lubricating moving parts prevents them from wearing out. Easily lubricate moving parts, such as kitchen cabinets or door hinges, wheels on a dishwasher rack, and the exhaust fan over the stove with WD-40 EZ-REACH<sup>TM</sup>. It has an 8-inch flexible straw that bends and keeps its shape to get WD-40® Multi-Use Product into hard-to-reach plac-

Replace Furnace Filters and Clean Vents



Lubricate the exhaust fan above the kitchen stove with WD-40 EZ-REACH.

Air filters in your furnace should be replaced once every three months to keep it working properly. Reference the instructions on your HVAC system to help you through the process. Winter is also a good time to vacuum your dryer and kitchen vents to remove lint and grease buildup.

With these four tips, take advantage of the time spent in the warm indoors and spruce up your home to have it in tip-top shape for spring.

To see how WD-40 EZ-REACH can help you tackle home maintenance projects, visit WD40.com. (NAPSI)

S.G.V. EXAMINER February 22 - 28, 2018

### Soroptimist of Azusa/Glendora Honor the 2018 Live Your Dream Recipients at their Annual Brunch Fundraiser



Laurie Smith of Glendora and Monique Mangallanes of Monrovia receive the 2018 Live Your Dream Award from the Soroptimist International of Azusa/Glendora on February 10, 2018.

GLENDORA - On February 10, 2018 at the Glendora Country Club, Laurie Smith of Glendora and Monique Magallanes of Monrovia received the Soroptimist International of Azusa/Glendora 2018 Live Your Dream Award.

Laurie is a mother of five children, she is a graduate of

Citrus College and will receive her teaching credentials this year from the University of La Verne. Monique is a mother of two, she is a full-time student at Citrus College. Monique is on track to transfer to Cal State LA to earn her bachelor's degree in social work.

## **Glendora Genealogy Monthly Meeting**

Genealogy Group will hold its monthly meeting Tuesday, February 27 in the Elm Room of the La Fetra Senior Center, 333 East Foothill Blvd, Glendora. There will be a refresher class led by Pat Chavarria from 6:00 PM to 7:00 PM. This will be followed by our business meeting at 7:00 PM. Our speaker for the evening will be Ted Gostin. Ted will be presenting "They Became Citi-Naturalization Records." This lecture presents an overview of United States naturalization records. The first national naturalization law was established in focuses on 19th and 20th centu-

GLENDORA - The Glendora ry naturalization proceedings. Naturalization procedures and forms during two basic time periods are discussed: from 1790 to September 27, 1906, and from September 27, 1906 forward. Finding aids to naturalization records are discussed, and a short bibliography of key works on naturalization records is pro-

Mr. Gostin has been conducting genealogical research since zens: An Overview of American 1980, and has worked as a fulltime professional genealogist since 1994. Mr. Gostin is also an active member of the Association

PatChavarria at 909-592-4030.

of Professional Genealogists. Any questions about our group 1790, and therefore this lecture or the meeting please call



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The Live Your Dream pro-

gram supports women who are going back to school to further their education. The women are provided cash awards and continued encouragement as they acquire additional skills and training in order to improve their life and their future.

Founded in Soroptimist International is a global volunteer movement with a network of over 75,000 club members in 122 countries. Advocating for human rights and gender equality, at the heart of Soroptimist International's advocacy is its work across six UN Centres, where our UN representatives ensure that the voices of women and girls are heard. Our membership work on grassroots projects that help women and girls achieve their individual and collective potential, realise aspirations and have an equal voice in communities worldwide.

For more information you may go to www.azusaglendora-soroptimist.com or contact Shannon Lancaster, Soroptimist Azusa/Glendora president

shannongirl54@verizon.com.

### The Opa Group Visit the Grand Canyon



Some of the members of the Opa Group pose for a photo by the Grand Canyon sign.

By Jayam Rutnam

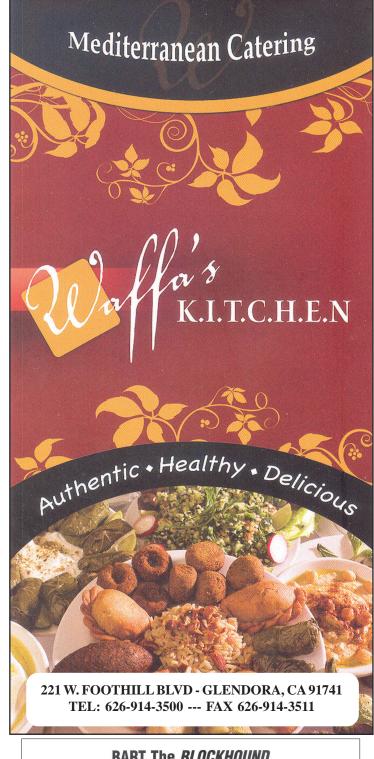
Grand Canyon, Arizona -The Opa Group of California, an association of expatriates from Greece, who are members of the congregation of St. Nicholas Greek Orthodox Church, took a two night field trip by bus to Laughlin, Nevada and also to the Grand Canyon in Arizona. They spent over two hours walking on the crest of this magnificent wonder of the world.

According to one of the organizers, Irene Iakovides, "the views were breathtaking, from which ever spot they watched it from." She also said that one should see the Grand Canyon tiful Harrah's in Laughlin. at least once in a lifetime.

This enjoyable trip by bus had the members singing Greek songs while wine and other refreshments were served. They stayed two nights at the beau-

The next trip being planned by bus, is a two night bus trip to Lake Tahoe.

The other organizers of the Opa Group are Marina Saroukos and Maria Janios.



### **Spring Planting is Near:** Join the Arbor Day **Foundation and Receive** 10 Free Trees

Joining the Arbor Day Foundation is an ideal way to get in the mood for spring planting. Anyone who joins the Foundation in February 2018 will receive 10 free Norway spruce trees or 10 free redbud trees to plant when the weather turns warm.

The free trees are part of the nonprofit Foundation's Trees for America campaign.

"These trees will help beautify your home for many years to come," said Matt Harris, chief executive of the Arbor Day Foundation. "The trees will also add to the proud heritage of your state's existing Tree City USA communities."

The Tree City USA program has supported community forestry throughout the country for the past 40 years.

The trees will be shipped

postpaid at the right time for planting, between March 1 and May 31, with enclosed planting instructions. The 6- to 12inch trees are guaranteed to grow, or they will be replaced free of charge.

Members also receive a subscription to the Foundation's colorful bimonthly publication, Arbor Day, and The Tree Book, which contains information about planting and care.

To become a member of the Foundation and receive the free trees, send a \$10 contribution to TEN FREE NORWAY SPRUCE TREES or TEN FREE EASTERN REDBUD TREES, Arbor Day Foundation, 100 Arbor Avenue, Nebraska City, NE 68410, by February 28, 2018, or visit arborday.org/february.





What you see is who you be (inexplainable but not undeniable) Is your day in the way.... **Bartology #555** 





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The San Gabriel Valley My Examiner

## City Of Glendora Embarks On A Plan To Prevent Homelessness

**GLENDORA** - The City of Glendora was recently awarded a grant from Los Angeles County and United Way of Greater Los Angeles' Home for Good Funders to develop a City plan to prevent and address homelessness. The City of Glendora recognizes that homelessness is an issue throughout the County. While the City has a limited number of chronic homeless, we realize that prevention efforts can be enhanced in our community and will go a long way to address homelessness in our community. With a properly developed homelessness plan, the City can strategically connect homeless individuals to needed supportive services and resources with the end goal being moving homeless individuals towards self-suffi-

ciency and a better quality of life. Glendora is working with the surrounding cities and the region to maximize available resources to ensure the region is working as a team to address homelessness in the San Gabriel Valley.

INFORMATION GUIDE

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The City would like to invite Glendora residents to join our mission to end and prevent homelessness in the City. It is obvious by the success story below that a number of residents care about this issue: Success Story

"I met Mrs. Werner on May 12, 2017 during the Police Department's Open House" stated Police Chief Lisa Rosales. She attended the event and was sitting at our PD Auxiliary booth with her husband Don, who is an Auxiliary member. Mrs. Werner while passing time that day was knitting a scarf. We engaged each other in conversation and I learned that she loves to knit. I shared with her that in my previous city I would purchase scarves, mittens and hats so that officers could hand them out to the homeless and those in need during the cold winter season. Ms. Werner without hesitation told me that she would knit some items for our officers to hand out as well.

About two weeks ago, Mrs. Werner came to the station and brought over twenty individual

care packages which contained three knitted items (a hat, a washcloth, and either a scarf or mittens) and a toothbrush, toothpaste, and soap.

My heart was heavy with warmth and love to have a community member take to heart a conversation and with her own two hands make these items with such care. I told Mrs. Werner that she was one of Glendora's amazing "angels."

Input Sessions (Town hall Meetings)

The City will hold 2 input sessions that will be open to the public to assist in writing a successful Homeless Planning Guide. Meetings will be held on Thursday, February 22 at 6:00 p.m. in the City Council Chambers and on Saturday, February 24 at 9:00 a.m. in the Library's Bidwell Fo-

The City is proud to partner with the San Gabriel Valley Council of Governments and its consultant on this important endeavor and look forward to residents input and ideas.



LOS ANGELES COUNTY In September 2016, Krisanto

Paragas witnessed a dog being thrown 20 feet down a ravine. After the perpetrator left, the brave and compassionate Mr. Paragas immediately climbed down the ravine and rescued the scared, shaking animal.

Shortly thereafter, the suspect, Adrian Spancky Raya, returned to the scene and demanded his dog back from Mr. Pargas. Mr. Paragas refused and warned Mr. Raya that police had been called. At that time, Mr. Raya drove away. Mr. Paragas then took the dog into his home. He reviewed his home surveillance video and gave it to authorities when they arrived, resulting in the defendant's arrest.

Animal Control Officer Armando Ferrufino of the Los Angeles County Department of Animal Care and Control (DACC) investigated this case and turned it over to the District Attorney's office for prosecution. Thanks to Mr. Paragas's compassionate act, Adrian Spancky Raya was convicted of cruelty to an animal and sentenced to two years in state

The dog received medical attention, was fostered and ultimately, adopted into a loving family.

DACC is thankful for Mr. Paragas heroic response to a cruel action and Officer Ferrufino was proud to be present to see him receive well-deserved accolades from the District Attorney at the Courageous Citizens Award Ceremony on February 7, 2018.



## El Monte Continues San Gabriel **Groundwater Basin Cleanup Efforts**

**EL MONTE** - The City of El Monte is continuing to provide access to clean and high-quality drinking water with the opening of the Arden Ground Water Treatment Plant (Plant). City officials invite community members to the dedication of the Plant on February 23 at 10 a.m., at 4131 1/2 Arden Drive, El Mon-

The Plant will be used to treat groundwater from the San Gabriel Basin. The City of El Monte relies on groundwater to fulfill the water needs of its community. The plant has a capacity to treat 750 gallons per minute.

The Plant reflects a significant milestone for the overall cleanup efforts of the San Gabriel Groundwater Basin. The Plant treats groundwater by filtering it through two stages of carbon. This ensures the groundwater is of high-quality.

In addition to protecting this regional supply of water, the Plant supports water conservation efed by the Plant is being dis-



The Arden Ground Water Treatment Plant has a capacity to treat 750 gallons per minute. The Plant treats groundwater by filtering it through two stages of carbon.

charged to a storm drain. The City has been working closely with the State's Division of Drinking Water to obtain a permit to allow the use of this supply of water in the City's public water system.

The project is an effort between the City, Work Parties, the U.S Environmental Protection forts. Currently, the water treat- Agency and the California State scrippen@elmonteca.gov.

Water Resources Control Board Division of Drinking Water. Funds for the Plant were obtained from federal and state water quality grants, as well as from the Project Partners.

To RSVP for the dedication ceremony, please contact Sheila Crippen by phone at (626) 580-2001 or via email at

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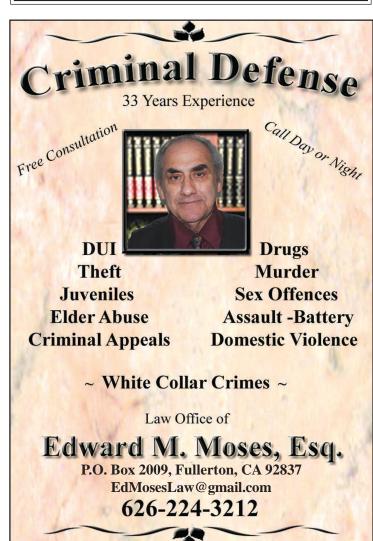
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### **Holden Introduces Legislation to Help Protect Children from Lead Poisoning**

**SACRAMENTO** – Assemblyman Chris Holden introduced Assembly Bill 2370 that expands lead testing in drinking water within child care centers. The legislation also encourages greater lead testing of high-risk children, and informs parents about the risks and effects of lead exposure.

"Lead poisoning is a serious threat to children's health," said Assemblymember Chris Holden. "Increasing lead testing for California's high-risk children is one of the single biggest steps we can take to prevent lead poisoning."

Current law requires drinking water to be tested for lead at K-12 school sites. A 2009 California Environmental Protection Agency report states that very young children absorb about 40 to 50 percent of the ingested lead when drinking contaminated water, while adults absorb between 5-15 percent. Assembly Bill 2370 expands existing law to certified child care centers where over 700,000 children are enrolled.

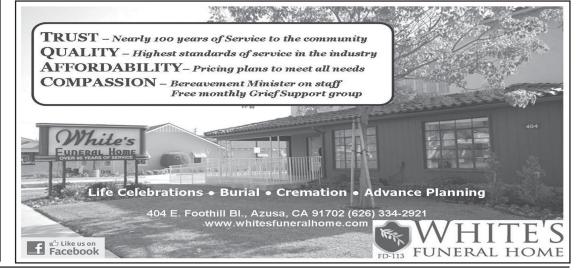
Almost three-fourths of California's high-risk children -- 1and 2-year-olds enrolled in the state-run low-income health insurance program – had not been tested for lead in their blood, according to a recent Environmental Working Group analysis of California's most recent lead testing data.

"Given the well-documented damage that lead inflicts on young children, water served at child care centers should be tested for lead," said Susan Little, California Government Affairs Senior Advocate for Environmental Working Group. "Very young children easily absorb the lead they ingest, so it makes sense that we do all we can to ensure the water and baby formula kids drink is as safe as possible. We applaud Assembly Member Holden's effort to protect

these kids."

AB 2370 also encourages greater lead testing to families by requiring child care centers, upon enrolling a child, to request the child's parent or guardian to provide documentation demonstrating the child has received a blood lead screening. If the parent is unable to provide documentation, the care child center would provide the parent with helpful information about the risks and effects of lead exposure, and available providers of blood lead screening tests. Lack of documentation, however would not disqualify the child from enrollment.

Assembly Bill 2370 comes a day after the Assembly Committee on Environmental Safety and Toxic Materials held an Oversight Hearing on the status of testing low-income children for lead exposure where experts agreed that low-income children are at greater risk of lead poisoning.



By Joe Castillo

Landmark... One of the more interesting sites in the San Bernardino Mountains is a peculiar configuration of a downward pointing arrowhead. The giant image is embedded into the foothills of the mountains providing a shape which has been identified as the symbol of San Bernardino County. Plants of two different colors form the face and background of arrowhead formed primarily from a uniquely shaped block of granite which lies 18 inches below the surface. Only shallow rooted plants can grow over the granite area while deeper rooted and taller plants are able to grow around the edges of the granite formation. The soil surrounding the arrowhead is of a different formation and sustains a dark and thick shrub which covers the remainder of the mountainside. The contrast in color and plants form the image of the arrow-

In order to deter erosion and prevent damage from fires, cistus plants have been planted around the perimeter of the ar-

rowhead. The plant was tested to determine its fire resistance and when exposed to flames the seeds from the cistus popped spreading additional seeds to germinate the surrounding area. The original cistus plant did not burn and its density was increased when exposed to an open flame. The tests identified that the Jerusalem native cistus plant was 85% fire-resistant.

In 1953, the San Bernardino Chamber of Commerce initiated a project to protect the geological arrowhead landmark by planting four rows of cistus plants around the edges of the arrowhead. The plants were positioned four feet apart to establish a protective wall in case of a fire. Over the years, foothill fires have burnt much of the brush in the San Bernardino foothills but the cistus plants have warded off any damage to the face of the arrowhead image itself.

At the base of the San Bernardino Mountains a collection of hot springs and warm waters exists. The springs were first used by local Indians but

starting in 1863 a succession of generations built hotels and hot springs at the same location. The tip of the hillside arrowhead landmark points downward to the location of the hot springs and was used as a directional guide to those who wished to partake in the relaxing spa and hotels.

In 1870, Dr. David Noble Smith founded the first Arrowhead health resort and spa. In the 1920's, Arrowhead Springs built a large welcome gate with the welcoming image of a Native American Indian mounted on top pointing to the location of the hotel and hot springs. Today, all that remains of the San Bernardino Mountain health and spa resorts is the ageless arrowhead landmark and the nearly 100 year-old Native American Indian stat-

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.

### San Dimas HEROES To Host All-New Larger "The Wall That Heals" Exhibit

New Wall replica is 375 feet in length, stands 7.5 feet tall, and travels with new educational exhibits

That Heals, a replica of the Vietnam Veterans Memorial, along with a mobile Education Center, is coming to San Dimas on March 22 -25, 2018 at Lone Hill Middle School, 700 S. Lone Hill Ave., and will be open 24 hours a day and is free to the public. The Wall That Heals honors the more than three million Americans who served in the U.S. Armed Forces in the Vietnam War and bears the names of the more than 58,000 men and women who made the ultimate sacrifice in Vietnam.

San Dimas H.E.R.O.E.S. (Helping Establish a Remembrance Of Every Serviceperson) will be among the first to host the new, larger exhibit Ireland and a visit to Canada which includes a three-quarter scale Wall replica that is 375 feet in length and stands 7.5 feet high at its tallest point. With the new replica at this size, visitors will be able to experience The Wall rising above them as they walk towards the apex, a key feature of the design of The Wall in D.C. For the first time in the history of The Wall That Heals, visitors will be able to do name rubbings of individual service member's names on The Wall.

"We are thrilled to share the new The Wall That Heals exhibit with the public this year. Through The Wall That Heals, we are able to return the names home to communities across the country and allow Vietnam veterans and their family members who cannot make it to Washington, D.C. the opportunity to see The Wall. It gives communities a teaching moment for younger generations on why we should honor those who have served and sacrificed so much," said Jim Knotts, president and CEO of VVMF.

The exhibit includes The Wall replica and a mobile Education Center comprised of: digital photo displays of "Hometown Heroes" - service members whose names are on The Wall that list their home of record within the area of a visit; digital photo displays of Vietnam veterans from the local area honored through VVMF's In Memory program which honors veterans who returned home from Vietnam and later died as a result of their service; video displays that

SAN DIMAS - The Wall teach about the history and impact of The Wall and of the collection of items left at The Wall in D.C.; educational exhibits told through items in the collection; a map of Vietnam and a chronological overview of the Vietnam War.

The Vietnam Veterans Me-

morial is one of the most visited memorials in our nation's capital, with more than 5.2 million visitors each year. However, many Americans have not been able to visit what has become known to many as "The Wall." The Wall That Heals made its debut in 1996 and since then has been on display in nearly 600 U.S. communities in addition to an April 1999 tour of the Four Provinces of in 2005. Last year alone, more than 250,000 people visited The Wall That Heals. Hosting The Wall That Heals provides a community with a multi-day experience that includes an educational experience for local schools and organizations on the history of the Vietnam era and The Wall.

VVMF coordinates local stops of The Wall That Heals and the accompanying mobile Education Center. The current schedule and more information be found www.thewallthatheals.org. The 2018 national The Wall That Heals tour is hauled through a partnership with the Truckload Carriers Association (TCA) and the trucking industry and generously sponsored by USAA, FedEx and GEICO. Local sponsors include the City of San Dimas, Los Angeles County Supervisor Kathryn Barger, San Dimas Community Hospital, Glendora WalMart and ADP.

About The Wall replica

The three-quarter scale Wall replica is 375 feet in length and stands 7.5 feet high at its tallest point. Like the original Memorial, The Wall That Heals is erected in a chevron-shape and for the first time in the history of The Wall That Heals, visitors will be able to do name rubbings of individual service

member's names on The Wall. The replica is constructed of Avonite, a synthetic granite, and its 144 individual panels are supported by an aluminum frame. Machine engraving of the more than 58,000 names

along with modern LED lighting provide better readability of The Wall day and night.

The names on The Wall That Heals replicate the names on The Wall in Washington, D.C. As on The Wall, the names are listed alphabetically by day of casualty. Beginning at the center/apex, the names start on the East Wall (righthand side) working their way out to the end of that wing, picking up again at the far end of the West Wall (left-hand side) and working their way back in to the center/apex.

A new 53-foot trailer transports The Wall That Heals from community to community. When parked, the trailer opens with exhibits built into its sides, allowing it to serve as a mobile Education Center. This unique educational experience gives visitors a better understanding of the legacy of the Vietnam Veterans Memorial and the collection of items left at The Wall.

The mobile Education Center displays includes: digital photo displays of "Hometown Heroes" - service members whose names are on The Wall that list their home of record within the area of a visit; digital photo displays of Vietnam veterans from the local area honored through VVMF's In Memory program which honors veterans who returned home from Vietnam and later died as a result of their service; video displays that teach about the history and impact of The Wall and of the collection of items left at The Wall in D.C.; educational exhibits told through items in the collection; a map of Vietnam and a chronological overview of the Vietnam War.

The Vietnam Veterans Memorial Fund (VVMF) is the nonprofit organization that built the Vietnam Veterans Memorial (The Wall) in Washington, D.C. in 1982. VVMF is dedicated to honoring and preserving the legacy of service in America and educating all generations about the impact of the Vietnam War and era through programs, ceremonies and education materials.

To learn more about VVMF or to make a donation, please visit www.vvmf.org or call 202-393-0090.

## TIME JOCKEY'' - Arrowhead | "Young Man, That Is Not Enough!"

A couple of weeks back in a discussion about America's heroes, I suggested that my readers might profit by passing the magnet of memory over their lives and seeing what heroes might be lifted out. A few days after that column was published I was reviewing a half dozen recent pieces, and guess what? I found that I was taking my own advice and passing the magnet of memory over my own life. As I sorted through my memories, for today's column I decided to focus on a specific year I recall as being particularly rich in persons

and events. So here goes. The year 1967—a half-century ago—heralded a dramatic, tension filled and emotionally overwhelming era in American history. In August of that year, I concluded my, ministry at a fine suburban church in northern Virginia just a couple of miles from the Pentagon, and headed for what was—and still is-my denomination's bellweather radical congregation at the University of Chicago. That year was to see an eruption of protests against America's Viet Nam war. What I didn't fully realize was that this congregation was to be a major locus of the nation's radical anti-war activities, and I would quickly find myself at the center of the storm. But that is a story for another time. This week I want to describe just one aspect of the events leading to my participation in the protests.

Like all pastors, my training prompted me to visit in the homes of every member of my new charge as soon as possible. Given the diminished nature of



Charles H. Bayer

this troubled church, it did not appear to be a particularly onerous task, and I quickly set about it. On the church roles was "Annetta Diekmann," a single 90 year old semi-shut-in. Her address was an apartment in the Kenwood community south of the Chicago's downtown Loop. As I approached her neighborhood I realized two things: 1. The area was entirely African American. 2. It was probably controlled by the Blackstone Rangers, Chicago's largest most violent street gang. What had I gotten myself into?

I approached Miss Diekmann's apartment building with considerable anxiety. In a few minutes she was able to buzz me upstairs, and greeted me at her apartment door. After the ceremonial tea and cookies, my goal was to discover what I could about this aging woman—among other things about her decision to live in this unsafe neighborhood (was my racism showing?) Presently she stopped me and said that there was a question she needed to ask. I replied that I would welcome it, and sat back waiting for whatever she had on

"Young man," she said—I was

just 30—"what are you doing to end the war?" I was completely caught off guard. What had I done? I had written a couple of letters, and had attempted to be a good pastor to the senior military officers in my former congregation, while being careful lest I appear to be un-American. After my slim recital, Miss Diekmann and I both just sat silently for what seemed like an hour, but was probably less than a minute. Miss Diekmann finally broke the silence. "Young man, that is not very much, and certainly not what I expect from my pastor." I stumbled around for something else to say, and took my leave.

Annetta Diekmann had spent her life as a labor organizer basically in the employ of the YWCA. If she was a card carrying member of the communist party, that was never made clear, but in subsequent visits it became obvious in both our conversations and the literature strewn around her apartment, that she lived on the far left fringe of the political world.

The visit I just described was the first in a long series of conversations in which she prodded me to do far more if I hoped to help end the war. Annetta Diekmann was not only a hero, but a saint, and over the next seven years as I entered the sanctuary of University Church, and looked up at the vaulted ceiling, there would be Annetta Diekmann in one of the niches, and I could hear her saying, "Young man, that is not very much, and certainly not what I expect from my pastor."

Contact Charles Bayer at candwbayer@verizon.net

## **How Do We Combat Mass Killings?**

The tragic murder of staff and students at the Florida High School is being labeled the new "St. Valentine's Day Massacre."

Nikolas Cruz, 19, carried a duffel bag and backpack, where he hid his weapons and ammunition. He went to Marjory Stoneman Douglas High School in Parkland, Fla. in an Uber on Wednesday and pulled out a semiautomatic AR-15 rifle and just started killing people. He shot students and staff on the school grounds, in the hallways, and in a number of classrooms. This included two teachers and a security guard. He killed 17 people and wounded more than a dozen other people before blending into the crowd of students running from the school. He was later arrested and charged with the

17 murders. How do we prevent mass murders like this? People scream for gun control, they blame Trump, they blame anybody and everybody, but they don't blame society as it is today. There are more people out there like Cruz, and this certainly isn't the last mass shooting that will take place. There will be more.

In my opinion, gun control is not the answer. The bad guys will always get a weapon no matter what the laws are. I do not know if the security guard that was killed was armed or not, but my guess is he was not. Across the nation, some teachers have petitioned to carry firearms for the protection of their students, staff and themselves. Some schools have allowed this to happen. Of course, there is a background check and proper training for these teachers. There are also gun lockboxes that requires the owner's hand to be scanned and identified to unlock that box so they can retrieve their firearm. I saw demonstration of this and it was impressive. A teacher could have this bolted into a drawer or cabinet and if the time comes, and hopefully not, they can retrieve the weapon and neutralize the

Our schools are an easy target however they are not the only target. We have imported terrorists

shooter if need be.



George Ogden That's just the way it is!

and homegrown terrorists who thrive on the fact of killing innocent people are the right thing to do. Those countries that allow their citizens to carry firearms have the lowest crime rates in the world. In those countries that have taken away the firearms from their citizens have the highest crime rate in the world and mostly at the hands of armed criminals. Firearms are not always the weapon of choice for mass killings. A couple of years ago in China, five terrorists went on a stabbing spree and killed dozens and put over 130 people in the hospital before they were neutralized. Four were killed and one was captured. If any of these people had been armed, a good chance the death toll would've dropped dramatically, and the

suspects taken down quickly. Taking away guns from citizens is not the answer. It will simply open the door for more crime, mainly home invasion crimes. However, I will go on record saying that I do not need any kind of an assault weapon, even as a toy. The weapon used in the St. Valentine's Day massacre of late, was an AR 15 which is not an assault weapon. It resembles an M-16 which is an automatic weapon. The AR 15 is

I always felt that if the citizens want to have automatic weapons or assault type weapons, who am I to say "no"? If we were having some type of riot or something of that nature, and the guy next door had automatic weapons, I would have to say at that time he would be my best friend.

I really don't know if we should have an arsenal of automatic weapons in our home. One possible idea would be if you

want to own some of these, have at it. But maybe we could have lockers at the police station that you can store your weapons at where they would be protected at all times for minimum charge of five dollars a month or something, and also to have them available for police officers to use in case they were needed. So when you feel like going out to the desert blowing off \$500 worth of ammunition in an hour, swing by the police station and pick up your weapons, and when you're done bring them back. You would not have to worry about getting your home burglarized and your weapons taken that could be used

There are gun clubs that have all types of weapons that you can use for a fee and shoot up as much ammunition as you want as long as you pay for. This includes the miniguns, 50 calibers and much more. This would save you a lot of money in owning something like this and trying to keep it protected at your home.

in crimes.

As for trying to protect ourselves from mass killers in restaurants, schools, churches and any other places where people congregate, I would venture to say that if the majority of the people that were in that crowd were either openly carrying or carrying concealed weapons would be a major deterrent. We would no longer have unarmed innocent civilians without the opportunity of shooting back and protecting themselves and each another. I am all for our teachers who pass the psychological tests, background and gun training to be allowed to carry firearms. I'm all for paying for armed security in our schools and other public areas for the protection of our citizens. Our government presently wastes a lot of money on stupid crap such as paying big bucks for getting those "What If" reports that they pay for those so-called professional

The only way we can protect ourselves is if we are the ones who protect ourselves. Kill them, before they kill us.

"That's Just the Way it Is!"

The San Gabriel Valley Examiner

## **Market Corrections Are Good!**

No sectors were spared when the correction hit recently, which is a good thing. This is a broad "flush-out" of the system. Profit taking is necessary and helps reset the market into a base-building area which will springboard it higher. It's worth noting that even though yields went down along with equities (which is unusual), rate-sensitive sectors still outperformed. Telecom, Utilities, and Real Estate were the top performing sectors, as they declined the least. On the other hand, energy fell like a rock, having the weakest fundamentals.

We can expect this sell-off to be short lived. Why? The stock market has been like a hungry giant, in the sense that its appetite for higher prices has been fueled by solid fundamentals. Sales and earnings growth are continually exceeding expectations and we are on pace for one of the best earnings quarters ever. But every meteoric rise needs a break - a chance to blow off steam, rest. and reset for the next leg higher. The bottom line here is that we should not lose focus or get frazzled.

The best way to take advantage of market cycles is to own the best stocks - those with growing earnings and sales and solid technicals. These are the stocks that will bounce the highest when a relief rally comes, while the weak ones may continue to get "tested." This is a buying opportunity, so when looking over your list of stocks that were "too expensive" to own, a flash "sale" just arrived. When you have your eye on a new car and suddenly there's a manager's sale, you don't ask, "What's wrong with the car? I don't want the car anymore." You





KEN HERMAN **Economic Analyst** 

& Former Glendora Mayor see value. The same should be applied to stocks. Fundamentals certainly have not changed from one week to another. The environment is great, other than that the market overheated and was getting ahead of itself. This "reset" is just a needed pause to refresh.

Growth cycles everywhere in the universe follow the same pattern of bursts of progress with intermittent resets and rests. This reset may last a week or longer but either way, this correction will be long forgotten before next summer when we will likely be higher, and by this fall it will seem insignificant.

Now for the good news. Rates are expected to rise when the economy is getting out of first gear, and there is rising speculation that first-quarter GDP will top 3.0% with the fourth quarter seeing a sharp upward revision, as the initial 2.6% GDP reading for Q4 2017 was unduly weighed down by trade deficits.

It is interesting to note that companies are beating an even higher bar for estimates now relative to expectations at the start of the quarter, as revenue estimates in aggregate actually increased during the fourth quarter. On September 30, the estimated revenue growth rate for Q4 was

5.7%. By December 31, it was 6.7%. Because of the number and magnitude of these upside surprises (and continued upward revisions to revenue estimates after the end of the quarter), the blended revenue growth rate for the quarter has increased to 7.0% today.

The data show that the economy is accelerating and current earnings estimates are too low. This is all great news for the stock market, as it should dispel the fear of the market trading at too lofty a P/E ratio. The market is currently trading at a forward P/E of 18x, but if future revenue growth for the S&P is being adjusted higher to the tune of 7%-8% going forward, then the market is not expensive because earnings growth will also accelerate.

In essence, look for the Fed to raise the Fed Funds Rate in March to 1.75% from 1.50% and then again in May or June if firstquarter growth is gangbusters, meaning north of 4.0%. Currently, there is a 76.1% probability the Fed raises in March and that number is likely to climb into the 90s by the end of February.

What we need to know most as investors is that the present rally is defined by outstanding top and bottom line growth for corporations and that normalizing rates a little more ahead of schedule as an offset to the power of tax reform is a very good thing for sustaining the secular bull trend.

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

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

HE CAR

"AUTO" KNOW

## Your Money - Ask Julia

I recently started a sole-proprietor business. How can I find out what my tax deductions I might be able to take?

Go online to www.irs.gov, search, download, and print: Schedule C and the Instructions for Schedule C. These two pieces are packed with information on what are allowable tax deductions for non-incorporated businesses. The new tax law might affect your business deductions for expenses in 2018. One example: with the previous law you (as soleproprietor) would have had to pay individual income taxes on your business income (aka "passthrough business taxes.") Under the new law, business owners can take a 20-percent deduction on their pass-through business income (earning income up to \$157,500 for 'single' filer; up to \$315,000 for 'married filing

jointly). I'll be turning 70 ½ next year. If I buy an annuity this year, will I have to pay surrender fees or penalties on money taken out to fulfill the RMD rules?

Insurance companies, which offer annuities, allow you to put your money into an annuity, and waive surrender fees on any amounts taken to fulfill the Required Minimum Distribution

Should we put our annuities into the name of our trust?

Beneficiaries receive payout from an annuity outside of a trust faster than they would with an

Julia Yoder

annuity within a trust. The most common reason for establishing a trust is to avoid probate. Because beneficiaries are named within the annuity policy, probate is already avoided. Keep in mind that it can take much longer for a trust to be read and for those instructions to be implemented. Quicker access to funds from annuities and life insurance can enable beneficiaries to pay bills and taxes in a much timelier man-

Is whole-life insurance the only kind of life insurance that builds a cash account?

No, there's also universal life, variable universal life, and equity-indexed universal life. In my opinion, the best out there is Equity Indexed Universal Life. This is life insurance with an underlying savings account that is not in the stock market. You are given the choice annually to allocate part of your premium to a fixed return premium, or to several other avenues with higher potential

gains without risk of loss. (based on the strength of the issuing insurance company)

Are there any low-downpayment home loans available nowadays?

Yes! There are a few, 1-percent, 3-percent, 3.5-percent, and 5-percent. With the lowest, you put 1-percent down and the wholesale lender adds 2-percent (up to \$5,000) so your downpayment is 3-percent. (There are other guidelines.) And, if you qualify to pay a little higher interest rate, you might utilize a feature called 'lender-paid' mortgage insurance. Some loans allow a 'gift' from a very close relative to help. If you are a Veteran, or are serving active duty in the military, there is even a 'no-downpayment and no mortgage insurance' loan available.

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/RE Broker 01238153/NMLS 248681/ Nat'l. Ethics Assoc.

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

## It's Tax Season!

Are you expecting a tax refund this year? You can check the status of your refund by visiting the IRS website at www.irs.gov. Click the "Refunds" tab and then click on "Check my refund status". IRS updates the information daily. You can check your refund status 24 hours after e-filing or 4 weeks if you filed paper (mailed in your return).

With Trump's administration, one of the major changes in your income tax next year is your personal exemption phaseout. Your personal exemption phaseout has been repealed in 2018.

In 2017, your personal exemption amount is \$4,050 (Rev. Proc. 2016-55). In 2018, regardless how high your income or AGI will be, you will be able to deduct your personal exemption on your 1040. Except for California income tax return, phaseout of personal exemptions will still apply when taxpayer's federal AGI exceeds the threshold amount in 2018.

Another big change that's coming in 2018 is the capital gains tax. In 2017, if your tax bracket is 10%-15%, your rate is zero; if your tax bracket is



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25%-35%, your rate is 15%; and if your tax bracket is 39.6% your rate is 20%. Coming 2018, if your income is \$77,200 and filing Married Filing Joint (MFJ), your tax bracket for capital gains is zero; if your income is \$479,000 and filing MFJ, your capital gains tax is only 15%. Do the math. The rich will benefit a lot with this change.

Dependents (Smyth v Comm., TCM 2017-29)

The parents can claim their children as dependents even if they did not provide support for them. If the parents will not claim their children as dependents, then the person provid-

ing the children's support will be entitled to the dependency exemption. This dependency tie breaker is not fair to the nonparents who provided all the support.

Qualification of a foster child to Qualify as Head of Household (Appeal of Hovind)

If you raised a foster child from birth and provided the full support, you will not qualify as Head of Household (HOH) unless you take a formal action through the courts by adopting the child. To qualify as HOH, the child must be placed in the taxpayer's home legally either by an authorized placement agency, by a decree, by judgement or through a court order of competent jurisdiction.

Mark your calendars - filing deadline of personal income tax is April 17, 2018!

Please call us at 626-343-3488 for more information today! Or visit my website at www.infocpa.org to subscribe your free monthly newsletter.

Financial Audits, Review and Compilation ~Income Tax ~Bookkeeping / Quickbooks ~Payroll & Accounting Services ~For-profit and Non-profit

# The Life Of A Car Battery

By Gene Morrill - Certified Automotive Specialists

The two main reasons for shortened battery life are:

- Excessive heat Heat causes battery fluid to evaporate, damaging the internal structure of the battery.
- Overcharging A malfunctioning component in the charging system, usually the voltage regulator, allows too high a charging rate, resulting in a slow battery death.

To get the most out of your

• Have your battery and its connections checked at every oil change

- Be sure the electrical system is charging at the correct rate. Overcharging can damage a battery as quickly as undercharging.
- Always have the battery replaced with one that's rated at least as high as the one originally specified.
- Keep the top of the battery clean. Dirt becomes a conductor, which drains battery power. Further, as corrosion accumulates on battery terminals it becomes an insulator, inhibiting current flow.

Batteries do not always give Count On!

warning signs before they fail. If your battery is more than three years old, it is probably wise to have it replaced.

Your car care provider can determine the health of your battery so you know how much life it has

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

**Hometown Service You Can** 

# What You Should Know About Colon Cancer Screening

Colon cancer affects both men and women equally. The lifetime risk of developing colon cancer is 6%. That number increases to 9% with a first degree relative, and goes higher with multiple relatives with colon or ovarian cancer. Despite the recommendation by every doctor and government agency that every person over the age of 50 undergo screening, only slightly less than 40% have complied.

What is the best way to detect Colon Cancer?

Based on current literature, the examination most likely to detect colon cancer, or its precursor, a colon polyp, is fiber-optic colonoscopy. This test will detect not only 97 to 98% of these lesions, but also allows the simultaneous performance of a biopsy or removal of an entire polyp. This examination is the gold standard against which all others are measured. Colonoscopy re-



George Ferenczi, M.D., M.B.A.

quires a one day preparation involving some type of oral laxative, and is performed with intravenous sedation so patients should not experience any discomfort during the exam. As this is not an operation, patients should not expect significant discomfort once the sedation has worn off. The expected complication rate is very low, reported to be less than one in a 1000, with the number even lower in highly experienced hands.

Are there any other alternatives?

Virtual colonoscopy is an available alternative. However, except in a few selected academic centers, the reliability of this examination does not yet approach that of fiber-optic colonoscopy. It also carries the disadvantages of requiring a cleansing bowel preparation essentially the same as for fiberoptic colonoscopy, radiation exposure, and the need for a follow-up colonoscopy to deal with any suspicious lesions that may be found.

What is a Barium Enema?

Barium enema involves filling the colon with contrast material, then the taking of X-ray pictures of its outline. This exam, which is performed without sedation, also requires a laxative prep and has a 10 to 15% lower reliability for identifying pathology as compared to colonoscopy. Any abnormality requires a subsequent colonoscopy.

Flexible sigmoidoscopy visualizes only the lower third of the colon, requires a bowel prep, and is done without sedation.

Isn't checking stools for blood enough?

Checking stools for the presence of occult blood in order to detect cancer is easy and inexpensive. However, there are many false positive tests, and more importantly, up to 50% false negatives. The new DNA based tests can miss 8% of existing cancers, 50+ percent of polyps, and have 13% false positives. They are expensive, and not covered by all insurances. Any positive test requires colonoscopy.

What are the symptoms for Colon Cancer?

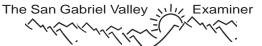
Unfortunately, polyps (known to be the precursors to 99% of

colon cancers) and even early cancers do not cause any symptoms. It isn't until the cancer has grown that people begin to experience bleeding, pain, weight loss, or a change in their bowel habits. Sadly, by the time patients present with symptoms, the disease has often progressed to being only treatable rather than curable. Discovered early, colon cancers are almost uniformly curable, and in removing polyps, are preventable.

If you do not have a family history of colon cancer, and no polyps are found during your exam, based on currently published recommendations, you do not require another colonoscopy for 10 years. If you have a family history of colon cancer or have a history of prior colon polyps, you should have a repeat examination in five years. If your polyp could not be completely removed, or had some unusual pathologic features, more frequent examination may be required.

Dr. Ferenczi has practiced gastroenterology in Glendora for 41 years, and was a Clinical Professor of Medicine at USC. His office is at 415 W. Route 66 in Glendora. Phone number is (626) 914-1182. He is a member of the medical staff at Foothill Presbyterian Hospital - an affiliate of Citrus Valley Health Partners.

Citrus Valley Health Partners is offering a free community lecture on the risks and prevention of colorectal cancer. It will be held on Tuesday, March 13, 2018 from 6 to 7:30 p.m. at the Geleris Family Education Center, 427 W. Carroll Ave. in Glendora. For more information or to RSVP, please call (888) 456-



### 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 Community Grief Support Group**

Church of the Good Shepherd, United Methodist in Arcadia (400 W. Duarte Rd. Arcadia, CA 91007) is beginning the fourth round of the 10 week grief support group. This group will begin meeting on Tuesday, February 27th 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 childcenter@cgsum if you are interested or if you have any questions.

#### Take Heart to Health

February is Heart Health month. Heart disease is the lead ing cause of death for both men and women in the United States. There are over 1 million men and women who die each year of heart disease. Arcadia Senior Services in partnership with Methodist Hospital is having a free special health presentation on Tuesday, February 27 at 1:30pm. Cardiologist, Dr. Grace Huang will speak on "Heart Disease and Stress". Stress exposes your body to unhealthy elevated levels of stress hormones like adrenaline and cortisol. Studies also link stress to changes in the way blood clots, which increases the risk of heart attacks. The heart health lecture will take place at the Arcadia Community Center, 365 Campus Drive, Arcadia. Registration is currently underway and can be made by calling Arcadia Senior Services 626.574.5130.

#### Senior Expo

Join us for a morning full of FREE fun, food and information. The Senior Expo will feature various organizations from senior related fields, such as: housing, in-home care, insurance, health, wellness and more. Organizations will be passing out information, as well as a few goodies. All at-

Students! Do you need volunteer

hours, but aren't sure where to

look? Or, do you want to give

back to the community, but don't

know what organization you

If so, the Glendora Library is

the place to be on Saturday,

March 10th, from 10 - 12 PM!

Be sure to drop in to the Library's

Friends Room during this time to

might want to volunteer with?

**High School Volunteer Fair** 

GLENDORA - High School meet with groups and organiza-

dents.

tendees will receive free refreshments and entry into the raffle. Boxed lunches will be sold the morning of for \$2 and will be served at 11:30am. Arcadia Senior Services is hosting this FREE, informational Senior Expo at the Arcadia Community Center, 365 Campus Drive, on Friday, March 9 from 10am-12:30pm.

For more information, please call Arcadia Senior Services at 626.574.5130.

#### **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 informa-

#### **Arcadia Senior Card Club Looking For New Members**

The Arcadia Senior Card Club is accepting new members. Arcadia residency is not required. Play contract bridge or pinochle. The group meets at the Assistance League Community House, 100 So. Santa Anita Avenue every Monday from 9:00 AM to 3:00 PM. Lunch is provided for a nominal fee or bring your own lunch.

The group is open to men and women 50 or older. The annual dues are \$5.00. For more information call 626-281-6771.

#### **BALDWIN PARK** The Getty Museum in Los Angeles:

On Thursday, February 22nd from 9:30 am - 5:30 pm, we will be visiting The Getty Center in Los Angeles. The Getty Center is renowned for its permanent collection, which includes pre-20th century European paintings, drawings, illuminated manuscripts, sculpture and decorative arts. With its fine art exhibitions, impressive architecture, lush gardens and spectacular city views, the Getty Center has something special to offer to both art lovers and casual visitors. Bring your own lunch and enjoy a picnic on the lawn adjacent to the Central Garden, or dine at the restaurant or café available inside. We will also stop by Downtown Santa Monica to shop and dine as well. 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

#### **Senior Trips & Tours** The Riverside Hotel in Laughlin, Nevada:

Wed., Thurs., Fri., March 7th, 8th, and 9th. Departure time at 8:00 am and Return time at 6:00 pm. Enjoy a 3 day, 2 night stay in Riverside Hotel in beautiful Laughlin, Nevada. The Riverside Hotel hosts 40,000 square feet of your favorite slots and table games. If you get tired of gaming you can take advantage of the optional tours, dining restaurants, museums and theaters or nearby outlets, at your own expense.

tions that have volunteer oppor-

tunities for High School stu-

No registration necessary. For

more information, please call

(626) 852-4891. The library is

located at 140 S Glendora Ave.

Price include: 2 breakfast buffet, 1 dinner buffet, and a fun book, room reservation and transportation also includes luggage handling. California ID is required. Double occupancy room is \$90 per person. Single Occupancy room is \$125 per person.

For more information, please visit the Julia McNeill Senior Center or call (626) 813-5245,

#### **Income Tax Appointments**

Starting in February, AARP will be providing free tax assistance to the senior community 55 years of age or older. This service is available only on Thursday and appointment is necessary. To schedule an appointment, please visit the Julia Mc-Neill 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

#### COVINA

#### **Community Garden Parcels**

The City of Covina Parks & Recreation Department has a Community Garden located at Cougar Park. Parcels are now available. Grow your own vegetables alongside other gardeners who are passionate about gardening and growing healthy organic produce! Annual fee of \$50 for large or handicap accessible parcel, and \$44 for small parcel. Applications are available at covinaca.gov. For more information, call (626) 384-5340.

#### Covina's T.E.A.M.

The City of Covina Parks & Recreation Department is looking for Covina teens who would like to help out and volunteer in their community. Join Covina's T.E.A.M. (Teens Endeavor to Accomplish More) and participate in service projects and community events each month. Attend a meeting for more information. Meetings held on Tuesdays (March 6, and April 10) 6-7 p.m. at Cougar Park, 150 W. Puente Street. No preregistration required.

For more information, call (626) 384-5340.

### Basketball And T-Ball

The City of Covina Parks & Recreation Department is offering Winter Basketball for ages 18 months-11 years and T-ball for ages 3-6. These programs provide instruction and fun in a noncompetitive atmosphere. For more information or to register, please call (626) 384-5340 or visit covinaca.gov.

#### **DUARTE Hot Lunches at Senior Center**

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

## **Alzheimer's Safe**

Safe return is a service of the

The San Gabriel Valley Examiner

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-

#### **GLENDORA**

#### **Manicures And** Haircuts

Citrus College Cosmetology will provide complimentary manicures and haircuts at the La Fetra Center. This service is completely free of charge and is available to anyone over the age of 18. FREE! Thursday, March 1, 10:00am - 12:30pm. To schedule an appointment please call (626)914-0560 or visit the La Fetra Center.

#### San Antonio Winery Trip

Take a trip with us as we visit the oldest and largest producing winery in Los Angeles with 100 years' experience of wine making. This day trip will include a guided tour of the San Antonio Winery with a tasting of four hand-crafted wines served with a delicious assortment of antipasti and hors d'oeuvres. Included is a souvenir wine glass to help you bring home a part of the magnificent winery. Register online at www.ci.glendora.ca.us or at the La Fetra Center; 333 E. Foothill Blvd. Glendora. \$35 Per Person (21 and over only) Saturday, March 10 11:30am to 4:30pm

#### **Alzheimer's Peer** Support Group

Caring for a loved one with Alzheimer's can be frustrating, challenging, and sometimes distressful. This peer support group is designed to share experiences, coping strategies, information, and ideas with each other, and to offer understanding and encouragement to one another. We meet the 2nd Thursday of each month from 6:30-8:30 pm at Glenkirk Church, 1700 Palopinto Ave., Glendora, in Room #11. We caregivers look forward to lifting each other up as we journey through this season of life. For more info, visit glenkirkchurch.org or call Glenkirk's church office at (626)

#### Glendora After **Stroke Center**

914-4833.

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

### LA VERNE

#### **Get About Transportation**

tation 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

Get About provides transpor-

To Register: (909) 621-9900 To Schedule a ride: (909) 596-

free.

For more information, contact Abby Nuyda at 909.621.9900, Extension 228.

#### **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

#### La Fetra Center **Senior Classes**

**Sing For Health Sing For Joy** You don't have to sing well to get all the benefits! Come join

leases endorphins known as those "feel good" chemicals in your brain. It also increases circulation and oxygen to your blood. Singing is a great way to relieve stress and will leave you feeling happy for the rest of the day! Mondays, through April 30, 2018 9:00am - 10:00am Preregister at the La Fetra Center or by calling (626)914-0560. \*\$10.00 is payable to the instructor for printed materials. Classic Cinema Join us as watch classic films

our group for a great time of

laughter and singing. Singing re-

from the golden years in Hollywood. This class will focus on how movies were made and the background of the films. Following the movies there will be a question and answer portion that will help you appreciate your favorite movies even more! Mondays, through May 21, 2018 1:00pm - 4:00pm. Pre-register at the La Fetra Center or by calling (626)914-0560.

#### 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** 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:

#### Go West Shuttle **Service**

ehernandez57@aol.com

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.

#### For information on this and oth-**Return Registration** er Library happenings, visit www.glendoralibrary.org.

### Carol West Honored at Delta Kappa Gamma Area XIII Conference

PASADENA - Long time Glendora educator, Carol West was honored as the Delta Nu Chapter Honoree at The Delta Kappa Gamma Society International, DKG California State Area XIII, annual conference, held at the First Church of the Nazarene's Gilmore Hall in Pasadena, on February 3, 2018.

Carol was honored for being an enthusiastic, dedicated, hardworking, caring and encouraging member of Delta Nu. Since she became a member, in 2009, she has held the positions of 1st Vice-President, 2nd Vice-President and Historian. She has accumulated many THAT (Teachers Helping Another Teacher) hours and encourages others to participate. Carol works tirelessly at many other Delta Nu Projects such as hosting Delta Nu Garage Sales and Chairing the Literacy in the Laundromat

Carol Taught in the GUSD for 38 years. She taught kindergarten, primarily, for 30 years at Williams Elementary School until the district decided to use the facility for another purpose. She served on the Executive board of the Teacher's Association for many years.

Carol currently is the Coordinator of the GUSD-Community Read-In. The Read-In is part of the Read Across America program whose aim is to have an adult read to every elementary student in honor of Dr. Seuss's



Carol West pictured in front of the Area XIII Quilt.

Birthday March 2nd.

Congratulations Carol you are truly a woman of many accomplishments and an exemplary key woman educator.

Following recognition of the Honorees, attendees were treated to a presentation by Nancy Hastings Sehesteda a Prison Chaplin in men's maximum-security prisons for the past 13 years. She shared many stories of hope and the challenges of being a female in a male dominated world, in her presentation "The Good, the Bad and the Hopeful: Stories of a Prison

Chaplin. Her speech was truly inspiring.

Delta Kappa Gamma Society International is an organization which promotes the professional and personal growth of women educators and excellence in education. Delta Nu Chapter is the local chapter and was founded in

If you are interested in learning more about Delta Kappa Gamma Society International, and the local Chapter Delta Nu you may contact Ava at 626-712-

## Mesa Glen Care Center Residents **Celebrate Valentine's Day**



Activities Director Patricia Cruz, Celia Gonzalez, Karla Quintana, Raylene Banuelos, Sydney Staidl, Claudia Salazar, Raylene Jaramillo, Penelope Wiedeman, Anjani Donaldi and Administrator Heather Robinson with some residents (seated).

By Jayam Rutnam

**GLENDORA** - Valentine's Day is very special at Mesa Glen Care Center. where the residents are treated to a special lunch with vases of orange and yellow roses and entertainment by Michael "Sinatra", who crooned Old Blue Eyes' favorites.

The staff of Mesa Glen Care Center, wait hand and foot on the residents who really looked forward to this occasion.

Lunch was served at 12 noon and was served by the Administrator Heather Robinson and Activities Director Patricia Cruz, among others. The lunch consisted of a Beef Brisket with gravy, Albondigas Soup, a Veggie Bake and Garlic and Herb Pasta. They also had a heart shaped cake and chocolate covered strawber-

Mesa Glen Care Center have many activities to keep the residents occupied, including, arts and crafts, bingo, and most of all, the residents speak about the caring staff staff who are genuinely friendly and attentive. Mesa Glen Care Center, located at 638 E. Colorado Avenue in Glendora is a CMS 5 Star Rated Community. You may contact them for tours of their facility at 626-963-6091.

## Mt. SAC's "Puttin" On the Hits" Celebrates 20 Years

WALNUT - Mt. San Antonio College's fundraiser "Puttin' on the Hits" will celebrate its 20th year of raising money for student scholarships with the only stage in the world where you can see stars such as Lady Gaga, Johnny Cash, Justin Timberlake, and Taylor Swift together in one show. The Mt. SAC Faculty Association sponsors its 20th annual scholarship fundraiser on Friday, **March 9**, at 7:30 p.m.,

and Saturday, March 10, at 7 p.m., in the Clarke Theater.

Mt. SAC professors, managers, staff, and students in authentic costumes will impersonate famous celebrities and lip sync their hit tunes. The program showcases several styles of music, including country, swing, R & B, hip-hop, and rock 'n' roll.

Last year, the Faculty Association provided over \$15,000 for student scholarships. Over

its history, "Puttin" on the Hits" has raised well over \$200,000 for scholarships.

Tickets are \$20 for general admission, and \$10 for students with student ID and children under 12.

For tickets and more information, call the Performing Arts Box Office at (909) 274-2050. Tickets may also be purchased online at http:// tickets.mtsac.edu.

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(626) 963-6091







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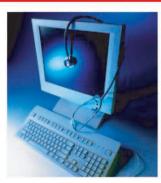
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