



San Gabriel Valley

# Examiner

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STRIVING FOR JOURNALISTIC EXCELLENCE IN LOCAL NEWS

July 5 - 11, 2018

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## Glendora High School Looks Better with Andrew Healy's Troop 491 Eagle Scout Project

**GLENDORA** - On the afternoon of June 22 and the following morning of June 23, 2018, Andrew Healy, age 15, of Troop 491 Glendora, lead over 20 of his fellow Boy Scouts, several adult Scout leaders and volunteers, on an extensive landscaping project at Glendora High School in Glendora. This service project was part of Andrew's requirement to earn the rank of Eagle Scout.

After months of planning, meeting with school officials, and fundraising, Andrew and his team cleared out a worn portion of grass on the campus and replaced it with a wide pathway of compacted decomposed granite, low water using plants, and a handicapped accessible bench. "I wanted to create a nice area for the students to enjoy themselves during lunch" and "an area more wheelchair friendly." Together they placed 30 drought tolerant plants, 120 feet of bender board, 2 truck loads of decomposed granite, 15 bags of soil, 26 bags of mulch, a decorative boulder and a handicap accessible bench.

Finding material donations



To R, Back Row: Kim Healy, Susie Busse, Tonya Pace, Nick Hollanders, Justin Busse, Adam Erickson, Eagle Scout Project Leader Andrew Healy, (partially hidden) Greg Healy, Donovan Adams, Alex Chice, Jaden Pirog, Prajet Chennamaneni, Matthew Lopez, Sam Liu, James Bohn, Josh Bohn, Scoutmaster Michael Moya, Spencer Moya. L to R, Front Row: Jacob Harris, Ryan Healy, Spencer Froh.

and funds to pay for the Service Project was also part of Andrew's requirements towards Eagle Scout rank. The cost of materials was paid for through a fundraising event at Blaze Pizza of Glendora and discounted materials were provided by Home Depot and Lowe's. The decorative boulder was donated by L & L Building Materials and the bench was donated by GHS ASB.

A long time Scout, Andrew

joined the Cub Scouts while in the 1st grade. He transitioned to Boy Scouts in 2014 and

chose Troop 491 of Glendora as his troop. After years of outdoor adventures and learn-

ing Boy Scout skills with his friends, Andrew moved up the ranks to Life Scout, during which he held the positions of Troop Librarian, Patrol Leader and Troop Guide. Andrew plans to graduate from Glendora High School and attend Laguna College of Art and Design.

The Eagle Scout Service Project, or more simply the Eagle Scout Project, provides Boy Scouts in the Boy Scouts of America (BSA) the opportunity to demonstrate leadership skills while performing a project for the benefit of his community. This is the culmination of the Eagle Scout candidate's leadership training, and it requires a significant effort on his part.

## Arcadia Woman's Club Installs Officers

**ARCADIA** - The Arcadia Woman's Club recently held its installation ceremony and luncheon in its historic Clubhouse on First Avenue. Members and guests enjoyed a delicious luncheon served by Cindy Aguilar and beautiful floral teapot centerpieces created by Ann Carlton, Doris Kading and Peggy Ulbrich.

Marilyn Daleo served as Installing Officer using a flower garden theme where each officer received a potted plant and a reference to a garden flower symbolizing the characteristics of their board responsibility. Repeating president Cheryl Alberg received beautiful roses and a watering can to symbolize nurturing the "club garden." Officers installed for the 2018-2020 term are president Cheryl Alberg, First Vice President Marilyn Daleo, Second Vice President Linda Mokler, Third Vice President Cindy Aguilar, Recording Secretary Barbara Lampman, Corresponding Secretary Joyce Platt, Financial Advisor Dianne Chapman, Senior Trustee Carol Anne Donahey and Junior Trustee Julia Kendrick.

The Arcadia Woman's Club has been providing service to the community for over 100 years in a variety of areas, many of which in the early years were significant to Arcadia's growth and history. This past year the organization



Arcadia Woman's Club President Cheryl Alberg (left) receives roses and a watering can from Installing Officer Marilyn Daleo during the Club's "flower garden" installation ceremony.

monument for the first time.

The Arcadia Woman's Club is open to women of any age with regular meetings held at 11 a.m. on the first Wednesday of the month, October to June. Summer activities include a Beach Bingo Blast on August 1 at 5 p.m. and a mid-day Open House on Wednesday, September 5, both at the Clubhouse at 324 South First Avenue, Arcadia. For information on membership or any of the club activities, contact Linda Mokler at 626-818-7779 or lilmokler@yahoo.com or Cheryl Alberg at 626-287-2831 or caja2@aol.com.

## GCCC Installs Officers and Board Members



Glendora Community Coordinating Council's 2018-2019 newly installed Officers and Board

**GLENDORA** - The Glendora Community Coordinating Council is proud to announce its 2018-2019 newly installed Officers and Board on Monday, June 11, 2018. We meet the sec-

ond Monday of each month at the Continental Restaurant for lunch and are always looking for new members and volunteer award recipients. Please their website at

www.glendoracoordinatingcouncil.org for information on joining our organization or nominating a person for award recognition.

## Record Number of Graduates Celebrated at Citrus College Commencement Ceremony



Citrus College celebrated a record-breaking number of graduates during its 102nd annual commencement ceremony on June 16, 2018. Photo courtesy Citrus College.

**GLENDORA** - Citrus College celebrated a record-breaking number of graduates during its 102nd annual commencement ceremony on June 16.

With 1,674 students applying for graduation, the Citrus College class of 2018 includes 270 more students than the class of 2016, which holds the previous college record. This is the largest graduating class in the college's history.

"Citrus College has been committed to increasing completion rates for several years, and the entire college community strives to create an environment in which students are empowered to reach their academic goals. These numbers show that we are doing just that," said Dr. Geraldine M. Perri, superintendent/president. "I am very proud of each of this year's graduates. Their persistence and determination have driven them to complete their associate degrees, and this will undoubtedly serve them well as they continue to pursue their goals."

Brenda Elizabeth Chavez was also among those honored during Saturday's ceremony. A resident of Covina, she enrolled at Citrus College to save money on her undergraduate education and prepare for transfer to a prestigious university.

In addition to being the largest graduating class, the class of 2018 also received the highest number of associate degrees for transfer (ADT). In fact, 27 percent more ADTs were awarded this year than during the 2016-2017 academic year.

Glendora resident Julianne Rodriguez is a member of this year's graduating class who received an ADT in art, as well as an associate of arts degree. Transferring to a university in the fall, her ultimate goal is to earn a Ph.D. in medical anthropology.

"Citrus College helped me realize that I am capable of so much more," she said. "I would never have reached my potential had I not enrolled. I am so grateful that I have been given the opportunity to make something of myself."

Brenda Elizabeth Chavez was also among those honored during Saturday's ceremony. A resident of Covina, she enrolled at Citrus College to save money on her undergraduate education and prepare for transfer to a prestigious university.

## How to Prepare for an Active Shooter Incident in Your Community



Active shooter trainings help prepare communities for worst-case scenarios.

Active shooter incidents are rare. You are 700 times more likely to die in a car crash, for example, than from an active shooter event, according to the National Safety Council. However, these terrifying events are on the rise. Experts say that being prepared can save lives.

"Sometimes it takes a tragedy to bring a community together – a hurricane, a flood or an active shooter. How much better would it be to be prepared in advance and mitigate that tragedy?" says Dan Martin, a retired police officer in New Lenox, Ill., and leader of the New Lenox Safe Communities coalition. "Each time I lead an active shooter course I see lightbulbs go on in people's heads that they can make a difference."

Because most active shooter incidents are over in a couple of minutes -- often before first-responders can arrive on the scene -- Martin says it's crucial for private citizens to turn their panic into effective action and know what steps they can take to improve their chances of survival.

"Preparing for an active

shooter emergency starts with situational awareness. Know what is going on around you all the time, trust your instincts and devise a plan," he says.

To prepare, everyone can take the following steps:

- Learn emergency notification systems and distinctive alarms used in places you frequent.

- Identify two possible escape routes wherever you are.

- Find places to hide.

During an active shooter event, don't spend important moments panicking. Public safety experts say that you should be ready to do one of the following:

- Run: Always the first choice; get out and take others with you.

- Hide: Find a place to hide; act quickly, turn off lights, lock and block doors, silence cell phones

- Fight: The last resort; improvise weapons and work alone or with others to disarm the shooter.

Community leaders can improve safety in their public

spaces, such as concert venues, shopping malls, houses of worship and other places where people gather, by offering residents free active shooter training

from the National Safety Council. The Council's "Surviving an Active Shooter Event" is a two-hour training that covers how active shooter situations unfold, how to be situationally aware and what actions are necessary to improve one's odds of survival. Training can be led by any community leader who can effectively speak in front of groups and follow detailed course materials. To learn more about partnering with NSC to bring active shooter training to your community, visit [nsc.org/trainactiveshooter](http://nsc.org/trainactiveshooter).

Active shooter incidents are terrifying and often result in multiple fatalities very quickly. While no one wants to dwell on such devastating, worst-case scenarios, being prepared can save lives. Take steps to learn how to make your community safer. (StatePoint)

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or call (562) 944-4766

## Giving Back on Your Summer Vacation

Hitting the road this summer and want to do something good for the world along the way? Consider using your summer road trip as an opportunity to give back to the communities you visit. For some inspiration, check out these great ways Americans are rethinking vacations to include a touch of philanthropy.

### Driving for Good

All those miles you log on the road can be for a good cause, if you look in the right places. Check out organizations and brands hosting fun fundraising or volunteer events on the road. For example, "MINI Takes the States," a biannual rally for MINI Cooper owners, gives participants an opportunity to explore America's beauty while raising money for Feeding America, the nation's largest hunger relief organization dedicated to fighting domestic hunger through a network of food banks. In 2016, rally participants raised enough money to provide 1,301,969

meals to families in need, and this year's goal is over 2 million meals. Occurring July 14 – 22 this year, MINI Takes the States will see owners kick off in either Orlando, Fla. or Portland, Ore. and converge in Colorado, passing through some of America's most interesting and beautiful sites and cities.

A portion of each registration fee is donated to Feeding America and participants are encouraged to start fundraising pages online and spread the word to friends and family to contribute to the cause. Each dollar raised will provide at least 10 meals to people in the U.S. struggling with hunger. To learn more, visit [MINITakesTheStates.com](http://MINITakesTheStates.com) or follow the conversation at #DriveForMore.

### Transform Your Road Trip

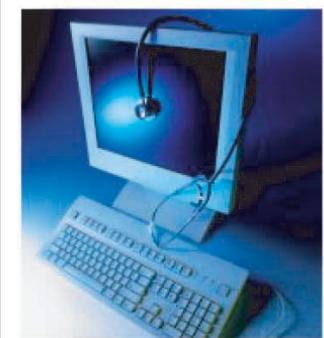
America's parks need your help, particularly their hiking trails. Volunteer opportunities abound for those who wish to

combine a road trip with trail stewardship. After traveling to your favorite park, join a volunteer crew to build or maintain a trail, increasing accessibility to America's most beautiful natural wonders.

Or, be someone who brakes for animals -- animal volunteer opportunities that is. Many animal sanctuaries welcome vacationing volunteers to provide extra hands. From socializing dogs to feeding horses, certain opportunities even include lodging to those giving their time.

By giving back to the places you visit, you can take the concept of the ultimate summer road trip to new heights. (StatePoint)

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## Many Los Angeles County Swimming Pools Open for 12 Weeks and Three Lake Swim Beaches to Open Seven Days a Week

**LOSANGELES COUNTY -** Are you looking for more time to spend and cool off at your county swimming pool or lake swim beach this summer? Then look no further, as residents seeking relief from the hot California sun will be able to swim and relax at many county pools for a longer time-period because of a Los Angeles County Board of Supervisors budget allocation.

Many county swimming pools will be open for two extra weeks this summer, enabling families to enjoy swimming and watch their children play in the cool water during hot sunny days. Swimming lessons will also be offered, to provide water safety for children and peace-of-mind for parents.

Three county-operated lake swim beaches will be open from 10 a.m. - 6 p.m. seven days a week effective July 1 through Sept. 3. Lake swim beaches are available at Castaic Lake State Recreation Area in Castaic, Frank G. Bonelli Regional Park in San

Dimas, and Santa Fe Dam Recreational Area in Irwindale.

These extended lake days will provide residents with access to explore pristine county lake swim beaches and enjoy quality time with the entire family in a safe environment.

John Wicker, director of the Los Angeles County Department of Parks and Recreation, thanked the Board of Supervisors for its commitment and support, and encouraged families to attend county pools and lakes this summer, and to make them a summer destination!

"We are extremely happy that many of our county pools and three lake swim beaches will now enable the public to enjoy recreational water fun that is associated with summer in Southern California," he said. "No matter what your age is, there's a county swimming pool or lake near you, and I encourage everyone to visit and experience what summer fun can be all about."

For more information about county pool schedules and locations, please visit parks.lacounty.gov, or call 626-588-5372.

## Your Pets Depend on You, Keep Them Safe!

### LOSANGELES COUNTY

- June is National Pet Preparedness Month and the County of Los Angeles Department of Animal Care and Control (DACC) reminds all pet owners to create an emergency plan if you don't already have one. While you should be prepared for pet emergencies year-round, this month serves as a reminder to ensure you and your pets are prepared for an emergency. Marcia Mayeda, Director of DACC, stated, "Please take the time to develop an emergency plan today! We recommend pet owners to create two pet disaster kits, one stay home kit and one on the go kit." Please see below for additional tips to help prepare you and your pets for an emergency.

Your kit should include:

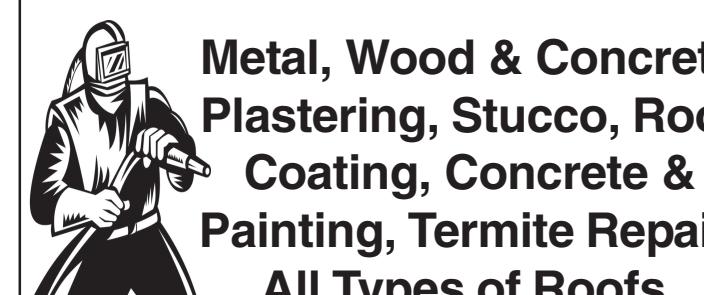
- Three day supply of food and water,
- Medication and copies of medical records,
- Sturdy leashes, harnesses and/or carriers to transport pets safely and ensure that they can't escape,
- Pet identification (photos, license, microchip, vaccinations, etc.), and

- Names, addresses, and phone numbers of friends, hotels and boarding facilities that will welcome you and your pets.

For more information and details about your specific pet, please visit our website at <http://animalcare.lacounty.gov/emergency-response/>.

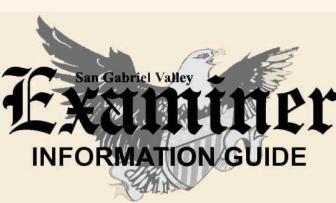
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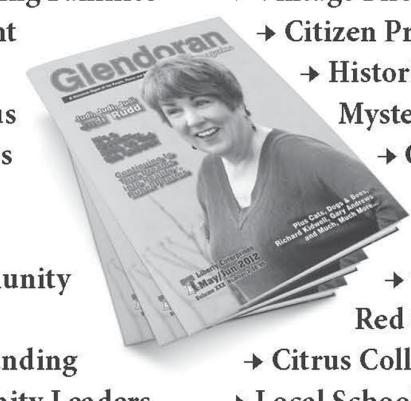
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## DMV Reminds Drivers Of New Laws That Take Effect In July

**SACRAMENTO** – The Department of Motor Vehicles (DMV) reminds Californians about three laws designed to improve traffic safety that take effect in July.

gram is to ensure that private carriers transporting passengers in California are operating in a safe manner and maintain adequate insurance coverage.

Buses and Seatbelts (SB 20, Hill): This law requires passengers in a bus equipped with seat belts to be properly restrained. Children between the ages of 8 and 15 traveling on a bus must wear a seat belt or be in an appropriate restraint that meets federal safety standards. A violation is punishable by a fine. Traveling by bus is overall a safe mode of transportation. The DMV is supportive of efforts to increase traffic safety, and this law contributes to reducing highway deaths and injuries as a result of large bus crashes by requiring the use of seatbelts on motor coaches and large buses, and requiring bus operators to inform passengers of the seatbelt requirement.

Driving Under the Influence (DUI) Passenger for Hire (AB 2687, Achadjian): This law prohibits a driver with a blood alcohol concentration (BAC) of 0.04 percent or more from transporting a passenger for hire. This lowers the legal limit from 0.08 to the same BAC standard for commercial drivers. The DMV wants to ensure the public understands drivers of passengers for hire will be held to a higher standard of safety while transporting people. The DMV will suspend a person's driver license if a conviction is added to their record. Commercial driver license holders will receive a disqualification.

For more information about DMV's online services, scheduling an appointment, applying for a federal compliant REAL ID driver license or identification card, visit [www.dmv.ca.gov](http://www.dmv.ca.gov)

## Assessor Warns Homeowners of Real Estate Fraud and Misleading Solicitations

### LOSANGELES COUNTY

- Assessor Jeffrey Prang is alerting all property owners of increasing reports of deed scam solicitations and misleading mailings being sent across the county.

Television and radio advertising that urges property owners to protect their homes from theft by unauthorized changes to deeds and other legal documents has caused concerns among residents, who have approached the Assessor wanting to know how best they can protect themselves from falling victim to identity fraud.

Given the seriousness and frequency of both cyber threats and identity theft, the Assessor together with Board of Supervisors and county agencies already implement a notification system which alerts property owners of any change to a deed, deed of trust, or similar document recorded with the County of Los Angeles. Under the "Notice of Recordation" law in place since

2012, the last owner of record is mailed an official notification whenever a chance to a deed or deed of trust is recorded. This notice provides the lawful owner advance notice and the opportunity to challenge any changes to ownership documents.

Mailed solicitations designed to appear as though they originated from the Assessor or another government agency, with stern warnings of fines and imprisonment, ask property owners to pay fees in order to obtain information already available to them for free. These solicitations are professionally designed to look official and include similar barcodes and phrasing, such as "Recorded Deed Notice." One example charges a fee for a property assessment profile that can be obtained for free from the Assessor.

In fact, this assessment information is available at no cost 24 hours a day, 7 days a week directly through the Assessor's office at [portal.assessor.lacounty.gov](http://portal.assessor.lacounty.gov).

## L.A. County Selects IBM Security Services To Conduct Independent Review Of Voter Roster Error

### LOSANGELES COUNTY

- Los Angeles County has engaged information technology leader IBM Security Services to conduct an independent review and evaluation of the systems and procedures used in the production and printing of voter rosters for the June 5, 2018 Statewide Direct Primary Election. IBM will work with the County's Chief Information Officer and Auditor-Controller to determine the root cause of the printing error and make recommendations for corrective action.

"Our priority is ensuring a thorough and impartial review that is conducted to the highest professional standards," said Chief Executive Officer Sachi A. Hamai. "Working with IBM Security Services, we are confident

we will get the critical information needed to prevent this from happening again."

IBM Security Services will complete a full incident assessment and root cause analysis including a forensic review of the systems, procedures and agencies used in preparing and producing precinct rosters for the County's 4,357 voting precincts and more than 5.1 million voters. The review will also include testing of networks, servers and databases to evaluate any potential vulnerabilities and to assess the effectiveness of security controls, policies and quality control processes. The review started Monday, June 18, and is expected to take four weeks.

On Election Day, 118,509 voter records were omitted from precinct voter rosters due to a system printing error that affected approximately 12,000 voters, who cast provisional ballots which were processed immediately. The affected voters also

received confirmation by letter, email or automated calls that their ballot was counted and their voter registration status was not affected. No voters were ever removed from voting rolls and their right to vote was never at issue.

"We recognize the importance of an independent review," said Registrar-Recorder/County Clerk Dean Logan. "Achieving public confidence in the voting process requires us to provide the public with answers about the exact reason for the omission of voter records in the printed voter rosters and to institute safeguards to avoid any recurrence in future elections."

Once the root cause of the printing error is determined, the County will issue a report to the Los Angeles County Board of Supervisors and will identify a comprehensive action plan for the Registrar-Recorder/County Clerk to act on the recommendations.

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# Democrats March to Destroy Criminal Justice System

"Power tends to corrupt, and absolute power corrupts absolutely" said British politician, Lord Acton, who referenced the Roman emperors, who declared themselves gods; and, Napoleon Bonaparte who referred to himself as an emperor.

Association of Deputy District Attorney's (ADDA) President, Michele Hanisee, calls the recent action in Sacramento abuse of the legislative process. She is referring to budget trailer bills, originally used to refine and clarify the budget, but now, under the Democrat controlled legislature, used to set desired partisan policy. Just like the gas tax that was snuck through without public debate.

On June 28, signatures were submitted to put California Violent Crime Definition, DNA Collection, and Parole Initiative (#17-0044) on the November ballot. That initiative would restore DNA collection for certain misdemeanors, restore certain crimes as felonies, and make much needed changes to the parole system, known now as "early release", to reduce the prison population.

And, while many of us were working hard to collect signatures for that initiative to fix the damage done to California's criminal justice system, the Democrats were busy creating another loop hole in that system, AB 1810, the "Omnibus Health Trailer Budget Bill". Knowing the controversy this bill would create before the November elections, it appears the decision was made to sneak it through as a trailer bill preventing any public input or debate on the bill.

This trailer bill, ADDA says, "... allows a defendant suffering from a mental disorder to be granted pre-trial diversion and the charges later dismissed for any crime if a judge finds the disorder played a significant role in the crime and if a defendant has



## Shade's Perspective

**Lois M. Shade**

**Former Mayor of Glendora**  
"substantially complied" with mental health treatment during the diversion period. In short, this new law allows diversion and the dismissal of charges for any crime, including those where a victim was killed or seriously injured ... Additionally there are no limits on the number of times someone can receive diversion under this scheme, nor would anyone be excluded based on their criminal history."

The Association of Deputy District Attorneys issued a report back in July 2016 before the November election on Prop 57 to make the public aware of the ramifications of that proposition being pushed hard for passage by Gov. Jerry Brown. The statement from ADDA was:

"The Governor has proposed an initiative, The Public Safety and Rehabilitation Act of 2016 ("the Act"). Its apparent intent is to alleviate prison overcrowding and avoid the possibility of a federal court order releasing prisoners. However, the language in the initiative is drafted in a manner that would incorporate into the California Constitution drastic changes to our sentencing laws, including eligibility for parole that disregards enhancements such as use of a deadly weapon, commission of a crime to benefit a criminal street gang, or prior or prison terms; disregards consecutive sentences for the com-

mission of multiple offenses; and provides prison officials with broad authority to award increased conduct credits, including to murderers and rapists."

When Brown was confronted with the outrageously serious threats to public safety in his Prop 57, he promised to have sex offenders disqualified for early release. ADDA responded: "... since Prop 57 is a constitutional amendment, it is doubtful "regulations" with the wholesale exclusion of sex offenders would pass legal challenges based on equal protection, due process ..."

The Governor has taken no steps even now with the upcoming November election to correct the problems with Prop 57 he promised to correct. In fact, he and the Democrats have made the situation more dire with this new twisted "get out of jail free" trailer bill.

What is more interesting is the deal that has been struck between the powers that be in Sacramento with the soda companies. Pull your initiative banning local taxes on soda and we will pull out another trailer bill banning any new local soda taxes through 2030.

In 2014, then Senate President Pro Tem Darrell Steinberg, now Sacramento's Mayor, pushed through an amendment to allow "negotiations to mitigate" situations like the soda tax. If we in Sacramento can present a deal you can live with, you pull your initiative from the ballot and we all go away happy. Of course, no one has asked the public what they think about this.

And more critical to the health, safety and well being of the law-abiding public, Brown and his Democrat majority did not bother to "negotiate to mitigate" the "fixes" Brown promised to make to Prop 57 but merely exacerbated the terrifying results of Prop 57 with this latest round of closet deals.

## Fourth Of July Sentiments Used To Be Different In "The House I Live In"

by Charles Lopresto

We have all been a little frustrated with the antics of Hollywood and the entertainment celebrities. It is as though they don't really take America seriously anymore. But us folks that have been around a while, remember when film stars and entertainers used to extoll the virtues of our country and what it stands for. Whether it was Irving Berlin's "Yankee Doodle" musicals, a coonskin clad John Wayne reciting "Republic, I like the sound of the word..." or Red Skelton interpreting his definition of "The Star Spangled Banner." We remember everyone from Kate Smith, to Bing Crosby, to Tennessee Ernie Ford to Lee Greenwood singing the praises of the USA.

No one was more socially

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aware than Frank Sinatra. He fought intolerance and bigotry long before it was fashionable among entertainers. Maybe his upbringing in rough 1930's Hoboken as an Italian street kid, had something to do with it.

In 1943, a song writer named Abel Meeropol, pen name Lewis Allen, wrote a song called "The House I Live In." Two years later, a short subject film for the war effort was produced and shown in theaters with the same name. Frank Sinatra starred in it. Playing himself, Sinatra takes a break from a downtown recording session to have a "smoke." He confronts a group of kids bullying another boy over his "religion." Sinatra did what Sinatra would have done if the cameras weren't rolling. He sat the kids down and told them how ridiculous and

counter-productive bigotry was. He brought up the war effort and how none of that matters when you are depending on your fellow soldier. Then he sang the song.

"What is America to me? A name, a map, a flag I see? A certain word democracy? What is America to me?"

The house I live in, a plot of earth, a street. The grocer and the butcher, and the people that I meet. The children in the playground, the faces that I see. All races and religions, that's America to me.

The place I work in, the worker by my side. The little town or city where my people lived and died. The 'howdy' and the handshake, the air of feeling free, and the right to speak my mind out, that's America to me.

The things I see about me, the big things and the small. The little corner newsstand and the house a mile tall. The wedding in the churchyard, the laughter and the tears. The dream that's been a growing for about 150 years.

The town I live in, the street, the house, the room. The pavement of the city, or a garden all in bloom. The church, the school, the clubhouse, the million lights I see. But especially the people, that's America to me."

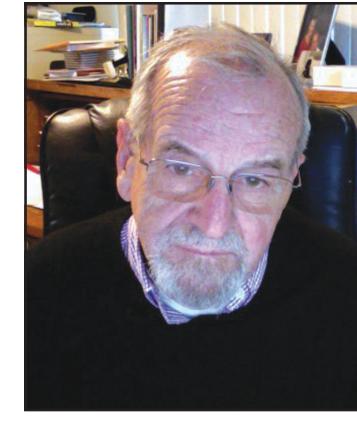
When the song was concluded, the kids departed. The little boy, once an outcast, left with his new found friends. But not before turning around and waving goodbye to his unexpected benefactor. The kind of wave that told the audience that in spite of the turmoil of war, not yet concluded, things would be okay. At least that was what Hollywood used to say.

## From Neighborhood To Community

Today we celebrate once more the miracle called THE UNITED STATES OF AMERICA. While we are a single unified people, we are also one vast collection of separate neighborhoods in which residents struggle for recognition as well as survival. Somewhere amidst all the problems and opportunities neighborhoods confront, I have asked the question, "Can a neighborhood with its peculiar problems and agendas become a community? There is a vast difference between the two forms of social organization. The example I'm about to detail may offer a model for what may produce the ability to create new generative social units.

A few weeks ago I arrived home to find our newly occupied apartment a hubbub of activity. A good friend of mine in his retirement became a first-class photographer, and had sent us several remarkable photos. When they arrived a neighbor offered to frame them. This he did, and then volunteered to hang them for us. And that is what he was doing when I arrived. At the same time a second neighbor had come over having offered to fix a glitch in our computer program. A third neighbor was busy loosening windows that were difficult to open. All this was happening simultaneously. My total unsolicited cost for everything was simply an enormous sense of thankfulness for living in that sort of community

We had just moved to this apartment from the house we had occupied for seventeen years. During that time we had accumulated an enormous collection of stuff for which there was no room in the new unit. If you have gone through this downsizing routine, you know how difficult a task it is. In addition to getting rid of the assorted piles of our precious debris, the question was how to fit all our furniture into this diminished space. As we were fretting about solving this problem,



**Charles H. Bayer**

along came another neighbor who went into every room in the house, creating scale cardboard models. He then went with us to the vacant apartment and helped us place the cutout models where we wanted them, using the apartment floor plan model he had also created.

It was clear that some of our furniture wouldn't fit anywhere. This included a massive roll-top desk that years ago I had dismantled and refinished, a great oak dining table with three extensions, a second computer complete with desk, an elaborate music system with four wall-hanging speakers, a marvelous coffee table, and who knows what else. We left some things for the friends who would later occupy the house, and the rest went to a group of residents who sold them, giving the money to a fund that supports neighbors on limited incomes.

What about the move itself? If you have ever changed residences you know how complex and expensive that is. But in our community there are a dozen men and women called MANY HANDS MOVERS who came in and with the help of the properly placed cardboard models, in less than two hours put everything where it belonged. This volunteer crew, average age in the upper 70s, regularly relocates our residents.

We call the place where Wendy and I live "our intentional beloved community." Nobody makes too many oppressive rules

or dictates what each of us must do. In what I have just outlined and in a hundred other ways we take care of each other, and what I have just described does not scratch the surface of the ways we care for each other. No one needs to hire a professional company or ask our administration to do what we can do for each other-including seeing to it that NO ONE needs to leave the community because they run out of money. We have over eight million dollars set aside for that purpose.

The old adage, "from each according to ability, to each according to need," may indeed be the underlying formula that turns a neighborhood into a community. But when that economic design was tried among friends of Jesus shortly after his death, it failed when the formula got bound up with the imposition of a condition sanctioned by the apostolic hierarchy. The problem is complicated when the simple formula I just outlined is smoothed by some authoritative body or is reduced to a set of rules to be obeyed. The more recent experiment we know as communism quickly became "the dictatorship of the proletariat," and proved to be as oppressive as any other dictatorship.

Perhaps the move from neighborhood to community is only possible when small groups of people voluntarily agree among themselves to see all others in the vicinity as brothers and sisters, and do what needs to be done for each other, because that is the nature of the relationship. When it has become a matter of obedience to some external authority, it never works. Is such a transformation a practical model in larger groups or even international? That is a far more complicated problem-but then when has it been attempted? But neighborhoods can become communities. Give it a try.

Contact Charles Bayer at [candwbayer@verizon.net](mailto:candwbayer@verizon.net)

## Must-Know Health Tips for Summer Vacation



Photo Source: (c) flairimages/stock-Adobe.com

More than half of Americans are planning to take a vacation this summer, according to a Bankrate survey. While these excursions are meant to be fun and relaxing, road trips and long flights can lead to health risks that you know about, like jet lag, and some you may not be familiar with, such as leg swelling and deep vein thrombosis (DVT). Experts advise travelers to take precautions for a healthy travel experience.

"Most people are familiar with jet lag, but even if you're sitting in a car for a long time, you're at risk for other conditions like edema, which is a major risk factor for developing a potentially life-threatening blood clot known as Deep Vein Thrombosis (DVT)."

For a healthy, relaxing vacation, Dr. Pescatore is sharing his favorite travel tips.

Power Nap  
Flying or driving to a new time

zone can throw off your internal clock, causing jet lag and making it harder to sleep.

"Take 15 to 20-minute power naps if you're heading to a different time zone. Quick naps when your body naturally feels tired offers you some rest, but won't leave you wide awake at bedtime," says Dr. Pescatore.

### Take Fitness Breaks

Cramped up in a car or plane for long periods of time can cause swelling and fluid accumulation in the lower legs, known as edema, which is a major risk factor for developing a potentially life-threatening blood clot known as Deep Vein Thrombosis (DVT).

Each year, as many as 900,000 Americans are affected by DVT, according to the Centers for Disease Control and Prevention and studies published in Minerva Medica show that 10 percent of long-haul air passengers are at risk. Dr. Pescatore recommends taking frequent breaks to walk around and stretch in order to

avoid these conditions. At rest stops, take a walk and when flying, stand up and stretch in the aisle when possible.

### Try a Natural Supplement

A new peer-reviewed clinical study shows that supplementing with the natural super-antioxidant, Pycnogenol (pronounced pic-noj-en-all), can help reduce edema and relieve jet lag symptoms during long-haul travel.

"This research is exciting news for those looking for a safe, effective healthy travel option," Dr. Pescatore says.

Pycnogenol is one of the most researched ingredients on the market, with decades of studies showing its benefits for a variety of health applications. It's available in more than 700 dietary supplements, multi-vitamins and health products worldwide. For more information, visit [pycnogenol.com](http://pycnogenol.com).

As you prepare for your summer travel, remember these tips for a healthy vacation. (StatePoint)

## Finding Stocks That Outperform

The next time you settle in to watch a major league baseball game, be prepared for an average game which lasts about three hours. However, when it comes to playing time (with the ball in motion), the average baseball game involves less than 20 minutes of actual play. This means that all the action, all the highlight reels, and all the stuff that kids' dreams are made of happens in brief bursts of activity.

With all the "noise" that we hear in relation to the thousands of stocks out there, it sometimes reminds me of baseball. During the 90 years of market performance from 1926 through 2015, only 4% of listed stocks were responsible for the entire overall "outperformance" of the U.S. stock market. The other 96% collectively matched one-month Treasury bills over their lifetimes.

Only one of 25 stocks (4%) became the monster-winners that provide bragging rights for brokers and shareholders. As you reach the tip of the tail, just 1% of stocks accounted for 50% of the market gains from 1926 to 2015. To find the best, investors should focus on a tiny sliver of candidates, so how do we find those best stocks?

The answer to this question has consumed many analysts throughout the years, myself included. Investors all stumble upon their own answers. I have as well. For me, it's a fairly simple process with complexity added in the form of a massive amount of data. But one of the fundamental steps in my analysis of stocks comes in looking at the sectors. How are they behaving in relationship with each other? Which sectors lead? Which sectors do poorly, and why? How does the best sector compare with the overall market?

Placing a major emphasis on the sectors is like identifying which teams are most likely to make the playoffs. Sure, there are standout players on any team, but

**In A Nutshell**  
What's up in the Economy?



**KEN HERMAN**  
Economic Analyst  
& Former Glendora Mayor

ultimately the most productive players are on the teams that power forward towards the championships. One individual may have an immeasurable impact. When you see a standout player, a team leader, it's someone you want to get behind.

The same goes for stocks. So what sectors (teams) should we be paying attention to now? Information Technology is the clear winning sector. The growth segments within this sector are coming in Software Services, Internet Retail, and Semiconductors. These three industry groups are powering the sector and pushing much of the market forward. But there also are weekly performance changes that we need to monitor should there be a big-picture change.

Stock picking depends on how much risk you are willing to take. Risk really comes with the purchase of any stock. The risk-reward ownership is fundamental to one's age, income and future earning power. The investor that is young and can accept more risk due to the amount of years left before retirement, has the ability to accept a riskier portfolio than someone that is retired or substantially older in age. The young investor is less interested in an income producing portfolio and is more interested in portfolio appreciation. Someone older that has a limited amount of years left is primarily interested in principle preservation and portfolio income/yield.

Recently the overall market was down. We saw an uptick in Telecommunications Services,

which is notable because it's been one of the weaker sectors over time frames up to a year. Leadership was evident not only in Telecom but also in Consumer Discretionary, Materials, Consumer Staples, Financials, and Health Care. Energy is still facing its recent headwinds after being overbought and correcting. Utilities took a hit recently falling more than 3% to be the only negative sector.

Over the last three months, Energy reigned supreme (+12.5%), head-and-shoulders above all other sectors. This is why we saw such leadership in Oil & Gas Exploration companies for the last few months. Recent pressure on crude oil has hurt some of those companies while helping the refiners who profit from the spread between crude and refined product.

Looking back over the past six, nine, and 12 months, however, Infotech and Consumer Discretionary sit firmly atop the first two sector spots. Not far behind is Energy. These sectors are where we should find some leaders.

If you pick these sectors to focus on, how do you find the best players on the winning teams? I focus on companies with growing earnings, growing sales, reducing debt, and low leverage (debt) to refine my selection pool. I start by looking at sectors that lead, and then finding leaders within the sectors, and then weeding out the riskier names. This, unsurprisingly, leaves out about 98% of the stock market.

Sound familiar? Some of the most popular all-star athletes only account for 2% of the playing time in any game. The same goes for stocks.

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*I welcome your questions and comments : kenherman46@hotmail.com*

## Your Money - Ask Julia

*With my Stocks and Bonds, I'd like more safety. With my CDs, I like the safety, but I'd like a higher return. I'd also like a guaranteed income when I retire. My peers give me a big chuckle and look at me like I'm crazy. Can I have what I want?*

Others might tell you, "You're dreaming! Face reality! Can't happen!" I'm here to tell you, they are wrong. You can have better returns than you're getting with your CDs and still have the safety you enjoy. You can have index-like returns without the worry about losses. And, you can have a guaranteed, lifetime income when you retire.

*Will my heirs have access to the money in my CDs when I die, or does this money have to go through probate?*

Proceeds from a non-IRA bank CD go through probate and may be subject to expenses, delays, and lack of privacy. You have choices. The right life insurance policy, and/or the right annuity, with properly designated beneficiaries (not an estate or trust) can be passed on to heirs without the expense and delay of probate.

*I have a safety-deposit box at my bank. Are the contents insured?*

No. FDIC does not insure the contents of safety-deposit boxes. You can contact your homeowner's insurance company agent and purchase your own insurance for this purpose. An alternative would be to purchase a good-quality safe for your home, and add the value to your current homeowner's policy.



**Julia Yoder**

*We're retired and would like to downsize from our large home in the Inland Empire to a much smaller house closer to the beach. Our main concern is that we will lose our Prop. 13 property tax status. What can we do?*

If you are 55 years old or older, you could sell your home and buy that beach house (of equal or higher value) and transfer your Prop. 13 property tax status with you!

*Why do you recommend certain annuities?*

I recommend Fixed and Fixed-Index annuities, with very little or no cost nor expense, 100-percent participation (all of your money has potential growth, not just a percentage of it), and guarantees that you cannot lose your principal, locking in any growth each contract anniversary. (Some 'Riders,' added for additional benefits, can have an annual fee, but this is clearly disclosed to you before you invest; it's something you decide to include or not.) The SEC warns people about the dangers of Variable annuities due

to their costs, expenses, and risk to principal.

*My financial advisor told me I should buy an annuity from him because the insurance companies he represents are members of some California guarantee company that would assure my protection if the company went bankrupt. Is this true?*

Your financial advisor has crossed a legal line. Here's a quote from the California Life and Health Insurance Guarantee Association Act Summary Document and Disclaimer, "Insurance companies and their agents are prohibited by law from using the existence of the California Life and Health Insurance Guarantee Association (CLHIGA) to induce you to purchase any kind of insurance policy." The existence of this Association cannot be used by an agent or advisor to induce you to buy. Annuities are policies issued by insurance companies.

**Ask Julia by email:** juliyoder@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/Natl. Ethics Assoc. Home loan application: <https://blink.mortgage/app/signup/p/allsourcemortgage/juliayoder>. Accident-Medical-Dental discount plans: CalStarBenefits.com/28485

## Asian Industry B2B Promotes Asian American Film

**EL MONTE** - The Asian Industry B2B cordially invites business leaders to attend their upcoming monthly mixer, a special forum dedicated to the cause of Asian American film on Wednesday, **July 11**, from 6:00pm to 8:30pm at Longo Toyota, 3534 Peck Road, El Monte.

This event will feature a panel that includes Minji Chang, a strong advocate for fair Asian representation in Hollywood through her non-profit, Kollaboration, Craig Wilson, founder of Filipino American Creatives,

Baldwin Chiu (Only Won), an accomplished rapper, and Larissa Lam, a singer/songwriter in her own right. Baldwin and Larissa, a husband-and-wife team created a short film called "Finding Cleveland", which features a unique spin to Chinese immigrant communities in Mississippi. Minji Chang has worked extensively with the upcoming all-Asian cast movie, "Crazy Rich Asians" and will be featuring exclusive behind-the-scene clips. All panelists will be sharing their life stories, values and experiences.

es in entertainment, as well as the broader conversation of Asians in Hollywood and the work they do. The venue sponsor this month is Long Toyota.

Events are free of charge with an RSVP required for attendance. Dinner and beverages will be provided. For more information, to RSVP, or to learn about the organization and/or sponsorship opportunities, please contact founder/president, Marc Ang at [marc@mangusfinance.com](mailto:marc@mangusfinance.com) or visit <http://www.aib2b.org>.

## Medical Graduates From The Philippines Are Invited To Sign Up For Medical Review For Licensure In The United States

PMASC, established in 1971, is a non-profit professional organization for physicians in Southern California which sponsors programs affecting Filipino physicians in the Southland, pro-

vides assistance to physicians waiting for residency training, and organizes review sessions for United States Medical Licensure Examination (USMLE) for Philippine Medical Graduates.

Our Mission: "Unity with diversity, service to the community, and advocacy towards equality."

With more than 300 members and a mailing list in excess of 1700 names, Philippine Medical Association of Southern California (PMASC) is one of the most important establishments for many Filipino doctors in the medical communities in the Southern California area.

For more information, please contact Dr. Arella at 661-794-3322, via text messaging

I know in this day and age it is sometimes difficult to remember those certain appointments... like going to the dentist or the doctor every six months... or having your vehicle serviced at least twice a year! You can ignore it until suddenly you aren't feeling your best, or you experience a toothache, or your car breakdowns!

Here is what your car's owner manual tells you should happen and how often. We recommend you visit us every six months to keep your vehicle in tip-top shape!

**Your owner's manual states that every time you stop for fuel you need to:**

- Check engine oil level and add as required.
- Check windshield washer solvent and add if required.

**Once a month you are supposed to:**

- Check tire pressure and look for unusual wear or damage
- Inspect battery and clean and tighten terminals as required.

- Check fluid levels of coolant reservoir, power steering, brake master cylinder, and transmission and add as needed
- Check all lights and all other electrical items for correct operation

eration

**At every oil change you are supposed to:**

- Inspect exhaust system
- Inspect brake hoses
- Rotate tires at each oil change interval shown on schedule "A" (Highway miles) or every other interval as shown on schedule "B" (Stop and go miles).
- Check coolant level, hoses, and clamps.

- After completion of off-road operation, the underside of the vehicle should be thoroughly inspected.

- Examine threaded fasteners for looseness

That is what the kindly, full-service gas station attendant used to do for us. Now that everything is self serve, we tend to drive up, fill up and drive off. Think about it. Do you check your engine oil level or your washer solvent at each fuel stop? Do you monthly check your tire pressure, inspect your battery, and check fluid levels, lights and other electrical items?

The majority of consumers never lifts the hood of their car or even looks at their tires, much less checks the pressure. Some, when it is time for an oil change are adamant that we just

change their oil as they are in a hurry and everything else seems fine.

It is true that our cars are increasingly sophisticated pieces of machinery and that our oil is better able to withstand a couple of extra thousand miles between changes but how about all those other services that the gas station attendant used to take care of for us? Sadly, the answer for the most part is no! You should at least have your vehicle serviced twice a year at the minimum. If you don't, think about what can go wrong between visits without someone lifting the hood and someone checking your tire pressure and fluid levels.

Remember, we love cars, trucks and SUV's! We want them to run at peak efficiency so that they are safe and reliable for you! Don't be a stranger. Stop by and let us lift the hood for you!

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

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# Around the Valley & Senior News

## 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

### Specialty Summer Camps

Looking for something fun and educational for your children this summer? Registration for week-long specialty camps is now open. These Specialty Summer Camps offer academic and creative programs for youth of all ages. A list of these fun and exciting camps are 3D Art, Computer Animation, Engineering with Legos, Science, Sewing, Skateboarding, Video Game Coding.

Specialty Summer Camps are one week long from June 11-August 10. Prices vary depending on the camp. Extended care in the morning and afternoon is also available for most camps. Don't miss out and sign-up early! For more information, please visit our website at [www.arcadiaCA.gov/recreation](http://www.arcadiaCA.gov/recreation) or call the Recreation Office at 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](http://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 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

### Reagan Library and Camarillo Outlets

On Wednesday, July 11th from 10:00 am - 5:00 pm we will be visiting the Ronald Reagan Presidential Library. The Library features multiple exhibits that highlight and illustrate the life and times of America's 40th president.

dent, Ronald Reagan. Permanent exhibits include the actual Air Force One that served seven U.S. Presidents from 1973-2001, a full-sized reproduction of the Oval Office, Ronald Reagan's memorial site, as well as exhibits on the Berlin Wall and the Secret Service. Explore the all-new and most comprehensive exhibit of the Mongolian leader Genghis Khan and his treasures. We will also be heading to the Camarillo Outlets for some shopping and dining as well. Limited Tickets! Meals not included. Tickets are \$30 for Baldwin Park Residents and \$35 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 McNeill Senior Center or call (626) 813-5245, Ext. 323

## COVINA

### Understanding And Responding To Dementia

The City of Covina Parks & Recreation Department in conjunction with Alzheimer's Association presents a seminar "Understanding and Responding to Dementia - Related Behaviors" on Friday, **July 13**, 10:45-11:30 a.m. at the Covina Senior Center (temporarily located at Lark Ellen Elementary School, 4555 N. Lark Ellen Ave., Covina). Learn about some of the common triggers for behaviors associated with dementia, how to assess the person's needs and how to intervene effectively. For more information, call (626) 384-5380.

### Tech Talk

The City of Covina Parks & Recreation Department is offering Tech Talk. This is a great opportunity for seniors to learn how to navigate the digital world. Bring one electronic device at a time, such as a cell phone, tablet or nook, iPad, laptop computers, and more! Tech Talk is free and is taught by members of our Covina T.E.A.M. (Teens Endeavor to Accomplish More) in a one-on-one setting. Program takes place at the Covina Senior Center (temporarily located at Lark Ellen Elementary School, 4555 N. Lark Ellen Ave., Covina).

For more information, call (626) 384-5380.

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### Oldies But Goodies

#### Singing Club!

The City of Covina Parks & Recreation Department hosts Oldies but Goodies Singing Club at the Covina Senior Center (temporarily located at Lark Ellen Elementary School, 4555 N. Lark Ellen Ave., Covina) on Thursdays (June 28, July 12 and 26 and August 16 and 30) from 2:15-3 p.m. For more information, call (626) 384-5380.

### Free Ice Cream Social! (Ages 50+)

The City of Covina Parks & Recreation Department, along with co-sponsor AGA, inc. is hosting Free Ice Cream Socials at the Covina Senior Center (temporarily located at Lark Ellen Elementary School, 4555 N. Lark Ellen Ave., Covina) on Friday, July 6 and August 3 at 12:30 p.m. For more information, call (626) 384-5380.

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

## 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.

### Senior Lunch Program

The City of Covina Parks & Recreation Department hosts a daily nutrition program for senior citizens at their senior programs site, located at the former Lark Ellen Elementary School, 4555 N. Lark Ellen Ave., Covina. Lunch is served Monday-Friday at 12 pm. For those 60 and older there is a \$3 suggested donation. For those under 60, the fee is \$5. For more information, call (626) 384-5380.

### 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.

### 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 non-competitive atmosphere. For more information or to register, please call (626) 384-5340 or visit covinaca.gov.

### Walk The Walk

The City of Covina Parks & Recreation Department offers "Walk the Walk." This is a casual walking experience where you can walk at your own pace, improve your heart's health, and meet new friends. Wear your walking shoes and bring water. The walk takes place on Wednesdays at 9 a.m. at the Covina Senior Center (temporarily located at Lark Ellen Elementary School, 4555 N. Lark Ellen Ave., Covina).

### Medicare & Vitality Center

The City of Covina Parks & Recreation Department in conjunction with Inter Valley Health Plan, invites seniors to the Medicare & Vitality Center on Tuesdays, 11 a.m.-12 p.m. and Fridays, 9-11:30 a.m. at the Covina Senior Center (temporarily located at Lark Ellen Elementary School, 4555 N. Lark Ellen Ave., Covina). Obtain information on how to maintain your vitality and stay healthy. Vitality Center offers free screenings, informative presentations, "Doc Talks" and refreshments. For reservations, call (800) 251-8191, ext. 625. For more information, call (626) 384-5380.

## DUARTE

### Meals on Wheels

Eligible seniors can receive a hot lunch and cold dinner plate delivered each weekday, or seven frozen meals delivered once a week by YWCA Intervale Senior Services. For more information, please contact the Duarte Senior Center at 357-3513 or Intervale at (626) 214-9465.

### Hot Lunches at Senior Center

The Senior Center serves hot lunches Monday through Friday to individuals over 60 years, or the spouse of someone over age 60, and must check in by 11:45 a.m. for lunch. Reservations are

requested by calling 357-3513, 24 hours in advance, and 48 hours, in advance, for a choice day. The suggested donation is \$3. The Duarte Senior Center is located at 1610 Huntington Drive.

### Alzheimer's Safe Return Registration

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

### 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.

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 contact Jennelle Markel at (626)9148-8235, or email at [jmarkel@ci.glendora.ca.us](mailto:jmarkel@ci.glendora.ca.us).

## 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.

## 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. to 3:00 p.m. at Glenkirk Church, 1700 Palopinto Ave., Glendale, 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](http://glenkirkchurch.org) or call Glenkirk's church office at (626) 914-4833.

### Glendale After

#### Stroke Center

### Stroke Center

A non-fee program for stroke survivors and their families. This supportive program offers re-learning (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 Glendale Community Services Department.

### Cars 4 the Community

Glendale 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 Glendale's La Fetra Center is looking for new class instructors! We are seeking out instructors to teach the following: Cooking classes,

services at (626) 256-8246.

Classes are at the Community Center, 119 West Palm Avenue on Mondays from 1:00 p.m. - 2:00 p.m. and Fridays from 9:00 a.m. - 10:00 a.m. Fee: \$2 per class.

## SAN DIMAS

### San Dimas Toastmasters Club

The San Dimas chapter of Toastmasters International, Toast To The Best Club, Club # 5880 meets every 1st and 3rd Thursday from 7PM to 8:45 PM. Learn to motivate and lead. Challenge yourself with Toastmaster's proven education programs. Let us help you grow your strengths and accomplish your goals. Become a better speaker and learn to communicate with confidence. Learn these skills and more in a supportive, self-paced, fun atmosphere. Meets at the Faith Lutheran Church, Parish Hall, 505 E Bonita Ave. Contact Art Douglas at (951) 505-0555.

## WEST COVINA

**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](mailto: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

# Dr. Gordon Amerson Appointed Superintendent Of Duarte USD



Gordon Amerson, Ed.D., appointed as the new Superintendent of the Duarte Unified School District

**DUARTE** – At the Regular Meeting held on Thursday, June 28, 2018, the Board of Education voted unanimously to appoint Gordon Amerson, Ed.D., as the new Superintendent of the Duarte Unified School District (DUSD). Following a nationwide search, Dr. Amerson was selected from a competitive pool of 33 highly qualified applicants.

"The Board of Education is proud of the work that our teachers, classified employees, and all support personnel have accomplished with the help of our parents and community during this period of rapid change in DUSD. We have found in Dr. Amerson a leader who will continue to support and nurture our movement to TK-8 theme-based academies, our partnership with California School of the Arts – San Gabriel Valley, and our flagship Duarte High School as our district rises as a destination for the region," stated Board President, Douglas Edwards.

"After an exhaustive search that included candidates from across the country, we appointed someone we unanimously chose. Dr. Amerson's knowledge of strategies to bring the Board and District leadership together around a strong, united focus on student achievement and strength-based practices is exactly what DUSD is needing at this time. He is known for his patient, steady leadership and instructional expertise. His highly regarded ability to listen to others and establish common ground will benefit every student. We are eager to work with Dr. Amerson to build upon our current success of creating a one-of-a-kind learning community."

Dr. Amerson received his Bachelor of Science degree in Health Science at California State University, San Bernardino, his Master of Arts' degree in Cross-cultural teaching at National University, and his Doctor-

ate in Educational Leadership at California State University, San Bernardino. He began his educational career as a Science teacher at Arroyo Valley High School in San Bernardino Unified School District where he then moved into administration as a Vice-Principal, Principal and Director of Certificated Human Resources.

In 2016, Dr. Amerson joined the Capistrano Unified School District as the Associate Superintendent of Human Resource Services. In this role he was directly responsible for supervising over 4,000 classified and certificated employees. His commitment to coaching and mentoring others is evidenced by his certification as a Gallup Strengths Coach as well as a Franklin Covey "Speed of Trust" trainer. Prior to entering the field of education, Dr. Amerson played professional baseball for both the San Diego Padres and the New York Yankees organizations. Along with his wife, Veronica, also a lifelong educator and California State University program director, he has two wonderful children, Donovan and Serena.

"I am so excited to join the Duarte community, and I can't wait to get started working with the Board to continue the transformational work that is going on in the schools and community. The thematic and individualized approach to educating our young scholars in Duarte will truly prepare them for college and/or career," stated Dr. Amerson. "I believe in people, I believe in building trust, and most importantly, I believe in Duarte and the things this community can do when working together. I look forward to deeply connecting with our stakeholders and serving as a fierce advocate for the Board, students, teachers, staff, and community of Duarte." Dr. Amerson will officially begin as Superintendent of the Duarte Unified School District on July 23, 2018.

# Citrus College Social Media Outreach Recognized as Best in the State



The Citrus College Office of External and Government Relations. Pictured (L-R): Marilyn Grinsdale, protocol and government relations officer; Genaro Gascón, graphic designer; Anthony Orona, publications specialist; Doug Schultz, communications supervisor; and Stacy Armstrong, publications specialist. Photo courtesy Citrus College.

**GLENDORA** - Citrus College was awarded top honors from the Community College Public Relations Organization (CCPRO), a statewide professional development and service organization that promotes excellence in community college marketing and outreach.

The college's Instagram account ([www.instagram.com/citrus.college](http://www.instagram.com/citrus.college)) received a first place award in the category of social media management during the annual CCPRO conference and competition held in Sacramento in April. Administered by the Citrus College Office of External and Government Relations, the @Citrus.College Instagram page debuted in May 2017.

"Social media is an incredibly vital tool, with more than 3 billion users being reported worldwide," said Dr. Geraldine M. Perri, superintendent/president of Citrus College. "Recognizing the important role it can play in communicating with students, Citrus College has been committed to increasing its social media presence. This recognition affirms the hard work External

Relations staff members have invested in this endeavor."

For their 2018 competition, CCPRO invited communicators from California's 114 community colleges to submit entries in a variety of different categories, including publications, marketing, photography and more. Citrus College was one of only 36 community colleges selected to receive first, second or third place honors.

Entries in the social media management category were judged for appearance, organization, content, ease of use, originality and effectiveness. To compete, Citrus College submitted information regarding the goals for their Instagram account and described how they increased followers, promoted engagement and measured success.

While Citrus College uses a variety of social media platforms for informational and promotional purposes, its Instagram account has been designed to capture the college's lifestyle and culture with fun and striking photography. Followers of the account view attractive images that

showcase the college's students, programs, employees and campus.

"Citrus College's official Instagram account continues to demonstrate rapid growth and eager user participation," said Doug Schultz, communications supervisor. "This platform consists of our most engaged audience, with active and robust 'favorites' for every post."

Dr. Patricia A. Rasmussen, president of the Citrus Community College District Board of Trustees, believes that the college's social media accounts are important for communicating with students and the surrounding communities.

"Being recognized for excellence in social media management is an honor that reflects the great strides Citrus College has made with its online presence," she said. "As new technologies are introduced and communication strategies evolve, I am confident that the college will continue to enhance the methods through which it connects with students and disseminates information."

## Woman's Club Names Philanthropies And Service Projects For 2017-18

By Joan Halliday

**GLENDORA** - The Glendora Woman's Club and its four departments of Cards, Garden-Crafts, Music-Drama, and Potpourri have announced the names of their philanthropies and service projects for 2017-18, said Woman's Club philanthropy chair Carolyn Cunningham.

The list of the 18 service projects and programs that received monetary and in-kind donations from the Glendora Woman's Club included the following: California Lions Friends n Sight, EYE-DAS (Eye Diseases Are Serious), Glendora Chamber of Commerce, Glendora Coordinating Council-Camperships and Holiday Basket Program, Glendora

Community Services Department, Glendora Fire Department, Glendora High School Chorale, Glendora High School Scholarships (Four), Glendora Historical Society, Glendora Public Library Summer Reading Program, Inland Valley Humane Society, Pennies For Pines of U.S. Forest Service, Salvation Army-Thomas Fire Victims, Shepherd's Pantry, and YWCA WINGS Shelter.

Funds for the monetary donations were raised from the club's Annual Fashion Show, department events, and through a special arrangement with the New Unto Others Thrift Store in Glendora. With that arrangement, the Woman's Club is able to receive credit when clubmembers and community

friends purchase items at the store or donate saleable items to the store and name the Glendora Woman's Club to receive the credit. This arrangement replaced the club's Annual Rummage Sales held at the clubhouse, said Mrs. Cunningham.

The Glendora Woman's Club, organized in 1908, is one of the oldest active service organizations in Glendora and one that maintains its own clubhouse. Over the years, the club has accumulated a long history of involvement and service in Glendora.

One of the Woman's Club's earliest major service projects included the founding of the Glendora Public Library in 1912. (From information in 1912 Glendora City Records at the City Hall, Glendora Woman's Club archives, and newspaper coverage at the time.)

For information about membership special events, or service projects, call Chris at 909-598-0554; for information about renting the ballroom or hall for an event or meeting, Call Ryan of Cambria Catering at 626-335-7010.

## Five Senior Health Myths

Every day, it's estimated, 10,000 Americans turn 65 years old. Some of these people, unfortunately, have misconceptions that can jeopardize their health. Major health myths and misconceptions regarding senior health include:

1. If I feel fine, I am fine. Chronic infections can last so long that the way they feel becomes the "new normal," when it shouldn't be.

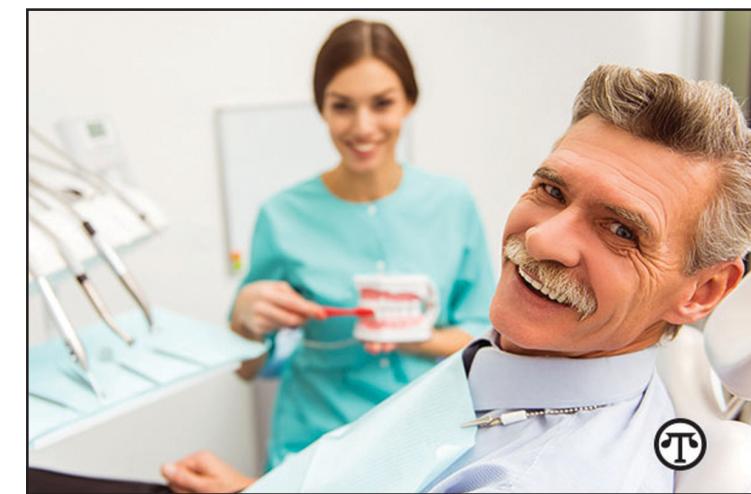
2. Sleep isn't important anymore. Older adults need the same seven to nine hours of sleep they did when younger.

3. It's too late to start exercising. Check with your doctor and start slowly, but there's no reason why seniors can't get in some exercise (even if they've never done it before).

4. Drink water only when thirsty. You may need hydration before you even notice or before you feel like you need it.

5. Dry mouth is just part of aging. Maintaining proper oral hygiene is important at any age, and especially for denture wearers who, even with no teeth, benefit from a regular oral hygiene routine specially formulated for them, rather than simply accepting poor health.

Fortunately, Cleanadent paste from Dr. B Dental Solutions is the only toothpaste available that is gentle enough to safely brush both the gums and oral appliances (such as dentures, implants, overdentures and full-arch implant bridges), helping prevent and treat dry mouth, sore spots and infections. Thanks to its special low-abrasive formula, it will not scratch, tarnish or negatively affect dentures in any way (and will actually help keep them fresh, clean, as well as stain- and odor-



Xerostomia (dry mouth) is among denture wearers' most frequently cited problems.

free). The paste is formulated with vitamins (A, D and E), aloe vera, coconut oil and tea tree oil to moisturize and revitalize the gums while removing microorganism-infested biofilm. There are no artificial flavors or colors.

Learn more at [www.DrBDentalSolutions.com](http://www.DrBDentalSolutions.com). (NAPSI)



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# SoCalGas Kicks Off Second Round of State Pilot Program that Provides Safer, More Reliable Natural Gas Service to Mobile Home Park Residents

*Program extension will enhance safety and reliability through direct utility service to 6,400 mobile homes in 65 parks throughout SoCalGas' territory.*

POMONA – Southern California Gas Co. (SoCalGas) joined State Senator Connie M. Leyva (D-Chino) at a groundbreaking ceremony to kick off the second round of the company's Mobile Home Park (MHP) Utility Upgrade Program. Through the pilot program, SoCalGas replaces aging, privately-owned, natural gas distribution systems with new pipelines and advanced meter technology, providing direct utility service to mobile home park residents. These upgrades enhance safety, improve the reliability of natural gas service, and help customers save energy and money by letting them track their daily and hourly natural gas usage, receive bill tracker alerts, and participate in other money-saving programs. Since the MHP Utility Upgrade Program began in 2014, SoCalGas has upgraded 189 mobile home parks, providing direct utility service and advanced meter technology to nearly 10,500 customers.

"Natural gas is the most affordable and reliable clean ener-



SoCalGas joined Senator Connie M. Leyva (D-Chino) and representatives from Foothill Village Mobile Home Park and the City of Pomona, among others, in Pomona, California at a groundbreaking ceremony to kick off the second round of the Mobilehome Park Utility Upgrade Program. Pictured above from left to right: Pomona Councilman Rubio Gonzalez, Congresswoman Norma Torres' field representative, Mario Ramos, Los Angeles County Assistant Fire Chief Jim Robinson, Pomona Councilwoman Elizabeth Ontiveros-Cole, Pomona Councilman Robert Torres, Senator Connie M. Leyva (D-Chino), Gina Orozco-Mejia (SoCalGas), Ernie Schroer (Foothill Village MHP) Assembly member Freddie Rodriguez' field representative, Paola Avenado, Joe Velasquez (SoCalGas).

gy in California, and, through the Mobilehome Park Utility Upgrade Program, residents benefit from brand new pipelines that

are safe and equipped with advanced meter technology that helps families manage their energy costs," said Gina Orozco-

"We are very fortunate to have Foothill Village Mobile Home Park participating in the program as it offers both owners and residents tremendous safety benefits that in turn help to extend the life of the park," said Rheannon Arciniega, regional property manager at Bessire and Casenhisler, Inc. "Many of our mobile home parks have already participated in the program, and we have been extremely satisfied with the process and outcome. We look forward to bringing those same results to Foothill Village, working together with SoCalGas."

## Successful Pilot Program Extended by Public Utilities Commission

In March 2014, the California Public Utilities Commission (CPUC) approved a voluntary, statewide, three-year pilot program referred to as the Mobile Home Park (MHP) Utility Upgrade Program, authorizing each investor-owned utility to convert 10 percent of master-metered gas and/or electric MHP spaces within its operating territory to direct utility service by replacing their parks' energy distribution system with a new, professionally installed system.

Mejia, vice president of gas distribution for SoCalGas. "In addition, the more than 10,000 families who have participated in the program have gained access to a full suite of energy-saving solutions that help keep their bills low and reduce greenhouse gas emissions."

"As Chair of the Senate Select Committee on Manufactured Home Communities, I am pleased to join SoCalGas as it launches the next round of this important program that will help mobile home residents in Pomona and other communities stay informed, conserve energy and save money," said State Senator Connie M. Leyva (D-Chino). "This overall investment will help improve the quality of life for residents who live in communities with aging or failing infrastructure."

Following a well-received initial pilot, the CPUC voted unanimously last September to extend the pilot program through December 31, 2019, authorizing SoCalGas to convert another 5 percent of MHP spaces to direct utility service. The extension of the program will provide enhanced safety and reliability through direct utility service to an additional 6,400 mobile homes in 65 parks throughout SoCalGas' territory.

In addition to infrastructure upgrades that enhance safety and service reliability, the program provides customers with tools to

help manage their energy costs and keep bills affordable. Newly installed advanced meters will give customers the ability to view and receive alerts about their natural gas consumption, pay bills online, schedule service, and sign up for paperless billing. The program also offers income-qualified customers access to no-cost weatherization services through the Energy Savings Assistance Program and to a 20 percent rate discount through the California Alternative Rates for Energy (CARE).

Other mobile home parks in Pomona, California that SoCalGas has already converted to direct utility service under the first round of the pilot program include Rose Villa Mobile Home Park and Woodlawn Mobile Home Park.

Direct natural gas service to mobile home park residents is just one way SoCalGas helps to keep its customers' energy bills as low as possible. Since 1990, SoCalGas energy efficiency and rebate programs have saved customers more than \$670 million. The utility offers more than 90 energy efficiency programs that deliver close to \$161 million in annual cost savings directly to its customers.

Natural gas is the most affordable, reliable, clean, and increasingly renewable energy choice for home and water heating and cooking in Southern California and is used by more than 90 percent of residents in the region. According to the American Gas Association (AGA), households that use natural gas for water and space heating, cooking and clothes drying save an average of \$874 per year compared to homes using electricity for those applications.

## The Sri Lanka Foundation to Hosts 12th Annual Exposition on Saturday, July 14 at Pasadena City Hall



PASADENA - The Sri Lanka Foundation celebrates the 12th Annual Sri Lanka Day Exposition at Pasadena City Hall from 10am to 10pm on Saturday, July 14.

Celebrating the incredible sights, sounds and flavors of the ancient island nation, Sri Lanka Day Expo is held to entertain and inform those interested in the history and traditions of this Southeastern Asian nation, and to keep those customs alive for immigrants, expatriates, and descendants of Sri Lanka living in Los Angeles. Admission is free to the public.

Thousands of Angelenos turn out annually at this event to enjoy the unique and colorful culture of the Sri Lankan people. And there is much to experience, including traditional dance troupes, a fashion show, musical acts, an exotic food festival, and a "Pageant of Lanka" parade with floats occurring at sunset on Colorado Boulevard. Pop-up booths with sarongs, jewelry, batik, hand loomed textiles, and traditional outfits will also be displayed.

The Sri Lanka Day Expo is or-

ganized yearly by the Sri Lanka Foundation, a 501(c)(3) non-profit organization founded by Dr. Walter Jayasinghe M.D., a well-known Sri Lankan-American physician. Dr. Jayasinghe established the Sri Lankan Foundation to inform, celebrate, and promote Sri Lankan culture, and raise money for Sri Lankan humanitarian projects. One of those projects, organized by the foundation in response to the deadly 2004 tsunami that hit the island,

sent medical professionals to Sri Lanka to provide immediate medical care, and then helped build housing, schools, an orphanage, and aided small industries in the area.

This year's festival also kicks off the foundation's fundraising for an initial capital building project on a much-needed hospital expansion in Colombo, Sri Lanka – the nation's largest city. Due to the overcrowding of local government hospitals, as well as expensive for-profit hospitals, a large part of the population in the surrounding area are left without proper healthcare... or

sometimes any healthcare at all. The Sri Lanka Foundation is looking to expand the current medical center of 22 beds to a 150-bed hospital to accommodate the pressing demand for affordable, modern healthcare. This facility will be the first non-profit hospital in the region and will use modern American medicine to ensure patients receive the best medical care available.

This annual celebration of Sri Lankan culture underscores their thriving community within Los Angeles, with many first-generation immigrants coming to a city known for its diversity, love, and respect for races and nationalities of all types. Many of the Sri Lankan people in the United States are young, with 20% of the population under 18, and all have a high level of education, with 45% of them holding a bachelor's degree or higher.

To find out more about Sri Lanka Day Expo 2018, please visit <https://www.slday.com/>. For more information on the Sri Lanka Foundation, please go to [www.srilankafoundation.org/](http://www.srilankafoundation.org/).

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## Vacation Bible School

ARCADIA - This summer, kids of all faith backgrounds, ages 4 years old through entering 5 graders are invited to join us as we experience the ride of a lifetime with God! Through crafts, active games, Bible stories, and music, we will discover the fun and adventure when we build a relationship with God. And every evening we will have dinner together!

Sign up by July 15 for the reduced rate of \$25 per child or at

the door for \$30. Early registration insures that your t-shirt will be ready for you at Vacation Bible School (VBS).

Our hands-on mission project will allow kids at VBS to help children in our community through Foothill Unity Center's annual Back-to-School Drive. Foothill Unity Center is a non-profit corporation, founded in 1980, that serves Arcadia, Monrovia, Sierra Madre, Bradbury and Duarte.

Can't attend all 5 days? While we connect the theme through the week, each day's activities & crafts are completed that day so that kids don't feel left out if they miss a day.

Don't forget the Closing Celebration and Slide Show on Friday, July 20 at 8:00 PM.

Registration is online this year at <http://www.cgsun.org/news-events/event-registration>. For more information call 626-447-2181.