

San Gabriel Valley THE

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Volume XXI, Issue No. 10

STRIVING FOR JOURNALISTIC EXCELLENCE IN LOCAL NEWS

March 8 - 14, 2018

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Toast To The Best



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Community and Business Leaders Honored at Chamber Dinner

IRWINDALE - The Chamber's Installation and Awards Dinner was held on Friday, February 2, 2018 at the Embassy Suites/Arcadia. The theme for the event was "A Celebration of Leadership & Excellence" with all the elegance and ambiance to match. The Irwindale Chamber's 2018 Chamber Officers and Directors were installed and business and community leadership awards were presented.

The Joe DiShanni Business of the Year was presented to Two Men and a Truck, Business Person of the Year was presented to Craig Furniss of Seventh Street Development, Employee of the Year was presented to Anita Hernandez, MillerCoors. The Ambassador of the Year was awarded to Stefanie Shook of Two Men and A Truck and the Irwindale Citizen of the Year was presented to Ben Aguayo.

The following Chamber Officers and Directors were in-



Citizen of the Year Ben Aguayo Honored by City and State Officials

Ade Rogers, Rogers & Associates, (Chair of the Board)

Vee Clark, SCE Federal Credit Union, (Treasurer and Past Chair)

Anita Ron, BriteWorks, (Vice Chair) Phyllis Ferguson,

California Custom Fruits & Flavors, (Vice Chair and Past

Edison, (Secretary)

Victor Benavides, City of Hope, (Immediate Past Chair of the Board)

Mark Blue, Embassy Suites (Arcadia), (Director)

Chris Bruny, Banks Engineering, (Director)

Dawn Bures, IDR Environ-Jeff Lidskin, Southern CA mental Services (Director)

Anthony Chiappetta, (AMC Advanced MicroComputing Concepts)

Foods, (Director)

Tim Clark, Ready Pac

James Gallo, James Gallo

Law Offices, (Director)

Reyna Del Haro, Kaiser Permanente, (Director) Anita Hernandez, MillerCoors, (Director and Past Chair)

Rosemary Luna, Vulcan Materials, (Director)

Dan Maydeck, Haynes Family of Program, (Director) Elizabeth Ramirez, Athens Services, (Director)

The event sponsors included Presenting Sponsor, Vulcan Materials; Entertainment Sponsors, Athens Services and Hanson Aggregates; Corporate Sponsors included MillerCoors, Embassy Suites by Hilton/ Arcadia/Pasadena. The San Gabriel Valley Young Marines introduced the evening with the Presentation of Colors Flag Ceremony. Irwindale Mayor Mark Breceda installed the Irwindale Chamber Board of Directors. Victor Benavides of City of Hope served as the event emcee.

The evening provided a great opportunity to honor business and community leaders in an elegant and festive setting.

Recognizing And Warding Off 'Compassion Fatigue'



Laura Stillmunkes, Executive Director of Capital Adoptive Family Alliance, who was a presenter Saturday in a special training at Haynes Family of Programs in La Verne

VERNE- Laura Stillmunkes, Executive Director of Capital Adoptive Family Alliance, told an auditorium filled with parents of special needs children last week that the parents themselves can "wind up with their own physical ailments or psychological ailments from not taking care of themselves." She said it is important to learn to recognize

what she calls "compassion fatigue" ("burn out" or feeling tired all the time) and take steps to "help ward off compassion fatigue before it starts or get help if you are already in the throes of it." She said in addition to parents, nurses can suffer from compassion fatigue (up to 70 percent), along with new doctors (up to 90 percent), therapists and social workers

(up to 70 percent) and child welfare workers (one in two). The free two-day "Caregiver Resiliency" event at Haynes Family of Programs in La Verne was produced by the Parents & Caregivers for Wellness collaborative with funding from California's Menal Health Services Oversight and Accountability Commission. Other presenters were Patrick Gardner of Young Minds Advocacy and Dr. Mary Fortson-Harwell of the UCLA Division of Population Behavioral Health. Stillmunkes presents trainings throughout California. Her Sacramento-based organization -- which is 100 percent led by parents of adoptive children -- supports families "so they can stay together and keep the kids in their home and the kids can grow up and have happy, fulfilling lives," she said. Stillmunkes is the mother of two adopted children and one biological son.

Anita Hernandez (MillerCoors) (Center) - Employee of the Year

East San Gabriel Valley CROP Hunger Walk -- Helping End Hunger One Step At A Time

GLENDORA - Looking to for Glendora & surrounding citmake a difference in these trying times, the East San Gabriel Valley CROP Hunger Walk has set a goal of 175 Walkers and hopes to raise \$12,000 to help stop hunger and poverty here in our community and around the world, through self-help initiatives. A portion of the funds raised here in Glendora will go to the East San Gabriel Valley Coalition for the Homeless (provides services for the homeless in our area in addition to operating the cold weather shelter), St. Vincent de Paul (which provides a number of resources out of St Dorothy Church in Glendora for anyone in need), Shepherd's Pantry(a wide array of services

ies), and ACTION Food Pantry in

Over the course of the last 18 years, ESGV walkers have raised more than \$200,000 in their locally organized CROP Hunger

This year Glendora and some 2,000 cities and towns nationwide are joining together in interfaith community CROP Hunger Walks around the theme "Ending hunger one step at a time." Many of the CROP Walkers will be wearing T-shirts, proclaiming their solidarity with the millions of neighbors around the world who have to walk to live -as well as with the millions

served by local food pantries, food banks, and meal sites here in the U.S. These local ministries share in the funds raised by CROP Hunger Walks. East San Gabriel Valley CROP Hunger Walk will be held on Sunday, March 11, at 1:30 p.m., beginning at 201 E. Bennett Ave.

CROP Hunger Walks also play a role in the U.S., helping communities ravaged by natural disasters such as floods and tornadoes to recover. For more information about the East San Gabriel Valley CROP Hunger Walk, contact Rev. Dr. Hillary Chrisley or Jean Culp at (626)335-4058 or Rev. Karen Davis at (626)335-2240.



Joe DiShanni Business of the Year was presented to Two Men and a Truck



Business Person of the Year presented to Craig Furniss of Seventh Street Development (Center).

S.G.V. EXAMINER March 8 - 14, 2018

How Accident Victims Can Find Justice



Pre-settlement funding lets many accident victims go the distance to get help they need and deserve.

Safety Council, an American is accidentally injured every second by a preventable event, a vehicle crash, a fall or the like. If you or someone you care about is ever among them, there are things you should know.

One Man's Story

"I was a victim twice," says Jose V., as he recalled his fiveyear ordeal that began at a construction site. "First, the day I was working to off-load a 3,000-pound bag when, all of a sudden, the operator lifted the cables and my fingers were mangled and the doctor had to remove three of them," he explained. "Then, I found out this was only the start of my problems and I would become a victim again. My bills were getting out of control, I was about to lose my apartment, and I had no idea how I would care for my family. I was depressed and scared. Even now I get shaken

up thinking how bad it was." Jose is not alone. He is one of tens of thousands of average, everyday people from around the country who each year find themselves battling insurance companies and other deep-pocket defendants who

According to the National delay settlement of legitimate insurance claims.

"When you are physically damaged and struggling for almost five years to regain your strength and your ability to work, it takes a mental toll," said Jose. "Bills piled up fast and the settlement was very slow in coming. There was one delay after another. I was just determined not to give up, and between the support I got from my family and the advance I received from LawCash, I did not have to accept a lowball settlement. The longer they delayed resolving the case, the more concerned I became about being on the street. If it were not for the money I was advanced over the five years it took to settle, my children would have suffered even more and the greater the pressure I would have been under to accept whatever amount I was first offered," he added.

For Jose, as with thousands of Americans each year, financial relief came in the form of what the legal community calls pre-settlement funding. According to Harvey Hirschfeld, president of LawCash, "Our firm is in the business of leveling the playing field for consumers

whose meritorious claims are being delayed. With cash on hand to pay for life needs such as rent and general living expenses, managing cash flow, and securing medical care while awaiting settlement of their case, victims are in a stronger position and don't have to simply accept the amount a company's insurer initially offers."

How It Works

The company does not promote or encourage litigation. All its clients must be represented by legal counsel and must have filed a legitimate claim before it will accept an application. Nor does it influence the case itself, as all decisions related to the legal approach and overall strategy are between the victim and his or her attorney.

Perhaps most importantly, the pre-settlement funding—a minimum of \$500—is not a loan. If the case is lost, claimants owe nothing. In addition, they're not required to put up collateral or make interim payments, and the advance has no effect on their credit.

"My doctors repaired my hand," said Jose. "LawCash allowed me to live. Since I didn't have to take a lowball settlement, my lawyer was able to keep up the fight for me and my family. This resulted in a fair settlement for many times more than I would have gotten if I had to settle early. For a portion of my total settlement, I was able to protect my future and my family."

Learn More

For further facts or to apply, go to www.lawcash.net or call (800) LAW-CASH.

"With cash on hand from pre-settlement funding to pay for living expenses and medical care while awaiting settlement of their case, accident victims are in a stronger position and don't have to accept the amount of money a company's insurer initially offers." (NAPSI)

Diet vs. Exercise: Which is **Better for Weight Loss?**

What's more important: diet or exercise? Anyone who's tried to lose weight and maintain a healthy lifestyle has likely asked this question.

Sixty-eight percent of people want to lose 10 pounds or more, according to a recent Harris Poll on behalf of Nutrisystem. March is National Nutrition Month, and a good time to get started on your goals. So, should you focus on diet, exercise or both?

When it comes to weight loss, the split should be roughly 80 percent focus on what you eat and 20 percent on exercise. The logic is simple, say experts.

"It's all about calories in and calories out. If you're eating less and exercising, you're going to burn more calories," says Courtney McCormick, corporate dietitian at Nutrisystem. "However, exercise often makes us hungrier, which is why many people who only change their exercise habits don't see the scale move."

To achieve a healthier lifestyle and shed weight, consider these quick tips that combine both diet and exercise.

• Eat more often: A 2015 study from the Journal of the Academy of Nutrition and Dietetics found that on average, people who ate six times or more daily consumed fewer calories, had a lower body mass index, and ate more nutrient-rich foods than those who didn't eat at least six times a day. Eating smaller meals every three hours keeps you feeling full, controls blood sugar and helps boost metabolism.

• Watch portions: American portions have become too big; and those used to dining out may consider restaurant portions to be correct, when they're often four times as large as what's recommended. Learning portion control is key to losing weight. When eating out, ask for a to-go box and save half for later. You can also turn to plans, like Nutrisystem, which deliver portion-controlled meals to your

• Veg out: Vegetables are low in calories, high in filling fiber



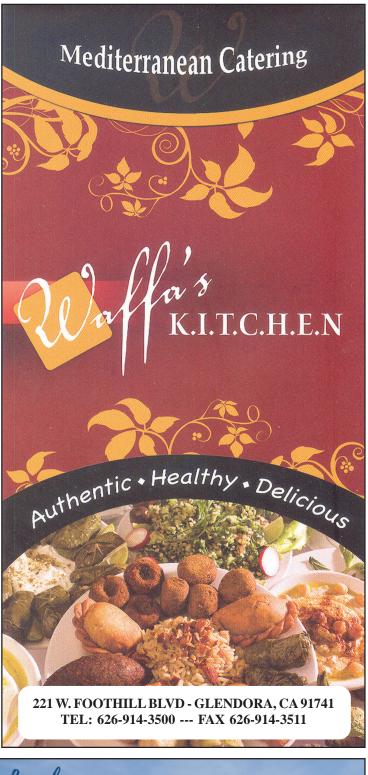
and loaded with nutrients. For breakfast, add spinach to an omelet; at lunch, pile your sandwich high with fixings like tomatoes, cucumbers and peppers, or use lettuce as a wrap instead of bread. During snack time, munch on carrots dipped in hummus or blend kale into a fruit smoothie.

• Drink more water: A study found that when people drank six cups (48 ounces) of cold water, they increased their resting calorie burn by up to 50 calories each day. Another study found that dieters who drank two eight-ounce glasses of water before meals lost 36 percent more weight over three months than those who didn't sip before sitting down to eat. So, fill up that water bottle!

• Get moving: The Centers for Disease Control and Prevention recommend 150 minutes of aerobic activity weekly, but research suggests that it doesn't matter if you exercise for twoand-a-half hours straight or break it up into 10-minute chunks. Aim for 30 minutes of exercise per day then build up to 60 minutes when you're ready.

More diet and exercise tips can be found at leaf.nutrisystem.com.

Remember the key to meeting your weight loss and health goals is to make sustainable lifestyle changes. Focus on eating better and moving more and you'll be on the right track. (StatePoint)





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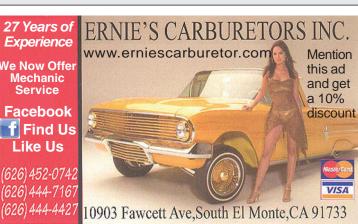
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Rotary Club of Glendora presents the 47th Annual "AMERICA SINGS"

GLENDORA - The Rotary Club of Glendora presents the 47th Annual "AMERICA SINGS" Concert, bringing together 700 students from the Glendora Unified School Districts Choral Music programs, Elementary through High School on the stage of the Haugh Performing Arts Center at Citrus College. Tickets may be purchased at the Glendora Unified School District

Elementary Schools by 2:30 p.m. Friday, March 9th and at the Haugh Performing Arts Center, 6:30 the night of the performance. Tickets are \$12.00 each and all proceeds go to the Glendora Districts Choral Music Programs. The Friday, March 9, program begins at 7:00 P.M. For more information contact Keith Hilliard at 626 335-7112.



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supports our local businesses, creates a vibrates commercial sector, and creates local employment. The community also benefits from the sales tax revenue helping the city provides public safety, infrastructure improvements, activities and services provided by the teen and senior centers, parks and library.

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Featured Promotions





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The San Gabriel Valley My Examiner

And End Homelessness

will be hosting a community meeting on Thursday, March 22, at 6:00 p.m. to discuss how to prevent and end homelessness in the city and the region. The meeting will be held at the Azusa Senior Center at 740 N. Dalton Ave., and residents, business leaders, community- and faith-based organizations, and City staff are encouraged to attend.

The community meeting represents a critical component of the City's efforts to develop a three-year strategic action plan

AZUSA - The City of Azusa to address homelessness. The meeting will include a brief overview of regional issues and trends followed by opportunities for attendees to discuss their experiences, concerns, and ideas about what steps the community can take to reduce the impact of homelessness in the City of

> The City is creating the plan in partnership with cities throughout the San Gabriel Valley and the San Gabriel Valley Council of Governments with the goal of establishing a regional

approach that provides for sustainable solutions, positions the City to attract Measure H funding, and broadens the region's collective impact on the issue. The planning process, which was funded through the Home for Good Funders Collaborative, is being facilitated by a team from LeSar Development Consultants.

For additional information, please contact Ann Graf, Director of Information Technology and Library Services at agraf@ci.azusa.ca.us.

Republicans Host Monthly Koffee Klatch

sembly District Republican Koffee Klatch is meeting on Saturday, March 10 and speaking will be Mark Meuser, Republican candidate for Secretary of State.

Attorney Mark Meuser is running against Democrat Alex Padilla and has some interesting statistics to present. How

about statistics like 144% vot-INFORMATION GUIDE

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Mission Statement

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

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

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

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Contributing Writers:

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

Thank you for your cooperation.

GLENDORA - 48th As- er turnout in Los Angeles County? And he has more of those kinds of numbers ... unfortunately ... but also has a bullet point list of priorities to begin to fix our antiquated sys-

> Updating us on water will be Bob Kuhn, President of Three Valleys Municipal Water District. We're hearing whispers of drought and more restrictions. Will the WaterFix / Twin Tun

nels Project be the solution and does it have the ability to move forward. At what cost?

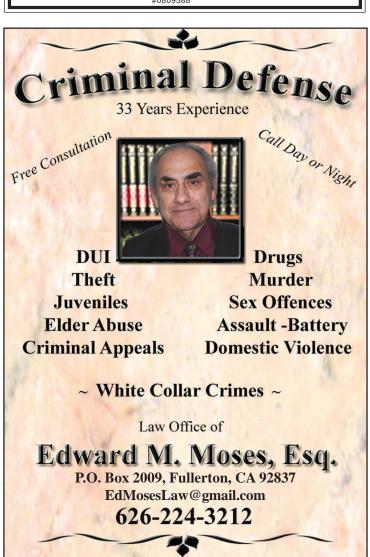
Registration is between 8:00 a.m. and 8:30 a.m. Mark Meuser will start speaking between 8:30 and 8:45 at Denny's Restaurant, 546 W. Baseline Rd. Glendora, (Off the 210 Freeway at Grand Ave).

Reservations please: lmshade1043@gmail.com or 626-963-3895.





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Community Meeting To Prevent | County To Expand Program **To Prevent School Violence**

LOSANGELES COUNTY -Supervisor Kathryn Barger announced that the Board of Supervisors has unanimously approved a motion she co-authored with Supervisor Janice Hahn to enhance the role of the county's School Threat Assessment Response Team (START) program.

To prevent campus violence through early identification and intervention of at-risk youths and young adults, the Department of Mental Health created START in 2009 to partner with the Federal Bureau of Investigation to develop a regional approach to targeted school violence.

"Early identification and intervention are vital in our mutual effort to identify and prevent possible incidents of school violence," said Supervisor Barger. "We cannot ignore the red flags and we must actively seek out troubled young people and get them the help they need before a tragedy occurs."

START is currently staffed with 10 clinicians working with local law enforcement to respond to reports of potential school violence. In the past year, START conducted interventions with 127 students and in the past week START has received 63 referrals. Since the deadly shooting at Marjory Stoneman Douglas High School, local law enforcement have intervened in credible

threats of violence against schools in Whittier, Long Beach, Santa Clarita, Inglewood, Bellflower, Los Angeles, and Cerri-

"I have no doubt that START has saved lives," said Supervisor Hahn. "But they are stretched thin. In a county of 10 million residents, we need more than 10 people working on this issue. We need to give them the resources they need to take every single threat seriously because our children's lives are at stake."

County staff will provide a report back to the Board in 30-days with recommendations to enhance START including program expansion.

Monterey Park Police Arrest Two Males for Grandridge Ave Residential Burglary

MONTEREY PARK - On February 27, 2018 at approximately 10:07 a.m., two suspects were arrested in the 1900 block of Grandridge Avenue in the City of Monterey Park. One suspect knocked on the front door of a residence, while a second suspect waited in a parked vehicle in front of the home. An alert neighbor saw the suspect walking into the rear yard of the residence and called police.

Upon the police department's arrival, the suspect that was in the rear yard entered the awaiting vehicle and the two suspects attempted to the leave the area. A traffic stop was initiated a short distance from the residence and an investigation was conducted. Based on the



Grandridge Avenue Residential Burglary suspects Andrew Patrick Dominguez and Patrick Tyquan Webb.

officers' investigation, both suspects in the vehicle were arrested for residential burglary. Detectives were also able to determine that they committed two additional residential burglaries in Monterey Park.

Monterey Park Police ask

that all members of the community stay vigilant and, if you see something say something.

The suspects are identified as Andrew Patrick Dominguez, 28, of Los Angeles and Patrick Tyquan Webb, 29, of Altadena.

Employment Opportunities At Baldwin Park Job Fair

Onsite services to include resume critique, interviews, and more

BALDWIN PARK - As many as 60 employers, all with current job opportunities will gather in fice of Education, the Depart-Baldwin Park on Thursday, ment of Public Social Services March 8, for the Baldwin Park (DPSS), the State of California Job Fair. The event is slated from 10 a.m. to 1 p.m. at the Esther Snyder Community Center, 4100 Baldwin Park Blvd.

Organizers said it is free and open to the public. On-hand will be professionals who, according to officials, are prepared to help job seekers with resume critiques, direct hiring, online and computer access, and even onthe-spot interviews.

"There will be a set of diverse fields ready to hire: from warehouse to security, childcare, immigration and customs organizations, government groups, health care, manufacturers, etc.," said Armando Nava, a program coordinator with the city's Department of Recreation and Community Services. "Everything you could think of, we're going to have here on site."

New to this year's job fair is a collaboration with the Los Angeles County Homeless Initiative that will host a variety of vendors who are seeking to hire those interested in combating homelessness. The positions range from entry level clerks, nutrition, outreach to executive and classified positions across private, public and non-profit fields. The project is intended to be A Paycheck With Purpose: to Join the Fight Against Homelessness.

As many as 700 people are expected at the hiring spree, organizers noted. Attendees are encouraged to dress in appropriate business attire and bring multiple copies of their resume to help make their day productive.

Baldwin Park's job fair has been an annual event for more than a decade, according to Manny Carrillo, director of the Department of Recreation and Community Services. It is a citywide

effort coordinated in partnership with the Los Angeles County Of-Employment Development Department (EDD), the Los Angeles County Office of Education, Goodwill Southern California, and Americas Job Center of California. Organizers have even recruited cosmetology students from the Baldwin Park Adult and Community Education program to offer visitors a free haircut.

The job fair was initiated in response to the economic downturn in 2007, when job market opportunities began to dwindle.

Carrillo described the event as an outlet that "continues to provide meaningful professional development and job opportunities for hundreds of job seekers."

Economic Development Director, Gustavo Romo, shared that the "Baldwin Park community truly values job creation and equal opportunities for all. Although the general goal is to connect employer and employee, the job fair carries the message that Baldwin Park has a strong community spirit ready to assist any-

one willing to take a step closer towards reaching their dreams"

Don Lindgren, a career development employment specialist with the Office of Education, noted that Baldwin Park's Job Fair exclusively connects job seekers and employers. Vendors will not include groups offering job resources, nor will it include those with commission-driven jobs. The employment search process can be intimidating, said Lindgren, so officials are doing what they can to keep job seekers encouraged.

"This brings the jobs directly to the community. It's hundreds of employers with thousands of job leads in one place," he added. "It's a one-day, one-stop job, kind

Lindgren noted that Baldwin Park's event is one of the most successful for his group. "The job fair evolves every year, because we're not just getting people into jobs, but we're also getting people into career driven employment options."

For more information, call (626) 960-4011, Ext. 495.

Reward Extended In Altadena Murder Case

LOS ANGELES COUNTY

 The Board of Supervisors unanimously approved a motion by Supervisor Kathryn Barger reestablishing a \$20,000 reward for information leading to the arrest and/or conviction of a suspect or suspects responsible for the murder of Marcus

Nieto's body was discovered on the Altadena Crest horse trail by two riders on horseback on February 16, 2013. Investigators have confirmed that Marcus Nieto left his residence to

visit an acquaintance in Pomona but may have returned to the Covina/Azusa area at some point before he went missing. The Medical Examiner-Coroner has determined the mode of death to be a homicide. The \$20,000 reward offer approved by the Board in April, 2014 has since expired.

Supervisor Barger encourages anyone with information about this heinous crime to contact Sergeant Robert J. Gray at (323) 890-5500.

More Debt Requested - No New Storage

Dark clouds are floating across the sky reinforcing predictions of the weather people telling me to prepare for more rain. This is on the heels of predictions of drought and the notso creative Sacramento minds threatening to tax all the water we use. (SB 623-Monning). Residential, agriculture and commercial use of water ... every drop of it could be taxed.

We have another water bond measure on the June 5th ballot, a \$4-billion proposal by Democrat Sen. Kevin de Leon, titled California Proposition 68, Parks, Environment, and Water Bond. He certainly has the political buzz words correct but what will we actually get if we pass another billion dollar bond?

LA Daily News, November 24, 2017, article by Susana Reyes (Vice president of the National Sierra Club) and Sen. Anthony Portantino (D-25th SD) give us the following break-down:

- \$1.2 billion for parks and open space;
- \$725 million for parks in disadvantaged, park-poor neighbor-
- \$250 million in local government per-capita funding:.
- \$30 million for trails and greenway development;
- \$20 million for Glendale Narrows River walk project connecting Glendale to Los Angeles
- \$337 million for watershed protections:
- \$162 million for the California river parkways and urban streams restoration programs;
- \$175 million for the protection of ocean, bay, and coastal
- \$85 million to protect coastal watersheds.
- \$1.27B for clean drinking water, drought preparedness and groundwater protection;
- \$250 million for clean and safe drinking water in regions with inadequate water supplies;
- \$30 million for the particularly hard-hit San Joaquin Valley;
- \$80 million for groundwater cleanup and sustainability in Orange County, San Gabriel and San Fernando Valleys, to clean up underground aquifers.
- \$443 million for climate adaptation and resiliency



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

• Santa Monica Mountains Conservancy and the Lower Los Angeles Rivers and Mountain Conservancy will divide an additional \$75 million.

Assembly Appropriations Committee was given the bottom

3.5% interest rate over a 30year period will cost \$2.53 billion in interest, meaning the state would spend \$6.53 billion to pay off the bond issue. That will cost the general fund an annual \$232 million when all the bonds are sold. The staff report also couched their estimated cost by telling Appropriations that if interest rates increase to 5%, the annual debt service would increase to \$260 million from the general fund making the payoff for the \$4 billion bond \$7.81 billion. Cost to print and mail to get this bond on the ballot will be \$400,000 to \$550,000.

I'm concerned we have a huge debt proposal without accomplishing a whole lot of anything except winning political favor from those who might be awarded a little money for some favorite projects. And, if the bonds are approved and never issued for the proposals above, what happens to that approved bond money?

As of 2016, California Bonds: 101, John Chiang, California State Treasurer, tells us the total outstanding general obligation bonds amount is \$74.9 billion; and \$27.6 billion general obligation bonds are authorized but not yet issued. General obligation bonds are those that are paid for with general fund dollars and limit the flexibility of future state legislators' and Governor's • \$767 million for wildlife spending on new projects or conservation and state conser- meeting the real needs of the entire state. As of this 2016 document, the California per capita debt was \$2,323. That per capita debt is without this \$4 billion additional bond along with others passed and covers all bond issues not just water bonds.

Remember, Prop 1, the water bond approved in 2014 by an overwhelming 67% of the voters who were told that was to improve water storage? Assembly Republican Leader Brian Dahle delivered a symbolic 4,000 petitions signed by Californians to the state Water Commission with accusations the Commission was "dragging its feet" on 11 water storage projects.

The sticking point, I am told, is these 11 projects, to be approved by the Commission, must pass the "public-benefit" determination. Re-writes will occur between now and the first week of May when the Commission is scheduled to finalize the vote on the "public-benefit" of these projects. Dale Kasler, Sacramento Bee, reports public-benefit is defined, not just as water storage, but "with an emphasis on eco-system improvements that help the troubled Sacramento-San Joaquin Delta."

Before we pass more water bonds, shouldn't we take a look at what we've already approved and why we haven't moved forward on Prop 1 Water Bond dollars? Last year we had some very wet weather and no additional storage capacity had been added. This year, snow pack is 24% of normal giving credence to drought rumors. I think it is time to think carefully about what we are really "buying" before we approve any more bonds especially water bonds.

And, for de Leon's Parks, Environment and Water Bonds ... if cities need parks they should get out their municipal codes and general plans and make it happen or elect a new governing board. In the past, Santa Monica Mountains Conservancy has gobbled up a vast majority of any park bond money for their Conservancy and other areas have been left with little. Does the East San Gabriel Valley really need this bond or do we need more water storage capacity to deliver more water to the Central Valley and Southern California?

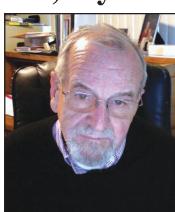
Dear Saint Helen, My Mother And Hero

If my Father was the family's gyroscope, keeping life from flying apart no matter the intensity of the storm, my heroic mother knew the importance of welcoming the wind and the rain. Dad, the stability; Mother, the dynamic. Together they made a great pair.

While Mother did not often discuss politics, she not only despised violence, she was a thoroughgoing pacifist and believed that we should have found a better way to respond to Hitler's aggression and to Japan's December 7th attack on Pearl Harbor. Her real sensitivities, however, rested with the victims of war, particularly the young men who came home horribly disfigured. But it was the blind military veterans who really got her attention, and when violence grabbed her, she determined to do something about it. Serious action replaced even spirited

So she decided to learn braille, and until the craft was mastered, she spent hours each day clicking away first with a stylus and wooden board, and then with a braille typewriter. After several months in which she worked with blind veterans, she began to train groups of women, and finally became the president of the Philadelphia Society for the Blind, and later President of the New York State Society for the Blind. She then began to transcribe books for the Library of Congress, turning our basement into a Braille-book factory.

When Mother made a decision, the males in the family did not stand in her way, singly or three at a time. She ran the household like a benevolent drill ser-



Charles H. Bayer

geant. We each had our tasks and there was no excuses or rest until we had completed them. She loved order and despised seeing anything that was soiled or just not put in its proper place, On one occasion we had packed up and began a car trip to the Blue Ridge Mountains, when after about 50 miles she realized that the car was not spotless, so we spent the nights in farmer's cabins, for a dollar a night.

As I read back over these words it feels as if I have said nothing about the softer, more loving, affectionate part of her life. Her love was absolute but never mushy. It was the kind of love that pulled us through no matter the circumstances.

Mother would joyfully join in some of the fun things Dad and I would do. She loved to go fishing with us in a rented rowboat. But as the three males would sit quietly waiting for the fish to bite, she would sing to them, luring them to her baited hook. I never recall a single occasion when that technique failed to lure the biggest fish any of us caught. We chaps did not hear the end of her gleeful boasting for at least a

She loved to play cards or Monopoly, but whenever she joined in, the winner was my little brother Peter, whom she called "Peterkins." She said he deserved to win because he was the smallest. While Peter was clearly mother's favorite, I never felt left out of her profound

circle of loving care. Our home was always filled with good music, and Saturday afternoon during the Met's opera broadcast, was the week's most sacred time. When she and Dad would travel to Europe for Dad's work, it was the operas they heard that dominated the conversation when they returned home. Mother was the soprano soloist in our church choir, and made up with volume any failure in pitch she might have encountered.

Her death from liver cancer was long and painful, but even in her last months she stood erect on the bridge of the family's ship, still in command. Her death came in the middle of a Saturday night. I had gone to San Antonio, Texas to give a series of lectures and to preach at our church on Sunday morning. I got word of her death just as the service was about to begin. I have no memory as to what I might have said, but whatever it was, Mother was there beside me holding my hand. I did not see her again until the next day when I returned to Chicago and went into our church building. There she was, singing at the top of her lungs from one of the niches reserved for the

Contact Charles Bayer at candwbayer@verizon.net

BOE Rejects Gas Tax Increase!

The Board of Equalization was poised to raise gasoline taxes through a process directed by the legislature in 2010, referred to as a "gas tax swap." Board of Equalization Member Jerome Horton said, "Enough is enough - Californians cannot bear another gas tax increase."

California Department of Tax and Administration (CDTFA) had recommended that the BOE raise the excise tax by 4 cents per gallon, which would have brought the total federal and state gasoline taxes and fees in California to 76.7 cents a gallon effective July 1, 2019. This takes into consideration that Senate Bill 1 (SB 1) enacted a 17.6 cent gas tax increase and a 20-cent diesel fuel tax increase and terminates the "gas tax swap" adjustment.

The legislature, not the BOE, has sole authority to raise gas taxes. The role of the BOE is to adjust the excise and sales tax rates based on previous gas consumption and prices - to assure revenue neutrality based. This legislation resulted in a shift of transportation funds to the general fund to address the 2010 state budget crisis.

In April 2017, the legislature passed SB 1, the "Road Repair and Accountability Act of 2017," which raised the gasoline excise tax by 12 cents effective November 1, 2017 with an additional 5.6 cent increase in the gasoline tax effective on July 1, 2019. Then beginning in 2020 the CDTFA

will adjust the gas tax according to the fluctuations in the Consumer Price Index. Based on the consumer index over the past few years, according to Department of Finance (DOF) economic forecasts, this will result in endless increases in the gas tax.

In addition, the legislation increased the vehicle registration by \$25-\$175, depending on the market value of the vehicle, and created the Road Improvement Fee of \$100 for Zero-Emission Vehicles starting July 1, 2020.

These increased taxes and fees are proposed to collect an additional 52 billion dollars in revenue for road repair and other services over a ten-year period. However, according to the law and confirmed by DOF economists, these tax increases never expire.

Board Member Diane Harkey argued that the state has a budget surplus and this additional tax is not warranted. "I understand the state's budget is in a surplus, so I don't know how anyone can justify increasing gas taxes," Harkey said.

Opponents of the gas tax increase argue that the legislature deferred road maintenance, the purported reason for the taxes and fee increases, and that Californians should not have to pay for the legislature's decisions to shift dollars to other purposes they should shift the money back.

Studies show that the gas tax is a regressive tax that disproportionately impacts poor to middle-income earners because they generally have a greater dependency on their vehicles for vacations, recreation, and work – and less income to offset the in-

As a general rule, any tax that requires the poor or seniors on fixed incomes to pay the same percentage or amount as a tax, is regressive, because it fails to take into consideration the disparate abilities to pay based on

"Poor to middle-income Californians are pushed into the suburbs for affordable housing, have lower salaries, drive longer distances to work, and cannot afford the slightest increase in gas tax," Horton said.

Horton also argued that the proposed increase of 4 cents did not take into consideration the recent spike in gas taxes and fees as a result of the passage of SB 1 and there would be no opportunity to subsequently reduce the taxes as this was the last year the BOE would make the "gas tax swap." In response to questions by the board members, the BOE staff confirmed that they did not take into consideration the recent spike in the gas tax, gas prices, and the Board's inability to lower the gas tax if there is a change in market demand.

Harkey and Horton argued that CDTFA's failure to include these market variables in their computations was not fair to the public and casted the "no" votes that resulted in a 2-2 tie and prevented the increase from passing. Board Member Fiona Ma and State Controller Betty Yee (represented at the meeting by Deputy Controller Yvette Stowers) voted for the increase and Board Member George Runner was not present.

This is not the end of the gas tax debate. In response to SB 1, the public may have the final say in November 2018 as backers of an initiative to repeal the recent increase to the gas tax and vehicle registration fee seek to place a proposition on the ballot to allow the voters to decide if they want to pay the additional \$52 billion in gas taxes and vehicle registration fees.

Oscars Are Not What They Used To Be

I remember, many years ago, the Oscars was something of high class and prestige and was something to look forward to in the news and on television. This was a time of honor for those who contributed to the viewing industry, mainly the movies that entertained us all, the public.

Various awards for best actor and actress, best directing, best picture and so much more were handed out. Over the last decade or so, sadly I have lost interest in the Oscars because it has now become a platform for political comments, racial complaining, and almost anything else that does not pertain to the movie industry.

I no longer have an interest in watching the Oscars and didn't watch it this time. However, I still go to the Academy Award parties. This is not in support of the Oscar platform, it is so I can meet



George Ogden That's just the way it is!

some of my friends and basically party down with them you could say. A lot of great people, friends and the best part is the food.

As for some of the people that are the master of ceremonies, I feel some of the comedy is off kilter when it becomes political and demeans our government for the world to see. They use the same platform for racial inadequacies within the United States. To tell you the truth folks, I am so tired of hearing it. Take a look at the reality of what we have done over and over again, and the amount of money that has cost all of us personally to make things better, everything from welfare to support programs for various races and it is not appreciated at all in my opinion. And the recipient of these comments that are made at the Oscars is parroted around the world and other countries take note. And we tell other countries that they need to upgrade and revisit their human rights activities within their known countries. Really? We look like hypocrites from the "voices" of this type of programming over the air such as the Oscars. Maybe someday one of these actors or actresses will actually get up there and thank us all for what we have done to make things better. But until then, the Oscars can kiss off.

"That's Just the Way it Is!"

Rain Rain TIME JOCKEY

By Joe Castillo

Finally... Last week's storm brought over three inches of much needed rainfall to all of California but especially to most of the Southern California area. From Northern California to San Diego, rain revitalized plants, vegetation, waterways and cleansed our air. It was a much needed gift from above as we are experiencing one of the driest periods in recent memory. In February 1998, 20 years ago, Southern California experienced another strong storm season with over 13 inches of rain dropped during the month. Even two tor-

nadoes touched along the Huntington Beach and Long Beach areas. But in Laguna Beach, mud and landslides rushed through the steep canyon placing resident's life and property at risk. Six lifeguards reacted to the disaster and raced to help and assist residents caught in the mudslides and trapped in homes, buildings and runaway debris. They used paddleboards to reach people who were in danger and moved them to safe locations. In total, the mudslides destroyed 14 houses, forced 550 people to evacuate and 2 people were killed. The lifeguards were awarded the United State Lifesaving Medal of Valor for their lifesaving efforts. The letter which recommended them for the award described their actions as follows 'Wading into waist deep mud with very little lighting and the deafening rumble of mud and boulders coming off the hillside, the lifeguards carried two people over the tops of several buildings and through the mud to a safe place'. In 1998, there were 56 major landslides which resulted in 7 people killed. The excessive amount of rainfall set the record for a monthly total rainfall of 13.5 inches, more than any

monthly total in the past 30 years. The 1998 total rainfall amount of 24 inches was the 3rd highest amount in the past 30 year timeframe as well. The nearly 4 inches of rain we've had during this season did not pack the same volume as in 1998 however the large number of fires and wide acreage covered by this years' wildfires have increased the risk of mud and landslides with far less rainfall totals. The average annual rainfall totals for Southern California is approximately 12 inches but with lingering drought conditions, just reaching the yearly average will be quite a

reach. We certainly need the rain just so long as lives and property are not placed at risk. For the most part, rain is good for our environment but only in moderation and we definitely don't want another 2004-05 season which we had over 30 inches of rain which is more than the past four years in total.....

Joe Castillo is a freelance historical writer who has been covering Southern California history for 10 years and has written3 books on the topic. He canbereached joeacastillo@aol.com.

Will We Return to "Normal" as March Begins?

Just when Wall Street thought the market was on its way back up, it discovered new challenges that may send the market averages back to retest the February 8th lows. We remain in a "washing machine" cycle, where many stocks are oscillating back and forth. The major problem in the failed rally was major cap stocks only recovered and the broader market along with the global market did not participate in the recovery. The markets are very technical and with the retesting of the February 8th bottom, we also need to see the downside volume dry up. This consolidation is healthy and any dip in good stocks should be viewed as a buying opportunity.

Fed Chairman Powell on Wednesday gave testimony that sent a shock wave through the capital markets. The markets feared, from his testimony, that we would see four rate hikes in 2018 due to an overly strong economy. Many felt that he sounded overly confident in his speech and gave the impression that the economy will grow beyond Wall Street's forecast. On Thursday, this anticipation cooled, but the damage was already done and the technical signals flashed "sell". Rising inflation and rising interest rates have been seen as the primary headwinds to the bull trend that has the Dow gyrating by hundreds of

points on a daily basis. The other big news last week was that the 10-year Treasury bond refused to crack the 3% level and closed at 2.812% after hitting a high of 2.949%. One of the catalysts (for yields settling down) is the fact that the U.S.

Even if you don't own the new-

est car on the block it can be

greener! With a little tender lov-

ing care, it can give you a lot

more miles and it will make it

environmentally friendly...and

save you money. Improving the

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count at the same time is a win-

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train control, onboard diagnostic

check; fuel; ignition; and emis-

sions systems. This alone can

improve gas mileage by four per-

cent! The oxygen sensor can be

checked too, just to be safe. That

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What's up in the Economy?



Economic Analyst & Former Glendora Mayor

dollar has strengthened in recent weeks. If the dollar continues to strengthen, then foreign buying pressure should help to keep Treasury yields from rising too much, since U.S. interest rates are much higher than in Europe and Japan. Overall, the fears of interest rates rising too fast are diminishing.

Clearly, the dual threat of rising inflation and rising interest rates that fueled investor angst and triggered the correction aren't going away, but the stock market will adjust to both of these forces.

Without doubt, the most important set of data points to the market will be the upcoming employment report, due out March 9, exactly one month from when the market bottomed out. How investors react to what will likely be another healthy report will tell us much about the markets future direction and volatil-

Last week, the largest asset manager in the world, Black-Rock, got a lot more bullish on U.S. stocks - claiming tax cuts are "supercharging" corporate profits. BlackRock expects stimulus from the tax reform will boost earnings growth this year by as much as 19%. Strategists

By Gene Morrill - Certified Automotive Specialists

can improve gas mileage up to

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your vehicle's filters as a clogged

filter can bring down fuel effi-

ciency by as much as 10%...that's

15 cents a gallon! Spark plugs

need checking too so they are fir-

ing properly. Misfiring wastes

cause a car to boil over if it isn't

in top form. This can leave you

sitting on the side of the road

with steam coming out from un-

der the hood. This is bad at any

time, but worse during peak driv-

ing hours when you can be the

cause of a traffic jam! And you

know what else...you guessed

The cooling system can also

I Want To Be Green!

40%!

fuel!

at BlackRock feel business spending plans, accelerating earnings, the pace of stock buy-backs, and dividend growth are still not appreciated by investors.

By overwhelming numbers, most investors favor dividendgrowth as their primary investment objective. In a rising rate environment, owning blue-chip stocks that offer rapidly rising dividend payouts is the best way to drive income growth when bond prices are in a bear market (interest rates headed higher).

The best news is that we could see double-digit dividend growth in 2018 and 2019, based on a powerful combination of strong earnings and tax reform. We're only one quarter into this new era of widespread economic prosperity and already the pace of dividend increases is brisk, and the outlook is very positive for income investors.

Market pundits can talk for as long as they have screen time. Talking heads are available 24 hours a day. Opinions can flipflop overnight, but what doesn't change is cold, hard data.

Stock markets don't die of old age. They only die from recessions or deteriorating fundamentals. The fundamentals aren't perfect, but they're positive enough to deliver a strong March-April market surge. March and April are seasonally strong for the same basic reason that November and December are strong - namely, taxes and good feelings.

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

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Your Money - Ask Julia

Am I going to have to pay taxes on all the profit I make from selling my house?

As a single homeowner, you can exclude up to \$250,000 of capital gains. If you are married, filing separately, each of you can exclude up to \$250,000. If you are married, filing jointly, together you can exclude up to \$500,000 of capital gains. This exclusion is allowed each time you sell or exchange your principal residence, as often as every two years. You are not required to reinvest your proceeds into a new residence to claim the exclusion. To be eligible for the exclusion, you must have owned and lived in your home as your primary residence for a combined period of at least two of the last five years prior to selling or exchanging your principle residence. New tax law: three of last

five years. I saved and planned, but various things happened during my life which have undermined my plans to have plenty of money in retirement. How can I get over being scared and depressed?

Good and bad events in our lives (marriage, buying a house, unemployment, dependents' needs, serious health issues or accidents, divorce, economy) impact our best-laid plans. Each event typically derails a person's savings for almost 5 years. We really need to plan for the worst and hope for the best. Insurance and emergency funds help in many cases. Your feelings are normal, and to be expected. What you're experiencing is equivalent to the death of a loved



Julia Yoder

one. And, as such, the 5 stages of grief are applicable. Stage one is denial. This involves not looking at your investment statements, hoping your losses are not real. The second stage is anger, when you ask, "Why did this happen to me?" Stage 3 is reasoning. When it comes to investments, this involves hoping the market will rally enough to return your retirement investment and plans to the way they were. Then comes Stage 4, depression, where folks find themselves giving up in hopelessness. And finally, there's the 5th stage, acceptance. This is where you realize that you've got to make the best of what you have, that bad things don't last forever, and that you need to make necessary adjust-

I have a 401k at work, several CDs, and a little savings. I'm about 5 years from retirement. Should I put some of my money into an annuity rather than a

How you invest depends on your specific financial situation, your personal risk tolerance, age, goals, and other factors that establish what's suitable for you.

Some annuities offer an upfront bonus, and they all offer deferred taxes. With CDs you pay taxes on the gains annually; with annuities, you pay taxes when you use the money. Many annuities offer living benefits: access to at least some of the money without penalties, nursing home benefits, death benefits, and more. CDs don't offer those!

We'd like to buy a new home or condo. Is it best to use the agents that are at these newly built places, or should we use a different Realtor?

If you want your best interest to be of utmost importance, get your own Realtor. The agents onsite are representing the builderseller. As the buyer, you don't pay realtor fees, the seller does. So, the price is right for you to have a Realtor on your side! By the way, this principal is best for almost all real estate transactions. And remember, get pre-approved (not just pre-qualified) for your home loan before looking for a place to buy.

Ask Julia by email: juliayoder@yahoo.com

This is your opportunity to simplify your life by having one professional working personally with you to coordinate your finances, investments, real estate, mortgage, insurance, retirement, and estate plans. CA Insurance 0C83859/RE Broker 01238153/NMLS 248681/ Nat'l. Ethics Assoc. Home loan application: htttps://blink.mortgage/ app/signup/p/allsourcemortgage/ juliayoder. Accident-Medical-Dental discount plans: CalStarBenefits.com/28485

IRS and Franchise Tax Board (FTB) Fights Back Against **Identity Theft and Scammers!**

The IRS and FTB are fighting back against this this multibillion crime in our country that has became sophisticated over the years. Both government agencies are asking the taxpayers to be proactive in protecting their tax-related identity. You should not ignore the warning signs such as, more than one tax return has been filed under your name, or you owe additional taxes or got more refund on the year you did not file a tax return, or you received wages from a company that you haven't worked for.

Here are some actions the IRS and FTB has put in place to combat tax related identity

1) If your tax return has been perceived to be unusual, IRS will send you a notice to contact them to authenticate your tax return.

2) Coming 2018, your W-2 will have its unique 16-digit identifier code

3) Tax software security has increased by answering several layers of security questions

4) Driver's licenses verification is required is some states

5) IRS regularly provides news of latest identity scams through summits, news media and at their website at www.irs.gov /identity-theftfraud-scams/identity-protection



THERESA PACHECO California Certified Public Accountant Masters in Business Administration

I have personally experienced a few telephone scammers pretending to be IRS agents. If I was an ordinary taxpayer, not a CPA, I can say they sounded really scary. These scammers are on the rise during the tax season. Please remember that IRS will never call you out of the blue, or will make a cold call to collect money from you. If in doubt, call your tax preparer or a tax professional for free consultation with regards to the issue, or call the IRS at 1-800-366-4484 immediately.

Last week, a nice lady who is a retiree, came to my office wanting to speak with somebody to help deal with her "emergency". She was looking for the IRS office and claimed her GPS pointed the address to my office. She already

drove up and down the street several times and couldn't find the exact address she was instructed to look for, thus decided to come into my office. As I calmed her down and told her I am a CPA and will listen to her concerns, we both figured out she got a scam phone call and the address she was looking for turned out to be a parking lot across the street. We were both grateful she didn't fall victim to this scam. The first right thing she did in this situation was to ask for the caller's address.

Remember the IRS does not call taxpayers to threaten the person with arrests, police visits, lawsuits, "criminal fraud" and other similar strong words that are left on your voicemail, sent by text or by email, or through social medial. If you have a legitimate case with IRS, you will receive the due process, as required by law.

Please call us at 626-343-3488 for more information! We are located at 1559 E Amar Rd, Suite U, West Covina, CA 91792. This is a full service CPA office who offers the following services: Audit, Review & Compilation; Income Tax for both business and personal; Payroll; Bookkeeping and QuickBooks; For Profit and Non-Profit; IRS Help



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% APY* Minimum deposit \$1000 1-year

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Around the Valley & Senior News

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

Senior Expo

Join us for a morning full of FREE fun, food and information. The Senior Expo will feature various organizations from senior related fields, such as: housing, in-home care, insurance, health, wellness and more. Organizations will be passing out information, as well as a few goodies. All attendees will receive free refreshments and entry into the raffle. Boxed lunches will be sold the morning of for \$2 and will be served at 11:30am. Arcadia Senior Services is hosting this FREE, informational Senior Expo at the Arcadia Community Center, 365 Campus Drive, on Friday, March 9 from 10am-12:30pm.

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

Orchid Hobbyists

San Gabriel Valley Orchid Hobbyists invite you to our March 15 Monthly Meeting at the L.A. County Arboretum, 301 N. Baldwin Ave. Arcadia, Ca. Palm Room. Judging at 7:00 p.m. Meeting at 7:30 p.m. Our speaker will be Peter Lin, program on Neofinetia falcata and its hybrids. Web www.sgvoh.org

Kid's Night Out

"A good friend is like a fourleaf clover: hard to find and lucky to have!" Come join us for some sweet Irish fun! Kid's Night Out "Shamrock Shakedown!" provides kids a night of fun and play so parents can enjoy an evening out or a quiet one at home. The Arcadia Recreation Staff and Volunteers offer dinner, themed games, supervision and a movie for children ages 4 and above. (Accommodations cannot be made for special dietary needs.) The fun takes place on Friday, March 9, 2018 at the Arcadia Community Center, 365 Huntington Drive, Arcadia from 6-11pm. The cost is \$22.00 per child and includes snacks and beverages. Pre-registration is mandatory and can be done online at ArcadiaCA.gov by fax, 626.821.4370 or by coming into the Recreation Office, 375 Campus Drive, Arcadia. For more information please 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 sin-

cere interest in community service with a desire to supplement their existing income. Go to www.ArcadiaCA.gov/recreation for the Prospective Instructor Application or call the Recreation Office for more informa-

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

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

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

BALDWIN PARK Birthday Celebration

Join the Julia McNeill Senior Center monthly Birthday Celebration on the third Wednesday of the month (March 21) from 12:30 pm - 2:30 pm. Dance to the music of DJ Sonic Boom as active adults celebrate their birthday. Have some cake and lots of music, as well as door prizes for your celebration! \$1 door admis-

For more information on the class or registering, please visit the Julia McNeill Senior Center or call (626) 813-5245, Ext. 323

Income Tax Appointments

AARP is providing free tax assistance to the senior community 55 years of age or older. This service is available only on Thursday and appointment is necessary. To schedule an appointment, please visit the Julia Mc-Neill Senior Center or call (626) 813-5245, Ext. 323

McNeill Fitness **Program**

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

COVINA Community Garden

Parcels

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

Covina's T.E.A.M.

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

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

Basketball And T-Ball

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

DUARTE

Hot Lunches at **Senior Center**

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

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-

GLENDORA

Manicures And Haircuts

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

Glendora Adult **Basketball Program**

Southland Sports Association is offering adult basketball leagues in Glendora. Participants must be 18 years of age or older. Monday, Wednesday and Thursday leagues begin March 12, 2018.

Registration will be accepted, Monday, March 5, through Friday, March 9, 2018.

For more information, please contact Frank Ortiz, Adult Sports Coordinator, at (818) 425-9789 or go to the City of Glendora website

www.ci.glendora.ca.us.

San Antonio Winery Trip

Take a trip with us as we visit the oldest and largest producing winery in Los Angeles with 100 years' experience of wine making. This day trip will include a guided tour of the San Antonio Winery with a tasting of four hand-crafted wines served with a

delicious assortment of antipasti and hors d'oeuvres. Included is a souvenir wine glass to help you bring home a part of the magnificent winery. Register online at www.ci.glendora.ca.us or at the La Fetra Center; 333 E. Foothill Blvd. Glendora. \$35 Per Person (21 and over only) Saturday, **March 10** 11:30am to 4:30pm

Alzheimer's Peer **Support Group**

Caring for a loved one with Alzheimer's can be frustrating, challenging, and sometimes distressful. This peer support group is designed to share experiences, coping strategies, information, and ideas with each other, and to offer understanding and encouragement to one another. We meet the 2nd Thursday of each **month** from 6:30-8:30 pm at Glenkirk Church, 1700 Palopinto Ave., Glendora, in Room #11. We caregivers look forward to lifting each other up as we journey through this season of life. For more info, visit glenkirkchurch.org or call Glenkirk's church office at (626) 914-4833.

Glendora After Stroke Center

A non-fee program for stroke survivors and their families. This supportive program offers relearning (reading, writing, speech), caregiver support, current events, card games, snacks, resocialization, exercise, music, speakers, day field trips, and stroke support. Lunch is available (\$3 senior lunch or \$2.75 deli sandwich). For more information, please call Sonia Schupbach at (626) 963-6186. The program is Wednesdays 9:00 a.m.-3:00 p.m. Co-sponsored by The After Stroke Center and the Glendora Community Services Department.

Cars 4 the Community

Glendora Rotary has a new and exciting vehicle donation program, called Cars 4 the Community. We are asking for your old car, boat, motorcycle or RV, running or not, be donated and receive a 100% tax deduction for the proceeds.

This program helps our schools, community, country and the world. Call 626-963-0814 for more information.

Instructors Needed At The La Fetra Center

The City of Glendora's La Fetra Center is looking for new class instructors! We are seeking out instructors to teach the following: Cooking classes, Spanish lessons, and American Sign Language (ASL) classes. Share your talents with your peers! If you would like more information on teaching a class at the La Fetra Center please contact Jennelle Markel at (626)9148-8235, or please email

jmarkel@ci.glendora.ca.us.

LA VERNE

Get About

Transportation Get About provides transpor-

tation for seniors aged 60+ and disabled residents of Claremont, La Verne, Pomona, and San Dimas. The door-to-door service can be used for shopping, doctor's appointments, church, senior nutrition sites and many other locations within the four cit-

ture a tour in the historic Weber

ies. The service operates seven days a week and membership is

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

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

MONROVIA

Senior Blood Pressure Screenings

The Department of Community Services invites active adults and seniors, 50 years and older, to attend a monthly blood pressure screening. The free program is hosted by Methodist Hospital. The program is designed to detect high blood pressure. For additional information, please contact the Department of Community Services at (626) 256-8246.

Blood Pressure Screenings is at the Community Center, 119 West Palm Avenue on the **Second Tuesday of the month** from 9:15 a.m. - 10:15 a.m. and on the Fourth Wednesday of the month from 9:00am - 10:00am

Caring Crafters

If you have an interest in knitting, crocheting and hand work or would like to learn, join us at the Monrovia Community Center every Wednesday. The Friendly Crafters is a social group that meets every Wednesday from 12:00 p.m. to 3:00 p.m. and is designed to foster friendships and provide social opportunities while crocheting and knitting. The group always welcomes new participants to teach and share new ideas! This free program is offered to all Seniors and Active Adults! Crafters meet every Wednesday from 12:00 p.m. -3:00 p.m. at the Monrovia Community Center.

Senior Stretch & **Exercise Class**

Stretching is essential for our bodies. The Department of Community Services invites seniors to join our weekly senior stretching and exercise class. The class includes stretching techniques geared toward seniors over 50, though the class is great for anyone in need of a good routine. Movement increases range of motion, relaxation, and decreases risk of injury. Participants should wear comfortable clothing and shoes. Bring a towel and bottled water. For additional information, please contact the Department of Community Services at (626) 256-8246.

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

La Fetra Center **Senior Classes** Sing For Health Sing For Joy

You don't have to sing well to get all the benefits! Come join our group for a great time of laughter and singing. Singing releases endorphins known as those "feel good" chemicals in your brain. It also increases circulation and oxygen to your blood. Singing is a great way to relieve stress and will leave you feeling happy for the rest of the day! Mondays, through April 30, 2018 9:00am - 10:00am Preregister at the La Fetra Center or by calling (626)914-0560. *\$10.00 is payable to the instructor for printed materials. Classic Cinema

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

SAN DIMAS

San Dimas

Toastmasters Club

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

WEST COVINA

TOPS Meeting

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

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

dependence Day. Senior Lunch

The West Covina Senior Center has an award-winning lunch program that provides a daily lunch service for seniors, Monday through Friday at 11:30 a.m. The lunch program is funded in part by the Los Angeles County Area Agency on Aging.

There is a suggested lunch donation of \$2.00 for those 60 years and older. Persons younger than 60 years old pay \$4.00, and persons with disabilities younger than 60 years pay \$3.00. West Covina Senior Citizens Center is at 2501 East Cortez Street.

Spring Squeeze

LA VERNE - The La Verne Heritage Foundation is presenting its fourteenth annual "Spring Orange Squeeze" at Heritage Park through March 16 from 9am to 12pm.. We are reserving the morning hours on weekdays for preschool and elementary school children to come and experience a little bit of what life was like during the orange picking time in the late 1800's.

Our "Spring Squeeze" field trip at the Weber Ranch will fea-/www.laverneheritage.org. The San Gabriel Valley Examiner

House, a tractor ride through the orange grove, a demonstration of how the oranges were picked, the purpose of a smudge pot, the importance of a windmill. The children will also be able to squeeze an orange and taste the fresh juice, and use the orange rind to plant a small flower to take home. If your group is interested in a tour please call (909) 293-9005 or check out the web site at http:/

Donations Needed

COVINA - Citrus Valley Medical Center Inter-Community Campus Auxiliary in Covina has a thrift store named The Bargain Box. The Bargain Box welcomes donations in good condition of clothes, shoes, ceramics, dishes and small pieces of furniture. This is a nonprofit store and donations are

tax deductible. The hours of operation are Tuesday-Friday from 10am-4pm and Saturday from 12-4. The store is closed Sunday and Monday. The Bargain Box is located at 216 E. Rowland Ave. in Covina. For more information call (626) 332-4847.

S.G.V. EXAMINER March 8 - 14, 2018

SAN DIMAS - The San Dimas chapter of Toastmasters International, Toast To The Best Club, Club # 5880 meets every 1st and 3rd Thursday from 7 PM to 8:45 PM. Learn to motivate and lead? Challenge yourself with Toastmaster's proven education programs. Let Toastmasters 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 atmo-

Last Thursday, March 1st, Toastmasters Club #5880, "Toast To The Best" held their annual speech contest. Tim Cheng won Best Speaker, Dan Lee won Table Topics and Art Douglas, DTM won best Evaluator. Martha Alvarez, AB, ALB visited from a Rancho Cucamonga club. Martha was scheduled to be the Contest Chair at the Area A-5 Speech Contest on March 3rd.

Unfortunately, none of our winners could make it to Toastmasters International District 12 Division A, Area A-5 Contest that



Winners March 1st: Tim Cheng - Best Speech, Dan Lee - Best Table Topics and Art Douglas, DTM – Best Evaluator

was held last Saturday afternoon. There are several other Area level contests being held in March and April by Toastmasters International District 12. All clubs of Division A will compete in Pomona April 14th from 7:30 to Noon. Check out the website at http://www.d12toastmasters.org/ event/division-a-speech-contest/

On March 15th, Toast To The

Best will have their next regular meeting of 2018. Three speakers are scheduled. You can stop by to meet with the club at the Faith Lutheran Church, Parish Hall, 505 E Bonita Ave (Between Walnut & San Dimas Canyon Rd) San Dimas. Contact is Art Douglas, DTM, VP of Membership of Toast To the Best (951) 505-

Criminal with Long Arrest Record, **After Theft and Car Chase, Remains** in Custody after Court Appearance

By George Ogden

GLENDORA - Around 11:30 a.m. on Feb. 26th Glendora Police were notified that a couple were in Kohl's department store at 1225 South Lone Hill Avenue when a female was observed stealing perfume, clothing and other items.

An attempt was made to detain them failed when they took off in a white Scion. They were spotted by the Glendora Police and the chase was on. Police soon found out that the Scion was stolen from Chino as the pursuit continued east on the 210 freeway at speeds of 100 mph. The car exited the freeway in La Verne and headed back towards Glendora at high rates of speed.

They crashed into the curb and disabled the vehicle and both suspects took off on foot.

A containment was quickly set up and the driver, Aaron Nathan Wheeler, 22, was taken down and arrested. The search for the woman was called off after it was found that she was not in the containment area. Wheeler, over the last year and a half has had numerous arrests, nearly 20 charges filed against him not to include Orange County arrests and charges. During that "year and a half" he was sentenced a number of times for his crimes, including a one year term. The total time for just L.A. County for all the various charges was well over two years, but yet he was

released back into the community to commit more crimes against the people. It is believed it was under the AB 109 Bill that the Assembly passed sometime back to release criminals because of overcrowding.

However, this time, he was being held on an \$85,000 bail and later changed to a "no bail" hold. The charges this time are auto theft, reckless evading, possession of burglary tools, probation violation and further charges may be pending to including burglary, theft, and conspiracy to commit

However, it is expected that he should be released soon because of AB 109 that is friendly to criminals.

Affordable Housing Workshop

able housing workshop for individuals and families who are interested in renting units within the City. The workshop, on Wednesday, March 14, from 6:00 p.m. - 8:00 p.m., is part of the City's efforts to provide accessible housing and resources to families in need. The Housing

Mesa Glen Care Center

EL MONTE - The City of El Workshop will be held at the Black Auditorium, 3130 N. Tyler Ave, El Monte.

> During the workshop, participants will obtain information on:

- Finding properties.
- Understanding tenant and landlord rights and responsibili-
 - Reviewing a property lease.

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service your individual needs. We invite you to take a tour of our beautifully appointed facilities where caring for you and about you is our pleasure and our commitment.

- Eligibility on affordable Monte will be hosting an afford- Community Center, Grace T. housing and documentation
 - Understanding credit scores and its impact on housing.

For more information about the workshop or to RSVP, please contact the Housing Division by phone at 626-580-2070 or via

email housing@elmonteca.gov.

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1. Check Your Eligibility

tus and income level, you may qualify for a nonrefundable credit of up to \$1,000 (or \$2,000 if filing jointly) on your federal income taxes for that year when you contribute to a 401(k), 403(b), 457(b) or similar retirement plan, or IRA.

Single filers with a maximum Adjusted Gross Income (AGI) of up to \$31,000 in 2017 or \$31,500 in 2018 are eligible. For the head of a household, the AGI maximum is \$46,500 in 2017 or \$47,250 in 2018. For those who are married and file a joint return, 2017 or \$63,000 in 2018.

You must be 18 years or older

Toastmaster Club 5880, Toast To The Best | Uncle Sam Wants You To **Save For Retirement**



The Saver's Credit—a little-known tax credit made available by the IRS to eligible taxpayers—could make saving for retirement more affordable than many people realize.

If you ever feel your finances are too stretched to save for retirement, you're not alone—and there could be good news for you. The Saver's Credit—a littleknown tax credit made available by the IRS to eligible taxpayers-could make saving for retirement more affordable than you think. It may reduce your federal income taxes when you save for retirement through a qualified retirement plan or an Individual Retirement Account (IRA).

"The Saver's Credit is a fantastic tax credit because it pays you to save for retirement. It offers eligible workers an added incentive to save for retirement on top of the benefits of tax-deferred savings when they contribute to a 401(k), 403(b), 457(b) or IRA," says Catherine Collinson, president of nonprofit Transamerica Center for Retirement Studies®.

Here's how it works:

Depending on your filing sta-

by January 1 and cannot be a fulltime student or be claimed as a dependent on another person's tax return. If you fit within these parameters, the Saver's Credit may be for you.

2. Save for Retirement

Save for retirement in your employer's retirement plan, if offered, or in an IRA. In general, for every dollar you contribute to a qualified retirement plan or IRA (up to the lesser of the limits permitted by an employersponsored plan or the IRS), you defer that amount from your current overall taxable income on your federal tax returns—and you may also qualify for the Saver's Credit.

3. File Your Tax Return and Claim the Credit

When you prepare your federal tax returns, you can claim your Saver's Credit by subtracting this tax credit from your federal income taxes owed.

Workers who are eligible to claim the Saver's Credit are also eligible to take advantage of IRS' Free File program for taxpayers with an AGI of \$66,000 or less. Twelve commercial software companies make their tax preparation software available through the Free File program at www.irs.gov/FreeFile.

• If you are using tax preparation software, use Form 1040, Form 1040A or Form 1040NR. If your software has an interview process, be sure to answer questions about the Saver's Credit, also referred to as the Retirement Savings Contributions Credit the AGI maximum is \$62,000 in and/or Credit for Qualified Re- Transamerica Center for Retiretirement Savings Contributions. ment Studies®." (NAPSI)

• If you are preparing your tax returns manually, complete Form 8880, the Credit for Qualified Retirement Savings Contributions, to determine your exact credit rate and amount. Then transfer the amount to the designated line on Form 1040, Form 1040A or Form 1040NR.

• If you are using a professional tax preparer, be sure to ask about the Saver's Credit.

• Consider having any refund you receive directly deposited to an IRA to further boost your retirement savings.

Note that the Saver's Credit is not available with Form 1040EZ.

The 18th Annual Transamerica Retirement Survey found that just 36 percent of American workers are aware that the credit exists. Don't overlook Uncle Sam's Saver's Credit; it may help you pay less in your current federal income taxes while saving for retirement.

For more details and resources on the Saver's Credit and an online retirement planning calculator, visit Transamerica Center for Retirement Studies® at www.transamericacenter.org.

Transamerica Center for Retirement Studies® (TCRS) is a division of Transamerica Institute®, a nonprofit, private foundation.

"The Saver's Credit—a littleknown tax credit made available by the IRS to eligible taxpayers-could make saving for retirement more affordable than you think, says Catherine Collinson, president of nonprofit

Asian Industry B2B Chinese **Cultural Celebration**

Remarks by the Honorable Betty Chu, Co-Founder of East West Bank.

The Asian Industry B2B cordially invites business leaders to attend our upcoming monthly mixer, a special Chinese Cultural celebration on Wednesday, **March 14**, from 6:00pm-8:30pm at the Wells Fargo Puente Hills Branch 17799 E Colima Rd, City of Industry. Honorable Betty Chu, cofounder of East West Bank and former Mayor of Monterey Park, will speak on the state of

importance of community and partnerships between Asian groups and the greater society. We will also feature Eugene Moy of the Chinese Historical Society, who will speak on his museum downtown as well as a history on Chinese railroad workers.

With a consistent attendance of over 50 firms and professionals during our monthly mixers, including our New Year's

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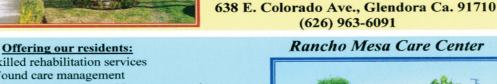
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national, a multi million logistics company, as well as celebrities and local political figures, AIB2B continues to grow fueled mostly by its quality speakers and charitable initiatives, ranging from military, to autism to cures for terminal diseases.

Networking at AIB2B's event gives you a great opportunity to participate in the local community and advance your business. Our events are free of charge with an RSVP required for attendance. Dinner and beverages will be provid-

AIB was founded for businesses and professionals in the east San Gabriel Valley to gather once a month, every second Wednesday. Our mission is to build an intimate network of quality professionals engaged in charity, cultural and political activities, to foster meaningful collaborations, enrich business owners' lives and support a platform to elevate the Asian American community through local business leaders.

For more information, to RSVP, or to learn about our organization and/or sponsorship opportunities, please contact our director, Marc Ang at marc@mangusfinance.com.



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S.G.V. EXAMINER March 8 - 14, 2018

Glendora Woman's Club To Hold Annual Fashion Show

By Joan Hallidy

GLENDORA - "Journey To Hawaii" will be the theme for the Glendora a Woman's Annual Fashion Show and Luncheon set for Tuesday, March 20. The event will be held in the club's ballroom at 424 N. Glendora Avenue in Glendora, said Fashion Show co-chairs Joy Martau and Carolyn Cunningham.

The social hour will begin at 11a.m., followed by the catered luncheon at noon served by Ritz Catering.

A selection of Spring and summer fashions, along with apparel for vacations and cruises, will be presented at the Fashion Show by Dressbarn, with commentary by Denise Turek, and by Undercovers, with commentary by Carol Gill. Club members will serve as



Glendora Woman's Club Fashion Show committee members display opportunity tickets-for-drawings they will be selling at the club's Annual Fashion Show. This year's theme is "Journey to Hawaii." Members pictured are, from left Gloria Aparicio, Club President Chris Lear, event co-chair Joy Martau, and Pam Drennan.

models and will be escorted by the Rev. Luff Johnson, said Helen Storland, model coordipieces by Glendora Florist, listed in the program as a platinum sponsor, will feature the Hawaiian theme. Also, special be provided by committee member Margaux Viera.

Included at the Fashion Show will be door prizes and drawings for opportunity baskets that are on display, with tickets for sale by committee members, said project chair Rose Myers.

Greeting guests as they arrive and presenting them with leis will be Steven B Flowers, vice president of the Glendora Historical Society. Serving wine to the guests will be Ari Ruiz, representing Assemblywoman Blanca Rubio.

Funds raised from the Annual Fashion Show help support the club's philanthropic activities and community service projects, said Club President Chris Lear. The Woman's Club, organized in 1906, has participated in the community for more than 100 years and is officially recognized as the Founder of the Glendora Public Library in 1912.

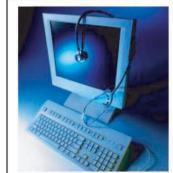
To purchase Fashion Show tickets at \$40 per person or more information, call 909-598-0554

Included at the Fashion Show will be door prizes and drawings for the opportunity baskets that are on display, with tickets for sale by committee members, said project chair Rose Myers.

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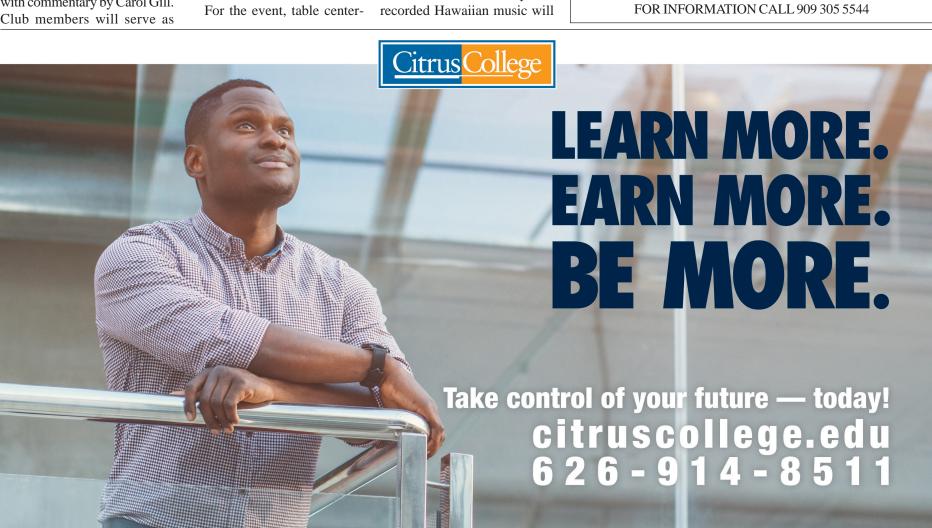








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