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Azusa Recognized As One Of Los Angeles County's "Most Business Friendly" Cities AZUSA - The Los Angeles

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"This year's Most Business Friendly City awardees are shining examples of government leaders committed to helping employers create good jobs that help raise standards of living in their communities and across our region," said Bill Allen, Chief Executive Officer of LAEDC.

The winners were selected

County Economic Development Corporation (LAEDC) has announced that the City of Azusa is the "Most Business Friendly City with a population under 50,000 in Los Angeles County. The City of Whittier received the award for city with a population greater than 50,000. The Eddy Awards celebrate outstanding contributions to economic development. Over 600 people were present at the Intercontinental Hotel in Downtown LA to honor recipients and support LAEDC's public-benefit mission to collectively advance opportunity and prosperity.



The Azusa City Council and staff accepted the Eddy Award for "Most Business Friendly City" at Los Angeles Economic Partnership Annual celebration. Pictured from left to right are: Bill Allen, CEO, LAEDC, Council Member, Angel Carrillo; Mayor Pro Tem, Robert Gonzales; Economic and Community Development Specialist, Carina Campos; City Clerk, Jeffrey Lawrence Cornejo, Jr.; Economic Development Director, Kurt Christiansen; Council Member, Eddy Alvarez; Associate Planner, Manuel Munoz: City Manager, Sergio Gonzalez; Utilities Director, Manny Robledo; Public Works Director, Daniel Bobadilla; Community Improvement Manager, Rick McMinn; Council Member, Uriel Macias; Senator Robert Hertzberg; and Eric Rowen, Board Chair, LAEDC

by a panel of blue ribbon judges based on the following criteria:

 Demonstrated commitment to economic development as a priority

• Programs and services de-

signed to facilitate business entry, expansion, and retention

• Economic development activity over the past three years • Competitive business tax

rates and fee structures · Availability of economic incentives

• Regular and effective communication with businesses

The LAEDC further states that " The City of Azusa recognizes the power of commerce to help a community thrive. That's why Azusa invests in resources to create a

business-friendly environment. Azusa's TOD specific plan incentivizes development by minimizing entitlement requirements. City staff is readily available to assist in navigating the development review process and cutting permit processing times through preliminary plan reviews, study sessions and a one-stop counter. The city's access to Azusa Light & Water's reliable source of water and competitive utility rates, convenient freeway options, and small business resources are a few reasons why businesses choose Azusa."

"I would like to thank the Los Angeles County Economic Development Corporation for this Award; it was an honor just to be named a finalist along with an amazing group of distinguished and well deserving cities," said Azusa Mayor Pro Tem. Robert Gonzales as he accepted the award. "The LAEDC has been a great supporter [of Azusa] and we look forward to continuing our partnership."

Warning Signs Your Aging **Parents Need More Help**







A visit to your parents can be a chance to assess whether they need help at home to stay healthy and independent.

Home care agencies often see a surge in calls in late December and early January. Why? Many grown children head home for the holidays and notice their aging parents need some help.

"We usually see a surge in demand for care around the holidays as families get together and adult children notice changes in their parents' well-being and realize they need more support to remain safe and independent in their homes," said Austin Harkness, head of care for Honor, one of the fastest-growing home care companies in the country. Here are ways to tell:

Take The Sniff Test

Breathe in that holiday hug. If you notice unclean clothes or an uncharacteristic body odor, that could signal that a parent is having trouble bathing, maintaining personal hygiene or keeping up with household chores such as laundry.

Next, follow your nose to the kitchen. Open the fridge. You'll notice pretty quickly if there's spoiled food-but your parents may not. The sense of smell diminishes with age, expecially after 70. Many seniors can't detect unpleasant odors that would normally tell them it's time to toss last week's meat loaf.

If the sniff test reveals some olfactory oddities, it might not just be "normal aging." Diminished sense of smell can be an early indicator of Alzheimer's and Parkinson's diseases. If you sense something isn't quite right, help Mom or Dad to set up a doctor's visit to see if there's something else going on.

Have A Look Around

Your childhood home may look the same as ever-but it may not work as well for older adults. As people age, their environment typically needs simple upgrades to keep them safe. You can significantly reduce fall risks by taping down throw rugs, removing extra furniture, securing electrical cords out of pathways and adding grab bars in the bathroom.

Pay attention to clutter as well. Stacks of unopened mail, broken appliances or drooping houseplants may also signal a need for help. Being unable to manage everyday activities can be a symptom of depression or of cognitive impairment, which often presents like depression.

If you see any of the above warning signs, you may want to arrange for your parent to see a doctor and for family members or professional caregivers to stop by and help with projects and chores. Just knowing your parents have help and resources can relieve worry, both yours and theirs.

Listen Up

Is the TV or radio volume blaring? Are conversations repeated? Does Mom keep asking "what?" or just smiling and nodding instead of participating? Don't brush it off. Difficulty following conversations may be a sign of hearing loss, cognitive impairment or both.

Seniors who begin losing their hearing are at greater risk of developing dementia over time since hearing is a brain function. Sometimes, hearing aids stimulate the sounds needed for the brain to restore organization and correctly process sounds.

Making Sense Of Your Senses Talking to parents about warn-

ing signs you've noticed isn't fun. But do it anyway. Let them know you want to be involved to help them stay independent for as long as possible. Even if you live far away there's a lot you can do, such as scheduling appointments and finding help with transportation, chores and projects. Talk to nearby family members about how they can help out or set up a visit with a home care agency that can provide ongoing support.

Fear of losing independence keeps a lot of seniors tight lipped. If your parents are open and honest about their changing needs, consider it a generous holiday gift. They trust you'll know what to do with it. (NAPSI)

A good job may be yours for the holidays—and beyond.

With historically low unemployment and a strong economy, retailers are expecting a huge shopping season this year, with the National Retail Federation forecasting holiday retail sales in November and December-excluding automobiles, gasoline and restaurants-to increase between 4.3 and 4.8 percent over 2017. That compares with an average annual increase of 3.9 percent over the past five years.

If you're looking for a fulltime or part-time job with flexible hours for the next few months, that could mean great news for you.

Where The Jobs Are

For one thing, there are plenty of seasonal job openings in shops-about 650,000, according to the National Retail Federation. That's in addition to the estimated 15 million already holding retail jobs.

Another seasonal position you may care to consider: store Santa Claus. Some can earn as much as \$20,000 during the holidays. But it's a sedentary job.

Another more active option: There are 100,000 good jobs now available at thousands of UPS locations around the country.

That's because, to support the anticipated increase in package volume it sees in November and through January, UPS is looking to hire seasonal employees. What's more, over a third of them can expect to be offered permanent jobs once the season is over.

"Every year, we deliver the holidays for millions of customers," said Jim Barber, chief operating officer. "In order to make that happen, we also deliver thousands of great seasonal jobs at our facilities across the country."

Jobs To Careers

The full- and part-time seasonal positions-primarily package handlers, drivers and driverhelpers-have long been an entry point for permanent employment at UPS. Many senior UPS executives, including Chief Executive Officer David Abney and other members of the company's senior leadership team, started their UPS careers as part-time employees.

Big Benefits

Permanent UPS jobs-including part-time jobs-come with great pay and benefits, including

health care and retirement benefits. Many part-time employees are eligible to receive up to \$25,000 in tuition assistance through the company's Earn and Learn program.

For example, there's Kevin Whitehill. He was a college student when he started a seasonal job as a part-time package handler on his 19th birthday—Nov. 19, 1996. He worked part-time for several years and took advantage of UPS's tuition reimbursement program to get his degree. Twenty-two years later, he's an on-road supervisor managing tractor-trailer drivers. "I never intended UPS to be a career," he said. "I took a job for Christmas. As I moved along, the opportunities were just too good to pass up."

How To Apply

Interested job seekers can easily apply for holiday season opportunities by visiting www.UPSjobs.com. Applicants must apply online. Videos featuring employees describing their work experience at UPS are also available at the UPS jobs website. (NAPSI)



Glendora Community Coordinating Council's Holiday Basket program

62 years Glendora Community Coordinating Council's Holiday Basket program has assisted Glendora families in need by providing a box of food and gift

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GLENDORA - For the past cards for Thanksgiving. This program would not be possible without the generous support and contributions of our Glendora community including GUSD, Glendora schools and students and those who continue to contribute monetary donations each year. This year our community's efforts allowed us to feed 262 Glendora families. Glendora Community Coordinating Council would like to thank EVERYONE for making this a very successful 62nd year.



Glendora Woman's Club "Music For The Holidays"

By Joan Hallidy

GLENDORA - The Glendora Woman's Club will present the Glendora High School Girl's Choral Groups,; The Silhouettes and the Illumination and directed by Dr. Brian Trevor, in a Christmas program "Music For The Holidays" at the club's luncheon-meeting on Tuesday, December 4th.

The service club's day will begin at 10:30 a.m. with a social time, followed by the business meeting at 11 a.m. The luncheon by Cambria Catering and the program by the

Glendora High School Groups with follow said club co-presidents Carolyn Cunningham and Joy Martau.

This month's theme will be "Holiday Magic" and members are encouraged to share an item from home for the display.

For information about Woman's Club membership, service projects, and special events, call Chris at 909-598-0554; for information about renting the clubhouse for a special event or meeting, call Ryan at Cambria Catering at 626-335-7010.

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The San Gabriel Valley Lexaminer

Nov 29 - Dec 5, 2018

LOS ANGELES COUN

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families appreciate having this

food provided." said Alicia

Mardini, Chief Executive Of-

ficer, East Valley Community

Health Centers. "It is a plea-

sure to have the support of the

local politicians, the partnership

with the Rotary Club of West

Covina, Foothill Transit and the

West Covina High School In-

teract Club. The families and I

are extremely grateful." Thank

you everyone involved and

have a blessed holiday with

S.G.V. EXAMINER

Rotary Club Of West Covina Partners With East Valley Community Health **Centers, Foothill Transit And West Covina High School Interact Club To Provide Holiday Meal Baskets To Local Families**

Holiday Basket project is an annual community service project by the Rotary Club of West Covina

WEST COVINA - On Thursday, November 22, 2018, East Valley Community Health Centers (EVCHC) distributed baskets of food to 75 local families. The baskets contain all the food for a complete Holiday turkey dinner for an entire family. The food is donated by local politicians, members of the Rotary Club of West Covina and the West Covina High School Interact Club. The baskets are assembled at South Hills Country Club and transported to EVCHC by Foothill Transit and the Rotary Club of West Covina.

EVCHC selects the families, coordinates collection of the donated food and distributes the completed baskets. The turkeys are donated by local poli-



Glenn Purbaugh Photographer

Contributing Writers Pat Murphy Joan Hallidy Ken Herman Charles H. Bayer Jorge V. Rosales Lois M. Shade Julia Yoder Gene Morrill Jenny Park

ticians, West Covina High School Interact Club donates the vegetables and the other items are donated by members of the Rotary Club of West Covina. The baskets contain: Turkey, Butter/Margarine, Stuffing, Gravy, Cranberries, Mashed Potatoes, Sweet Potatoes, Apple/Pumpkin Pies, Rolls, Baking Tins, Whipped cream, Green Beans, Soup, Corn, Misc. vegetables all put into a Sturdy Laundry Basket.

"Rotary Club of West Covina has been doing this for many

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Barger Calls For Investigation Into Growing Presence Of Dockless Scooters In Unincorporated Communities

LOSANGELES COUNTY-The Board of Supervisors has approved a motion by Supervisor Kathryn Barger directing county agencies to study the impacts escooters and bikes have had on other cities and jurisdictions and identify best practices to prevent negative impacts on public safety and the quality of life in unincorporated communities of Los Angeles County.

Recently, electric scooters have been showing up in communities across Los Angeles County, including the San Gabriel Valley. "Use of these scooters may provide some users a convenient way to get around, but businesses are not allowed to set up shop in public rights of way without proper authorization, especially if they will have a potential impact on public safety," Barger said. "We want to prevent the kind of blight and public nuisance that e-scooters, parked or abandoned, unpermitted, on sidewalks, in front of businesses, and near parking have created in other

municipalities. Our communities must have input on where these mobile businesses will be located and how they interface with their neighborhoods."

A3

Supervisor Barger's motion, instructs the CEO to work with the Department of Regional Planning, Department of Public Works, Sheriff's Department, and the Department of Consumer and Business Affairs and any other relevant department, to report back in 30 days with their findings.

Barger Seeks Report On Aerial Firefighting Resources

LOSANGELES COUNTY-The Board of Supervisor approved a motion by Supervisor Kathryn Barger directing county agencies to reassess the Fire Department's Air Operations program to determine if the County has adequate year-round aerial firefighting resources.

"In the aftermath of competing firestorms which simultaneously devastated communities in Northern and Southern California causing significant loss of life and property, we need to reexamine the department's aircraft program to determine where expansion may be needed," said Barger. "This analysis

must be broadened to look at our current partnerships with the state under the mutual aid agreement, and how resources are deployed to competing fires in various counties and jurisdictions."

Last weekend, dry brush, the effects of drought, sustained warm temperatures, low humidity and Santa Ana wind conditions fueled the Woolsey, Camp and Hill fires. Many fire behavior experts agree these conditions have created more extreme fire behavior than in years past. Los Angeles County Fire Chief Daryl L. Osby recently explained that "in California, fire season is now year round. We are in a new normal." A Cal-Fire spokesman explained fires that used to take a few days to burn from point "A" to point "B" now go that same distance in just a few hours.

Further, when several fastmoving fires burn through various regions in California the mutual aid system may be challenged to meet the demand, especially for critically needed air resources. While California has always suffered the threat of wildland fire, this new normal now requires a renewed analysis of what is needed to battle these types of fires more effectively. The report is due back in 90 days.

Woman Found Dead in San Gabriel Mountains near East Fork

By George Ogden

AZUSA - Los Angeles County Sheriff's Homicide detectives are still continuing their investigation into the circumstances surrounding the death of a woman found in a gulley in the San Gabriel Mountains, on Saturday, November 24, 2018, at approximately 12:15 P.M.

Deputies from San Dimas Sheriff's station responded to East Fork Road location where the body was located approxi-

of Highway 39 in the San Gabriel Mountains. Homicide Detectives responded to the scene and upon their arrival, deputies discovered a deceased woman lying in a culvert that is adjacent to a roadway turnout. They started their investigation which is still on going.

The victim was discovered by a local resident who was walking and made the discovery of the woman. The victim was pronounced dead at the pers" by dialing 800-222-TIPS scene. She appeared to have

suffered blunt force trauma.

There is no suspect description, nor any further information at this time. The investigation is still on going.

Anyone with information about this incident is encouraged to contact the Los Ange-Sheriff's County les Department's Homicide Bureau at (323) 890-5500. Or if you wish to remain Anonymous, call "LA Crime Stop-(8477)

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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 or mistakes 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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Community Articles Are Welcome

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

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LASD Assist Azusa PD with **Shooting Death Investigation**

By George Ogden

AZUSA - On Wednesday, November 21, around 12:30 a.m. Azusa Police responded to the 600 Block of North Rockvale Avenue in Azusa where they found a male adult who had been shot to death.

Los Angeles County Sheriff's Department Homicide Bureau detectives responded to assist Azusa Police Department with their investigation into the shooting death of a male Hispanic adult in his mid-30's. The incident occurred at approximately 12:30 a.m., Rockvale Avenue location.

Homicide Detectives have learned that Azusa Police Department received multiple calls of shots being fired in the area. One caller believed their apartment had been struck by gunfire. Azusa Police Officer's responded to the location and upon their arrival located the victim on the front doorstep suffering from at least one gunshot wound.

The victim was pronounced dead at the scene.

The investigation is ongoing and there is no further information available at this time.

Anyone with information about this incident is encouraged to contact the Los Ange-County Sheriff's les Department's Homicide Bureau at (323) 890-5500. If you prefer to provide information anonymously, you may call "Crime Stoppers" by dialing (800) 222-TIPS (8477.

DPSS And Amazon Partner To Create A Wishlist Website For Toy Loan Donations

LOS ANGELES COUNTY -Just in time for #CyberMonday and #GivingTuesday, the Los Angeles County Department of Public Social Services (DPSS) Toy Loan Program and Amazon have partnered to encourage charitable donations via the Amazon Wishlist website to benefit nine Toy Loan sites serving low-income communities.

With the support of the County of Los Angeles Internal Services Department and their Amazon partners, the new site is now available to bring the convenience of Amazon shopping to benefit thousands of families who rely on the Toy Loan Program.

"For 83 years, the County's Toy Loan program has been a cherished part of so many childhoods," said County Supervisor Janice Hahn. "I remember experiencing the thrill of checking out a toy when my dad took me to the Toy Loan center at Manchester Park as a child. I am grateful to Amazon Smile for creating this site and bringing new energy and attention to this beloved program."

Toy Loan is a voluntary community effort supported by the Los Angeles County Board of Supervisors. There are currently 54 toy lending libraries located throughout the County.

The Amazon site, http:// toydrive.lacounty.gov/allows users to geographically select a Toy Loan Program site and have inneed Amazon Smile charity wish

lists items shipped directly to the site.

The new partnership serves as a continuation of an existing effort by Amazon, #GivingTuesday, which is celebrated on the Tuesday following Thanksgiving. It's a time when many tend to focus on their holiday and end-of-year giving. Since its inaugural year in 2012, #GivingTuesday has become a movement that celebrates and supports giving and philanthropy with events throughout the year.

For more information about the Toy Loan Program or a complete list of the nine Toy Loan sites where a charitable donation can be made, visit the Toy Loan Website http:// toydrive.lacounty.gov/.



Trump Directs Water Delivery Streamlining

President Trump is continuing to pursue not only the California water issue but those water issues and policies that affect the entire western U.S. region. He has charged Secretary of the Interior and Secretary of Commerce to begin to streamline the water delivery process by working together on projects that are "burdened" by regulations that "obstruct, delay, curtail, impede, or otherwise impose significant costs on the permitting, utilization, transmission, delivery, or supply of water resources and infrastructure." Two of the areas that tend to cause delays are the ESA, Endangered Species Act and NEPA, the National Environmental Policy Act.

The multitude of environmental organizations up in the Delta area announced early on when WaterFix was at the forefront, the tactic to stall water infrastructure or improvements would be lawsuits and those lawsuits typically involve the fish.

Trump's Memorandum set deadlines for the two agencies to appoint one person with the responsibility of identifying projects being delayed and what was delaying those projects and submit a "game plan" so to speak on how to eliminate unnecessary requirements restricting those projects from moving forward.

That plan has been forwarded to the Secretary of Interior, Ryan Zinke and Secretary of Commerce, Wilbur Ross and they have signed their own Memorandum of Agreement that ensures President Trump's "Promoting the Reliable Supply and Delivery of Water in the West" has his intended results. Zinke and Ross, in their memorandum, have designated Paul Souza, Regional Director for the Pacific Southwest Region of U.S. Fish & Wildlife as the Lead Director in charge of the Central Valley Projects to get relief to the farming communities in that region. He will be identifying regulations and procedures that potentially burden the projects and developing a proposed plan to suspend, revise or rescind any regulation or procedure that unduly burdens them.



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

systems in California has been the impact on fish - both the 2inch Delta Smelt, steelhead trout and the Chinock Salmon. Recently, with the acknowledgement the Delta Smelt may be lost forever, a more intense effort to save the salmon has surfaced with new people involved and with new ideas, theories and creative attempts to save the fish and still allow water improvements to move forward.

One of the creative efforts was announced by John Rueth of the Livingston Stone Hatchery at Shasta Dam when the drought in this state caused thousands of salmon eggs and newly hatched fish to bake to death because of the rise in the water temperature in the habitat area in the Sacramento River south of the Dam.

The new experiment to save the salmon required the fishery's attempt to reprogram the spawning habits of the salmon by releasing young salmon in a new location, Battle Creek, a coldwater stream fed by cold water sources. Salmon return to the same placed they were hatched out to lay their eggs but this effort won't have results - positive or negative - until 2020.

The Fresno Bee, Lewis Griswold, ran an article on San Joaquin River Restoration Program headed up by fish biologist Don Portz. This project has been in the works since a lawsuit was settled in 2009 requiring federal and state agencies to implement the restoration program after the Friant Dam, built in the 1940's, dried up parts of the river and salmon lost their spawning

The goal of this program the Bee reports: 'To have hatcheryraised adult salmon released into the San Joaquin River, lay their eggs naturally in the river to hatch and for juvenile salmon to swim to the ocean, reach sexual maturity, then return as adult salmon to spawn and die - and for the cycle to start all over again as it did for time immemorial.' "This is a river that didn't have flows for over half a century," Portz said. "It's not an easy thing to turn on the spigot and let water start flowing again."

The settlement agreement with U.S. Departments of Interior and Commerce, and the Natural Resources Defense Council (NRDC) established the San Joaquin River Restoration Fund (Fund). Approximately \$17 million per year of payments from the Central Valley Project Friant Division would be deposited into the Fund to be available without further appropriations to implement the provisions of the Settlement.

Funding by the State of California also supported the Settlement. In November 2006, State propositions 84 and 13 were passed by the California voters and should provide about \$200 million of State bond funds for projects that will directly contribute to the restoration efforts.

Measuring their successes one at a time, biologist, under Portz, counted the number of nests, called redds, created by the spring-run Chinook salmon. Last year, there were 13 redds and this year the count reached 41 nests.

And, last year, Fresno Bee ran headlines: For first time in 60 years, spring-run Chinook salmon reproduce in San Joaquin Riv-

As long as President Trump is willing to push, and push hard setting deadlines and naming responsible parties, for solutions rather than a continuum of lawsuits, we may once again have enough water for our farmers in the Central Valley, residents and businesses in Southern California and support for scientists and biologists working creatively and apparently very quietly saving the

"Shabbat Shalom"

"Shabbat shalom" ("peaceful Sabbath") was the greeting at the door of our local synagogue. I had not been to a Friday evening service at Temple Beth Israel until then. I had, however, worked over the years with Paul Buch, its cantor, and had joined with many of its members involved in issues before the community, and in the development of the vegetable "farm" Uncommon Good, a powerful local social agency, had planted on the synagogue's grounds. .

The murders in Pittsburgh, while horrible in themselves, have also reminded us that antisemitism is not dead and that down deep may lurk the seeds of bigotry just waiting to be fertilized. Even more disturbing is the racial, ethnic and religious bigotry that lies buried in the American experience waiting for someone to stir it to life. When after the white nationalist march in Charlottesville, the President stated that there were "good people on both sides," one wonders if he hadn't provided the catalyst.

So when we heard about the tragedy in Pittsburgh, many of us knew we had to do something-but what? Speaking out about the rise of bigotry was our primary task. But some public recognition was also critical. The opportunity presented itself when Rabbi Jonathan Kupetz of Temple Beth Israel invited anyone who wished to remember those who had been killed to attend the regular Friday evening Shabbat service.

While the synagogue officials knew a few of us would certainly show up, they were not prepared for what happened. Thirty minutes before the service was to begin, the spacious worship area was packed. An adjacent hall was open



Charles H. Bayer

and chairs were set up, but the space was quickly filled to overflowing. Who knows how many others were turned away. I have heard from members of my own community who could not find a place to park or who came too late even to get in the building.

At the conclusion of the powerful Shabbat service, the clergy among the visitors were invited to come forward in solidarity with their Jewish neighbors. About sixty of us responded to the invitation. Clearly the bigotry that produced the tragedy at "The Tree of Life" in Pittsburgh, and all other evidences of hatred, had no place among us.

As I sat in that service my mind went back to an incident in the Missouri city where I had been both a pastor and a member of the city council. An out-oftown contingent had come through the community soliciting ads for The Christian Yellow Pages. This publication promised to list the business, and only the businesses, whose owners declared that 'Jesus is Lord.'

When I looked at their literature it became obvious that this effort was designed to say, "do not patronize Jews." As a columnist in the city's daily newspaper, I published a piece on the issue.

The conservative Christians supporting the new yellow pages were livid, and demanded that I be publicly rebuked, so they called for a community rally to be held at a Baptist church that housed the largest auditorium in the city. After a series of attacks on me, an elderly woman stood and in broken English said, "I lived in Germany in those days and this is how it started. Patronizing only Christian merchants was demanded, and that meant boycotting all Jews. That is what is about to take place here." Her testimony ended the Christian Yellow Pages in that city!

With this witness and my other warnings about the subtle evidences of bigotry, I was the first recipient of the local synagogue's Myron Meyers Humanitarian Award. Myron Meyers was its rabbi for forty years, and had been honored and respected by the entire community.

Bigotry of any description is poison, and anti-semitism is a striking example. These days much personal bigotry is so subtle that many of us who may harbor its seeds may not even recognize its existence. So we are called to examine carefully what might be growing in the dark hidden recesses of our lives.

So when the Pittsburgh slaughter became known in my community, hundreds of our local citizens joined hands to say "NOT HERE." And when at the door of Temple Beth Israel I was greeted with the words "SHAB-BOT SHALOM" I quietly responded "SHALOM ALEIKHEM" (Peace be upon vou.)

Contact Charles Bayer at candwbayer@verizon.net

"TIME JOCKEY" - A Parade is Born

By Joe Castillo

1890... Sometimes it only takes an idea, some luck and Mother nature to start something that changes the way of life. Pasadena's Valley Hunt Club was a place where men of stature and responsibility would go and spend their leisure time. In 1888, Pasadena had a population of 4,882 and was a rather sleepy and quiet town. The Valley Hunt Club was one to the few places that Pasadena men could get together and have an open discussion on a variety of topics. At one of the regular meetings, Professor Charles Frederick Holder had enough of a rather hum-drum meeting and stood up holding a newspaper with headlines announcing the great blizzard of New York. Holder saw an opportunity and wanted to make sure every member of the Valley Hunt Club knew what he was attempting to do. "Gentlemen, I came from the East to this beautiful area for my health. I found it here". He continued to state that people are buried in snow in the

East while in the West flowers are blooming and the oranges are ready for picking. "Let's have a festival and tell the world about our paradise" an encouraging Holder barked to the other members. The men's club didn't share the same enthusiasm as Holder but it only takes one individual to person was Dr. Francis F. Rowland. Rowland's wife had just returned from a trip to Nice, France and attended a festival of roses. His suggestion was to name Holder's festival "The Battle of Roses" which brought out the competitiveness of other members who chimed in that Pasadena could be the "Mediterranean of the West". Well, that's all it took. The Valley Hunt Club voted to organize a parade with decorated carriages and an afternoon filled with athletic games. The date of January 1, 1890 was chosen and an excited public was ready for the inaugural event. The athletic portion of the festival included young men competing in footraces, tug-of-war, jousting

and a new type of skills event called the "Tournament of Rings", a revised Spanish horsemen's challenge of trying to spear freehanging rings while riding fullspeed on a horse. It was this event along with a large display of roses which led Professor Holder to anoint the New Years' event make a difference and that one as the Tournament of Roses. The name has stuck through 128 renewals of the colorful pageantry of Roses. If it hadn't been for the New York blizzard of 1888, Professor Holder's innovative idea and Dr. Rowland's wife, Pasadena's Tournament of Roses may never have come about. But lucky for us here in the Southland that all three of those happenings occurred and on January 1st we'll once again bring in the new year on a bed of roses.... Joe Castillo is a freelance historical writer who has been covering Southern California history for 10 years and has written 4 books on the topic. He be reached can at joeacastillo@aol.com...

grounds. One of the most contentious arguments over water delivery

salmon.

What Else Could Go Wrong?

Here is the plan. Take the 34foot motorhome and the Cadillac EXT pickup truck and hook the 'toy-haulers' with off-road race cars in them. Toy-hauler for those of you that don't know are car carries that have built in all the things as a large camping trailer. Full kitchen, bathroom, beds, running water, electricity and all that.

The plan, to hook everything up and take off to China Lake area for a reunion of old off-road racing folks. Camp, race off-road and kick back by the fire for about a week.

The plan was to leave early Friday morning. However, we couldn't remove the trailer hitch from the motorhome to replace it with a taller one. This was needed for the big toy-hauler. After an all-day event trying to remove it, we gave up. We changed vehicles and swapped out the trailers. I thought the Cadillac might have a problem towing the larger trailer.

We left early Sat. morning. My "EX" (Beverly) was driving the Cadillac (we are still good friends) and I had the motorhome, fueled up with almost \$400 in gas between us and off we go.

All was well and Beverly doing a great job. As we were exiting the 15 freeway at the 395 the drive shaft on the motorhome blew off. \$1170.00 and 4 hours later, we were running again with a dent in the driveshaft that caused major vibration between



George Ogden That's just the way it is!

25 and 35 mph. I elected to continue. We finally made it to Red Mountain City and took the Troma Rd. for about 11 mile and turned off on the God Forsaken road to Hell towards our campsite and staging area. This was a road not built for what we were driving in. On both trailers we ripped out all the plumbing. Damaged the side of one trailer, ripped off all the leveling jacks on both trailers, punched a huge hole in the water take on the big trailer and tore off the valve on the other trailer. Everything has some kind of damage.

We finally arrive. Good to see everyone and we compared notes on the damage everyone had getting to this location.

So... the generator won't start in the motorhome, so there is no running water or electricity.

Went to take out the race car and I get run over by this thing. My friend came to help me after 15 minutes of laughing at me.

Our stay was great. The TURBO CHARGED buggy was the best...

It was great to meet all my friend from the old days.

Time to leave and all seemed well. Fueled up at the gas station and Beverly following behind me is doing well with the trailer in tow. On the 10 freeway, approaching Kellogg Hill and a few miles from home, I lost radio contact with Beverly. I somehow changed frequency on the radio and couldn't remember what FM station I was using. Couldn't call Beverly because her phone had died.

As I am approaching Holt I get a phone call from a strange number, it was Beverly... "I rolled it" she said. Asked if she was okay and she was. I was close enough to get home to park the motorhome and got a car. I went back and listened to the SIG ALERT on the 10 freeway with 4 lanes blocked. I arrive and the Cadillac is still on its wheels but damaged and the trailer with the car inside it on its side. Trailer is totaled and not sure about the car yet. It should be in repairable shape. We'll see!

So this was a \$40,000 to \$50,000 trip. You would figure with that kind of money, it would be an exotic somewhere nice... This ended up in middle of Death Valley or Hell if you would.

We had a good time seeing our friends and running all over the desert.

I call this the "Trip to Hell and Back".

"That's just the way it is!"

California Department of Tax and Fee Administration Reports Cannabis Tax Revenue Increases in Third Quarter

SACRAMENTO – The California Department of Tax and Fee Administration (CDT-FA) reported increased revenue numbers today for cannabis sales for the 3rd quarter of 2018. Tax revenue reported by the cannabis industry totaled \$93.1 million for 3rd quarter returns received through October 31, 2018, which includes state cultivation, excise and sales taxes. It does not include tax revenue collected by each jurisdiction.

California's cannabis excise tax generated \$52.4 million in revenue reported on 3rd quarter returns received through October 31, 2018. The cultivation tax generated \$12 million, and the sales tax generated \$28.7 million in reported revenue. Retail sales of medicinal cannabis and medicinal cannabis products are exempt from sales and use taxes if the purchaser provides a valid Medical Marijuana Identification card and valid government-issued identification card.

Previously reported revenue for 2nd quarter returns was revised to \$80.2 million, which included \$42.3 million in excise tax, \$4.7 million in cultivation tax, and \$33.2 million in sales tax. Revisions to quarterly data in prior periods are the result of amended and late returns, and other tax return adjustments.

In November 2016, California voters approved Proposition 64, the Control, Regulate and Tax Adult Use of Marijuana

Act. Beginning on January 1, 2018, two new cannabis taxes went into effect: a cultivation tax on all harvested cannabis that enters the commercial market and a 15 percent excise tax upon purchasers of cannabis and cannabis products. In addition, retail sales of cannabis and cannabis products are subject to state and local sales tax.

To learn more, visit the Tax Guide for Cannabis Businesses on the CDTFA website.



The San Gabriel Valley Straminer

A5

Another Week, Another Nail Biter

This past week had investors dealing with gyrating markets, wild headlines, and what seemed to be some rips in the fabric of this nearly 10-year-old bull market. Heading into what is supposed to be a highly confident time of the year - especially during times of a strong domestic economy - the thunder of a banner third-quarter earnings season is being swept to the sidelines by the high-profile politics of a countdown with China on doing a deal so the market can check off the "tariff" box. Expectations are that the market could then trade higher, delivering the catalyst that satisfies the widespread thirst for a year-end rally.

These have been very turbulent and volatile times for the equity markets as they have tested and broken through key support levels with extreme oversold momentum. Every market sector seems to be broken. When the market does rebound it will likely be dividend and growth stocks building a new foundation. Wall Street expects energy, retail and healthcare/medical stocks to be the leaders in any market rebound, with choice stocks within those sectors being purchased. The market news channels seem to be only discussing and highlighting the negatives, and not pointing out and focusing on how strong third quarter earnings have been. Many market news programs have ignored the fact that companies and their insiders are purchasing their own company shares (that they feel are good values). News commentators, however, have ignored good earnings and sound fundamentals. The global slowdown and the issues surrounding Brexit have also brought a flight to quality here in the US, resulting in Treasury yields dropping dramatically.

The return of the tech rout rattled investors last Monday and Tuesday. Apple is now in a bear market, the WSJ reports, and Apple's suppliers are suffering as



the company has cut orders in anticipation of weaker iPhone sales. The bigger problem is not just individual company problems, but the Fed's apparent determination to slow the economy (maybe even to a crawl). The latest data suggest they have - at the very least - succeeded in putting growth on a lower trajectory. History suggests they will not stop there, either. Recession is a very real possibility given the Fed's track record while attempting to tighten by raising interest rates. Evidence of current slower growth has been proof enough the Fed has the power to slow growth. Wall Street expects the stock market will continue to suffer periodic bouts of selling as long as we don't know how much the Fed will slow growth by continuing interest rate increases. With signs the economy is cooling off, along with what we have seen from the decline in the equity markets, the chance for an increase in interest rates from the upcoming FOMC meeting in December has dropped to 50%. Whether or not the Fed raises rates in December, they need to state they are done. That alone should spark a dramatic rebound in market prices.

At the risk of alienating all those who have heard the word "Brexit" one too many times in the past couple of weeks, this is why what's happening in the UK is a big deal: The EU apparently has decided the UK had to be punished for leaving the union to discourage others from doing so. The EU's offered deal is not even

as good as deals given Switzerland and Norway, neither of which was ever a member state. As a consequence, Theresa May, whose leadership is already hanging by a thread after calling an illconceived election in June 2018, now faces a challenge from within her own party. The danger of no deal supporting Brexit is very real, which in turn would mean much of Britain's banking industry - a huge portion of its GDP could relocate to Frankfurt, Paris and Dublin. As a result, the outcome of the parliamentary fight over whether to accept a bad deal or reject it in hopes of achieving a better one down the road, has enormous consequences for the pound, UK GDP and potentially for the global economy as contagion ripples out from London. Hopefully the Brussel meeting Saturday "to discuss how we can bring to conclusion this process, and bring it to a conclusion in the interests of all people" will be beneficial.

The U.S. economy is doing better than most of the rest of the world. Fed Chairman Jerome Powell recently gave a speech acknowledging that the global economy was slowing down, which he called "concerning." Powell tried to downplay the recent stock market turbulence, but he did admit that the Fed is "looking really carefully" at how financial markets, the economy, and business contracts are responding to rising rates. Translated from "Fedspeak," he definitely came off as dovish, after he said, "We have to be thinking about how much further to raise rates, and the pace at which we will raise rates," adding that the Fed's goal is to "extend the recovery, expansion and to keep unemployment low, to keep inflation low."

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comments: kenherman46@hotmail.com

For some, this holiday season can be joyous, for other it's depressing.

Slow down, take some time for yourself, and think about the reason behind this season. If you're still paying for last year's gifts, be extra budget-wise this year! It is a time of giving, but don't feel pressured to gift to everybody you know. Think about making some homemade gifts, or ways you can offer a helping hand. Those are the things that make lasting memories. If you've gone through a life event (moved, changed jobs or unemployed, a loved one passed, a break-up or divorce), your friends and family will understand that you are going through a period of adjustment. If you're unhappy, or depressed, seriously consider talking with a counsellor, therapist, or pastor. Too much partying has been known to cause depression. If you have enjoyed all the lights, decorations, and music in the past, then it's especially important to enjoy those now. And, if you are a Christian, remember that it's a time to celebrate the birth of Christ.

What will the Medicare Part B premium be in 2019?

It was announced that the Medicare part B premium for 2019 will be \$135.50 per month.

When we sell our house here in California, will we have to pay taxes on the profit we'll make between the price we paid 15 years ago and what we sell it for?

At this time, when you sell your primary residence, you will still receive the full benefit of the capital gains exclusion: \$250,000 (filing single), \$500,000 (married filing joint). Remember to calculate in your allowable deductions for major improvements (not mainte-



Your Money - Ask Julia

Julia Yoder

nance) to your home.

If your capital gain is greater than these amounts, you will probably have to pay capital gains tax on just that amount in excess of the exclusion. Check with your CPA.

What is RMD? When does it start? Is there a way to avoid it? Can it affect my tax bracket?

RMD is Required Minimum Distribution. It's the annual amount that must be withdrawn from a traditional IRA or a qualified retirement plan (401k, 403b, Keogh). Although you are allowed to begin taking penaltyfree distributions from tax-deferred retirement accounts after age 59 $\frac{1}{2}$, you must begin taking distributions upon reaching age 70 ¹/₂. If you delay your first distribution to April 1 following the year you turn 70 $\frac{1}{2}$, you have to take a 2nd distribution that year. The amount of your RMD distribution depends on your age, your life expectancy, and the value of the account. (Refer to IRS tables.) If you do not take RMDs, you might have to pay a 50% federal income tax penalty on the amount that you should have withdrawn. Tax-deferred retirement plans are subject to ordinary income tax. If your RMDs are large, you might be pushed into a higher tax bracket. Plan

ahead to figure out the best time to begin taking your RMDs. Note: Roth IRAs contain posttax money, grow tax-free, and do not fall under the RMD rules. Distributions from a life-insurance policy can be taken (if done correctly) income tax free, too.

My wife is healthy, but I was 'rated' for life insurance, meaning my premiums would be higher due to some health problems. Is there another way to provide for my family whenever I die?

One choice would be to apply for a second-to-die life insurance policy with your spouse, along with a first-to-die rider. Qualifications for this life insurance would be based on your spouse's qualifications. Because of the rider, the life insurance policy would pay out whenever one of you passed. Another choice would be to invest in an annuity. This would be a contract between you and an insurance company, but without life insurance underwriting. Annuities can be used to help ensure a steady stream of income in retirement, as well as help ensure that your beneficiaries will be taken care of in the event of your death.

Ask Julia by email: juliayoder@yahoo.com

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

City of Monterey Park to Offer Discounted "Ring" Video Doorbells

MONTEREY PARK - The City of Monterey Park will offer an additional 200 households discounted doorbells outfitted with surveillance cameras.

This promotion will be offered to Monterey Park residents

per household on a first come, first serve basis. Residents must provide a utility bill under their name and government identification with photograph. Households that have already received a Ring subsidy are not eligible to

event in July 2018, the city agreed to set aside an additional \$10,000 to provide a \$50 subsidy on Ring doorbells for 200 more households. Ring will match that with a \$50 discount of its own, meaning residents will save \$100 total on each unit. Monterey Park's program reduces the cost of the video doorbells from their regular pricing of between \$199 and \$249 to between \$99 and \$149, depending on the model selected. All of the models enable residents to receive instant alerts when visitors press the doorbell or trigger the built-in motion sensors, and see, hear, and speak to anyone at their front door from their smartphone, tablet, or PC. The intercom capability enables residents to respond audibly and view live video feed - even if they are not home. Monterey Park has joined Alhambra, Arcadia, La Cañada Flintridge and Temple City in partnering with Ring. For more information, please contact the MPPD Community Services Bureau at 626-307-1215.





Goodbye Spare Tire?

Remember when cars had a full size spare tire? Then they went to the small temporary spare tire called the donut. Now, in order to save weight, many manufacturers are doing away with the spare tire altogether on certain models. Certainly, less weight increases gas mileage. It is also easier and less expensive to shed weight from a car, than to introduce technology to save fuel. This year about 14 percent of new model cars in the United States have no spare tire.

The tire repair kit which replaces the spare tire, weighs in at about 20 pounds less than a spare tire and a jack assembly and do not take up much room either. But what should you do if you happen to get a flat? The car manufacturers are supplying a quickfix kit instead.

Facebook

If you get a major blow out that is larger than a quarter of an inch, or if the puncture is on the side of the tire instead of the bottom, the repair kit won't do the job and you will need to be towed. The manufacturers figure that in most cases the repair kit will do the job as it should take care of flats 85 percent of the time.

The manufacturers also feel that TPMS (tire pressure monitoring systems) will alert you in most cases that you have a leak which you can fix before you have a flat. So, if the low tire light sends a signal, don't ignore it. If you buy a new car, you might want to look for the spare tire.

Manufacturers have been mandated by the Corporate Average Fuel Economy (CAFÉ) standards and are scrambling to get better gas mileage (an average of 54.5 miles per gallon) by 2025 and are doing all they can to make it happen. Not every manufacturer is using this method to help their cause but it is something you need to be aware of. You don't want to be stuck in the middle of nowhere and start looking for a spare that you aren't going to find.

We have a new program that gives you a 6-month road side assistance and up to \$150 of tire coverage should you need it. Ask us for details!

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

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on December 11, 2018 from 6-8 p.m. at George Elder Park, 1950 Wilcox Avenue. Residents will be able to purchase one subsidized Ring doorbell product

participate (one subsidy per household). A credit card will be the only method of payment accepted.

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ALLEY/SENIOR N

Around the Valley & Senior News

AZUSA Volunteer Drivers Needed

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

TOPS Meeting

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

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

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

ARCADIA **Kids Practice Reading--with a Dog!**

If you're in kindergarten through 5th grade, come practice reading aloud to a specially trained therapy dog who loves to hear a good story. The cute pup will be at the Library on Saturday, December 1, at 11:00 a.m. This program is made possible by the generous time and effort of the Pasadena Humane Society.

For more information, please call 626.821.5566 or visit the Arcadia Public Library's website at www.ArcadiaCA.gov/library. The Arcadia Public Library is located at 20 W. Duarte Rd., Arcadia. The Library is open Monday through Thursday, 10:00 a.m. until 9:00 p.m. and Friday and Saturday, 10:00 a.m. until 6:00 p.m

Scrapbooking Studio After School Film Fun

women 50 or older. The annual dues are \$5.00. For more information call 626-281-6771.

BALDWIN PARK Holiday Lights Cruise

Spend a relaxing evening under the stars cruising Newport Bay aboard a fully decorated parade ship on Thursday, December 6th from 2:30 pm - 8:30 pm. Experience all of the holiday activities and décor centering around the boat parade in this 75 minute tour. With all of the holiday décor, music, activities and amazing light displays, you don't want to miss out on this! Walking distance from the Balboa Pier with many restaurants and quick food stops in the area. Meals not included. Tickets are \$30 for Baldwin Park Residents and \$35 for Non-Residents. Limited tickets! For more information, please visit the Julia McNeill Senior Center or call (626) 813-5245, Ext. 323

Annual Christmas Dance

Come celebrate and dance during the holiday at the Julia Mc-Neill Senior Center on Saturday, December 8th from 6:00 pm – 11:00 pm. There will be live music performance, raffles, and much more! Hot meals will also be available for a nominal fee of \$6.00. \$15 for pre-sale tickets and \$20 at the door. For more information, please visit the Julia McNeill Senior Center or call (626) 813-5245, Ext. 323

A Christmas Carol at **Pasadena Playhouse:**

Join us on Saturday, December 15th from 11:00 am - 5:00 pm for everybody's favorite holiday humbug, Ebenezer Scrooge, on a fantastical journey that celebrates the spirit of the season as A Noise Within presents Charles Dickens' beloved story A Christmas Carol, as adapted by the company's own Geoff Elliott. This holiday show tells the story of surly miser Scrooge, whose cold heart has isolated him from his community and the spirit of Christmas. Watch as visits from Jacob Marley and the ghosts of Christmas Past, Present and Future send Scrooge on his transformational journey to rejoin the world, find redemption and discover what it means to open your heart and be fully human. We will be stopping by Souplantation for brunch before heading to the playhouse (meals at your own expense). Tickets are \$50 for Baldwin Park Residents and \$55 for Non-Residents. Limited Tickets! For more information, please visit the Julia McNeill Senior Center or call (626) 813-5245, Ext. 323

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

DUARTE

Duarte Museum Needs Docents

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

Blood Pressure Checks

Health Care Partners will provide a medical assistant to do free blood pressure checks. No appointment needed. Every 2nd Tuesday of every month from 10:00 a.m. - 12:00 p.m. For more information call the Senior Center at (626) 357-3513.

Meals on Wheels

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

Senior Lunch

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

Alzheimer's Safe

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 contact Jennelle Markel at (626)9148email 8235, or at jmarkel@ci.glendora.ca.us.

LA VERNE

Get About Transportation

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

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

MONROVIA **Senior Blood Pressure Screenings**

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

of motion, relaxation, and decreases risk of injury. Participants should wear comfortable clothing and shoes. Bring a towel and bottled water. For additional information, please contact the Department of Community Services at (626) 256-8246.

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

SAN DIMAS San Dimas

Toastmasters Club

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

Art Douglas at (951) 505-0555. **WEST COVINA**

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.

ARCADIA – Take a break from Arcadia's Annual Snow Festival and enjoy a special program of traditional Balinese shadow puppet storytelling at the Lauber Museum Education Center. Tickets are required and there is limited seating for this unique event. Free tickets will be available at

You can do it! For more information, contact Erika Hernandez 626-384-0502 or email: ehernandez57@aol.com

Go West Shuttle Service

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

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

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

• The fare is only \$1.00 each way. · No Service on Thanksgiving, Day after Thanksgiving, Christmas Eve, Christmas Day, New Year's Day, President's Day, Labor Day, Memorial Day, and Independence Day.

Senior Lunch

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

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

Visit Bali and Beyond with Arcadia's Gilb Museum

lit Shadow Play, as well as original music and drama.

For more information, please call 626.574.5440 or visit the Gilb Museum's webpage https:// www.arcadiaca.gov/government/ city-departments/museum. The Gilb Museum of Arcadia Heri-

Arcadia Public Library hosts a monthly movie program for middle-school students. All middle schoolers are invited to attend a showing of a new fun movie on Friday, December 7, at 3:30 p.m. at the Arcadia Public Library. Meet up with friends, and enjoy a great, new movie and tasty snacks. For more information, please call 626.821.5566 or visit the Arcadia Public Library's website at www.ArcadiaCA.gov/library. The Arcadia Public Library is located at 20 W. Duarte Rd., Arcadia.

Instructors Needed

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

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

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

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 BUNCO!

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

Indoor Chair Beach Vollevball

The City of Covina Parks &

Return Registration

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

Volunteering Does Your Heart Good!

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

GLENDORA Glendora After **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

Upcoming Event? Let us know at SGExaminer@aol.com

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tact 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

To Advertise In The San Gabriel Valley Examiner CALL 626-852-3374

the Gilb Museum of Arcadia Heritage on **December 1**, beginning at 9 am. The Bali and Beyond ensemble offers traditional Gamelan music and Wayang Ku-

tage is located at 380 W. Huntington Drive, Arcadia, CA 91007. The Museum is open Tuesdays through Saturdays, from 10 am to 12 noon and 1 pm to 4 pm.



TEL: 626-914-3500 --- FAX 626-914-3511



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City of Arcadia Letters to Santa



ARCADIA - Santa's Elves will be delivering your wish list to the North Pole. Santa will respond to every child who writes to him. Please send a self-addressed and pre-stamped envelope, postmarked between November 12 and December 21 to:

Santa Claus, c/o Arcadia Recreation & Community Services Department, P.O. Box 60021, Arcadia, CA 91066-6021.

For more information please call 626.574.5113.

GCCC Hospitality Award to American Legion Commander Ken Anderson



GLENDORA - Commander Ken Anderson of American Legion Charter Oak Post 755 receives Hospitality award for the posts First Responders event from members of Glendora Coordinating Council at a luncheon at The Continental Restaurant. Many members of the post attended the luncheon.

Dr. Edward L. Davis Joins Woodglen Medical Group

GLENDORA - Edward L. Davis, M.D. Board Certified Urologist, specializes in female urology, has joined Drs. N. Bouz, and N. Kassar of Woodglen OB/GYN Medical Group, Glendora.

Dr. Davis provides expert care for bladder infections, painful bladder syndrome (IC), urinary control problems, over active bladder (OAB), painful intercourse (PI)

For a direct access appointment to Dr. Davis, call: Woodglen Medical OB/GYN Medical Group (626) 963-4124





- 1) APY=Annual Percentage Yield and is accurate as of 11/01/2018. APY assumes that dividends will remain in the account until maturity. Minimum deposit is \$5,000 and \$250,000 maximum balance per member. Early withdrawal penalties do apply which may reduce the principal.
- 2) Saver TSC is 2.45% APY for 16 months up to \$250,000. Additional rate bump of 0.40% will be given to members who open a Saver TSC and have a checking account with minimum monthly direct deposit of \$1,000. Direct deposit must be a recurring electronic deposit from you or your joint owner's paycheck, pension, or government benefit (such as Social Security). The member has 30 days to set up and receive direct deposit to qualify for rate bump. Higher rate effective as of date recurring direct deposit is first credited to the checking account. At maturity, the promotional TSC will renew as a traditional TSC for another 12-month term at the prevailing rate unless we are notifiedin writing prior to the maturity date. This offer is for new funds or funds deposited less than 30 days prior to opening. Offer valid through 12/31/2018. All program rates, offers, terms and conditions are subject to change without notice. Certain restrictions apply. Existing members are eligible.
- 3) No statement fee with online statements. Paper statement fee may apply. Must qualify for membership.
 - A \$2 membership fee may apply. The credit union is federally insured by the National Credit Union Administration. Additionally insured by American Share Insurance. An Equal Opportunity Housing Lender. Visit www.AmericasChristianCU.com/Promotions to learn more.



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